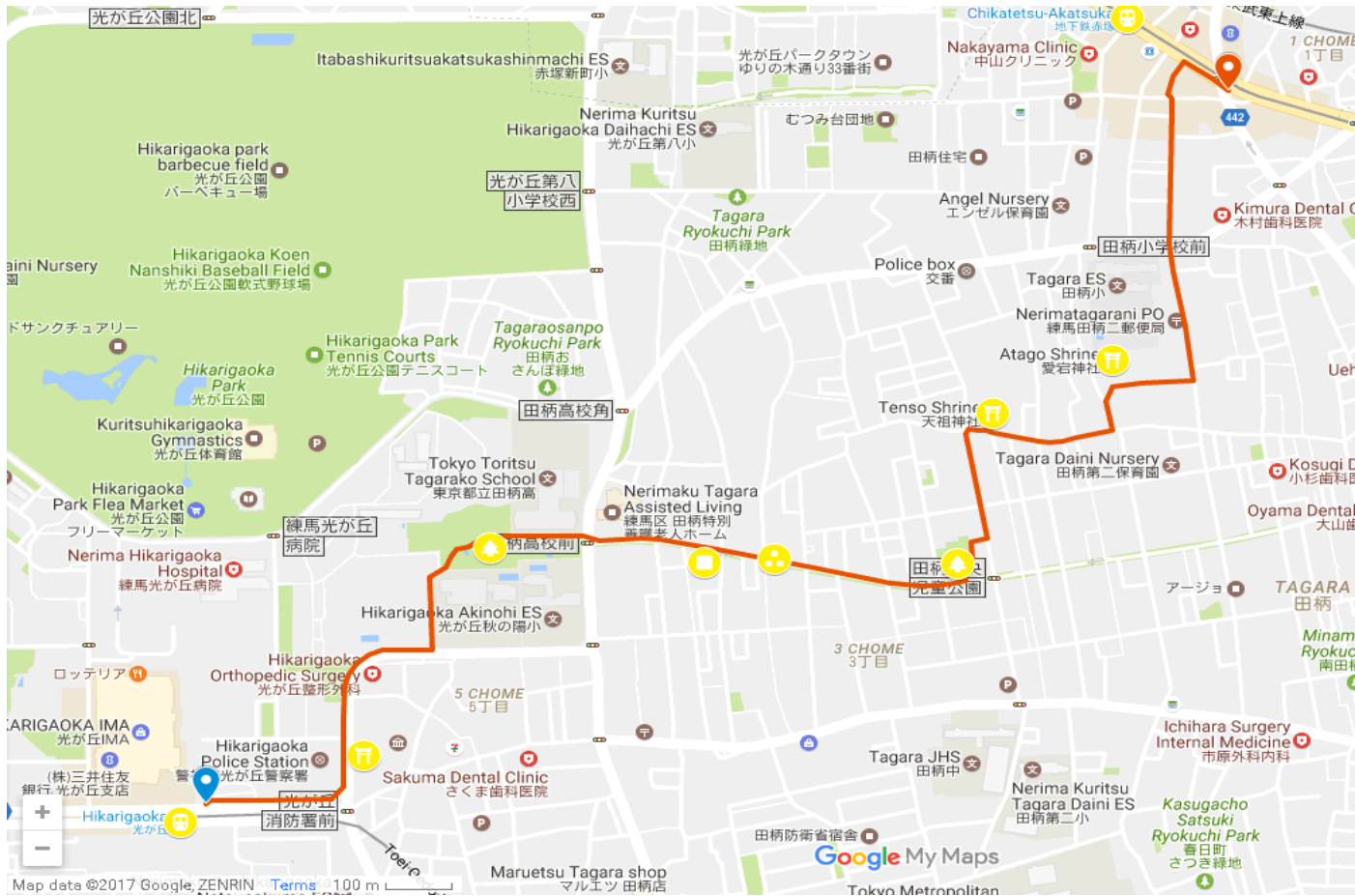


Nerima City

Hikarigaoka Sta. - Chikatetsu-Akatsuka Sta. Course

Highlight | Tagara-gawa Greenway



Route Description

- Hikarigaoka Sta.
- ▼
- Akinohi Park
- ▼
- Tagara Area Community Center
- ▼
- Tagara no Kaiju
- ▼
- Tagara Chuo Children's Park
- ▼
- Tenso-jinja Shrine
- ▼
- Atago-jinja Shrine
- ▼
- Chikatetsu-Akatsuka Sta.

Points to keep in safe walking

- Stretch before and after to prevent injuries and fatigue.
- Shoulder rolls

Body rotations

Knee rotations

Ankle rotations

Achilles tendon stretch
- Choose shoes and clothes that fit your feet and are easy to walk in.
-
- Make sure to drink fluids frequently.
 - If you have a medical condition, consult with your family doctor before beginning

Time allowed	around 42 minutes
Distance	around 2.8 km
Calorie consumption	around 126 kcal
Number of steps	around 4000 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.
Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Recommended Site

Icons: Shrines and Temples Park Other

Tagara-gawa Greenway

Tagara-gawa River was renovated in 1981, and it became a greenway. Visitors can enjoy the view throughout the year.

Tagara no Kaiju

There are three kaiju (monsters) made based on pictures drawn by children from Tagara Daisan Elementary School.
“Hosukon,” “Sansho-zaurus,” and “Wanigon”

Atago-jinja Shrine

A bon-odori event and goldfish market are held in the summer.