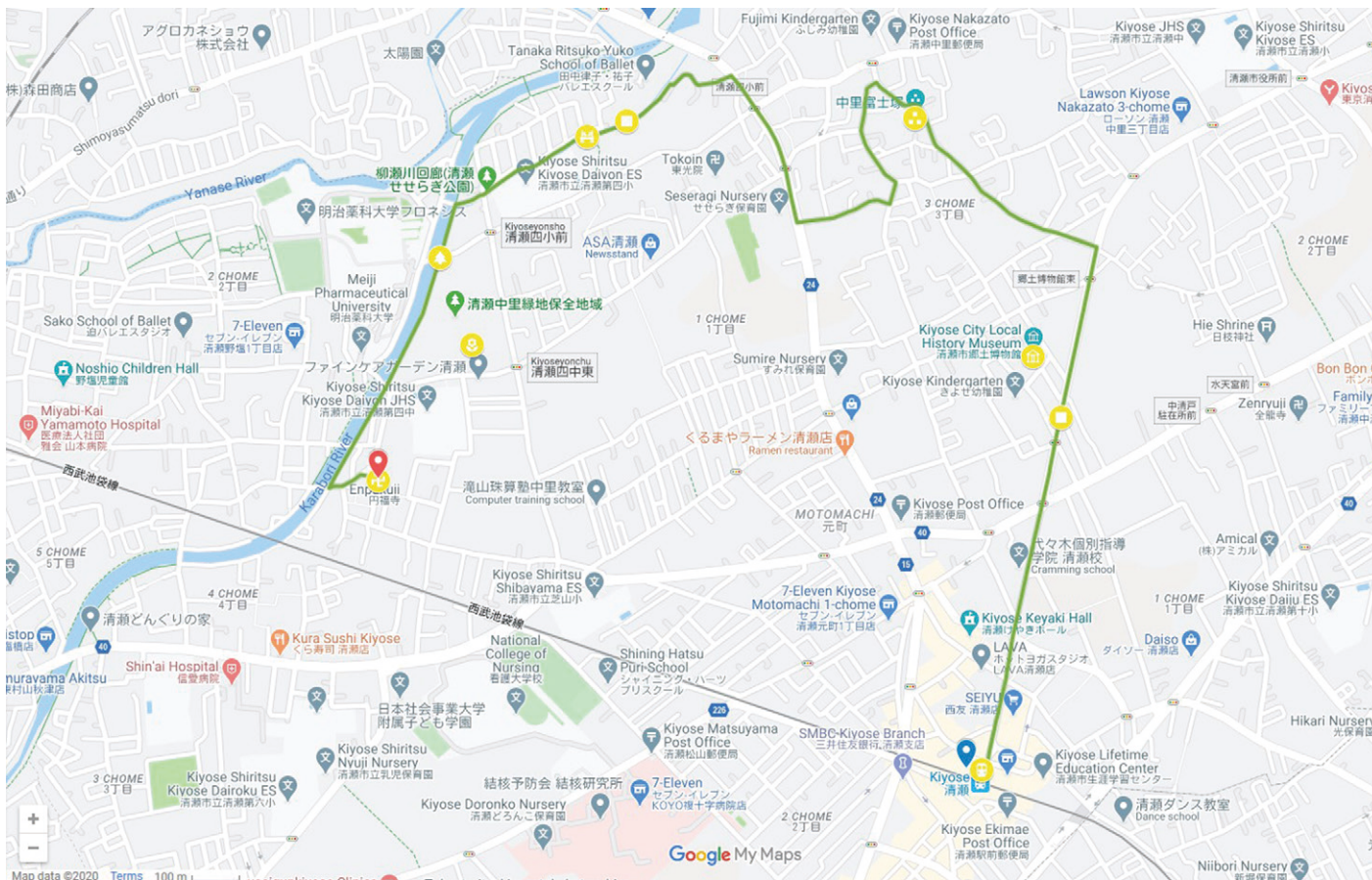


KIYOSE CITY

Keyaki Course

Highlight | Kiyose Seseragi Park



Route Description

- Kiyose Station (in front of North Exit Koban)
- ▼
- Kiyose Keyaki Road Gallery (in front of Kyodo-Hakubutsukan Iriguchi Bus Stop)
- ▼
- Nakazato no Fujizuka Mound
- ▼
- Kiyose Seseragi Park (Miyashita Bridge)
- ▼
- Nakazato Ryokuchi Park (Misato Bridge)
- ▼
- Empukuji Temple

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Time allowed	around 57 min.
Distance	around 3.8 km
Calorie consumption	around 171 kcal
Number of steps	around 5428 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

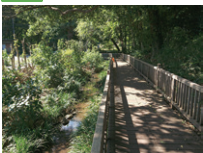


Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

Recommended Site

Icons: Shrines and Temples Park Other

Kiyose Seseragi Park



Along with the conservation of the adjoining wooded area, the park was developed by recovering clear stream for about 510 meters of the old Karabori River, providing a place for hands-on learning in nature as well as a walking path where citizens can commune with water at the waterside.

Nakazato no Fujizuka Mound



Nakazato no Fujizuka Mound was built in 1825. The mound is about 9 meters in height. The mountain trail continues from the torii gate on the north side, and various monuments related to the worship for Mt. Fuji adorn the way.

Empukuji Temple



There are temple buildings such as Yakushido Hall and Sanju-no-to Pagoda, and the pagoda and cherry blossoms in full bloom create a beautiful view in the precinct. (The photograph shows Shoro Tower and Sanju-no-to Pagoda.)