

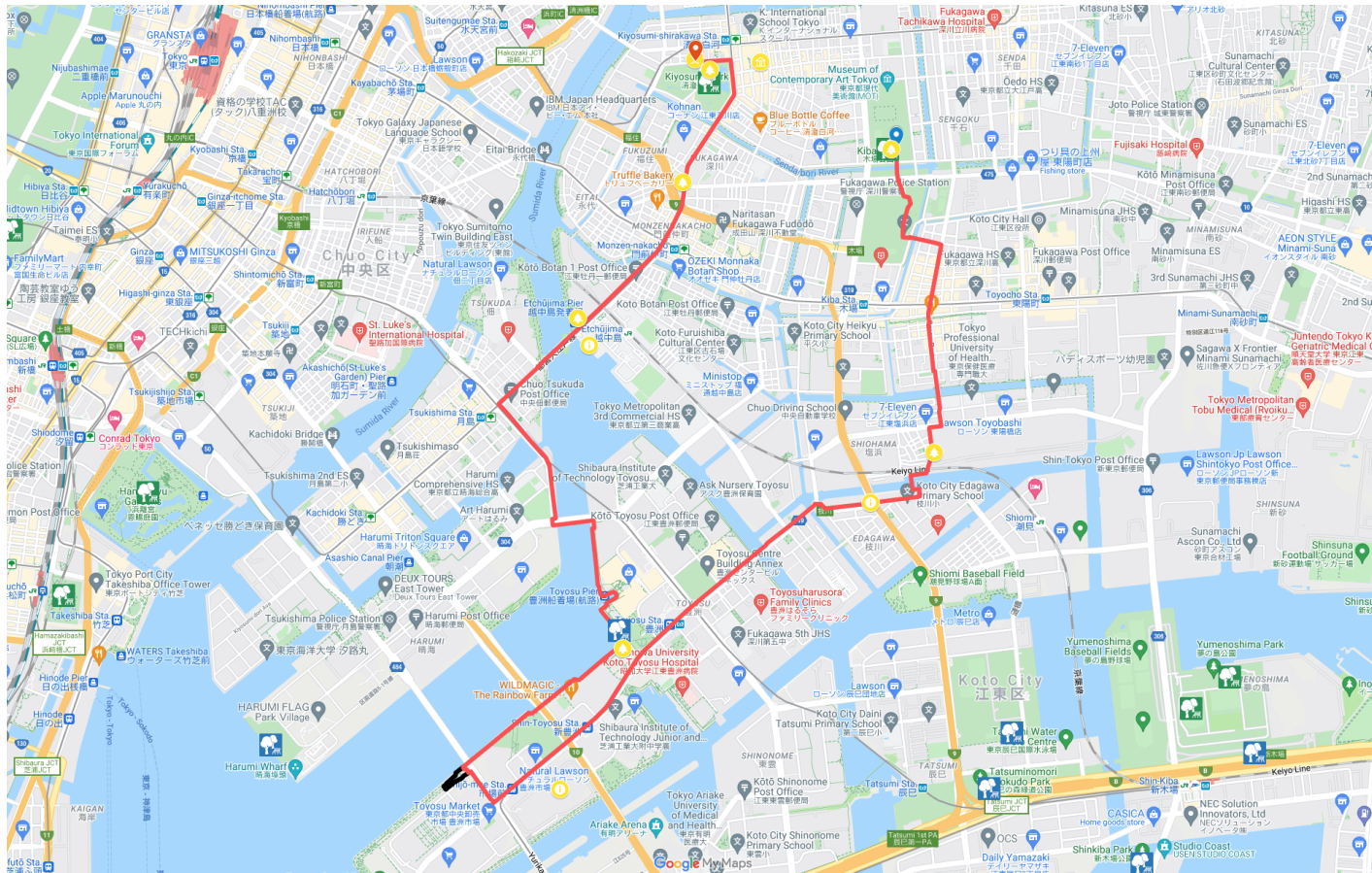


# TOKYO HEALTH WALK 2019 - 12km Course

Highlight | Toyosu Market



MOSHIKAMO-KUN, the Tokyo Metropolitan Government character promoting cancer screening



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## Route Description

- 📍 Kiba Park Event Plaza
- ▼
- 📍 Shiokazebashi Shiohama Park
- ▼
- 📍 Toyosu Gururi Park Promenade
- ▼
- 📍 Etchujima Park
- ▼
- 📍 Fukagawa 1-chome Kids Playground
- ▼
- 📍 Nakamura Junior & Senior Girls' High School

**Warm-up**  
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

**Cool-down**  
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



\* Do not put too much strain on your body when you are sleep

Time allowed	around 180 min.
Distance	around 12.0 km
Calorie consumption	around 540 kcal
Number of steps	around 17410 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

### Toyosu Market



Moved from Tsukiji to Toyosu in October 2018 and opened. There is a passage for visitors, and on market business days, you can also visit tuna auctions and eat and drink.

### Meiji-maru



The oldest surviving iron ship in Japan. It has been active as a training ship for the commercial shipping school (currently Tokyokaiyo University) since 1897, and is currently preserved at the same university. National important cultural property.

### Kiyosumi Garden



This style of walk-through Japanese garden was often found in Edo period daimyo residences. The pond features famous stones and pine trees in the background, and the view can be enjoyed throughout all four seasons.

Icons: Shrines and Temples Park Other