

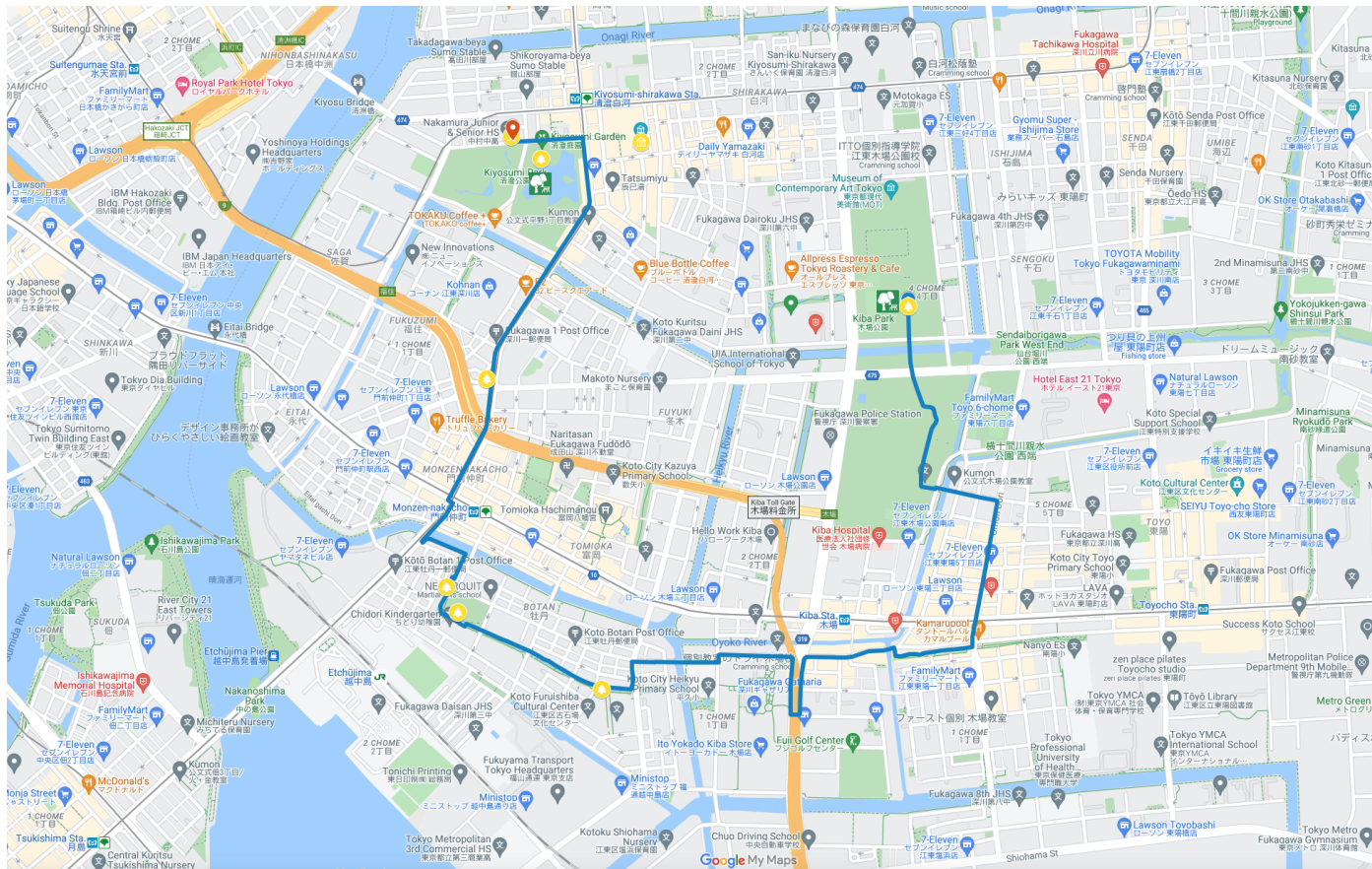


TOKYO HEALTH WALK 2019 - 6km Course

Highlight | Kiyosumi Garden



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



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Route Description

- 📍 Kiba Park Event Plaza
- ▼
- 📍 Furuishibagawa Water Park, Stone Plaza
- ▼
- 📍 Botancho Park
- ▼
- 📍 Furuishibagawa Water Park, near Furuishiba Bridge
- ▼
- 📍 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 90 min.
Distance	around 6.0 km
Calorie consumption	around 270 kcal
Number of steps	around 8570 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

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.

Fukagawa Edo Museum



The atrium space from the 1st basement floor to the 2nd floor above ground reproduces the streets of the Edo period and the lifestyle of ordinary people. With sound and lighting effects, you can experience the daily life of Edo Fukagawa Saga Town in a realistic way.