Ideal posture for walking

Good posture makes walking more effective!

Appropriate speed guideline
• A speed that is faster than usual but not difficult to maintain.

Hold your chin in and eyes forward

Swing your arms rhythmically, in time with your stride

Breathe naturally, according to your speed

Stand straight with shoulders back

Step forward heel-first

Kick the ground at the base of your big toe

Walk in big steps, about one heel (approx. 5-7 cm) wider than usual

Don't forget to drink water

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

Before and After Walking

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.
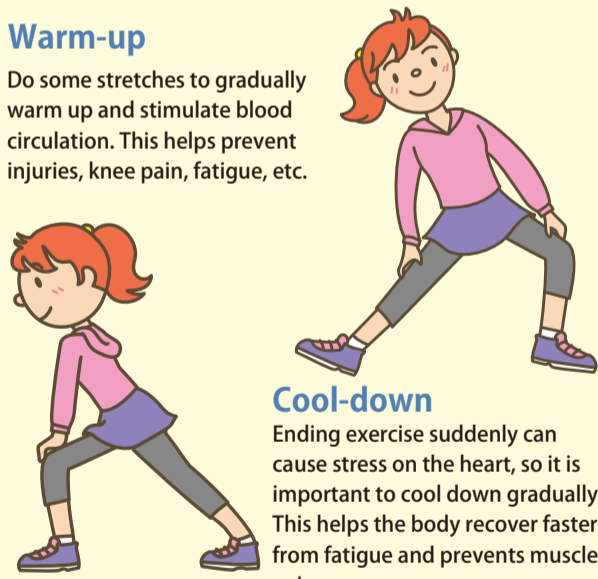
Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

*Do not put too much strain on your body when you are sleep-deprived or sick.

How to choose shoes

■ Material	The material should be light and breathable.
■ Toe area	There should be enough space to move your toes.
■ Foot arch	It should be shaped to support the insoles of your feet.
■ Instep	It should be able to be adjusted without tightening.
■ Shoe sole	It should flex according to movement. A thick sole with good cushioning
■ Heel	It should firmly hold the heel in place.

How to put on shoes

① Make the shoe loose enough that your toes can move.

② Gently tap the ground with your heel. If your heel is firmly in place, tighten the laces at the ankle.

③ Move your weight to your toes, and with your heels raised, fasten your shoes places.

Let's walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2).
Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1   The Physical Activity Guidelines for Health(Active Guide) (Japanese Ministry of Health,Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.
*2   Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007–2009]

Hints to increase the amount of activity by walking

• Intentionally walk walkable distances instead of using the bus or train.

• Use the stairs instead of elevators and escalators.
• Don't just walk; have fun while you walk.

For example, walk and shop at stores or streets featured in magazines, tour sightseeing spots, etc.

• Recording steps with a pedometer, smartphone, etc. will also lead to a sense of accomplishment and a willingness to continue.
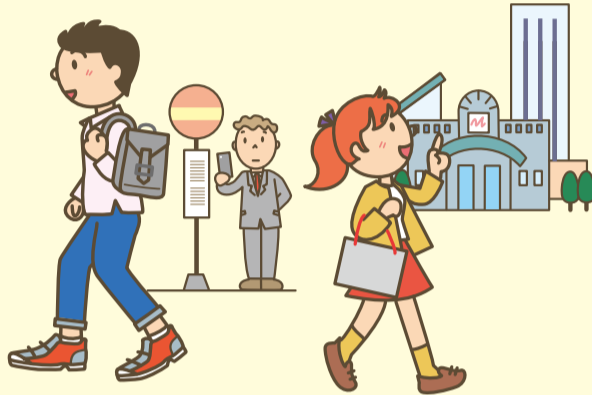
What kind of river is Kandagawa-river?

The river, with a length of about 25 km, takes its water from Inokashira Pond in Mitaka City. It runs through central Tokyo and empties into the Sumida River. The upstream part of the river was excavated to construct waterworks in the early Edo period, and provided drinking water to the residents of Edo and Tokyo until the modern water supply system was installed. In the past, the upstream from Sekiguchi Oarai Weir was called Kanda Josui (waterworks), while the section from the weir to Funakawara Bridge was known as Edo River, and the downstream from it was called the Kanda River. Thanks to efforts to create a river that is kind to fish and other living creatures, the river water has become so clean that sweetfish swim upstream.

Entry artwork for river photo contest

Tokyo Metropolitan Government Construction Bureau River Division

Along the river Walking Map

~Kandagawa Course 1~

Let's Begin!

Let's go to the river!

Kawaiko-chan Papa Kawaiko-chan Kawaiko-chan Mama

PR Character of Rivers in Tokyo

Tokyo Health Promotion Character
Kenko Desuka Man

The Benefits of Walking

*If you have a chronic illness, please consult your doctor before starting.

1 Prevent lifestyle-related diseases
• Helps decrease blood glucoseand lower blood pressure.It is also said to reduce the risk of cancer, diabetes,and other life style-relateddiseases.

2 Improve cardiopulmonary function
Making exercise a habit leads to maintaining and improving the entire body,including overall physical strength and endurance.

3 Prevents obesity
Increased energy consumption will make it easier to educe your waistline and weight.

4 Reduce stress
Walking helps improve your mood and eliminate stress, and is helpful to improve physical and mental health.

(Created with reference to "Physical Activity Reference for Health Promotion 2013(Ministry of Health, Labour, and Welfare)")

Access till the start point

● Kandagawa Course 1 Start Point

◆ From subway Yurakucho Line "Edogawabashi" Station, take a 1-minute walk.

Cross at Mejiro-dori Intersection on the north side, and under the Shuto Expressway is the starting point.
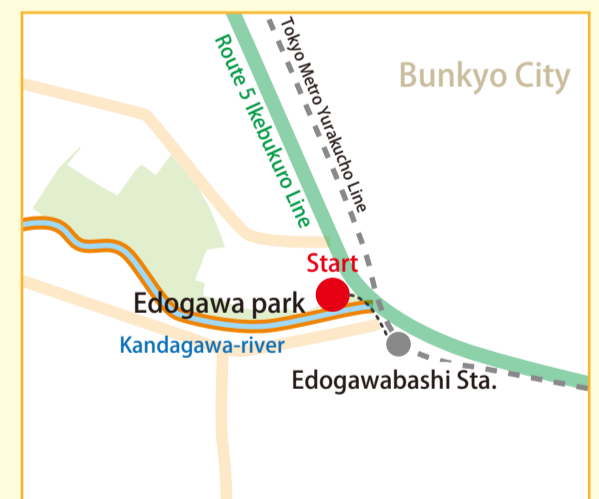
Bunkyo City

Route 5 Ikebukuro Line

Tokyo Metro Yurakucho Line

Start

Edogawa park

Kandagawa-river

Edogawabashi Sta.

Tokyo Metropolitan Government Construction Bureau River Division

Along the river Walking Map

~Kandagawa Course 1~

Tokyo Some Monogatari Museum

The museum passes on dyeing techniques and works of mainly Tokyo Some-komon (silk cloth dyed with fine patterns) and Edo Sarasa (printed silk calico), and introduces production activities at studios, where pieces are woven with a refined and modern sense. In addition to ex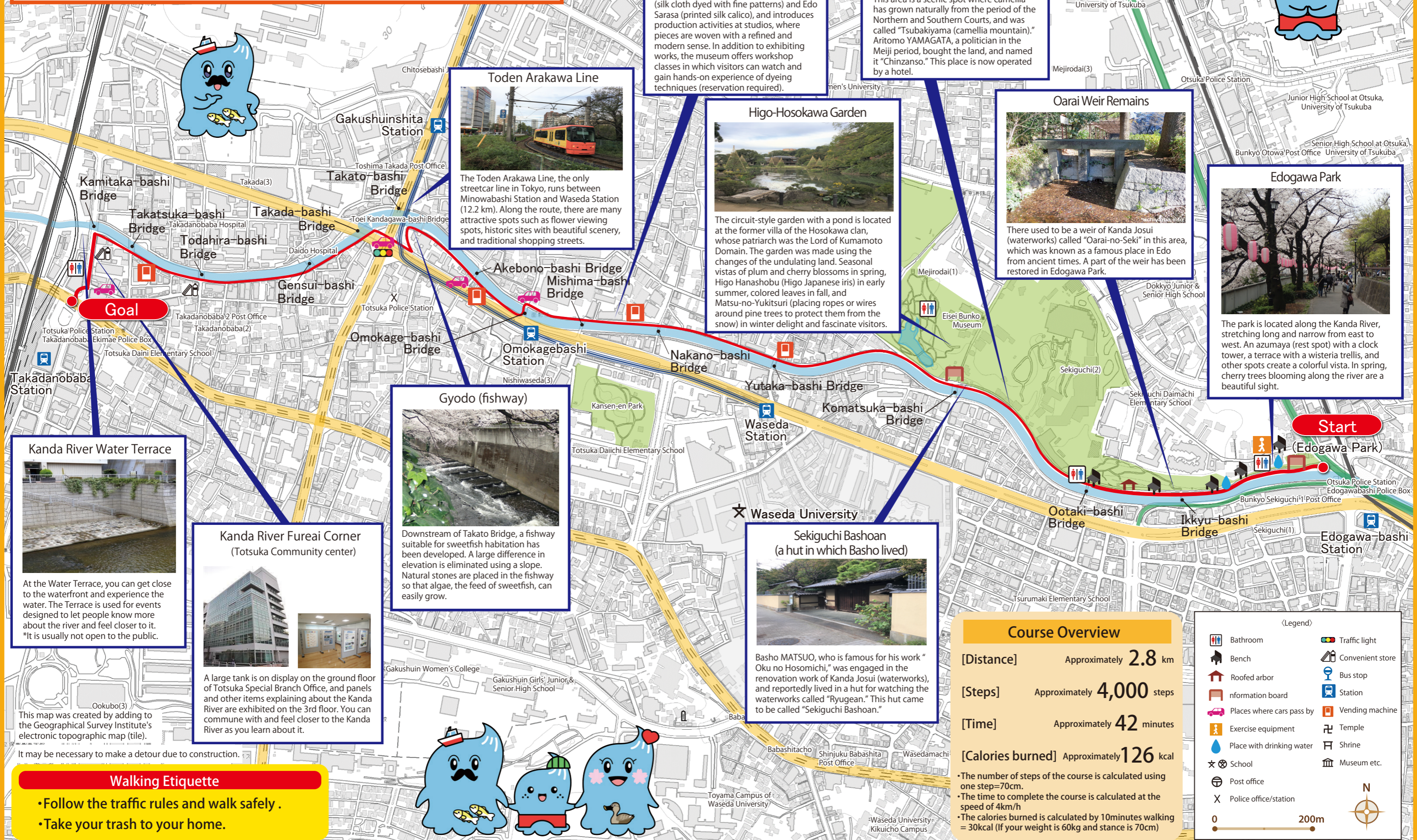hibiting works, the museum offers workshop classes in which visitors can watch and gain hands-on experience of dyeing techniques (reservation required).

Chinzanso

This area is a scenic spot where camellia has grown naturally from the period of the Northern and Southern Courts, and was called "Tsubakiyama (camellia mountain)." Aritomo YAMAGATA, a politician in the Meiji period, bought the land, and named it "Chinzanso." This place is now operated by a hotel.

Toden Arakawa Line

The Toden Arakawa Line, the only streetcar line in Tokyo, runs between Minowabashi Station and Waseda Station (12.2 km). Along the route, there are many attractive spots such as flower viewing spots, historic sites with beautiful scenery, and traditional shopping streets.

Higo-Hosokawa Garden

The circuit-style garden with a pond is located at the former villa of the Hosokawa clan, whose patriarch was the Lord of Kumamoto Domain. The garden was made using the changes of the undulating land. Seasonal vistas of plum and cherry blossoms in spring, Higo Hanashobu (Higo Japanese iris) in early summer, colored leaves in fall, and Matsu-no-Yukitsuri (placing ropes or wires around pine trees to protect them from the snow) in winter delight and fascinate visitors.

Oarai Weir Remains

There used to be a weir of Kanda Josui (waterworks) called "Oarai-no-Seki" in this area, which was known as a famous place in Edo from ancient times. A part of the weir has been restored in Edogawa Park.

Edogawa Park

The park is located along the Kanda River, stretching long and narrow from east to west. An azumaya (rest spot) with a clock tower, a terrace with a wisteria trellis, and other spots create a colorful vista. In spring, cherry trees blooming along the river are a beautiful sight.

Gyodo (fishway)

Downstream of Takato Bridge, a fishway suitable for sweetfish habitation has been developed. A large difference in elevation is eliminated using a slope. Natural stones are placed in the fishway so that algae, the feed of sweetfish, can easily grow.

Kanda River Water Terrace

At the Water Terrace, you can get close to the waterfront and experience the water. The Terrace is used for events designed to let people know more about the river and feel closer to it.
*It is usually not open to the public.

Kanda River Fureai Corner
(Totsuka Community center)

A large tank is on display on the ground floor of Totsuka Special Branch Office, and panels and other items explaining about the Kanda River are exhibited on the 3rd floor. You can commune with and feel closer to the Kanda River as you learn about it.

Sekiguchi Bashoan
(a hut in which Basho lived)

Basho MATSUO, who is famous for his work "Oku no Hosomichi," was engaged in the renovation work of Kanda Josui (waterworks), and reportedly lived in a hut for watching the waterworks called "Ryugean." This hut came to be called "Sekiguchi Bashoan."

This map was created by adding to the Geographical Survey Institute's electronic topographic map (tile).

It may be necessary to make a detour due to construction.

Walking Etiquette

- Follow the traffic rules and walk safely .
- Take your trash to your home.

Map labels:
Zoshigaya Station, Zoshigaya Post Office, Zoshiga, Zoshibashi Police Box, Ochanomizu University, Otsuka Police Station, Gokokujiimae Police Box, Nihon Univ.Buzan Junior & Senior High School, Gokokuji Station, Otsuka(2), Special Needs Education School for the Visually Impaired, University of Tsukuba, Otowa(2), Chitosebashi, Mejirodai(3), Otsuka Police Station, Junior High School at Otsuka, University of Tsukuba, Women's University, Senior High School at Otsuka, University of Tsukuba, Bunkyo Otowa Post Office, Gakushuinshita Station, Takada(3), Toshima Takada Post Office, Takato-bashi Bridge, Kamitaka-bashi Bridge, Takatsuka-bashi Bridge, Takadanobaba Hospital, Takada-bashi Bridge, Toei Kandagawa-bashi Bridge, Todahira-bashi Bridge, Daido Hospital, Gensui-bashi Bridge, Akebono-bashi Bridge, Mishima-bashi Bridge, Mejirodai(1), Eisei Bunko Museum, Dokkyo Junior & Senior High School, Goal, Totsuka Police Station, Takadanobaba 2 Post Office, Takadanobaba(2), Totsuka Police Station, Takadanobaba Ekimae Police Box, Totsuka Daini Elementary School, Omokage-bashi Bridge, Omokagebashi Station, Nishiwaseda(3), Nakano-bashi Bridge, Yutaka-bashi Bridge, Sekiguchi(2), Sekiguchi Daimachi Elementary School, Takadanobaba Station, Kansen-en Park, Waseda Station, Komatsuka-bashi Bridge, Sekiguchi, Waseda University, Totsuka Daiichi Elementary School, Start (Edogawa Park), Otsuka Police Station, Edogawabashi Police Box, Bunkyo Sekiguchi 1 Post Office, Ootaki-bashi Bridge, Ikkyu-bashi Bridge, Sekiguchi(1), Edogawa-bashi Station, Ookubo(3), Gakushuin Women's College, Gakushuin Girls' Junior & Senior High School, Tsurumaki Elementary School, Babashitacho, Shinjuku Babashita Post Office, Wasedamachi, Toyama Campus of Waseda University, Baba, Waseda University Kikuicho Campus

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Course Overview

[Distance] Approximately **2.8** km

[Steps] Approximately **4,000** steps

[Time] Approximately **42** minutes

[Calories burned] Approximately **126** kcal

- The number of steps of the course is calculated using one step=70cm.
- The time to complete the course is calculated at the speed of 4km/h
- The calories burned is calculated by 10minutes walking = 30kcal (If your weight is 60kg and stance is 70cm)

〈Legend〉

Bathroom	Traffic light
Bench	Convenient store
Roofed arbor	Bus stop
Information board	Station
Places where cars pass by	Vending machine
Exercise equipment	Temple
Place with drinking water	Shrine
School	Museum etc.
Post office	
Police office/station	

0 — 200m

N