

# Enjoy the city with the river!

AREA 01

Tōyoko Line Hibiya Line

## Nakameguro, Daikanyama areas

Nakameguro is widely loved and nicknamed "Nakame"

It's riverside area of the Meguro River within reach from both Ebisu and Daikanyama in just 10 minutes. It is absolutely appealing to go a little further and explore the two areas.



AREA 02

JR Line Meguro Line Namboku Line Mita Line

## Meguro, Gonnosukezaka areas

The name Meguro has appeared in famous classic "rakugo" (story telling)

Meguro is home for historic spots such as shrines and temples. The shopping districts nearby the railway stations in Meguro City, Shinagawa City, and Minato City are also vibrant throughout the day.



AREA 03

JR Line Ikegami Line Asakusa Line Rinkai Line

## Gotanda, Osaki areas

Gotanda- the central key area in Southern Tokyo

It is divided into east and west Gotanda by the Yamanote railway line that the former developed to become a residential area while business and recreational facilities are concentrated in the west. It is sometimes called "the Gotanda Valley" as startups thrive in the area in recent years.



AREA 04

JR Line Tokyo Monorail Rinkai Line Keikyū Line

## Shinagawa, Tennozu areas

Shinagawa, the prosperous starting point for the Tokaido Shinkansen

Prospered as a post town on the Tokaido, the area extends from Kita-Shinagawa to Omorikaigan still retains the ancient atmosphere. Located at the estuary Tennozu Isle is developed based on the 4th Daiba built in the Edo period, now a redevelopment block with art galleries and event venues.



## The Ideal Walking Form

Get the right posture and walk Properly!



## The merits of walking

### 1 Prevention of lifestyle diseases

It helps to lower blood glucose levels and blood pressure. It's commonly believed to be effectively in preventing lifestyle diseases such as "cancer" and "diabetes".

### 2 Enhancement of cardiorespiratory fitness

When exercise becomes a habit, physical strength such as endurance and muscle strength can be maintained and improved.

### 3 Prevention of obesity

It increases energy consumption for weight and belly fat loss.

### 4 Destressing

It helps to destress and refresh your mind so as to soothe your body and spirit.

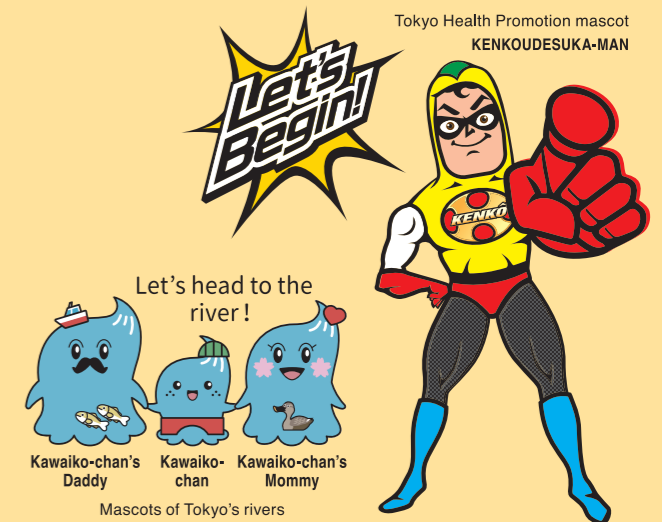
\*Chronic diseases patients should consult their doctors in advance.

Based on "Physical activity standards for health promotion 2013 (Ministry of Health, Labour and Welfare)"

Let's head to the river!

Stroll around and explore new attractions of the river

# STROLL MAP -MEGURO RIVER-



River Division, Bureau of Construction, Tokyo Metropolitan Government (TMG)

## How to choose your shoes

- Material**  
Light and breathable
- Instep**  
Items that can be adjusted with tightening laces
- Toe tips**  
Your big toes should still be able to move
- Shoe Sole**  
Items that can be bended flexibly according to your movement  
Thick and cushioned
- Arch**  
With a supportive insole
- Heels**  
Items that embrace your entire heel

## How to put your shoes on

- Ensure there's a space for all your toes to move freely.
- Make sure to wear it up to the heel and tighten the ankle laces.
- Lean forward, raise your heel, and secure with shoelaces.

## Before and after walking

### Warm up

Stretching helps to warm up your body and enhance blood circulation- do this to prevent injuries and avoid back pain and fatigue.



### Cool down

Stop exercising suddenly could be a burden on your heart, so it is essential to slow down gradually. It speeds up fatigue recovery and prevents muscle pain.



\*Be mindful not to force yourself when you don't have sufficient sleep and feel sick.

## Don't forget to quench your thirst

Sweat helps to regulate body temperature. Inadequate amount of water for sweat might bring about heat stroke. Rehydrate with water, sports drinks, etc. Remember beverages containing caffeine with a diuretic effect (coffee, tea, etc.) are not suitable for hydration.



## The History of Meguro City



Photo by Meguro City

The Meguro River is an 8.0km long class B river running through Setagaya City, Meguro City, and Shinagawa City with Ikejiri 3-chome in Setagaya City as its upstream. The river was developed as an agricultural area during the Edo period for the penetration of paddy cultivation. The estuary area prospered as Shinagawa-juku, one of the "53 Stations of the Tokaido".

River improvement works have been implemented as hydraulic control for inundation damage brought by the development after the Meiji era. In addition, the upstream of the Meguro River Ohashi Bridge and the three tributaries have been culverted because of the deterioration of the water environment due to rapid urbanization and population growth. The above-ground parts are currently being used as greenways. In addition to measures against floods and storm surges, the Tokyo Metropolitan Government is also working to secure the amount of reclaimed water with highly treated sewage, dredging sludge, and improving water quality.

Let's head to the river!  
Stroll around and explore new attractions of the river

# STROLL MAP -MEGURO RIVER-

## Course Overview

[Distance] Approx. 6.3km  
[Step count] 9,000 steps  
[Time needed] Approx. 1hr 35mins  
[Calorie consumption] Approx. 300kcal  
\*Time calculation is based on the speed 4km/h.  
The calculation of calorie consumption is based on 30 kcal/10 mins (weight=60kg; stride=70cm)

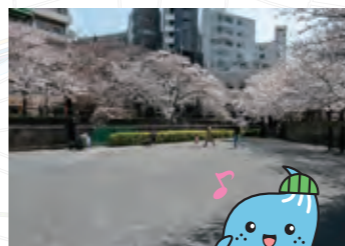
### 1 The Nakameguro Station **START**

Be amazed by the facilities nearby the station- commercial facilities, restaurants, and cafes. The newly opened "Nakame Gallery Street" also has discernible stores you can find nowhere else.



### 2 Goryuten Playground

A riverbed plaza at where the Meguro and Jakuzure rivers meet. The spacious spot is home for events such as the Cherry Blossom Festival in spring, as well as Awa Odori and Yosakoi in summer.



### 3 Funairiba Regulating Reservoir

The oldest underground box type regulating reservoir in Tokyo storing 55,000 m<sup>3</sup> of water when water rises since 1991. It was a boat storage in the past with a waterside plaza at the top.



### 4 Nakameguro Park

A park with flowers in different seasons managed by volunteers with a sport field and a pond as home for various lives near the plaza.



### 5 Ebara Regulating Reservoir

An underground box type regulating reservoir storing 200,000 m<sup>3</sup> of water since 1997. Metro residences are built on its top for the utilization of space.



### 6 Gotanda Fureai Waterside Plaza

A spirit-soothing park full of greenery with flowers and trees to brighten the four seasons, including rows of cherry blossom trees. It also has benches as a nice place to stop by and take a break.



### 7 Tokaibashi Wharf

When utilization of rivers attracted popular attention after the Great Hanshin-Awaji Earthquake, disaster prevention piers were also built in Tokyo as the base for marine transport and wharf during natural disasters.



### 8 Ebara Shrine

Established in year 709 with a "Ebisu" statue at its entrance and "dragon" at the roof of the main hall. It's widely worshipped as "Shinagawa Dragon God" in the spirit of Samurai.



### 9 Shinagawa Bridge

In the past, the area around Shinagawa Bridge prospered as the base for travelers. It has tasteful banisters and lanterns to bring out the atmosphere of Edo.



### 10 Higashi Shinagawa Kaijo Park **GOAL**

Divided into north and a south side by an Isle Bridge, with a waterplay fountain square on south side, and a large slide and a playset area in the north.



AREA 01

Hey, Look! ▶ 2 6

## Recommendation from Kawaiko-chan's Mommy

There're passages on both sides of the Meguro River and visitors can take a walk while watching the splendid river water.

Visitors may also get closer to the river in spots with stairs and small plazas, such as the Goryuten playground and Gotanda Fureai Waterside Plaza.

Let's walking

## Recommended spots of the Meguro River

The Meguro River is one of the most popular stroll spots in Tokyo. Cherry blossom trees line along the riverside, which is an ethereal corridor during the flowery peak.



Approved by the Director of the Geospatial Information Authority of Japan based on the survey method (use) R2JHs 66-GISMAP44521

AREA 02

Hey, Look! ▶ 3 5 Reservoirs

## Recommendation from Kawaiko-chan's Daddy

Buildings and residences line along the river so improvement works take time, e.g. widening to prevent floods for safety. There are thus reservoirs to regulate the water level during floods.

Meguro River has two- the Funairiba and the Ebara Regulating Reservoirs.



## ★ Going further...

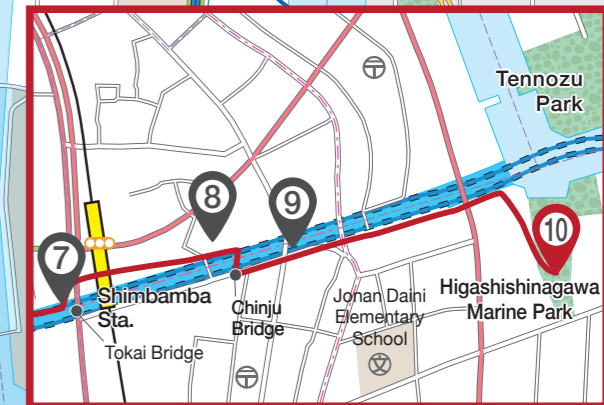
### "Shinagawa-juku" of the Fifty-three Stations of the Tokaido

The first post station of the 53rd station of the Tokaido running from Nihonbashi to Kyoto. Walking from "Kita-Shinagawa Station" on the Keikyū Line toward JR Shinagawa Station, you find a stone pillar written "Shinagawa-juku, southern Shinagawa." Along the old Tokaido course from Shinagawa Station are lines of old and new stores, giving out a retro-chic feel.



AREA 03

AREA 04



**Keys**

- Restroom
- handicapped accessible restroom
- Cherry blossom trees
- University/ junior university
- High school / junior high school / Elementary school
- Hospital
- Post office
- Fire station
- Police station
- Library
- KOBAN (Police Box)
- JSDF
- Shrine
- Temple
- Art museum
- National route no.
- Prefectural route no.
- Traffic light
- Intersection