



Route Description

- 📍 JR Kanamachi Sta., North Exit
- ▼
- 🏯 Konren-in Temple
- ▼
- 🏯 Handa Inari-jinja Shrine
- ▼
- 🏯 Monument of Kanamachi Sekisho Station Ruins
- ▼
- 🌳 Metropolitan Mizumoto Park
- ▼
- 🐟 Katsushika City Goldfish Exhibition Aquarium
- ▼
- 🏯 Nanzo-in Temple (Shibararejizo)
- ▼
- 🏯 Hananoki Inari-jinja Shrine
- ▼
- 📍 JR Kanamachi Sta., North Exit

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.

🕒 Time allowed	around 105 minutes
📏 Distance	around 7.0 km
🔥 Calorie consumption	around 315 kcal
👣 Number of steps	around 10000 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

Gopnachi Pond



The endangered fringed floating heart's sole natural habitat in Tokyo. Beautiful yellow flowers bloom from June to August every year.

Katsushika City Goldfish Exhibition Aquarium



Approximately 1,000 multicolored goldfish of 24 types, including Edoakane and Edonishiki can be seen swimming quietly here.