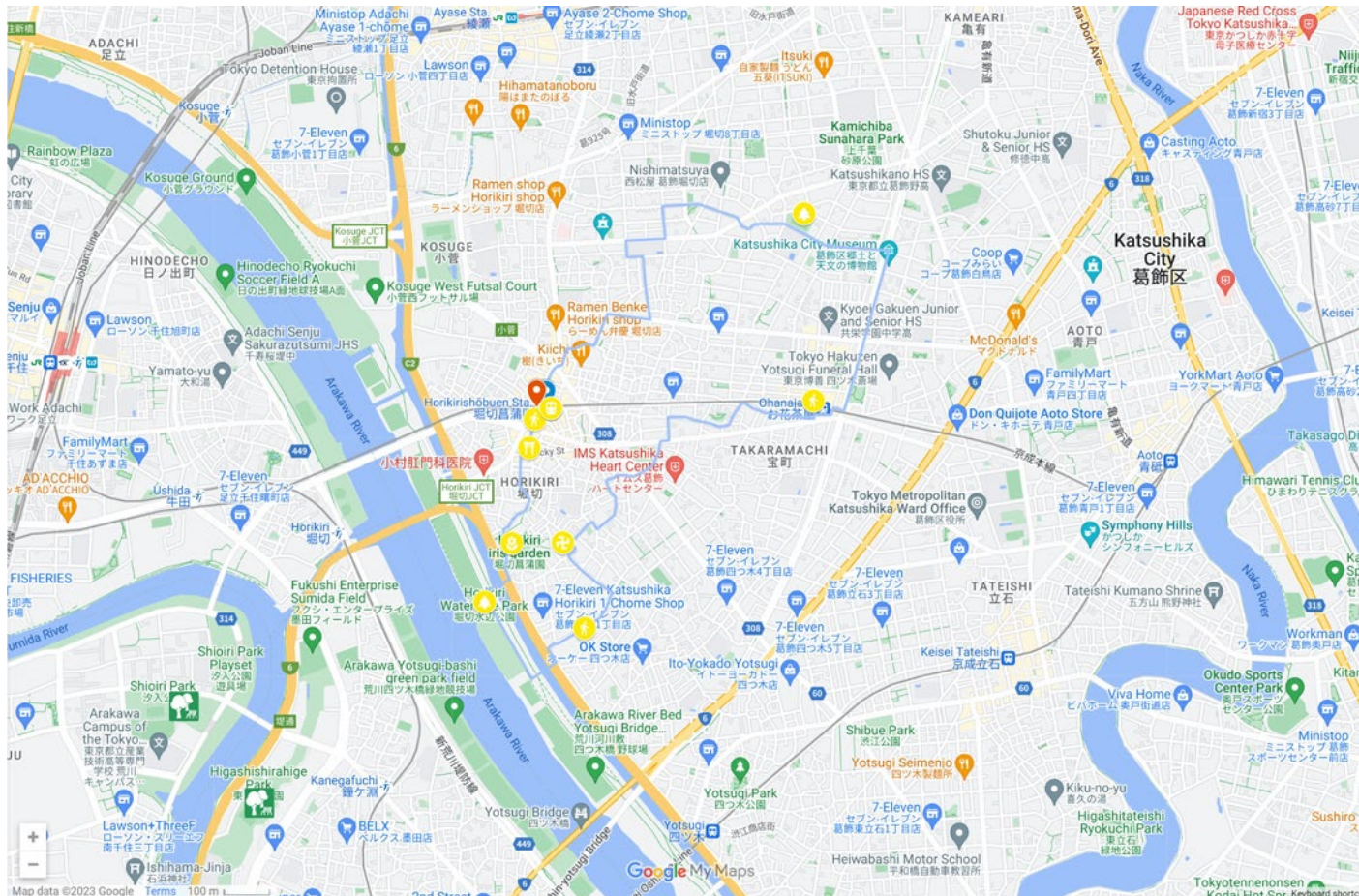


# Horikiri and Ohanajaya Area

Highlight | Horikiri Waterfront Park



## Route Description

- 📍 Horikiri Shobuen Sta.
- ▼
- 🚶 Horikiri Clover Shotengai Shopping Street
- ▼
- 🏪 Shobu Shichifukujin and Shobu Jyunishijin
- ▼
- 🌸 Horikiri Shobuen Iris Garden
- ▼
- 🌳 Horikiri Waterfront Park
- ▼
- 🚶 Horikiri Shiki-no-michi
- ▼
- 🏯 Gokuraku-ji Temple
- ▼
- 🚶 Ohanajaya Shotengai Shopping Street
- ▼
- 🌳 Kamichiba Park
- ▼
- 📍 Horikiri Shobuen Sta.

### 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 <b>109</b> minutes
📏 Distance	around <b>7.3</b> km
🔥 Calorie consumption	around <b>327</b> kcal
👣 Number of steps	around <b>10430</b> 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

### Horikiri Waterfront Park



A waterside park full of flowers spreading across the banks of the Arakawa River. A kite festival is also held in the winter.

### Shobu Shichifukujin and Shobu Jyunishijin



Originally a subsidiary of Tenso-jinja Shrine where Benten was enshrined. In 1994, all seven of the Shichifukujin gods were brought together.