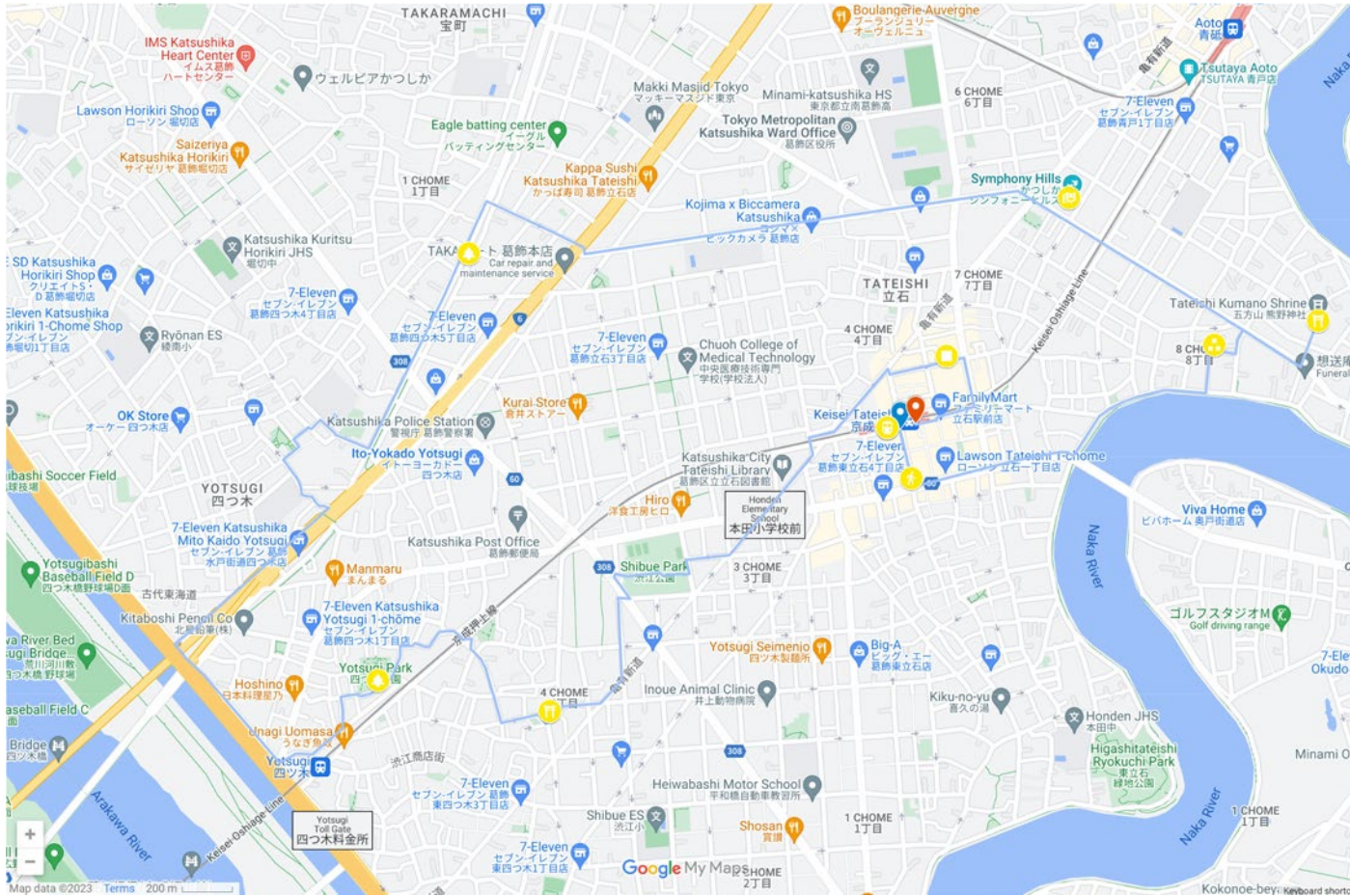


# Katsushika City

## Tateishi and Yotsugi Area

Highlight | Katsushika Traditional Crafts Museum



### Route Description

- Keisei Tateishi Sta.
- ▼
- Tateishi Nakamise Shotengai Shopping Street
- ▼
- Tateishi-sama
- ▼
- Kumano-jinja Shrine
- ▼
- Katsushika Symphony Hills
- ▼
- Hifikunegawa Water Park
- ▼
- Yotsugi Park
- ▼
- Shirahige-jinja Shrine
- ▼
- Katsushika Traditional Crafts Museum
- ▼
- Keisei Tateishi 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>110</b> minutes
Distance	around <b>7.3</b> km
Calorie consumption	around <b>330</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

#### Katsushika Traditional Crafts Museum



Traditional crafts by artisans in Katsushika Ward are exhibited and sold here. There is a hands-on class (reservation required) on the third Saturday of every month.

#### Tateishi-sama



The origin of the name also comes from the rare stone. Various traditions remain, such as chipping during the cold months and returning when it becomes warm.

#### Yotsugi Park



The Keisei line can be seen from inside the park. There is a bronze statue of Kojiro Hyuga, "Captain Tsubasa," in the park.