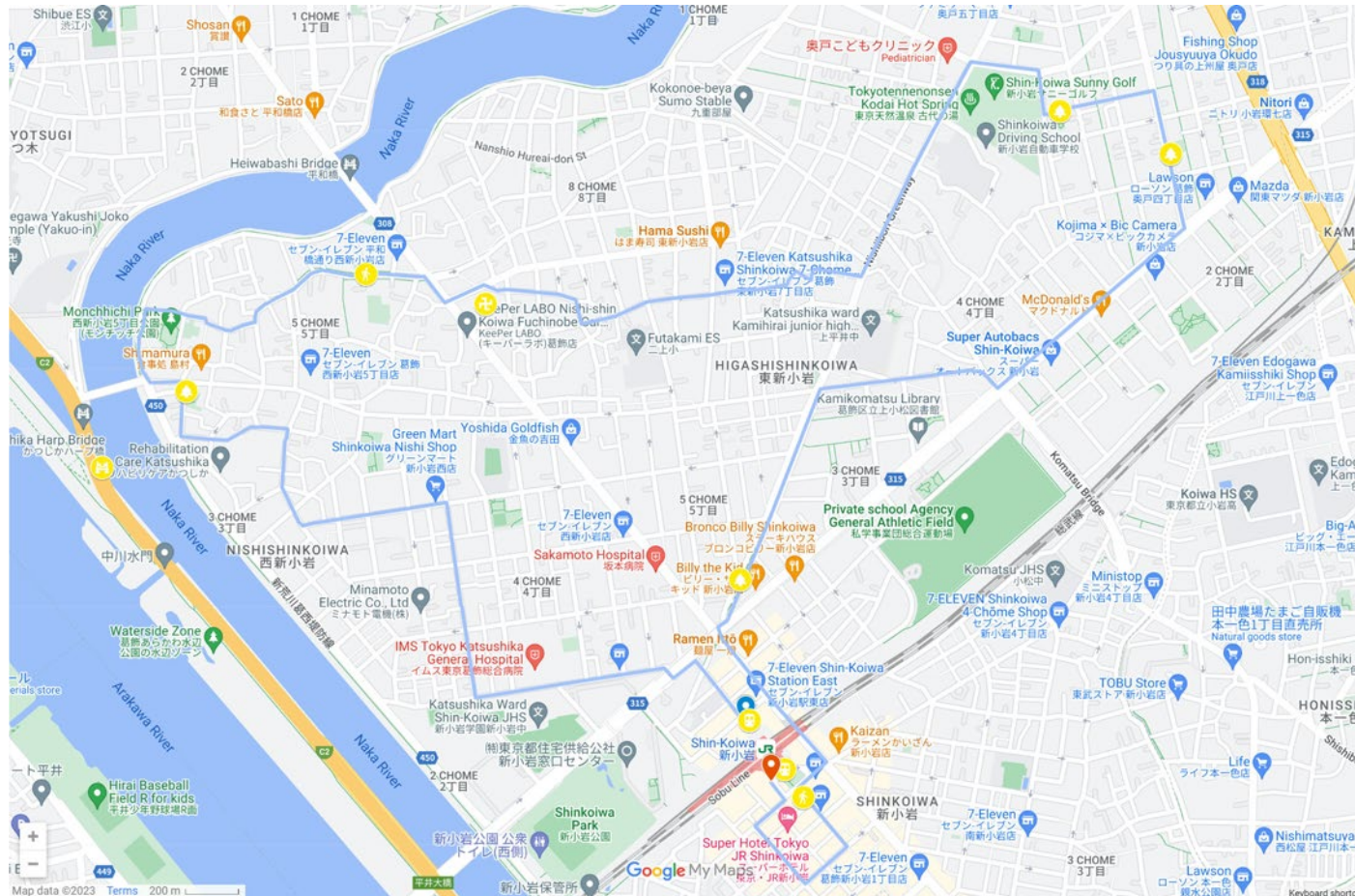


Katsushika City

Shin-Koiwa Area

Highlight | Katsushika Harp-bashi Bridge



Route Description

- 📍 JR Shin-Koiwa Sta., North Exit
- ▼
- 🌳 Sotoya Shioiri Garden
- ▼
- 🏮 Kyu Sakasai-michi
- ▼
- 🏯 Jobon-ji Temple (Enma-ji Temple)
- ▼
- 🌳 Okudo Higashi Park
- ▼
- 🌳 Okuyon Aozora Park
- ▼
- 🌳 Nishibori Seseragi Park
- ▼
- 🏮 Lumiere Shotengai Shopping Street
- ▼
- 📍 JR Shin-Koiwa Sta., South 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 117 minutes
📏 Distance	around 7.8 km
🔥 Calorie consumption	around 351 kcal
👣 Number of steps	around 11140 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 Harp-bashi Bridge



The world's first S-shaped curved cable-stayed bridge. Lit up at night, it makes for fantastic viewing. This bridge received the Tanaka Award from the Japan Society of Civil Engineers.

Sotoya Shioiri Garden



A park built by repairing the private garden of a business person from the early Showa period. Recommended to see are the wisteria in the spring and autumn leaves in the fall.

Lumiere Shotengai Shopping Street



A lively arcade street that runs a total length of 420 meters. Various shops run the length of the street, such as fresh food shops, photo studios, and Japanese izakaya bars.