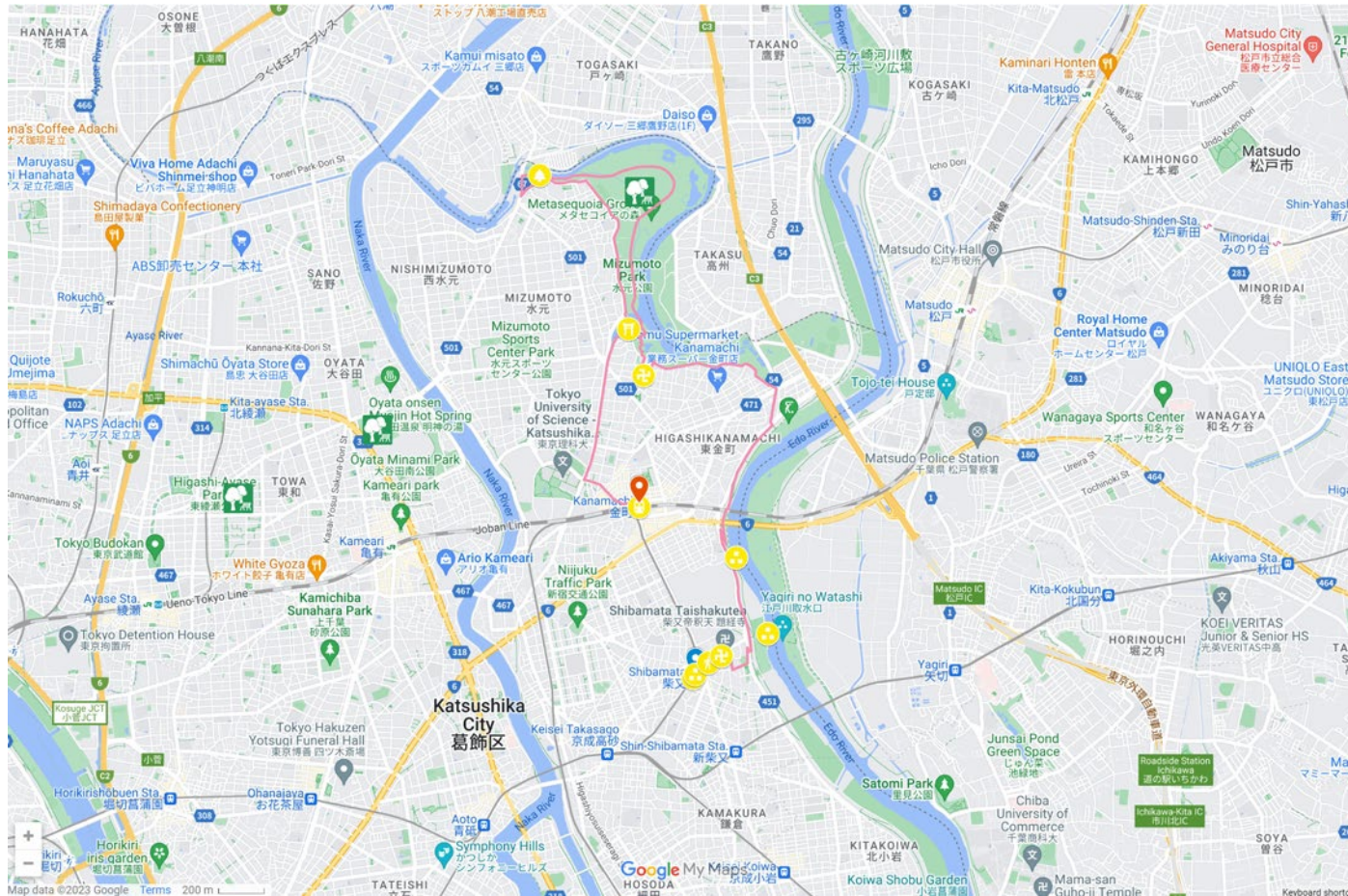


Katsushika  
City

# Mizumoto and Shibamata Area - Tora-san's Road to Shibamata Taishakuten and Mizumoto Park

## Highlight | Road to Taishakuten



### Route Description

- Shibamata Sta.
- ▼
- Futen-no-tora Statue
- ▼
- Road to Taishakuten
- ▼
- Shibamata Taishakuten (Daikyo-ji Temple)
- ▼
- Yagiri Ferry Crossing
- ▼
- Kanamachi Water Purification Plant Intake Tower
- ▼
- Nanzo-in Temple (Shibararejizo)
- ▼
- Metropolitan Mizumoto Park
- ▼
- Mizumoto Kawasemi-no-sato
- ▼
- Katori-jinja Shrine
- ▼
- JR Kanamachi 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.

	<b>Time allowed</b>	around <b>180</b> minutes
	<b>Distance</b>	around <b>12.0</b> km
	<b>Calorie consumption</b>	around <b>540</b> kcal
	<b>Number of steps</b>	around <b>17140</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

#### Road to Taishakuten



There are shops selling yomogi dumplings and rice crackers, and about 200 m of paths to enjoy relaxing strolls.

#### Shibamata Taishakuten (Daikyo-ji Temple)



This is a Nichiren Buddhist temple that is especially busy on the day of Koshin. Copper siding sculptures made from a story in the Lotus Sutra are worth seeing.

#### Metropolitan Mizumoto Park



The largest water park in Tokyo. Each season offers views of the beauty of nature, including poplar trees, metasequoia forests, and a bird sanctuary. This space is full of appealing areas.