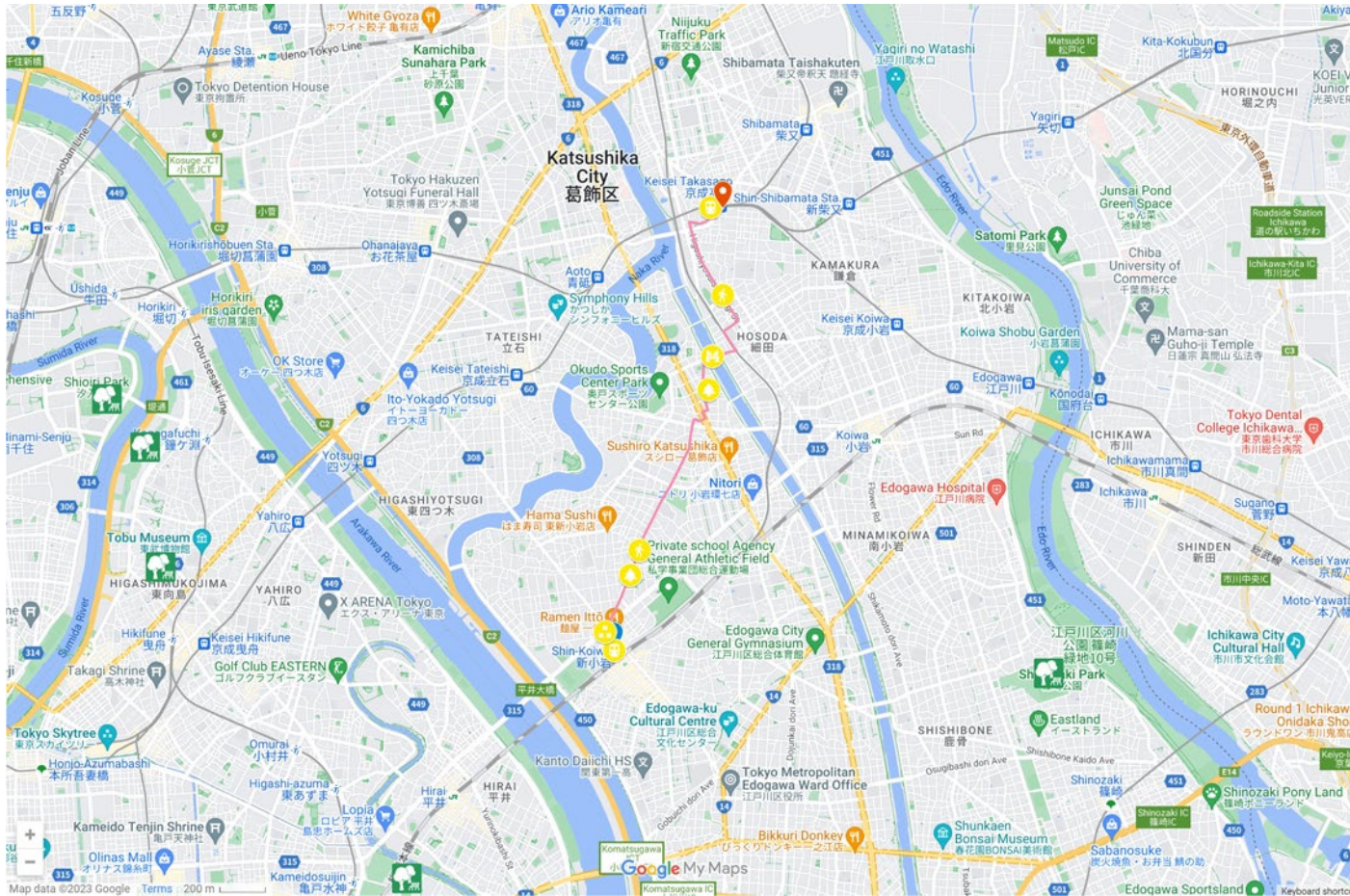


Katsushika
City

Shin-Koiwa and Takasago Area

Highlight | Kitanuma Park



Route Description

- 📍 JR Shin-Koiwa Sta., North Exit
- ▼
- 🏛️ Tatsumi-bashi Bridge Ruins
- ▼
- 🌳 Nishiibori Seseragi Park
- ▼
- 🚶 Nishiibori Greenway
- ▼
- 🌳 Kitanuma Park
- ▼
- 🌉 Sanwa-bashi Bridge
- ▼
- 🚶 Higashi Yosui Seseragi-dori Ave.
- ▼
- 📍 Keisei-Takasago 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 70 minutes
📏 Distance	around 4.7 km
🔥 Calorie consumption	around 210 kcal
👣 Number of steps	around 6710 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

Kitanuma Park



In addition to being able to rent transportation play equipment, this is a unique transportation park with a moon walker (for elementary and junior high school students) to experience the feeling of moon walking, and play equipment in the shape of dinosaurs.

Nishiibori Seseragi Park



About 500 meters of water park built from reclaimed waterways. Associated with the "Tatsumi"-bashi Bridge, a dragon appears in various places.

Higashi Yosui Seseragi-dori Ave.



A cool path with abundant green space, which was once maintained as a canal.