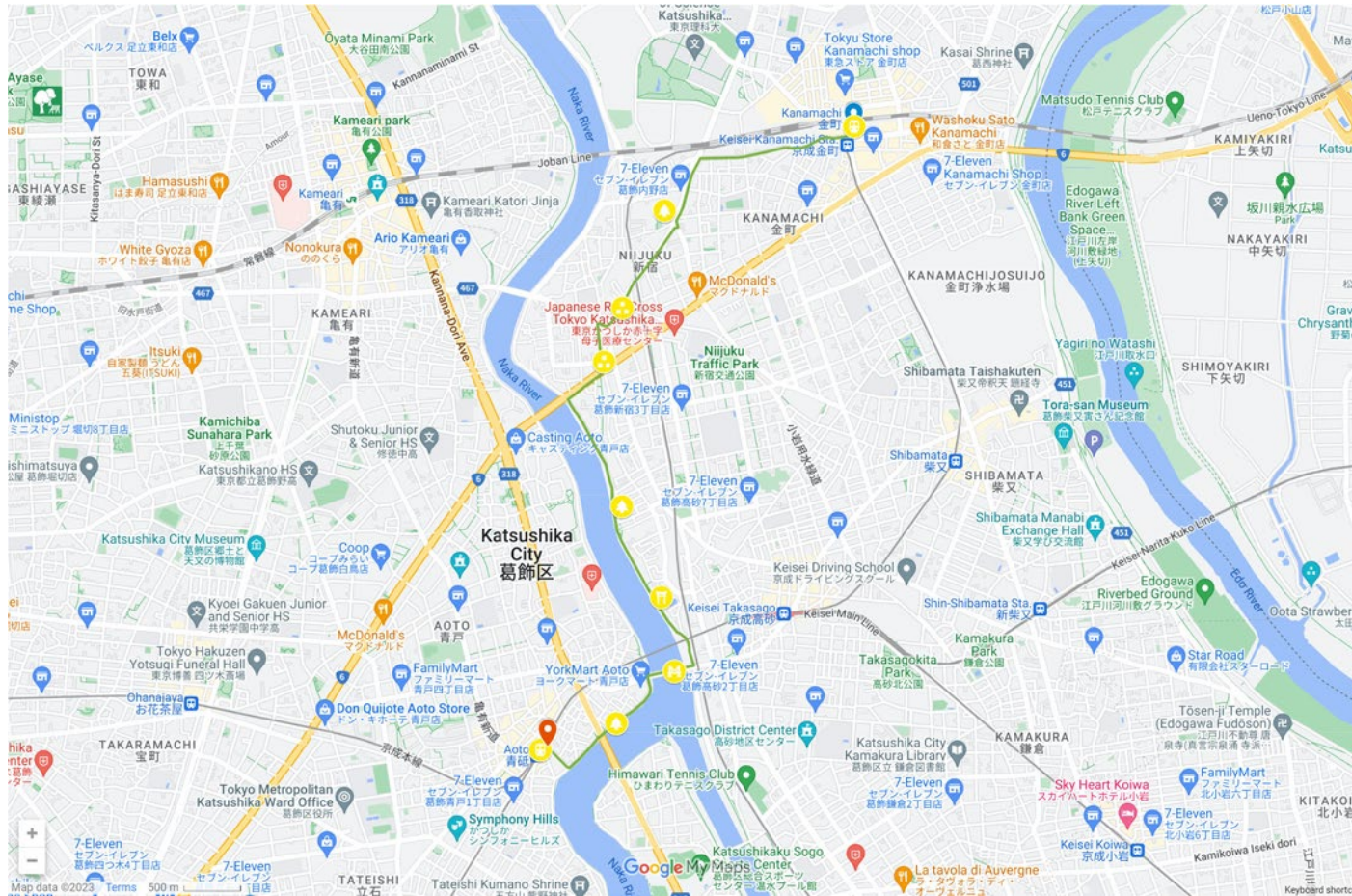


Katsushika City

Kanamachi and Aoto Area

Highlight | Jizo Bodhisattva Stone Statues



Route Description

- 📍 Kanamachi Sta., South Exit
- ▼
- 🌳 Niijuku Play Park
- ▼
- 🗿 Jizo Bodhisattva Stone Statues
- ▼
- 🗿 Kaneami-bashi Bridge Ruins
- ▼
- 🌳 Niijuku Park
- ▼
- 🏯 Seiryu-jinja Shrine and Kenashi Pond
- ▼
- 🗿 Takasago-bashi Bridge
- ▼
- 🌳 Greenway Park on the Right Bank of the Nakagawa River
- ▼
- 📍 Aoto 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 62 minutes |
| 📏 Distance | around 4.2 km |
| 🔥 Calorie consumption | around 186 kcal |
| 👣 Number of steps | around 6000 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

Jizo Bodhisattva Stone Statues



Following road extension construction work, the surrounding jizo statues and stone monuments were gathered in one place. The towering single pine tree besides the stone Buddha statue was once a landmark for travelers.

Seiryu-jinja Shrine and Kenashi Pond



A small shrine at the edge of a pond surrounded by abundant nature. There is a lotus leaf covered half of the Kenashi pond and a legend.

Takasago-bashi Bridge



This spot avails panoramic views spot where the Nakagawa and Shinnakagawa Rivers diverge. The Skytree looks wonderful from the beautifully-shaped bridge.