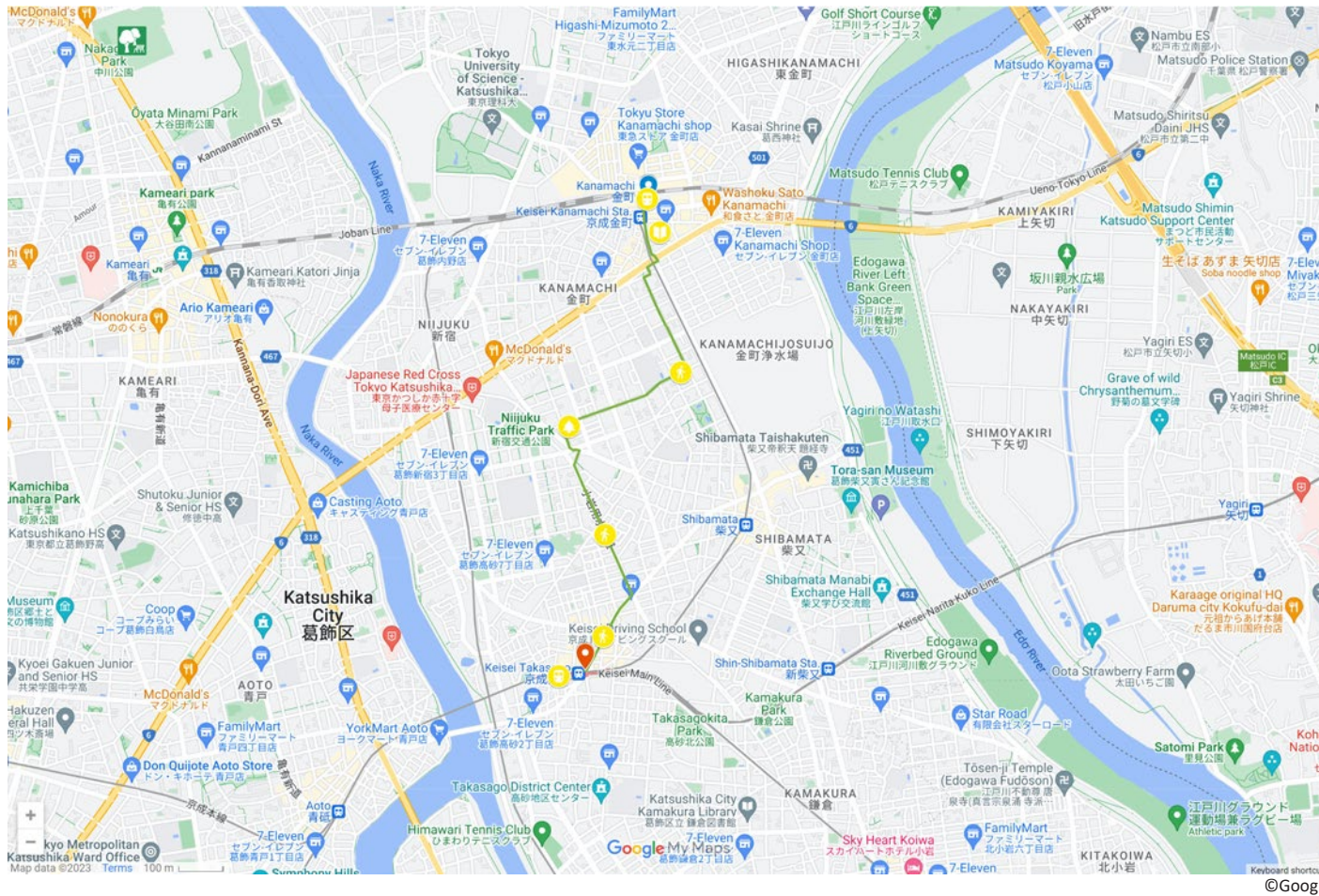


Katsushika City

Kanamachi and Takasago Area

Highlight | Tokiwa Hana-komichi(Path)



Route Description

- Kanamachi Sta., South Exit
- ▼
- Tokiwa Hana-komichi Path
- ▼
- Shibamata Ni-chome Park
- ▼
- Koikiwa Yosui Greenway
- ▼
- Takasago Shotengai Shopping Street
- ▼
- 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 41 minutes |
| Distance | around 2.7 km |
| Calorie consumption | around 123 kcal |
| Number of steps | around 3860 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

Tokiwa Hana-komichi Path



A small path full of seasonal flowers and greenery.

Katsushika Central Library



This is a library located on the third floor of Venus Kanamchi Bright-court that incorporates universal design elements across the entire floor. It is also open during year-end and New Year holidays.