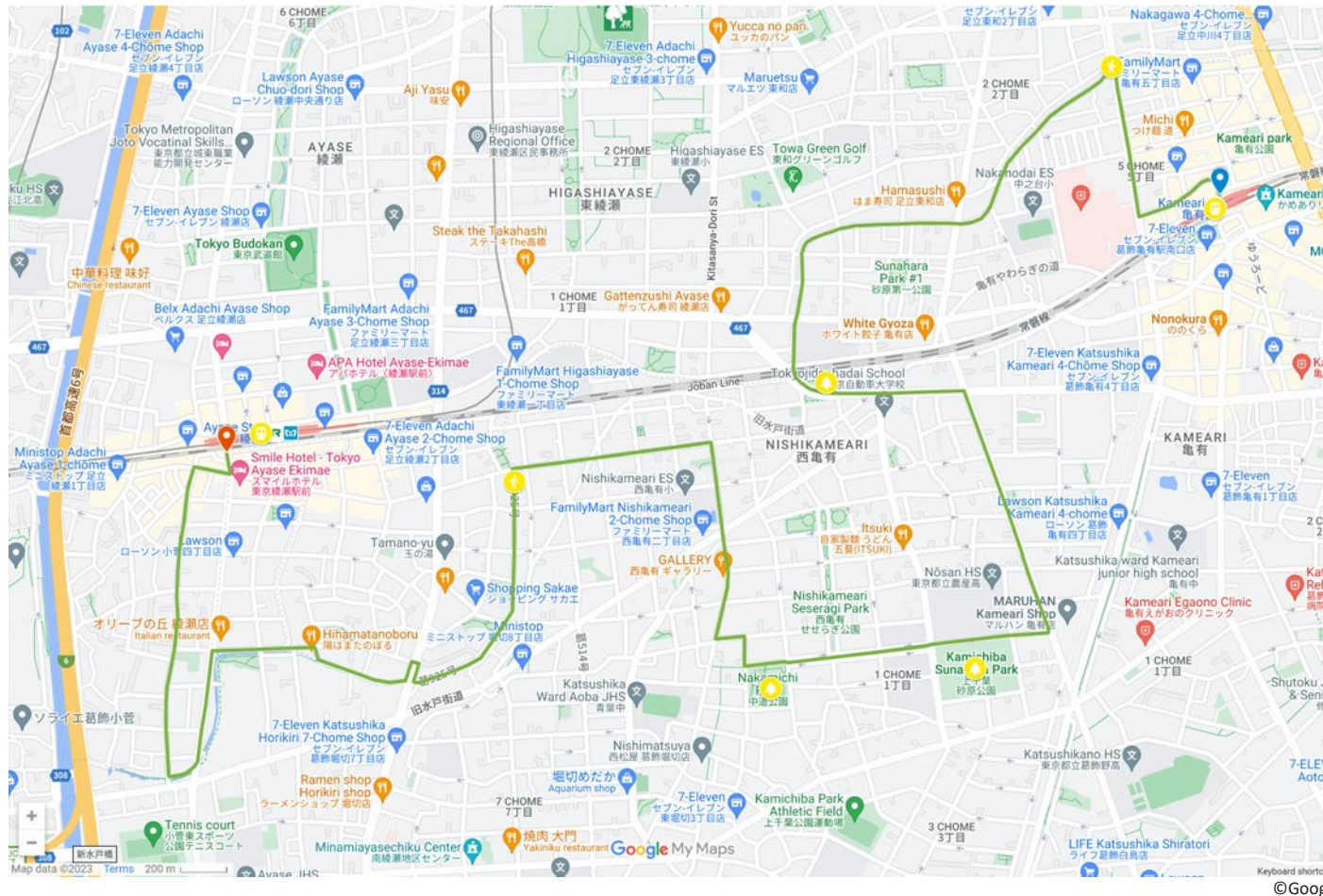


Katsushika  
City

# Kameari and Ayase Area

Highlight | Furu-sumidagawa Greenway



## Route Description

- Kameari Sta.
- ▼
- Furu-sumidagawa Greenway
- ▼
- Sunahara Daini Park
- ▼
- Kamichiba Sunahara Park
- ▼
- Nakamichi Park
- ▼
- Furu-sumidagawa Greenway
- ▼
- Ayase 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 <b>96</b> minutes
Distance	around <b>6.5</b> km
Calorie consumption	around <b>288</b> kcal
Number of steps	around <b>9290</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

### Furu-sumidagawa Greenway



A greenway along the Furu-sumidagawa River flowing along the boundary between Adachi-ward and Katsushika-ward. Enjoy the swimming carp and medaka as well as flowers in different seasons.

### Sunahara Daini Park



A fun park with colorful play equipment. It is known by the nickname of castle park.

### Kamichiba Sunahara Park



Not only is this a transportation park but it is also a petting zoo park where visitors can ride ponies, touch guinea pigs, and more. The whole family will enjoy it.