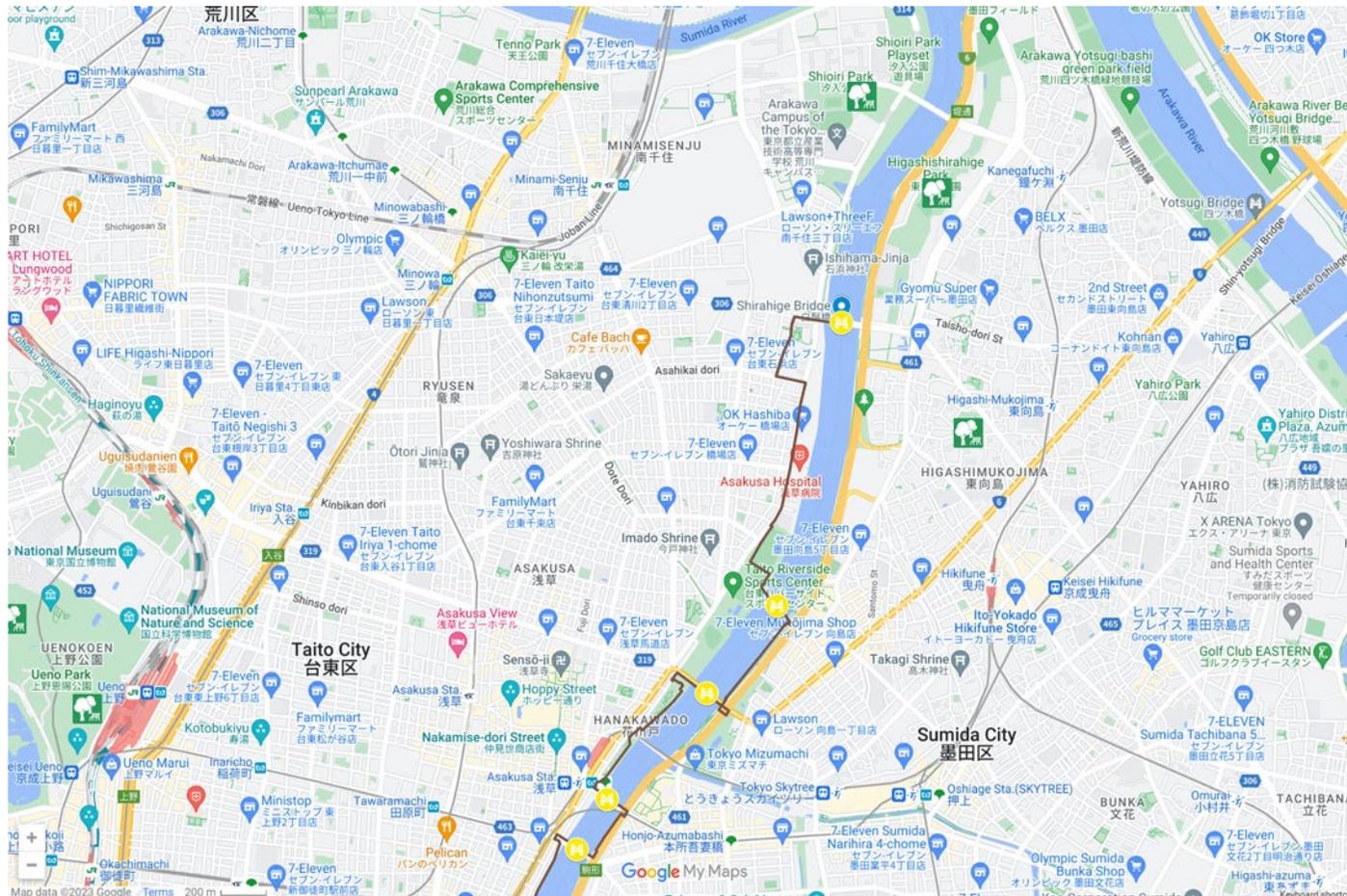


Bridge Tour Course 1 (Shirahige-bashi Bridge - Azuma-bashi Bridge)

Highlight | Sakura-bashi Bridge, Azuma-bashi Bridge



Route Description

- 📍 Shirahige-bashi Bridge
- ▼
- 🚶 Sakura-bashi Bridge
- ▼
- 🚶 Kototoi-bashi Bridge
- ▼
- 📍 Azuma-bashi Bridge

How to Start Walking.

Warm-up

Stretch, etc. and gradually warm up to slowly raise your pulse. This is especially important in the morning.



Main Exercise (Walking)

At first, start with 15 minutes. Once you get used to it, gradually increase the pace and extend the distance covered.



Cool-down

Stopping suddenly is hard on the heart! Aim to gradually reduce your pulse. Also, stretch to help your body recover from fatigue.



Point!

⌚ Setting times... At first, aim for 15 minutes. Exercising 60 minutes per day is most effective.

📅 Frequency... Start with 1-2 times per week with the goal of increasing that number to 3-5 times per week.

🕒 Time allowed	around 108 minutes
📏 Distance	around 7.2 km
🔥 Calorie consumption	around 324 kcal
👣 Number of steps	around 10286 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

Sakurabashi Bridge



An X-shaped bridge completed in 1985 as a sister ward collaborative project between Taito-ku and Sumida-ku, it is the only pedestrian-only bridge on the Sumida-gawa River. In spring, a thousand cherry trees blossom in the Sumida Park on both banks. It is bustling with those coming to view the blossoms.

Azuma-bashi Bridge



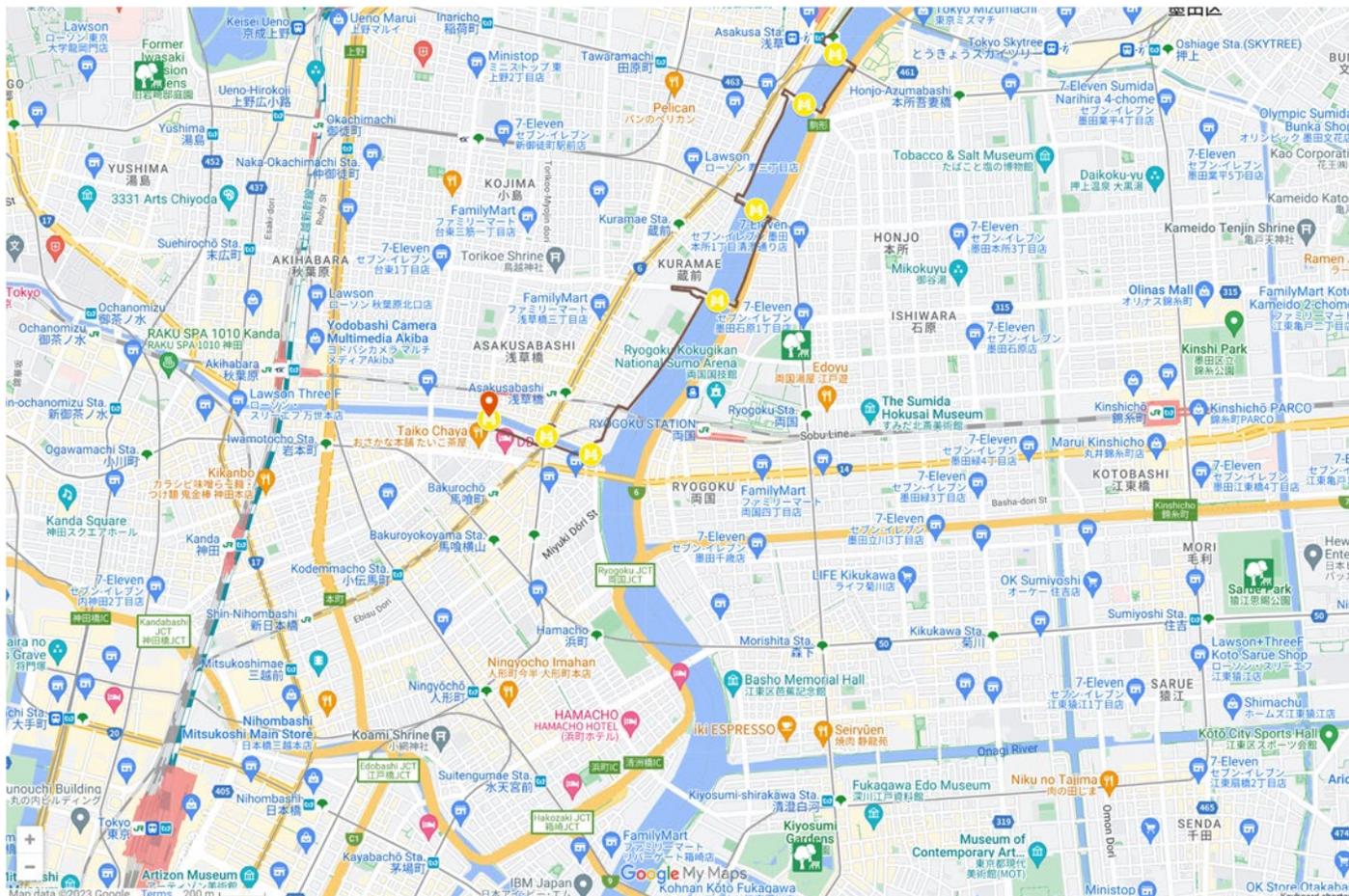
Located on Kaminarimon-dori Ave., this was the last bridge built on the Sumida-gawa River during the Edo period (1774). At the time, it was called Okawa-bashi Bridge, but the name was changed to Azumabashi when it was rebuilt in 1876. At one time, a ferry crossing known as "Takecho no Watashi Crossing" was found in this area.

Shirahige-bashi Bridge

Located on Meiji-dori Ave., the bridge name comes from the Shirahige-jinja Shrine in Sumida-ku. It was first built in 1913. The spot where the "Hashiba no Watashi" Crossing was said to be the oldest ferry crossing on the Sumida-gawa River. It is said that the Heian era poet Ariwara no Narihira crossed here.

Bridge Tour Course 2 (Azuma-bashi Bridge - Saemon-bashi Bridge)

Highlight | Sakura-bashi Bridge, Azuma-bashi Bridge



Route Description

- Komagata-bashi Bridge
- ▼
- Umayu-bashi Bridge
- ▼
- Kuramae-bashi Bridge
- ▼
- Yanagi-bashi Bridge
- ▼
- Asakusabashi
- ▼
- Saemon-bashi Bridge

How to Start Walking.

Warm-up

Stretch, etc. and gradually warm up to slowly raise your pulse. This is especially important in the morning.



Main Exercise (Walking)

At first, start with 15 minutes. Once you get used to it, gradually increase the pace and extend the distance covered.



Cool-down

Stopping suddenly is hard on the heart! Aim to reduce your pulse gradually.

Also, stretch to help your body recover from fatigue.



Point!

© Setting times... At first, aim for 15 minutes. Exercising 60 minutes per day is most effective.

© Frequency... Start with 1-2 times per week with the goal of increasing that number to 3-5 times per week.

Time allowed	around 108 minutes
Distance	around 7.2 km
Calorie consumption	around 324 kcal
Number of steps	around 10286 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

Komagata-bashi Bridge

Located on Asakusa-dori Ave., the bridge name comes from Komagata-do on western side of the bridge. Komagata-do is said to have been built because the Kannon statue of Senso-ji (Temple) was retrieved in this area. Once, there was a ferry crossing in this area called "Komagata no Watashi Crossing".

Umayu-bashi Bridge

Located on Kasuga-dori Ave., the bridge name comes from the fact that there was a stable for pack horses carrying rice for Edo shogunate rice storehouses. It was first built in 1874. Once, this area was called "Onmaigashi (Onnai riverbank)," and there was a ferry crossing called "Onnai no Watashi Crossing" on those riverbanks.

Kuramae-bashi Bridge

Located on the Kuramae-bashi-dori Ave., the bridge name comes from the name of the area. The area name Kuramae comes from the fact that there were Edo shogunate rice storehouses in Osaka, Kyoto, and Asakusa, called the Mitsukura Storehouses, and the "Asakusa Okura Storehouse" was located in this area. At one time, a ferry crossing known as "Fuji no Watashi Crossing" was found in this area.