



Park Tour - Matsunokaze Park Course

Highlight | Shakuji Park Waterfront Walk



Route Description

- Shakuji-koen Sta.
- ▼
- Boat Landing
- ▼
- Nakanoshima
- ▼
- Sanpoji Pond Bus Stop
- ▼
- Waterside Observation Garden
- ▼
- Matsu-no-kaze Park (POM)

Points to keep in safe walking

- Stretch before and after to prevent injuries and fatigue. (Recommendations for warm-ups and cool-downs)
- Bent-knee exercises

Back stretch

Achilles tendon stretch
- Choose shoes and clothes that fit your feet and are easy to walk in.
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- Avoid exercising directly before and after meals, early in the morning, and late at night.
 - Carry water or unsweetened tea with you. Make sure to drink fluids frequently.
 - Consult with your family doctor before beginning exercising.
 - It is important not to work too hard when one is sleep deprived and/or in poor physical condition.
 - Be careful of cars on the road.
 - Make sure you know emergency contact information in case of emergencies.

Time allowed	around 30 minutes
Distance	around 2.0 km
Calorie consumption	around 90 kcal
Number of steps	around 2900 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



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Recommended Site

Icons: Shrines and Temples Park Other

Nakanoshima



A path lined with cherry and willow trees

Waterfront Promenade



You might be able to spot a kingfisher

Matsu-no-kaze Park (POM)



Almost the exact same size as the Tokyo Dome grounds
We also recommend walking among the green of the park