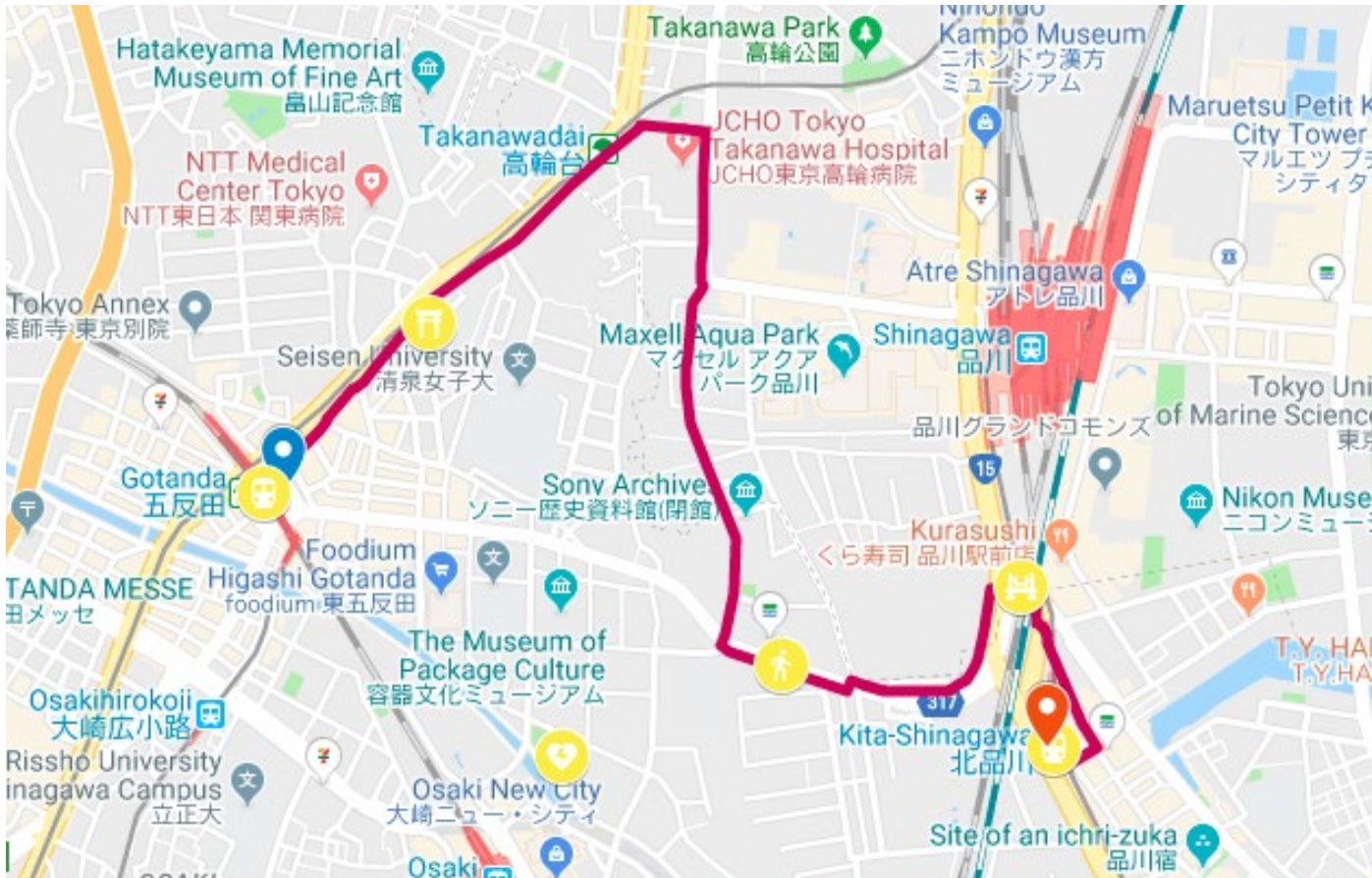


Aioi-Saka (Slope) and Yatsuyama Bridge Course

Highlight | Yatsuyama-Saka Slope



My walking trail



©Google

Route Description

- Gotanda Station East exit (JR)
- ▼
- Kiji Shrine
- ▼
- Yatsuyama-Saka Slope
- ▼
- Yatsuyama Bridge
- ▼
- Kita-Shinagawa Station (Keikyu Railway)

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 47 min.
Distance	around 3.1 km
Calorie consumption	around 141 kcal
Number of steps	around 4429 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

Kiji Shrine



There is a shrine on the first floor of the building. The origin of the name of this shrine came from the Third Shogun, Iemitsu Tokugawa who went hunting falcon, and saw a white pheasant at this shrine he ordered this shrine to be called "Pheasant Palace".

Yatsuyama-Saka Slope



There are various theories regarding the origin of the name Yatsuyama such as; there were eight capes; there were eight Daimyo (feudal lord) residences; Taniyama turned into "Yatsuyama".

Yatsuyama Bridge



This is the first overpass in Japan that was built when railroads between Shinbashi and Yokohama started operation. The south side of this bridge is the Shinagawa -Syuku on Tokaido.