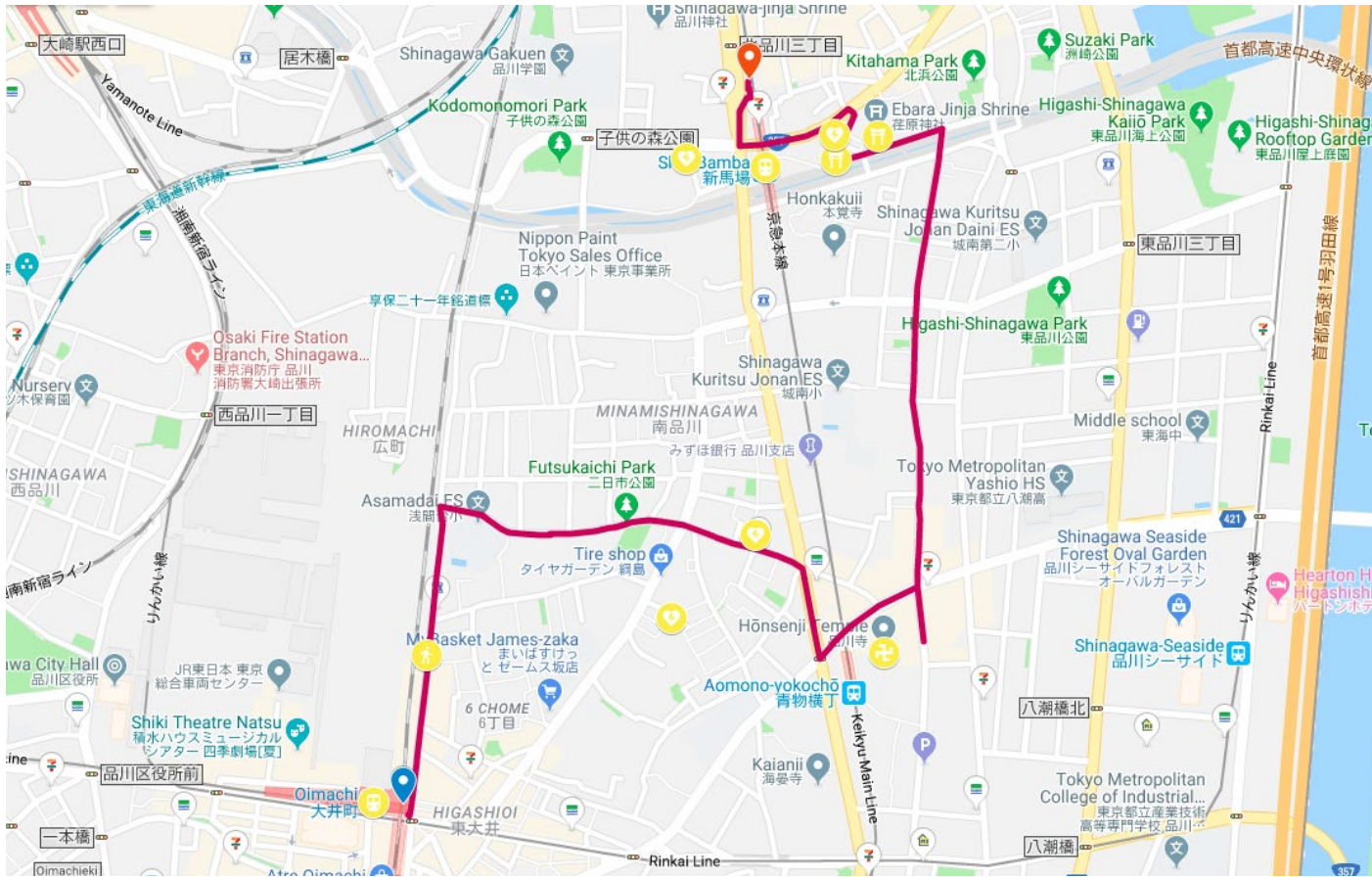


# Tokaido Shingawa-Syuku Course

Highlight | Honsenji Temple



## My walking trail



© Google

### Route Description

- Ohimachi Station East exit (JR)
- ▼
- Along the tracks of Ohimachi-cho Station
- ▼
- Honsenji Temple
- ▼
- Ebara Shrine
- ▼
- Kashoku Inari
- ▼
- Shinbaba 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 <b>45</b> min.
Distance	around <b>3.0</b> km
Calorie consumption	around <b>135</b> kcal
Number of steps	around <b>4286</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

### Along the tracks of Ohimachi-cho Station



On the street along the railway track, cherry trees are planted, and in the spring you can enjoy the combination of the scenery of cherry blossoms, rape blossoms, and the train.

### Honsenji Temple



This is the oldest temple in Shinagawa, that Koubo Taishi Kukai had established and founded during the Daidou period (806 - 810). The large temple bell is called "Returned bell from Western countries."

### Kashoku Inari



This area was once the private property of the Shimazua family of Satsuma Domain. A ginkgo biloba on this shrine is a sacred tree said to be 500 to 600 years old. It is a designated cultural asset of Shinagawa Ward.