

Shinagawa
City

Gotanda Green Course

Highlight | Gotanda Park



My walking trail



Route Description

- 📍 Gotanda Station East Exit (JR)
- ▼
- 🌳 Ikedayama Park
- ▼
- 🌳 Nemunoki Garden
- ▼
- 🌳 Gotanda Park
- ▼
- 🐢 Kamenoko (Turtle shell) Bridge
- ▼
- 📍 Meguro Station West Exit (JR)

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 56 min.
📏 Distance	around 3.7 km
🔥 Calorie consumption	around 168 kcal
👣 Number of steps	around 5286 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

Ikedayama Park



This is a Japanese garden which was built along the steep slope, and in the lowland area, you can walk around the pond. It was formerly the shimoyashiki (suburban residence) of the Okayama Ikeda Domain.

Nemunoki Garden



This park was developed on the site of the former Shouda mansion, a home of the current empress. The inside of the park is always full of seasonal flowers and trees to enjoy the beautiful scenery.

Gotanda Park



This park is divided into two across a slope. The slope is a pedestrian-only cobble pavement and is also known for a row of cherry trees.