

Shinagawa  
City

# Togoshi Ginza and Three Shrine Course

Highlight | Togoshi Ginza Shopping District

My walking trail



©Google

## Route Description

- Osaki Station New West Exit (JR)
- ▼
- Irugi Shrine
- ▼
- Kifune Shrine
- ▼
- Togoshi Ginza Shopping District
- ▼
- Togoshi Hachiman Shrine
- ▼
- Togoshi Ginza Station (Tokyu Electric 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>39</b> min.
Distance	around <b>2.6</b> km
Calorie consumption	around <b>117</b> kcal
Number of steps	around <b>3714</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

### Irugi Shrine



In the early Edo period, this guardian of Osaki was transferred in order to protect from the damage from the flooding of Meguro River. Previously this deity was located close to the current Irugi Bridge.

### Togoshi Ginza Shopping District



This is a shopping district with about 400 shops in total approximately 1.3 km in length. It is the first place to be named "Ginza" in Japan.

### Kifune Shrine



This shrine was founded in 709 (Wado 2nd year), and was originally called Kifuya Daimyojin. It is said that it was renamed Kifune Shrine in 1803 (Kyowa 3rd year).