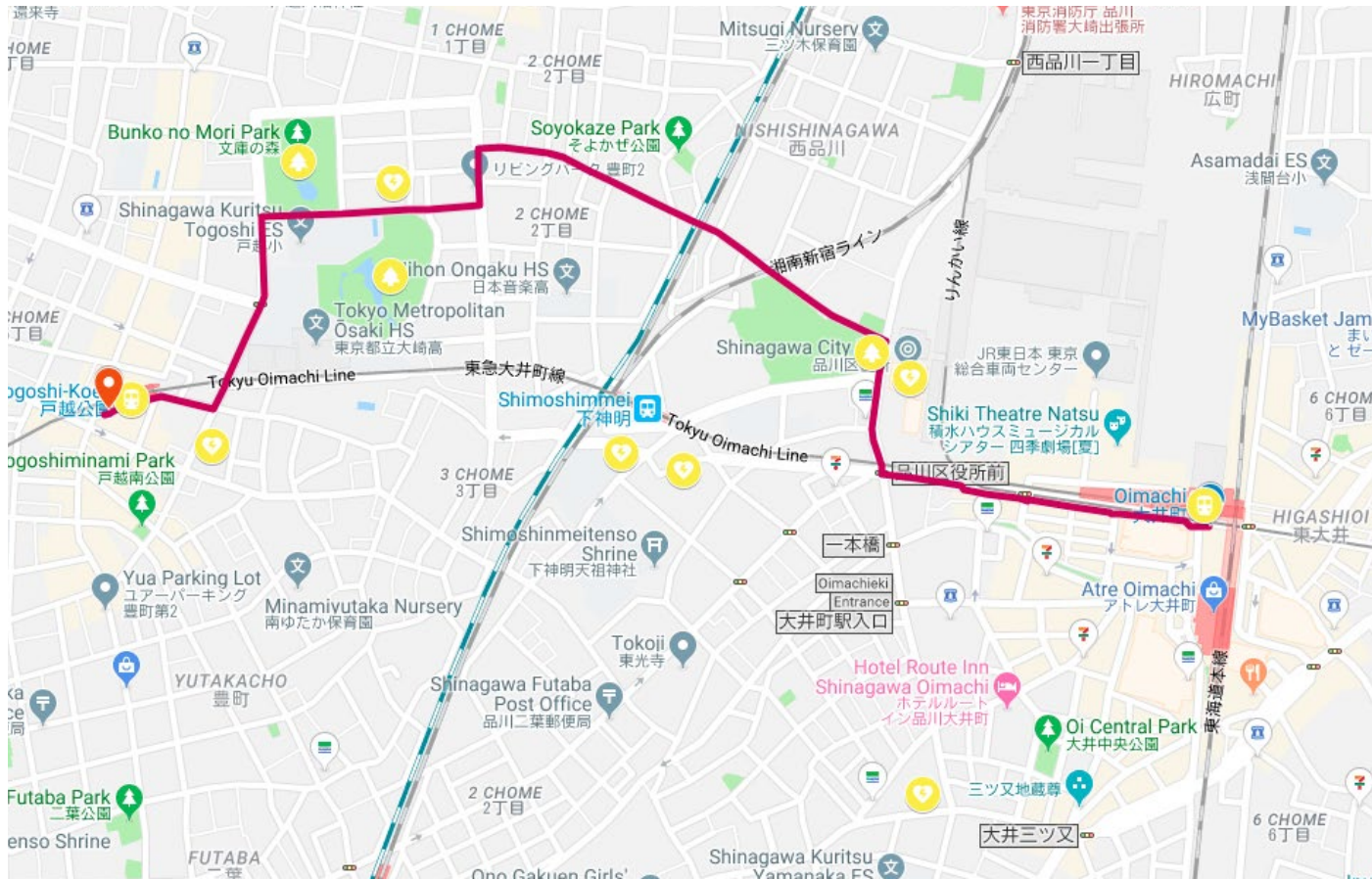


Shinagawa
City

Togoshi Park Tour Course

Highlight | **Togoshi Park**



©Google

My walking trail



Route Description

- 📍 Oimachi Station West Exit(JR)
- ▼
- 🌳 Shinagawa Chuo Park
- ▼
- 🌳 Togoshi Park
- ▼
- 🌳 Bunko-no-Mori Forest
- ▼
- 📍 Togoshi Park 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 32 min.
📏 Distance	around 2.1 km
🔥 Calorie consumption	around 96 kcal
👣 Number of steps	around 3000 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

Shinagawa Chuo Park



This is a large park with a plaza with water fountains and streams for family fun, and large area with exercise facilities. The Trim Plaza along the side of the railway also has health equipment.

Togoshi Park



This park property used to be a mansion of the Hosokawa family, a lord of Higo domain. You can easily see the total beauty of the Daimyo (Lord) garden from the remaining structures such as ponds, valleys, waterfalls, artificial hills, medical-pharmacy office.

Bunko-no-Mori-Forest



This park is developed on the site of the National Institute of Japanese Literature. There are waterfront and grassy areas, as well as library building from Taisho era, "Old Mitsui Bunko (Library)".