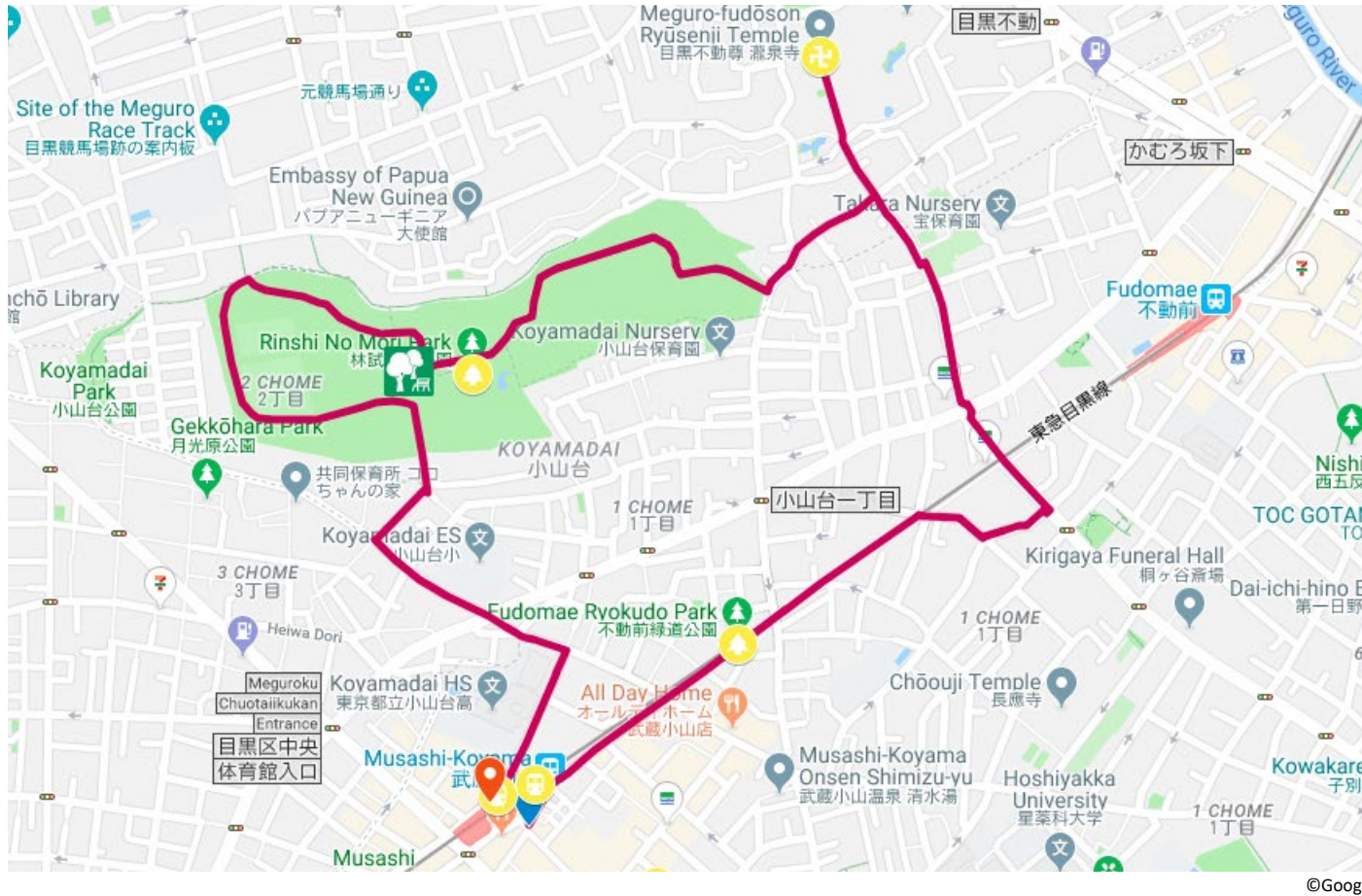


Shinagawa
City

Meguro Fudo and Rinshi-no-Mori Forest Course

Highlight | Rinshi-no-Mori Park

My walking trail



Route Description

- Musashikoyama Station East Exit (Tokyu Electric Railway)
- Fudomae Ryokudo
- Ryusenji Temple (Megurofuduson)
- Rinshi-no-Mori Park
- Musashikoyama Station West Exit (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 53 min.
Distance	around 3.5 km
Calorie consumption	around 159 kcal
Number of steps	around 5000 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

Fudomae Ryokudo



Along the transformation of Tokyu Meguro line into underground, this park was built above the underground structure. Both sides of the road are planted with seasonal flowers and trees.

Ryusenji Temple (Megurofuduson)



This is the oldest sacred site of Acala in Kanto area which was founded in 808 (Daido 3rd year). There is a spring waterfall called "Dokko waterfall" that is said to be spiritual waterfall since it has never dried up since this site was founded.

Rinshi-no-Mori Park



This municipal park had been developed on the property of former Forestry Research Institute of the Forestry Agency and established in 1989 (Heisei First year). There are rare trees from domestic and foreign countries in various spots in the park.