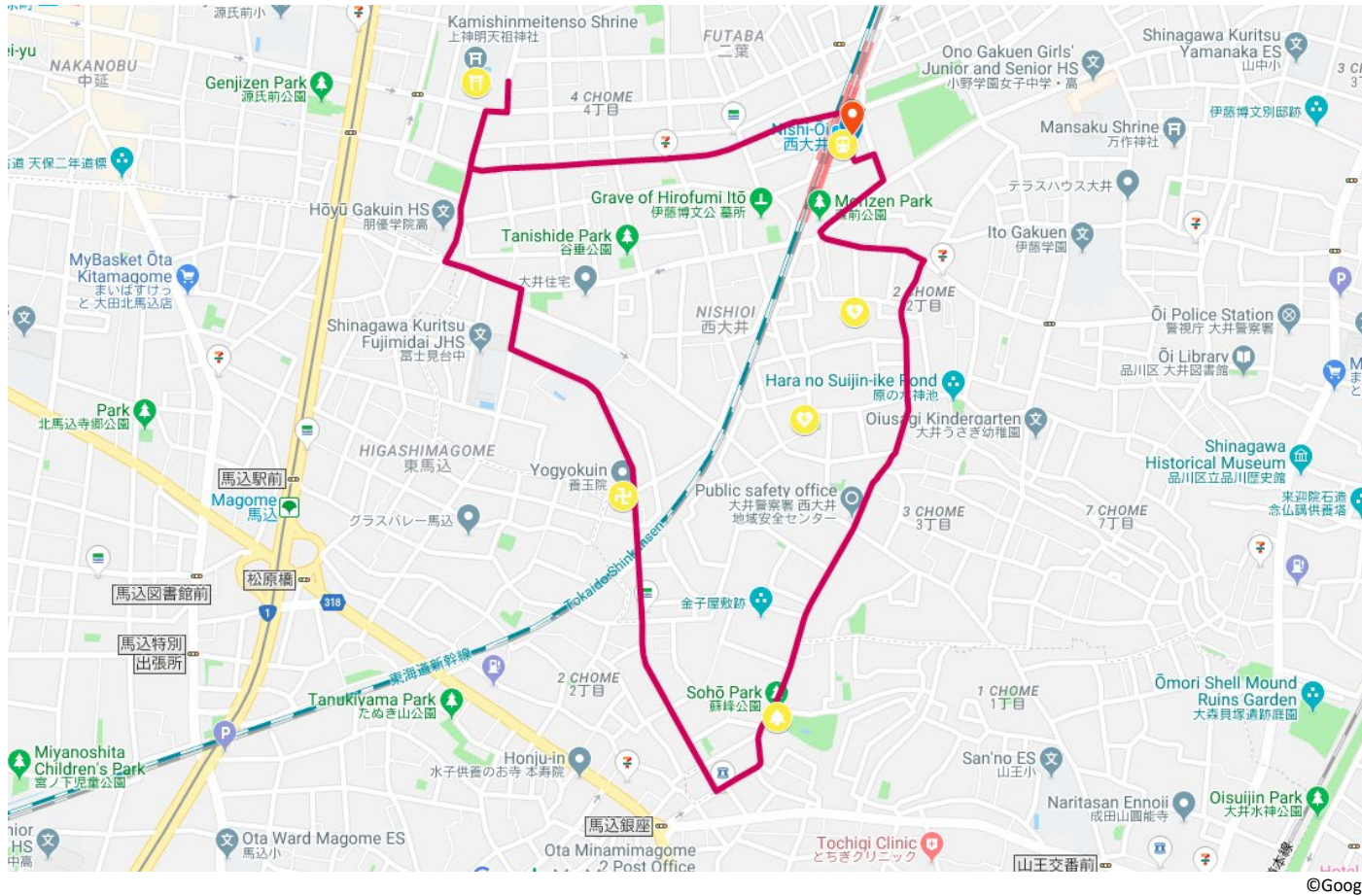




My walking trail



Route Description

- 📍 Nishi-Ōhi Station (JR)
- ▼
- 🌳 Sohō Park
- ▼
- 🏯 Yogyokuin Temple
- ▼
- 🏯 Kamishinmeitensho Shrine
- ▼
- 📍 Nishi-Ōhi Station (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

🌳 Sohō Park

It is a park established on the property of the former mansion of Sohō Tokutomi who published "Kokumin-no-tomo" etc. The entire property is designed as a Japanese garden and there is a memorial museum that displays the life of Sohō.

🏯 Yogyokuin Temple

There is a big Gochinyorai (one of the Budhis Deity) statue in the hall. On the property, there are statues of Kongo-Rikishi (Nio), Ryujin Kannon, Zasho Kannon, Hotei Buddha are enclosed.

🏯 Kamishinmeitensho Shrine

This shrine worships a white snake (white animals are considered to be a messenger of god) and known as a guardian from disaster and it invites total happiness. There is a small pond at the Benzaiten on the property.