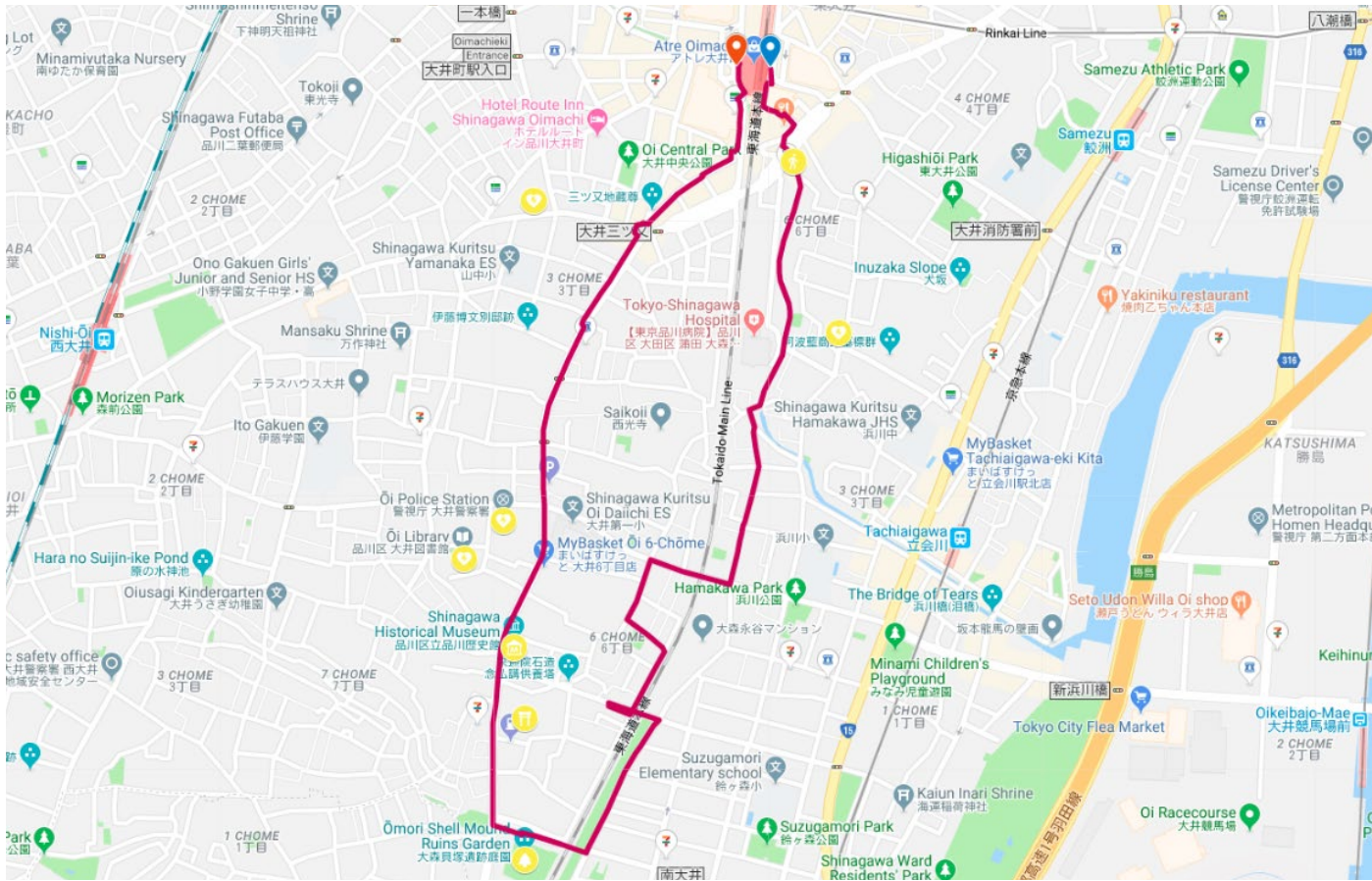


Shinagawa City

Omori Kaizuka and Shinagawa Historical Museum Course

Highlight | Shinagawa Historical Museum

My walking trail



© Google

Route Description

- Ohimachi Station Central Exit (JR)
- ▼
- Tachiai Road
- ▼
- Omori Kaizuka Remains Garden
- ▼
- Kashima Shrine
- ▼
- Shinagawa Historical Museum
- ▼
- Ohimachi Station Central 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

Tachiai Road



On the downstream area of the Tachiai River above the drain a beautiful walkway was developed and built with flowers and greenery. In the spring, the cherry blossoms of the hospital next door will add to the color of the scenery.

Omori Kaizuka Remains Garden



This is a park that maintains Omori shell mounds discovered by Dr. Morse. There is a peeled sample of the shell layer and a panel to demonstrate the lifestyle of the Jomon period.

Shinagawa Historical Museum



The Main themes of the permanent exhibition are "Tokaido Shinagawa-Syuku" and "Ohmori Kaizuka." In the Japanese garden, there are traditional tearooms and a water harp and you can enjoy the plants of each season.