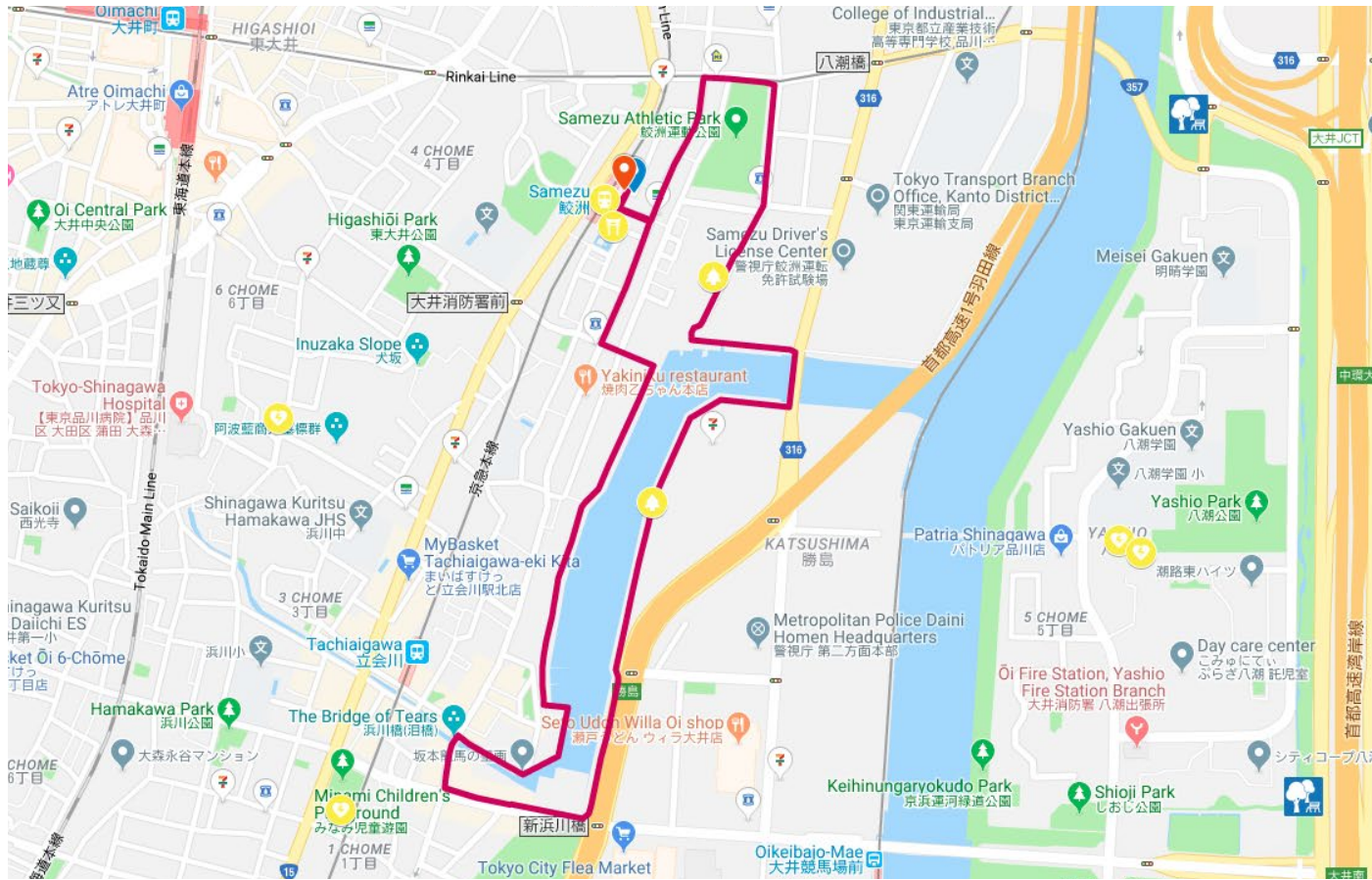




## My walking trail



© Google

### Route Description

- 📍 Samezu Station (Keikyu Railway)
- ▼
- 🏯 Hachiman Shrine
- ▼
- 🌸 Shingawa Flower Road
- ▼
- 🌸 Samezu-Irie Plaza
- ▼
- 📍 Samezu Station (Keikyu 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>54</b> min.
📏 Distance	around <b>3.6</b> km
🔥 Calorie consumption	around <b>162</b> kcal
👣 Number of steps	around <b>5143</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

### 🏯 Hachiman Shrine



Although the year of origin is unknown, this shrine is said to have been established in the Kanmon era (1661 - 1673). It is the guardian of the Kyu-Ohayashi-cho area.

### 🌳 Shingawa Flower Road



The banks of the Katsushima canal entertain the locals with its beautiful and colorful flower field. They have cherry blossoms and rape blossoms in spring and cosmos flowers in autumn.

### 🏢 Samezu-Irie Plaza



This park is made above the rainwater reservoir of Tokyo Metropolitan Sewerage Bureau. There are guide boards explaining the sewer system and Samezu on the grassy plaza area.