

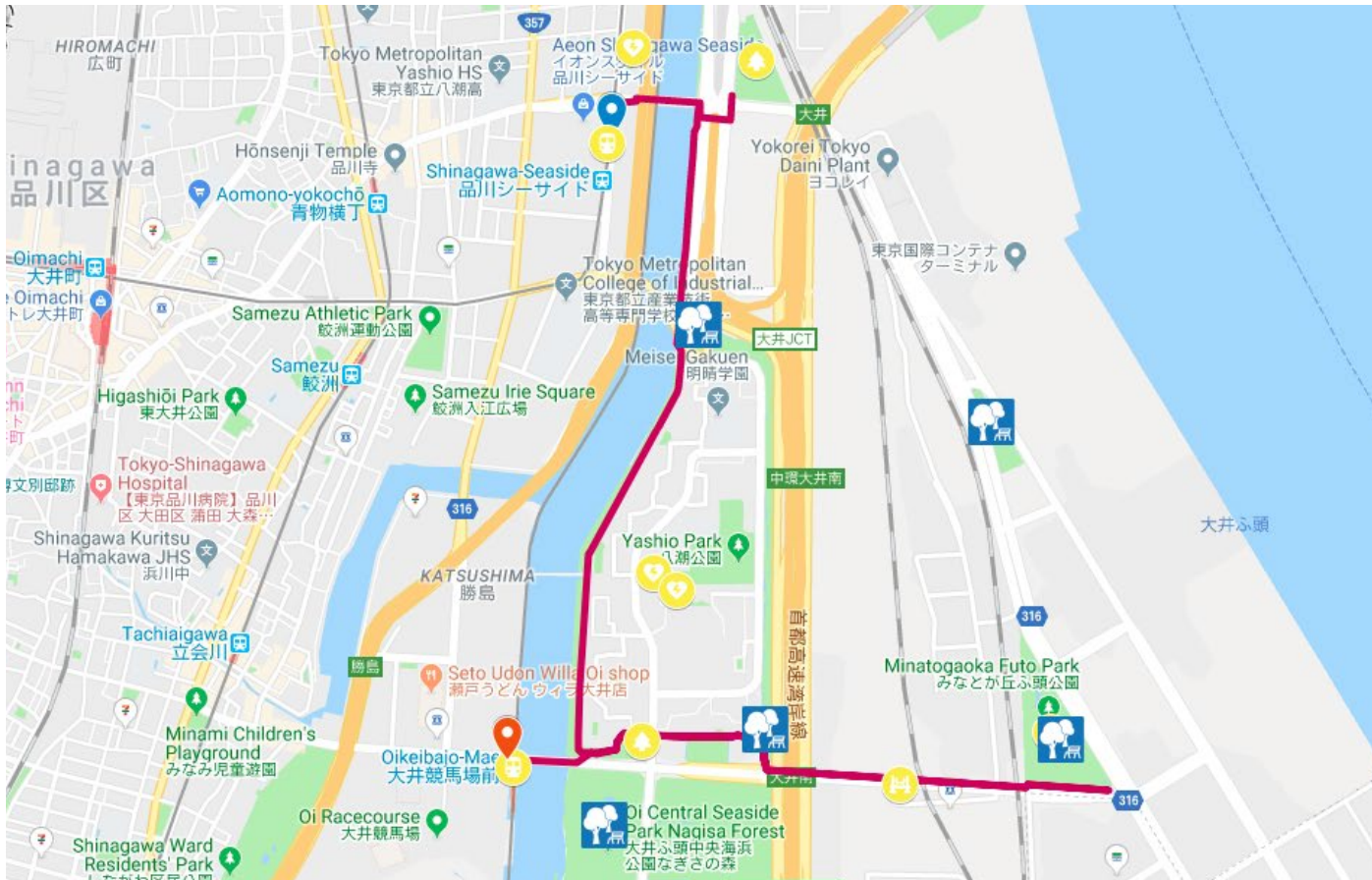
Shinagawa City

# Yashio Bullet-train Course

Highlight | Yashio-Kita Park



## My walking trail



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### Route Description

- 📍 Shingawa Seaside Station A Exit (Rinkai Line)
- ▼
- 🌳 Yashio-Kita Park
- ▼
- 🌳 Shioji Park
- ▼
- 🚶 Ōhi Central Crossover
- ▼
- 🌳 Minatogaoka Dock Park
- ▼
- 📍 Ōhi Keibajo-Mae Track Station (Tokyo Monorail)

#### 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>87</b> min.
📏 Distance	around <b>5.8</b> km
🔥 Calorie consumption	around <b>261</b> kcal
👣 Number of steps	around <b>8281</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 **KENKODESUKA-MAN**



## Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

### 🌳 Yashio-Kita Park



This park is sports oriented park with baseball fields and tennis courts. You have up close view of bullet trains running from the east side plantation forest.

### 🌳 Shioji Park



The playground with play equipments and the Green road with its row of cherry trees are connected by the footbridge "Nakayoshi Bridge".

### 🏠 Ōhi Central Crossover



From the overpass connecting the Ōhi Pier and the Metropolitan Shoreline Expressway, you can view the railway yard of bullet trains and Rinkai line trains, and the terminal of cargo trains.