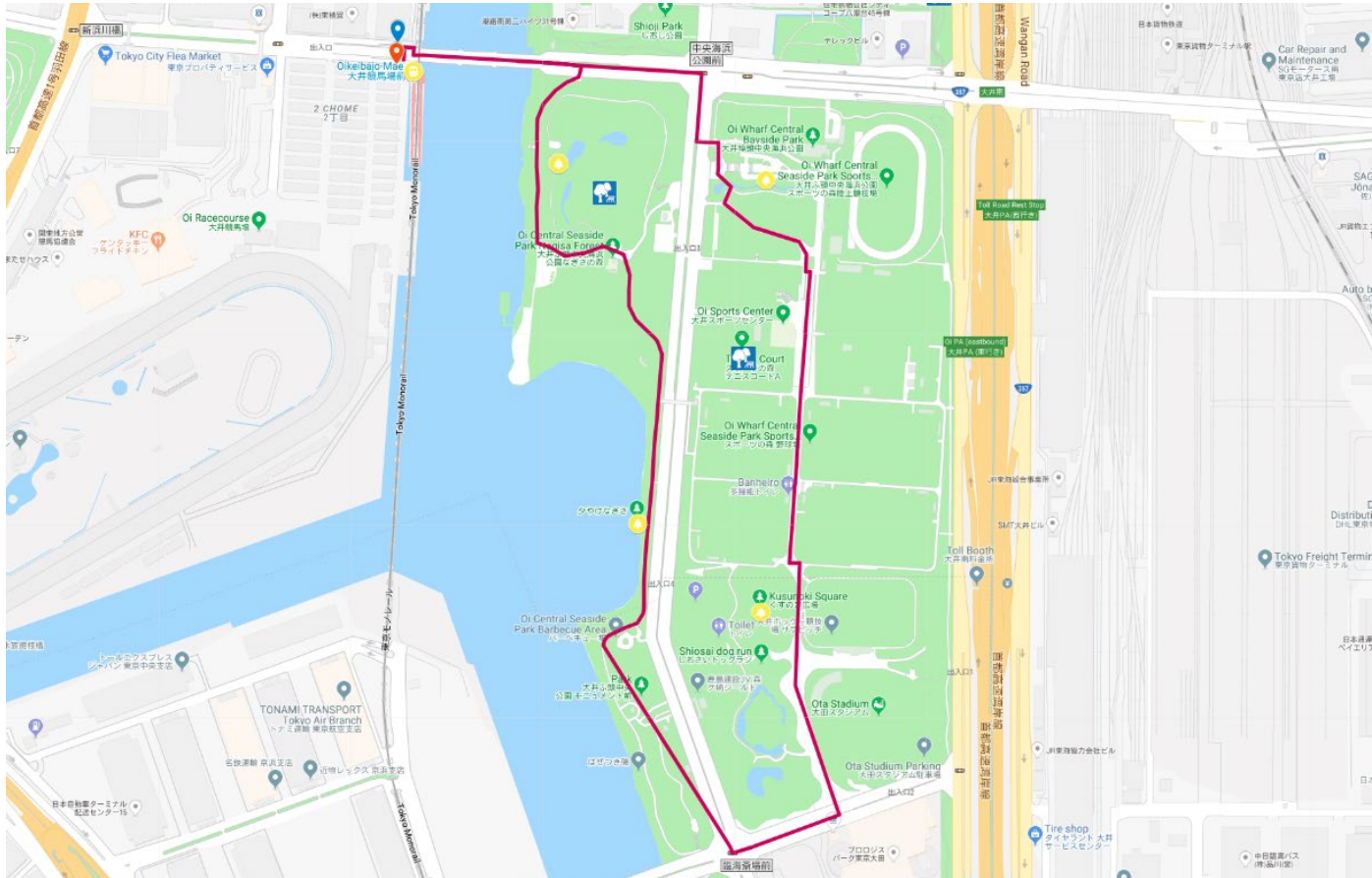


Shinagawa
City

Ōhifuto-Chuo-Kaihin Park Course

Highlight | Yūyakenagisa

My walking trail



©Google

Route Description

- 📍 Ōhi Keibajo-Mae Station (Tokyo Monorail)
- ▼
- 🌿 Nature observation path
- ▼
- 🌿 Yūyakenagisa
- ▼
- 🌿 Kusunoki Plaza
- ▼
- 🌿 Sakura (Cherry tree) Plaza
- ▼
- 📍 Ōhi Keibajo-Mae 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 50 min.
📏 Distance	around 3.3 km
🔥 Calorie consumption	around 150 kcal
👣 Number of steps	around 4714 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

Nature observation path



There is a circuit trail around the preservation area for trees and freshwater pond. While listening to the birds chirping, you can enjoy the experience of the forest bathing in the city.

Yūyakenagisa



On the other shore of the canal, we have the Ohi Race Track. It is a sandy beach where you can enjoy fishing. The northern side of the canal is a conservation of tideland, while southern side is equipped for barbecue picnic.

Sakura (Cherry tree)Plaza



On both sides of the road with lines of Somei Yoshino cherry trees, there are green lawns in a wide area.