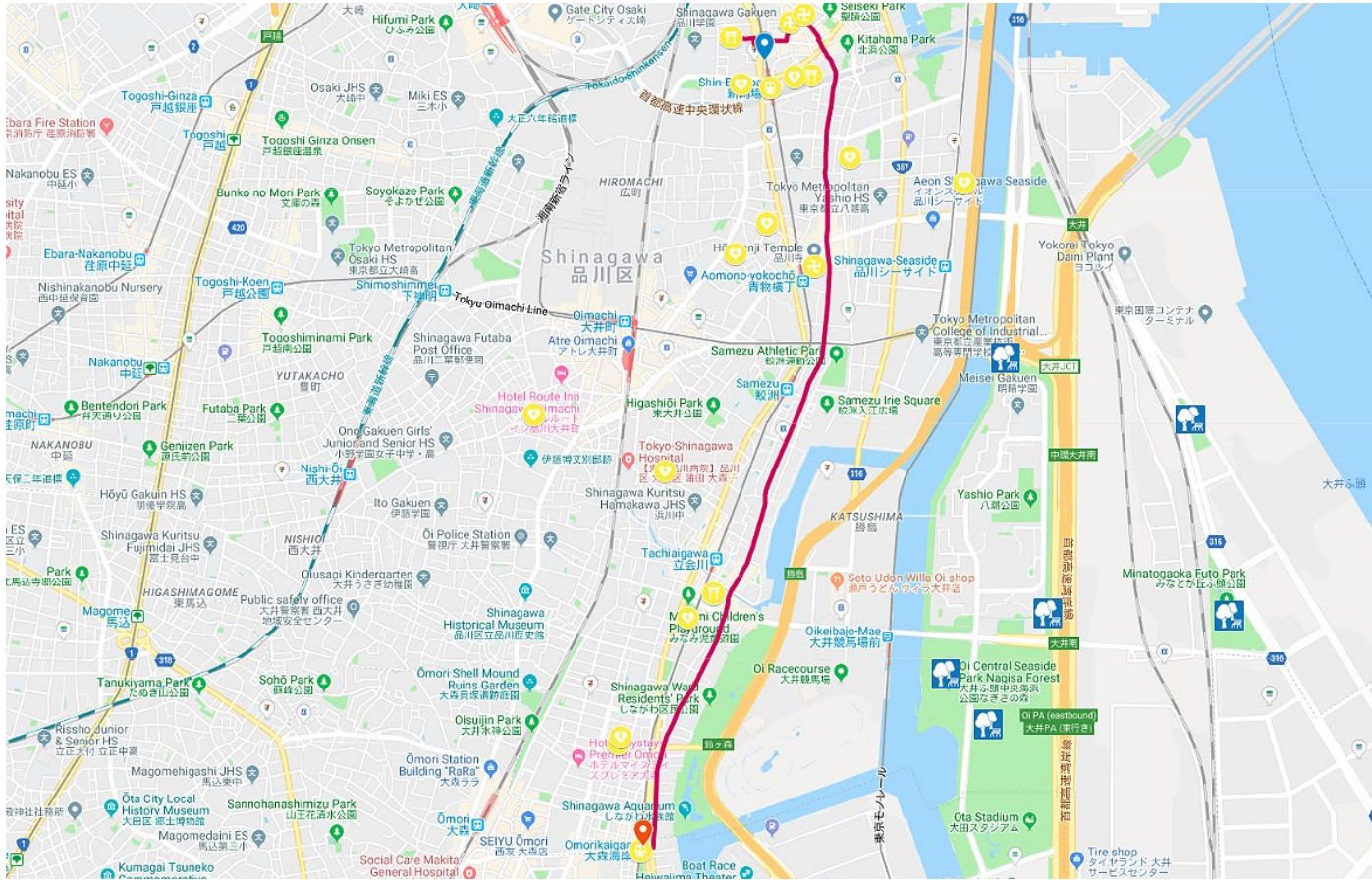


Shinagawa City

# Tokai Shichifukujin (Seven gods) Course

Highlight | Ebara Shrine

## My walking trail



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### Route Description

- Shinbaba Station North Exit (Keikyu Railway)
- ▼
- Shinagawa Shrine
- ▼
- Yoganji Temple
- ▼
- Shinagawa-Naritasan-Isshinji Temple
- ▼
- Ebara Shrine
- ▼
- Honsenji Temple
- ▼
- Tenso Suwa Shrine
- ▼
- Iwai Shrine
- ▼
- Omori-Kaigan 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>72</b> min.
Distance	around <b>4.8</b> km
Calorie consumption	around <b>216</b> kcal
Number of steps	around <b>6857</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

### Shinagawa Shrine



This is a shrine which Ieyasu Tokugawa prayed for his victory at the battle of Sekigahara before he went to the battle. At the annual major festival held in June, groups of people carrying Mikoshi (A float of portable shrine) climb up the steep staircase of front path to the main hall of the shrine.

### Ebara Shrine



This shrine is a major guardian of the former Shinagawa Syuku. Before the renovation, Meguro River ran on the north side of the Ebara Shrine. The Tenno Festival held at this shrine is also called "Kappa Festival".

### Iwai Shrine



This shrine was said to be founded during the Bidatsu Emperor's period (572-585). The well was said to be the origin of the name of the shrine and was used by travelers on Tokaido (Tokai road).