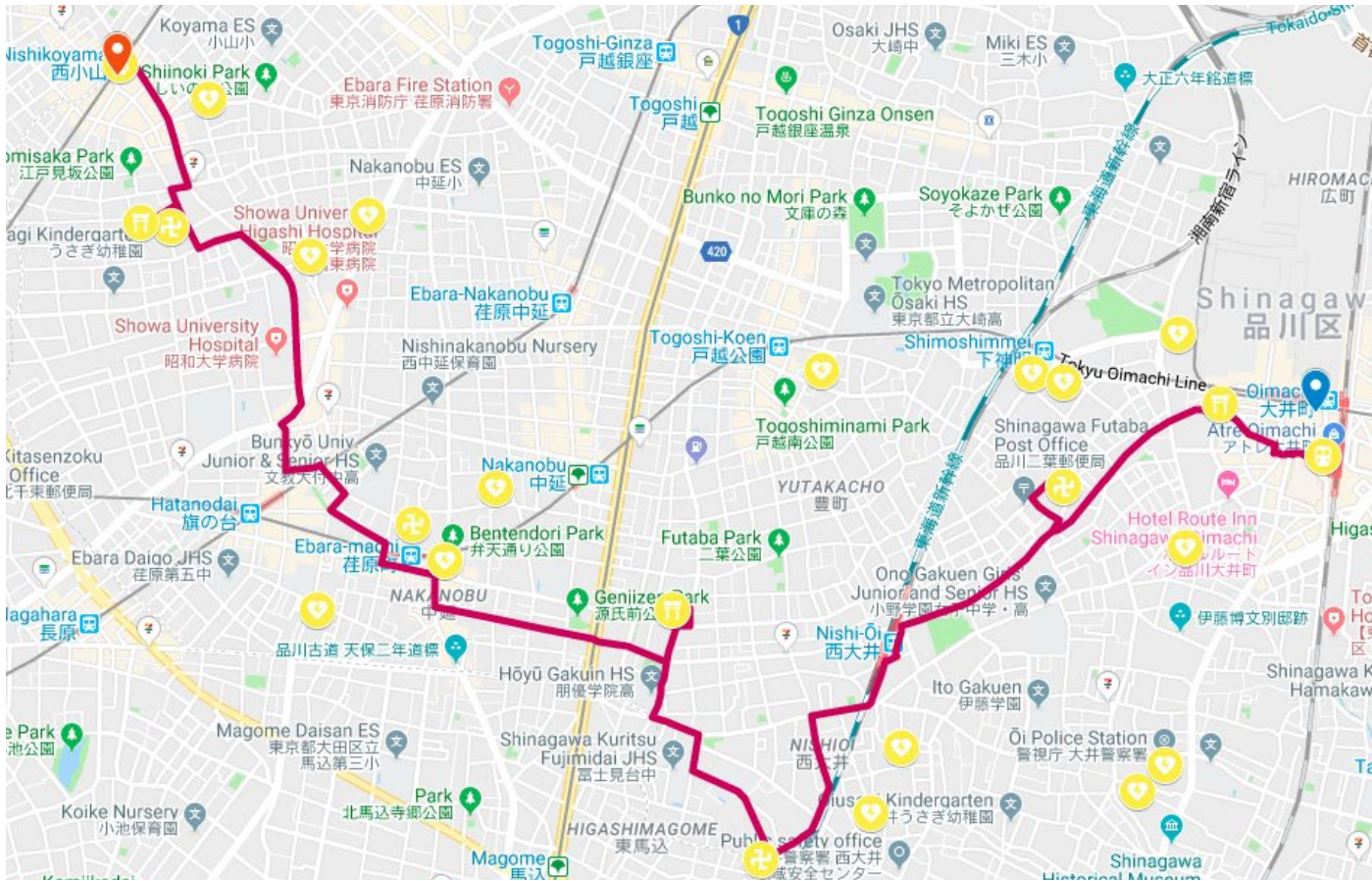


Shinagawa  
City

# Ebara Shichifukujin(Seven Gods) Course

Highlight | Ōhizaougongen Shrine

My walking trail



©Google

## Route Description

- 📍 Ōhimachi Station Center Exit (JR)
- ▼
- 🏯 Ōhizaougongen Shrine
- ▼
- 🏯 Toukouji Temple
- ▼
- 🏯 Yogyokuin Temple
- ▼
- 🏯 Kamishinmeitensho Shrine
- ▼
- 🏯 Hourenji Temple
- ▼
- 🏯 Mayaji Temple
- ▼
- 🏯 Koyama Hachiman Shrine
- ▼
- 📍 Nishi-Koyama Station (Tokyu Electric 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>101</b> min.
📏 Distance	around <b>6.7</b> km
🔥 Calorie consumption	around <b>303</b> kcal
👣 Number of steps	around <b>9571</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

### 🏯 Ōhizaougongen Shrine



While the time of establishment is unknown, there is a legend that during the Edo era, Ohimura had dodged many disasters such as big fires and plague outbreaks because Tengu, a guardian belongs to Gongen shrine, protected the village.

### 🏯 Kamishinmeitensho Shrine



This main building of this shrine was built in 1322 (Genkyo 2nd year) as a respectful appreciation to the guardian for saving the area from serious drought after fasting and praying for rainfall to the Ryu Shurine where they worships white snake.

### 🏯 Koyama Hachiman Shrine



According to the record of this shrine, it was founded at the time of the Kamakura Shogunate, and oral tradition indicated that in 1030 (Shogen 3rd year), it was venerated by locals as a local guardian of former Oyama village and Hon village.