

Discovery on **foot!** The charm of **Sumida**



# Sumida Walking Map

## 2018 Edition



## How to Read the Map



Walking Course



Bathroom



AED



Museum/Gallery



Food Spot



Healthy Spot (Vegetable-related spot)



Power Spot (spot flowing with mystical power)



Exercise Spot



Spot Offering a View



Flower Viewing Spot

## Walking Short Memo

Edited by: Renaissance Inc.

### Greet Others

Let's make sure to greet each other when passing by others, when taking short breaks, etc. Greetings have garnered attention for their effectiveness in improving security at the local level.

### Be sure to stay hydrated

Liquids are necessary because your body sweats to regulate its temperature as you exercise. As you walk, frequently take in liquids in 15-20 minute intervals, even before you get thirsty. \*Water, barley tea, and sports drinks are recommended.

### Look around

Broaden your field of view and also be careful of differences under your feet and so on. Also, when people grow tired, they tend to face downwards. Pay careful attention to traffic lights, and walk sidewalks giving plenty of care to cars and bicycles.

**※ If you have a medical condition, please consult your family doctor before you begin.**

※ Each course lists the duration, distance, number of steps, and calories burned. Calculations are based on the following.

Stride: 70 cm; Speed: 4 km/h; Calories burned: 10 min. of walking = 30 kcal for a 60 kg male  
Durations and so on are only estimates. They may differ depending on individual differences and traffic conditions.

※ Facilities and shops listed on each course may not be available depending on the period and time frame. Please check with the facility/shop concerning availability.

## Walking Record Table

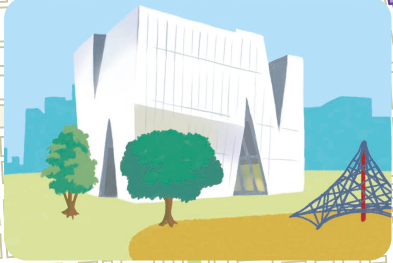
Date	Course	Start time	Finish time	Number of steps	Memo
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Course ①

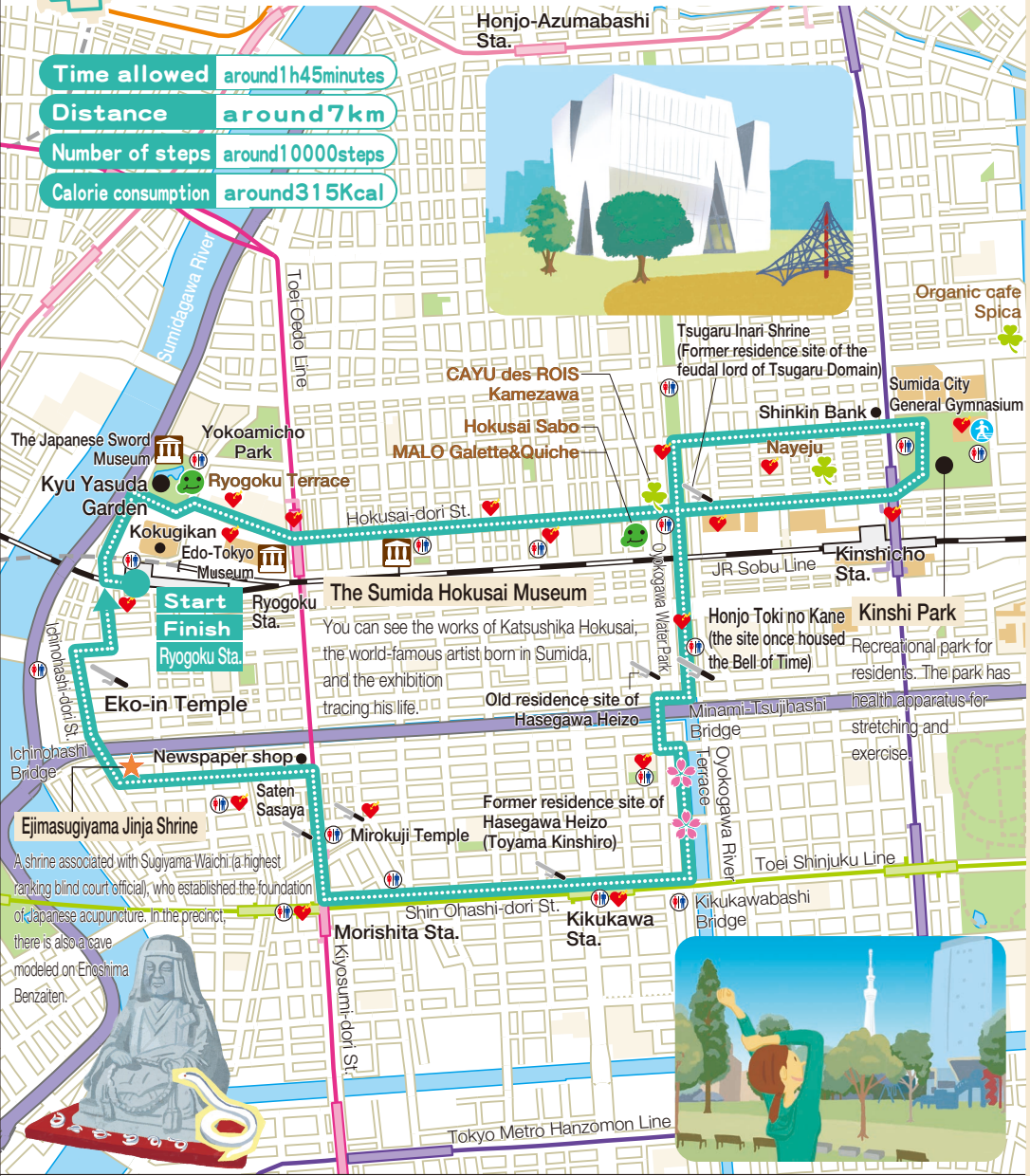
# Edo walking course touring attractions while feeling history and nature

Sumida CITY Overall Route

- Time allowed around 1h45minutes
- Distance around 7km
- Number of steps around 10000steps
- Calorie consumption around 315Kcal



Tsugaru Inari Shrine (Former residence site of the feudal lord of Tsugaru Domain)



The Japanese Sword Museum  
 Kyu Yasuda Garden  
 Kokugikan  
 Edo-Tokyo Museum  
 Start  
 Finish  
 Ryogoku Sta.

Eko-in Temple  
 Newspaper shop  
 Saten Sasaya  
 Ejimasugiyama Jinja Shrine  
 A shrine associated with Sugiyama Waichi (a highest ranking blind court official), who established the foundation of Japanese acupuncture, in the precinct, there is also a cave modeled on Enoshima Benzaiten.

Ichinohashi Bridge  
 Mirokuji Temple  
 Morishita Sta.

The Sumida Hokusai Museum  
 You can see the works of Katsushika Hokusai, the world-famous artist born in Sumida, and the exhibition tracing his life.

Old residence site of Hasegawa Heizo  
 Former residence site of Hasegawa Heizo (Toyama Kinshiro)

Shin Ohashi-dori St.  
 Kikukawa Sta.

GAYU des ROIS  
 Kamezawa  
 Hokusai Sabo  
 MALO Galette&Quiche

Hokusei-dori St.  
 Honjo Toki no Kane (the site once housed the Bell of Time)

Okogawa Water Park  
 Minami Tsujihashi Bridge  
 Okogawa River Terrace

Shin Ohashi-dori St.  
 Kikukawa Sta.

Organic cafe Spica  
 Sumida City General Gymnasium  
 Kinshicho Sta.

Shinkin Bank  
 Nayeju  
 Kinshi Park  
 Recreational park for residents. The park has health apparatus for stretching and exercise.

Toei Shinjuku Line  
 Kikukawabashi Bridge



**Recommended points** Oyokogawa Water Park and Oyokogawa River Terrace are abundant with nature such as various flowers, trees and water birds!

Do not miss the spots ( ) related to "Onihei Hankachō" (a series of Japanese historical novels).

Course  
2

Sumida CITY  
Overall Route

# From the south to the north! A course leisurely touring temples and shrines

Time allowed around 1h30minutes

Distance around 6km

Number of steps around 8600steps

Calorie consumption around 270Kcal



## Kofuku-ji Temple

The temple worships the gods called "Seki no Jijibabason", which are said to give the benefit of avoiding catching a cold, and Hoteison, one of the Sumidagawa Seven Gods of Good Luck.

## Keisei-Hikifune Sta.

## Chomei-ji Temple

The temple's name is derived from the story that a Tokugawa shogunate, who had a stomach ache during falconry, was healed after taking a medicine with the well water of the temple. It worships Benzaiten, one of the Sumidagawa Seven Gods of Good Luck.



Recommended  
points

This is a 6-km walking course that takes you across the city from the south to the north. You will have a great feeling of accomplishment after completing the course. Let's keep walking while enjoying great views of the TOKYO SKYTREE® and Sumida River, and having fun touring temples and shrines.

# Comfortable river view course with the pleasant feeling of the sky, breeze and green



**Recommended points**

Passing through a residential area from Yahiro Station, you will reach the spacious Arakawa River Bank. From the bank, you can see a panoramic view of the townscape of Sumida and TOKYO SKYTREE®. It is a course where you can comfortably enjoy feeling the sky, breeze and nature while walking.

**Course**  
4

Sumida CITY  
Overall Route

# Literary walking course tracing the footprints of writers who loved Mukojima

**Time allowed** around 45 minutes

**Distance** around 3 km

**Number of steps** around 4300 steps

**Calorie consumption** around 135 Kcal



## Rohan Children's Park

(Former residence site of Koda Rohan, and his literature monument)

Place where Koda Rohan's house stood. The house was designed by Rohan himself, and he named it "Kagyuan" after a snail, which can move by itself without anything but its body, so there is a snail-shaped playground equipment.

**Start**  
Higashi-Mukojima Sta.

## THE GREENMARKET SUMIDA

A market held at the Uruoi Plaza in front of the city office. Local specialties and special items are gathered from various places across the country.

## Hato no Machi-dori Shopping Street

Remaining buildings from the early Showa period on the narrow alley remind visitors of the world of the work of Nagai Kafu.



## Kemban-dori St.

It is lined with geisha houses and restaurants. You may see geisha in ozashiki rooms.

## Ushijima-jinja Shrine

An old shrine built in the Heian period. It is famous for "Nade Ushi," which is said to cure the illness if you stroke the same place as your bad part.

## ASICS CONNECTION TOKYO

A spot where you can enjoy yoga, running along Sumida River, and cafes.



## Recommended points

Many former residence sites and monuments of famous writers such as Koda Rohan, Sata Ineko and Hori Tatsuo still remain. Treat yourself to a literary walk while thinking about the period the great writers lived in.

Course 5

# Delicious vegetables and walking

## Vegetable walking course to satisfy your mind and body

Sumida CITY Overall Route

Blitz to make more vegetable lovers!

The daily intake of vegetables by Sumida residents is below the average of the country and the prefecture.

So we are carrying out various activities to increase the vegetable intake of the residents.

Time allowed around 60 minutes

Distance around 4 km

Number of steps around 5700 steps

Calorie consumption around 180 Kcal

### Mukojima Umebachiya

A well-established store which has continued from the Edo period. Its specialty is vegetable confectionery, which is made of fresh vegetables.

Start

Hikifune Sta.



### Sumida outdoor market Yacchaba

(at the square of the East Core Hikifune in front of the station)

An outdoor market held every Saturday. Fresh vegetables and delicious foodstuffs gather from various places across the country.

### Shitamachi Ninjo Kirakira Tachibana Shopping Street

A shopping street filled with the friendly atmosphere of the downtown area. There are several vegetable stores offering fresh vegetables.

Finish

TOKYO SKYTREE Sta.

Oshiage "SKYTREE" Sta.

View spot of inverted image of the Skytree reflected in the water

Panda Juice  
Café Tokyo

SEKAI CAFE Oshiage

Yanagishima Myouken-san Hossho-ji Temple

### Oshiage Yoshikatsu

You can enjoy cuisine specializing in ingredients produced in Tokyo including Edo Tokyo vegetables.



Recommended points

There are plenty of shops and restaurants where you can buy fresh vegetables and eat local dishes!

It is a sophisticated walking course where you can enjoy both vegetable dishes and walking.

# In order to walk safely and effectively



# Walking<sup>plus</sup>

## +1 Points for selecting shoes

Edited: Asics Japan Corp.

By wearing shoes that match one's feet, it is possible to walk comfortably with less burden on the feet.

### <Points of choosing shoes>

- 1 With the shoe on, there should be about 1 cm of space from your toes to the end of the shoe.
- 2 It should be easy to bend your foot.
- 3 It should fit well around the instep of your foot.
- 4 The sole of the shoe should have proper cushioning.
- 5 The shoe should stabilize your heel without grating against it.

### <Putting on Shoes>

- 1 Untie the laces and loosen the shoe to the toe. Place your foot in the shoes. Tap on the ground so that your foot and the heel of the shoe fit.
- 2 Check to make sure there is about 1 cm (one finger width) of space between your toes and the end of the shoe.
- 3 Giving some room to the end of the shoe, properly tighten the shoe around the insole and ankle with the laces.

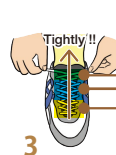
Always properly untie your shoe before putting it on.



1 Tap your foot!!



2



3

Finally, properly tie the laces at the top.

Starting here, tighten the laces in order to fit your foot.

Loosen this area just a little.

## +2 Don't forget to do a warm-up and cool-down

In order to avoid injuries, warm up before you walk, and also loosen the muscles you used after walking.

Edited: Sachiko Wada, Instructor at Sumida Hanataiso

## +3 Be conscious of proper walking form

Increase the benefits of exercise by being conscious of your posture! You can also reduce the burden on your body.

Edited: Kazuyuki Takahama, certified instructor, Japan Walking Association

- 1 Stretch your legs a little before and after (loosen your ankles)



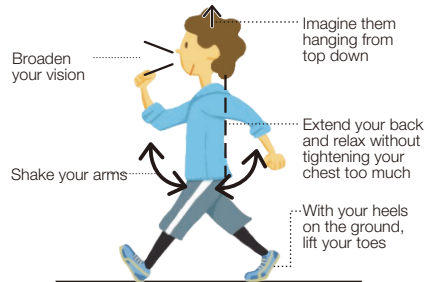
- 2 Slowly stretch your calves



- 3 Rotate your shoulders



- 4 Extend your back



## The Benefits of Walking

Walking has the following benefits.

- 1 Prevent lifestyle-related diseases
- 2 Improve cardiopulmonary function
- 3 Prevent obesity
- 4 Reduce stress

**A little action;  
Always healthy.**

Tokyo Metropolitan Government  
Health Promoting character  
KENKOUDESUKA-MAN



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