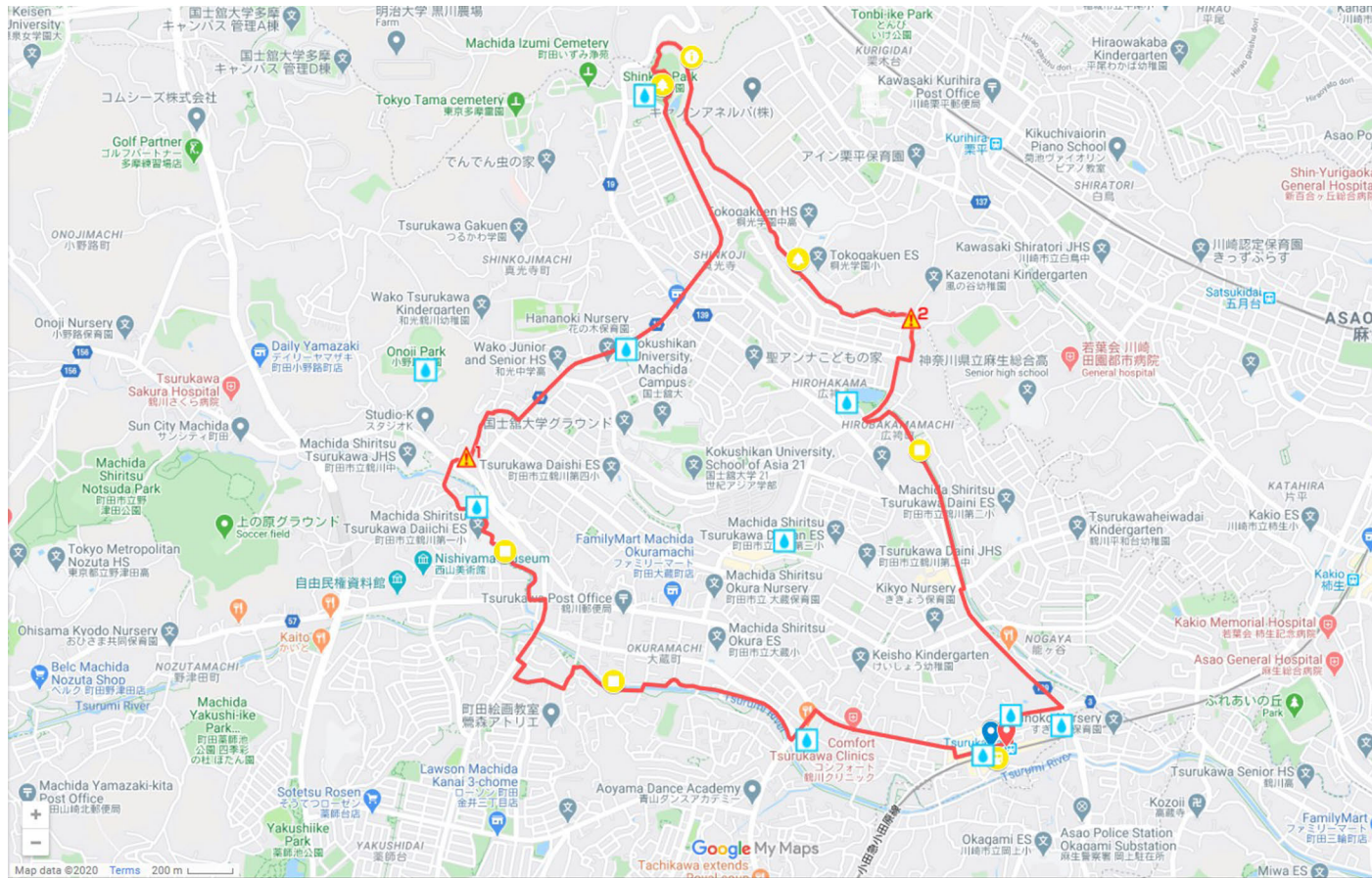


Okura-machi and Shinkoji area/ Waterside promenade and the One-ryokudo Road in Tsurukawa

Highlight | Shinkoji Park



©Google

Route Description

- Tsurukawa Station
- ▼
- Tsurumi River
- ▼
- Onoji River
- ▼
- Shinkoji Park
- ▼
- Tsurukawa-dai One-ryokudo Road
- ▼
- Shinkoji River
- ▼
- Tsurukawa Station
- ▼
- Point requiring attention
- ▼
- Water supply spot

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

Time allowed	around 2 h 39 min.
Distance	around 10.6 km
Calorie consumption	around 477 kcal
Number of steps	around 15140 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 **KENKOUDEUSUKA-MAN**

Recommended Site

Icons: Shrines and Temples Park Other

Shinkoji Park



The park was made using the height difference of the hill. At the viewing platform that extends from the lawn area, you can enjoy a view of Tsurukawa.

Tsurumi River



The promenade was made when the revetment was renovated. It is dotted with waterfront squares where you can get close to the river.

Tsurukawa-dai One-ryokudo Road



This is a greenway in a thicket located on the border with Kawasaki City. This place was called "Kamakura-kodo Haya-no-michi," and horses ran through the thicket in the old days.