



Get aboard the metro and have fun walking from a station

Route Description

- Sumiyoshi Sta.
- ▼
- Sarue Onshi Park
- ▼
- Sunamachi Ginza Shopping Street
- ▼
- Tokyo Metro Museum
- ▼
- Seiryu-jinja Shrine
- ▼
- Urayasu Folklore Museum
- ▼
- Urayasu Sta. Point requiring attention

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 3 h 30 min.
Distance	around 14 km
Calorie consumption	around 630 kcal
Number of steps	around 20000 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

Tokyo Metro Museum (Admission fee required)



You can learn everything from the history to the latest technology of subways.

Seiryu-jinja Shrine



One of the best three shrines in Urayasu, along with Toyouke Shrine and Inari Shrine.

Urayasu Folklore Museum (Free)



An experience-type museum introducing the nature, history and culture of Urayasu City.