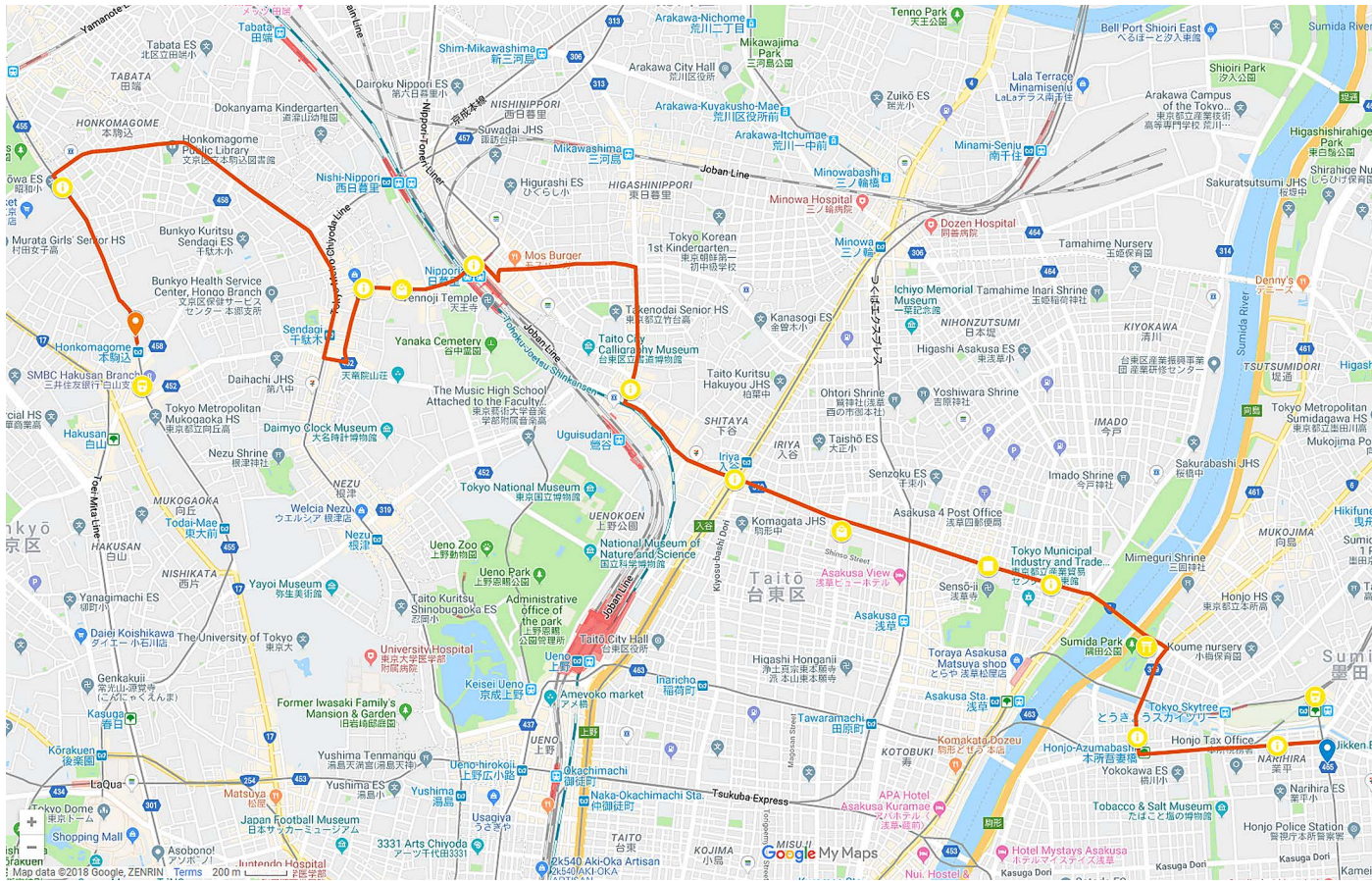




Get aboard the metro and have fun walking from a station



## Route Description

- Oshiage "Skytree" Sta.
- ▼
- Ushijima-jinja Shrine
- ▼
- Asakusa area
- ▼
- Kappabashi Kitchenware Street
- ▼
- Yanaka Ginza
- ▼
- Hon-komagome 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 <b>2 h 24 min.</b>
Distance	around <b>9.6 km</b>
Calorie consumption	around <b>432 kcal</b>
Number of steps	around <b>13710 steps</b>

\* 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

### Ushijima-jinja Shrine



The shrine is famous for *Nadeushi* (a statue of a cow) for wishing good health, the unique *Miwa* (triple) Torii and a guardian god of the Skytree.

### Kappabashi Kitchenware Street



With a history of more than 100 years, the shopping area offers various kitchen utensils and dishes for both professionals and amateurs.

### Yanaka Ginza



This is a retro downtown area with a nostalgic atmosphere. It is famous as a spot where you can meet cats.

Icons: Shrines and Temples Park Other