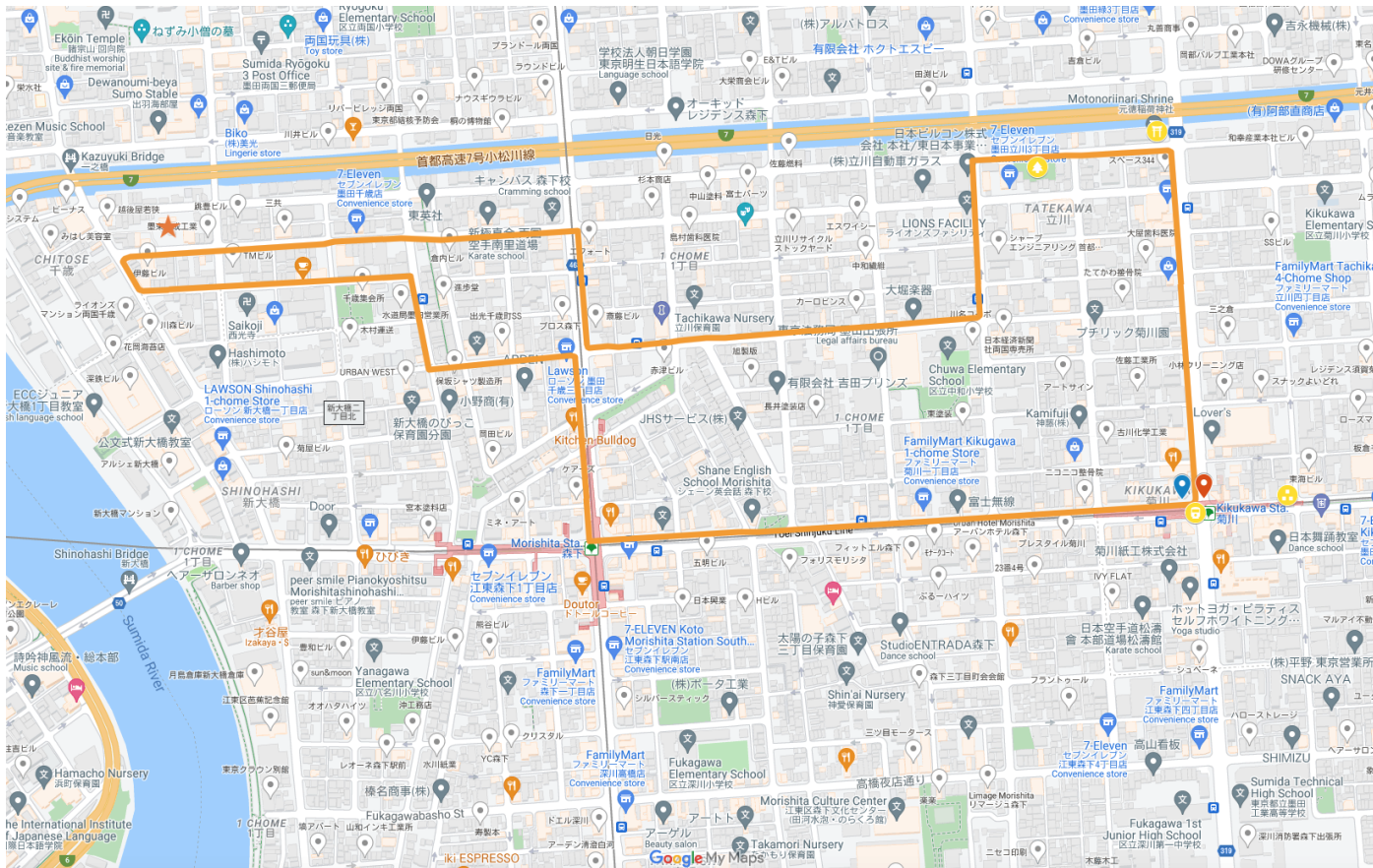




Check out the historical spots in Sumida like Onihei and Chushingura

Highlight | Ejima Sugiyama-jinja Shrine



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Route Description

- Kikukawa Sta.
- ▼
- Ejima Sugiyama-jinja Shrine
- ▼
- Tatekawa No.2 Kids Park (Yasubee Park)
- ▼
- Gentoku Inari-jinja Shrine
- ▼
- Historical Landmark Hasegawa Heizo's Residence
- ▼
- Kikukawa Sta.

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 60 min.
Distance	around 4.2 km
Calorie consumption	around 190 kcal
Number of steps	around 6000 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.



Tokyo Health Promotion Mascot KENKOUDESUKA-MAN

Recommended Site

Ejima Sugiyama-jinja Shrine



This shrine is where Enoshima Benzaiten and Sugiyama Waichi, the father of Japanese acupuncture and moxibustion, are enshrined. On the precincts of the shrine, there is a cave modeled after the cave of Enoshima.

Tatekawa No.2 Kids Park (Yasubee Park)

This is where Horibe Yasubee, a member of the forty-seven ronin, had his sword training dojo. It is said that the forty-seven ronin left from here to exact revenge on Lord Kira.

Historical Landmark Hasegawa Heizo's Residence

There used to be a mansion here that belonged to Hasegawa Heizo, who was well known because of the period-novel Onihei Hankacho written by Shotaro Ikenami.

Icons: Shrines and Temples Park Other