

Adachi City

Slops & bumps walking course (6.5 km): Intermediate level

Highlight | Arakawa Riverbed

Enjoy your casual walking, under a blue sky.



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Route Description

- 📍 Kita-Senju Station West Exit (JR)
- ▼
- 🏊 Senju heated pool
- ▼
- 🏠 Senju Shinbashi
- ▼
- 👣 Stairs of riverbed
- ▼
- 👣 Arakawa Riverbed
- ▼
- 👣 Oogi Ohashi Stairs
- ▼
- 🏌️ Oogi park golf course
- ▼
- 📍 Adachiodai Station

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 1 h 38 min.
📏 Distance	around 6.5 km
🔥 Calorie consumption	around 294 kcal
👣 Number of steps	around 9285 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

Arakawa Riverbed



On Saturdays and Sundays, this area is filled with many adult and children's baseball teams! Absorb power from their youth and do your best!

Senju Shinbashi



First, test your skill on this slope.

Oogi Ohashi Stairs



Just push yourself a little bit more! Just climb the stairs and cross the bridge then you'll reach your goal.