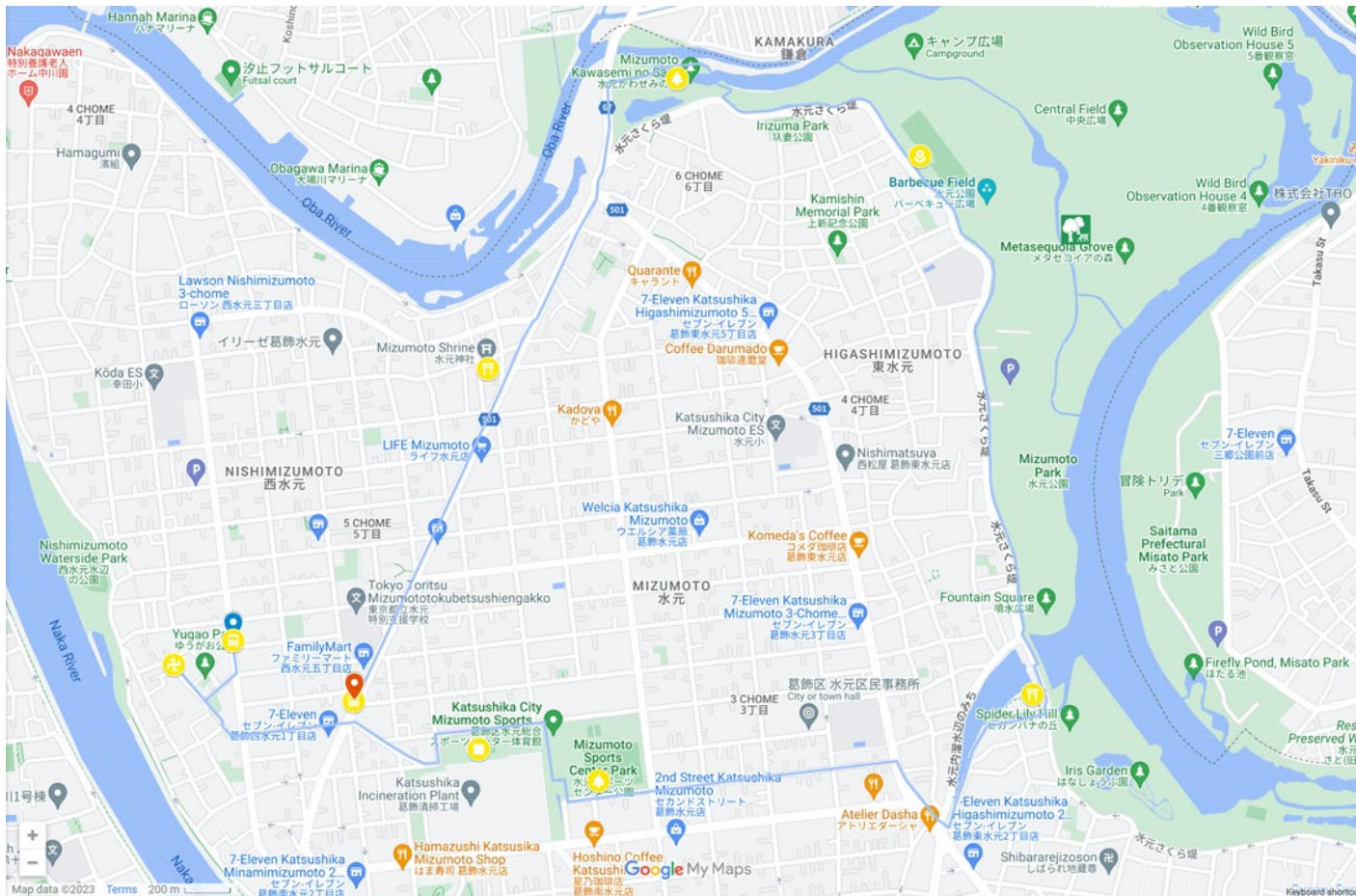


Katsushika  
City

# Mizumoto Area

Highlight | Mizumoto Kawasemi-no-sato



## Route Description

- Tobu Bus [Ari 26.27] "Nishi Mizumoto 1-chome" Bus Stop
- ▼
- Anfuku-ji (Yugaokannon) Temple
- ▼
- Pony School Katsushika
- ▼
- Mizumoto Sports Center Park
- ▼
- Katori-jinja Shrine
- ▼
- Cherry Blossoms on the Banks of Mizumoto
- ▼
- Mizumoto Kawasemi-no-sato
- ▼
- Mizumoto-jinja Shrine
- ▼
- Tobu Bus [Ari 26.27] "Mizumoto Tokubetsu Shien Gakko-mae" Bus Stop

### 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>91</b> minutes
Distance	around <b>6.1</b> km
Calorie consumption	around <b>273</b> kcal
Number of steps	around <b>8710</b> 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

### Mizumoto Kawasemi-no-sato



Fish, turtles, plants, and more inhabiting the Mizumoto Koaidame can be observed in the Mizube no Fureai Room.

### Cherry Blossoms on the Banks of Mizumoto



The remains of a public works project by Tokugawa Yoshimune, the eighth shogun of the Tokugawa shogunate. Approximately 600 cherry trees are planted along the promenade.