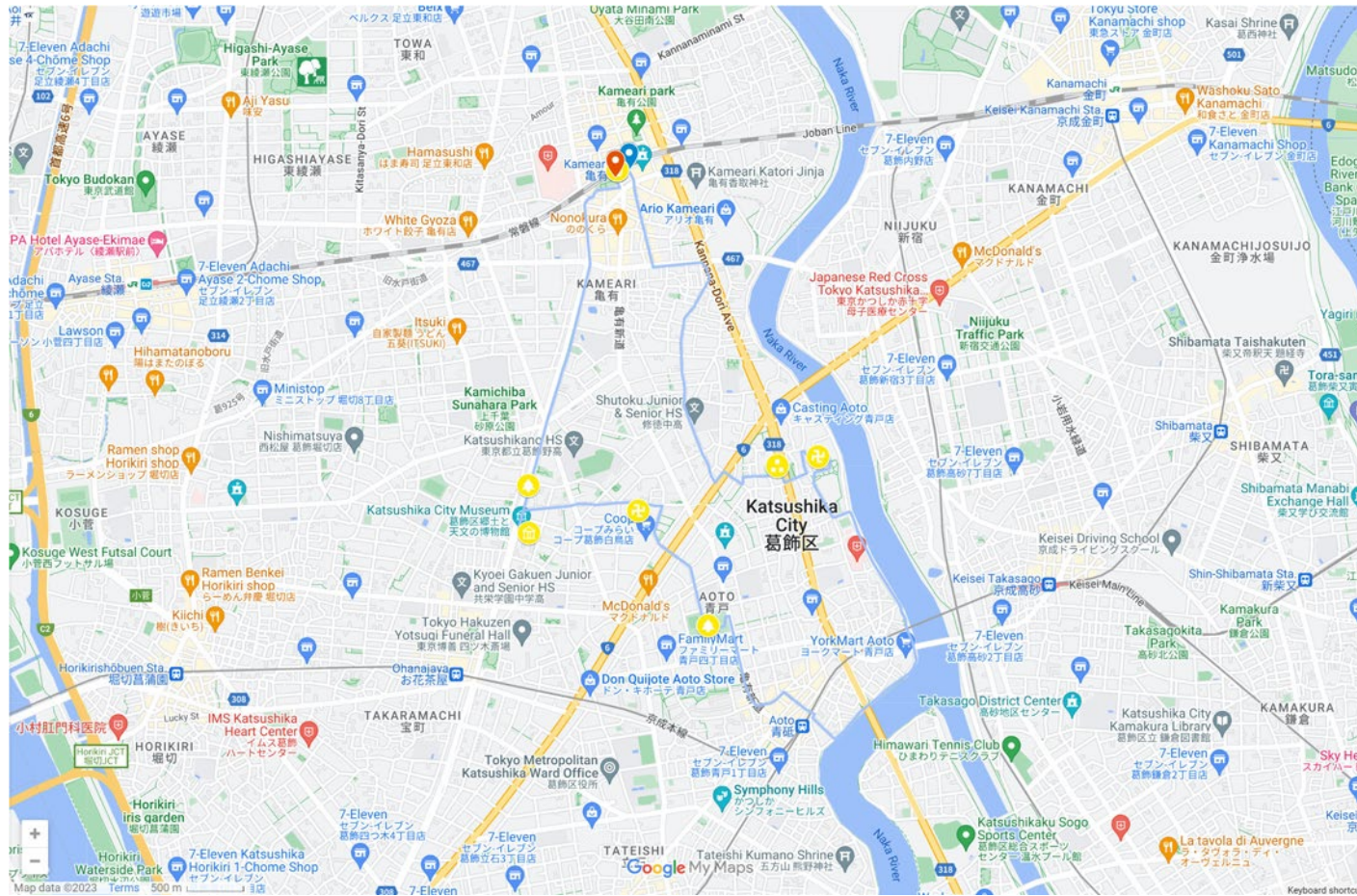




Kameari and Aoto Area

Highlight | Hikifunegawa Water Park



Route Description

- 📍 Kameari Sta.
- ▼
- 🏰 Kasai Castle Ruins
- ▼
- 🏯 Kannon-ji Temple
- ▼
- 🌳 Aoto Heiwa Park Peace Park
- ▼
- 🏯 Enmei-ji Temple
- ▼
- 🏛️ Katsushika City Museum
- ▼
- 🌳 Hikifunegawa Water Park
- ▼
- 📍 Kameari 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 120 minutes
📏 Distance	around 8.0 km
🔥 Calorie consumption	around 360 kcal
👣 Number of steps	around 11430 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

Hikifunegawa Water Park



A park extending about 3 km built themed around water, leaving vestiges of the Kasai Yosui (Hikifunegawa River) in place.

Aoto Heiwa Park Peace Park



In addition to having the belongings of the deceased and flowers placed in front of the Nuclear-free Peaceful Prayer Tower, it acts as a symbol of peace for Katsushika.