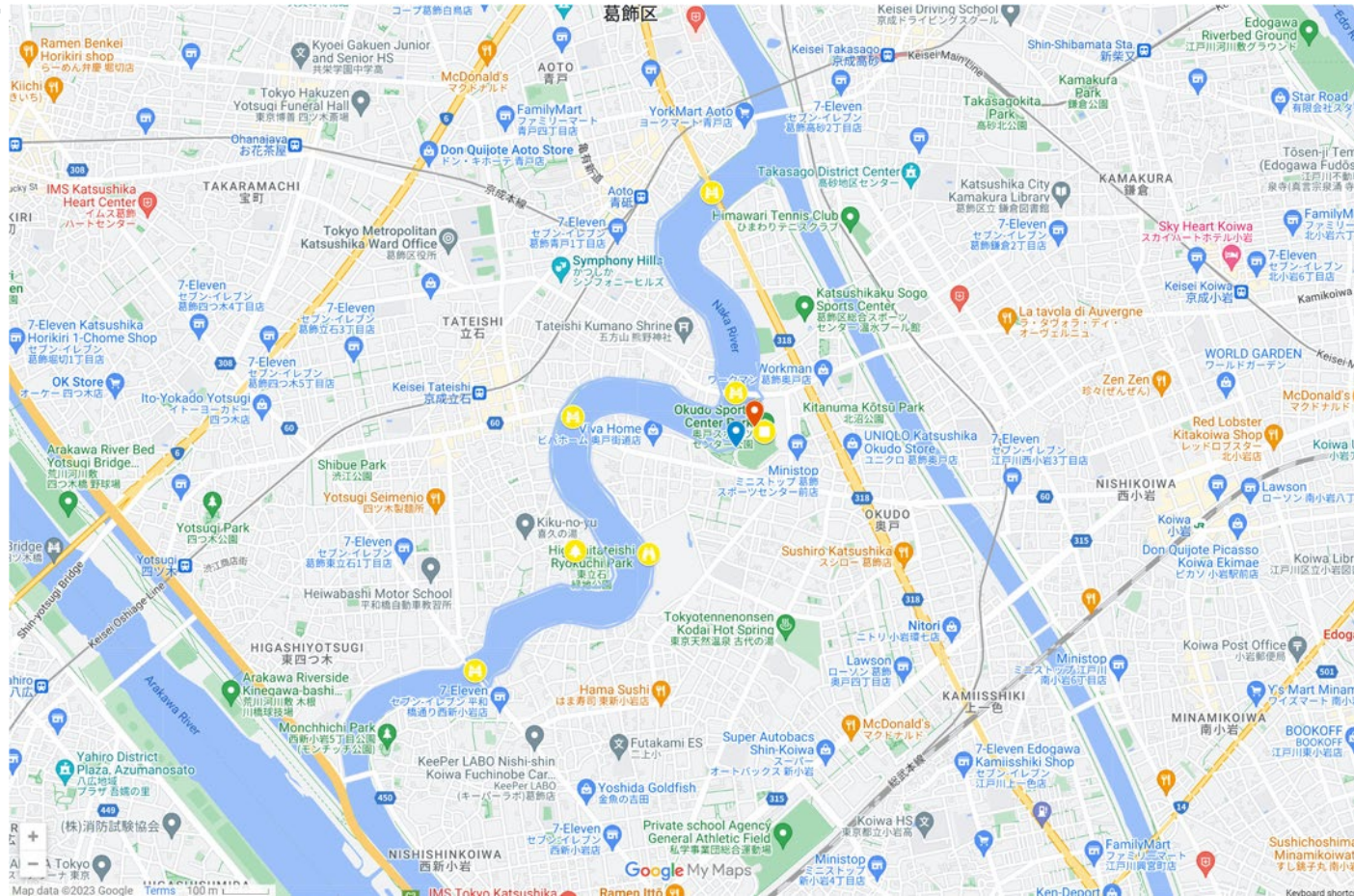


Katsushika City

# Area alongside Nakagawa River

Highlight | Nakagawa Okudo Observation Deck



## Route Description

- 📍 Okudo Sports Center Park
- ▼
- 🏞️ Nakagawa Okudo Observation Deck
- ▼
- 🌳 Heiwa-bashi Bridge
- ▼
- 🌳 Higashi Tateishi Green Park
- ▼
- 🌳 Hon Okudo-bashi Bridge
- ▼
- 🌳 Okudo-bashi Bridge
- ▼
- 🌳 Aoto-bashi Bridge
- ▼
- 📍 Okudo Sports Center Park

### 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>114</b> minutes |
| 📏 Distance            | around <b>7.6</b> km      |
| 🔥 Calorie consumption | around <b>342</b> kcal    |
| 👣 Number of steps     | around <b>10860</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

### Nakagawa Okudo Observation Deck



A spot to enjoy the views of Tokyo Skytree, Tokyo Tower, and Katsushika Harp-bashi Bridge

### General Sports Center Sports Park



This is a general sports facility in Katsushika Ward consisting of an athletics field, gymnasium, heated pool, baseball field, tennis courts, Eight Hall (dance, sumo), and more.