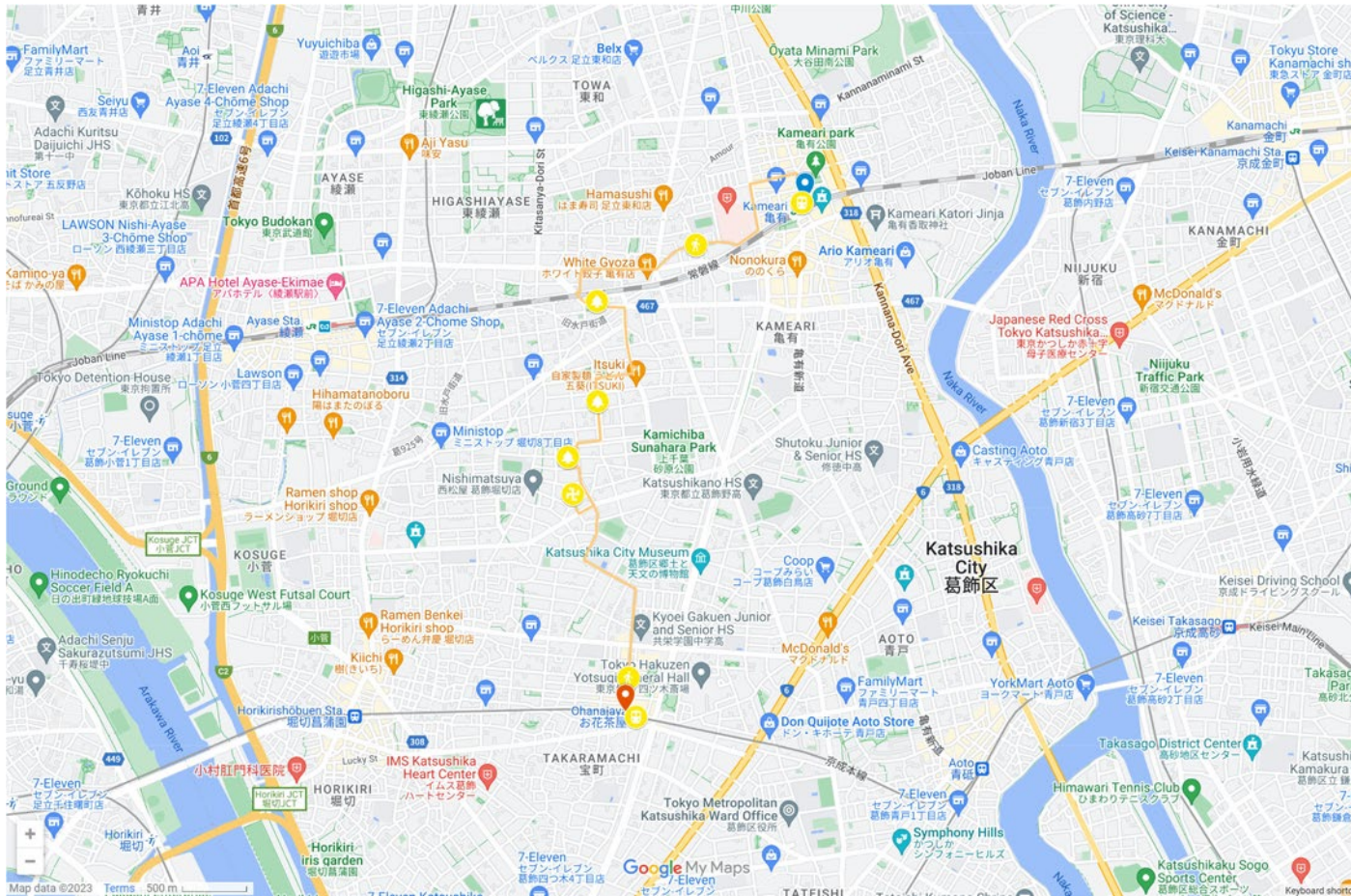


Katsushika City

Kameari and Ohanajaya Area

Highlight | Nishi-Kameari Sesaragi Park



Route Description

- 🚉 Kameari Sta., North Exit
- 🚶 Kameari Yawaragi-no-michi
- 🌳 Sunahara Daini Park
- 🌳 Nishi-Kameari Sesaragi Park
- 🌳 Nakamichi Park
- 🏯 Fugen-ji Temple
- 🚶 Ohanajaya Shotengai Shopping Street
- 🚉 Ohanajaya 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 63 minutes
📏 Distance	around 4.2 km
🔥 Calorie consumption	around 189 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 Metropolitan Government Health Promoting character: KENKOUDESUKA-MAN



Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

Nishi-Kameari Sesaragi Park



In summer, the park is crowded with children playing in the water. In the fall, the ginkgo trees are vividly colored.

Fugen-ji Temple



An old temple reportedly established by Kasai Kiyoshige in 1180.

Ohanajaya Shotengai Shopping Street



Closed to vehicles and open only to pedestrians every day 15:00-19:00. This is a bustling shopping street used by school children on their way home from school and families and other shoppers.