Mizumoto and Shibamata Area - Tora-san's Road to Shibamata Taishakuten and Mizumoto Park

Recommand Site

Road to Taishakuten
There are shops selling yomogi dumplings and rice crackers, and about 200 m of paths to enjoy relaxing strolls.

Shibamata Taishakuten (Daikyo-ji Temple)
This is a Nichiren Buddhist temple that is especially busy on the day of Koshin. Copper siding sculptures made from a story in the Lotus Sutra are worth seeing.

Metropolitan Mizumoto Park
The largest water park in Tokyo. Each season offers views of the beauty of nature, including poplar trees, metasequoia forests, and a bird sanctuary. This space is full of appealing areas.

Route Description

- Shibamata Sta.
- Futen-no-tora Statue
- Road to Taishakuten
- Shibamata Taishakuten (Daikyo-ji Temple)
- Yagiri Ferry Crossing
- Kanamachi Water Purification Plant Intake Tower
- Nanzo-in Temple (Shibararejizo)
- Metropolitan Mizumoto Park
- Mizumo Kawasemi-no-sato
- Katori-jinja Shrine
- JR Kanamachi 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 180 minutes
Distance around 12.0 km
Calorie consumption around 540 kcal
Number of steps around 17140 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 KENKO DESUKA-MAN