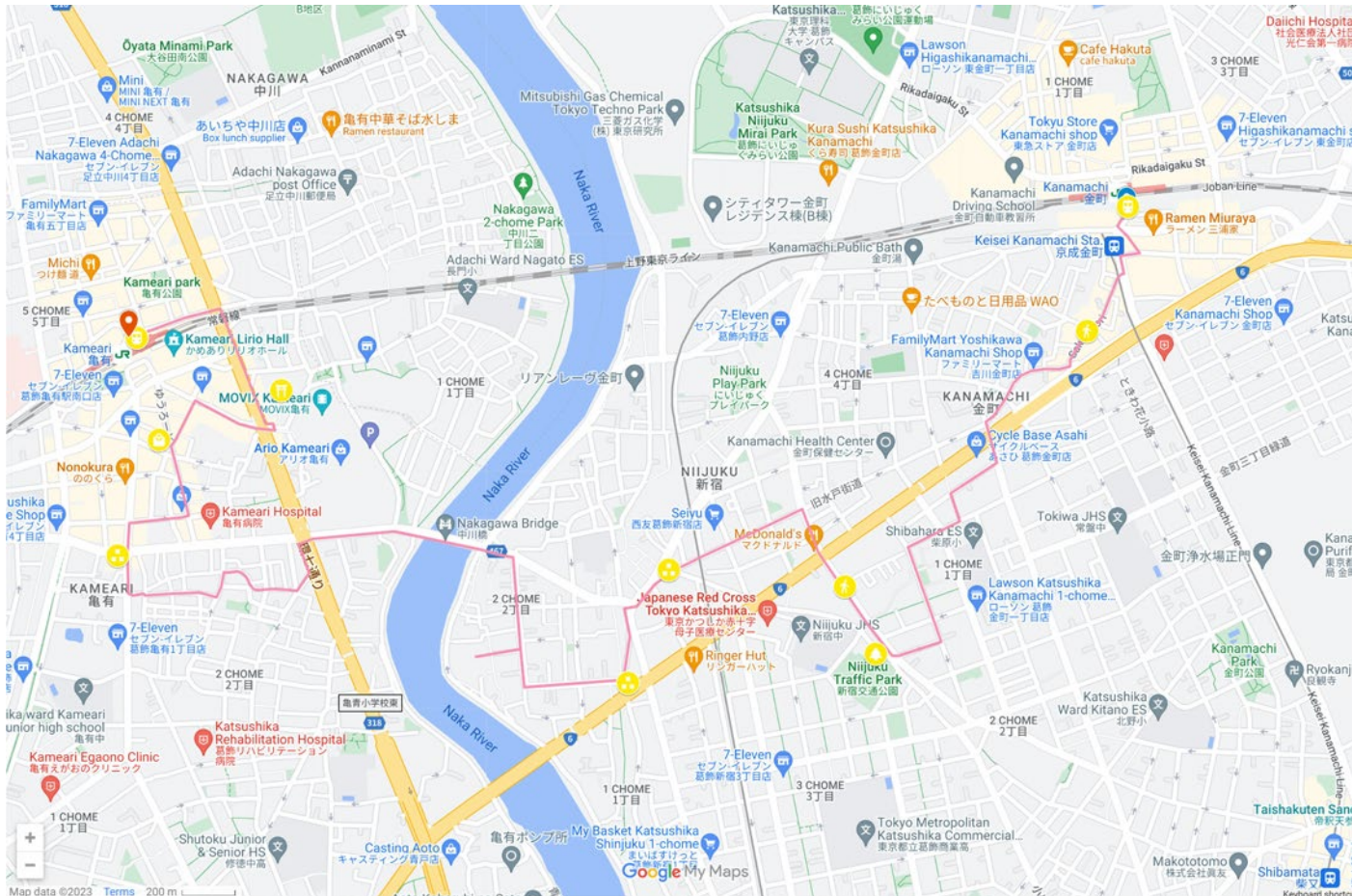


Katsushika City

# Kanamachi and Kameari Area

Highlight | Niijuku Kotsu Park



## Route Description

- 📍 JR Kanamachi Sta., South Exit
- ▼
- 🏪 Kanamachi Sakae-tori Shotengai Shopping Street
- ▼
- 🌳 Niijuku Kotsu Park
- ▼
- 🌳 Koivi Yosui Greenway
- ▼
- 🗿 Jizo Bodhisattva Stone Statues
- ▼
- 🏰 Kaneami-bashi Bridge Ruins
- ▼
- 🏘️ Ichirizuka
- ▼
- 🍲 Kameari Food Market
- ▼
- 🏯 Kameari Katori-jinja Shrine
- ▼
- 📍 JR Kameari Sta., North Exit

### 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.

🕒	<b>Time allowed</b>	around <b>77</b> minutes
📏	<b>Distance</b>	around <b>5.1</b> km
🔥	<b>Calorie consumption</b>	around <b>231</b> kcal
👣	<b>Number of steps</b>	around <b>7290</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

### Niijuku Kotsu Park



In addition to learning traffic rules, children and adults alike can ride the mini steam locomotive (fee required), which runs around the park on weekends and holidays.

### Ichirizuka



A mound showing the spot from Senju-shuku (about 4 kilometers). On the Kyu Mitosakurado road connected Mito and Edo, it becomes a statue of Mito Kōmon and his group.

### Kameari Katori-jinja Shrine



The local protector of Kameari since the Kamakura period. A festival is held there every September.