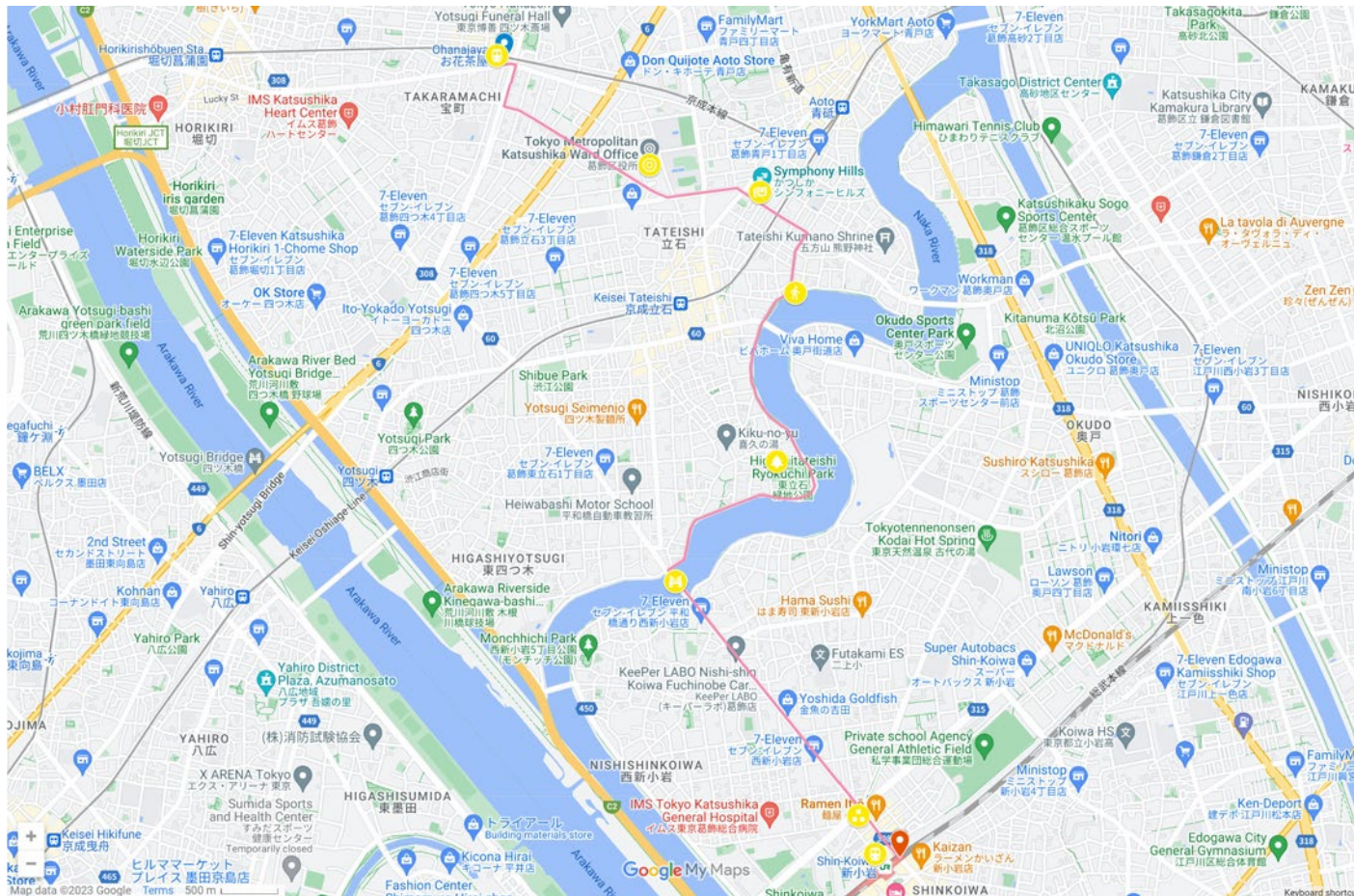


Katsushika City

Tateishi and Shin-Koiwa Area

Highlight | Katsushika Symphony Hills



Route Description

- Ohanajaya Sta.
- ▼
- Katsushika City Hall
- ▼
- Katsushika Symphony Hills
- ▼
- Greenway on the Right Bank of the Nakagawa River
- ▼
- Higashi Tateishi Green Park
- ▼
- Heiwa-bashi Bridge
- ▼
- Tatsumi-bashi Bridge Ruins
- ▼
- Shin-Koiwa 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.

Time allowed	around 81 minutes
Distance	around 5.4 km
Calorie consumption	around 243 kcal
Number of steps	around 7710 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

Katsushika Symphony Hills



A hall boasting some of the top acoustics in Japan. The Mozart statue at the entrance is a complete replica of the statue in Vienna.

Higashi Tateishi Green Park



Athletic equipment and equipment for healthy living are installed. A 30-m long roller slide that makes full use of its height is extremely popular.

Tatsumi-bashi Bridge Ruins



Ruins of the Tatsumi-bashi Bridge that crossed the Nishiiori moat.