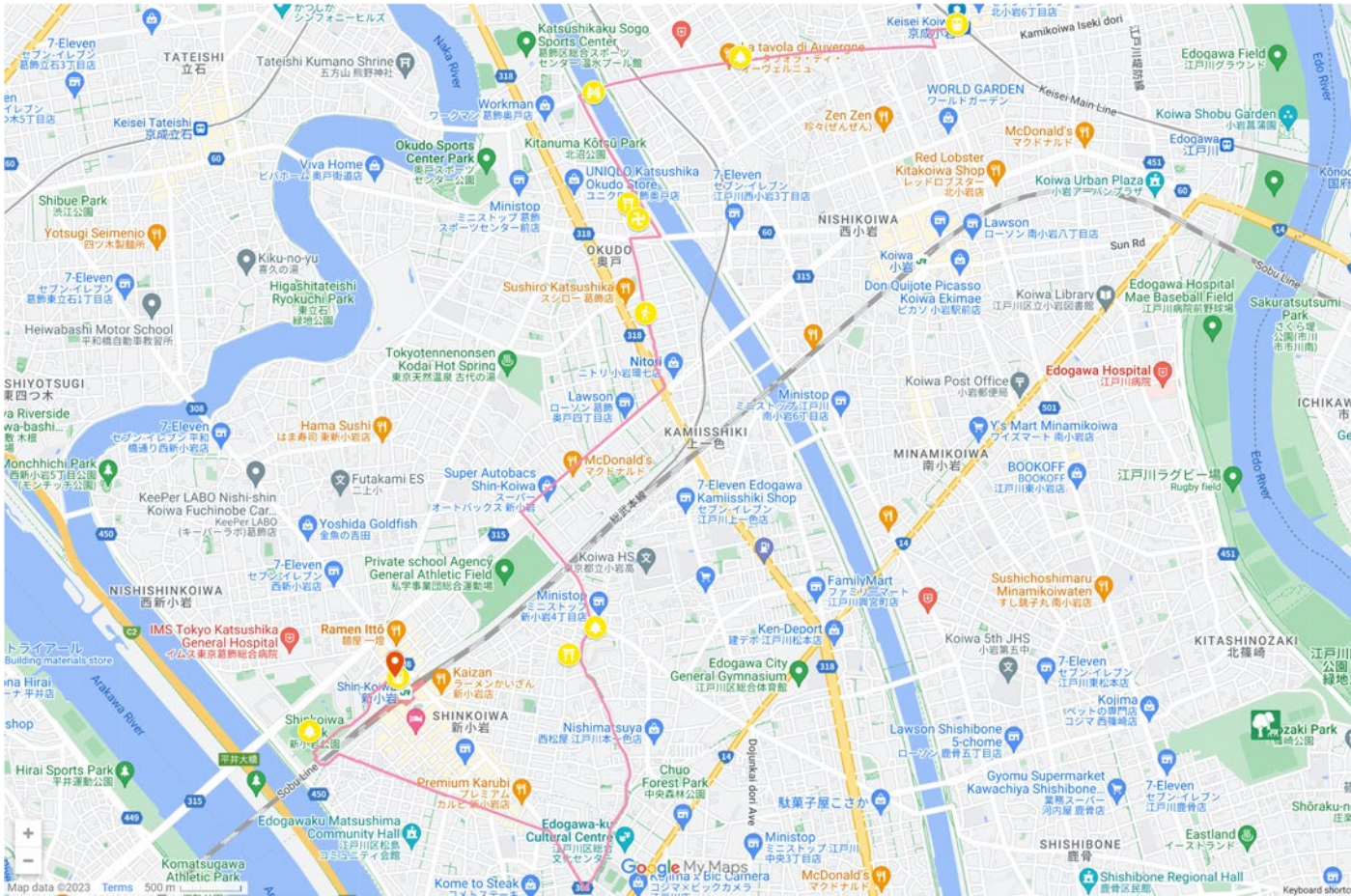


# Katsushika City

# Hosoda and Shin-Koiwa Area

Highlight | Yatsurugi-jinja Shrine



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## Route Description

- Keisei Koiwa Sta.  
▼
- Hosoda Park  
▼
- Sanwa-bashi Bridge  
▼
- Yatsurugi-jinja Shrine  
▼
- Hozoin Temple  
▼
- Nakaihori Community Road  
▼
- Komatsugawa Sakaigawa Water Park  
▼
- Otamainari-jinja Shrine  
▼
- Shin-Koiwa Park  
▼
- JR 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 <b>120</b> minutes
Distance	around <b>8.0</b> km
Calorie consumption	around <b>360</b> kcal
Number of steps	around <b>11430</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

### Yatsurugi-jinja Shrine



During the regular festival, participants dedicate and perform a typical "Bugaku" dance wearing brilliant costumes and masks.

### Komatsugawa Sakaigawa Water Park



Besides the warm season for playing in the water, the park can be enjoyed throughout the year because of the flowers blooming throughout the year and the fun play equipment.

### Shin-Koiwa Park



An expansive park with fountains, a water playground (summer-only), a jogging course, grassy areas, and more.