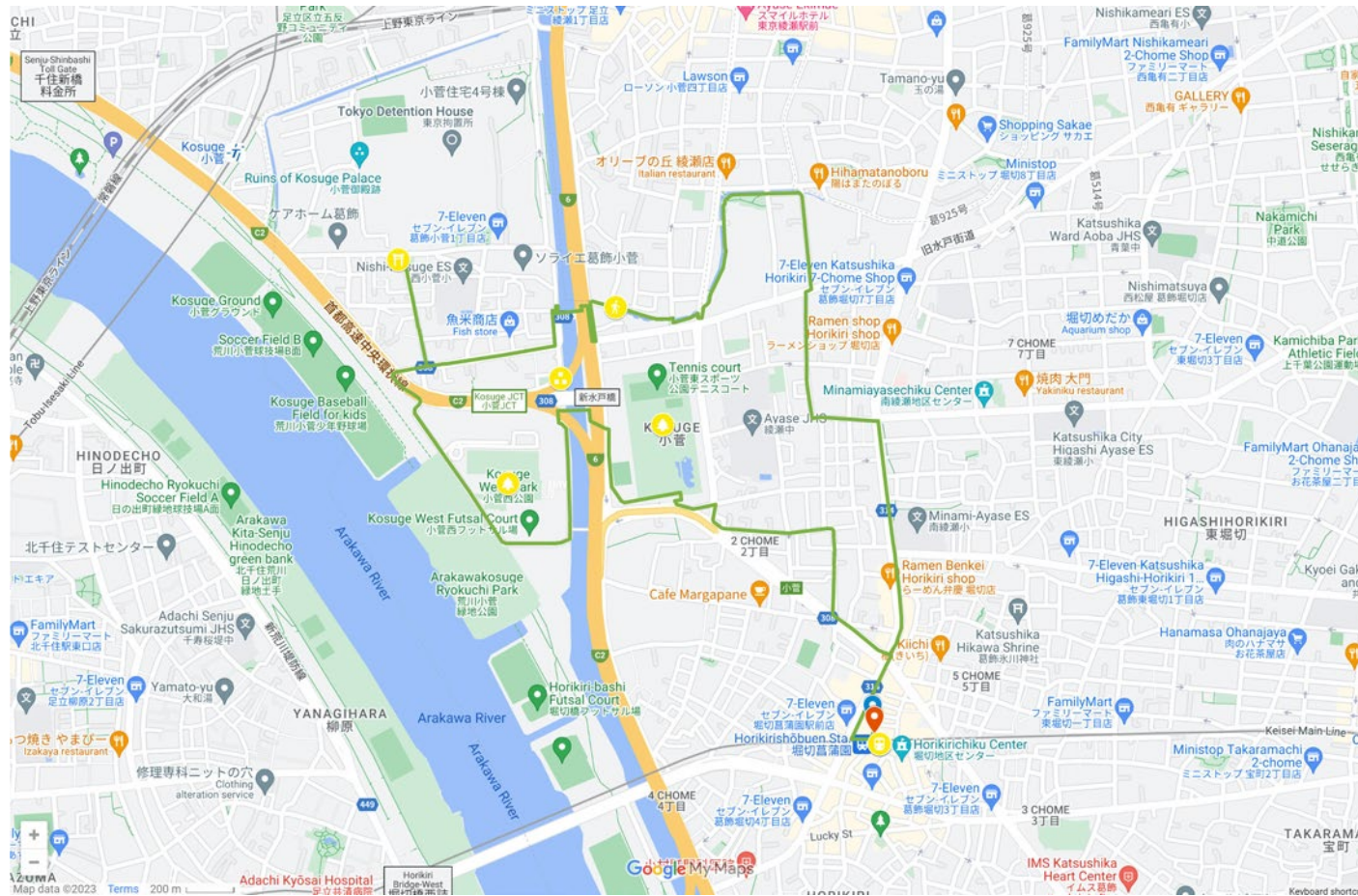


Katsushika
City

Kosuge Area

Highlight | Kosuge-Nishi Park



Route Description

- 📍 Horikiri Shobuen Sta.
- ▼
- 🌳 Kosuge-higashi Sports Park
- ▼
- 🌳 Kosuge-Nishi Park
- ▼
- 🏯 Kosuge Inari-jinja Shrine
- ▼
- 🌳 Kyu Mito Sakuramichi
- ▼
- 🌳 Furu Mito Sakuramichi
- ▼
- 📍 Horikiri Shobuen 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 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

Kosuge-Nishi Park



A rooftop park. Guests can appreciate seasonal flowers, such as Japanese allspice and cherry blossoms. The flower clock and athletic facilities are also popular.

Kosuge-higashi Sports Park



With a fountain, a waterfall, a water playground (summer-only), a free-use space, a Japanese garden, and more, this is a green park that will make you forget that it is a rooftop.