

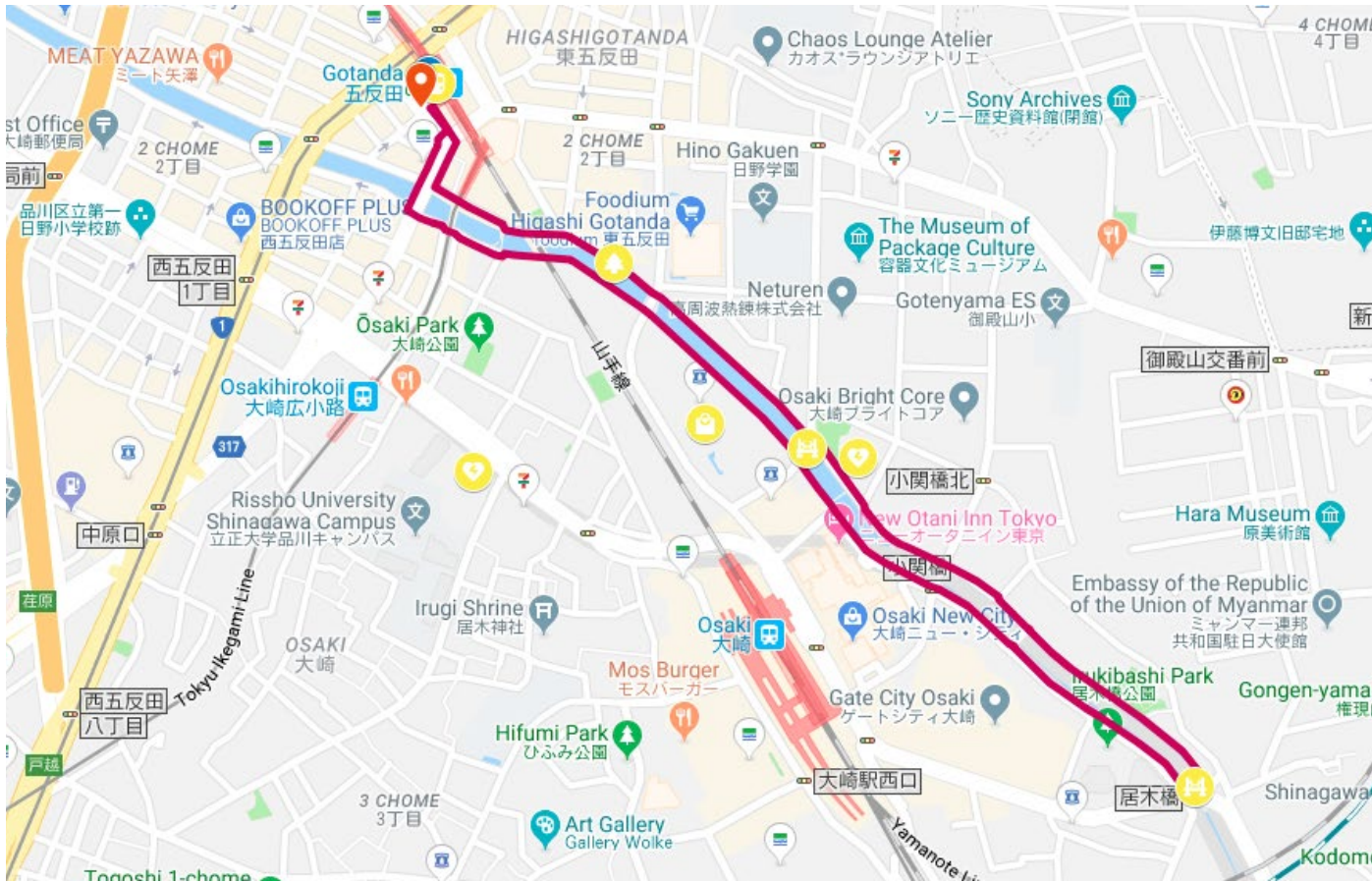
Shinagawa City

Meguro River Sakuranamiki (row of cherry trees) Course

Highlight | Onari Bridge



My walking trail



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Route Description

- 📍 Gotanda Station West Exit (JR)
- ▼
- 🏠 Art Village Osaki
- ▼
- 🌉 Onari Bridge
- ▼
- 🌳 Irugi Bridge
- ▼
- 🏠 Gotanda-Hureai-Mizube Square
- ▼
- 📍 Gotanda Station West Exit (JR)

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 42 min.
📏 Distance	around 2.8 km
🔥 Calorie consumption	around 126 kcal
👣 Number of steps	around 4000 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

Art Village Osaki



A variety of contemporary arts are displayed around the tower building, and free concerts are held at the lounge.

Irugi Bridge



The origin of Irugi is said that be a traveler's marker "Yuruu (swinging) pine tree" changed to "Yurugi pine" to "Irugi's pine."

Gotanda-Hureai-Mizube Square



The development of waterfront space of Meguro River was completed in 2010 (Heisei 22nd year). The riverbank is slightly lower and there is also lawn open space.