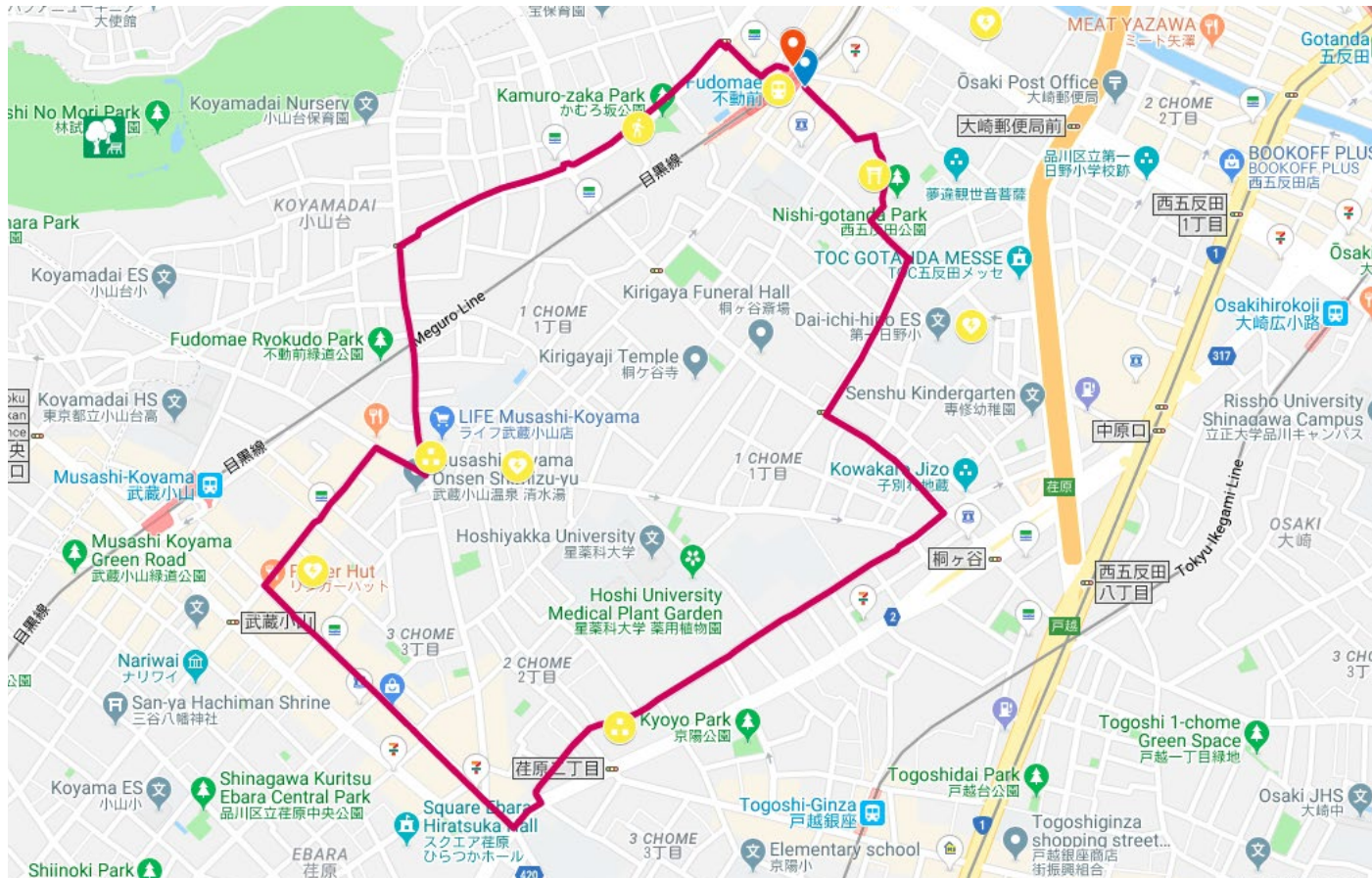


# Kyu Nakahara-Kaido Road and Kamuro-Saka Slope Course

Highlight | Kyu Nakahara-Kaido Road Group of Pagoda (Togoshi Jizo)

My walking trail



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## Route Description

- Fudomae Station (Tokyu Electric Railway)
- ▼
- Hikawa Shrine
- ▼
- Kyu Nakahara-Kaido Road Group of Pagoda (Togoshi Jizo)
- ▼
- Asahi Jizo (guardian deity of children) son
- ▼
- Kamuro-Saka Slope
- ▼
- Fudomae Station (Tokyu Electric Railway)

### 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>54 min.</b>
Distance	around <b>3.6 km</b>
Calorie consumption	around <b>162 kcal</b>
Number of steps	around <b>5143 steps</b>

\* 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

### Kyu Nakahara-Kaido Road Group of Pagoda (Togoshi Jizo)



It is a collection of Jizos, a sanctuary monuments, and a tombstone from three Pagodas located at the former Togoshi village area along the Old Nakahara Kaido (road) during the Edo period.

### Asahi Jizo (guardian deity of children) son



It was founded in 1667 (Kanbun 7th year), and people who pray there believe that there are many benefits. Next to this, there is a signpost to reach Meguro Fuduson (one of the Buddhist deities) and Himonya Nihson (another Buddhist deities).

### Kamuro-Saka Slope



This name came from the fact that a kamuro named Komurasaki (kamuro = girl assistant of old day's prostitute) committed suicide by throwing herself into the nearby pond. Now, it is famous place to enjoy cherry blossoms.