

Kyu Nakahara-Kaido Road and Kamuro-Saka Slope Course



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

大使館 Ōsaki Post Office Kamuro-zaka Park Koyamadai Nursery X 2 CHOME shi No Mori Park 大崎郵便局前。 夢違観世音菩薩 KOYAMADAL Nishi-gotang ara Park Ōsaki I TOC GOT DA MESSE 🗂 Koyamadai ES 🔯 小山台小 Kirigaya Funeral Hall Osakihirokoji 📻 1 CHOME 大崎広小路 **1**TB Fudomae Ryokudo Park Kirigayaji Temple enshu Kindergarten 🔯 Rissho University Shinadawa Campus 立正大学品川キャンパス Koyamadai HS 🔯 LIFE Musashi-Koyama 東京都立小山台高 中原口。 ライフ武蔵小山店 1 CHOME usashi / vama Musashi-Koyama 1丁目 Onsen Sharizu-yu 武蔵小山温泉 清水湯 OSAKI Hoshiyakka University 文 Musashi Koyama Green Road Hoshi University Medical Plant Garden 3 СНОМЕ Nariwai m 2 CHOME San-ya Hachiman Shrine Kyoyo Park 🔼 Togoshi 1-chome Green Space 戸越一丁目緑地 荏原 ogoshidai Park Shinagawa Kuritsu Koyama ES 🔯 戸越台公園 Ebara Central Park Osaki JHS X Togoshi-Ginza Square Togoshiginza Hiratsuka Mall shopping street. Elementary school EBARA Shiinoki Park 荐原

My walking trail

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.



\preceq	Time allowed	around 54 min.
ů	Distance	around 3.6 km
	Calorie consumption	around 162 kcal
Ð	Number of steps	around 5143 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-











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

Recommended Site



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 Fudoson (one of the Buddhist deities) and Himonya Niohson (another **Buddhist deities**)



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Kamuro-Saka Slope



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