

# Shinjuku City

# Walk along the Kanda-gawa River promenades through the beautiful seasonally changing scenery

Highlight | **Kanda Josui Park**



## Route Description

- 📍 Nishi-shinjuku Sta. (Exit 1)
- ▼ Kanda Josui Park
- ▼ Seseragi no Sato Park
- ▼ Takizawa-bashi (bridge)
- ▼ Kanda River Fureai Corner (In Totsuka Chiiki Community Center)
- ▼ Omokage-bashi (bridge) / Yamabuki-no-sato stone monument
- ▼ Tokyo Some-monogatari Dye Museum
- ▼ Higo-Hosokawa Garden
- 📍 Waseda Sta. (3a)

## Hints to walk healthily

1. Try to walk 8,000 steps per day
2. Maintain correct walking form
3. Walk at your own pace

🕒 Time allowed	around 133 minutes
📏 Distance	around 8.8 km
🔥 Calorie consumption	around 399 kcal
👣 Number of steps	around 12600 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

### Kanda Josui Park



A park of around 600m long, which is maintained along the walkway which follows the Kanda-gawa River. There is also exercise equipment and it is ideal for stretching during a walk.

### Seseragi no Sato Park



A mixed forest made up mainly of konara oak trees around the seseragi(stream). Turns into a place to play in the water in the summer. (\*Subject to garden closing times)

### Takizawa-bashi (bridge)

In the past, the Kanda-gawa River and the Myoshoji-gawa River joined here and it got its name from the Japanese word to describe this confluence, "Ochiai." Ochiai was famous as a spot to view fireflies in the Edo period.

### Kanda River Fureai Corner (In Totsuka Chiiki Community Center)



There is an exhibition area with a large water tank where the native fish of the Kanda-gawa River can be seen swimming and which allows you to learn about the history and creatures of the Kanda-gawa River.

## 📍 Recommended Site

Icons:  Shrines and Temples  Parks  Other



### Omokage-bashi (bridge) /Yamabuki-no-sato stone monument



In spring, the rows of cherry blossom trees at the foot of the bridge are beautiful. The entire area is associated with the "Yamabuki-no-sato" town of folklore, and there is a stone monument to the Yamabuki-no-sato on the Toshima City side.



### Tokyo Some-monogatari Dye Museum



Old dyeing workshops. The elegance beloved of old Tokyoites lives on here. You can have tours and interactive experiences in the workshops.  
(\*Reservations required)



### Higo-Hosokawa Garden



A Japanese water feature garden with a central pond opened on the site of the gardens of the Hosokawa residence. The richly changing scenery using the nature of the Mejirodai plateau is beautiful. (\*Subject to park closing times)