

Walking the Local Residents' "Sumida"

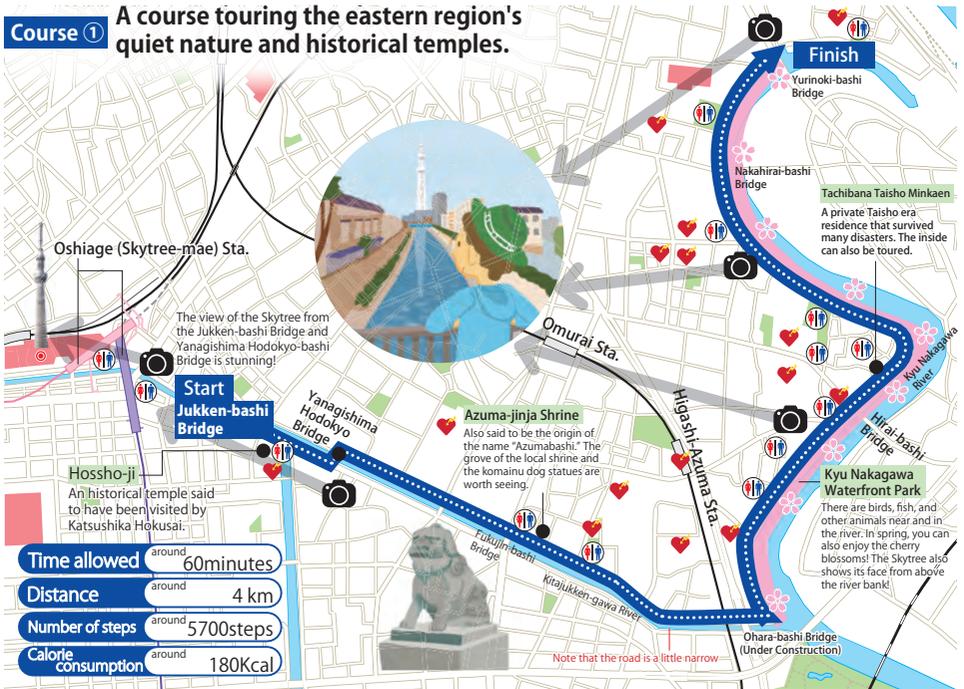


Sumida Walking Map



SUMIDA CITY

Course ① A course touring the eastern region's quiet nature and historical temples.



(Recommended points) Kyu Nakagawa Waterfront Park is spacious and pleasant. Migratory birds sometimes visit the river terrace. With nature and the remaining old temples, it is possible to experience the history of Sumida. (Suggestion from: Mr.Yoneda, resident)

How to Read the Map

- Walking Course
- Bathroom
- AED
- Museum
- Food Spot
- Healthy Spot (Shop offering a healthy menu)
- Spot Offering a View
- Cherry Blossom Viewing Spot
- Flower Viewing Spot

Walking Short Memo

Edited by: Renaissance Inc.

Greet Others

Let's make sure to greet each other when passing by others, when taking short breaks, etc. Greetings have garnered attention for their effectiveness in improving security at the local level.

Take water with you

Liquids are necessary because your body sweats to regulate its temperature as you exercise. As you walk, frequently take in liquids in 15-20 minute intervals, even before you get thirsty. *Water, barley tea, and sports drinks are recommended.

Look around

Broaden your field of view and also be careful of differences under your feet and so on. Also, when people grow tired, they tend to face downwards. Pay careful attention to traffic lights, and walk sidewalks giving plenty of care to cars and bicycles.

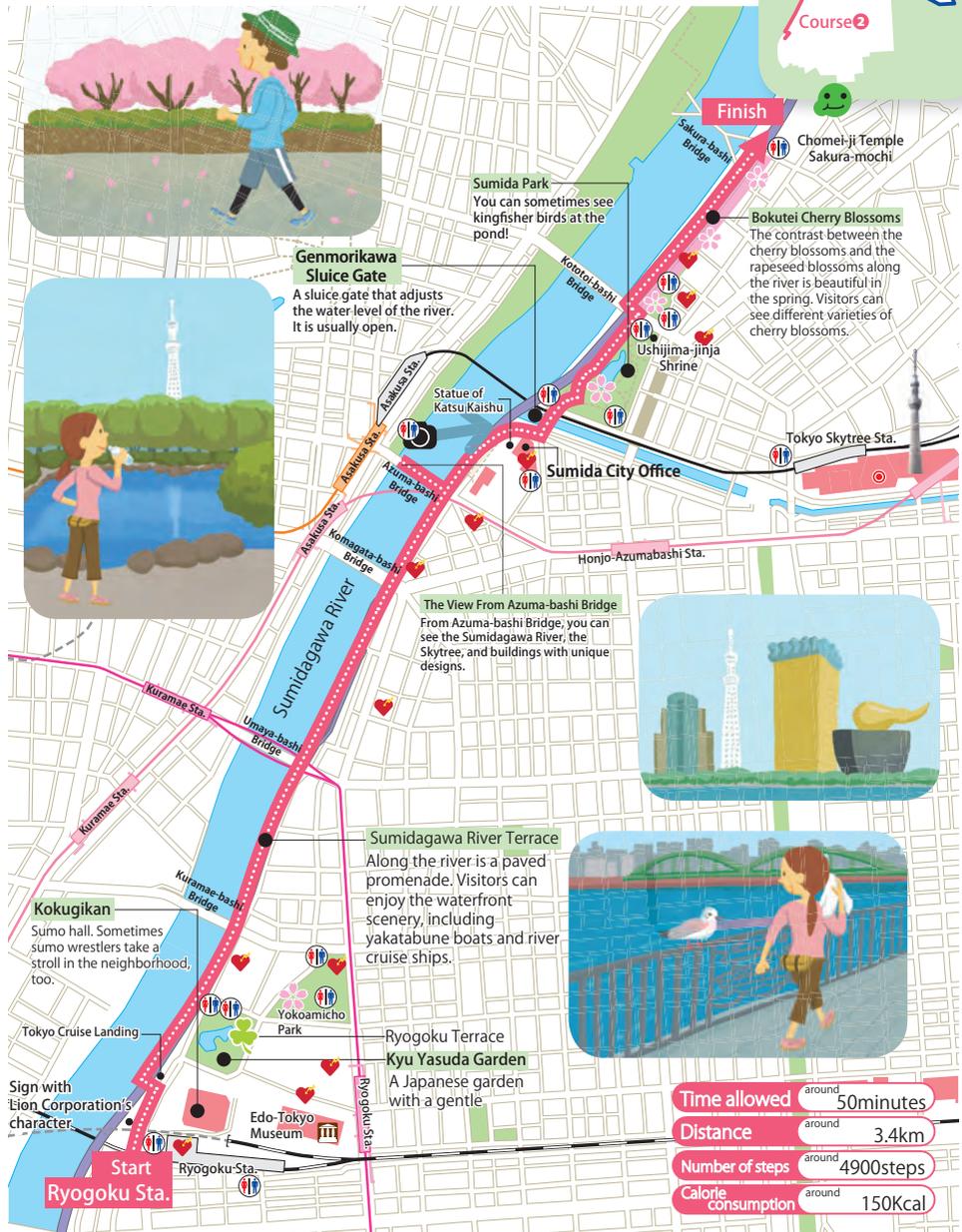
※Each course lists the duration, distance, number of steps, and calories burned. Calculations are based on the following. Stride: 70 cm; Speed: 4 km/h; Calories burned: 10 min. of walking = 30 kcal for a 60 kg male Durations and so on are only estimates. They may differ depending on individual differences and traffic conditions.

※If you have a medical condition, please consult your family doctor before you begin.

※Facilities and shops listed on each course may not be available depending on the period and time frame. Please check with the facility/shop concerning availability.

Course ②

Rediscover nature in Sumida! Refreshing River View Course



(Recommended points)

The crabs that gather on the Sumidagawa River Terrace in the morning in the spring to fall are lovely! There are also various types of cherry blossoms along the river. These are surprising points that are interesting and let you experience the seasons. (Suggestion by: Ms. Iino, working in Sumida City)

Course 3

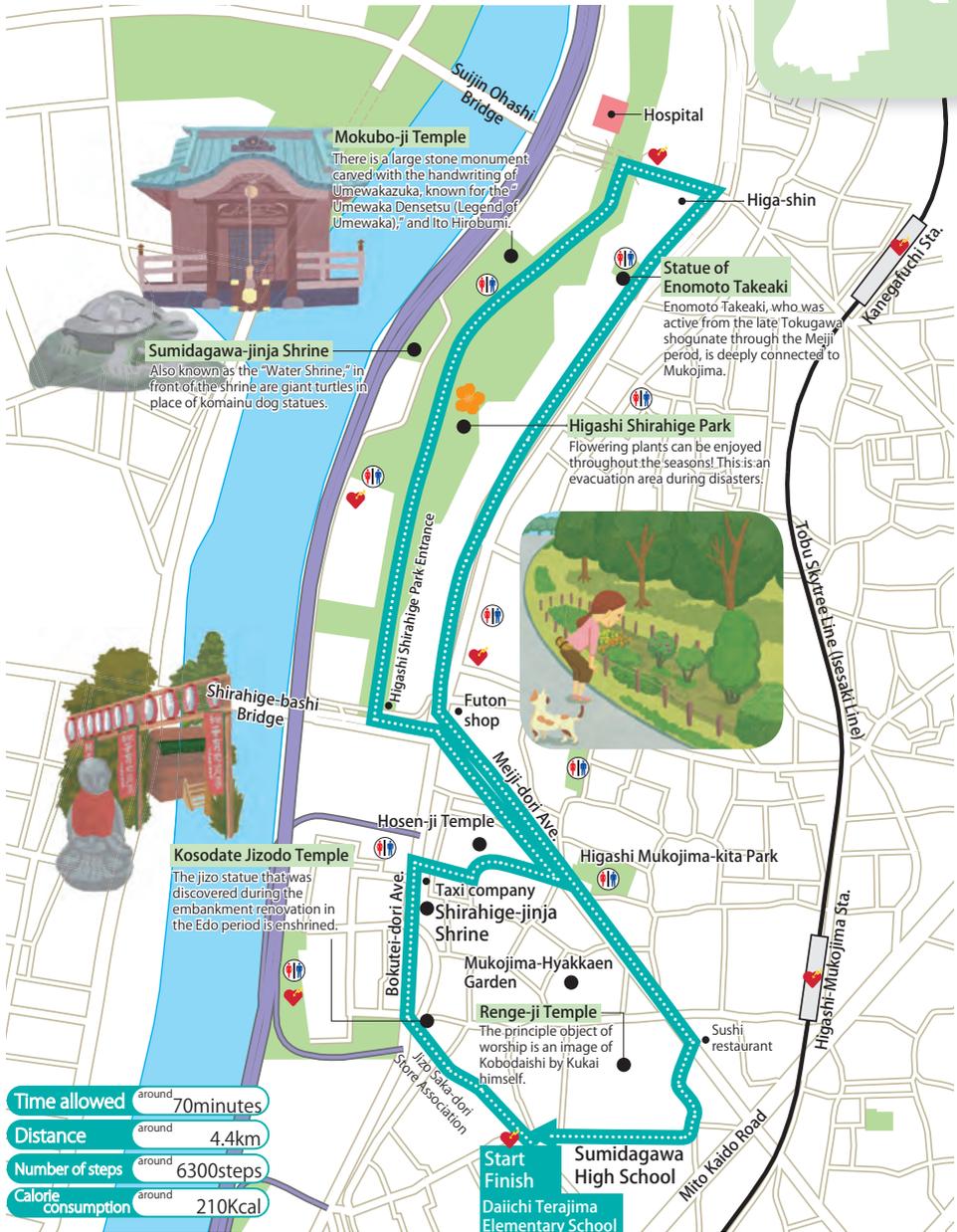
You can take a short break over the specialty sweets A course touring Sumida's famous temples



(Recommended points) There are many shrines, and there are also plenty of spots where you can eat great food and rest along the way. Plus, the roads are spacious, and with few cars on holidays, senior citizens can also walk safely. (Suggestion from: Mr. Satou, resident)

Course 4

This a course that lets you experience lush green parks and history as you walk



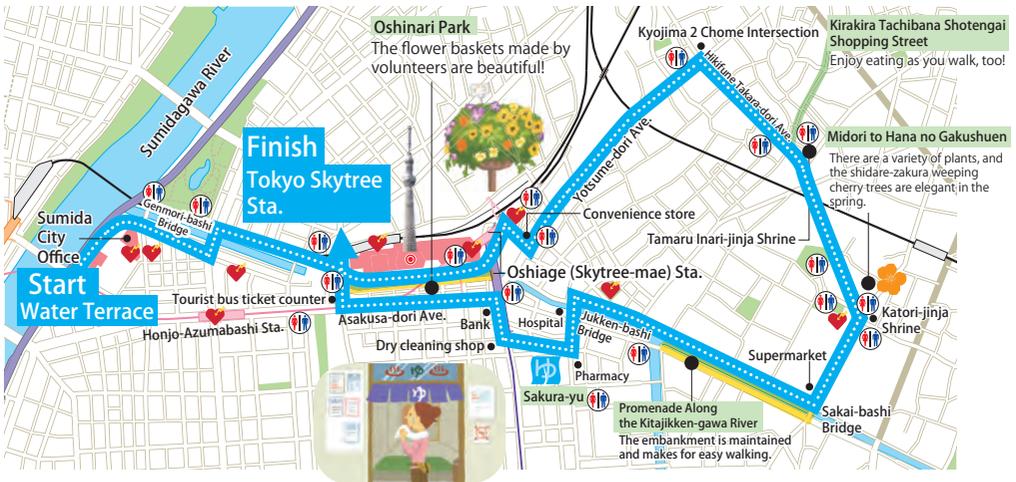
(Recommended points)

The morning glories in Higashi Shirahige Park in the summer are beautiful. There are many old buildings, making it fun to walk looking at old maps and using shrines as landmarks. A great point of this course is also that many of the paths are spacious and make for easy walking. (Suggestion from: Mr. Honda, resident)

A bath after you walk !? A course to see nature and shitamachi neighborhoods.

Course 5

Time allowed	around 80minutes
Distance	around 5.4km
Number of steps	around 7700steps
Calorie consumption	around 240Kcal



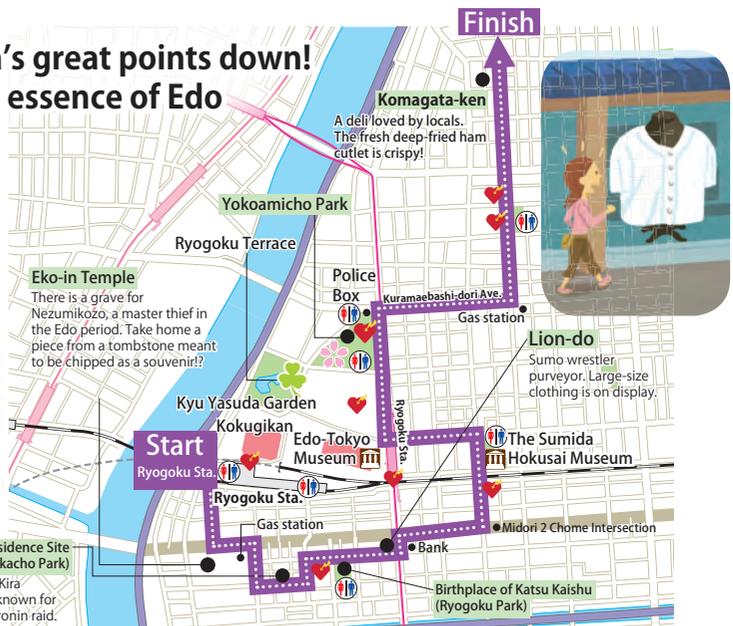
Recommended is the Midori to Hana no Gakushuen, where you can experience the four seasons. This is recommended for those who have few opportunities to see flowers and green spaces. You can also enjoy shotengai shopping streets, bathhouses, and other typical Sumida spots. (Suggestion by: Mr. Ishimura, working in Sumida City)

(Recommended points)

Course 6

Condenses Sumida's great points down! A course to see the essence of Edo

Time allowed	around 60minutes
Distance	around 3.8km
Number of steps	around 5400steps
Calorie consumption	around 180Kcal



(Recommended points)

This is an area where the charms and attractions of Sumida are brought together, and it will make you want to talk to others. The cherry blossoms in the Yokoamicho Park are beautiful in the spring, too. (Suggestion by: Ms. Yoshizawa, Hiragananet)



Course 7 A place to rest and relax.
A course that walks an oasis in the city

Start Kinshicho Sta. Sumida Triphony Hall

Finish Tokyo Skytree Sta.

There are lots of souvenir shops!

You can also enjoy fishing!

The roller slide is thrilling!

Oyokogawa Water Park
A park that is spread out over 1.8 km along the Oyokogawa River. The seasonal views, including the cherry blossoms and fall colors, are stunning. There are also many resting spots!

Time allowed around 30minutes
 Distance around 1.8km
 Number of steps around 2600steps
 Calorie consumption around 90Kcal

(Recommended points) Visitors can take a leisurely walk while enjoying nature.

Walking Record Table Write the day you walked under the number of the course you finished walking!

Course	①	②	③	④	⑤	⑥	⑦
Date							

In order to walk safely
and effectively



Walking ^{plus} +

+1 Points for selecting shoes

Edited: Asics Japan Corp.

By wearing shoes that match one's feet, it is possible to walk comfortably with less burden on the feet.

<Points of choosing shoes>

- ① With the shoe on, there should be about 1 cm of space from your toes to the end of the shoe.
- ② It should be easy to bend your foot.
- ③ It should fit well around the instep of your foot.
- ④ The sole of the shoe should have proper cushioning.
- ⑤ The shoe should stabilize your heel without grating against it.

<Putting on Shoes>

- ① Untie the laces and loosen the shoe to the toe. Place your foot in the shoes. Tap on the ground so that your foot and the heel of the shoe fit.

Always properly untie your shoe before putting it on.



Tap your foot!!

- ② Check to make sure there is about 1 cm (one finger width) of space between your toes and the end of the shoe.



- ③ Giving some room to the end of the shoe, properly tighten the shoe around the instep and ankle with the laces.



Finally, properly tie the laces at the top.

Loosen this area just a little.

Starting here, tighten the laces in order to fit your foot.

+2 Don't forget to do a warm-up and cool-down.

Edited: Sachiko Wada, Instructor at Sumida Hanataiso

In order to avoid injuries, warm up before you walk, and also loosen the muscles you used after walking.

1



Stretch your legs a little before and after (loosen your ankles)

2



Slowly stretch your Achilles tendon

3



Rotate your shoulders

4

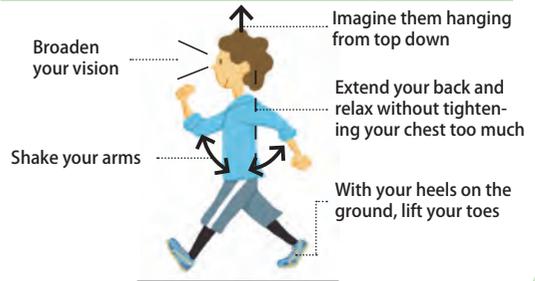


Extend your back

+3 Be conscious of proper walking form

Edited: Kazuyuki Takahama, certified instructor, Japan Walking Association

Increase the benefits of exercise by being conscious of your posture! You can also reduce the burden on your body.



The Benefits of Walking

Walking has benefits as shown on the right.

- ① Prevent lifestyle-related diseases
- ② Improve cardiopulmonary function
- ③ Prevent obesity
- ④ Reduce stress

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A little action,
Always healthy.



Tokyo Metropolitan Government
Health Promoting character
KENKOUDESUKA-MAN