

2022 edition

Sumida Walking Map

第8回



健康寿命を
のばそう！
AWARD
優良賞



ひと、つながる。
墨田区

Key Points for Safe Walking

-First, check your physical condition! (Reference) What are the key points for safe exercise and sports? (Japan Sports Agency)

Check your physical condition before starting walking, and you should refrain from walking if you have any symptoms such as fever, cold, abnormal sense of smell or taste, etc.

-Let's walk avoiding three Cs!

✗ Closed spaces ✗ Close-contact settings ✗ Crowded places *Be careful that none of the three Cs apply.

- >Walk by yourself or in a small group
- >Choose a place and time when sparsely populated
- >Ensure your distance from others
- >Keep a distance when passing people

*When walking with a mask on, be sure to stay hydrated.

If you feel hard to breathe, take off the mask, take a break, etc., and do not force yourself to walk.



Map Description

Walking course

Toilet AED

Museums & Galleries

Gourmet spot

Exercise spot

Viewing spot

Cherry blossom viewing spot Flower spot

Spot with healthy playground equipment

Tips for Walking

Supervision: RENAISSANCE INCORPORATED

-Let's say hello

When passing someone or taking a short break, let's greet each other pleasantly. Greetings have drawing attention for their effectiveness in enhancing community crime prevention.

- Stay hydrated

During exercise, body temperature regulation causes sweating, which requires water. Walk rehydrating frequently before you get thirsty at intervals of 15 to 20 minutes.

*Water, barley tea, and isotonic drinks are recommended.

- Take a good look around you.

Keep a wide field of vision and watch out for bumps or steps underfoot. Also, when we get tired, we tend to look down. Watch the traffic signals carefully and walk on the sidewalks, paying close attention to cars and bicycles.

*Each course includes the time required, distance, number of steps, and calories burned. For the basis of calculation, we assume a stride of 70 cm, a speed of 4 km/h, and calorie consumption of 30 kcal for 10 minutes of walking for a male weighing 60 kg. The time required, etc. is only an estimate. They differ from person to person and traffic conditions.

*Facilities and stores listed in each course may not be available at certain times of the year or during certain hours. Please check with the facility or store in advance.

***If you have a chronic disease, consult your family doctor before starting.**

Walking records chart

Date	Course	Start time	Goal time	Number of steps	Memo
/					
/					
/					
/					
/					

Visit places associated with Katsu Kaishu, a historical figure active at the end of the Tokugawa Shogunate



Ushijima Shrine

This shrine is said to be where young Katsu Kaishu practiced swordsmanship. It is said that petting the "nadeushi (petting cow)" in the precincts of the temple will cure your illness.

Kofukuji Temple

This temple is said to be where Katsu Kaishu went to practice Zen in his youth.

Statue of Katsu Kaishu

The statue represents Katsu Kaishu envisioning a new Japan and trying to aim for America.



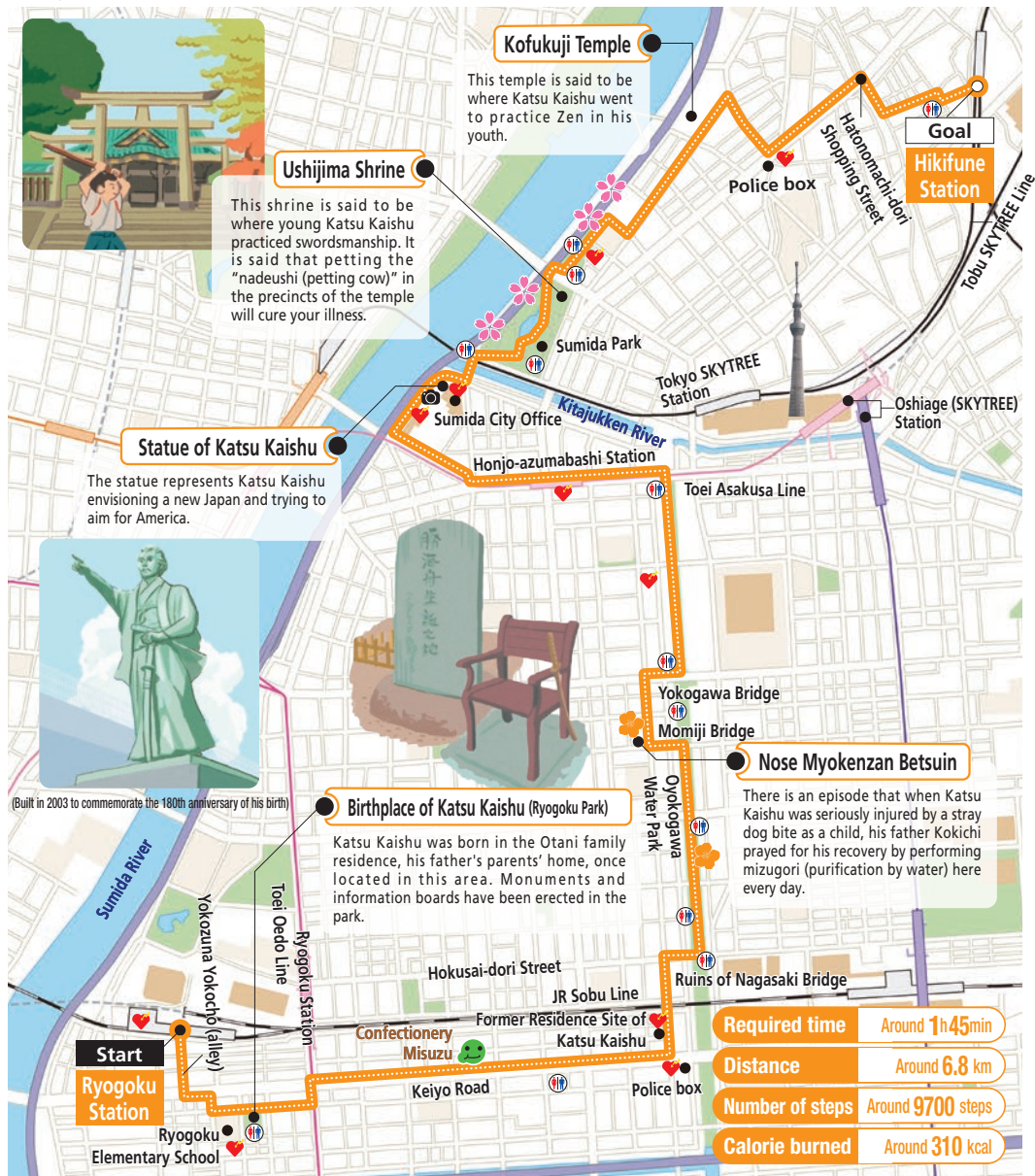
(Built in 2003 to commemorate the 180th anniversary of his birth)

Birthplace of Katsu Kaishu (Ryogoku Park)

Katsu Kaishu was born in the Otani family residence, his father's parents' home, once located in this area. Monuments and information boards have been erected in the park.

Nose Myokozan Betsuin

There is an episode that when Katsu Kaishu was seriously injured by a stray dog bite as a child, his father Kokichi prayed for his recovery by performing mizugori (purification by water) here every day.



Required time Around 1h45min

Distance Around 6.8 km

Number of steps Around 9700 steps

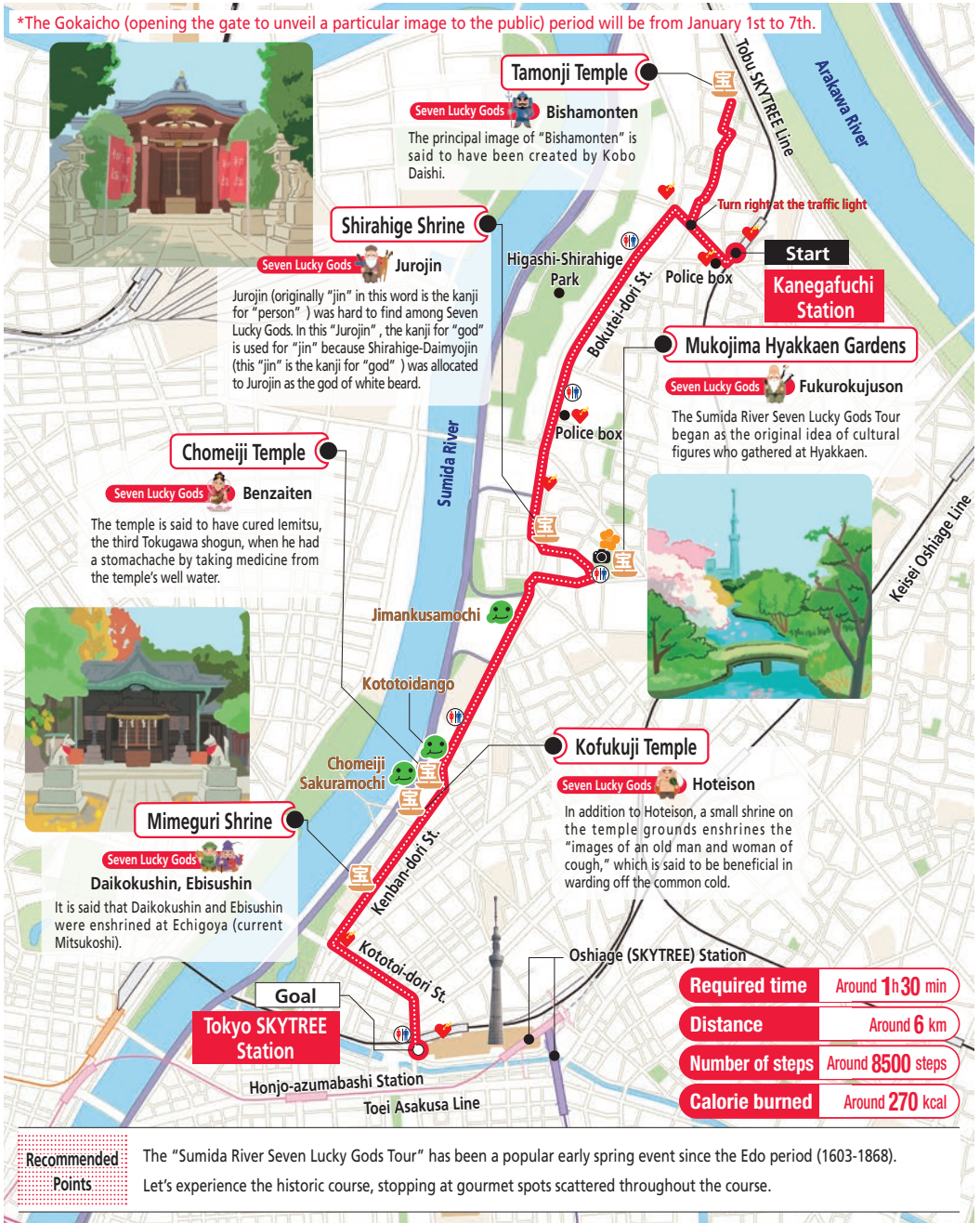
Calorie burned Around 310 kcal

Recommended Points

This is a long course that takes you to places related to the historical figure Katsu Kaishu, who was born in Sumida. Along the way, it is also attractive to enjoy the abundant nature of Oyokogawa Water Park and Sumida Park.

Will good fortune and happiness come to you if you walk around the course? The Sumida River Seven Lucky Gods Tour Course

*The Gokaicho (opening the gate to unveil a particular image to the public) period will be from January 1st to 7th.



Tamonji Temple

Seven Lucky Gods Bishamonten
The principal image of "Bishamonten" is said to have been created by Kobo Daishi.

Shirahige Shrine

Seven Lucky Gods Jurojin
Jurojin (originally "jin" in this word is the kanji for "person") was hard to find among Seven Lucky Gods. In this "Jurojin", the kanji for "god" is used for "jin" because Shirahige-Daimyojin (this "jin" is the kanji for "god") was allocated to Jurojin as the god of white beard.

Chomeiji Temple

Seven Lucky Gods Benzaiten
The temple is said to have cured lemitsu, the third Tokugawa shogun, when he had a stomachache by taking medicine from the temple's well water.



Mimeguri Shrine

Seven Lucky Gods Daikokushin, Ebisushin
It is said that Daikokushin and Ebisushin were enshrined at Echigoya (current Mitsukoshi).



Mukojima Hyakkaen Gardens

Seven Lucky Gods Fukurokujuson
The Sumida River Seven Lucky Gods Tour began as the original idea of cultural figures who gathered at Hyakkaen.

Kofukuji Temple

Seven Lucky Gods Hoteison
In addition to Hoteison, a small shrine on the temple grounds enshrines the "images of an old man and woman of cough," which is said to be beneficial in warding off the common cold.

Tokyo SKYTREE Station

Required time Around 1h30 min

Distance Around 6 km

Number of steps Around 8500 steps

Calorie burned Around 270 kcal

Visit the one-of-a-kind museum of swords, Hokusai, Sumida's industrial history, etc.

Required time Around 1h 15 min

Distance Around 5 km

Number of steps Around 7100 steps

Calorie burned Around 225 kcal

The Japanese Sword Museum

The museum preserves and exhibits a large number of Japanese swords, sword fittings and accouterments, armor, etc.

Footmark Gallery

Products such as swimming caps, swimsuits, and nursing care products, as well as the machines and tools used to manufacture them, are on display. (Tour by appointment only)



NTT Docomo History Exhibition Square

The history of cell phones is introduced along with the events of the era. There are also hands-on contents.

Sumida River

Start

Goal

Ryogoku Station

Keiyo Road

Ichinohashi-dori St.

Ichinohashi Bridge

Fukuromono Museum

Rare collections such as paper containers and cosmetic bags from the Edo to Taisho periods (around 1603-1926), as well as production tools such as manual sewing machines, are on display.



*Located in the precincts of the shrine

Acupuncture and Massage Museum (in Ejima Sugiyama Shrine)
The museum is located in the precincts of the shrine associated with Sugiyama Waichi, known as the founder of the acupuncture needle tube method. Materials and tools related to acupuncture are on display.

The Sumida Hokusai Museum

Introduces the life and representative works of Katsushika Hokusai, an ukiyoe (Japanese woodblock prints) artist born in Sumida. You can also see a reproduction model of the atelier.

Basha-dori St.

Midori Community Center

Museum of Paulownia

Exhibits paulownia wood products and tools, including chests of drawers manufactured in the Edo period (1603-1868).



Recommended Points

Stroll around the Ryogoku Station area, which is jammed with various museums. In particular, the area south of the JR Sobu Line is dotted with "small museums" that exhibit products and tools related to Sumida's industry and culture.

Enjoy Sumida's River View! Refreshing waterfront walking

Required time Around 1h30 min

Distance Around 6 km

Number of steps Around 8500 steps

Calorie burned Around 270 kcal



Kyu-Nakagawa Waterfront Park

A lush green recreation area with a promenade along the Kyu-Nakagawa River. It is also known for its Kawazu-zakura.

Tokyo Mizumachi®

An elevated commercial complex connecting the Asakusa area and Tokyo SKYTREE Town®.

Start

Honjo-azumabashi Station

Jukken Bridge

A small bridge over the Kitajukken River. This is an excellent viewpoint to see the "upside-down SKYTREE" reflected on the river surface.

Promenade along the Kitajukken River

At many points along the Kitajukken River, flat walking paths are provided for riverside walking.



Goal

Omurai Station

Higashiazuma Park

Yanagishima Pedestrian Bridge

Kitajukken River

Mukojima Police Station

Tobu Kameido Line

Sumida Sports Health Center

Arakawa River

Nakahirai Bridge

Police box

Hirai Bridge

Kyu-Nakagawa River

Sumida River

Gennori Bridge

Tokyo SKYTREE Station

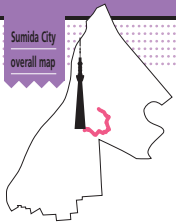
Toei Asakusa Line

Oshiage (SKYTREE) Station

Recommended Points

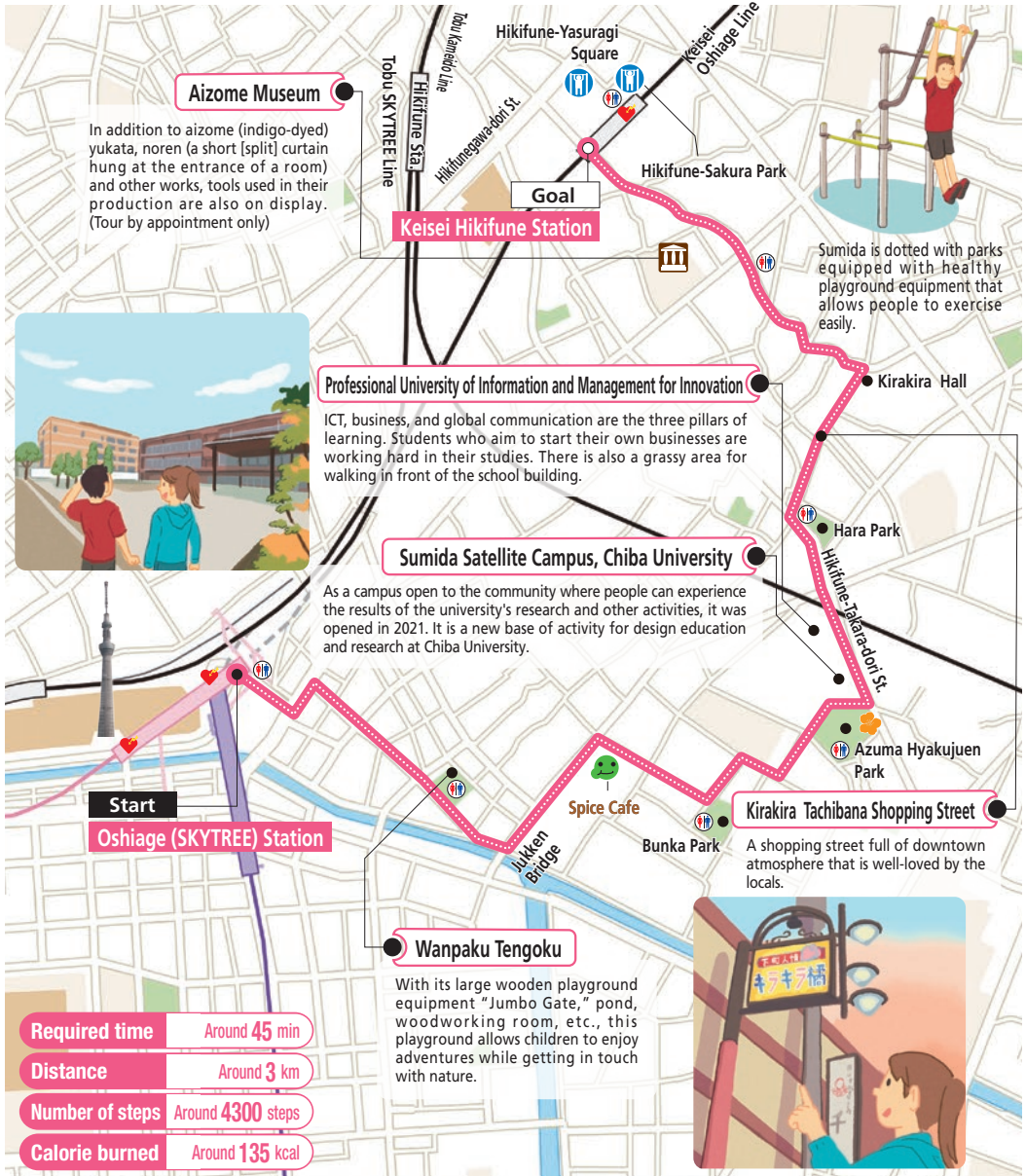
A pleasant course walking along the waterfront from the Kitajukken River to the Kyu-Nakagawa River.

Enjoy the photogenic scenery, including an upside-down SKYTREE and the Kyu-Nakagawa River where waterfowl rest.



College campus and local shopping district

A new and attractive downtown course



- Required time** Around 45 min
- Distance** Around 3 km
- Number of steps** Around 4300 steps
- Calorie burned** Around 135 kcal

Recommended Points While looking at the newly built campus, you can stroll around the downtown area at the foot of the Tokyo SKYTREE®. The community-based shopping streets offer a glimpse of the old town.

Safe and Effective Walking plus



+1 How to Choose and Put On Shoes Supervision: ASICS Japan Corporation

Wearing shoes that fit your feet enables you to walk comfortably with less stress on your feet.

- (Key points for choosing shoes)
- (1) About 1 cm of room at the toe with the foot in
 - (2) Easy to bend along the foot joints
 - (3) Fit around the instep
 - (4) Cushioning on soles
 - (5) Stable heel without wobble

How to put on shoes

- (1) Untie the knot, loosen the shoelace to the toe, and insert the foot. Tap the ground with the heel to fit your heel to the heel of the shoe.
- (2) Check that there is about 1 cm (one finger) of room at the toe.
- (3) Keep the toe side loose and the instep and ankle side tightly laced.

Untie the laces properly and put them on

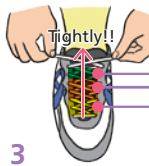


1

Tap-tap!!



2



3

Finally, tie the top knot firmly
Tighten the laces securely to your feet, starting from this area
A little loosely at this part

+2 Remember to Warm up and Cool Down

To avoid injury, do a warm-up exercise before walking and relax the muscles used after walking.

Supervision: Sumida Hana Exercise Instructor Sachiko Wada

- 1 Stand with your feet back and forth and lightly flex (to relax the ankles)



- 2 Slowly stretch your calves



- 3 Roll your shoulders



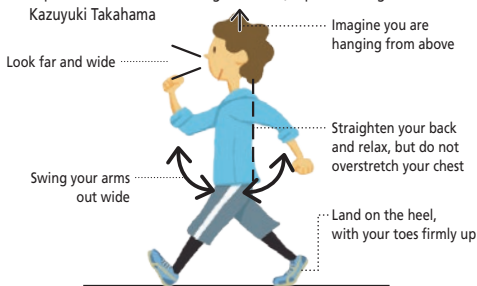
- 4 Straighten up your back



+3 Be Aware of Walking Form

Being aware of your posture will help you get the most out of your workout! It also reduces the burden on the body.

Supervision: Certified Walking Instructor, Japan Walking Association Kazuyuki Takahama



Walking Benefits

Walking has the following benefits:

1

Prevents lifestyle diseases

It is said to lower blood sugar and blood pressure, and reduce the risk of developing "cancer," "myocardial infarction," and "stroke."

2

Improves cardio-pulmonary function

It helps maintain and improve physical fitness such as general endurance (tenacity) and muscle strength (power).

3

Prevents obesity

It increases the number of calories burned, making it easier to reduce your weight and waistline.

4

Alleviates stress

It will be nice for a change and alleviate stress.



A little action; Always healthy!

Tokyo Metropolitan Government
Health Promoting Character
KENKODESUKA-MAN

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