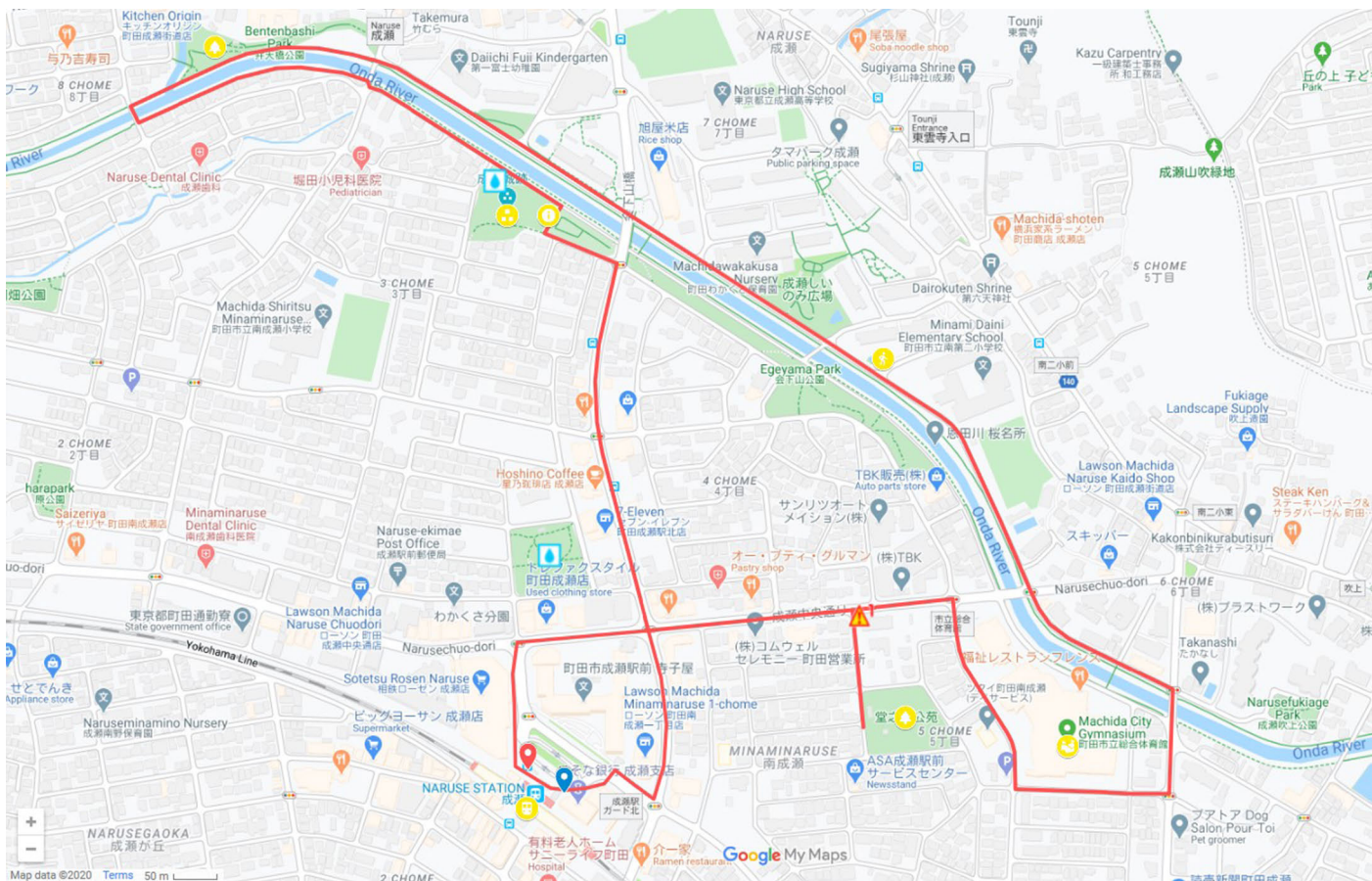


Minami-Naruse and Naruse area/ Promenade along the Onda River and traces of Naruse

Highlight | Onda River Promenade



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Route Description

- Naruse Station
- ▼
- Donosaka Park
- ▼
- General gymnasium
- ▼
- Onda River Promenade
- ▼
- Naruse Bentshi Park
- ▼
- The ruins of Naruse-jo Castle
- ▼
- Naruse Station
- ▼
- Point requiring attention
- ▼
- Water supply spot

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 1 h 3 min.
Distance	around 4.2 km
Calorie consumption	around 189 kcal
Number of steps	around 6000 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.



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Recommended Site

Icons: Shrines and Temples Park Other

Onda River Promenade



Along the Onda River, about 400 Someiyoshino cherry trees are planted on both sides of the section from Takase Bridge to Miyako Bridge, which is known as a prime spot for cherry blossom viewing.

Donosaka Park



This is a garden-like facility where you can enjoy trees and flowers in all seasons. In the park, there is a "Suikinkutsu (water harp cave)," where you can enjoy the reverberation of the sound of water drips.

Naruse Bentshi Park



This is a quiet park with a small pond on the west side. There is a red torii (Shinto shrine archway) and a small shrine for Benzaiten beside the park.