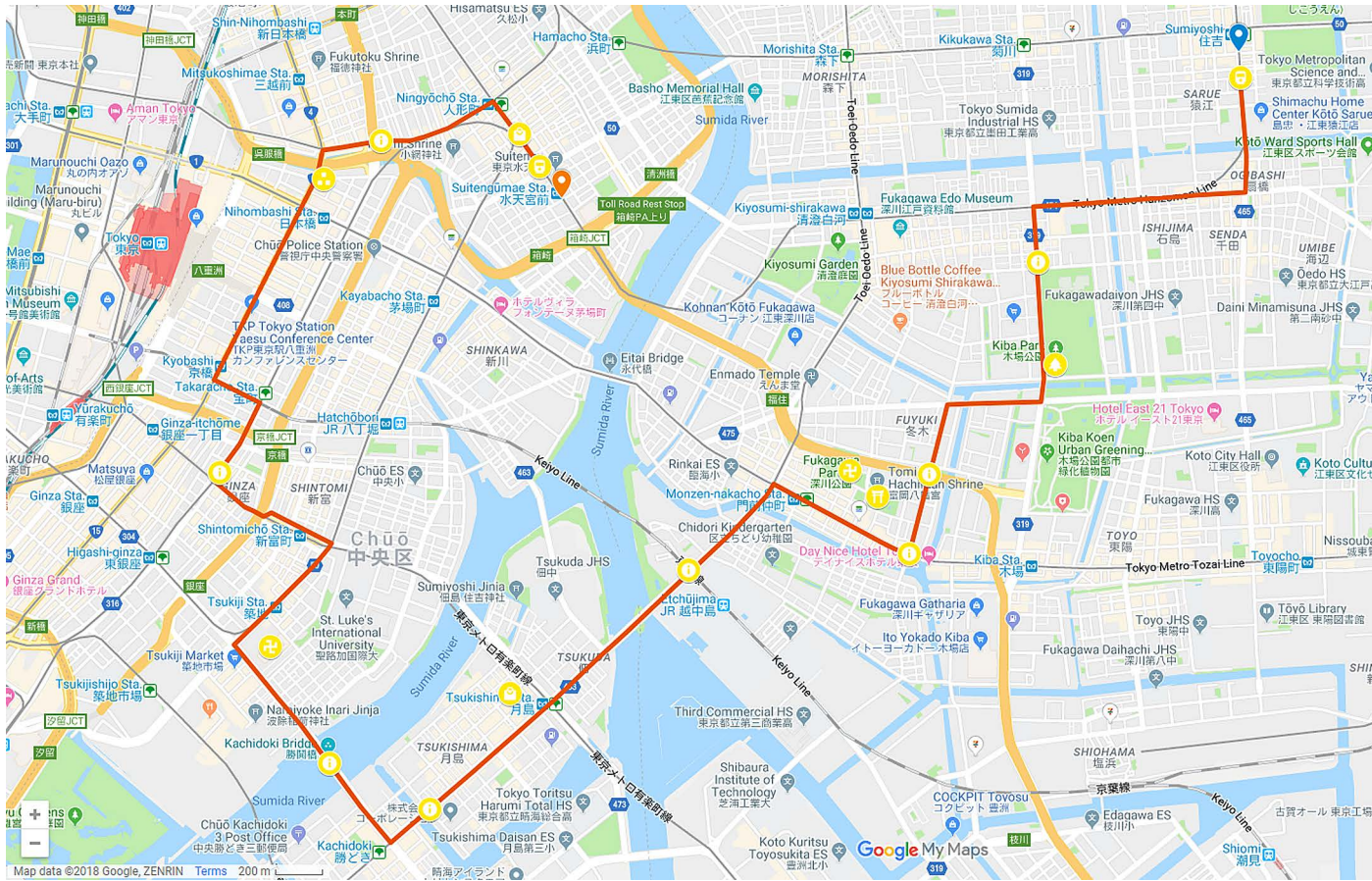




Get aboard the metro and have fun walking from a station



Route Description

- Sumiyoshi Sta.
 - ▼
 - Kiba Park
 - ▼
 - Tomioka Hachiman Shrine
 - ▼
 - Fukagawa Fudoson Temple
 - ▼
 - Tsukishima Monjya Street
 - ▼
 - Tsukijihongan-ji Temple
 - ▼
 - Nihonbashi
 - ▼
 - Ningyo-cho
 - ▼
 - Suitengumae Sta.
- Point requiring attention

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 2 h 41 min.
Distance	around 10.7 km
Calorie consumption	around 483 kcal
Number of steps	around 15290 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

Kiba Park



Kasabashi-dori St. and Sendabirigawa River divide the area into three areas of south, central and north, and Kibakoen-Ohashi Bridge, a symbol of the park, connects each area.

Tsukishima Monjya Street



More than 70 Monjya restaurants, from an old restaurant protecting the taste since its foundation to a restaurant offering unique dishes, compete on taste.

Tsukijihongan-ji Temple



One of the temples representing Tokyo. It is a unique architecture imitating ancient Indian Buddhist architecture. You can see stained glass and a pipe organ in its main hall.