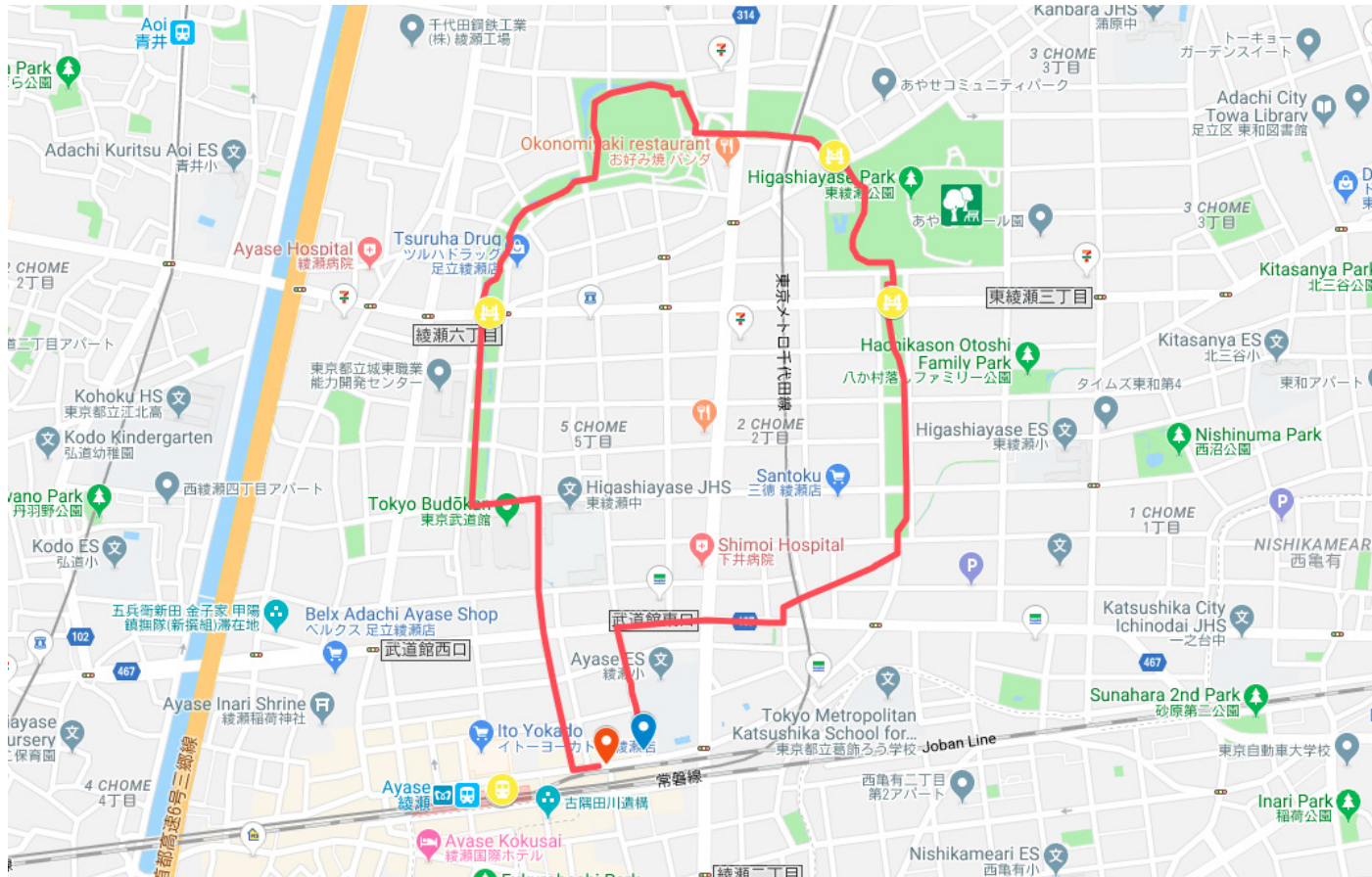


Adachi
City

Flat & Easy Course (3km): Beginner's Level

Highlight | **Kawauchi Bridge**

Enjoy your casual walking, under a blue sky.



©Google

Route Description

- Ayase Station (JR)
- ▼
- Kita Sanya Bridge
- ▼
- San Makita Bridge
- ▼
- Kawauchi Bridge
- ▼
- Ayase Station (JR)

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 45 min. |
| Distance | around 3.0 km |
| Calorie consumption | around 135 kcal |
| Number of steps | around 4285 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

Kawauchi Bridge



Easy Course Stair Course

In spring, cherry blossoms are in full bloom and it's like walking in a fantasy course as if you're in a cherry blossoms tunnel.

Kita Sanya Bridge



Easy Course Stair Course

A large staircase towering in a fan shape. Those who have confidence in their physical fitness should challenge it.

San Makita Bridge



Easy Course Stair Course

It is a rare footbridge that turns round and round. People who still have plenty of energy left should climb up the slope and try to strengthen their muscles.