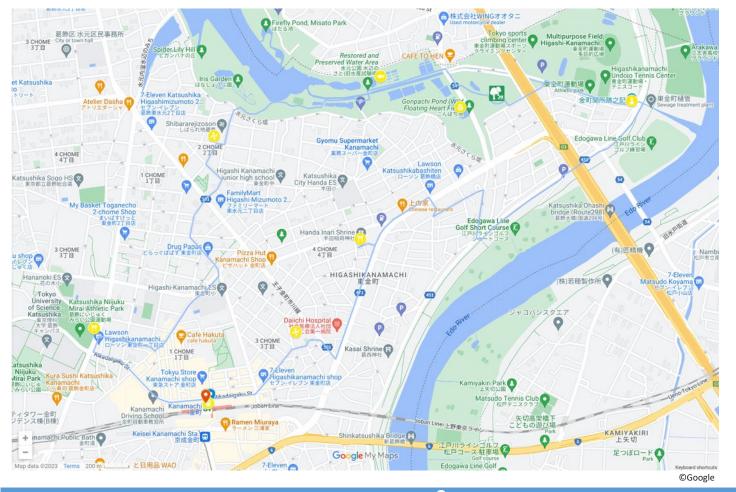


Higashi-Kanamachi Area

Highlight | Gonpachi Pond





Route Description

👩 JR Kanamachi Sta., North Exit

Ronren-in Temple

📻 Handa Inari-jinja Shrine

Monument of Kanamachi Sekisho Station Ruins

Metropolitan Mizumoto Park

C Katsushika City Goldfish Exhibition Aquarium

Nanzo-in Temple (Shibararejizo)

🔒 Hananoki Inari-jinja Shrine

JR Kanamachi Sta., North Exit

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation This helps prevent injuries, knee pain, fatigue, etc.

ee 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.

呂	Time allowed	around 105 minutes	nation A
چ	Distance	around 7.0 km	aegin!)
	Calorie consumption	around 315 kcal	
D	Number of steps	around 10000 steps	
		: 1.50	

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

Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MA

Recommened Site

















The endangered fringed floating heart's sole natural habitat in Tokyo. Beautiful yellow flowers bloom from June to August every year.



Approximately 1,000 multicolored goldfish of 24 types, including Edoakane and Edonishiki can be seen swimming quietly here.