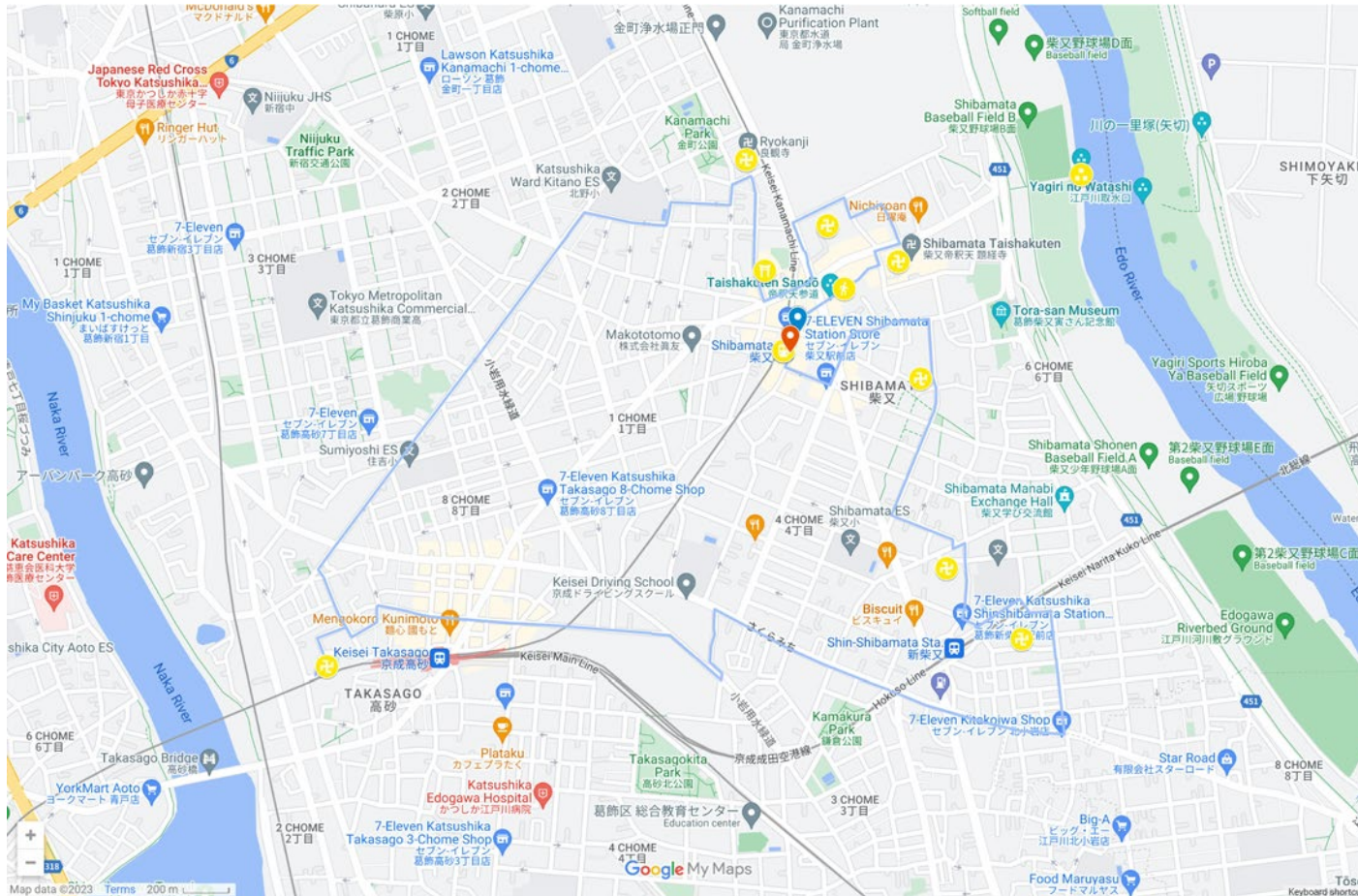


Katsushika City

Shibamata Area - Shichifukujin (seven gods of fortune) Tour -

Highlight | Shibamata Hachiman-jinja Shrine



Route Description

- 📍 Shibamata Sta.
- ▼
- 🚶 Road to Taishakuten
- ▼
- 🏯 Shibamata Taishakuten (Daikyo-ji Temple)
- ▼
- 🏯 Shinsho-in Temple
- ▼
- 🏯 Ryokan-ji Temple
- ▼
- 🏯 Kanzo-ji Temple
- ▼
- 🏯 Iou-ji Temple
- ▼
- 🏯 Hoshoin Temple
- ▼
- 🏯 Manpuku-ji Temple
- ▼
- 📍 Shibamata Sta.

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 102 minutes |
| 📏 Distance | around 6.8 km |
| 🔥 Calorie consumption | around 306 kcal |
| 👣 Number of steps | around 9710 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

Shibamata Hachiman-jinja Shrine



Enshrined on the only keyhole-shaped tumulus in Tokyo's shitamachi neighborhoods. It is also famous for being the spot where the "Tora-san Haniwa" (terracotta figure) was uncovered.

Yagiri Ferry Crossing



Opening in the Edo period, it is the only remaining crossing point in Tokyo now. A small boat runs back and forth across the 150-m wide Edo-gawa River.