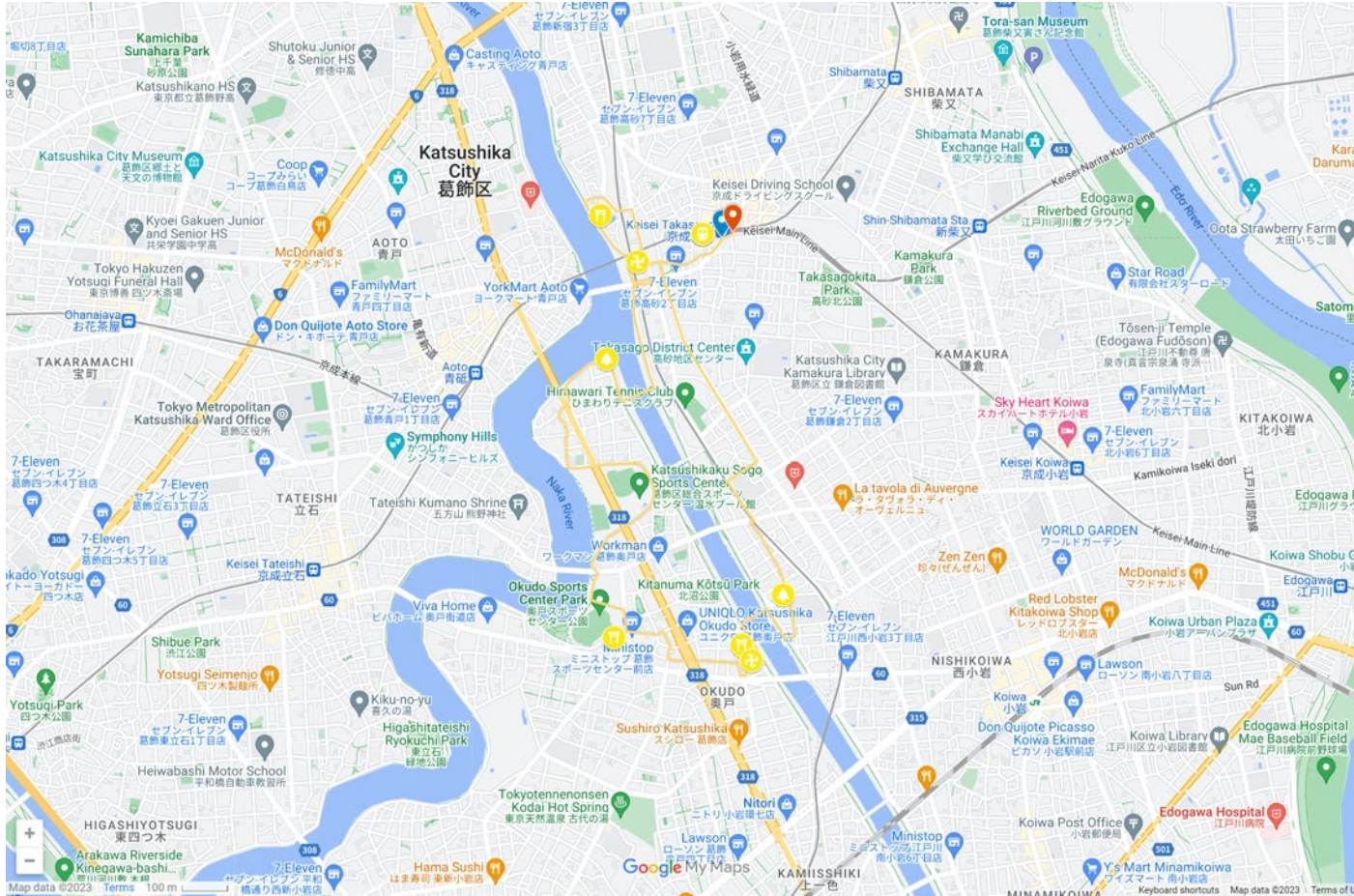


Katsushika
City

Takasago and Okudo Area

Highlight | Okudo Rose Garden (formerly Okudo Flower Park)



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Route Description

- Keisei-Takasago Sta.
- ▼
- Daikomyo-ji Temple
- ▼
- Seiryu-jinja Shrine
- ▼
- Shin-nakagawa Water Memorial Park
- ▼
- Okudo Tenso-jinja Shrine
- ▼
- Yatsurugi-jinja Shrine
- ▼
- Hozoin Temple
- ▼
- Okudo Rose Garden (formerly Okudo Flower Park)
- ▼
- Keisei-Takasago 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 113 minutes
Distance	around 7.5 km
Calorie consumption	around 339 kcal
Number of steps	around 10700 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

Okudo Rose Garden (formerly Okudo Flower Park)



A beautiful park where roses, dahlias, and cosmos bloom in full glory.

Hozoin Temple



An old temple founded in the Muromachi period. In late September, the red, white, and yellow cluster amaryllis (spider lilies) on the grounds are in full bloom.