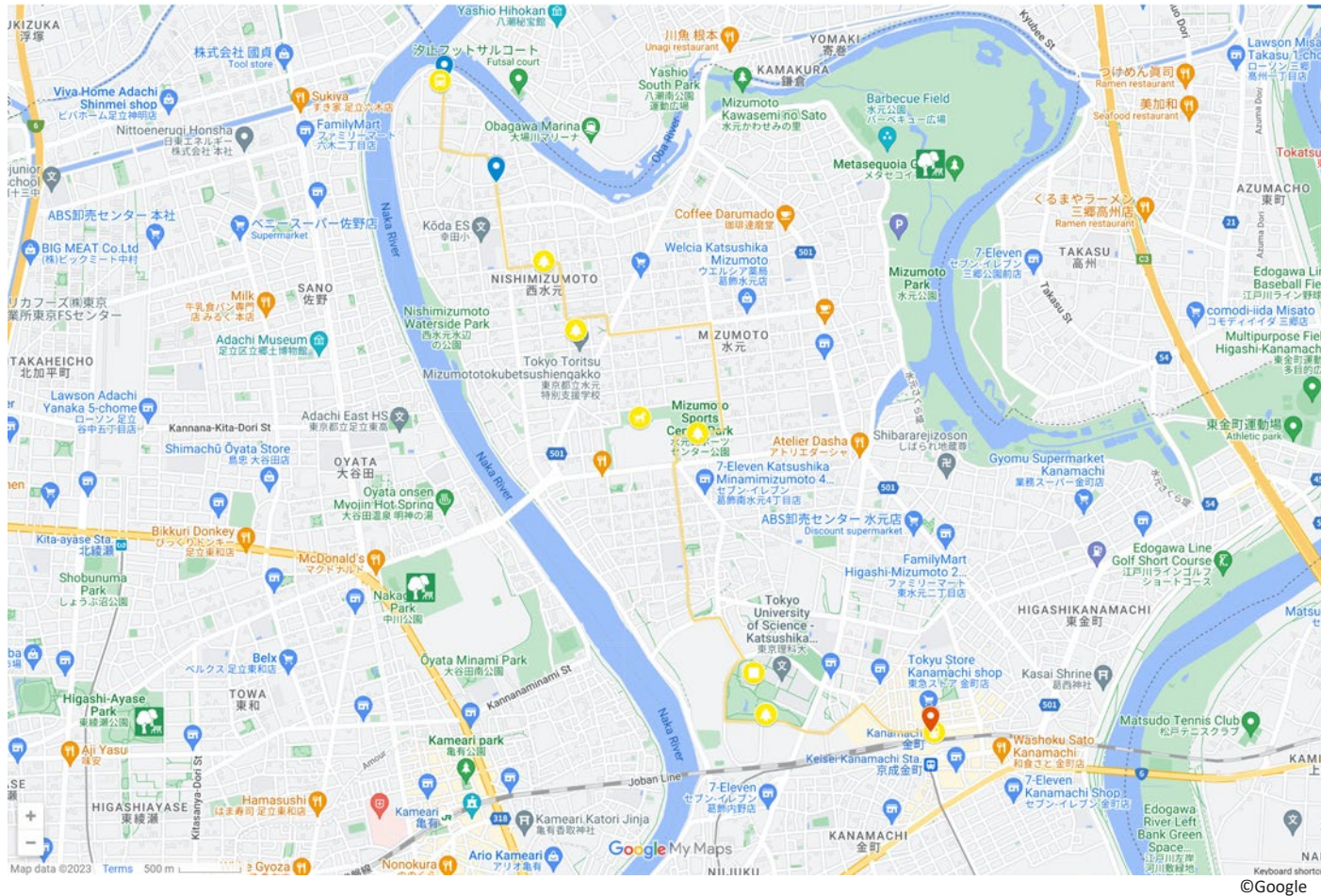


Katsushika City

Nishi-Mizumoto Area

Highlight | Pony School Katsushika



Route Description

- Keisei Bus[Kana 62]Obagawa Suimon Stop
- ▼
- Nishi-Mizumoto Sanchohome Park
- ▼
- Nishi-Mizumoto Miyata Park
- ▼
- Mizumoto Sports Center Park
- ▼
- Katsushika City science education center "hall which is heated which is heated in the future"
- ▼
- Katsushika Niijuku Future Park
- ▼
- 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.



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 84 minutes
Distance	around 5.6 km
Calorie consumption	around 252 kcal
Number of steps	around 8000 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

Pony School Katsushika



A pony school where children can even learn equestrian vaulting (acrobatic equestrian), which is fun even just to watch.

Katsushika City science education center "hall which is heated which is heated in the future"



Here there are participatory hands-on type exhibition facilities with themes centered on "air," "water," and "light." Children and adults like can enjoy the science facility here.

Katsushika Niijuku Future Park



The largest park in the ward with about 700 trees. The approximate 90 cherry trees of 25 varieties are perfect for the cherry blossom viewing season.