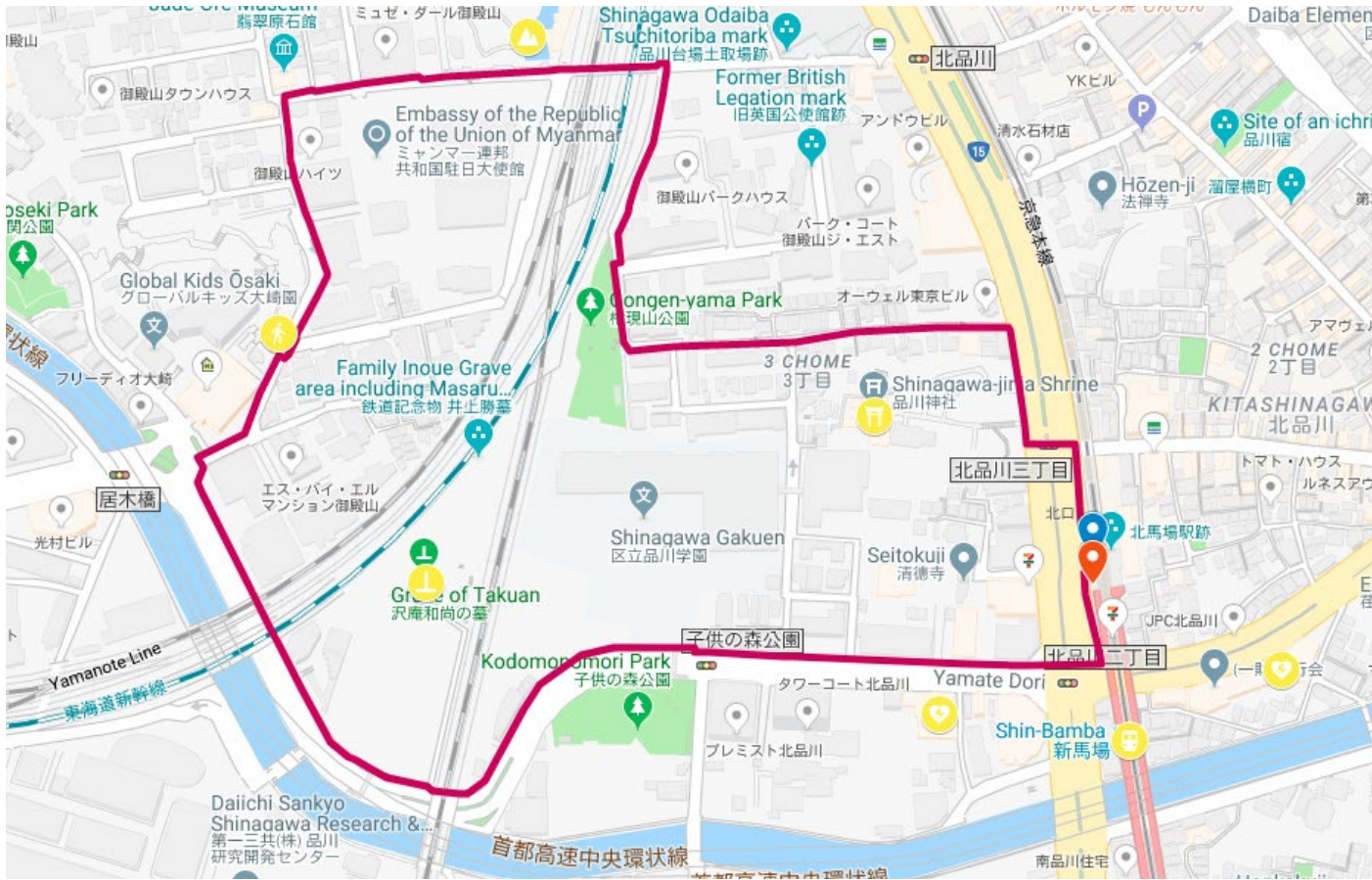


Shinagawa
City

Sakura (cherry tree) Gotenyama Course

Highlight | **Gotenyama**



My walking trail



Route Description

- Shinbaba Station North exit (Keikyu Railway)
- ▼
- Shinagawa Shrine
- ▼
- Gotenyama
- ▼
- Gotenyama-no-Saka Slope
- ▼
- Tombs of Takuan Osyo (Buddhist priest)
- ▼
- Shinbaba Station North exit (Keikyu Railway)

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 35 min.
Distance	around 2.3 km
Calorie consumption	around 105 kcal
Number of steps	around 3286 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

Shinagawa Shrine



It is one of the ten "Tokyo Jussya" (Meiji Emperor's ten shrines in Tokyo), founded by Yoritomo Minamoto in 1187 (Bunji 3rd year). This deity is a guardian of Kitashinagawa-Syuku and you can find a miniature of Mt. Fuji on the left side of the main entrance stairs.

Gotenyama



It is said that this famous cherry blossom viewing point, "Gotenyama" was named because there was second house of Tokugawa Shogun family as well as a mansion of Dokan Ota.

Tombs of Takuan Osyo (Buddhist priest)



Takuan Osho (Buddhist priest) was born in Izushi, Tajima Province, and devoted himself to working as a priest at major temples such as Kyoto Daitokuji. His tomb is located in the Ohyama cemetery of Tokai Temple which is founded by Takuan Osho himself. ※ When you visit, please view respectfully from outside of the fence.