

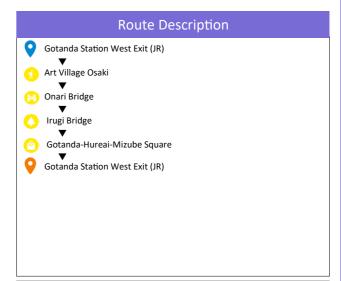
Meguro River Sakuranamiki (row of cherry trees) Course



Highlight | Onari Bridge

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My walking trail



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.



	around 42 min.
ప్తి Distance	around 2.8 km
Calorie consumption	around 126 kcal
Number of steps	around 4000 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-MAI



Q Recommended Site





The origin of Iruki is said that be a traveler's marker "Yureru (swinging) pine tree" changed to "Yurugi pine" to "Irugi's

The development of waterfront space of Meguro River was completed in 2010 (Heisei 22nd year). The riverbank is slightly lower and there is also lawn open space.

Shrines and Temples





A variety of contemporary arts are displayed around the tower building, and free concerts are held at the lounge.

