



TOKYO HEALTH WALK 2021 - 7km Course

Highlight | Eirin-ji Temple



MOSHIKAMO-KUN,
the Tokyo Metropolitan
Government character
promoting cancer screening



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Route Description

- Minami-Osawa Sta.
- ▼
- Tokyo Metropolitan University athletic field
- ▼
- Fujimidai Park
- ▼
- greenway along the Ota River
- ▼
- greenway along the Okuri River
- ▼
- Sanmori Bridge
- ▼
- Eirin-ji Temple
- ▼
- Yugi Central City Center
- ▼
- Daidabira Bridge
- ▼
- Yanagisawa-no-Ike Park
- ▼
- Minami-Osawa 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

Time allowed	around 105 min.
Distance	around 7.0 km
Calorie consumption	around 315 kcal
Number of steps	around 10,000 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

Fujimidai Park



Immerse yourself in the natural beauty of one of the largest parks in the Yugi District. This well-appointed park offers playground equipment and trampolines as well as an observation platform, fountains, and more. A stone sculpture (see photo) sits right next to the No. 2 parking lot, so watch out for cars as you pass through.

Eirin-ji Temple



This temple dedicated to the Soto Zen sect opened in March 1532. Pass through the vermilion gate and enjoy the Arhat statues lining the approach to the temple, followed by three more gates guarded by powerful Kongo Rikishi statues. Continue on to the Chujakumon gate and the main hall is just ahead.