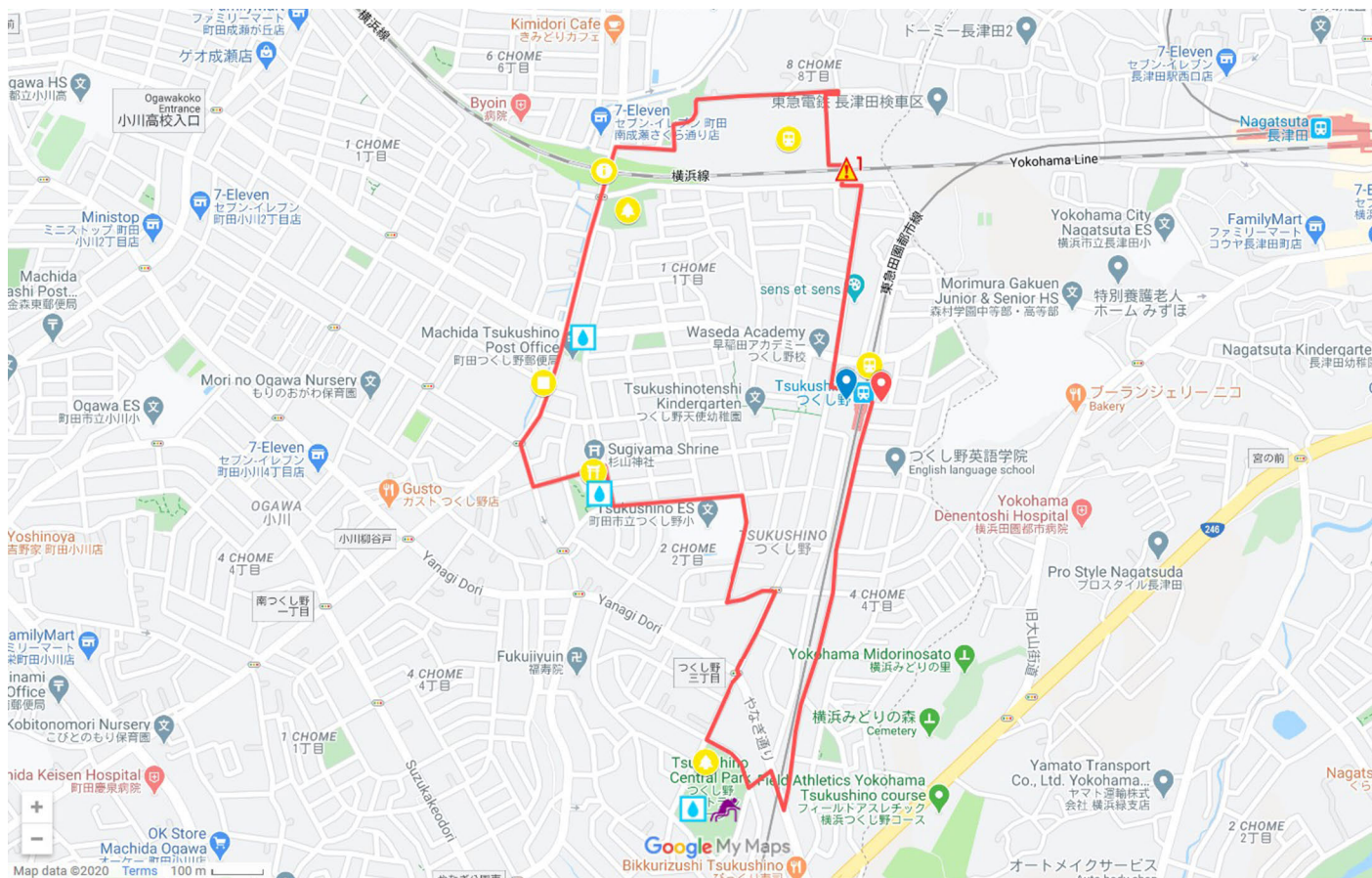


# Tsukushino area/ Visiting the greenery that beautifies the residential area

Highlight | Tokyu Railways Nagatsuta Inspection Depot



©Google

## Route Description

- Tsukushino Station.
- ▼
- Tokyu Railways Nagatsuta Inspection Depot
- ▼
- Tsukushino Tonoyama Special Green Conservation Area
- ▼
- Yubinkyoku (post office) Sakura-dori street
- ▼
- Tsukushino-sugiyama-jinja Shrine
- ▼
- Tsukushino Central Park
- ▼
- Tsukushino Station
- ▼
- Point requiring attention
- ▼
- Water supply spot
- ▼
- Health appliances

### 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 <b>57</b> min.
Distance	around <b>3.8</b> km
Calorie consumption	around <b>171</b> kcal
Number of steps	around <b>5430</b> 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

### Tokyu Railways Nagatsuta Inspection Depot



This is the railyard where trains of Tokyu and other railway companies are lined up. You can see trains of the Tokyu Den-en-toshi Line and JR Yokohama Line from the bridge over the railroad.

### Tsukushino-sugiyama-jinja Shrine



The shrine, which is located on the high ground looking down on the town, was reconstructed in 1807 to enshrine deities of three shrines.

### Tsukushino Central Park



The park is located in the residential area. There are hilly thickets on the north and south sides of its large open space, where you can enjoy pleasant strolls.