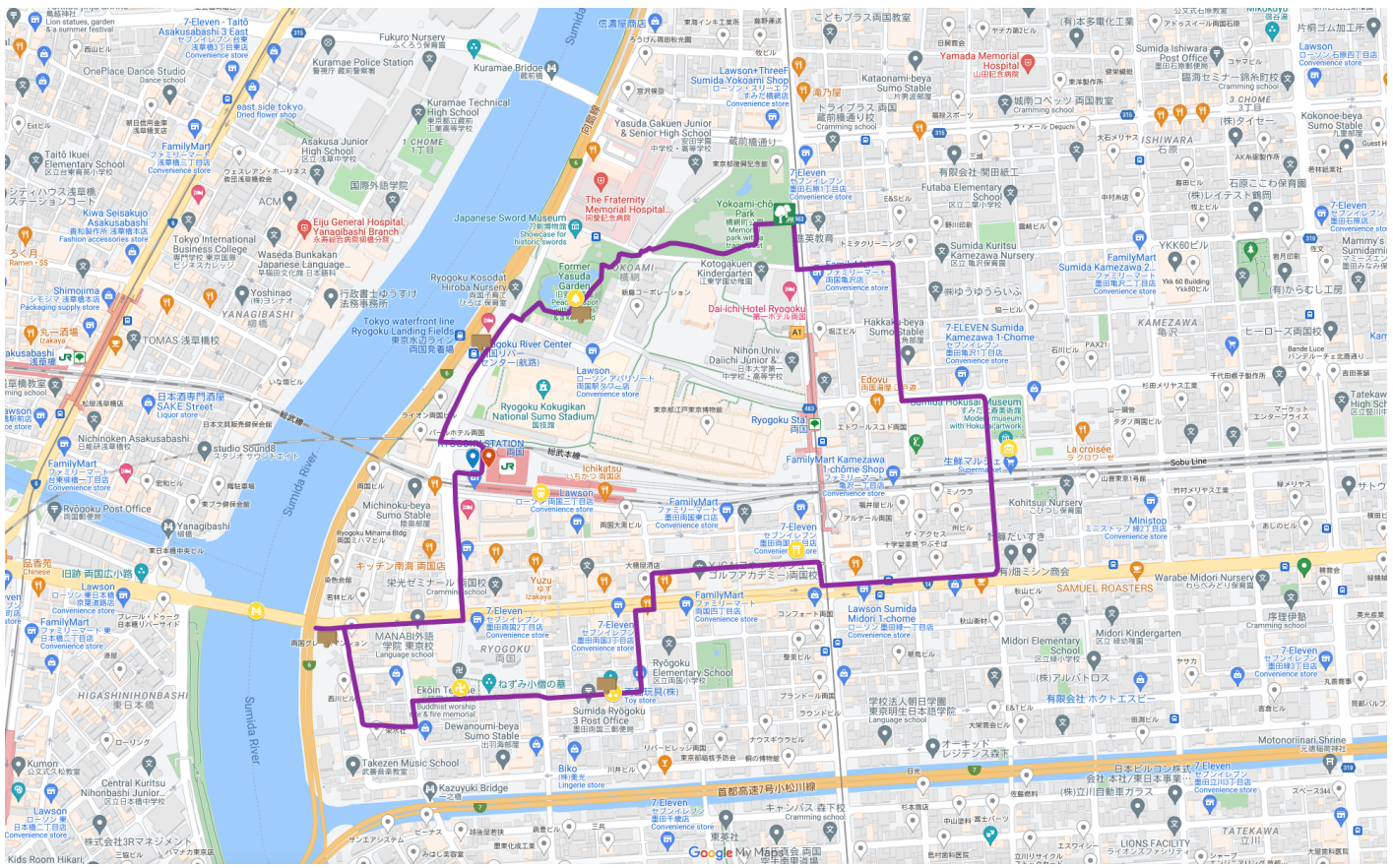




This Ryogoku course is deeply connected to Hokusai and can be walked while checking the Hokusai Information Board

Highlight | The Sumida Hokusai Museum



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Route Description

- Ryogoku Sta.
- Kyu Yasuda Garden
- The Sumida Hokusai Museum
- Hannoki Inari Shrine
- Kira Residence Site (Honjo Matsuzakacho Park)
- Ryogoku-bashi Bridge
- Eko-in Temple
- Ryogoku Sta.

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

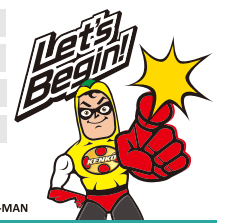
Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

* Do not put too much strain on your body when you are sleep deprived or sick.



Time allowed	around 60 min.
Distance	around 4.3 km
Calorie consumption	around 190 kcal
Number of steps	around 6200 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.



Tokyo Health Promotion Mascot KENKOUDESUKA-MAN

Recommended Site

Icons: Shrines and Temples Park Other

The Sumida Hokusai Museum



There is the birthplace of the world-famous painter Katsushika Hokusai from Sumida, and there are various places related to it in the area.

Hannoki Inari-jinja Shrine

It is said that Hokusai lived out his later years in this area with his daughter O-Ei.

Eko-in Temple

It is rumored that Hokusai held a grand performance in the precincts of this temple.