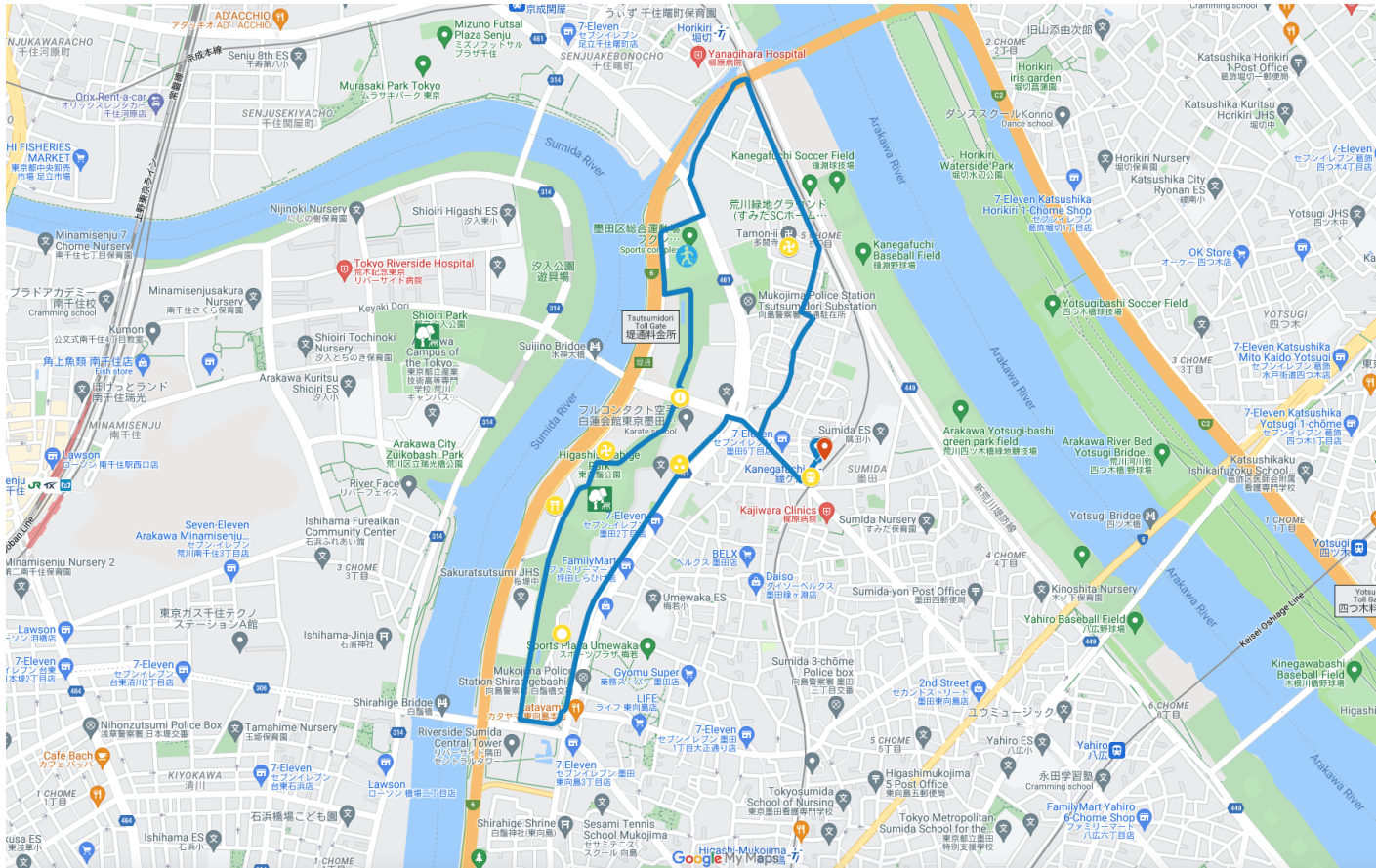




Full Course with sports, history and nature can be enjoyed !

Highlight | Sumida General Athletic Field



© Google

Route Description

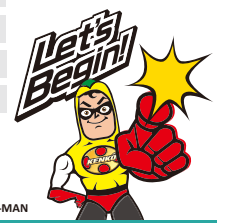
- 📍 Kanegafuchi Sta.
- ⬇
- 🏛️ Statue of Enomoto Takeaki
- ⬇
- 🏠 Shirahige Disaster Prevention Housing Complex
- ⬇
- 🏯 Sumidagawa-jinja Shrine
- ⬇
- 🏯 Mokubo-ji Temple
- ⬇
- 🏟️ Sumida General Athletic Field
- ⬇
- 🏯 Tamon-ji Temple
- ⬇
- 📍 Kanegafuchi Sta.

Don't forget to drink water

Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

🕒 Time allowed	around 70 min.
📏 Distance	around 4.8 km
🍽️ Calorie consumption	around 220 kcal
👣 Number of steps	around 6800 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


🏛️ Statue of Enomoto Takeaki

Enomoto Takeaki was active during the end of the Tokugawa shogunate and Meiji era. In his later years, he built a mansion on Mukaishima. There is a rumor that he was seen riding a horse at the shore adoring the flowers at Mukojima Hyakkaen Garden.

🏠 Shirahige Disaster Prevention Housing Complex

There are specialty houses with built-in disaster prevention functions lined up for 1.2 km.

🏟️ Sumida General Athletic Field



This is the first full-scale athletics facility. There are all-weather paved tracks and training rooms as well as lodging facilities and seminar halls available.

- Icons: 🏛️ Shrines and Temples 🌳 Park 🏟️ Other