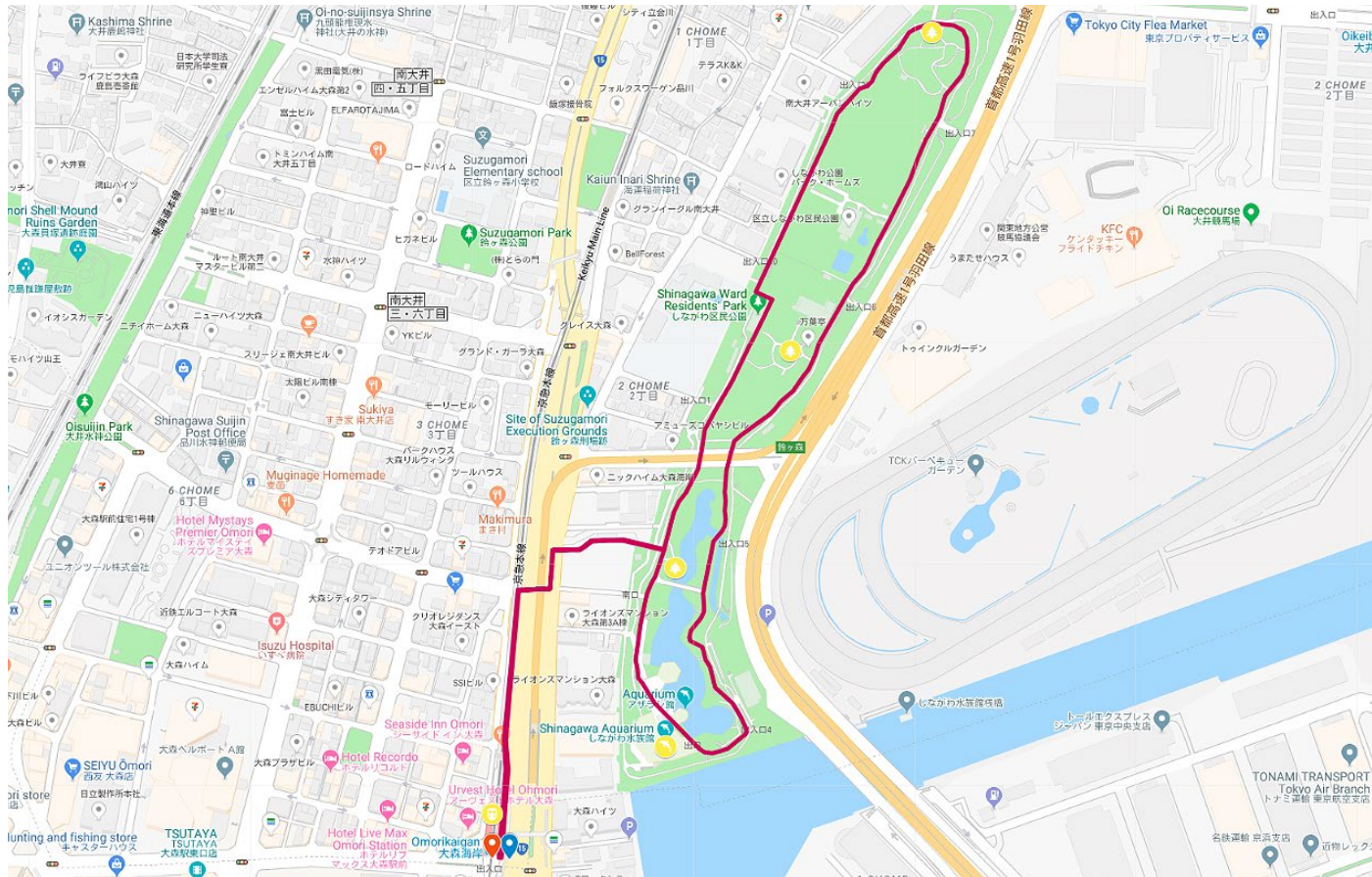


Shinagawa City

Shinagawa-Kumin Park Course

Highlight | Shinagawa Aquarium

My walking trail



©Google

Route Description

- Omorikaigan Station (Keikyu Railway)
- ▼
- Sea of Katsushima
- ▼
- Shinagawa Aquarium
- ▼
- Plum Grove
- ▼
- Sakura (Cherry Blossom) Plaza
- ▼
- Omorikaigan Station (Keikyu Railway)

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 48 min.
Distance	around 3.2 km
Calorie consumption	around 144 kcal
Number of steps	around 4578 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

Sea of Katsushima



This is an artificial lake created using the seawater from the canal. You can enjoy the water up to your knee level on the small beach.

Shinagawa Aquarium



Here, you can closely observe fishes from both sea and river in the Tokyo area. In addition, you can also enjoy the shows of dolphins, sea lions and seals.

Sakura (Cherry Blossom) Plaza



There are about 400 Somei Yoshino cherry trees and weeping cherry trees in the park. Of those, about 160 are in the cherry blossom square.