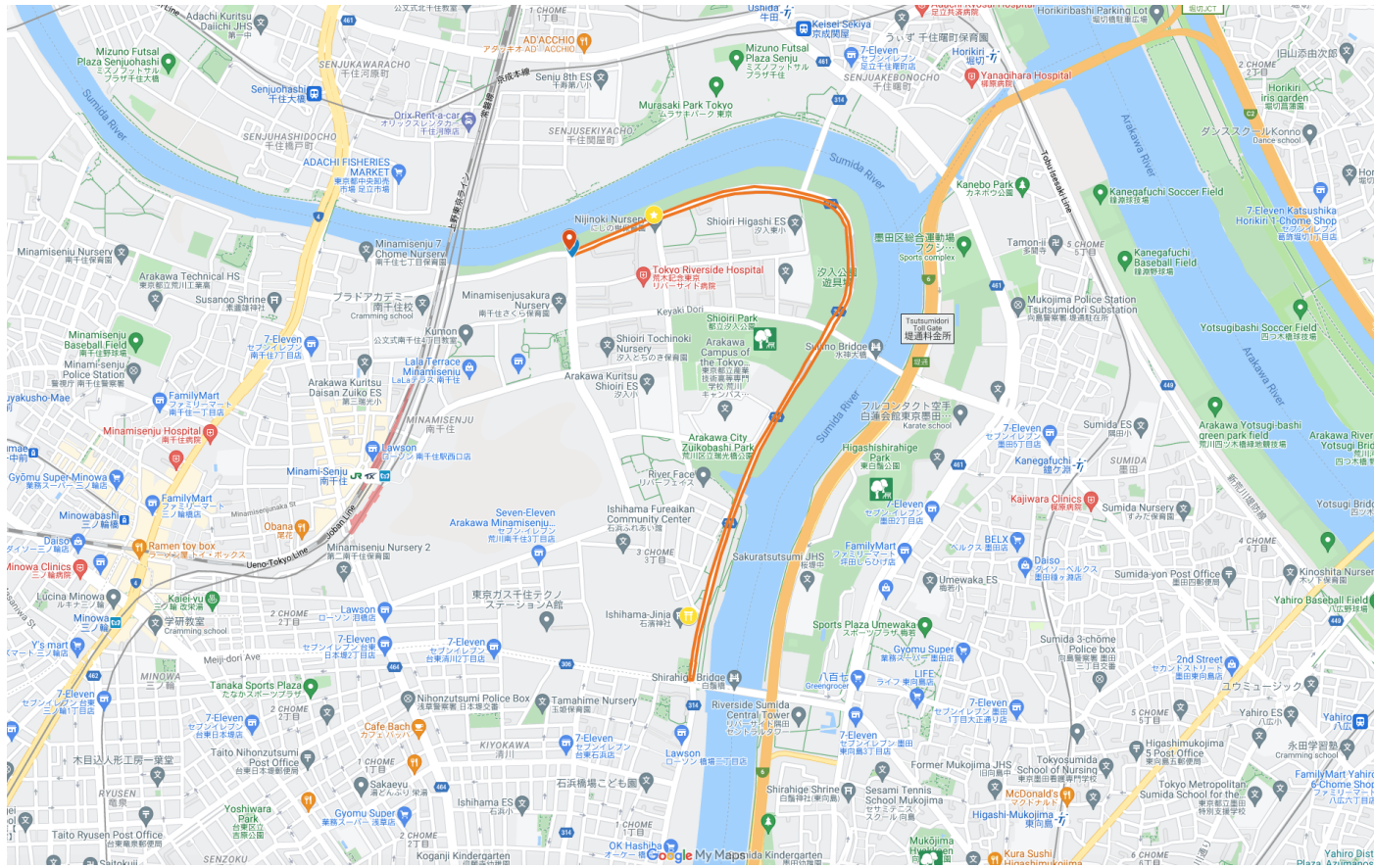




# Sumida Riverside Walking Route (Round Trip)

Highlight | **Suijin-ohashi (bridge),**  
a great spot to watch the Sumida River Fireworks Festival



## Route Description

- 📍 Sakura Tsutsumi-Dori (Ave.)
- 🏯 Ishihama shrine
- 📍 Sakura Tsutsumi-Dori (Ave.)

## 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 69 min.
📏 Distance	around 4.6 km
🔥 Calorie consumption	around 207 kcal
👣 Number of steps	around 6571 steps

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

## 📍 Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other



🏯 Ishihama shrine

