

Nerima City

# Shirako-gawa River Dogtooth Violet Course

Highlight | Famous Spots for Cherry Blossoms on the Shirako-gawa River



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## Route Description

- Youwa Hospital
- ▼
- Akamatsu Ryokuchi
- ▼
- Mannen-bashi Bridge
- ▼
- Nakazato Izumi Park
- ▼
- Besso-bashi Bridge
- ▼
- Shimizuyama Iko-no-mori Park
- ▼
- Besso-bashi Bridge
- ▼
- Nakazato Izumi Park
- ▼
- Mannen-bashi Bridge
- ▼
- Akamatsu Ryokuchi
- ▼
- Youwa Hospital

## Points to keep in safe walking

- Stretch before and after to prevent injuries and fatigue. (Recommendations for warm-ups and cool-downs)



Bent-knee exercises



Back stretch



Achilles tendon stretch

- Choose shoes and clothes that fit your feet and are easy to walk in.



- Avoid exercising directly before and after meals, early in the morning, and late at night.
- Carry water or unsweetened tea with you. Make sure to drink fluids frequently.
- Consult with your family doctor before beginning exercising.
- It is important not to work too hard when one is sleep deprived and/or in poor physical condition.
- Be careful of cars on the road.
- Make sure you know emergency contact information in case of emergencies.

## Recommended Site

Icons: Shrines and Temples Park Other

### Famous Spots for Cherry Blossoms on the Shirako-gawa River



Ducks are also swimming

### Shimizuyama Iko-no-mori Park



Turnaround point

Time allowed	around <b>33</b> minutes
Distance	around <b>2.2</b> km
Calorie consumption	around <b>100</b> kcal
Number of steps	around <b>3200</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**

