

Shinagawa City

Canal and Ten-nouzu Isle Course

Highlight | Ten-nouzu Hureai Bridge



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My walking trail



Route Description

- Shinbaba Station North exit (Keikyu Railway)
- Seiseki Park
- Shinagawa Ura
- Ten-nouzu Hureai Bridge
- Higashi Shinagawa Seaside Park
- Shinbaba Station North exit (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 68 min.
Distance	around 4.5 km
Calorie consumption	around 204 kcal
Number of steps	around 6429 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 KENKOUESUKA-MAN



Recommended Site

Icons: Shrines and Temples Park Other

Seiseki Park



This park is located on the actual site of the Tokaido Shinagawa-Syuku complex. This park was named after the Meiji Emperor who had his satellite office (only used while he was visiting this area) in this location.

Shinagawa Ura



Once upon a time, here, they had abundant catches of fish, and major production of dried seaweeds. Today, you can find fishing boats and house boats lined up with a view of buildings in the background.

Ten-nouzu Hureai Bridge



There is a footbridge which crosses the Ten-nozu canal which adds a retro mood to this area. The structure of this bridge is a Pintolas structure which is rare to see in these days.