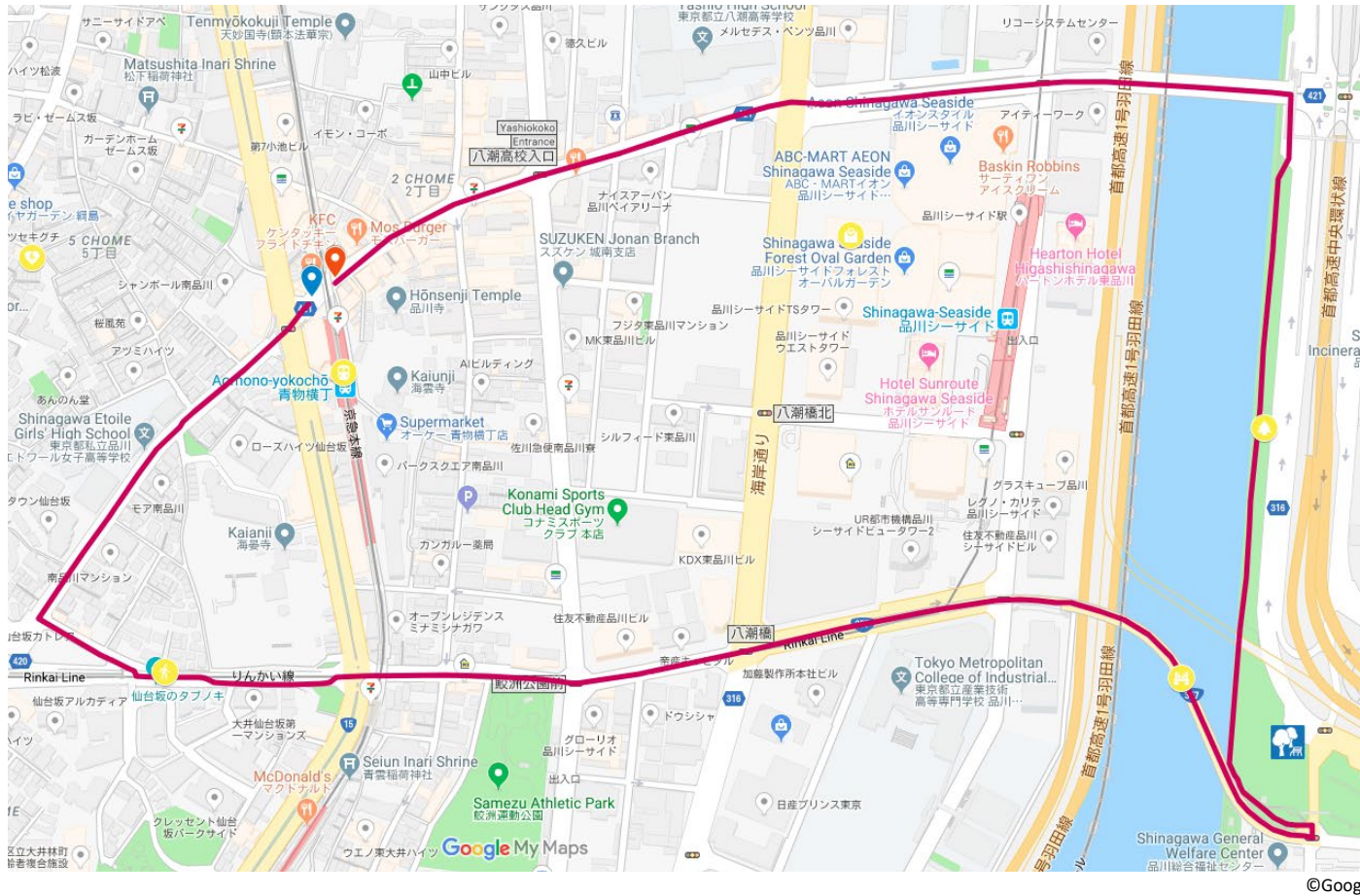


Shinagawa City

# Sendai-Saka Slope and Shinagawa Seaside Course

Highlight | Shinagawa Seaside

My walking trail



## Route Description

- Aomono-yokocho Station (Keikyu Railway)
- ▼
- Kurayami-Saka Slope
- ▼
- Yashio bridge
- ▼
- Keihin-Unga- Ryokudo Park
- ▼
- Shinagawa Seaside
- ▼
- Aomono-yokocho 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 <b>51</b> min.
Distance	around <b>3.4</b> km
Calorie consumption	around <b>153</b> kcal
Number of steps	around <b>4857</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



## Recommended Site

Icons: Shrines and Temples Park Other

### Yashio bridge



The Yashio Bridge crossing the Keihin Canal and is appealing with its shallow curved shape. An elevator is installed on Higashi Ohi side's sidewalk.

### Keihin-Unga-Ryokudo Park



The Ryokudo (Green path) Park was completed in 1975 (Year of Showa 50th ) with its length of 2.5 km. You can stroll while watching the Tokyo Monorail running on the opposite shore.

### Shinagawa Seaside



The property of former Japan Tobacco Industrial Factory has been redeveloped for offices, shopping facilities, hotels, and high-rises.