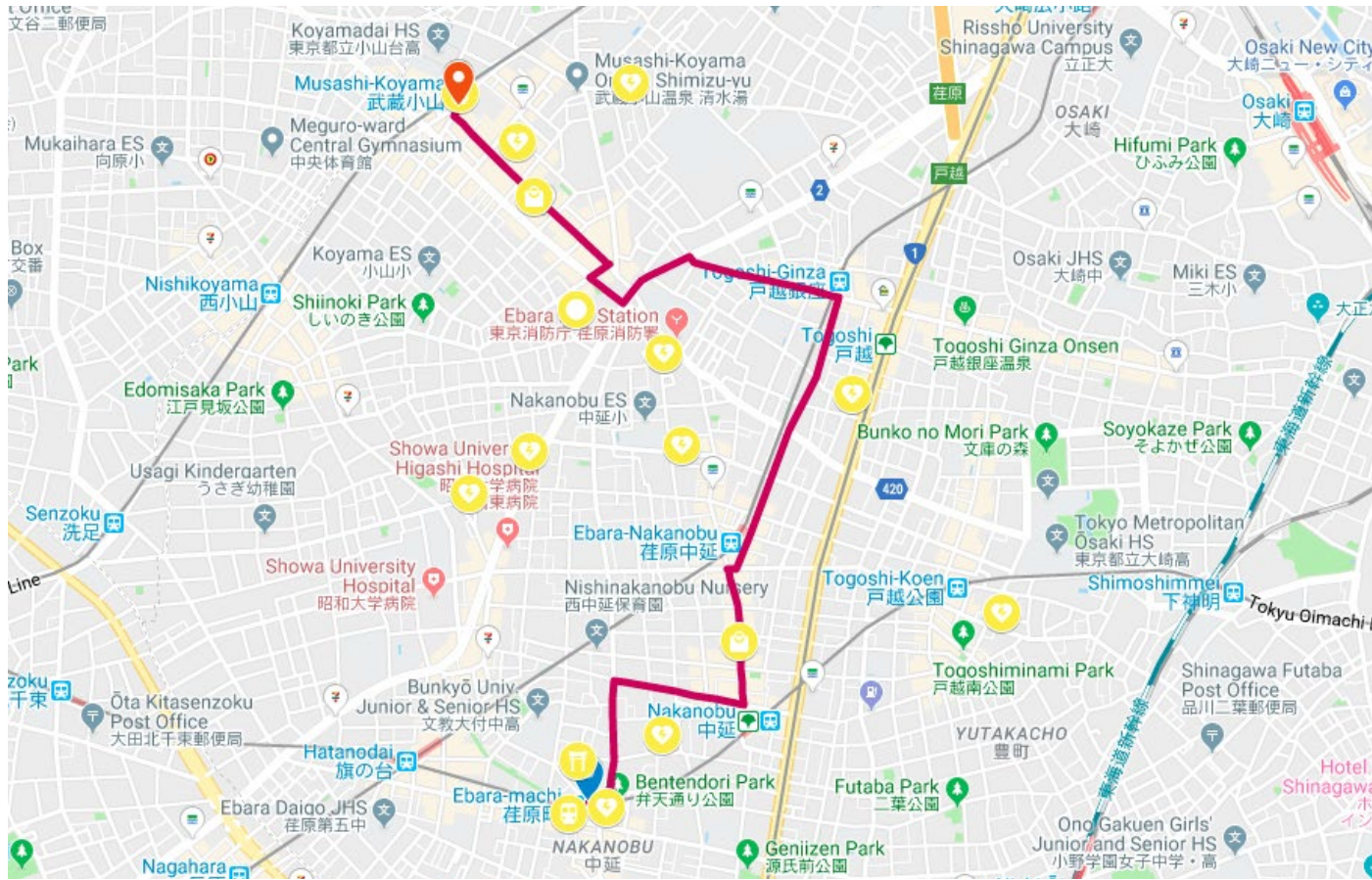


Shinagawa
City

Nakanobu /Ebara shopping district Course

Highlight | Musashikoyama shopping district Palm

My walking trail



© Google

Route Description

- Ebaramachi Station Front Exit (Tokyu Electric Railway)
- ▼
- Hataoka Hachiman Shrine
- ▼
- Nakanobu Skip Road
- ▼
- Square Ebara
- ▼
- Musashikoyama shopping district Palm
- ▼
- Musashikoyama Station East Exit (Tokyu Electric 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 4571 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

Hataoka Hachiman Shrine



This shrine is associated with the origins of the "Hataogaoka" and "Hatanodai". The story is told that Yorinobu Minamoto stopped by on way to Shimausa in order to defeat the revolution war of Tadatsume Taira.

Nakanobu Skip Road



This is a 330-meter long arcade shopping district running between Ebara Nakanobu Station and Nakanobu Station. Local oriented events such as morning markets and Nebuta Festival are held.

Musashikoyama shopping district Palm



This long-established shopping district contains about 250 stores along a total length of about 800 m. The arcade is able to open and close, and the first arcade was built in 1956 (Showa 31st year).