



KOTO City in **TOKYO**

Koto City, a warm-hearted town with a passion for sports

KOTO

WALKING MAP



Let's start walking to keep you healthy.

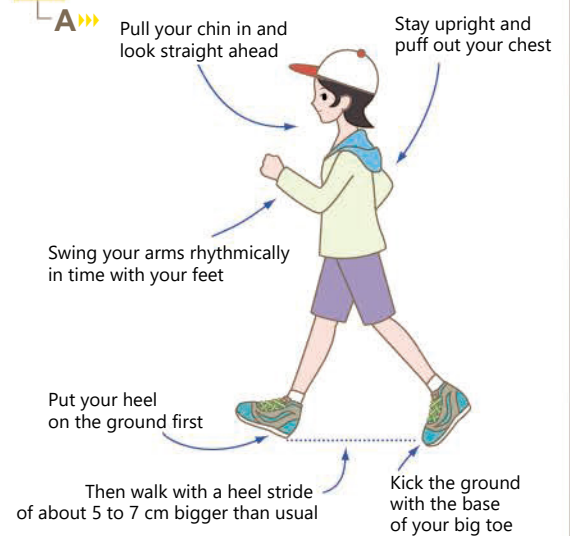
Why don't you try getting healthy and enjoy sightseeing spots in Koto City at the same time?

We have created attractive 14 courses with the cooperation of residents who routinely walk for exercise. Let's walk Koto City with the Koto Walking Map in your hand!



Enjoy walking without injury, in a good posture, and healthily

Q What is the proper walking form?



Q When is a good time to hydrate ourselves?

- A**▶▶▶
- 1 Get hydrated frequently before feeling thirsty, such as before, during and after walking.
 - 2 As for what you drink, water is basically OK. It is better if you can also get an adequate amount of minerals (such as salt).
 - 3 Beverages containing caffeine, which has a diuretic effect such as coffee or tea, are not suitable for hydrating.

Good things about walking

Q What are the benefits of walking?

- A**▶▶▶
- 1 Prevent lifestyle-related diseases
 - 2 Improve cardiopulmonary function
 - 3 Prevent obesity
 - 4 Reduce stress

* If you have a medical condition, please consult your family doctor before you begin.

(Created with reference to "Kenko zukuri no tame noshintai katsudo kijun 2013" (Physical Activity Standard for Health 2013) (Ministry of Health, Labour and Welfare))

Walking Style

Q What are appropriate clothes for walking?

- A**▶▶▶
- 1 Shirts and pants that dry quickly and absorb moisture well. A light windbreaker is appropriate for protecting yourself from the wind.
 - 2 Wear a cap or a hat to avoid direct sunlight.
 - 3 Put on sunglasses in summer. Wear gloves, a scarf, mask, jacket, etc. in winter.

Q Which shoes are suitable for walking?

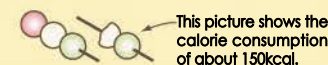
- A**▶▶▶
- 1 Shoes that can be adjusted with laces.
 - 2 Shoes with sufficient space to move your toes.
 - 3 Shoes that have a moderate thickness and elasticity and bend smoothly in accordance with your movements.
 - 4 Shoes that firmly hold the heel in place.

Calorie consumption by walking

Q How many calories are consumed?

- A**▶▶▶
- 1 10-minute walking= calorie consumption of 30kcal (assuming a weight of 60kg).
 - 2 Walking pace is 4km per hour (assuming a stride length of 70cm).

In this leaflet, a picture of three dumplings on a skewer indicates approximately 100kcal.



This picture shows the calorie consumption of about 150kcal.

Before/After Walking

Q How should we warm up before walking?

- A**▶▶▶
- 1 Stretch to warm up your body gradually and stimulate blood circulation.
 - 2 Warming up is effective at preventing injury, knee pains and fatigue.

Q How should we cool down after walking?

- A**▶▶▶
- 1 It is important that you gradually stop exercise as your heart is placed under pressure if you stop suddenly.
 - 2 Cooling down accelerates the recovery of your body and prevents muscle aches.

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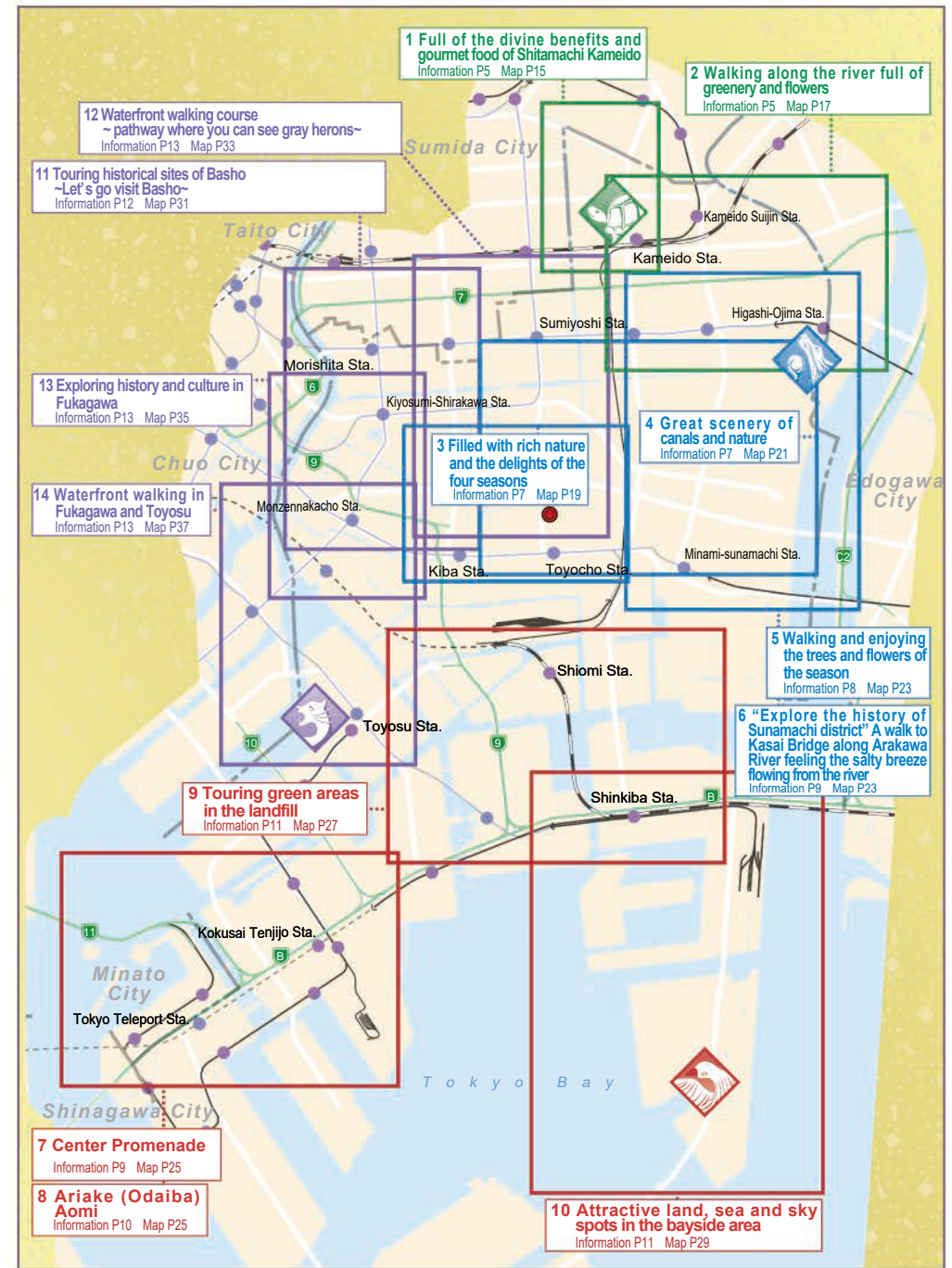
Four Gods

Holy animals protecting Koto City

Four gods are holy animals that have been passed down from ancient times in China and believed to govern four directions of the heavens:
North = Genbu, East = Seiryu, South = Suzaku, West = Byakko
 Koto City has monuments on the motif of the Four Gods.

 Byakko (White tiger) Toyosu Civic Center	 Genbu (Hanegame (Turtles with wings)) Kameido Ekimae Park
 Suzaku (Red phoenix) Wakasu Park	 Seiryu (Blue dragon) Higashi-Ojima Ekimae Square

Course Index



In preparing this map, we used an electronic national large-scale map for geographical information containing numerical map data (Japan's basic land information) and an electronic national large-scale map for place name information containing numerical map data (Japan's basic land information) issued by the Geographical Survey Institute, with the approval of the director-general of the institute. (Approval Number 2017 JOSHI No. 1137)

Course guide

Draft plans of the walking courses were made by the Walking Map Working Group consisting of residents of the city. In these new 14 courses, you can promote your health while experiencing the history, nature and new attractions of Koto City.

*The details presented about facilities may change due to infectious disease measures, etc.

Area block



Walking Course



Hot spot to visit



Interesting spot



Start



Goal



Main entrance/exit of the station



Restroom



Accessible restroom



Facilities with AED



Health Supporting Stores



Beautiful flower spots



Police station



Fire station



Emergency hospital



Post office



Shrine



Temple



Full of the divine benefits
and gourmet food of
Shitamachi Kameido

1 Kameido Ume Yashiki



A tourist information center, a shop and yose (storyteller theater) are located in the building built based on Ukiyo-e prints of Utagawa Hiroshige.

2 Katori Shrine



The shrine has been worshipped by martial artists from ancient times. Now, it is famous as the god of sports promotion.



The guardian shrine of
the former village of Yamagishima

Start ▶ Kameido Sta. North Exit
Distance: About 4.0km

Map: Page 15

Goal ▶ Kameido Sta. North Exit

3 Koto Tenso Shrine

It is said to have been founded in the era of Emperor Suiko. The current main building is the first steel-reinforced concrete building in Japan.

This is a course for strolling through the typical scenery of shitamachi (traditional downtown area). You will enjoy the contrast of old and new by touring shrines while viewing the Skytree.

4 Ryuganji Temple

It is an old temple drawn in Edo Meisho Zukai (Collection of prints of famous Edo locations). Enjoy the collaboration of carp and the Tokyo Skytree!



5 Kameido Tenjin Shrine

The shrine worships Sugawara no Michizane. Its stone arched bridge, Shinji-ike pond and canopy of wisteria, which are modeled after Dazaifu Tenmangu shrine are not to be missed.



Tenjin of Kameido

Walking along the river full of greenery and flowers

Start ▶ Higashi-Ojima Sta. (Ojima Exit)
Distance: About 4.2km

Map: Page 17

Goal ▶ Kameido Suijin Sta.



1 Kyunakagawa River / Kawa no Eki

A facility for enjoying the waterside where you can see amphibious buses, Japanese-style ships, canoes, and more.



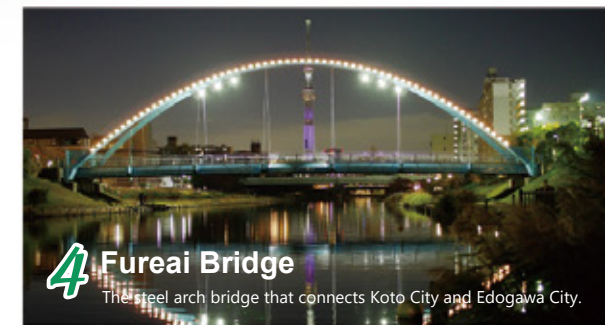
2 Sakura-Ohashi Bridge

The pedestrian overpass crossing over Kyunakagawa River. There is also Momiji Ohashi Bridge on the north side.



3 Kameido Sengen Shrine

The shrine worships Konohana-sakuya-hime, the goddess of Mt. Fuji, and has Fujizuka Mounds.



4 Fureai Bridge

The steel arch bridge that connects Koto City and Edogawa City.



5 Kameido Chuo Park

It has a well-equipped sports area and playground. It is famous as a good viewing spot for cherry blossoms, plum and camellia, which is the flower of the city.

This is a course where you can re-recognize that Koto City is a place of lush greenery. You can enjoy various seasonal flowers.



Filled with rich nature and the delights of the four seasons

Start ▶ Toyocho Sta. (Exit 1)

Distance: About 4.2km

Map: Page 19

Goal ▶ Kiba Sta. (Exit 1)

A course where you can enjoy the nature that spreads out across the water park and Kiba Park. In spring, you can also enjoy Kawazu cherry blossoms blooming along Kiba Park.

1 Yokojikkengawa-river Water Park



The zone south of Toyosuna Bridge is a "creature paradise." Experience Japanese irises, rice fields, and waterwheels for "a taste of the country in the city" ♪

2 Sendaiborigawa River Park

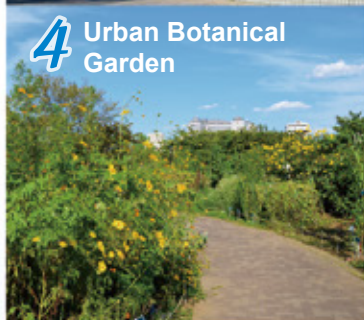


You will see Yasuragi Falls, a replica of Haniwa (clay figure)(!!) and a totem pole(?) on the route between the Wild Birds Island and Oyokogawa River.



3 Kiba Park

A metropolitan park in which three districts are linked by the Kiba Park Ohashi Bridge. In October, the traditional entertainment "Kiba log-rolling" is performed in the pond in the gardens.



4 Urban Botanical Garden

A free botanical garden located on the southern part of Kiba Park. There is a sample garden of naturalized plants.

5 Kawazu Cherry blossoms



The road along Oyokogawa River between Shigemori Bridge and Sawaumi Bridge is tinged with rose pink for about one month from late January.

Walking and enjoying the trees and flowers of the season



This is a course you can safely walk, including Sendaiborigawa River Park. You can enjoy seasonal flowers and trees.



1 Nakagawa Funabansho Museum

Displays materials about the Edo-period river barrier station "Nakagawa Bansho" and water transport.

2 Onagigawa River

Start ▶ Higashi-Ojima Sta. (Ojima Exit)

Distance: About 4.4km

Map: Page 23

Goal ▶ Minami-sunamachi Sta. (Exit 2a)



An artificial river which was built under the command of Tokugawa Ieyasu to transport salt from Gyotoku to Edo.

4 Former site of Oishi Family's residence



The oldest house in the city was relocated. This building, built in the Edo period, is a tangible cultural property designated by the city.

3 Sendaiborigawa River Park



Currently in maintenance between Kiyosubashi-dori St. and Onagigawa River



Great scenery of canals and nature

The course is full of great nature throughout the year such as cherry blossoms in spring, fresh greenery in summer and autumn leaves in autumn and winter, and from the safety of a well maintained promenade.

Start ▶ Sports Hall

Distance: About 5.4km

Map: Page 21

Goal ▶ Toyocho Sta. (Exit 4)

1 Kitasuna Suijo Park

An observation deck imitating the bow of a sailing boat and an anchor monument are a landmark.



4 Minami-Suna Ryokudo Park

A wheel of a Toden train is decorated on the route of the walking course on the former premises of Toden.



2 Etchujima Freight-traffic line

If you're lucky, you might meet a freight train carrying rails!



5 Former site of Choshu domain's cannon foundry

Cannons were cast on the premises of the residence of the Mori Family of Choshu Domain at the end of the Edo period.



3 Sendaiborigawa River Park

This is a water park created with the theme of "Residents' Forest" by reclaiming Sunamachi Canal.

“Explore the history of Sunamachi district” A walk to Kasai Bridge along Arakawa River feeling the salty breeze flowing from the river



With many must-see spots, you will discover new Higashi-Suna.

The lock gate enables boats to go back and forth between two rivers, Arakawa River and Kyunakagawa River, with different water heights.

1 Arakawa River Lock Gate



2 Higashisuna Tenso Shrine



It was a village shrine for new rice fields developed by Fukagawa Hachiroemon in the early Edo period. The two guardian dogs sitting on both sides in front of the Haiden hall hold a puppy.



3 Tomigaoka Hachimangu Shrine

Built in 749. Said to be the inner shrine of Fukagawa Tomioka Hachimangu Shrine, and also has a hill imitating Mt. Fuji.

4 Ojima Inari Shrine



It was founded in the Edo period to prevent devastation of cultivated land and eliminate plague.

Start ▶ Higashi-Ojima Sta. (Ojima Exit)
Distance: About 9.0km



5 Hotoji Temple

Pray for success in business and safe travels with the “Salt-lick Jizo,” a tradition since the Edo period!

Map: Page 23

Goal ▶ Higashi-Ojima Sta. (Ojima Exit)

Center Promenade



A healing space with greenery and water, consisted of promenades in three areas of the West, Center and East.

1 Panasonic Center Tokyo



This is a showroom of the Panasonic group. Has exhibits on efforts for the SDGs and museums to bring inspiration to life.

Start ▶ Kokusai Tenjiyo Sta.
Distance: About 1.8km

Map: Page 25

Goal ▶ Tokyo Teleport Sta. (Exit A)

2 Yume-no-Ohashi Bridge



A pedestrian bridge with a maximum width of about 60m. Its concept is “Bustle of a festival”.

The promenade connecting Aomi, Ariake and Daiba, where you can enjoy flowers and greenery at various places on the route. (The photograph is an award-winning work of the CITY IN THE GREEN Online Photo Contest)



Ariake (Odaiba) Aomi



1 Sona Area Tokyo

It is an experience-type educational facility for disaster prevention where visitors can experience evacuation methods using a large-scale earthquake simulation.



2 Rainbow Tokyo Sewerage Museum

An experiential learning facility for having fun learning about the role of sewerage and the importance of the water environment.



4 Odaiba Marine Park

Sand beach and a replica of the Statue of Liberty is a landmark!

Start ▶ Kokusai Tenjiyo Sta.
Distance: About 4.8km

Map: Page 25

Goal ▶ Tokyo Teleport Sta. (Exit A)

You can enjoy a scenic open view that stretches straight from Ariake to the ocean in the direction of Daiba .

3 Nozomi Bridge



A bridge crossing Ariake-nishi Canal is a popular spot for sightseeing and night views.



©SOTSU, Sunrise

5 DiverCity Tokyo Plaza

It includes shops, restaurants, and a full-size Unicorn Gundam Statue!



Touring green areas in the landfill

2 Tatsumi no Mori Kaihin Seaside Park



Try eight new sports, including mallet golf!

3 Tokyo Tatsumi International Swimming Center



Swimming (water polo) was held here for the Tokyo 2020 Olympics.

4 Yumenoshima Tropical Greenhouse Dome



The large greenhouse warmed up with the remaining heat of the New-Koto Incinerator has an atmosphere of tropical rainforest.

Touring historical sites of Basho ~Let's go visit Basho~



1 Former site of Saitoan



Saitoan was a hermitage of Sugiyama Sampo, a disciple of Matsuo Basho.

2 Basho Haiku no Sampomichi



The walkway along Sendaiborigawa River is lined with wooden boards of haiku poems by Basho.



You will stroll in the greenery and waterside area with trees, mainly parks established on reclaimed land.

Start ▶ Shioimi Sta. (West Exit)

Distance: About 5.6km

Map: Page 27

Goal ▶ Shinkiba Sta.

5 Yumenoshima Park

This was the venue for archery events in the Tokyo 2020 Olympics and Paralympics.



3 Sumidagawa River Terrace

Sumidagawa River Terrace is a generic name for the waterside promenades on both side of Sumidagawa River.



1 Ekokkuru Koto

You can learn about and experience waste disposal issues and global environmental problems.



In addition to the course of Koto Seaside Marathon, it is a course where you can see the world of land, sea and the sky such as from a subway, helicopter, yacht, etc. at one time.



2 Tokyo Heliport

An airport dedicated to helicopters. Police, fire department or privately-owned helicopters take off and land regularly.



3 Wakasu Seaside Park

There are golf courses, a yacht training center, a sea fishing facility, and a cycling road.



4 Bashoan Historic Site Observation Garden

The statue of Basho faces Sumidagawa River and is illuminated at 5 o'clock in the evening after closing.

1 Tokyo Metro Rail Yard in Shin-Kiba

A comprehensive training center is attached. There is also a simulation platform for training. * General visitors are not allowed to enter the rail yard and the comprehensive training center.



Attractive land, sea and sky spots in the bayside area

Start ▶ Shinkiba Sta.

Distance: About 7.6km

Map: Page 29

Goal ▶ Wakasu Kyampujo Mae bus stop

4 Tokyo Gate Bridge

It opened in 2012. You can see the center part of Tokyo from the sidewalk, but you cannot walk through to the central breakwater side from Wakasu side.



5 Wakasu Park

A multipurpose area and a giant windmill! You can also camp overnight.

5 Basho Memorial Museum



It is located at the site related to Basho and exhibits various materials of Haiku literature.

Basho haiku no Sampomichi (walkway of Basho's Haiku) is filled with a comfortable river breeze and beautiful cherry blossoms in spring. If you have time, the Basho Memorial Museum is also recommended.

Start ▶ Fukagawa-Kita Sports Center

Distance: About 3.2km

Map: Page 31

Goal ▶ Morishita Sta. (Exit 4)



Photo courtesy of General Incorporated Association Koto City Tourism Association



1 Wild Birds Island

Various birds are resting on a small island in the river surrounded by abundant trees.

Start ▶ Fukagawa-Kita Sports Center

Distance: About 4.2km



Map: Page 33

Goal ▶ Sumiyoshi Sta. (Exit 2)

Yokojikkengawa-river Water Park, an urban oasis, is a place where you can experience a boat trip on a Japanese boat and enjoy riding a boat with your child.

2 Wasen (Japanese-style Boat)

You can also try sculling if you wish.



3 Onagigawa River Clover Bridge

It is located at the intersection of Onagigawa River and Yokojikkengawa River, and a picture of a four-leaf clover is drawn at the center of the bridge.



4 Sarue Onshi Park

There are eight tennis courts and a central plaza on the north side of Shin-ohashi-dori St., and two baseball fields and a Japanese garden on the south side.



Exploring history and culture in Fukagawa



1 The birthplace monument of Japan's cement industry



In 1872, Japan's first cement plant (government factory) was founded here.

Above all, it is a point where there are many must-see spots to visit. You will discover that the Fukagawa area is full of history and culture.

Start ▶ Kiyosumi-shirakawa(Exit B1)

Distance: About 6.6km

Map: Page 35

Goal ▶ Monzen-nakacho Sta. (Exit 2)

2 Kibun Inari Shrine

It is a shrine that Kinokuniya Bunzaemon, a famous business tycoon in Edo, built to worship the holy spirit received from Fushimi Inari Shrine.



3 Hojoin Temple Fukagawa Enmado

Built in 1629, it has been popular as one of the Edo San Enma (three statues of Enma in Edo) from ancient times. The current sitting statue of Enma was erected in 1989.

4 Naritasan Fukagawa Fudo Temple



The principle object of worship is Fudo Myoo.

5 Tomioka Hachimangu Shrine



Fukagawa no Hachiman-sama (Hachiman of Fukagawa) continued from the Edo period.



Waterfront walking in Fukagawa and Toyosu

1 Furuishibagawa river Water Park



The theme is the "the scent of the water-side." Sea water flows into the waterway. There is also a peony garden.

2 Etchujima Park



The park in the Sumidagawa River Terrace is a popular walking/jogging course. It is also popular for cherry blossom viewing and night views ♪

It is a route with many riverside paths and great scenery, and you can feel the pleasant waterfront atmosphere.

You can also enjoy changes from the historical Fukagawa area to new Toyosu area.

Start ▶ Monzen-nakacho Sta. (Exit 2)

Distance: About 5.6km

Map: Page 37

Goal ▶ Toyosu Sta. (Exit 7)

4 Urban Dock LaLaport Toyosu



The former site of a shipyard is now a large shopping mall with about 210 shops. Water bus stop is also available!



5 Gas Museum Gastenani

The museum features gas, energy and the global environment.

3 Harumi Bridge

Harumi Bridge, which is the remains of the former Rinko Railways Harumi Line, was completed in 1957. The Harumi Bridge girders, a remnant of the Harumi Line, a freight-only port railway, were completed in 1957.





Full of the divine benefits and gourmet food of Shitamachi Kameido

Kameido Sta. (North Exit) >>> Kameido Sta. (North Exit)

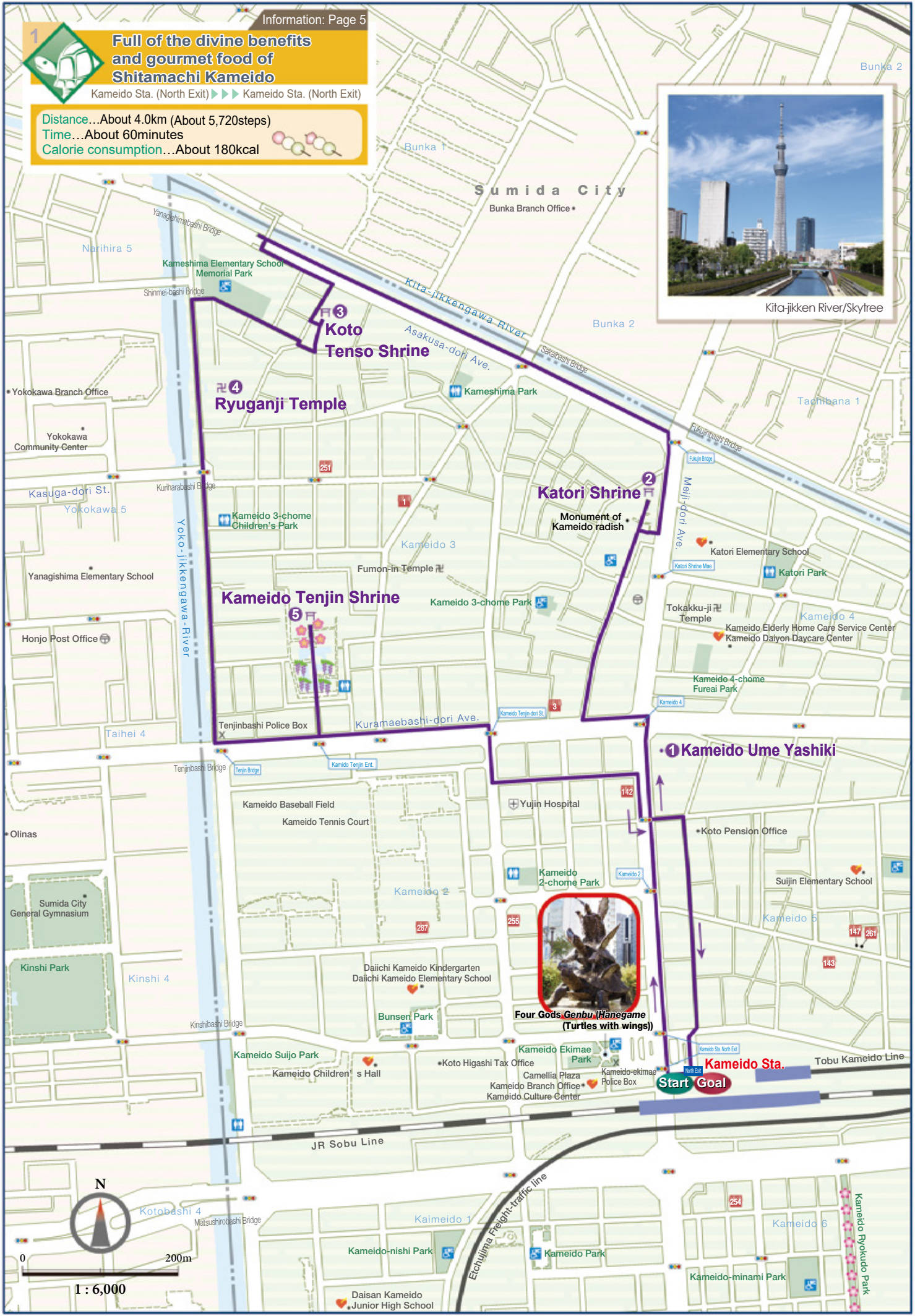
Distance...About 4.0km (About 5,720steps)
Time...About 60minutes
Calorie consumption...About 180kcal



Bunka 2



Kita-jikken River/Skytree



2



Walking along the river full of greenery and flowers

Higashi-Ojima Sta. (Ojima Exit) >>> Kameido Sujin Sta.

Distance...About 4.2km (About 6,000steps)

Time...About 63minutes

Calorie consumption...About 189kcal



Kyunakagawa River / Skytree



Four Gods Genbu (Hanegame) (Turtles with wings)



Four Gods Seiryu (Blue dragon)



Filled with rich nature and the delights of the four seasons

Toyocho Sta. (Exit 1) >>> Kiba Sta. (Exit 1)

Distance...About 4.2km (About 6,000steps)

Time...About 63minutes

Calorie consumption...About 189kcal



Kiba Park

• Museum of Contemporary Art Tokyo (temporarily closed)

③ Kiba Park

• Fukagawa Kita Sports Center

Urban Botanical Garden

⑤ Kawazu Cherry blossoms

Toyosumi Fishing Spot

② Sendaiborigawa River Park

① Yokojikkengawa-river Water Park





Great scenery of canals and nature

Sports Hall >>> Toyocho Sta. (Exit 4)

Distance... About 5.4km (About 7,720steps)

Time... About 81minutes

Calorie consumption... About 243kcal



Minami-Suna Ryokudo Park

Information: Page 7

1 Kitasuna Suijo Park

2 Echujima Freight-traffic line

Former site of Oishi Family's residence

3 Former site of Choshu domain's cannon foundry

A wheel of a Toden train

4 Toyocho Sta.



1 : 12,000



Walking and enjoying the trees and flowers of the season

Higashi-Ojima Sta. (Ojima Exit) >>> Minami-sunamachi Sta. (Exit 2a)

Distance...About 4.4km (About 6,290steps)
Time...About 66minutes
Calorie consumption...About 198kcal

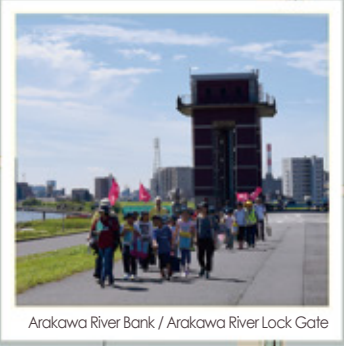
During the map in display



Onagigawa River / Shionomichibashi Bridge



Four Gods Seiryu (Blue dragon)



Arakawa River Bank / Arakawa River Lock Gate



"Explore the history of Sunamachi district" A walk to Kasai Bridge along Arakawa River feeling the salty breeze flowing from the river

Higashi-Ojima Sta. (Ojima Exit) >>> Higashi-Ojima Sta. (Ojima Exit)

Distance...About 9.0km (About 12,860steps)
Time...About 135minutes
Calorie consumption...About 405kcal

During the map in display



0 250m

1 : 12,000



Touring green areas in the landfill

Shiomi Sta. (West E.) >>> Shinkiba Sta.

Distance...About 5.6km (About 8,000steps)

Time...About 84minutes

Calorie consumption...About 252kcal



Yumenoshima Park





Wakasu Seaside Park / Tokyo Bay

Tokyo Bay



Attractive land, sea and sky spots in the bayside area

Shinkiba Sta. >>> Wakasu Kyampujo Mae bus stop

Distance...About 6.6km (About 9,430steps)
 Time...About 99minutes
 Calorie consumption...About 297kcal

Information: Page 11



0 300m

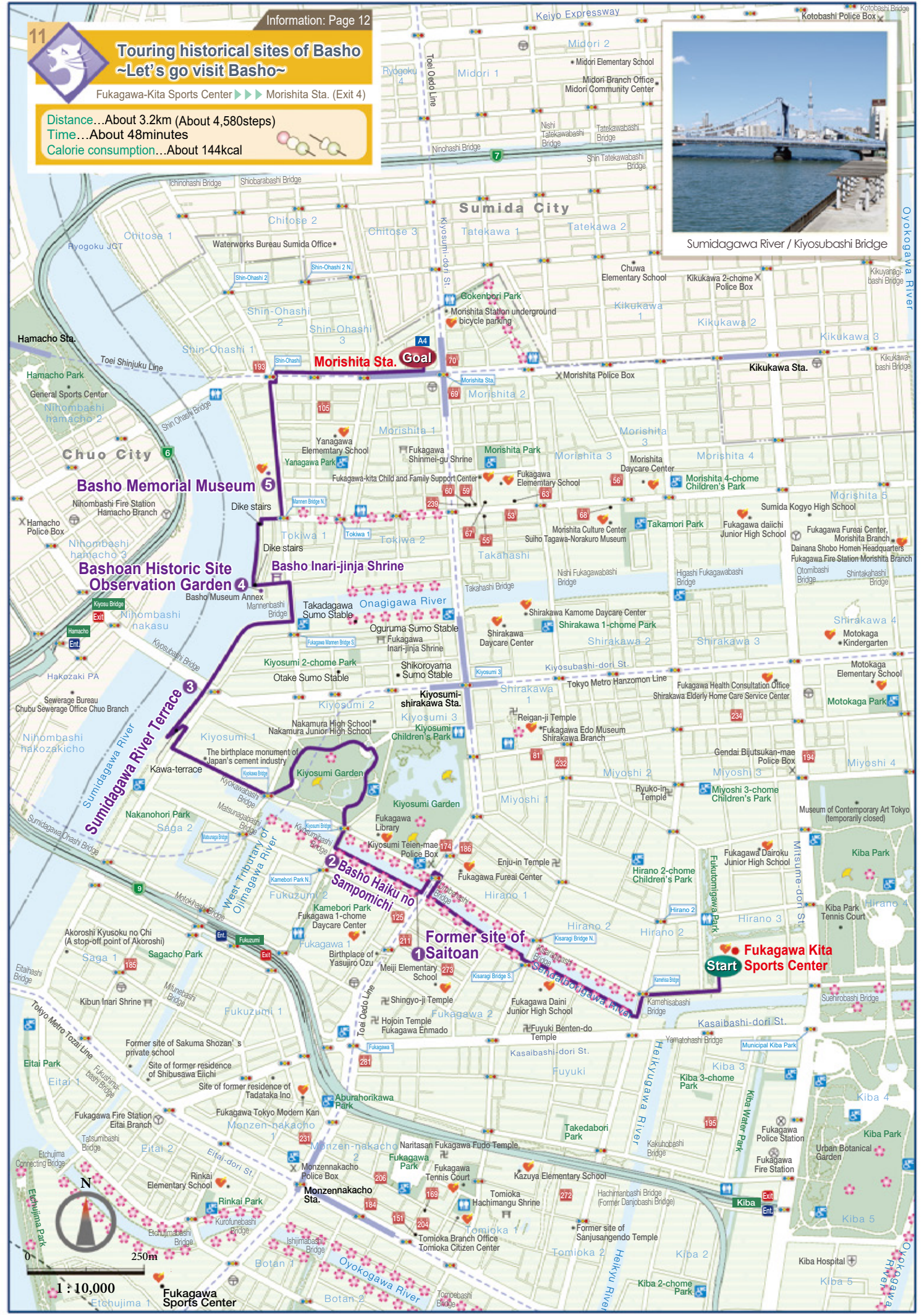
1 : 15,000



Touring historical sites of Bashi ~Let's go visit Bashi~

Fukagawa-Kita Sports Center ▶▶▶ Morishita Sta. (Exit 4)

Distance...About 3.2km (About 4,580steps)
Time...About 48minutes
Calorie consumption...About 144kcal



Sumidagawa River / Kiyosubashi Bridge

1 : 10,000



Waterfront walking course ~ pathway where you can see gray herons ~

Fukagawa-Kita Sports Center >>> Sumiyoshi Sta. (Exit A3)

Distance...About 4.2km (About 6,000steps)

Time...About 63minutes

Calorie consumption...About 189kcal



Gray herons / Sendaiborigawa River Park

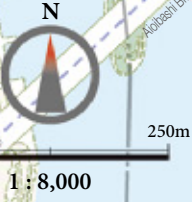




Exploring history and culture in Fukagawa

Kiyosumi-shirakawa Sta.(Exit B1) >>> Monzen-nakacho Sta. (Exit 2)

Distance...About 6.6km (About 9,430steps)
 Time...About 99minutes
 Calorie consumption...About 297kcal





14 Waterfront walking in Fukagawa and Toyosu

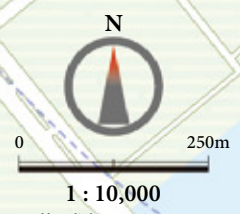
Information: Page 13

Monzenkacho Sta. (2 Exit) >>> Toyosu Sta. (7 Exit)

Distance...About 5.6km (About 8,000steps)

Time...About 84minutes

Calorie consumption...About 252kcal



Health Supporting Stores

(as of May 31, 2022)

Health Supporting Stores are stores that support health promotion of residents. With health information posters and pamphlets provided by public health centers, the stores are a place for disseminating information on health promotion in the community.

There are registration categories of the Health Supporting Stores according to the job category. A registered store will be posted on the website of Koto City. The store can also display a support sticker according to the category.



Registration Number	Store Name	Address	Category	Publication page
1	Shunkoan Maenoya	3-23-10 Kameido	Soba noodles	P15
3	Hiyoshiya	3-60-23 Kameido	Soba noodles	P16
6	Omura	2-11-13 Higashi-Suna	Soba noodles	P22 / P23
7	Marukiya	6-2-1 Higashi-Suna	Soba noodles	P22 / P24
8	Shogetsu	3-14-19 kita-Suna	Soba noodles	P22 / P23
9	Hashimotoya	5-18-9 kita-Suna	Soba noodles	P22 / P23
10	Abiko Seikaten	1-19-1-101 Sumiyoshi	Fresh Flower	P33
11	Sugawara Kambutsuten	1-19-1-103 Sumiyoshi	Food/Groceries	P33
15	Funabashiya	1-19-1-118 Sumiyoshi	Japanese confectionery	P33
16	Hinata Pharmacy	1-19-1-119 Sumiyoshi	Pharmacy	P33
18	Rice shop Kuwabara	1-8-1-511 Mori	Rice/Boxed lunch	P33
21	Marie Pharmacy	4-15-10 Higashi-Suna	Pharmacy	P22 / P24
22	Beauty Salon Marie	4-15-10 Higashi-Suna	Beauty care / barbershop	P22 / P24
23	Kasaibashi	4-16-12 Higashi-Suna	Eat and drink	P22 / P24
30	Hand-made Soba noodles Hanabusa	2-2-15 Botan	Soba noodles	P36 / P37
31	Kohien	2-2-16 Botan	Eat and drink	P36 / P37
33	Ogahanto	3-5-1 Botan	Eat and drink	P36 / P37
35	Harazawa Dental Clinic	3-6-3 Botan	Dental clinic	P36 / P37
36	Botan Pharmacy	3-7-4 Botan	Pharmacy	P36 / P37
37	Cafe des Arts Pico	3-7-5 Botan	Eat and drink	P36 / P37
38	Chinese Sankoen	3-7-6 Botan	Eat and drink	P36 / P37
44	R2 Home	3-18-1 Botan	Construction	P36 / P37
45	Rice shop Hirahara	3-19-10 Botan	Rice / Ready-made meal / Boxed lunch	P36 / P37
51	Tsukudaya Shokuhin Kogyo	3-23-1 Botan	Tsukudaya (food boiled down in soy sauce, tonjiru (boiled beans))	P36 / P37
53	Toy Park Masamiya	8-3 Takahashi	Toy	P31
55	Toricho	9-4 Takahashi	Eat and drink	P31
56	Photo Shop Gomei	9-5 Takahashi	Photographs	P31 / P33
59	Kamikiriya Yamaguchi	13-14 Takahashi	Beauty care / barbershop	P31
60	Takabashi Seikotsuin	13-15 Takahashi	Bone setting	P31
63	Hat shop Marukei	14-21 Takahashi	Clothes	P31
67	Takahashi Pharmacy Famiroad	14-25 Takahashi	Pharmacy	P31
68	Sasai Shoten	3-12-17 Morishita	Towel	P31
69	Morishita Iseya	2-17-2 Morishita	Japanese confectionery	P31
70	Hand-made Soba noodles Kyokin	2-18-2 Morishita	Soba noodles	P31
81	Fukagawajuku	1-6-7 Miyoshi	Eat and drink	P32 / P35
82	Restaurant Saiya	4-8-7 kita-Suna	Eat and drink	P22 / P24
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95	Confectionary Moka D'or	5-1-28 kita-Suna	Confectionery	P22 / P23
96	Iwakuniya Yohinten	5-7-2 kita-Suna	Clothes	P22 / P23
97	Iizuka Kanamonoten	5-8-12 kita-Suna	Hardware	P22 / P23
98	Fruit Iguchi	4-40-9 kita-Suna	Fruit	P22 / P23
101	Shoes Studio GLUCK	3-30-11 kita-Suna	Shoes	P21 / P23
105	Minoya Ltd.	3-5-4 Shin-Ohashi	Tofu	P31
107	Tozen Tofu-ya Nakamura	2-7 Senda	Tofu	P20 / P34
109	Nakamura	2-13-2 Sumiyoshi	Tofu	P33
110	Masakiya	3-26-5 Toyo	Tofu	P19 / P21
113	Saito Shoten	2-39-3 Ojima	Tofu	P17
114	Toyotaya	5-5-5 Ojima	Tofu	P17 / P23
117	Kiyotsuya Tofuten	8-31-12 Ojima	Tofu	P18
119	TOFU SHOP Toyodaya	3-15-22 Higashi-Suna	Tofu	P22 / P23
121	Toyodaya Tofuten	8-20-17 Higashi-Suna	Tofu	P22 / P24
122	Itoi Shokuhin Ltd.	1-11-2 Minami-Suna	Tofu	P20 / P21
123	Tofudokoro Ogawa	3-12-3 Minami-Suna	Tofu	P22 / P24
125	Sembikiya Planning Ltd.	1-9-10 Fukagawa	Confectionery	P32 / P35
134	Grimm House Miyoshiya	5-46-3 Kameido	Bread	P17
137	Daikokuya	5-33-9 Kameido	Soba noodles	P17
142	Julian Bakery	5-17-25 Kameido	Bread	P16
143	Takanoyu	5-9-7 Kameido	Public bathhouse	P16 / P17
147	Arumonte	5-21-13 Kameido	Ready-made meal / Boxed lunch	P16 / P17
151	Toyama Pharmacy	1-9-10 Tomioka	Pharmacy	P32 / P36 / P37
153	Daini Fukujuan	2-41-15 Ojima	Soba noodles	P17 / P23
154	Katayanagi Inshodo Ltd.	3-1-13 Ojima	Stamp	P17
156	Liquor Store Koshibaya Ltd.	2-38-12 Ojima	Liquor/Food	P17 / P23
157	Iseya	2-32-13 Ojima	Japanese confectionery	P17 / P23
162	Heisei Pharmacy	8-8-5 Higashi-Suna	Pharmacy	P22 / P24
163	Tsukasa Chozai Pharmacy	7-4-3 Minami-Suna	Pharmacy	P22 / P24
164	Yoshida Pharmacy	4-15-23 Minami-Suna	Pharmacy	P22 / P24
165	Kyorindo Pharmacy Fukagawa	2-5-23-102 Shiohama	Pharmacy	P27
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169	Naritado Kampo Pharmacy	1-12-2 Tomioka	Pharmacy	P32 / P36 / P37
170	Kampo Kezuka Pharmacy	2-10-13 Sumiyoshi	Pharmacy	P33
172	Tomato Pharmacy	6-9-1 Ojima	Pharmacy	P17
173	Sun Pharmacy	6-12-1 Kameido	Pharmacy	P17
174	Kojima Pharmacy	3-3-30 Kiyosumi	Pharmacy	P32 / P35
175	Hirata Pharmacy Higashi-Ojima	9-5-1-105 Ojima	Pharmacy	P18 / P23
177	Nishi-Ojima Pharmacy	1-36-5 1F Ojima	Pharmacy	P17 / P21 / P23
178	Tampopo Pharmacy Ojima	5-7-2 Ojima	Pharmacy	P17 / P23
179	Yanagiya Pharmacy	3-35-21 kita-Suna	Pharmacy	P22 / P23
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Health Supporting Stores

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186	Chojuan Ltd. Kyosho	1-7-2 Hirano	Soba noodles	P32 / P35
187	Hoseian	1-2-6 Edagawa	Soba noodles	P27
192	Yanagiya	5-10-12 Kiba	Soba noodles	P19
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194	Koshin-an	4-8-3 Miyoshi	Soba noodles	P19 / P32 / P34
195	Sekimoto Sobaten Ltd.	3-6-19 Kiba	Soba noodles	P19 / P32 / P34
196	Chojuan	1-16-13 Toyo	Soba noodles	P19
199	Kamenoyu	4-20-25 kita-Suna	Public bathhouse	P22 / P24
200	Takenoyu	3-25-8 kita-Suna	Public bathhouse	P22 / P23
203	Hakusanyu	1-6-15 Edagawa	Public bathhouse	P27
204	Beauty salon Joy S Aida	1-12-10 Tomioka	Beauty care / barbershop	P32 / P36 / P37
205	Hair Room Makky	1-8-17 Shinonome	Beauty care / barbershop	P27
206	Waraku Co., Ltd. New Pearl B.S	1-14-14 Tomioka	Beauty care / barbershop	P32 / P36 / P37
207	Hair Salon ideal	3-17-13 Toyo	Beauty care / barbershop	P19 / P21
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211	Beauty Salon Rodin	2-19-1 Fukagawa	Beauty care / barbershop	P32 / P35
212	Sandes	5-19-12 Toyo	Beauty care / barbershop	P19 / P21
214	Beauty Salon Yamashita	2-5-18-204 Toyo	Beauty care / barbershop	P20 / P21
215	Beauty Midori	2-18-6 Sumiyoshi	Beauty care / barbershop	P33
218	Beauty Salon Anna	2-6-21 Ojima	Beauty care / barbershop	P33
219	Beauty Yamashita	7-9-15 Minami-Suna	Beauty care / barbershop	P22 / P24
220	Barber Endo	7-9-1 Kameido	Beauty care / barbershop	P17
221	Hair Salon Kawasaki	8-3-6 Ojima	Beauty care / barbershop	P17
222	Barber Million	3-27-20 Ojima	Beauty care / barbershop	P17
223	Barber Toyoda	7-12-1 Ojima	Beauty care / barbershop	P17
225	Men's Salon Tashiro	2-9-1 Sengoku	Beauty care / barbershop	P20 / P34
228	Barber Hikari	3-9-1 Ojima	Beauty care / barbershop	P17
229	Creative Hair Salon Fukui	7-3-3 Ojima	Beauty care / barbershop	P17
230	Barber Masuma	3-6-12 Toyo	Beauty care / barbershop	P19 / P21
231	Barber Takachiyo	1-13-14 Monzen-nakacho	Beauty care / barbershop	P32 / P36 / P37
232	Barber Yanagawa	1-5-10 Miyoshi	Beauty care / barbershop	P32 / P35
234	Barber AOKI	3-2-14 Shirakawa	Beauty care / barbershop	P32 / P34
235	Barber Toyosu Rihatsukan	4-6-3 Toyosu	Beauty care / barbershop	P38
236	Hair Salon Parry	1-15-6 Toyo	Beauty care / barbershop	P19 / P21
239	Hirata Pharmacy	13-15 Takahashi	Pharmacy	P31
241	Ohara	3-21-3 Botan	Rice	P36 / P37
249	Barber Shimura	4-35-10 kita-Suna	Beauty care / barbershop	P22 / P24
250	FRIEND HAIR WORKS	3-27-9 kita-Suna	Beauty care / barbershop	P22 / P23
251	Hair Salon Swan	3-20-13 Kameido	Beauty care / barbershop	P15
252	Tokiwa	5-15-13 kita-Suna	Beauty care / barbershop	P22 / P23
253	Barber Cut House Machida	5-5-5 Ojima	Beauty care / barbershop	P17 / P23
254	Hair&Make Mowa	6-27-1 Kameido	Beauty care / barbershop	P16 / P17
255	Hair Esthetic With	2-32-2 Kameido	Beauty care / barbershop	P16 / P17
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Registration Number	Store Name	Address	Category	Publication page
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261	Kameido 5-chome Biyokan	5-21-14 Kameido	Beauty care / barbershop	P16 / P17
265	Kyorindo Pharmacy Main Store	2-4-26 Toyo	Pharmacy	P20 / P21
266	Kyorindo Pharmacy Kiba	6-13-12 Corpo chiyoman 1F Kiba	Pharmacy	P19
267	Kyorindo Pharmacy Kiba-ekimae	2-21-2 Kiba Skyheim 1F Kiba	Pharmacy	P19
268	Kyorindo Pharmacy Toyosu	4-4-28 Urushima Buil 1F Toyosu	Pharmacy	P38
269	Saiya	7-17-24 Sunrise Heights 1F Higashi-Suna	Eat and drink	P22 / P24
270	Takatamacomugi	3-19-8 Botan	Bread	P36 / P37
271	Patisserie Collage	3-18-11 Shibata Buil 101 Botan	Confectionery	P36 / P37
272	Fukagawa Odori Gekijyo	1-6-5 Osaki Buil 2F Tomioka	Japanese dance school	P32 / P36 / P37
273	Tama Kyaano	2-18-12 Fukagawa	Eat and drink	P32 / P35
274	Daikatsu Pharmacy	3-5-9 Minami-Suna	Pharmacy	P21 / P24
276	Jinseido Pharmacy, Main Store	5-15-6 Kita-Suna	Pharmacy	P22 / P23
278	Nihon Chouzai, Toyosu Station Pharmacy	4-1-3 Toyosu	Pharmacy	P38
279	Nihon Chouzai, Koto Pharmacy	9-11-1 Kameido	Pharmacy	P18
281	Fukagawa Anegoya	1F, Izumiya Bldg., 2-6-2 Fukagawa	Eat and drink	P32 / P36 / P37
282	Wakaba Osteopathy	1F, Daini Sugawara Bldg., 4-23-2 Higashisuna	Bone setting	P22 / P23
283	cafe kiki	5-4-13-101 Higashi-Suna	Eat and drink	P22 / P24
284	Hana Tomato	4-40-13 Kita-Suna	Greengrocer	P22 / P23
285	Lionheart Osteopathy Himawari	4-18-11 Kita-Suna	Bone setting	P22 / P23
286	Takenoko Acupuncture, Moxibustion & Osteopathy	1F, 1-39-14 Ojima	Bone setting	P17 / P21 / P23
287	Kameido Recuperative Cuisine Takano	2-6-1-108 Kameido	Eat and drink	P16
289	Osteria chivo	3-14-22 Minami-Suna	Eat and drink	P22 / P24

Koto Walking Map created by walking



The Walking Map Working Group, mainly comprising of residents who love walking and workers of sports centers, created draft plans of 14 courses in the Koto Walking Map by actually walking the courses.



Kameido Group

Responsible course **1** Full of the divine benefits and gourmet food of Shitamachi&Kamei
2 Walking along the river full of greenery and flowers

The breeze from the river was comfortable, and it was a perfect day for walking along the river full of greenery and flowers. The courses have good spots for viewing flowers every season, and various flowers please our eyes. With many changes of new and old, and stories of the origin and history of the area, the course was full of nutritional knowledge for the brain and great tastes for mouth.

Kitasuna Group

Responsible course **4** Great scenery of canals and nature

The map is clear and easy to understand from the moment walkers see photos and routes in the map. We think this walking map will make people want to look at it!

Toyo Group

Responsible course **3** Filled with rich nature and the delights of the four seasons

We think we have achieved an easy-to-understand and helpful map for walkers. It is a point where walkers can walk aiming for a cherry blossom mark, or walk knowing the location of restrooms. From an objective perspective, the map helps visitors from outside the city walk the area with ease.

Higashi-suna Group

Responsible course **5** Walking and enjoying the trees and flowers of the season
6 "Explore the history of Sunamachi district" A walk to Kasai Bridge along Arakawa River feeling the salty breeze flowing from the river

We could find many new things by walking around the places that are close to us but we rarely visit in everyday life with renewed interest. We found newly-established sumo stables and learned about the history of shrines, etc. We had fun making the map.

Information on Sports Hall / Sports Centers

Equipped with training rooms and a gymnasium, these facilities are available for both individuals and groups. Various classes and events are held, and even beginners can enjoy playing sports lightly.

Facility information (* for both Sports Hall and Sports Centers)

Opening hours... 8:30 ~ 22:00

Closed ... 2nd and 4th Mondays every month (if national holidays fall on the day, it is closed the following day), during year-end and New Year holidays (December 29-January 3)

Information on Sports Hall Fukagawa Sports Center



Address... 1-2-9 Kita-suna
 Telephone... 3649-1701
 FAX ... 3649-3123



Address... 1-2-18 Etchujima
 Telephone... 3820-5881
 FAX ... 3820-5884

Kameido Sports Center



Address... 8-22-1 Kameido
 Telephone... 5609-9571
 FAX ... 5609-9574

Ariake Sports Center



Address... 2-3-5 Ariake
 Telephone... 3528-0191
 FAX ... 3528-0192

Health Center

This is a facility that promotes active health for the citizen. It offers health assessments, training guidance, healthcare classes, etc.



Facility information

Address... 2-1-1 Toyo

Telephone... 3647-5402

F A X ... 3647-5048

Opening hours... 8:30~21:00

Closed ... 2nd and 4th Mondays every month (if national holidays fall on the day, it is closed the following day), during year-end and New Year holidays (December 29-January 3)

Higashi-suna Sports Center



Address... 4-24-1 Higashisuna
 Telephone... 5606-3171
 FAX ... 5606-3176

Fukagawa-Kita Sports Center



Address... 3-2-20 Hirano
 Telephone... 3820-8730
 FAX ... 3820-8731

Ariake Group

Responsible course **7** Center Promenade
8 Ariake (Odaiba) Aomi

If you extend your visit from the Ariake (Odaiba) Aomi course, you will be on the course to visit Toyosu Wholesale Market.

Fukagawa Group

Responsible course **13** Exploring history and culture in Fukagawa
14 Waterfront walking in Fukagawa and Toyosu

If you walk with renewed interest, you will find that there are many cultural assets in the Fukagawa area. In addition to the fact that the area is a birthplace of industry and filled with history, we found that it was a very attractive area where we could enjoy waterside scenery.

Fukagawa-kita Group

Responsible course **11** Touring historical sites of Basho
 ~ Let's go visit Basho ~
12 Waterfront walking course ~ pathway where you can see gray herons ~

It was good that the walking map became useful and was well-written, better than we had expected.



Koto City Health and Sports Foundation holds fun walking events at each center throughout the year.

From September to December, (12 times in total)

Super-Healthy Walker Lite

Participants will learn the correct way of walking and stretching while walking different courses (approx. 3-10km) each time, mainly on pathways and parks in the city.

- Organizing facility ... Koto City Health Center
- Eligible participants ... People aged 40 or over who live or work in Koto City



October/ March

Walking for a sense of the seasons

After lectures to learn how to walk on varying paths, such as slopes and stairs, walk a 5 km course while feeling the wind along walking paths, riverbeds, and more and enjoying the scenery.

- Organizing facility ... Kameido Sports Center
- Eligible participants ... People junior high school age and older living, working, or studying in the city



Late October

ARIAKE Halloween March

In the event originated from the western festival of Halloween, participants dressed in a costume walk about 5km around the coastal area.

- Organizing facility ... Ariake Sports Center
- Eligible participants ... People who can walk about 5km in costume



Late January

Potato Walking

Participants walk about 6km and make butter by shaking a plastic bottle containing cream during the walk. At the goal, they enjoy hot potatoes with the butter.

- Organizing facility ... Higashi-suna Sports Center
- Eligible participants ... People 5 years and older living, working, or studying in the city



~ Thinking of Oku-no-Hosomichi ~

Matsuo Basho (1644-1694) is a haiku poet who earned his place in the history of literature. His representative work Oku-no-Hosomichi (Narrow Road to the Deep North) is a collection of haiku poems made in a 150-day journey of about 2,400km from Edo to Ogaki through Oshu and Hokuriku areas. During the journey, he made great haiku poems wherever he went.

The total length of the 14 walking courses introduced in the Koto Walking Map is approximately 70km, which is equivalent of the distance between Fukagawa, a starting point of Basho's journey, and Mamada (present Oyama City of Tochigi Pref.), the place of his stay on the second day. When you finish a course, keep a record of the day and color the circle of the course.



Course Number	Course Name	Date	Weather	Time	Number of steps	kcal
14	Waterfront walking in Fukagawa and Toyosu					
13	Exploring history and culture in Fukagawa					
12	Waterfront walking course ~ pathway where you can see gray herons ~					
11	Touring historical sites of Basho ~ Let's go visit Basho ~					
10	Attractive land, sea and sky spots in the bayside area					
9	Touring green areas in the landfill					
8	Ariake (Odaiba) Aomi					
7	Center Promenade					
6	"Explore the history of Sunamachi district" A walk to Kasai Bridge along Arakawa River feeling the salty breeze flowing from the river					
5	Walking and enjoying the trees and flowers of the season					
4	Great scenery of canals and nature					
3	Filled with rich nature and the delights of the four seasons					
2	Walking along the river full of greenery and flowers					
1	Full of the divine benefits and gourmet food of Shitamachi Kameido					



A little action; Always healthy.

Tokyo Metropolitan Government
Health Promoting character
KENKOUDESUKA-MAN

Published in August 2022

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Health Promotion Division

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Produced by CHUO GEOMATICS CO., LTD.

*The photo on the cover is an award-winning work of CITY IN THE GREEN Online Photo Contest.

Printed on recycled paper.

Print registration number (4) 30