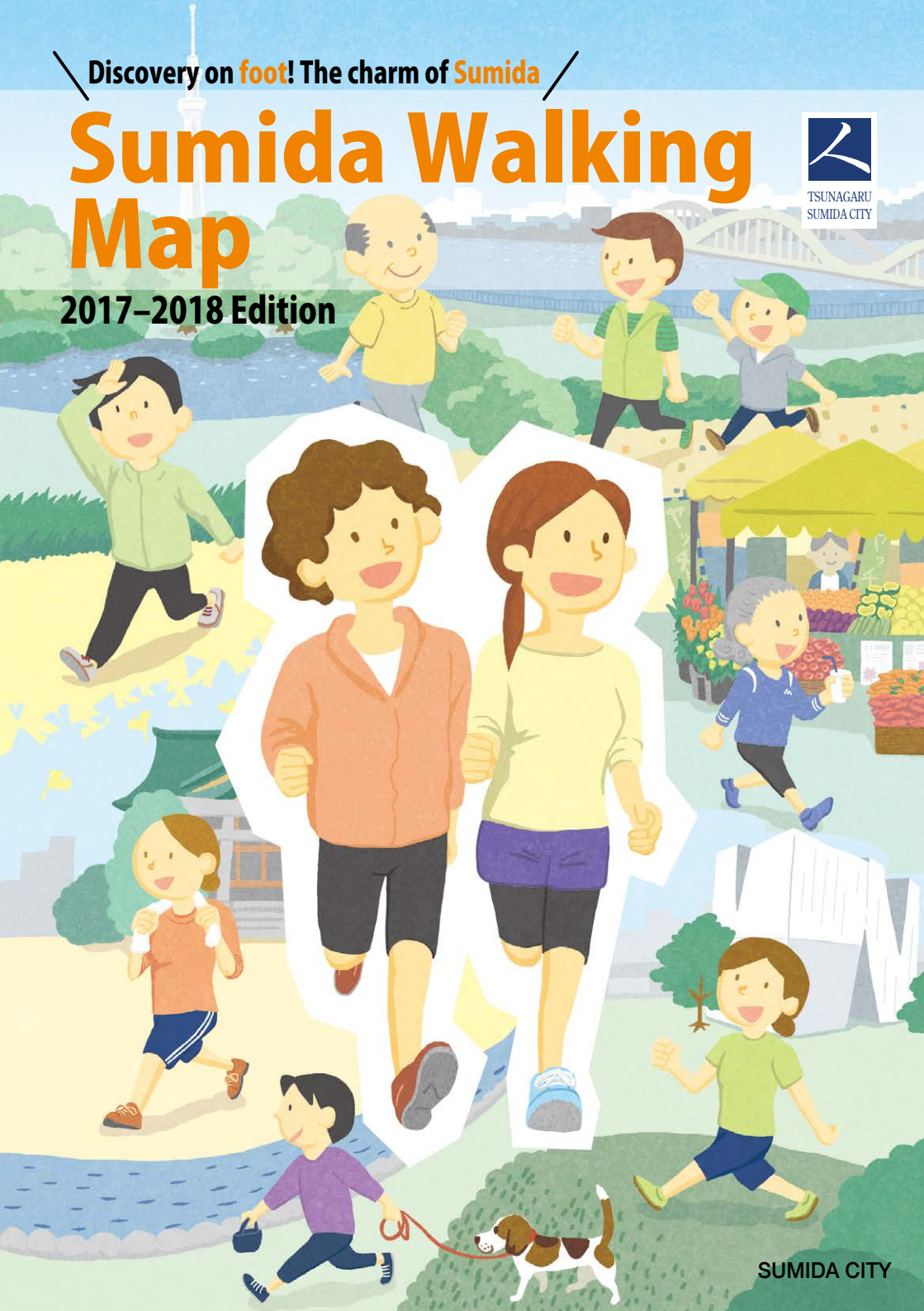


Discovery on **foot!** The charm of **Sumida**

Sumida Walking Map

2017-2018 Edition



How to Read the Map



Walking Course



Bathroom



AED



Museum/Gallery



Food Spot



Healthy Spot (Vegetable-related spot)



Power Spot (spot flowing with mystical power)



Exercise Spot



Spot Offering a View



Sakura Viewing Spot



Flower Viewing Spot

Walking Short Memo

Edited by: Renaissance Inc.

Greet Others

Let's make sure to greet each other when passing by others, when taking short breaks, etc. Greetings have garnered attention for their effectiveness in improving security at the local level.

Be sure to stay hydrated

Liquids are necessary because your body sweats to regulate its temperature as you exercise. As you walk, frequently take in liquids in 15-20 minute intervals, even before you get thirsty. *Water, barley tea, and sports drinks are recommended.

Look around

Broaden your field of view and also be careful of differences under your feet and so on. Also, when people grow tired, they tend to face downwards. Pay careful attention to traffic lights, and walk sidewalks giving plenty of care to cars and bicycles.

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

※Each course lists the time allowed, distance, number of steps, and calories burned. Calculations are based on the following.

Stride: 70 cm; Speed: 4 km/h; Calories burned: 10 min. of walking = 30 kcal for a 60 kg male
Durations and so on are only estimates. They may differ depending on individual differences and traffic conditions.

※Facilities and shops listed on each course may not be available depending on the period and time frame. Please check with the facility/shop concerning availability.

Walking Record Table

Date	Course	Start time	Finish time	Number of steps	Memo
/					
/					
/					
/					
/					
/					
/					
/					
/					
/					

Experience the seasonal delights of Sumida as you enjoy its lovely natural and historical attractions

Course ①

Sumida CITY Overall Route

Time allowed around 50minutes
Distance around 3.3km
Number of steps around 4700steps
Calorie consumption around 150Kcal

Start
TOKYO
SKYTREE Sta.



Japanese Sword Museum (Kyu Yasuda Garden grounds)

Many Japanese swords are kept and displayed at this museum dedicated to promoting Japanese sword culture. There is also space to relax inside the building.

Wakamiya Park

This park features playground as well as fitness equipment, making it the perfect place for both kids and adults to get their exercise. There's also an auxiliary shrine here connected to Ushino-Gozen shrine.

SASAYA CAFE

Nose Myokenzan Betsuin

This is the only Tokyo temple affiliated with Nose Moykenzan in Osaka. It is also known for the intense devotion of Count Katsu Kaishu, whose bust adorns the temple grounds. The seasonal flowers are a must-see.



Finish
Ryogoku Sta.

Kokugikan

Indoor sporting arena dedicated to the powerful art of sumo. The facility is scheduled to host the boxing competition during the 2020 Summer Olympics.

Recommended points

See Ryogoku and Tokyo Skytree, two of Sumida's best-known sights. Walking is the perfect way to enjoy the seasonal beauty and historical spots of Sumida!

Rediscover nature in Sumida! Refreshing River View Course

Course

Sumida CITY
Overall Route



Bokutei Cherry Blossoms

The contrast between the cherry blossoms and the rapeseed blossoms along the river is beautiful in the spring. Visitors can see different varieties of cherry blossoms.

Genmorikawa Sluice Gate

A sluice gate that adjusts the water level of the river. It is usually open.

The View From Azuma-bashi Bridge

From Azuma-bashi Bridge, you can see the Sumidagawa River, the Skytree, and buildings with unique designs.



Sumida Park

You can sometimes see kingfisher birds at the pond!



Sumidagawa River Terrace

Along the river is a paved promenade. Visitors can enjoy the waterfront scenery, including yakatabune boats and river cruise ships.



Kokugikan

Sumo hall. Sometimes sumo wrestlers take a stroll in the neighborhood, too.

Kyu Yasuda Garden

A Japanese garden with a gentle

Time allowed around 50minutes

Distance around 3.4km

Number of steps around 4900steps

Calorie consumption around 150Kcal

Recommended
points

The crabs that gather on the Sumidagawa River Terrace in the morning in the spring to fall are lovely! There are also various types of cherry blossoms along the river. These are surprising points that are interesting and let you experience the seasons. (Suggestion by: Ms. Iino, working in Sumida City)

You can take a short break over the specialty sweets

A course touring Sumida's famous temples

Course ③

Sumida CITY
Overall Route

Time allowed around 70minutes

Distance around 4.6km

Number of steps around 6600steps

Calorie consumption around 210Kcal



Shirahige-jinja Shrine

A shrine known for "Jurojin," one of the Sumidagawa seven lucky gods.

Jiman Kusamochi

Fishmonger

Kototoi Dango

Note that the walkway is narrow here

Chomei-ji Temple and Kofuku-ji Temple

Also try the Chomei-ji Temple "Sakura Mochi"!

Statue of Katsu Kaishu

There is a statue of the great Katsu Kaishu, who was born in Sumida and active in the late Tokugawa shogunate.

Tokyo Skytree Sta.

Oshiage (Skytree-mae) Sta.

Finish

Honjo-Azumabashi Sta.

Tamon-ji Temple

"Bishamon-ten," one of the seven lucky gods of Sumidagawa, is worshipped. There is a tanukizuka, and it is also known as "Tanuki Temple."



Start

Police substation

Parking lot

Kanagafuchi Sta.

Statue of Enomoto Takeaki
Sumidagawa-jinja Shrine
Torii gate

Bokurei-dori Ave.

Sports Plaza Umewaka

Seiko Museum

Mukojima-Hyakkaen Garden

It opened in the Edo period. The early spring plum flowers and the Japanese clover that blooms in the fall are stunning. Tea can be enjoyed at the pavilion.

Hikifune Sta.

Keisei-Hikifune Sta.

Yahiro Sta.

Keisei Oshiage Line



Ushijima-jinja Shrine
Illnesses get better when you stroke the cow figure on the grounds! Have a rest here.

Recommended points

There are many shrines, and there are also plenty of spots where you can eat great food and rest along the way. Plus, the roads are spacious, and with few cars on holidays, senior citizens can also walk safely. (Suggestion from: Mr. Satou, resident)

Condenses Sumida's great points down! A course to see the essence of Edo

Course 4

Sumida CITY
Overall Route

- Time allowed around 60minutes
- Distance around 3.8km
- Number of steps around 5400steps
- Calorie consumption around 180Kcal

Honjo-Azumabashi Sta.

Finish

Komagata-ken

A deli loved by locals. The fresh deep-fried ham cutlet is crispy!

Wakamiya Park

Sotode Elementary School



Lion-do

Sumo wrestler purveyor. Large-size clothing is on display.

The Sumida Hokusai Museum

Midori Library

Midori 2 Chome Intersection

Kira Residence Site(Honjo Matsuzakacho Park)

The mansion of Kira Kozukenosuke, known for the forty-seven ronin raid.

Yokoamicho Park

Police Box

Japanese Sword Museum

Ryogoku Terrace

Kyu Yasuda Garden

Ryogoku Indoor Swimming Pool

Edo-Tokyo Museum

Start

Ryogoku Sta.

Birthplace of Katsu Kaishu(Ryogoku Park)

Gas station

Ryogoku Elementary School

Kuramae Sta.



Eko-in Temple

There is a grave for Nezumikozo, a master thief in the Edo period. Take home a piece from a tombstone meant to be chipped as a souvenir!?

Toei Oedo Line

Kiyosumi-dori St.

Ryogoku Sta.

JR Sobu Line

Recommended points

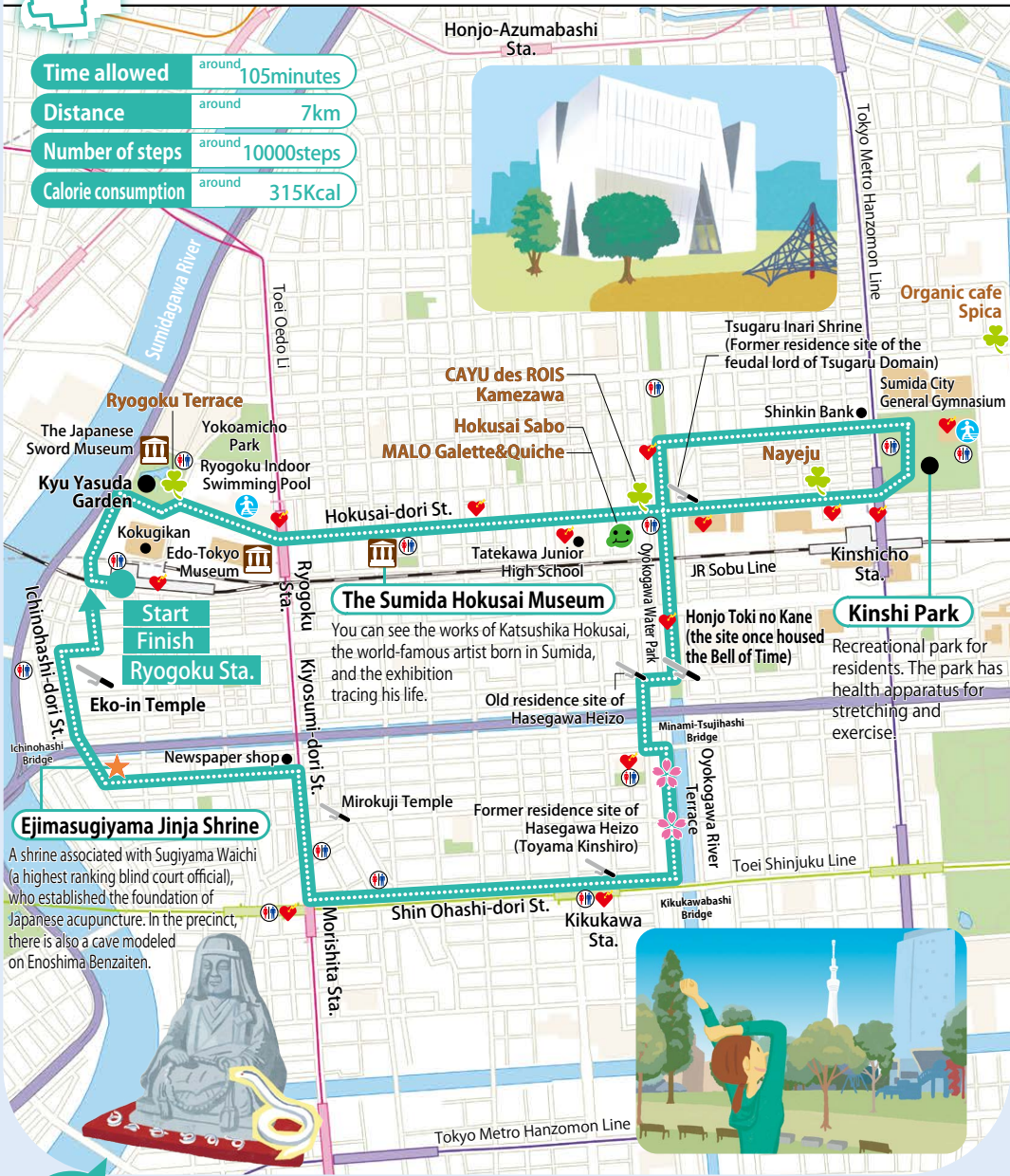
This is an area where the charms and attractions of Sumida are brought together, and it will make you want to talk to others. The cherry blossoms in the Yokoamicho Park are beautiful in the spring, too. (Suggestion by: Ms. Yoshizawa, Hiragananet)

Edo walking course touring attractions while feeling history and nature

Course ⑥

Sumida CITY Overall Route

- Time allowed around 105minutes
- Distance around 7km
- Number of steps around 10000steps
- Calorie consumption around 315Kcal



Start Finish
Ryogoku Sta.

Ejimasugiyama Jinja Shrine
A shrine associated with Sugiyama Waichi (a highest ranking blind court official), who established the foundation of Japanese acupuncture. In the precinct, there is also a cave modeled on Enoshima Benzaiten.

The Sumida Hokusai Museum
You can see the works of Katsushika Hokusai, the world-famous artist born in Sumida, and the exhibition tracing his life.

Kinshi Park
Recreational park for residents. The park has health apparatus for stretching and exercise!



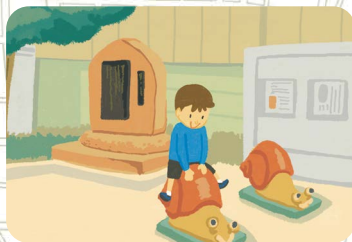
Recommended points

Oyokogawa Water Park and Oyokogawa River Terrace are abundant with nature such as various flowers, trees and water birds! Do not miss the spots () related to "Onihe Hankacho" (a series of Japanese historical novels).

Course
6

Sumida CITY
Overall Route

Literary walking course tracing the footprints of writers who loved Mukojima



Rohan Children's Park (Former residence site of Koda Rohan, and his literature monument)

Place where Koda Rohan's house stood. The house was designed by Rohan himself, and he named it "Kaguyan" after a snail, which can move by itself without anything but its body, so there is a snail-shaped playground equipment.

Time allowed around 45minutes

Distance around 3km

Number of steps around 4300steps

Calorie consumption around 135Kcal

THE GREENMARKET SUMIDA

A market held at the Uruoi Plaza in front of the city office. Local specialties and special items are gathered from various places across the country.

Sumida Folk Museum
(Former residence site of Sata Ineko)

Mimeguri-jinja Shrine

Kemban-dori St.

It is lined with geisha houses and restaurants. You may see geisha in ozashiki rooms.

Ushijima-jinja Shrine

An old shrine built in the Heian period. It is famous for "Nade Ushi," which is said to cure the illness if you stroke the same place as your bad part.



Finish

Honjo-Azumabashi Sta.

ASICS CONNECTION TOKYO

A spot where you can enjoy yoga, running along Sumida River, and cafes.



Recommended
points

Many former residence sites and monuments of famous writers such as Koda Rohan, Sata Ineko and Hori Tatsuo still remain. Treat yourself to a literary walk while thinking about the period the great writers lived in.

From the south to the north! A course leisurely touring temples and shrines



Sumida CITY
Overall Route

Time allowed around 90minutes

Distance around 6km

Number of steps around 8600steps

Calorie consumption around 270Kcal



Kofuku-ji Temple

The temple worships the gods called "Seki no Jijibabason", which are said to give the benefit of avoiding catching a cold, and Hoteison, one of the Sumidagawa Seven Gods of Good Luck.

Chomei-ji Temple

The temple's name is derived from the story that a Tokugawa shogunate, who had a stomach ache during falconry, was healed after taking a medicine with the well water of the temple. It worships Benzaiten, one of the Sumidagawa Seven Gods of Good Luck.



Recommended
points

This is a 6-km walking course that takes you across the city from the south to the north. You will have a great feeling of accomplishment after completing the course. Let's keep walking while enjoying great views of the TOKYO SKYTREE® and Sumida River, and having fun touring temples and shrines.

Course
⑧

Sumida CITY
Overall Route

This is a course that lets you experience lush green parks and history as you walk

Mokubo-ji Temple

There is a large stone monument carved with the handwriting of Umewakazuka, known for the "Umewaka Densetsu (Legend of Umewaka)," and Ito Hirobumi.



Sumidagawa-jinja Shrine

Also known as the "Water Shrine," in front of the shrine are giant turtles in place of komainu dog statues.



Kosodate Jizodo Temple

The jizo statue that was discovered during the embankment renovation in the Edo period is enshrined.

Time allowed around 70minutes

Distance around 4.4km

Number of steps around 6300steps

Calorie consumption around 210Kcal

Start
Finish

Daiichi Terajima Elementary School

Recommended
points

The morning glories in Higashi Shirahige Park in the summer are beautiful. There are many old buildings, making it fun to walk looking at old maps and using shrines as landmarks. A great point of this course is also that many of the paths are spacious and make for easy walking. (Suggestion from: Mr. Honda, resident)

Sujin Ohashi
Bridge

Hospital

Shinkin
Bank

Kanegafuchi
Sta.

Tobu Skytree Line

Statue of Enomoto Takeaki

Enomoto Takeaki, who was active from the late Tokugawa shogunate through the Meiji Period, is deeply connected to Mukojima.

Higashi Shirahige Park

Flowering plants can be enjoyed throughout the seasons! This is an evacuation area during disasters.



Sports Plaza
Umewaka

Convenience store

Hosen-ji
Temple

Taxi company

Shirahige-jinja
Shrine

Higashi Mukojima-
kita Park

Mukojima-Hyakkaen
Garden

Jizo Saka-dori
Store Association

Sushi
restaurant

Higashi-Mukojima
Sta.

Renge-ji Temple

The principle object of worship is an image of Kobodaishi by Kukai himself.

Mito Kaido Road

Sumidagawa High School

Bokutei-dori Ave.

Meiji-dori Ave.

Shirahige-bashi
Bridge
Sumidagawa River

A course touring the eastern region's quiet nature and historical temples.

Course 9

Sumida CITY
Overall Route

Time allowed around 60minutes

Distance around 4km

Number of steps around 5700steps

Calorie consumption around 180Kcal



The view of the Skytree from the Jukken-bashi Bridge and Yanagishima Hodokyo-bashi Bridge is stunning!

Start
Jukken-bashi Bridge

Oshiage (Skytree-mae) Sta.

Hossho-ji

An historical temple said to have been visited by Katsushika Hokusai.

Tokyo Metro Hanzomon Line



Azuma-jinja Shrine

Also said to be the origin of the name "Azumabashi." The grove of the local shrine and the komainu dog statues are worth seeing.

Yahiro Sta.

Keisei Oshige Line

Kyu Nakagawa Waterfront Park

There are birds, fish, and other animals near and in the river. In spring, you can also enjoy the cherry blossoms! The Skytree also shows its face from above the river bank!

Sumida Sports and Health Center

Nakahirai-bashi Bridge

Tobu Kameido Line

Omurai Sta.

Higashi-Azuma Sta.

Finish

Yurimoki-bashi Bridge

Tachibana Taisho Minkaen

A private Taisho era residence that survived many disasters. The inside can also be toured.

Kyu Nakagawa River

Hirai-bashi Bridge

Ohara-bashi Bridge (Under Construction)

Note that the road is a little narrow

Recommended points

Kyu Nakagawa Waterfront Park is spacious and pleasant. Migratory birds sometimes visit the river terrace. With nature and the remaining old temples, it is possible to experience the history of Sumida. (Suggestion from: Mr.Yoneda, resident)

Delicious vegetables and walking Vegetable walking course to satisfy your mind and body

Course
10

Sumida CITY
Overall Route

Blitz to make
more vegetable lovers!

The daily intake of vegetables by
Sumida residents is below
the average of the country and
the prefecture.

So we are carrying out various
activities to increase the vegetable
intake of the residents.

Time allowed around **60minutes**

Distance around **4km**

Number of steps around **5700steps**

Calorie consumption around **180Kcal**



Sumida outdoor market Yacchaba (at the square of the East Core Hikifune in front of the station)

An outdoor market held every Saturday.
Fresh vegetables and delicious foodstuffs
gather from various places across the country.

Finish
Tokyo
Skytree Sta.

Panda
Juice

SEKAI
CAFE
Oshiage

Café Tokyo

Oshiage Yoshikatsu

You can enjoy cuisine
specializing in ingredients
produced in Tokyo including
Edo Tokyo vegetables.

Higashi-
Mukojima Sta.

Hikifunegawa-dori St.
Keisei-Hikifune
Sta.

Kirakira Tachibana Shopping Street

A shopping street filled with the
friendly atmosphere of the
downtown area. There are
several vegetable stores
offering fresh vegetables.

Mukojima Umebachiya

A well-established store which has
continued from the Edo period. Its
specialty is vegetable confectionery,
which is made of fresh vegetables.

Satellite
Kitchen

Hospital

Nakaibori
Hanamizuki-
dori Store
Association

Hosho-ji
Temple



Recommended
points

There are plenty of shops and restaurants where you can buy fresh vegetables and eat local dishes!
It is a sophisticated walking course where you can enjoy both vegetable dishes and walking.

Comfortable river view course with the pleasant feeling of the sky, breeze and green

Course ⑩

Sumida CITY Overall Route



Recommended points

Passing through a residential area from Yahiro Station, you will reach the spacious Arakawa River Bank. From the bank, you can see a panoramic view of the townscape of Sumida and TOKYO SKYTREE®. It is a course where you can comfortably enjoy feeling the sky, breeze and nature while walking.

Course 12

Sumida CITY Overall Route

A bath after you walk !? A course to see nature and shitamachi neighborhoods.

Time allowed around 80minutes

Distance around 5.4km

Number of steps around 7700steps

Calorie consumption around 240Kcal



Recommended points

Recommended is the Midori to Hana no Gakushuen, where you can experience the four seasons. This is recommended for those who have few opportunities to see flowers and green spaces. You can also enjoy shotengai shopping streets, bathhouses, and other typical Sumida spots. (Suggestion by: Mr. Ishimura, working in Sumida City)

A place to rest and relax. A course that walks an oasis in the city

Course
Sumida CITY
Overall Route

Time allowed around 30minutes
Distance around 1.8km
Number of steps around 2600steps
Calorie consumption around 90Kcal

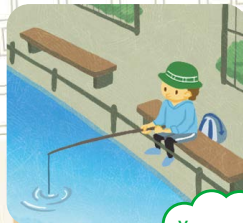
Finish
Tokyo Skytree Sta.

There are lots of souvenir shops!

The roller slide is thrilling!

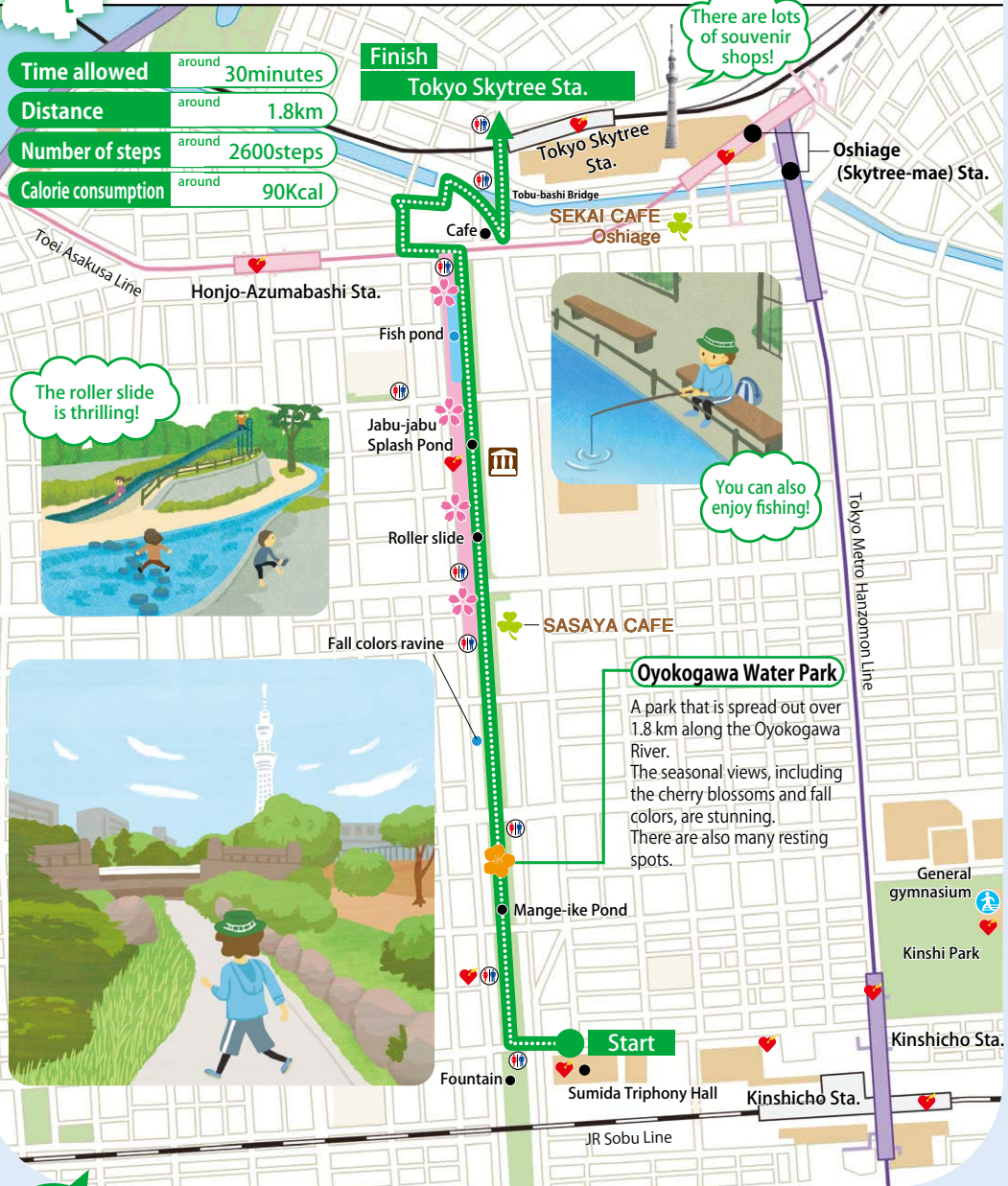


You can also enjoy fishing!



Recommended points

Visitors can take a leisurely walk while enjoying nature. This place is a great vantage point for seeing TOKYO SKYTREE through the foliage of the park.



In order to walk safely and effectively



Walking ^{plus} +

+1 Points for selecting shoes

Edited: Asics Japan Corp.

By wearing shoes that match one's feet, it is possible to walk comfortably with less burden on the feet.

<Points of choosing shoes>

- ① With the shoe on, there should be about 1 cm of space from your toes to the end of the shoe.
- ② It should be easy to bend your foot.
- ③ It should fit well around the instep of your foot.
- ④ The sole of the shoe should have proper cushioning.
- ⑤ The shoe should stabilize your heel without grating against it.

<Putting on Shoes>

- ① Untie the laces and loosen the shoe to the toe. Place your foot in the shoes. Tap on the ground so that your foot and the heel of the shoe fit.
- ② Check to make sure there is about 1 cm (one finger width) of space between your toes and the end of the shoe.
- ③ Giving some room to the end of the shoe, properly tighten the shoe around the insole and ankle with the laces.

Always properly untie your shoe before putting it on.

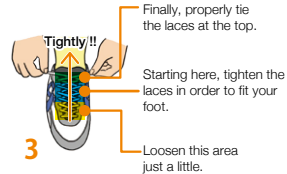


1

Tap your foot!



2



3

+2 Don't forget to do a warm-up and cool-down

In order to avoid injuries, warm up before you walk, and also loosen the muscles you used after walking.

Edited: Sachiko Wada, Instructor at Sumida Hanataiso

- 1 Stretch your legs a little before and after (loosen your ankles)



- 2 Slowly stretch your calves



- 3 Rotate your shoulders



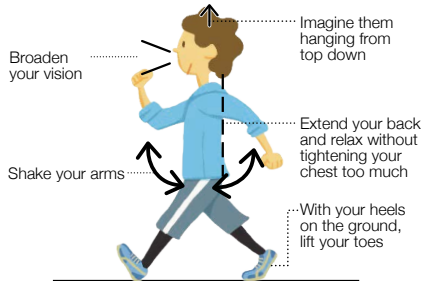
- 4 Extend your back



+3 Be conscious of proper walking form

Increase the benefits of exercise by being conscious of your posture! You can also reduce the burden on your body.

Edited: Kazuyuki Takahama, certified instructor, Japan Walking Association



The Benefits of Walking

Walking has the following benefits.

1 Prevent lifestyle-related diseases

Walking is thought to lower blood sugar and blood pressure, which may reduce your risk of cancer, heart attacks, stroke, or other ailments.

2 Improve cardiopulmonary function

Walking helps build endurance and physical strength, so you can get in shape or stay in shape!

3 Prevent obesity

Walking burns calories, which can help you reduce belly fat or lose weight.

4 Reduce stress

Walking is a great way to relieve stress and boost your mood!



**A little action;
Always healthy.**

Tokyo Metropolitan Government
Health Promoting character
KENKOUDESUKA-MAN

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