

Sumida

Walking

Map

2021 Edition

第8回

寿

健康寿命を
のばそう!
AWARD
優良賞



Tips for a safe walk

■ **Make sure you're healthy enough to walk!** Reference: Tips for exercising safely (Japan Sports Agency)

Don't walk if you don't feel well. If you have a fever, cold symptoms, or any new loss of smell or taste, stay home.

■ **Avoid the three Cs!**

✗ **Confined and enclosed spaces** ✗ **Close contact** ✗ **Crowded places** *Even one of the 3Cs is too many!

▶ **Go alone or in small groups**

▶ **Pick the least-crowded places and times**

▶ **Maintain distance from others**

▶ **Leave space when passing people**

※If you wear a mask when you're out walking, make sure you stay hydrated. If you find it difficult to breathe, remove your mask and get some air before continuing. Don't overdo it!



How to Read the Map



Walking Course



Bathroom



AED



Museum/Gallery



Food Spot



Exercise Spot



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.

※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.

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

Walking Record Table

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

Check out some new sightseeing spots and the charming streets around Mukojima

Kenban-dori Street

Longstanding Japanese restaurants line Kenban-dori. Listen carefully in the afternoon and you may even hear the geisha practicing their shamisen!

Mimeguri-jinja Shrine

People have been coming to this shrine since the Edo period, as it houses the protective deity of the Mitsui clan who founded Echigoya (now Mitsukoshi). The lion statues from the former Mitsukoshi Ikebukuro location are housed on the grounds.



Sumida Heritage Museum



Sumida Park

Look up at Tokyo Skytree® as you relax on the lawns and benches of Sumida Park. If you're lucky, you may encounter some of the waterfowl playing in the pond.



Time allowed around 45minutes

Distance around 3km

Number of steps around 4300steps

Calorie consumption around 135Kcal

Kado

Anmitsu no Shinryoku-do

Sakurabashi-dori St.

Sumida Junior High School

Sumida Health and Welfare Center

Kameya Brick Oven Bakery

Banana Factory

TOKYO SKYTREE Sta.

Sumida City Office

Makura-bashi Bridge

Tokyo Mizumachi

Ganmori-bashi Bridge

Kitajukken-gawa River

Koiuma-bashi Bridge

Sumida Riverwalk

This pedestrian walkway links Sumida and Asakusa. Enjoy the scenes along the Sumida-gawa River and see passing trains up close. The Riverwalk is a favorite romantic spot among locals and visitors alike.



Start
Finish
TOKYO
SKYTREE Sta.

Toei Asakusa Line
Oshiage (Skytree-mae) Sta.

Recommended points

Nothing beats the wide-open views of the newly trending Sumida River Walk since it opened in 2020. Pair it with the historic shrines and nostalgic streets of Mukojima for a route that offers an exciting blend of new and old.

Stroll through an urban oasis in the heart of the city

Time allowed around **50 minutes**

Distance around **3.4 km**

Number of steps around **4800 steps**

Calorie consumption around **150 Kcal**

Sumida Triphony Hall

This is a true musical concert hall that opened back in 1997. It is home to the New Japan Philharmonic Orchestra.



Kinshi Park

People of all ages love Kinshi Park, thanks to its grassy lawns, playground equipment, and fountain. There's even a baseball field and a gym on the grounds.

Sumida City
Gymnasium

Tsugaru-inari-jinja Shrine

Hokusai-dori St.

Police Box

JR Sobu Line

Oyokogawa Water Park

This park links Kinshicho and Tokyo Skytree®. It's beautiful in every season, but the spring cherry blossoms and fall colors are a must-see.

Start
Finish
Kinshicho Sta.

Keiyo-doro Ave.

Koto-bashi Bridge

Yamadaya

Sumida Industry Hall

Kinshibori Park

The mascot of this park is a kappa river sprite with a fish over its shoulder. It was the setting of the Oiteke-bori ghost story in the Edo-period mysteries The Seven Wonders of Honjo.

Recommended points

The greenery and parks around the station in the Kinshicho area and the historical spots tied to the The Seven Wonders of Honjo are the highlights of this route. Checkerboarded walkways make this a particularly pleasant stroll.

This vibrant working-course neighborhood is a local favorite

Finish
Hikifune Sta.

Takagi-jinja Shrine

There were once huge pines on the grounds of Takagi-jinja, serving as a landmark for the local people. The gods that are enshrined here specialize in binding relationships (musubi), so you'll see a lot of references to rice balls (o-musubi) around.

Time allowed around 40minutes

Distance around 2.5km

Number of steps around 3600steps

Calorie consumption around 120Kcal

Tobikiinari-jinja Shrine

Towering sacred ginkgo trees are said to have taken root here from a ginkgo branch that flew off during a torrential rainstorm.



Kyojima Minami Park

A huge seven-meter slide has inspired the locals to nickname Kyojima Minami "Mammoth Park". The view of Tokyo Skytree® from the top of the slide is stupendous!



Midori to Hana no Gakushuen

Some 350 species of plants adorn this garden. Don't miss the weeping cherries and azaleas in spring and early summer, or the chrysanthemums and camellias in fall and winter.

Start
Omurai Sta.

Katori-jinja Shrine

Tachibana Nichome intersection

Recommended points

Midori to Hana no Gakushuen lets you relax and immerse yourself in natural beauty in any season. Pay a visit to the local gods of protection and take in the charm of Sumida's vibrant working-class neighborhoods.

Take in the wide open spaces on this brisk riverside walk



Time allowed	around	70minutes
Distance	around	4.8km
Number of steps	around	6900steps
Calorie consumption	around	210Kcal

Recommended points

It's hard to beat the refreshing feeling of walking along Arakawa-dote filling your lungs with fresh air. The water of the Kyunaka-gawa River is so clear that you can see fish and all the way to the bottom.

Get fancy with a walk past chic tourist spots and waterfront views



Sumida-gawa River Terrace

See the water taxis go back and forth as you stroll this boardwalk along the river. You may even catch a glimpse of some black-headed gulls!

Tokyo Mizumachi

This fresh new district is located under an elevated railway. Check out the bakeries, Japanese confectioners, cafés, and more—or drop in Shop & Workshop Sumida to experience some local Sumida crafts!



Hulic Ryogoku River Center

The Hulic Ryogoku River Center has a water taxi waiting area, a café, and hotel. Pass through the building and you'll end up on the Sumida-gawa River Terrace.



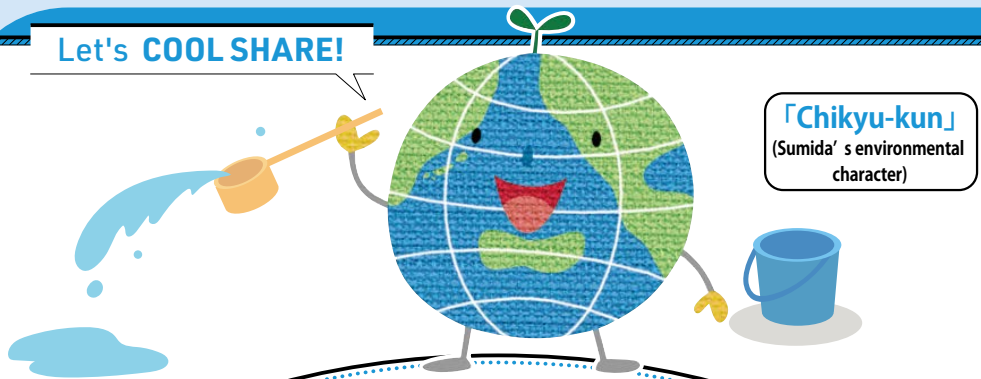
Start
Ryogoku Sta.

Time allowed	around	50minutes
Distance	around	3.2km
Number of steps	around	4600steps
Calorie consumption	around	150Kcal

Recommended points

With all its benches and walkways, the Sumida-gawa River Terrace is the perfect place to enjoy a stroll. The Hulic Ryogoku River Center and Tokyo Mizumachi are two of the up-and-coming attractions in Sumida.

Let's COOL SHARE!



クールシェア



What is Cool Share?

夏の暑い日、家の電気の半分以上をエアコンが使っています。涼しい場所をみんなで分かち合うことでエアコンの使用を減らし、省エネ・温暖化対策につなげるのが「クールシェア」です。

On hot summer days, air conditioners are responsible for more than half of the energy usage in the house. Cool Share reduces air conditioner use by providing a cool place that everyone can share, which assists with energy conservation and global warming countermeasures.



Outdoor Cool Share

Find a cool spot by the water or under a tree and let nature cool you off.



City Cool Share

Leave your A/C off at home and visit a cool café or public space instead.



Home Cool Share

Instead of the running A/C in every room, pick one and have everyone gather there.

クールシェアは、熱中症対策としても有効です。クールシェアが普及すれば、地域全体としての省エネルギーが進み、同時にご家庭や地域での絆が深まります。

Cool Share is also an effective measure for heat stroke prevention. Making Cool Share widespread will promote energy conservation throughout the region while also deepening ties both at home and within communities.



Cool Share map (mobile version)

暑い日は日陰でひと休み

両国涼しさランキング

Ryogoku Coolness Ranking



墨田区・両国は相撲のまちとして知られ、国技館、回向院などゆかりの場所がたくさん。また、江戸東京博物館、忠臣蔵の舞台・吉良邸跡などがあり歴史ファンにも人気のエリアです。国技館で東京 2020 オリンピックのボクシングが開催される墨田区では、その両国地域において、2020年8月に15スポットで周囲温度の測定調査を行いました。平均気温から涼しさランキングを紹介します。次のページのマップで時間ごとのおすすめルートを紹介しています。

No.	測定場所 Measurement location	日陰になる割合 Shade rate		
		9:00 - 11:00	13:00 - 14:00	15:00 - 17:00
1	NTT ドコモ墨田ビル周辺 NTT docomo Sumida building vicinity	◎	◎	◎
2	回向院 Ekoin Temple	○	○	◎
3	横網町公園 Yokoamicho Park	○	○	○
4	両国花火資料館 Ryogoku Fireworks Museum	○	○	○
5	旧安田庭園 Former Yasuda Garden	○	○	◎
6	豎川(一之橋周辺) Tatekawa River (Ichinohashi Bridge vicinity)	◎	◎	×
7	APA ホテル周辺 APA Hotel vicinity	△	○	○
8	本所松坂町公園 Honjo Matsuzakacho Park	△	○	○
9	緑町公園 Midoricho Park	○	○	◎
10	江戸東京博物館側道 Frontage road of Edo-Tokyo Museum	△	○	◎
11	両国公園 Ryogoku Park	○	○	△
12	高速下 Areas below elevated Expwy	◎	◎	×
13	隅田川テラス Sumida-gawa River Terrace	◎	○	×
14	ヒューリック両国リバーセンター HULIC Ryogoku River Center	◎	◎	◎
15	両国駅広小路 Ryogoku Station Hirokoji Street	×	×	◎

【日陰になる割合 Shade rate】 ◎…90～100% ○…80～60% △…50～30% ×…5～0%

Sumida City's Ryogoku district is known as a town for sumo wrestling, and there are many places with ties to it such as the Kokugikan Arena and Ekoin Temple. This area is also popular among history enthusiasts as it is home to the Edo-Tokyo Museum and the former Kira Residence, site of the story of "Chushingura". In August 2020, we conducted a measurement survey of ambient temperatures of 15 locations around Sumida City, where the Kokugikan Arena will serve as a venue for the boxing matches of the Tokyo 2020 Olympic Games. The Coolness Ranking for these locations in Sumida City is shown above. See the next page for maps of recommended routes by hour.

Contact: Sumida City Environmental Protection Division ☎ 03-5608-6207

Ryogoku Cool Spot Guide

Discover the best sights in Sumida!



Sumida City Tourism Association Home page

Use your GPS to find a nearby spot to cool off!



Tokyo Cool Spot Map

The cool breeze feels great!

The shade keeps it cool here all day!

Be careful of heat stroke on hot days!

Legend



Coollest route for a morning walk

- 15 Ryogoku Station Hirokoji Street → 4 Ryogoku Fireworks Museum → 2 Ekoin Temple → 6 Tatekawa River (Ichinohashi Bridge vicinity) → 14 HULIC Ryogoku River Center → 12 Areas below elevated Expy → 13 Sumida-gawa River Terrace → 15 Ryogoku Station Hirokoji Street

Coollest route for an afternoon walk

- 15 Ryogoku Station Hirokoji Street → 9 Midoricho Park → 10 Frontage road of Edo-Tokyo Museum → 7 APA Hotel vicinity → 1 NTT docomo Sumida building vicinity → 3 Yokoamicho Park → 5 Former Yasuda Garden → 15 Ryogoku Station Hirokoji Street

It's best to walk along the river in the morning and through parks and gardens in the afternoon.



Ryogoku Cool Spot Guide

1 NTT ドコモ墨田ビル周辺 NTT docomo Sumida building vicinity



Great airflow and all-day shade make this a great spot to cool off.

2 回向院 Ekoin Temple



You'll find pleasant breezes and trees providing shade all day here.

3 横網町公園 Yokoamicho Park



The trees keep this area relatively cool.

4 両国花火資料館 Ryogoku Fireworks Museum



All-day shade helps quell the heat here.

5 旧安田庭園 Former Yasuda Garden



Shade any time of day and particularly cool at night.

6 豎川（一之橋周辺） Tatekawa River (Ichinohashi Bridge vicinity)



This is comfortable spot is shaded from the midday sun.

7 APA ホテル周辺 APA Hotel vicinity



Enjoy benches surrounded by trees.

8 本所松坂町公園 Honjo Matsuzakacho Park



This park on the site of the former Kira residence has plenty of shade in the afternoon.

9 緑町公園 Midoricho Park



This park in front of the Sumida Hokusai Museum offers late-afternoon shade.

10 江戸東京博物館側道 Frontage road of Edo-Tokyo Museum



Shady trees line the streets, making this spot especially nice in the late afternoon.

11 両国公園 Ryogoku Park



Katsu Kaishu's birthplace is covered in trees and greenery.

12 高速下 Areas below elevated Expwy



Shady during the day, but sunny in the late afternoons.

13 隅田川テラス Sumida-gawa River Terrace



Breezes off the river make this a great spot for a morning walk.

14 ヒューリック両国リバーセンター HULIC Ryogoku River Center



River breezes and all-day shade keep it cool here.

15 両国駅広小路 Ryogoku Station Hirokoji Street



This popular spot at the west exit of JR Ryogoku Station is great in the late afternoon.



+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.

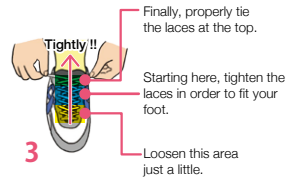
<Points of choosing shoes>

- 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 instep and ankle with the laces.

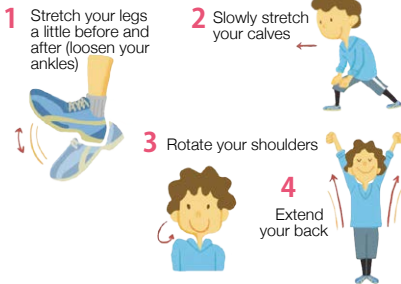
Always properly untie your shoe before putting it on.



+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.

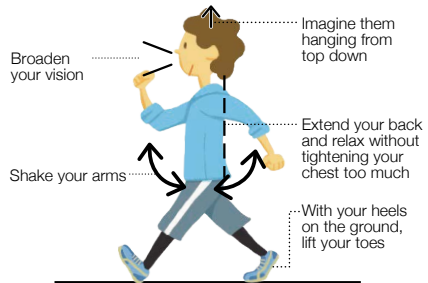
Edited: Sachiko Wada, Instructor at Sumida Hanataiso



+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
KENKOUDEUSUKA-MAN**

<Published by>
Sumida City Health Planning Division
Tel: 03-5608-8514
<Created by>
1-23-20 Azumabashi, Sumida City,
130-8640
Sumida City Tourism Association
<Illustration>
Kinue Naganawa
<Date Published>
March 2021