NAKANOSHIMA WALK

6.81 miles · 10.96 km

Morinomiya → JR Fukushima · via Utsubo Park

V1 / EXERCISE WALK

Allow about 2½–3 hours

Includes stairs · See highway exceptions

ROUTE MAP

H1–H3 = short expressway underpasses



THE WALK

Walk south and west through Tamatsukuri and Karahori lanes, then north through Semba to Kitahama. Follow the Nakanoshima Rose Garden paths and riverfront west past the Central Public Hall.

Continue through Yodoyabashi and Higobashi to Edobori. Traverse Utsubo Park on green paths, then walk via Kyomachibori, the western riverfront and Fukushima's neighborhood streets to JR Fukushima.

Highway exception: H1–H3 cross briefly beneath expressways. Strict avoidance is not met; no highway corridor is followed.

CHECKPOINT	MILES
1 **Morinomiya Station**	**0.00**
2 Tamatsukuri local streets	**0.56**
3 Karahori shopping lanes	**1.75**
4 Semba / Sankyubashisuji	**2.86**
5 Kitahama	**3.26**
6 Nakanoshima Rose Garden	**3.60**
7 Central Public Hall area	**3.92**
8 Yodoyabashi	**4.16**
9 Higobashi south approach	**4.64**
10 Edobori lanes	**4.79**
11 Utsubo Park east	**5.04**
12 Utsubo Park west	**5.49**
13 Nakanoshima west riverfront	**6.18**
14 Fukushima lanes	**6.43**
15 **JR Fukushima Station**	**6.81**

Cumulative miles from Morinomiya station frontage.

RETURN TO MORINOMIYA

At JR Fukushima (JR-O12), use platform 2: Osaka Loop Line outer loop toward Osaka / Kyobashi. Choose a through train continuing to Morinomiya (JR-O06); no transfer is needed. The GPX ends on the mapped station-front sidewalk, outside the ticket gates.

OSM-checked: continuous track, no repeated segments; Naniwa Bridge crossing is at different levels. Not field-surveyed.
Three brief expressway underpasses remain (H1–H3). Temporary access may differ. GPX, map and mileage match.

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