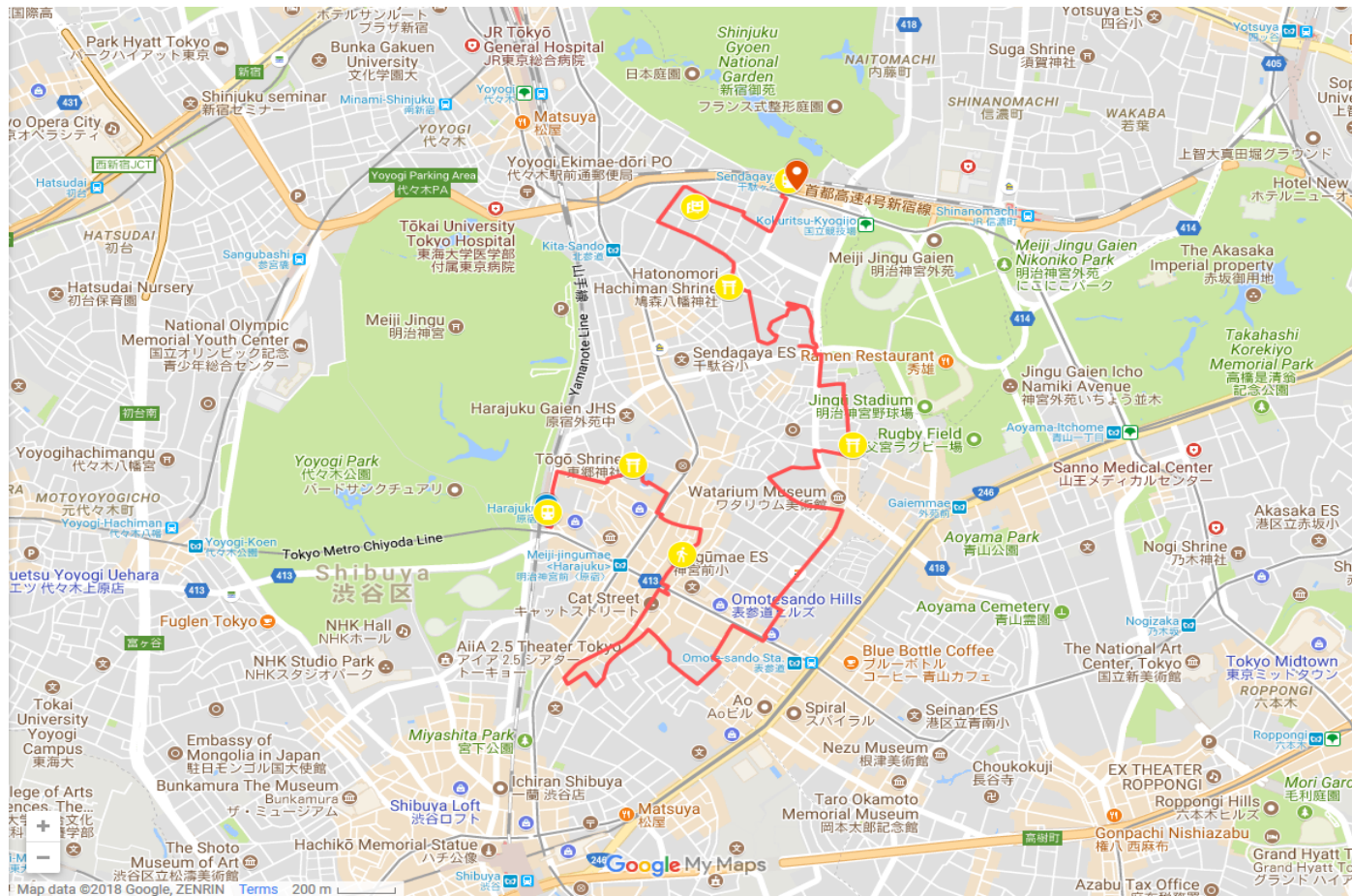


Shibuya
City

Harajuku & Sendagaya Course

Highlight | Former Shibuya River path



©Google



IRISSN,
the Sprite of Shibuya
(PR mascot of Shibuya City)

Route Description

- 📍 Harajuku Sta.
- ▼
- 🏯 Togo Jinja Shrine
- ▼
- 🚶 Former Shibuya River path
- ▼
- 🏯 Aoyama-Kumano Jinja Shrine
- ▼
- 🏯 Hatonomori-Hachiman Jinja Shrine
- ▼
- 🎭 National Noh Theater
- ▼
- 📍 Sendagaya Sta.

Don't forget to rehydrate

Sweating helps prevent rises in body temperature. When you have a lack of water in the body lost through sweat, there is a risk that you will get heatstroke. Ensure you rehydrate with water, sports drinks and so on. Be aware, however, that drinks which include caffeine (coffee, tea, etc.) are diuretics and thus not suitable for rehydration. It is important to rehydrate at frequent intervals and to do so before your throat feels parched.

🕒 Time allowed	around 96 minutes
📏 Distance	around 6.4 km
🔥 Calorie consumption	around 288 kcal
👣 Number of steps	around 9150 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

Former Shibuya River path



- Nicknamed Cat Street
- Diverted underground for the Tokyo Olympics in 1964

Aoyama-Kumano Jinja Shrine



- Sochinju (guardian deity) of Aoyama
- Enshrines the god of tree-planting and forests

Hatomomori-Hachiman Jinja Shrine



- Sochinju (guardian deity) of Sendagaya
- With Fujizuka mounds and shogi hall