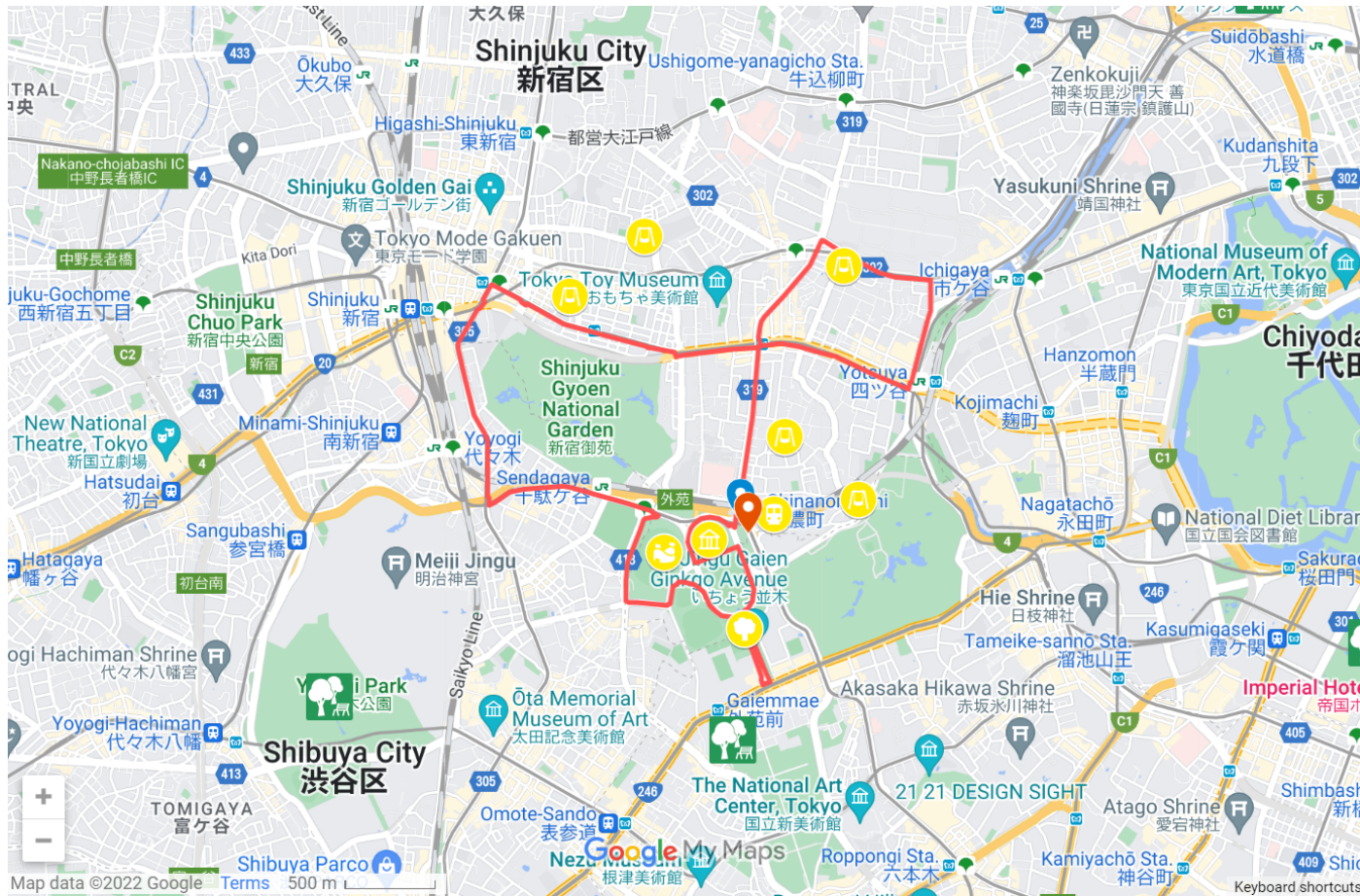


Shinjuku City

Follow the Shinjuku City Half Marathon course to a recreation forest

Highlight | Meiji Memorial Picture Gallery



Route Description

- 📍 Shinanomachi Sta.
Walk along the course* of the Shinjuku City Half Marathon.
(* Differs to actual course of the marathon on the race day.)
- ▼ National Stadium
- ▼ Ginkgo colonnade of Meiji Jingu Gaien
- ▼ Meiji Memorial Picture Gallery
- ▼ Shinanomachi Sta.

Hints to walk healthily

1. Try to walk 8,000 steps per day
2. Maintain correct walking form
3. Walk at your own pace

🕒 Time allowed	around 160 minutes
📏 Distance	around 10.6 km
🔥 Calorie consumption	around 480 kcal
👣 Number of steps	around 15100 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

National Stadium



The competitions of the Tokyo 2020 Olympic and Paralympic Games opened here!

Provided by JAPAN SPORT COUNCIL

Ginkgo colonnade of Meiji Jingu Gaien



The almost 300m row of ginkgo trees overlooking the art gallery is beloved of many people throughout all seasons. Walking through the tunnel of ginkgo trees with their autumnal foliage makes you feel like the star of a drama show.

Meiji Memorial Picture Gallery



Built in 1926 to pass on the achievements of the Emperor Meiji and the Empress Dowager Shoken to the next generation. Eighty giant wall paintings are on display, which allow you to see the history of Meiji at a single glance.
(* Subject to facility maintenance donations)