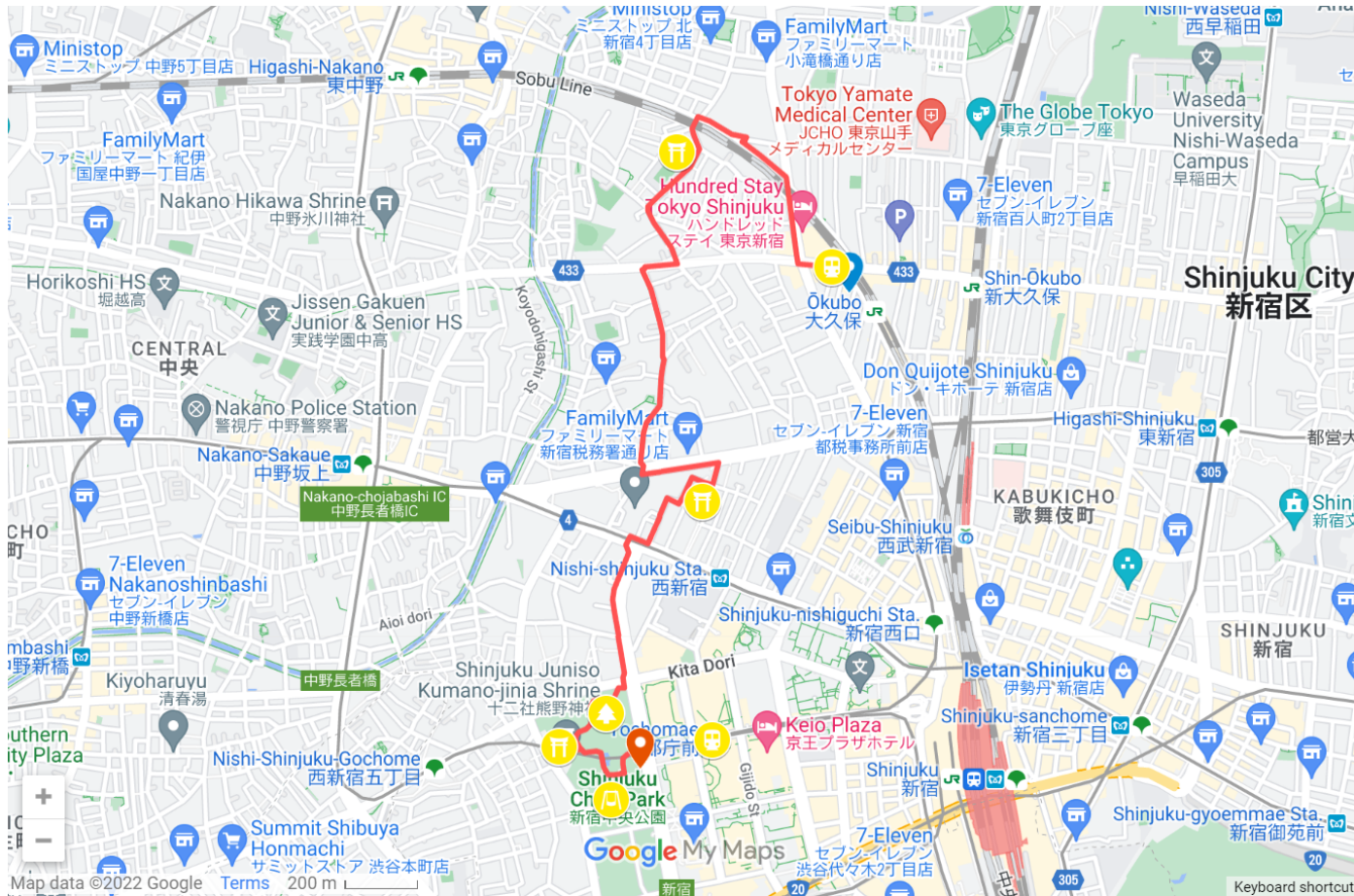


Shinjuku City

From a land of tradition to a vast urban oasis

Highlight | Yoroji Jinja Shrine



Route Description

- 📍 Okubo Sta. (North Exit)
- ▼
- Yoroji Jinja Shrine
- ▼
- Narukoten Jinja Shrine
- ▼
- Shinjuku Chuo Park
- ▼
- Junisokumano Jinja Shrine
- ▼
- 📍 Tochomae Sta. (A5)

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 55 minutes
📏	Distance	around 3.6 km
🔥	Calorie consumption	around 165 kcal
👣	Number of steps	around 5100 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

Yoroji Jinja Shrine



According to the legend, the owners of a suit of armor buried here were the samurai Taira no Masakado and prince of the Yamato dynasty Yamato Takeru. The komainu-gata Koshinto(guardian lion-dog shaped Koshin Tower) on the grounds is extremely rare.

Narukoten Jinja Shrine



Enshrined deity is Sugawara no Michizane. Contains the "Chikarashi", a stone for testing one's power, which the young people of the village used to compare their might, "Mt. Fuji mound," which is the largest in the city, and "The Seven Gods of Good Fortune" with all seven gods.

Shinjuku Chuo Park



A greenery-rich park of around 80,000 square meters. The "Eco Gallery Shinjuku" in the park is a hub of activity for the bringing together and management of citizens, corporations and the government with the aim of planning to create a pleasant town.

Junisokumano Jinja Shrine



Said to have been founded in the Muromachi period. In the Edo period, the "Juniso pond" and the "Kumano falls" were known as beauty spots and were bustling with people.