



# Tokyo Town Walking 16 Jul. 2016 Course

Highlight | **Kitanomaru Park**



Get aboard the metro  
and have fun walking from a station



## Route Description

- Iidabashi Sta.
  - ▼
  - Tokyo Daijingu Shrine
  - ▼
  - Kitanomaru Park
  - ▼
  - Chidorigafuchi Ryokudo Walkway
  - ▼
  - National Diet Building (Exterior view)
  - ▼
  - Hie-jinja Shrine
  - ▼
  - Akasaka area
  - ▼
  - Azabu Juban Shopping Street
  - ▼
  - Shirokane-takanawa Sta.
- Point requiring attention

**Warm-up**  
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

**Cool-down**  
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

\* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around <b>2 h 50 min.</b>
Distance	around <b>11.3 km</b>
Calorie consumption	around <b>510 kcal</b>
Number of steps	around <b>16140 steps</b>

\* 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

### Kitanomaru Park



The park was named Kitanomaru Park after the fact that Kitanomaru (northern section) of the Edo Castle stood here in the Edo period. The park has historical remains, the Science Museum, the National Museum of Modern Art, Tokyo, and other facilities.

### Hie-jinja Shrine



One of the best 10 shrines in Tokyo. *Masaru* (Holy monkey), which is placed at the *Shimnan* (gate) and the Haiden hall, is said to keep evil away and bring good match-making. The Sanno Festival held at Hie Shrine was known as one of the top three festivals in both Japan and Edo.

### Azabu Juban Shopping Street



A shopping street with a long history continued from the Edo period. More than 300 old and new shops line the street, and there is a statue of Kimi-chan, who is the model of a children's song "*Akaiutsu* (Red shoes)".

Icons: Shrines and Temples Park Other