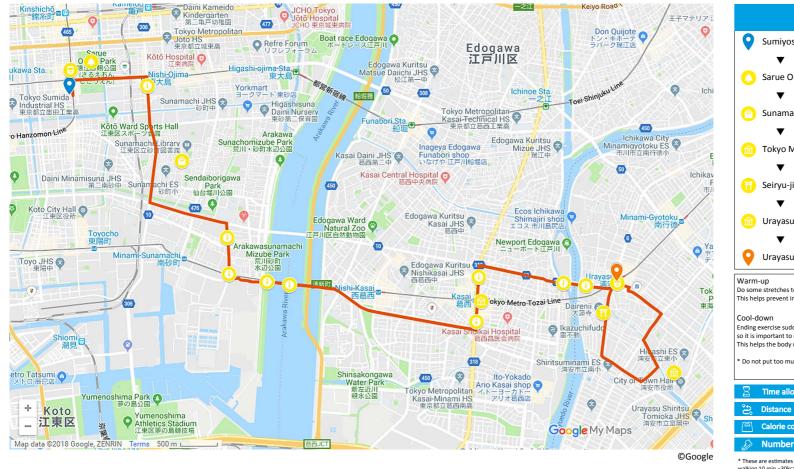


Tokyo Town Walking 27 May 2017 Course

Highlight | Tokyo Metro Museum

Get aboard the metro and have fun walking from a station





Route Description		
9	Sumiyoshi Sta.	
	▼	
	Sarue Onshi Park	
	▼	
©	Sunamachi Ginza Shopping Street	
	▼	
⑪	Tokyo Metro Museum	
	V	
W	Seiryu-jinja Shrine	
	V	
•	Urayasu Folklore Museum	
	▼ Harvary Cha	O Deint van deine attantion
_	Urayasu Sta.	i Point requiring attention

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

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 3 h 30 min.
ొం Distance	around 14 km
Calorie consumption	around 630 kcal
Number of steps	around 20000 stens

* 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-M



Other

Recommended Site





One of the best three shrines in Urayasu, along with Toyouke Shrine and Inari Shrine.

Urayasu Folklore Museum (Free)

An experience-type museum introducing the nature, history and culture of Urayasu City.

Shrines and Temples



You can learn everything from the history to the latest technology

