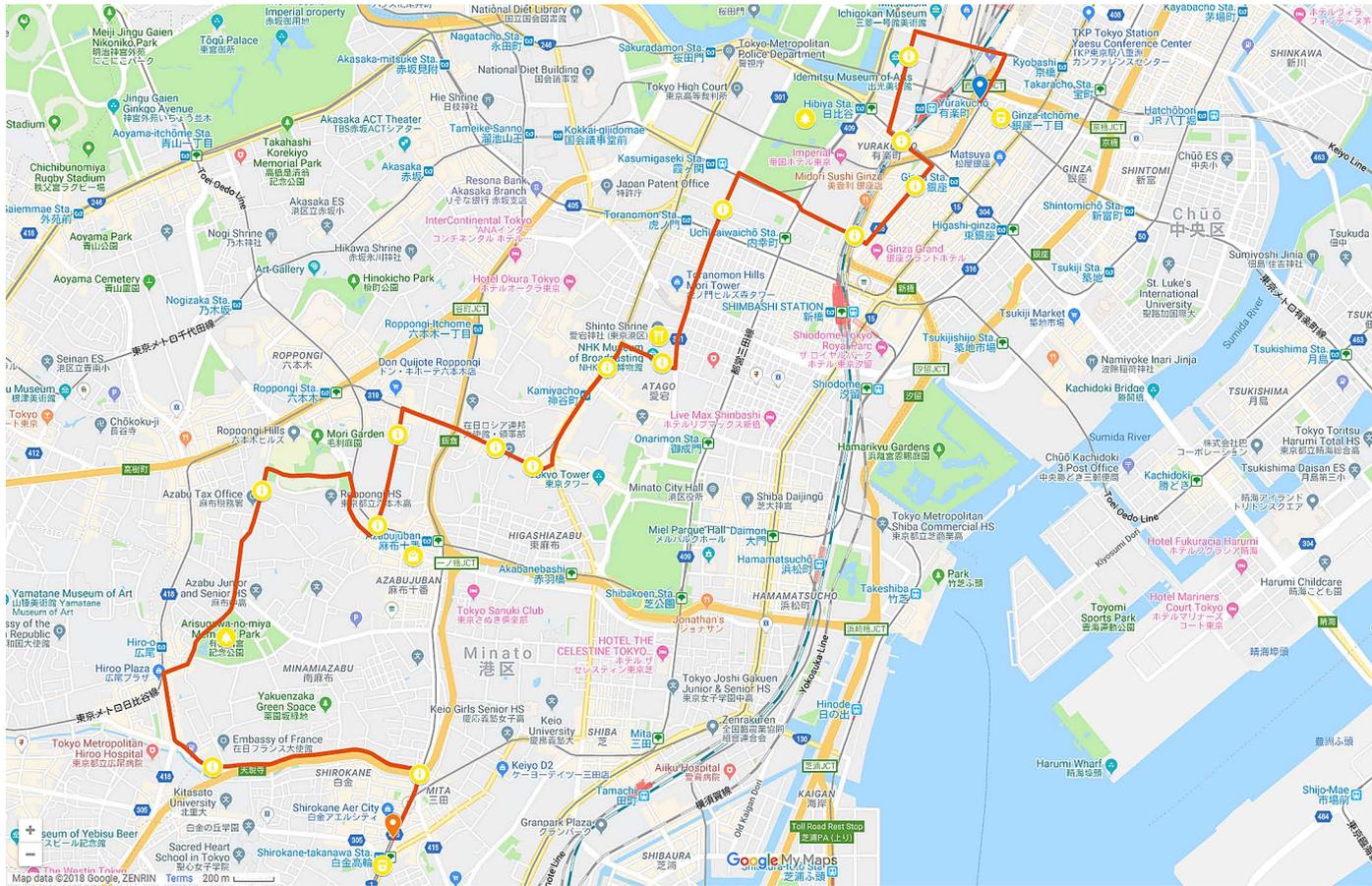




Get aboard the metro and have fun walking from a station



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Route Description

- Ginza 1-chome Sta.
- ▼
- Hibiya Park
- ▼
- Atago-jinja Shrine
- ▼
- Azabu Juban Shopping Street
- ▼
- Arisugawa-no-miya Memorial Park
- ▼
- 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 2 h 27 min.
Distance	around 9.8 km
Calorie consumption	around 441 kcal
Number of steps	around 14000 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

Hibiya Park



The first modern Western-style park, which commemorates more than 110th anniversary since its opening. There are various events in the park full of seasonal flowers.

Atago-jinja Shrine



The shrine in the place that is the highest with 23 wards in Tokyo. The stone staircase with 86 steps on the approach to the shrine is called Shusse no Ishidan (stairs of career success), which was named after the historical Magaki Heikuro, a storyteller famous for a story titled "Kan-ei San Bajutsu."

Arisugawa-no-miya Memorial Park



A tasteful Japanese-style garden created taking advantage of the undulating ground and nature. A calm and quiet space where visitors do not feel surrounding noise and hustle.