

Tokyo Town Walking 2 Jun. 2018 Course

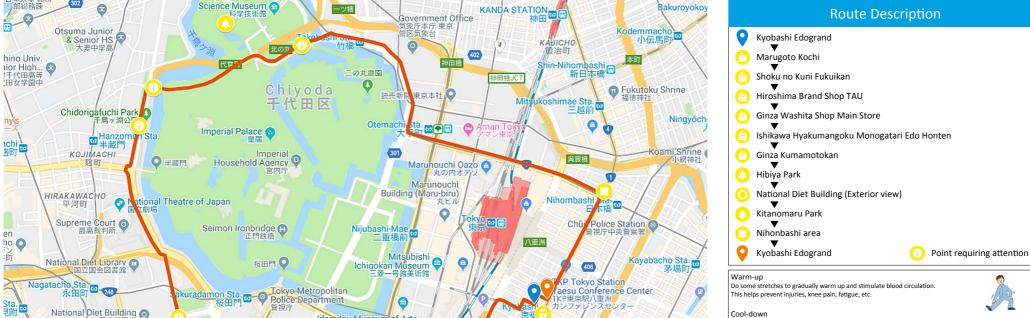
Idemitsu Museum of-Arts

YURAKUCHO

Highlight | National Diet Building (Exterior view)

Get aboard the metro and have fun walking from a station





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.



8	Time allowed	around 2 h 5 min.	netal V
<mark>گ</mark> و،	Distance	around 8.3 km	aeg
	Calorie consumption	around 375 kcal	
D	Number of steps	around 11860 steps	
These	are estimates given for a person,		

Shrines and Temples

walking 10 min.=30kcal, one step=70cm

Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-N

9 Recommended Site



京橋

GINZA



JR八丁

SHINTOMI

Chūō ES 👩

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Hibiya Park



The first modern Western-style park in Japan. There is an outdoor concert hall, Tokyo Metropolitan Hibiya Public Hall, Hibiya Library and Museum and other facilities in the park. Its symbol Giant Fountain shoots water up to a height of 12m.



Nihonbashi area



In Nihonbashi, the starting point of roads in Japan, there are many traditional stores that have been maintained through generations from the Edo period.



Hie Shrine





kasaka Branch Pな銀行 赤坂支店

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It was built in November 1936. The building was the highest building in Japan at the time, and its appearance covered with granite stone was appraised as a "White Palace".

Tokyo High Court @

Japan Patent Office