

Yamanote Line Walking Course

2

Shinjuku Sta. ← Kanda Sta.



NPO Tokyo-to Walking Association



Choose your own start and end points and walk the route you want to walk!

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

Referencing the "Long Walk Yamanote Line," a walking event provided by NPO Tokyo-to Walking Association. The courses and comments on the map assume that you will proceed in a clockwise direction. Although the route is a little far from train stations, you can use it as a reference when you walk near the Yamanote Line for daily exercise or a walk during holidays. You should also find your own favorite course!

Benefits of Walking

*Please consult your doctor before starting if you have a chronic illness.

- 1 Preventing lifestyle-related diseases**
It reduces blood sugar and blood pressure. It is also believed to reduce the risk of lifestyle-related diseases such as cancer and diabetes.
- 2 Improving cardiorespiratory function**
When you continue to exercise on a regular basis, it will help you to maintain and improve your physical fitness, such as your overall endurance and muscle strength.
- 3 Preventing obesity**
It increases energy consumption, making it easier to lose abdominal fat and weight.
- 4 Relieving stress**
It helps to relieve stress and improve your mental and physical health.

(Creating while referencing "Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour and Welfare)")



Check a box () when you walk one of the courses between stations! Straight-line distances between stations are provided for you to use as a guideline for your walks.

- JY 02 **Kanda Sta.**
: (around 1.3 km)
- JY 01 **Tokyo Sta.**
: (around 0.8 km)
- JY 30 **Yurakucho Sta.**
: (around 1.1 km)
- JY 29 **Shimbashi Sta.**
: (around 1.2 km)
- JY 28 **Hamamatsucho Sta.**
: (around 1.5 km)
- JY 27 **Tamachi Sta.**
: (around 1.3 km)
- JY 26 **Takanawa Gateway Sta.**
: (around 0.9 km)
- JY 25 **Shinagawa Sta.**
: (around 2.0 km)
- JY 24 **Osaki Sta.**
: (around 0.9 km)
- JY 23 **Gotanda Sta.**
: (around 1.2 km)
- JY 22 **Meguro Sta.**
: (around 1.5 km)
- JY 21 **Ebisu Sta.**
: (around 1.6 km)
- JY 20 **Shibuya Sta.**
: (around 1.2 km)
- JY 19 **Harajuku Sta.**
: (around 1.5 km)
- JY 18 **Yoyogi Sta.**
: (around 0.7 km)
- JY 17 **Shinjuku Sta.**

Source: Base map information issued by the Geospatial Information Authority of Japan

Please be aware that current road conditions and other matters may differ.