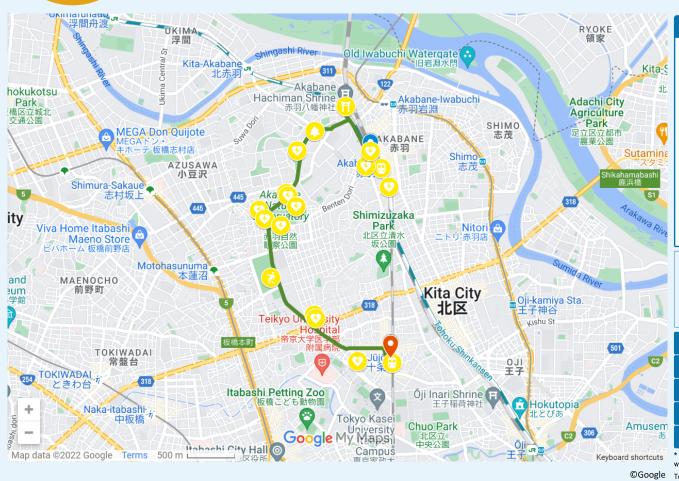


## Route G: Akabane ~ Jujo

Highlight | National Sports Science Center





KOUTE	Description
Noute	Description

Akabane Sta.

Akabane Hachiman Shrine

🔼 Akabane Ryokudō Park

Akabane Nature Observation Park

National Sports Science Center

Kitanodai Echo Plaza

Jujo Sta.

## Walking etiquette

- 1 Follow traffic rules.
- 2 Be aware of automobiles and bicycles.
- 3 Share the road with other walkers and pedestrians.
- 4 Take your trash home.

☐ Nearest Station
☐ JR Akabane Sta.
☐ Time allowed
☐ around 60 min.
☐ Time allowed
☐ around 60 min.
☐ Time allowed

2 Distance around 4.3 km

Calorie consumption
around 180 kcal

\* 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

## Begin!

## Recommended Site





The purpose of this facility is to improve the level of sports in Japan to an international competitive level. Through this facility, we also support athletes and instructors through the field of sports medicine and science.



Akabane Hachiman Shrine



According to legend, Sakanoue-no Tamuramaro founded the shrine of Yawata Sanjin by ceremonially transfering the divided spirit of the deity while he was on his duty of Mutsu mission. This shrine was the total guardian of the villages of Akabane-mura, Shimo-mura, Hukuro-mura, lwabuchi-syuku, and Inatuki-mura.



Number of steps











around 6140 stens

The theme of this park is to restore nature and to interact with it. There are ponds and rice fields that are utilizing the spring water. Visitors can enjoy the day camping.

