

Meguro

# Walking Map



## Walking benefits

- 1 Prevents lifestyle diseases
  - 2 Improves cardio-pulmonary function
  - 3 Prevents obesity
  - 4 Alleviates stress
- ! Persons with chronic illnesses should consult with their primary physician before starting.  
It's important not to push yourself when you are sleep deprived or don't feel well

## Don't forget to hydrate

- Timing of hydration
- Before you feel thirsty
  - every 10-15 minutes (including before and after your walk)
- Types of fluids
- desirable : Water, sports drinks  
undesirable : Drinks which contain caffeine, which promotes urination (coffee, tea, etc.)



### Course 2 Komaba/Aobadai area

Walk the ties between Meguro and Fuji

Course features: Park/nature path, Scenery, History

Cal. burned: around 378kcal  
Steps: around 12,000steps  
Total dist.: around 8.4km  
Time: around 2 h 6 min.

Start Komaba-todaim around 2.0 km/around 30 min.

- 1 Komaba Park around 2.2 km/around 33 min.
- 2 Kamimeguro Hikawa-jinja Shrine around 0.2 km/around 3 min.
- 3 Meguro Sky Garden around 1.4 km/around 21 min.
- 4 Sugekari Park around 0.4 km/around 6 min.
- 5 Saigoyama Park around 0.2 km/around 3 min.
- 6 Sarugaku-zuka Burial Mound around 0.8 km/around 12 min.
- 7 Meguro Moto-Fuji around 0.8 km/around 12 min.
- 8 Meguro Shin-Fuji (Besshozaka Children's Park)

Goal Naka-meguro Sta.

### Course 5 Meguro/Shimomeguro area

Walk among Edo period townscape

Course features: History, Shrines and temples, Scenery

Cal. burned: around 216kcal  
Steps: around 6,860steps  
Total dist.: around 4.8km  
Time: around 1 h 12 min.

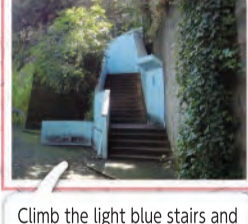
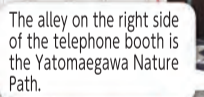
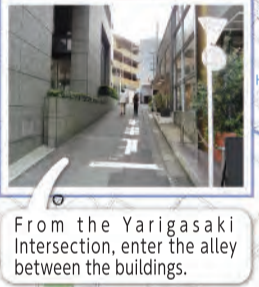
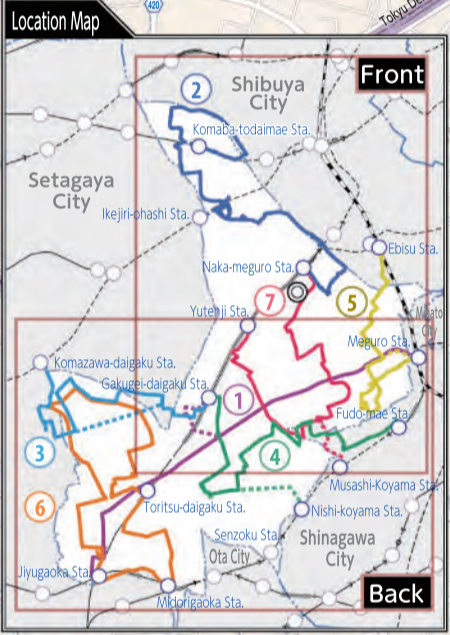
Start Meguro Sta. around 0.2 km/around 3 min.

- 1 Gyoninzaka Immediately
- 2 Daienji Temple around 0.6 km/around 9 min.
- 3 Banryuji Temple around 0.4 km/around 6 min.
- 4 Gohyaku Rakanji Temple around 0.2 km/around 3 min.
- 5 Jojuin Temple (Tako Yakushi) around 0.2 km/around 3 min.
- 6 Ryusenji Temple (Meguro Fudosen) around 1.6 km/around 24 min.
- 7 Meguro Museum of Art around 0.6 km/around 9 min.
- 8 Chayazaka around 1.0 km/around 15 min.

Goal Ebisu Sta.

### Shortened route

Cal. burned: around 135kcal  
Steps: around 4,290steps  
Total dist.: around 3.0km  
Time: around 45 min.



### Shortened route

Cal. burned: around 144kcal  
Steps: around 4,570steps  
Total dist.: around 3.2km  
Time: around 48 min.

### Shortened route

Cal. burned: around 207kcal  
Steps: around 6,570steps  
Total dist.: around 4.6km  
Time: around 1 h 9 min.

### Course 7 Yutenji/Chuo-cho area

Walk Yutenji and the vestiges of the old horse track

Course features: Park/nature path, History, Shrines and temples

Cal. burned: around 270kcal  
Steps: around 8,570steps  
Total dist.: around 6.0km  
Time: around 1 h 30 min.

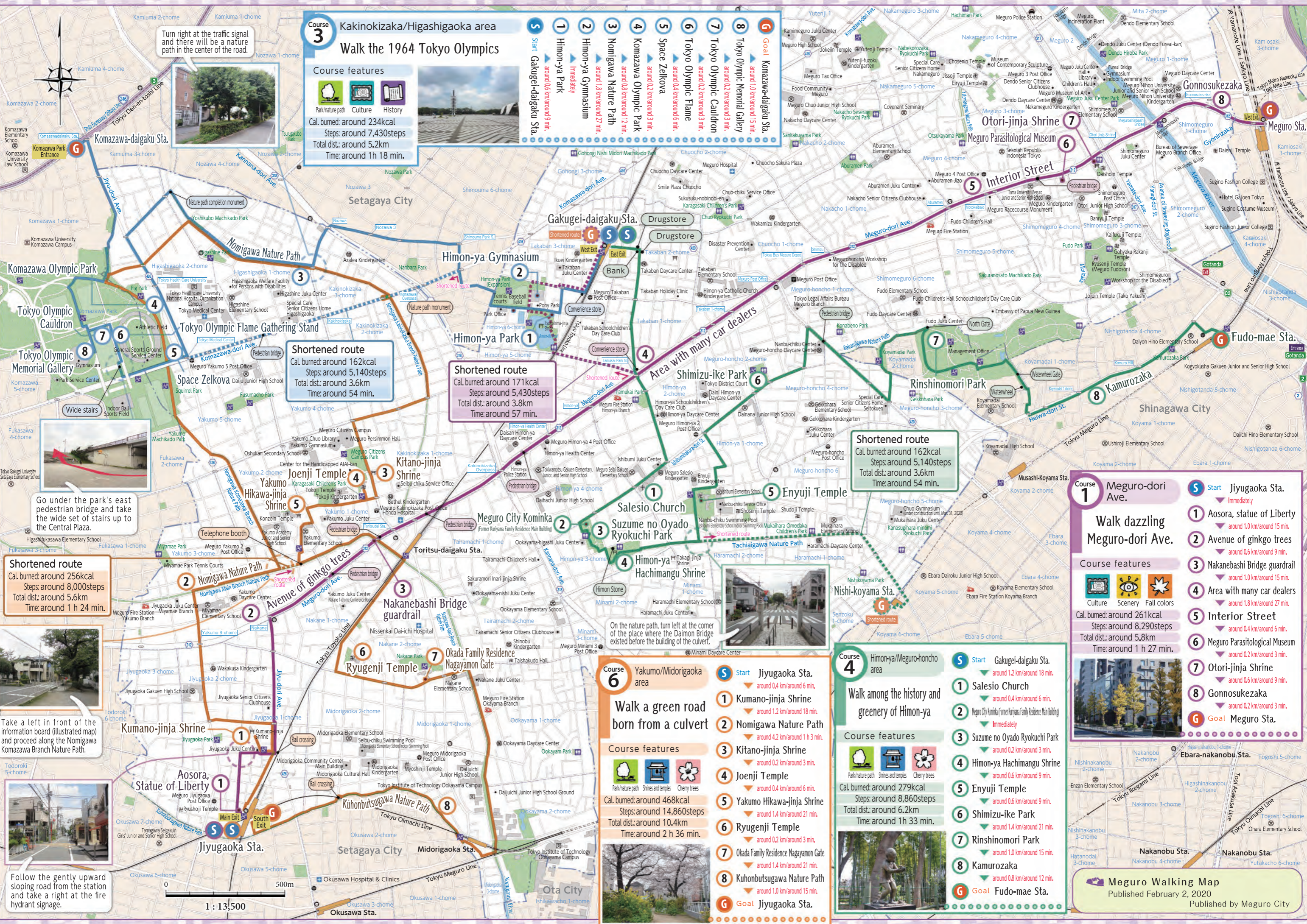
Start Naka-meguro Sta. around 0.4 km/around 6 min.

- 1 Meguro City Office Complex around 0.6 km/around 9 min.
- 2 Yutenji Temple around 1.0 km/around 15 min.
- 3 Yatomaegawa Nature Path around 0.4 km/around 6 min.
- 4 Meguro Racecourse Monument around 0.8 km/around 12 min.
- 5 Sakuranosato Machikado Park around 1.2 km/around 18 min.
- 6 Shimizu Koshin around 1.0 km/around 15 min.
- 7 Tokamori Inari-jinja Shrine around 0.2 km/around 3 min.
- 8 Gohongi Koshintogun around 0.4 km/around 6 min.

Goal Yutenji Sta.

### Legend

- City Office
- Police station/box
- Fire station/branch
- Emergency hospital
- Post office
- School
- Kindergarten
- Daycare center
- Shrine
- Temple
- Church
- Toilet
- Multifunction toilet



**Course 3** Kakinokizaka/Higashigaoka area  
**Walk the 1964 Tokyo Olympics**

**Course features**  
 Park/nature path Culture History  
 Cal. burned: around 234kcal  
 Steps: around 7,430steps  
 Total dist.: around 5.2km  
 Time: around 1h 18 min.

1 Start Gakugei-daigaku Sta.  
 2 Himon-ya Park  
 3 Himon-ya Gymnasium  
 4 Komazawa Nature Path  
 5 Komazawa Olympic Park  
 6 Space Zelkova  
 7 Tokyo Olympic Flame  
 8 Tokyo Olympic Cauldron  
 9 Goal Komazawa-daigaku Sta.

**Shortened route**  
 Cal. burned: around 162kcal  
 Steps: around 5,140steps  
 Total dist.: around 3.6km  
 Time: around 54 min.

**Shortened route**  
 Cal. burned: around 171kcal  
 Steps: around 5,430steps  
 Total dist.: around 3.8km  
 Time: around 57 min.

**Shortened route**  
 Cal. burned: around 162kcal  
 Steps: around 5,140steps  
 Total dist.: around 3.6km  
 Time: around 54 min.

**Shortened route**  
 Cal. burned: around 256kcal  
 Steps: around 8,000steps  
 Total dist.: around 5.6km  
 Time: around 1 h 24 min.

**Shortened route**  
 Cal. burned: around 468kcal  
 Steps: around 14,860steps  
 Total dist.: around 10.4km  
 Time: around 2 h 36 min.

**Course 6** Yakumo/Midorigaoka area  
**Walk a green road born from a culvert**

**Course features**  
 Park/nature path Shrines and temples Cherry trees  
 Cal. burned: around 468kcal  
 Steps: around 14,860steps  
 Total dist.: around 10.4km  
 Time: around 2 h 36 min.

1 Start Jiyugaoka Sta.  
 2 Kumano-jinja Shrine  
 3 Nomigawa Nature Path  
 4 Kitano-jinja Shrine  
 5 Joenji Temple  
 6 Yakumo Hikawa-jinja Shrine  
 7 Ryugenji Temple  
 8 Okada Family Residence Nagayamon Gate  
 9 Goal Jiyugaoka Sta.

**Course 4** Himon-ya/Meguro-honcho area  
**Walk among the history and greenery of Himon-ya**

**Course features**  
 Park/nature path Shrines and temples Cherry trees  
 Cal. burned: around 279kcal  
 Steps: around 8,860steps  
 Total dist.: around 6.2km  
 Time: around 1h 33 min.

1 Start Gakugei-daigaku Sta.  
 2 Salesio Church  
 3 Meguro City Kominka (Former Kariyama Family Residence Main Building)  
 4 Suzume no Oyado Ryokuchi Park  
 5 Himon-ya Hachimangu Shrine  
 6 Enyuji Temple  
 7 Shimizu-ike Park  
 8 Rinshinomori Park  
 9 Kamurozaka  
 10 Goal Fudo-mae Sta.

**Course 1** Meguro-dori Ave.  
**Walk dazzling Meguro-dori Ave.**

**Course features**  
 Culture Scenery Fall colors  
 Cal. burned: around 261kcal  
 Steps: around 8,290steps  
 Total dist.: around 5.8km  
 Time: around 1 h 27 min.

1 Start Jiyugaoka Sta.  
 2 Aosora, statue of Liberty  
 3 Avenue of ginkgo trees  
 4 Nakanebashi Bridge guardrail  
 5 Area with many car dealers  
 6 Interior Street  
 7 Meguro Parasitological Museum  
 8 Otori-jinja Shrine  
 9 Gonnosukezaka  
 10 Goal Meguro Sta.

**Shortened route**  
 Cal. burned: around 256kcal  
 Steps: around 8,000steps  
 Total dist.: around 5.6km  
 Time: around 1 h 24 min.

1 : 13,500  
 0 500m