

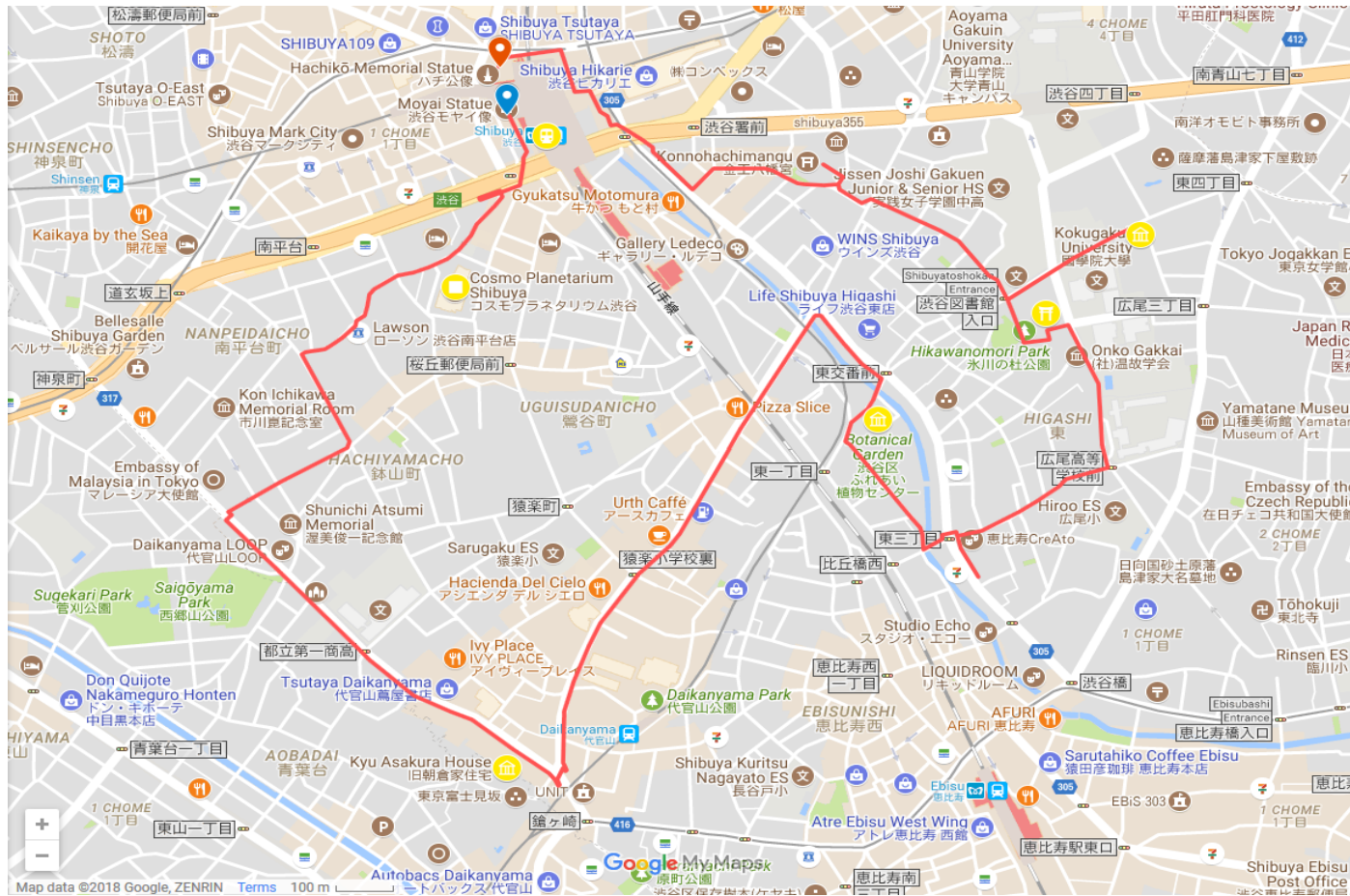
Shibuya City

Daikanyama & Shibuya Course

Highlight | **Kyu Asakura House**



IRISSN,
the Sprite of Shibuya
(PR mascot of Shibuya City)



Route Description

- 📍 Shibuya Sta.
- ▼
- 🏠 Shibuya Cultural Center Owada
- ▼
- 🏠 Kyu Asakura House
- ▼
- 🏠 Botanical Garden Fureai
- ▼
- 🏠 Hikawa Jinja Shrine
- ▼
- 🏠 Shibuya Folk and Literary Shirane Memorial Museum
- ▼
- 📍 Shibuya Sta.

Don't forget to rehydrate

Sweating helps prevent rises in body temperature. When you have a lack of water in the body lost through sweat, there is a risk that you will get heatstroke. Ensure you rehydrate with water, sports drinks and so on. Be aware, however, that drinks which include caffeine (coffee, tea, etc.) are diuretics and thus not suitable for rehydration. It is important to rehydrate at frequent intervals and to do so before your throat feels parched.

🕒 Time allowed	around 90 minutes
📏 Distance	around 6.0 km
🔥 Calorie consumption	around 270 kcal
👣 Number of steps	around 8580 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



Kyu-Yamaju-Tamura family residence



- Main house is a national important cultural property
- Japanese garden with a path around a central pond with a cliff line



Hikawa Jinja Shrine



- The oldest shrine in Shibuya
- Has the site of a sumo arena, which was used for ritual sumo matches



Shibuya Folk and Literary Shirane Memorial



- The theme is the history and culture of Shibuya
- Also introducing related literature