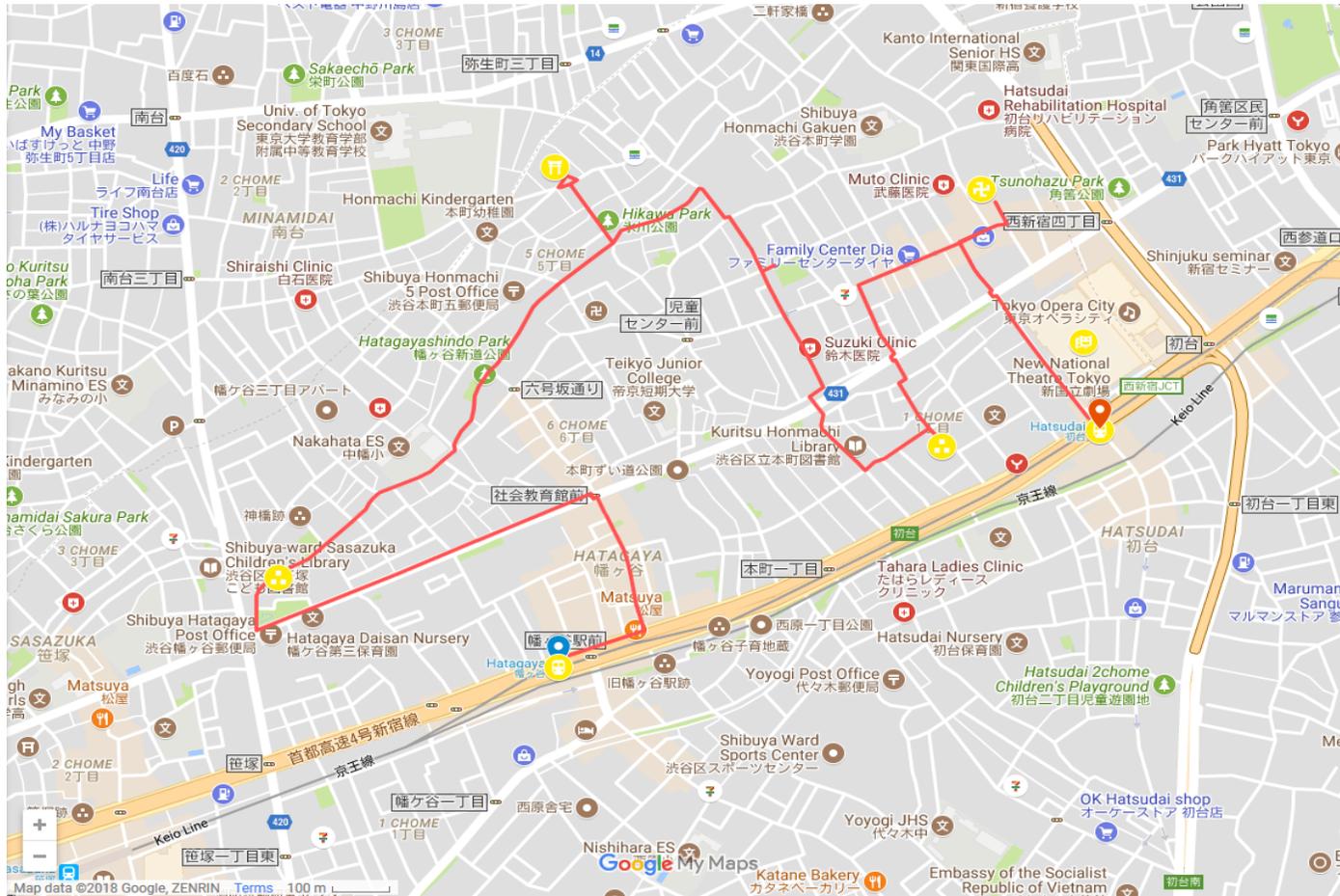


Shibuya City

Honmachi & Hatagaya Course

Highlight | Site of Hata-arai-ike



©Google



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

Route Description

- 📍 Hatagaya Sta.
- ▼
- 🏯 Nakahata Koshinto tower/Bato Kannon Statue
- ▼
- 🏯 Hatagaya-Hikawa Jinja Shrine
- ▼
- 🏯 Site of Hata-arai-ike
- ▼
- 🏯 Hatagaya Fuduson
- ▼
- 🏯 New National Theater, Tokyo
- ▼
- 📍 Hatsudai 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 69 minutes
📏 Distance	around 4.6 km
🔥 Calorie consumption	around 207 kcal
👣 Number of steps	around 6580 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

Site of Hata-arai-ike



- From the legend "Minamoto no Yoshiie washed his flag"
- The pond that gave Hatagaya its name

Hatagaya-Hikawa Jinja Shrine



- Sochinju (guardian deity) of kyu (former)-Hatagaya village
- Also recorded in the records of the Eiroku period (from 1558 to 1570)

New National Theater, Tokyo



- Hosts performances centered on contemporary performing arts
- Also has performances aimed at children and students