

Shibuya  
City

# Hiroo Course

Highlight | **Giant ginkgo tree**



©Google



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

## Route Description

- Hiroo Sta.
- ▼
- Giant ginkgo tree
- ▼
- Kyu Imori-gawa path
- ▼
- Yamatane Museum of Art
- ▼
- Shounji Temple
- ▼
- Ebisu Jinja Shrine
- ▼
- Hiroo 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 <b>60</b> minutes
Distance	around <b>4.0</b> km
Calorie consumption	around <b>180</b> kcal
Number of steps	around <b>5720</b> 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

### Giant ginkgo tree



- Designated as a protected species of Shibuya City
- The tree is around 500 years old

### Yamatane Museum of Art



- Art gallery specializing in Japanese painting
- The café and shop are also popular

### Shounji Temple



- Grave of the lord of the Fukuoka Domain Nagamasa Kuroda
- Nezumizuka, erected in 1902