

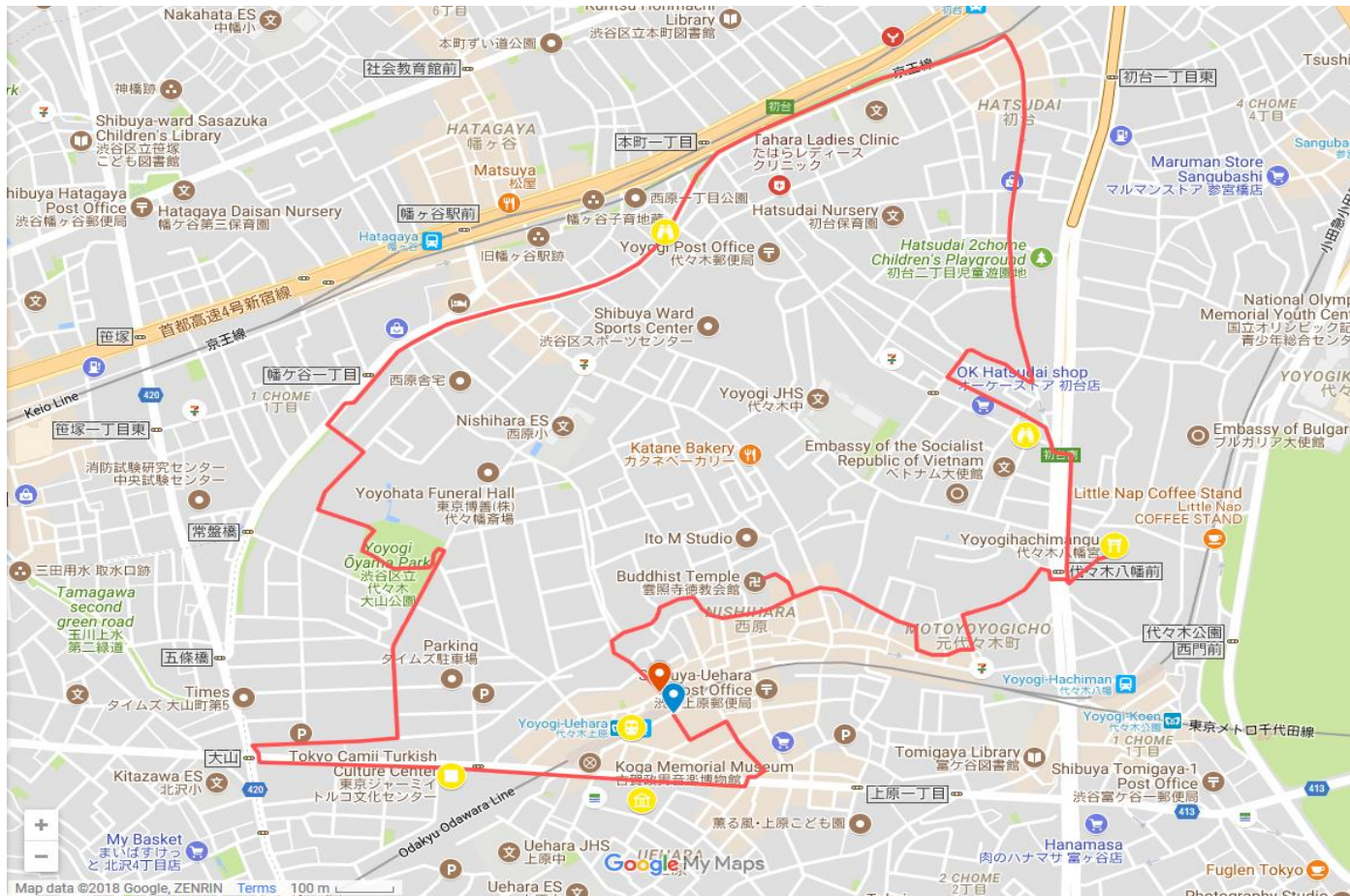
Shibuya
City

Hatsudai & Nishihara Course

Highlight | Former channel of Tamagawa Josui Aqueduct



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



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Route Description

- Yoyogi-uehara Sta.
- Koga Masao Museum of Music
- Tokyo Camii
- Former channel of Tamagawa Josui Aqueduct
- Tributary of Kyu Udagawa River/Hatsudai-bashi Bridge railings
- Yoyogi-hachimangu Shrine
- Yoyogi-uehara 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 93 minutes
Distance	around 6.2 km
Calorie consumption	around 279 kcal
Number of steps	around 8860 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

Koga Masao Museum of Music



- A famous composer of Showa period popular songs
- Posthumously received the People's Honour Award

Former channel of Tamagawa Josui Aqueduct



- Famous as a place with rows of cherry blossom trees
- Water feature area around Hatashiro Elementary School

Yoyogi-hachimangu Shrine



- Sochinju (guardian deity) of Yoyogi
- With a pit-dwelling style residence (recreation)