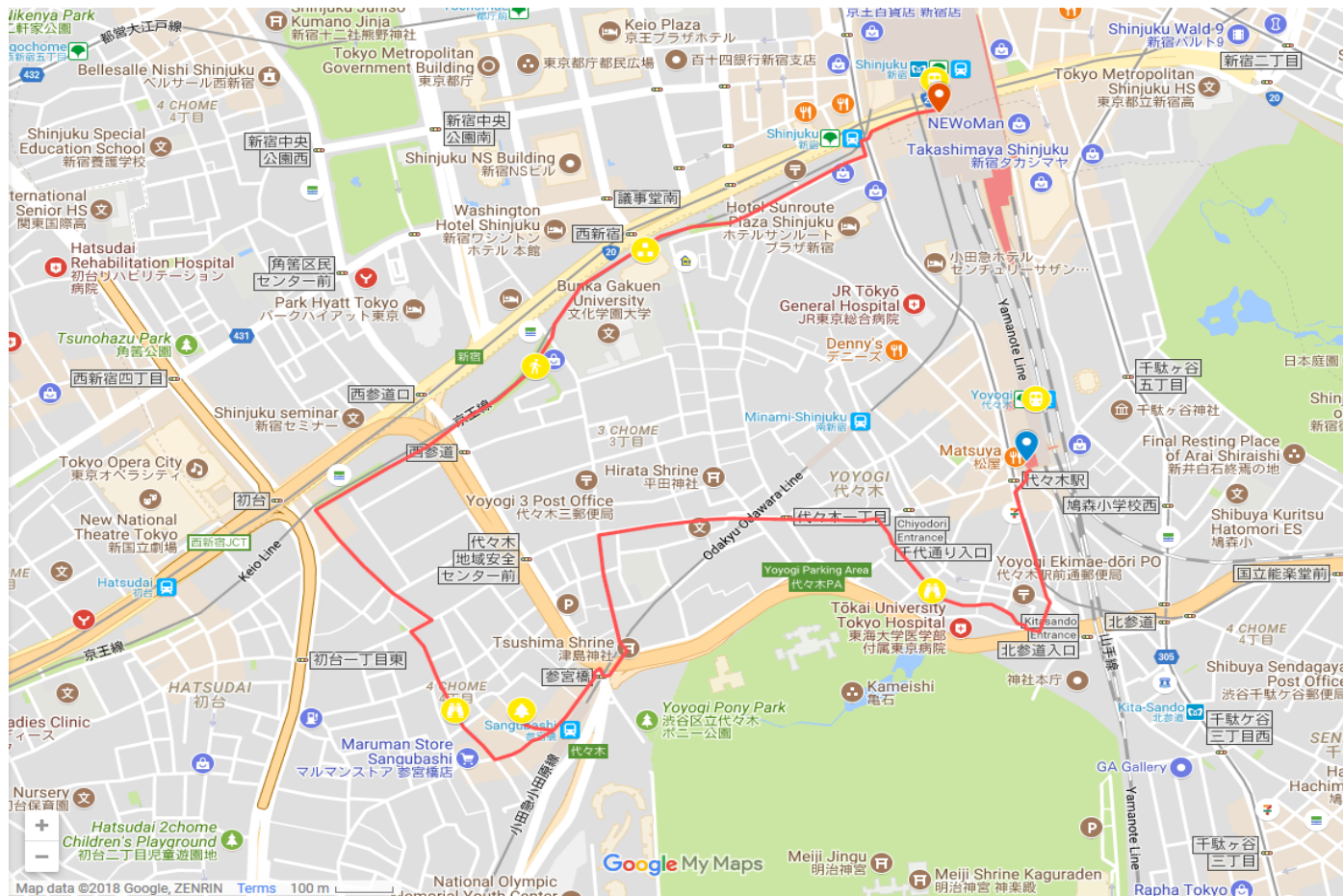


Shibuya
City

Yoyogi Course

Highlight | Sangubashi Park



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

Route Description

- 📍 Yoyogi Sta.
- ▼
- 🚶 Haru-no-ogawa path
- ▼
- 🌳 Sangubashi Park
- ▼
- 🚶 Haru-no-ogawa path
- ▼
- 🌳 Yoyogi Greenway along former channel of Tamagawa Josui Aqueduct
- ▼
- 📍 Monument of Tamagawa Josui Aqueduct
- ▼
- 📍 Shinjuku 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 57 minutes
📏 Distance	around 3.8 km
🔥 Calorie consumption	around 171 kcal
👣 Number of steps	around 5430 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

Sangubashi Park



- Viewing spot on the steep hill
- Highlight: Lawns & high-rise buildings

Haru-no-ogawa path



- Kohone-gawa River = Song "Haru-no-ogawa" (Little River of Spring)
- Diverted underground around 1965

Monument of Tamagawa Josui Aqueduct



- Theme is culverts running under Shinjuku Sta.
- In part uses original bricks from the time