

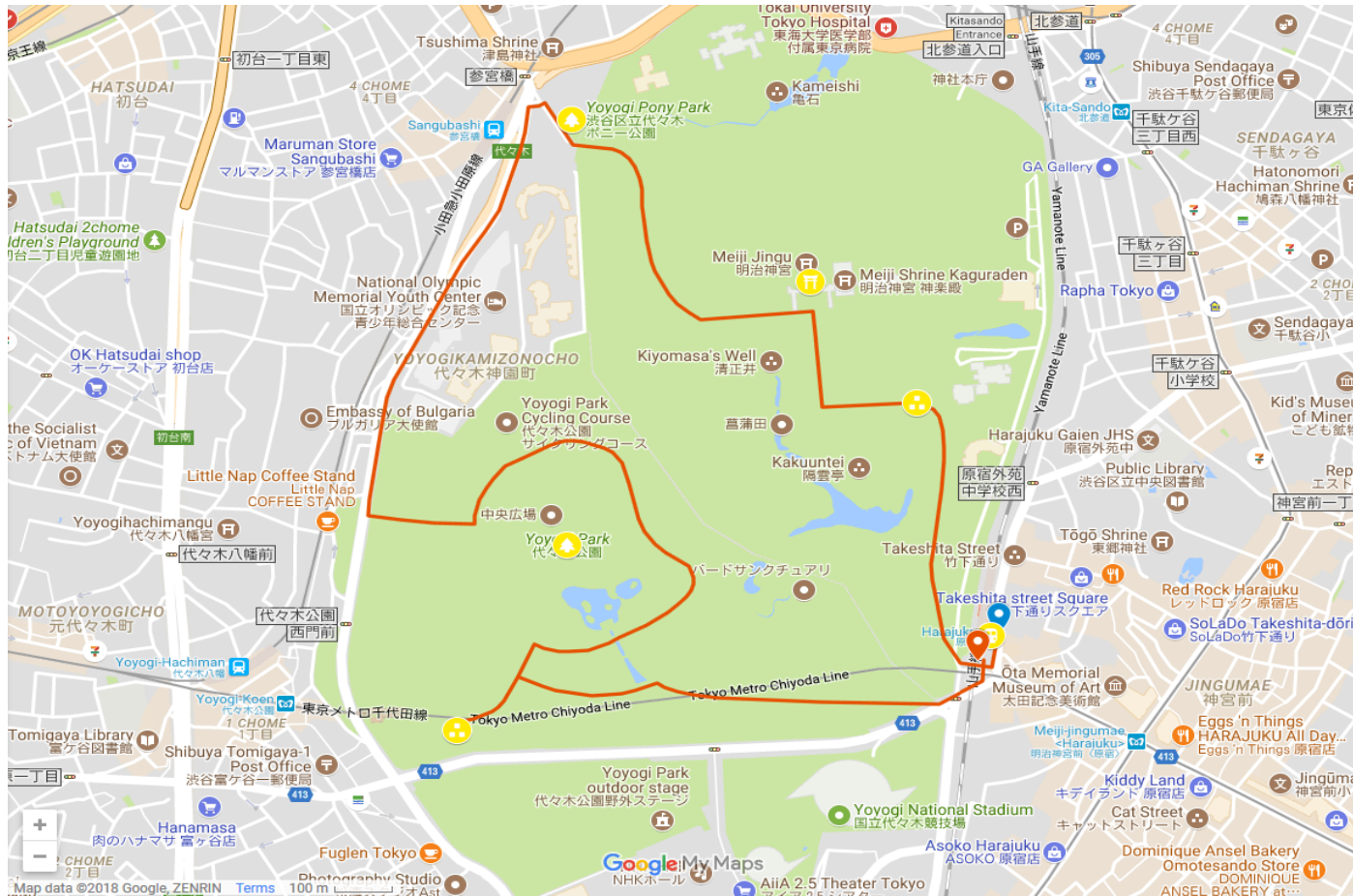
Shibuya City

Meiji-jingu Shrine & Yoyogi Park Course

Highlight | Yoyogi Pony Park



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



Route Description

- 📍 Harajuku Sta.
- ▼
- 🚶 Otorii (Large archway)
- ▼
- 🏯 Main sanctuary, Meiji-jingu Shrine
- ▼
- 🐾 Yoyogi Pony Park
- ▼
- 🌳 Yoyogi Park
- ▼
- 🗿 Monument of the first airplane flight in Japan
- ▼
- 📍 Harajuku 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 72 minutes
📏 Distance	around 4.8 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



Main sanctuary, Meiji-jingu Shrine



- Enshrines the Meiji Emperor and Empress Dowager Shoken
- The greatest number of New Year's visitors for hatsumode in Japan



Yoyogi Pony Park



- You can meet a pony in the middle of the city
- Experience leading a horse and parent-child horse rides



Yoyogi Park



- A forest park where you can see the expansive skies
- With cycling course