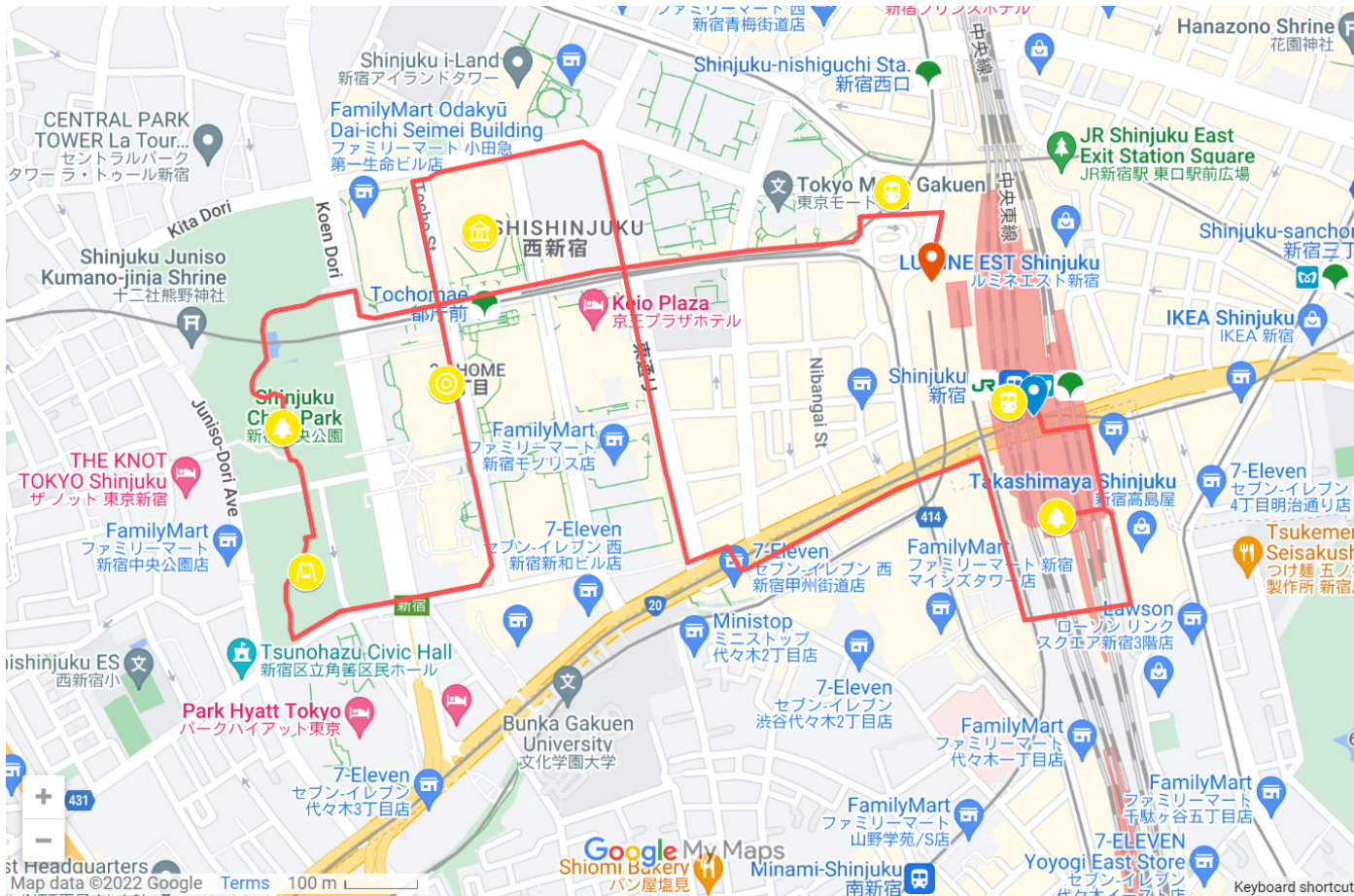


Shinjuku City

Walking the sophisticate's town of Nishi-Shinjuku

Highlight | Tokyo Metropolitan Government office building



Route Description

- Shinjuku Sta. (South Exit)
- ↓
- Suica-no-Penguin Hiroba
- ↓
- Tokyo Metropolitan Government office building
- ↓
- Shinjuku Chuo Park
- ↓
- Memorial Museum for Soldiers, Detainees in Siberia, and Postwar Repatriates (33F Shinjuku-Sumitomo Building)
- ↓
- Shinjuku Sta. (West Exit)

Hints to walk healthily

1. Try to walk 8,000 steps per day
2. Maintain correct walking form
3. Walk at your own pace

	Time allowed	around 69 minutes
	Distance	around 4.5 km
	Calorie consumption	around 207 kcal
	Number of steps	around 6400 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

Suica-no-Penguin Hiroba



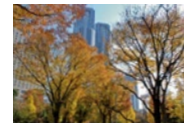
Quintessential scenes in Shinjuku such as the railways arriving in Shinjuku Station viewed from the plaza.

Tokyo Metropolitan Government office building



Designed by the architect Kenzo Tange and completed in 1991. The observatory on the 45th floor of the Main Building No.1 allows panoramas of the city from a height of 202 meters.

Shinjuku Chuo Park



A greenery-rich park awaits at the site of the Yodobashi water treatment plant. The paddling pond set up in summer is visited by many parents and their children.

Memorial Museum for Soldiers, Detainees in Siberia, and Postwar Repatriates (33F Shinjuku-Sumitomo Building)



This museum was created to pass on history to the generations that have never experienced war. Exhibits include real artefacts and dioramas.