

Shinjuku City

Historical exploration of the plentiful highlights of Yotsuya

Highlight | **Wakaba Higashi Koen (park)**



Route Description

- 📍 Yotsuya Sta. (Akasaka Exit)
- ▼
- Wakaba Higashi Koen (park)
- ▼
- Suga Jinja Shrine
- ▼
- Fire Museum
- ▼
- Shinjuku Historical Museum
- ▼
- 📍 Yotsuya Sta. (Yotsuya 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 78 minutes
📏	Distance	around 5.1 km
🔥	Calorie consumption	around 234 kcal
👣	Number of steps	around 7300 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

Wakaba Higashi Koen (park)

Often used as a location for TV and magazine shoots, with white colonnades and fountains. Proceeding to the tree-lined avenue, majestic views will reveal themselves before you.

Suga Jinja Shrine

Revered as the Sochinju, local shinto deity of Yotsuya. Paintings of the Sanjurokassen, the 36 major poets in the Heian period, which were made in the Edo period (municipal cultural property) are dedicated to the deity.

Fire Museum

A museum which brings together the history of firefighting, classic fire trucks and more. Have an interactive experience of sitting in the cockpit of a firefighting helicopter.

Shinjuku Historical Museum

A large collection on the history and culture of Shinjuku from the Paleolithic era. You will be excited by the dioramas and the nostalgic models of municipal railway carriages of the Edo period. (*Admission fee applies)