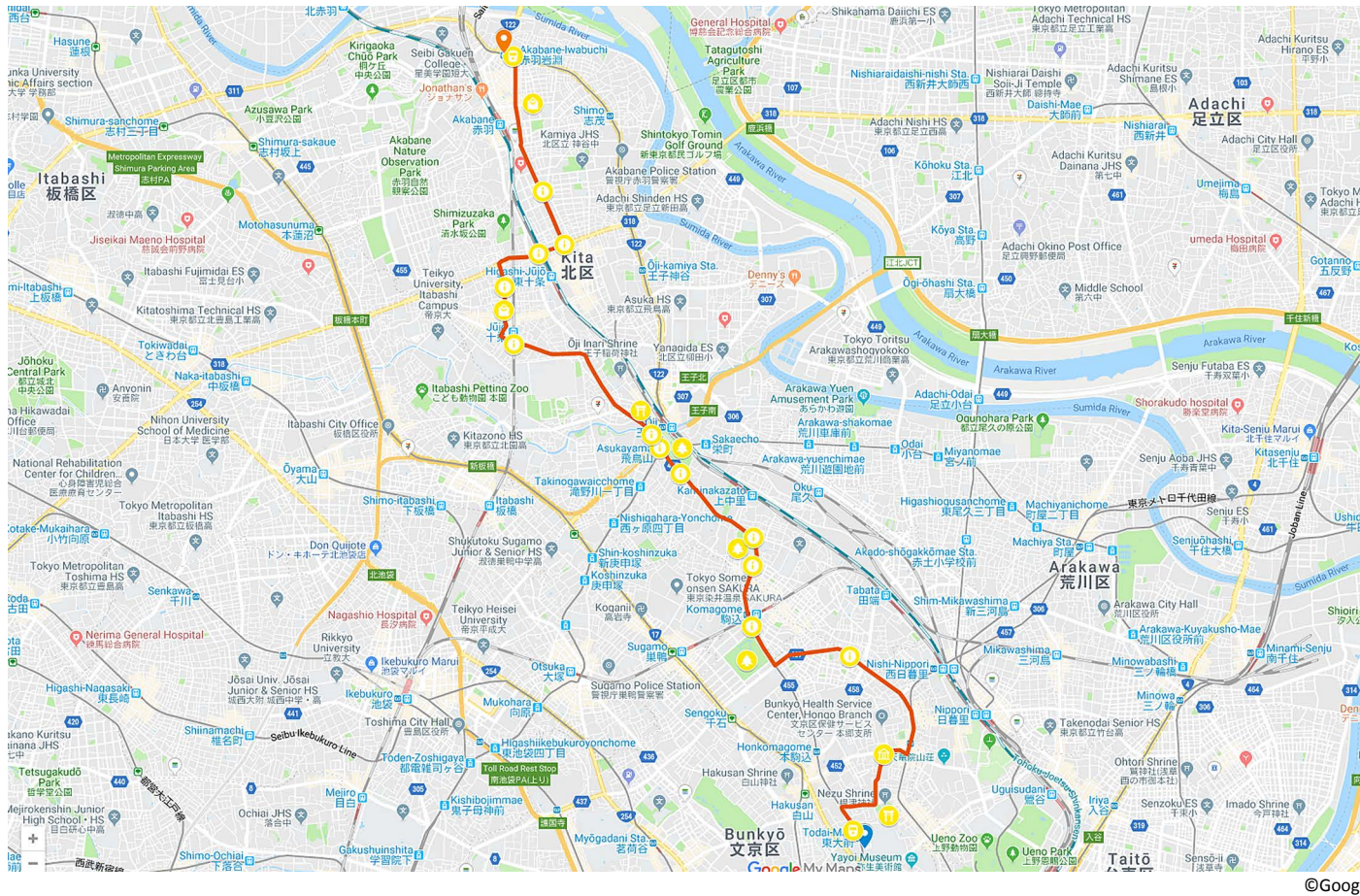




Get aboard the metro and have fun walking from a station



Route Description

- Todaimae Sta.
- ▼
- Nezu-jinja Shrine
- ▼
- Bunkyo City Mori Ogai Memorial Museum
- ▼
- Rikugien
- ▼
- Former Furukawa Garden
- ▼
- Asukayama Park
- ▼
- Oji-jinja Shrine
- ▼
- Jujo Ginza Shopping Street
- ▼
- Lala Garden
- ▼
- Akabane-iwabuchi Sta. Point requiring attention

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around 2 h 45 min.
Distance	around 11 km
Calorie consumption	around 495 kcal
Number of steps	around 15710 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

Rikugien (Admission fee required)



One of the special places of scenic beauty designated by the national government. A historic daimyo garden based on the tastes of waka poetry.

Former Furukawa Garden (Admission fee required)



There are Western-style and Japanese-style gardens designed by a British architect and a gardener in Kyoto. Roses blossom in spring and fall, and events are held in the garden.

Oji-jinja Shrine



It is the shrine from which the name of the area Oji was derived from, and one of the best 10 shrines in Tokyo. It is said to have divine favor in good luck, warding off evil, and child-rearing. The quietly-standing ginkgo is designated as an important cultural property of Tokyo.

Icons: Shrines and Temples Park Other