

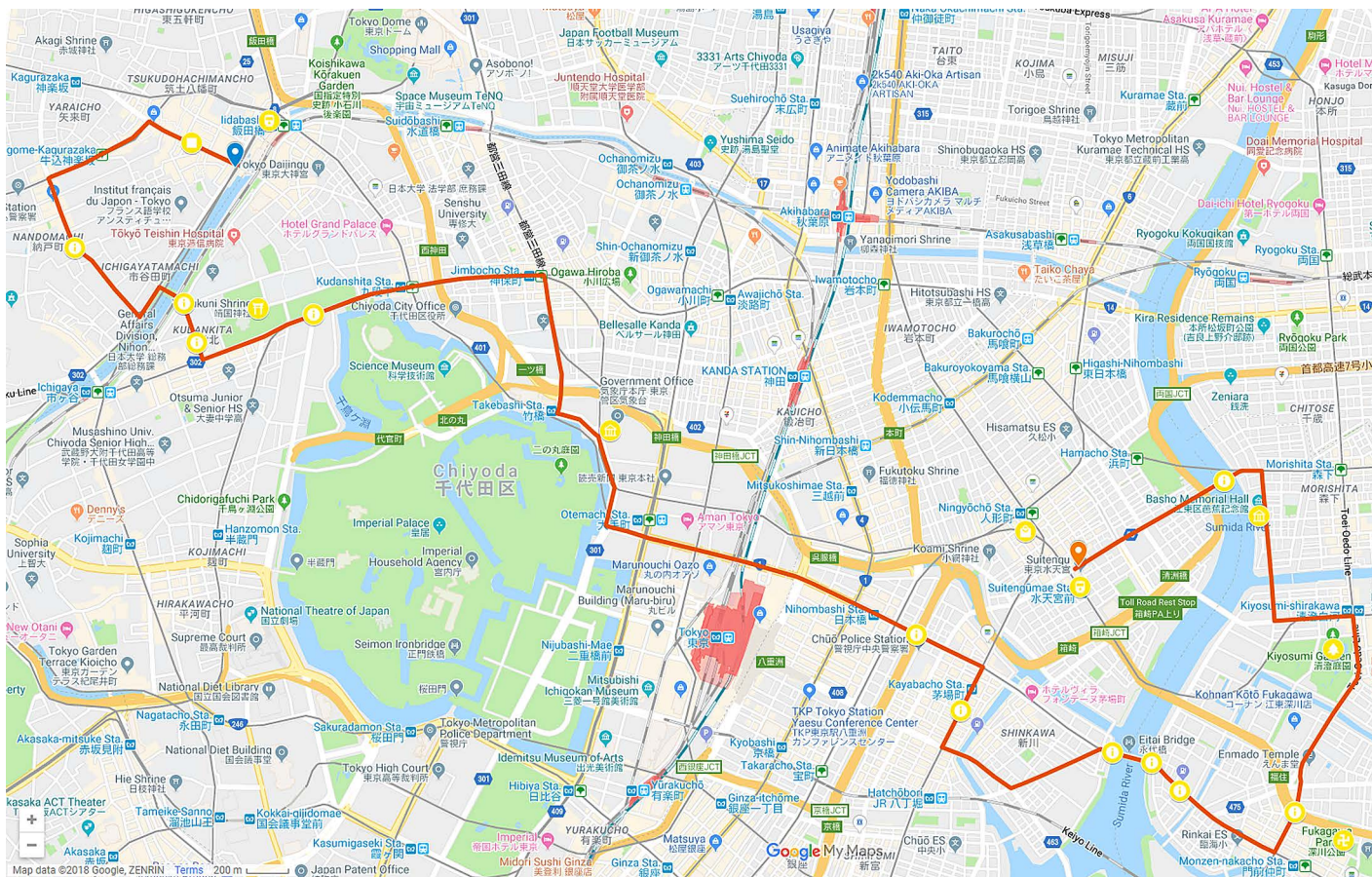


# Tokyo Town Walking 8 Jul. 2017 Course

Highlight | Yasukuni-jinja Shrine



Get aboard the metro and have fun walking from a station



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## Route Description

- 1. Iidabashi Sta.
  - 2. Kagurazaka area
  - 3. Yasukuni-jinja Shrine
  - 4. Weather Science Museum
  - 5. Fukagawa Fudo Temple
  - 6. Kiyosumi Garden
  - 7. Bashi Memorial Museum
  - 8. Ningyocho Shopping Street
  - 9. Suitengumae Sta.
- i** 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 3 h 5 min.
Distance	around 12.3 km
Calorie consumption	around 555 kcal
Number of steps	around 17570 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

### Yasukuni-jinja Shrine



A shrine worships the souls of the war dead from the late Edo period to World War II. The Mitama Festival, which is one of the signature summer events of Tokyo, is crowded with many visitors every year.

### Fukagawa Fudo Temple



The temple has been well-known as *Fukagawa no Ofudo-sama* (Fudo of Fukagawa) from ancient times. Its old main hall is designated as the oldest wooden piece of architecture in Koto City.

### Ningyocho Shopping Street



The area is said to be named after the fact that there were many doll makers and users in the Edo period, and there are some traditional stores that still show traces of that time.