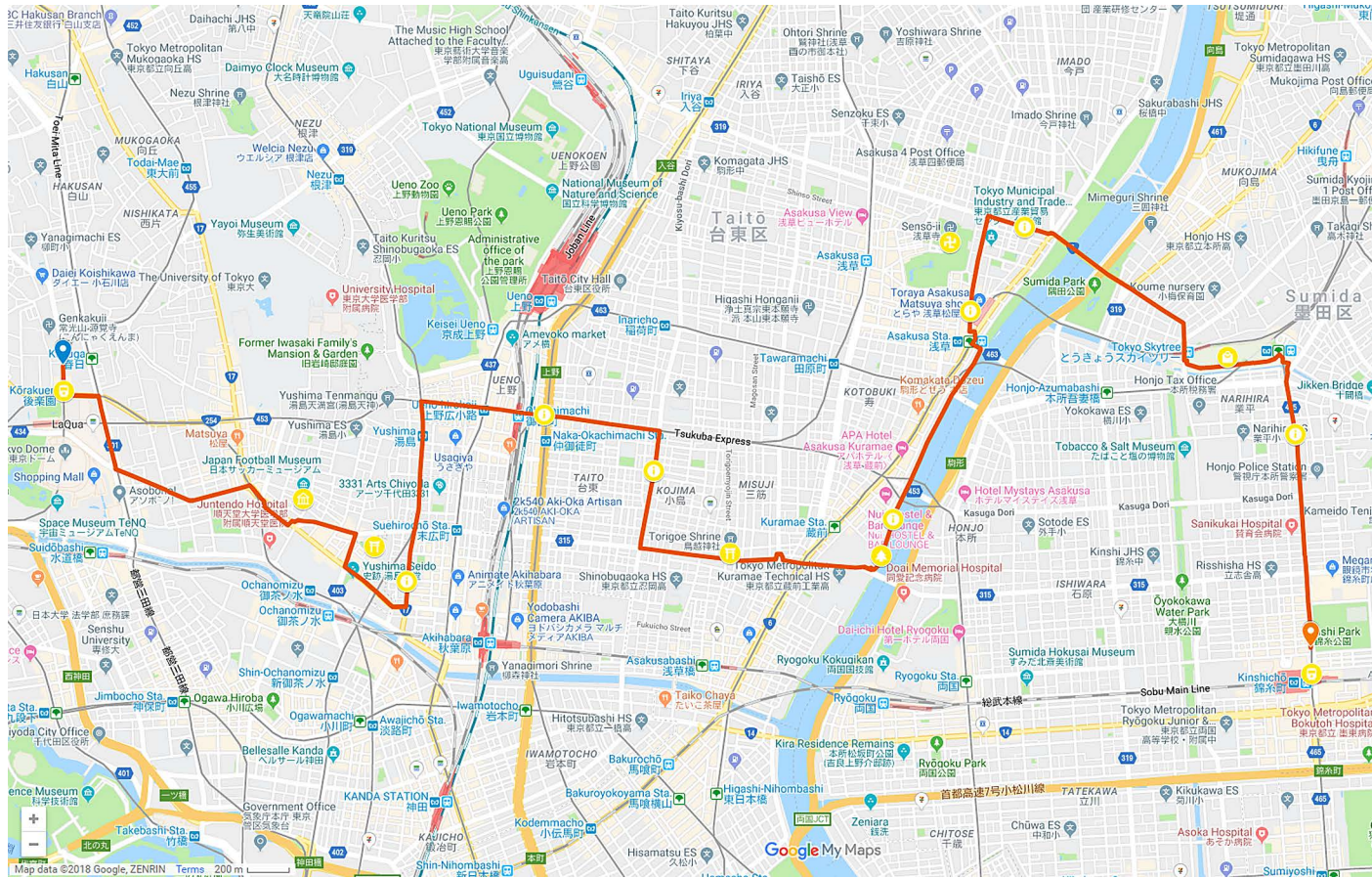


Tokyo Town Walking 19 May 2018 Course

Highlight | Japan Football Museum



Get aboard the metro and have fun walking from a station

Route Description

- Korakuen Sta.
 - ▼
 - Japan Football Museum (Admission fee required)
 - ▼
 - Kanda-jinja shrine (Kanda Myojin)
 - ▼
 - Torigoe-jinja Shrine
 - ▼
 - Sumidagawa River Terrace
 - ▼
 - Senso-ji Temple
 - ▼
 - Tokyo Skytree Town
 - ▼
 - Kameido Tenjin Shrine
 - ▼
 - Kinshicho 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 42 min.
Distance	around 10.8 km
Calorie consumption	around 486 kcal
Number of steps	around 15430 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

Japan Football Museum



It was established in 2003 to pass on the history and heritage of Japanese football to next generations and to enhance football culture. The museum owns and exhibits many items showing the history of Japanese football such as valuable materials following the traces of predecessors who built today's prosperity.

Sumidagawa River Terrace



The terrace, which was built by beautifully paving the riverbed for walking or jogging. Local volunteers maintain flower beds on the terrace.

Senso-ji Temple



The oldest temple in Tokyo, and more than 30 million visitors visit from home and abroad every year. It is the center of the development of Edo culture, and the large lantern hanging over Kaminarimon is well known across the country.

Icons: Shrines and Temples Park Other