

Oedo Line Walking Course

1

Tochomae Sta. → Kiyosumi-shirakawa Sta.



NPO Tokyo-to Walking Association



Choose your own start and end points and walk the route you want to walk!

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

This was created while referencing the "Long Walk Oedo Line," a walking event provided by NPO Tokyo-to Walking Association. The courses and comments on the map assume that you will proceed in a counterclockwise direction. You can use it as a reference when you walk near the Oedo Line for daily exercise or a walk during holidays. You should also find your own favorite course!

Benefits of Walking

*Please consult your doctor before starting if you have a chronic illness.

1 Preventing lifestyle-related diseases

It reduces blood sugar and blood pressure. It is also believed to reduce the risk of lifestyle-related diseases such as cancer and diabetes.

2 Improving cardiorespiratory function

When you continue to exercise on a regular basis, it will help you to maintain and improve your physical fitness, such as your overall endurance and muscle strength.

3 Preventing obesity

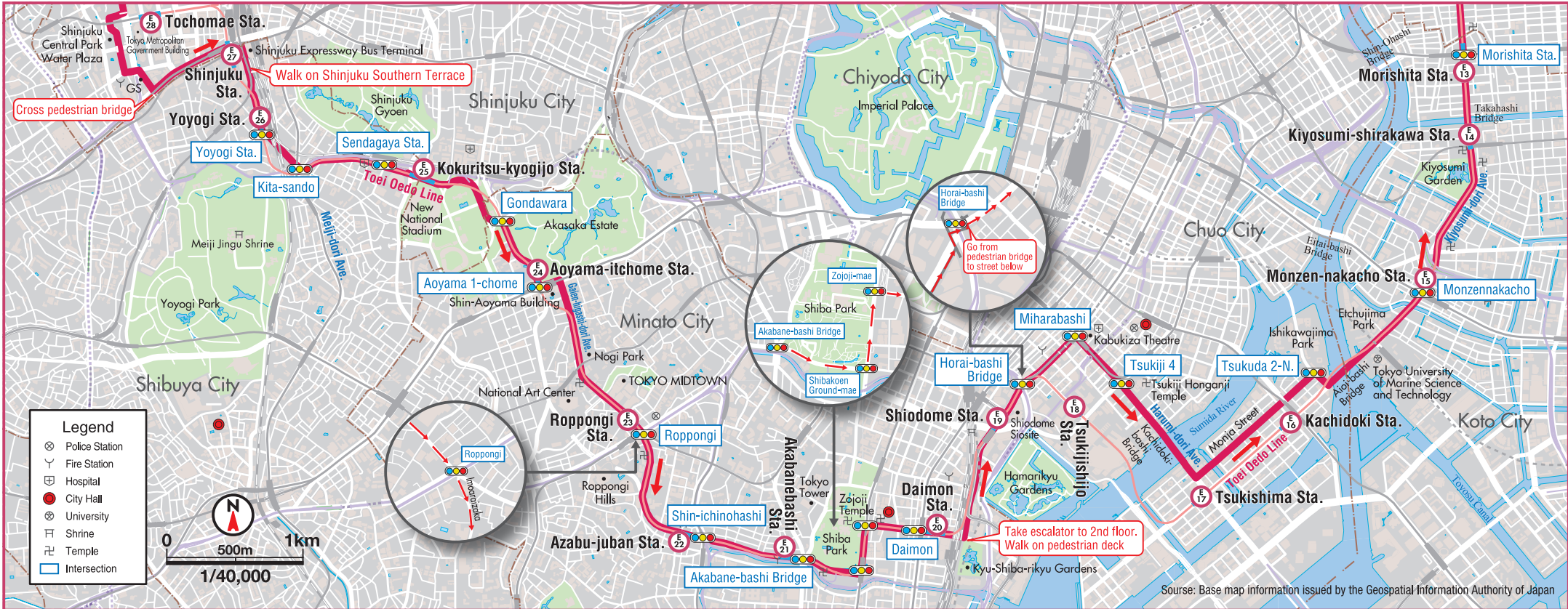
It increases energy consumption, making it easier to lose abdominal fat and weight.

4 Relieving stress

It helps to relieve stress and improve your mental and physical health.

(Creating while referencing "Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour and Welfare)")

Please be aware that current road conditions and other matters may differ.



Check a box (☑) when you walk one of the courses between stations! Straight-line distances between stations are provided for you to use as a guideline for your walks.

E 28	E 27	E 26	E 25	E 24	E 23	E 22	E 21	E 20	E 19	E 18	E 17	E 16	E 15	E 14
Tochomae Sta.	Shinjuku Sta.	Yoyogi Sta.	Kokuritsu-kyogijo Sta.	Aoyama-itchome Sta.	Roppongi Sta.	Azabu-juban Sta.	Akabanebashi Sta.	Daimon Sta.	Shiodome Sta.	Tsukijishijo Sta.	Kachidoki Sta.	Tsukishima Sta.	Monzen-nakacho Sta.	Kiyosumi-shirakawa Sta.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	(around 0.8 km)	(around 0.6 km)	(around 1.5 km)	(around 1.2 km)	(around 1.3 km)	(around 1.1 km)	(around 0.8 km)	(around 1.3 km)	(around 0.9 km)	(around 0.9 km)	(around 1.5 km)	(around 0.8 km)	(around 1.4 km)	(around 1.2 km)