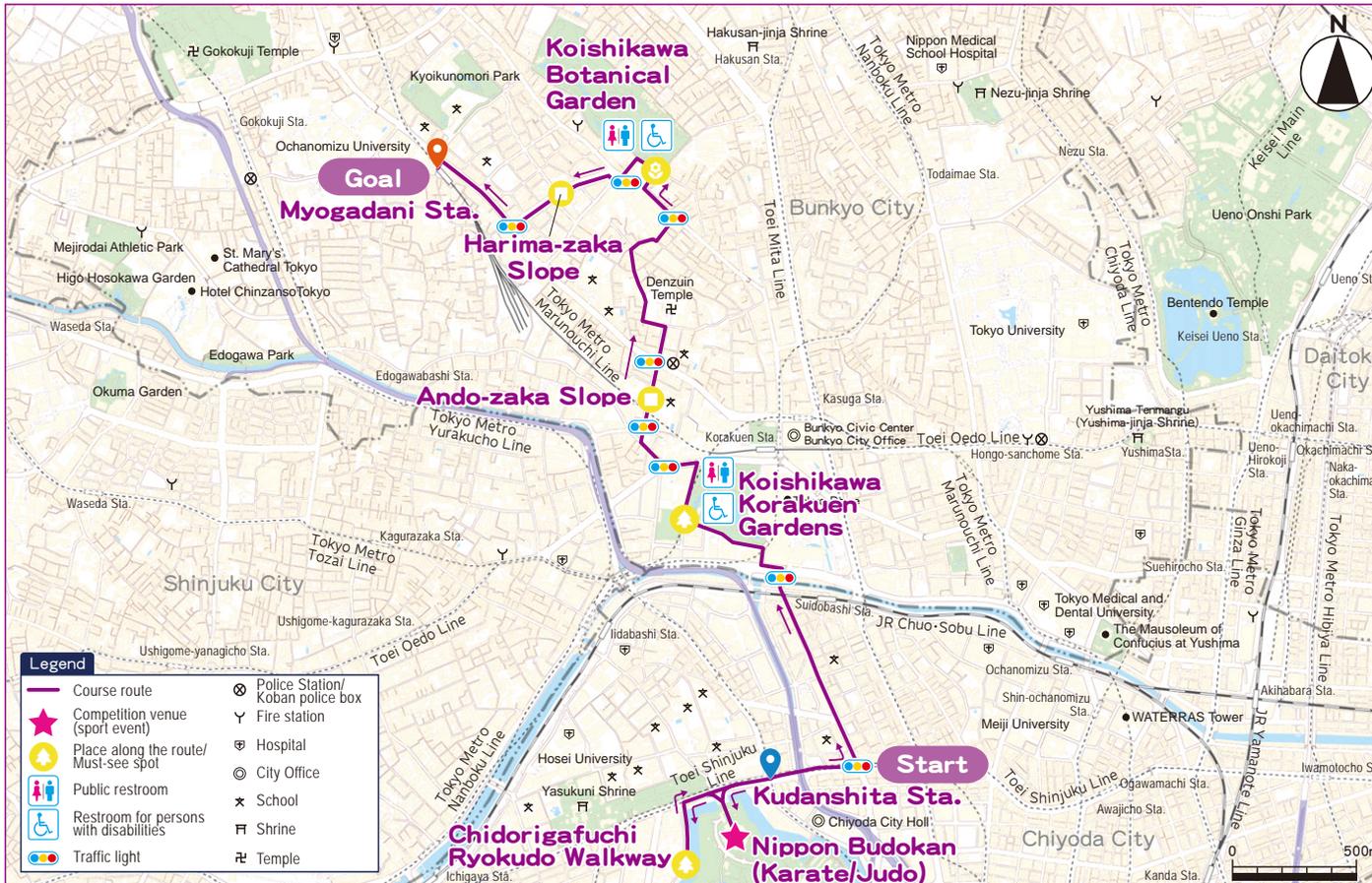




Nippon Budokan Course



Legend

Course route	Police Station/ Koban police box
Competition venue (sport event)	Fire station
Place along the route/ Must-see spot	Hospital
Public restroom	City Office
Restroom for persons with disabilities	School
Traffic light	Shrine
	Temple

Source: Base map information issued by the Geospatial Information Authority of Japan (created by processing buildings, road edge and other information of the base map information)

Route Description

- Kudanshita Sta.
- Nippon Budokan(Karate/Judo)
- Chidorigafuchi Ryokudo Walkway
- Koishikawa Korakuen Gardens
- Ando-zaka Slope
- Koishikawa Botanical Garden
- Harima-zaka Slope
- Myogadani Sta.

The Benefits of Walking

* If you have a chronic disease, please consult your doctor before starting.

- 1 Prevent lifestyle-related diseases**
It is effective for lowering blood sugar level and blood pressure. Also, it is said to reduce the risk of lifestyle-related diseases such as cancers and diabetes.
 - 2 Improve cardiopulmonary functions**
Making exercise a habit leads to maintaining and improving physical fitness, including overall endurance and muscle strength.
 - 3 Prevent obesity**
Walking consumes energy and helps reduce waist size and weight.
 - 4 Reduce stress**
Walking can bring a great change of mood and relieve stress, and it is helpful for improving physical and mental health.
- Created with reference to the Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour and Welfare)

Time allowed	around 1 h 38 min.
Distance	around 6.5 km
Calorie consumption	around 294 kcal
Number of steps	around 9290 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

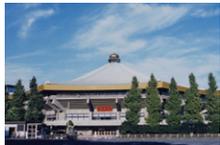
Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN



Recommended Site

Icons: Shrines and Temples Park Other

Nippon Budokan



The Nippon Budokan is known as the spiritual home of Japanese martial arts - especially judo. At the 1964 Games, judo made its debut as an Olympic sport, with competitions being held here. This 1964 Olympic legacy venue has a beautifully-streamlined large roof that resembles Mt. Fuji. It serves as an important venue not only for Japanese martial arts but also for various national, educational, and large-scale commercial events such as concerts.
Picture provider: NIPPON BUDOKAN

Chidorigafuchi Ryokudo Walkway



A walkway with lush greenery runs about 700 meters along the moat around the Imperial Palace. In spring, the walkway and the neighborhood turn pink with the blossoms of about 260 cherry trees mainly Someiyoshino (*Prunus yedoensis*). The reflection of cherry blossoms in the water in the moat creates even more beautiful scenery.
Source: Chiyoda City Tourism Association
<https://visit-chiyoda.tokyo/>

Botanical Gardens, Graduate School of Science, the University of Tokyo (Koishikawa Botanical Gardens)



Botanical Gardens, Graduate School of Science, the University of Tokyo It is an educational training facility of the University of Tokyo for the purpose of botanical research and education. In an area of 161,588m², various plants are planted on various topographies such as upland, slope pond, lowland, and a garden pond. With many historic plants and ruins that indicate a long and rich history, the gardens were designated as a national historic site and a scenic beauty spot. (pay)
Source: Graduate School of Science, the University of Tokyo
<https://www.bg.s.u-tokyo.ac.jp/koishikawa/ennai/>