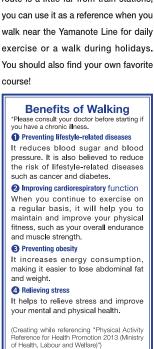
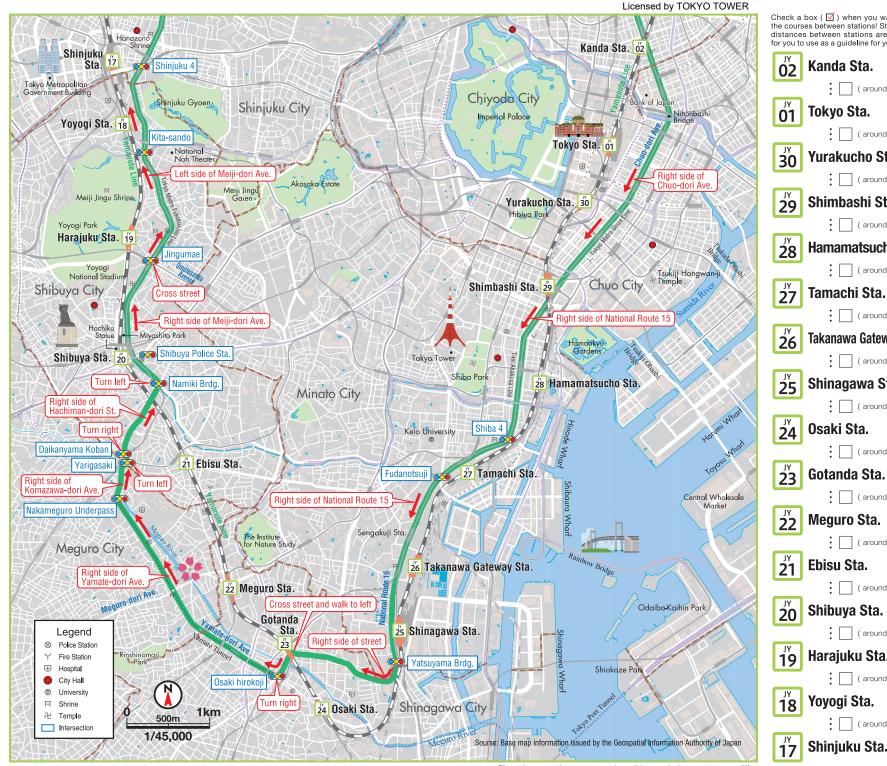


Choose your own start and end points and walk the route vou want to walk! Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

Areferencing the "Long Walk Yamanote 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 clockwise direction. Although the route is a little far from train stations, you can use it as a reference when you walk near the Yamanote Line for daily exercise or a walk during holidays. You should also find your own favorite





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. Kanda Sta. ( around 1.3 km ) Tokyo Sta. ( around 0.8 km ) Yurakucho Sta. ( around 1.1 km ) Shimbashi Sta. : ( around 1.2 km ) Hamamatsucho Sta. ( around 1.5 km ) Tamachi Sta. ( around 1.3 km ) Takanawa Gateway Sta. ( around 0.9 km ) Shinagawa Sta. : ( around 2.0 km ) Osaki Sta. ( around 0.9 km ) Gotanda Sta. : ( around 1.2 km ) Meguro Sta. ( around 1.5 km ) Ebisu Sta. ( around 1.6 km ) Shibuya Sta. ( around 1.2 km ) Haraiuku Sta.

( around 1.5 km )

( around 0.7 km )