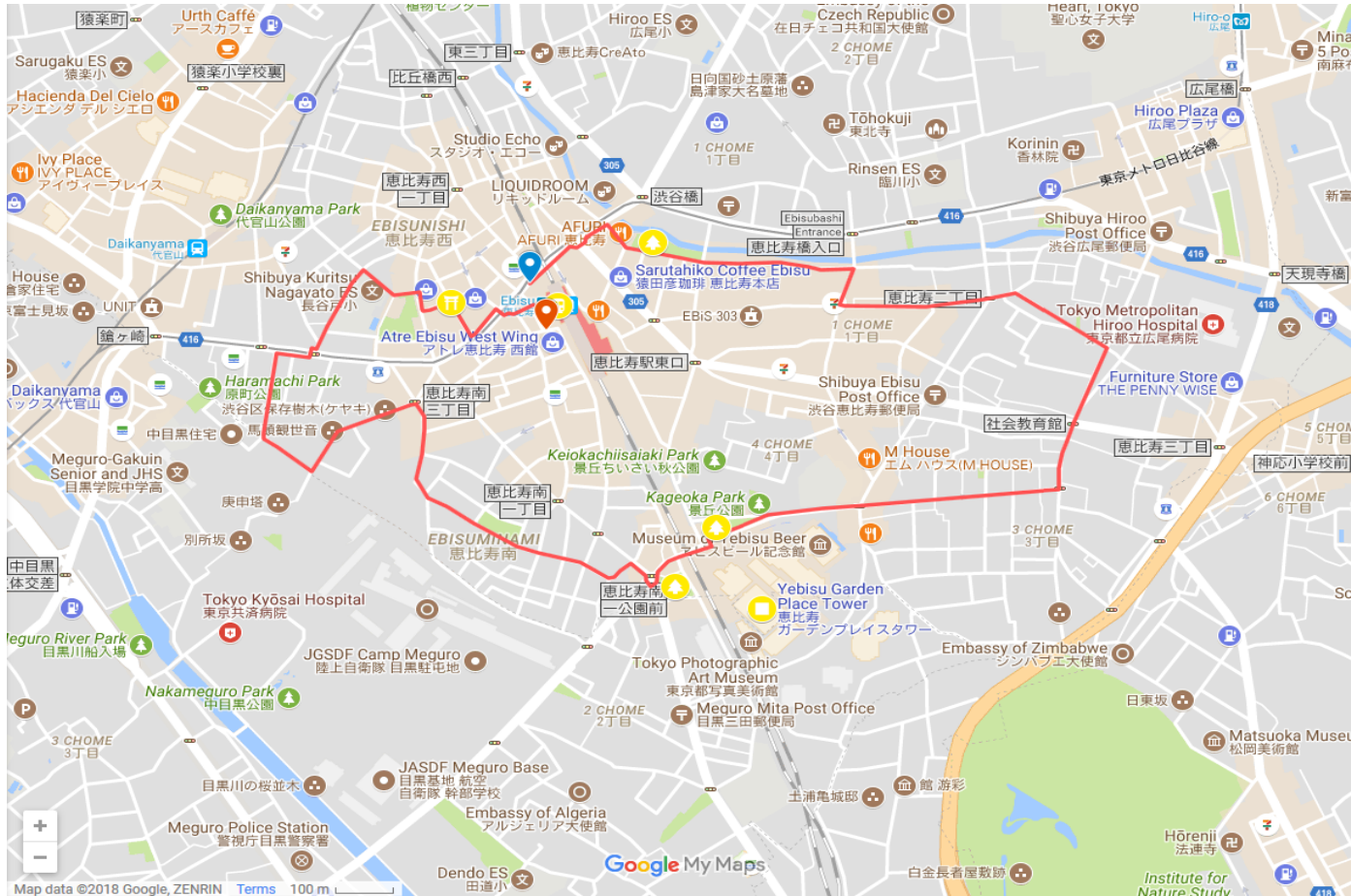


Shibuya City

# Yebisu Garden Place Course

Highlight | Amerikabashi Park



IRISSN,  
the Sprite of Shibuya  
(PR mascot of Shibuya City)

## Route Description

- 📍 Ebisu Sta.
- ▼
- 🟡 Ebisu-higashi Park (Octopus Park)
- ▼
- 🟡 Yebisu Garden Place
- ▼
- 🟡 Amerikabashi Park
- ▼
- 🟡 Ebisuminami-ichi Park (Squid Park)
- ▼
- 🏯 Ebisu Jinja Shrine
- ▼
- 📍 Ebisu Sta.

## Don't forget to rehydrate

Sweating helps prevent rises in body temperature. When you have a lack of water in the body lost through sweat, there is a risk that you will get heatstroke. Ensure you rehydrate with water, sports drinks and so on. Be aware, however, that drinks which include caffeine (coffee, tea, etc.) are diuretics and thus not suitable for rehydration. It is important to rehydrate at frequent intervals and to do so before your throat feels parched.

🕒 Time allowed	around <b>60</b> minutes
📏 Distance	around <b>4.0</b> km
🍷 Calorie consumption	around <b>180</b> kcal
👣 Number of steps	around <b>5720</b> 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

### Yebisu Garden Place



- Composite facility on site of beer factory
- Tokyo Photographic Art Museum on south side

### Amerikabashi Park



- Ebisuminami-bashi (overpass) = Amerikabashi
- A light monument is installed here

### Ebisu Jinja Shrine



- Ancient shrine name was Amatsu Jinja
- Came to its current location in the post-war zoning of town lots