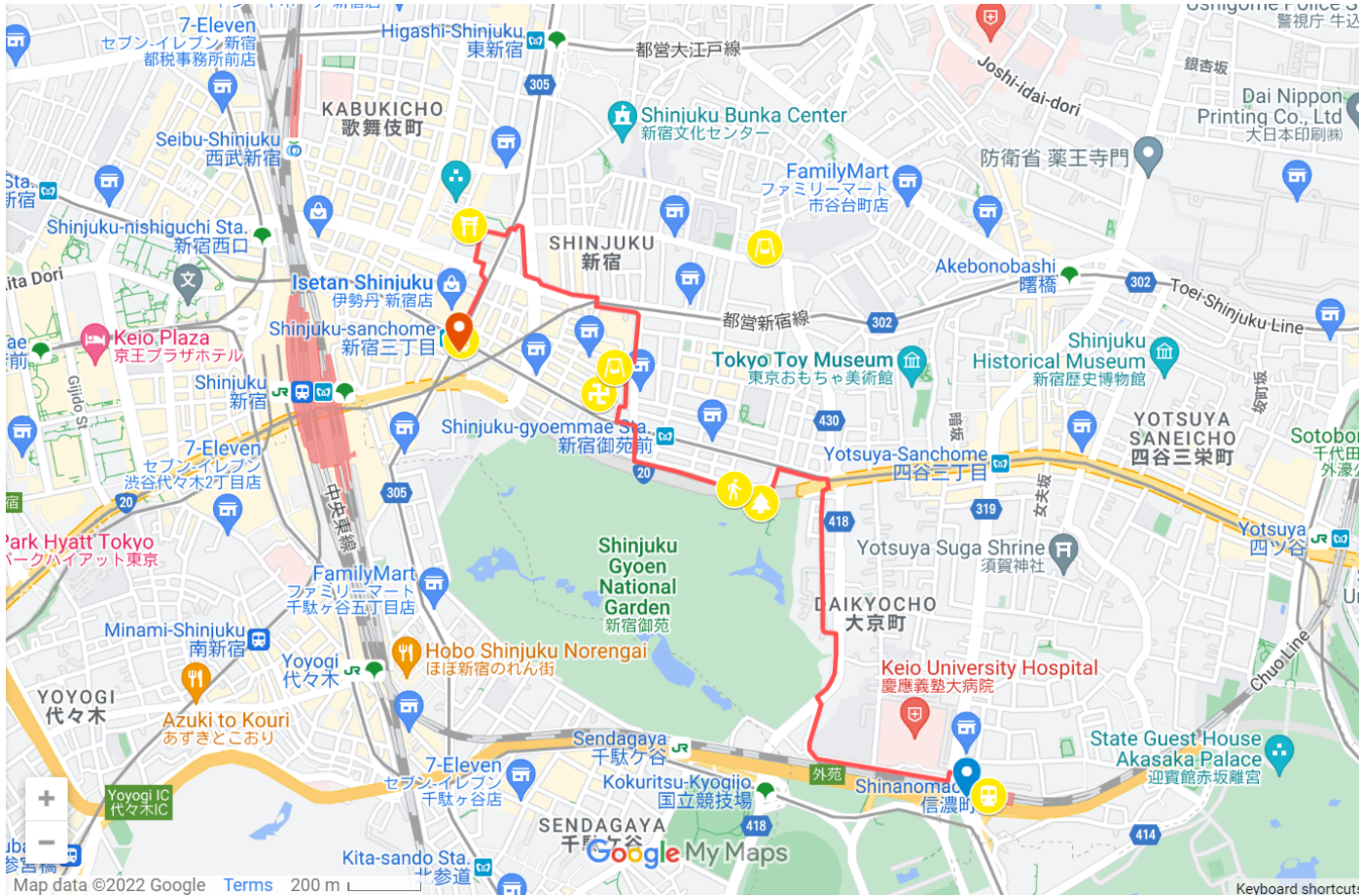


Shinjuku City

Starting from Shinjuku Gyoen and taking in Naito-Shinjuku, the cradle of Shinjuku

Highlight | Shinjuku Gyoen



Route Description

- Shinanomachi Sta.
- ▼
- Shinjuku Gyoen
- ▼
- Tamagawa Josui Aqueduct/Naito-Shinjuku waterside pathway
- ▼
- Taisoji Temple
- ▼
- Hanazono Jinja Shrine
- ▼
- Shinjuku-Sanchome Sta. (Exit B3)

Hints to walk healthily

1. Try to walk 8,000 steps per day
2. Maintain correct walking form
3. Walk at your own pace

	Time allowed	around 50 minutes
	Distance	around 3.2 km
	Calorie consumption	around 150 kcal
	Number of steps	around 4600 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

Shinjuku Gyoen



A National Garden with around 10,000 trees and beautiful seasonally changing flowers and gardens. (*Admission fee applies, bringing in alcohol or playing equipment is prohibited)

Tamagawa Josui Aqueduct/ Naito-Shinjuku waterside pathway



The Tamagawa Josui aqueduct, which was built to secure drinking water for Edo (Tokyo). There is a popular walkway which follows the course of its past path. (*Can only be used during opening hours of Shinjuku Gyoen)

Taisoji Temple



Established in the Edo period, flourished as an ancestral temple of the Naito family of the Takato Domain in Shinshu. Has many cultural properties including Enma and Datsueba statues.

Hanazono Jinja Shrine



Since before the establishment of the Edo Bakufu of Tokugawa Ieyasu, the Sochinju local shinto deity has protected this area. The Torinoichi November fairs are also famous.