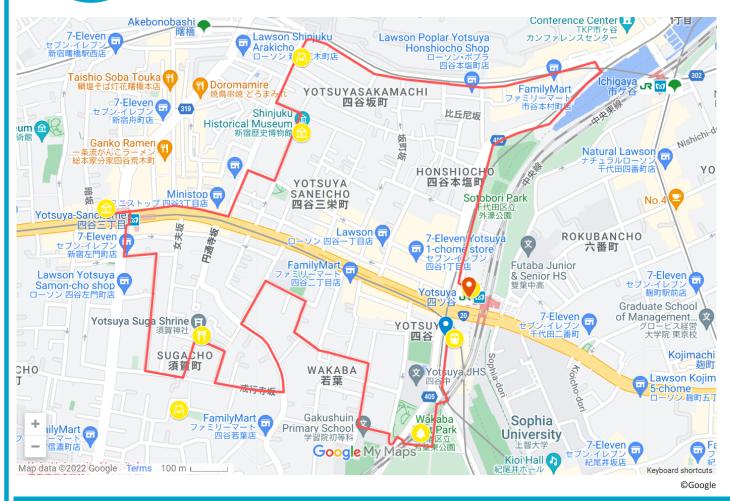


# Historical exploration of the plentiful highlights of Yotsuya



Highlight | Wakaba Higashi Koen (park)



#### **Route Description**

Yotsuya Sta. (Akasaka Exit)

Wakaba Higashi Koen (park)

Suga Jinja Shrine

Fire Museum

Shinjuku Historical Museum

Yotsuya Sta. (Yotsuya Exit)

### 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 <b>78</b> minutes
😩 Distance	around <b>5.1</b> km
Calorie consumption	around 234 kcal
Number of steps	around <b>7300</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-MA



Other

## **Recommened Site**





Often used as a location for TV and magazine shoots, with white colonnades and fountains. Proceeding to the tree-lined avenue, maiestic views will reveal themselves before you.



Suga Jinja Shrine



Revered as the Sochinju, local shinto deity of Yotsuya. Paintings of the Sanjurokkasen, the 36 major poets in the Heian period, which were made in the Edo period (municipal cultural property) are edicated to the deity.



#### Fire Museum

A museum which brings together the history of firefighting, classic fire trucks and more. Have an interactive experience of sitting in the cockpit of a firefighting helicopter.



#### Shinjuku Historical Museum

Shrines and Temples



A large collection on the history and culture of Shinjuku from the Paleolithic era. You will be excited by the dioramas and the nostalgic models of municipal railway carriages of the Edo period. (\*Admission fee applies)