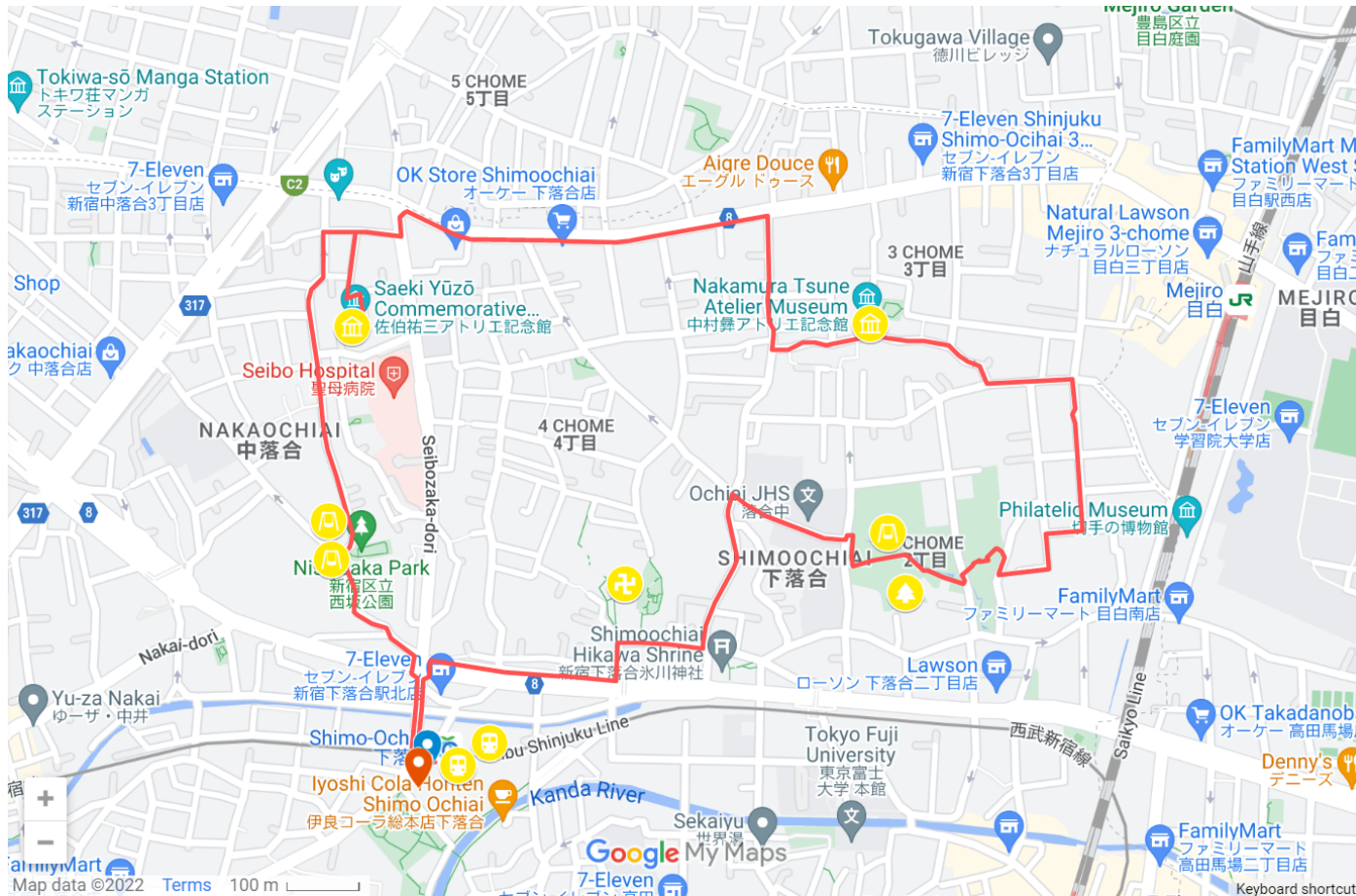


Shinjuku City

Visit Ochiai, where the scent of abundant nature and art are in the air

Highlight | Yakuoin Temple (Higashi Hasedera Temple)



Route Description

- 📍 Shimo-Ochiai Sta. (North Exit)
- ▼
- Yakuoin Temple (Higashi Hasedera Temple)
- ▼
- Otomeyama Koen (park)
- ▼
- Tsune Nakamura Atelier Memorial Museum
- ▼
- Yuzo Saeki Atelier Memorial Museum
- ▼
- 📍 Shimo-Ochiai Sta. (South 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 61 minutes
📏 Distance	around 4.0 km
🔥 Calorie consumption	around 183 kcal
👣 Number of steps	around 5700 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

🏯 Yakuoin Temple (Higashi Hasedera Temple)



A temple founded in the Kamakura era. Known as a famous area for peonies, treating visitors to beautiful and graceful scenes when they are in bloom.

🌳 Otomeyama Koen (park)



Near-untouched natural forest remains here and you can see wild birds and insects. Evening firefly viewing opens up in summer. (*Subject to park closing times)

🏛️ Tsune Nakamura Atelier Memorial Museum



A commemorative museum for painter Tsune Nakamura whose famous works include important cultural properties such as "Portrait of Vasilii Yaroshenko." Both the buildings and their surroundings have a scenic and artful atmosphere.

🏛️ Yuzo Saeki Atelier Memorial Museum



Yuzo Saeki, a prominent figure renowned in Japan for his scenes of Paris rendered in a distinctive style. This commemorative museum is his atelier, which has been maintained and made open to the public.