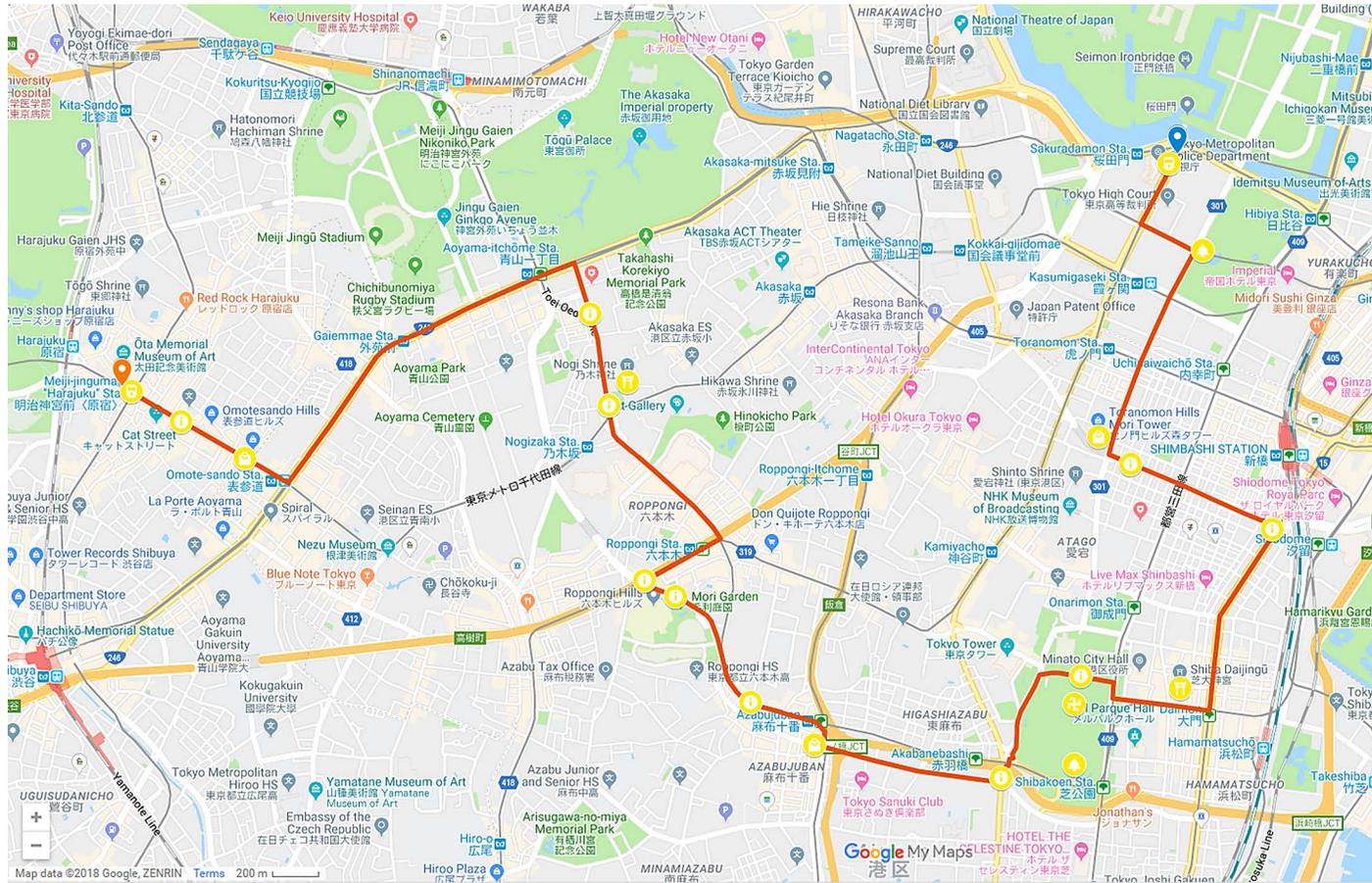




Get aboard the metro and have fun walking from a station



Route Description

- Sakuradamon Sta.
 - ▼
 - Hibiya Park
 - ▼
 - Toranomon Hills
 - ▼
 - Shiba Daijingu Shrine
 - ▼
 - Municipal Shiba Park
 - ▼
 - Zojo-ji Temple
 - ▼
 - Azabu Juban Shopping Street
 - ▼
 - Nogi-jinja Shrine
 - ▼
 - Omotesando Avenue
 - ▼
 - Meiji-jingumae "Harajuku" Sta.
- Point requiring attention

Warm-up
Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down
Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep-deprived or sick.

Time allowed	around 2 h 38 min.
Distance	around 10.5 km
Calorie consumption	around 474 kcal
Number of steps	around 15000 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

Toranomon Hills



It is one of the new symbols in Tokyo, which opened on June 11, 2014. A 52-story high-rise complex tower of 247m with commercial facilities, offices, a hotel, and housing and conference facilities.

Zojo-ji Temple



Zojoji Temple is one of the seven great head temples of the Jodo sect. and has a history of 600 years. With the deep connection with Tokugawa Shoguns, the temple has their tombs in the precincts, as well as Daitokuinden Reibyo Mokei (model) of the second Tokugawa Shogun Hidetada at the Zojoji Homotsu Tenjishitsu (treasure exhibition room) on the first basement floor of the Main Hall.

Shiba Daijingu Shrine



As one of the best 10 shrines in Tokyo, the shrine boasts a history of more than 1,000 years. Being called "Kanto no Oise-sama (Ise of Kanto)", it plays a central role of the Ise faith in Kanto. Due to its legend that the Chighhako charm increases the amount of clothing and brings good match-making, the charm is popular among women. While two types of Akinai Mamori charm, which are a white one representing Shiroboshi (literally white star, meaning victory)/Tschtsutsukazu (undefeated) and a black one representing Kuroji (literally black figure, meaning profit), of which the meaning is based on its black cloth, are popular among men.