



## Ariake Arena Course



Source: Base map information issued by the Geospatial Information Authority of Japan (created by processing buildings, road edge and other information of the base map information)

### Route Description

- 📍 Shin-toyosu Sta.
- ▼
- ★ Ariake Arena(Volleyball/Wheelchair Basketball)
- ▼
- 🚦 Cross Harumi-ohashi bridge
- ▼
- 🌳 Hama-rikyu Gardens
- ▼
- 🌳 Metropolitan Shiba Park(Tokyo Tower)
- ▼
- 📍 Shibakoen Sta.

### Don't forget to drink water

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 1 h 48 min.
📏 Distance	around 7.2 km
🔥 Calorie consumption	around 324 kcal
👣 Number of steps	around 10290 steps

\* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

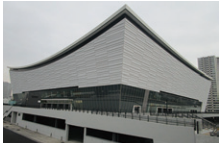
Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN



## Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

### Ariake Arena



This is a new arena under construction in the northern part of Tokyo's Ariake district. After the Tokyo 2020 Games, the arena will become a new sporting and cultural centre with a seating capacity for up to 15,000 spectators.

Provider: Bureau of Olympic and Paralympic Games Tokyo 2020 Preparation

### Hama-rikyu Gardens



Hama-rikyu Gardens are one of the Daimyo Gardens representing the Edo period, and features a seawater pond and two imperial wild duck reserves. The gardens were originally established as a garden for the families of the Tokugawa Shogunate, and the site was later used as an imperial villa after the Meiji Restoration. After the war, the gardens were awarded to Tokyo Metropolis, designated as a national special scenic beauty spot and special historic site, and are open to the public.

Picture provider: Tokyo Metropolitan Park Association <https://www.tokyo-park.or.jp/teien/contents/index028.html>

### Metropolitan Shiba Park(Tokyo Tower)



The park is one of the oldest parks in Japan. Like other parks with a long history, many large trees such as camphor trees, Japanese zelkova trees, and ginkgo trees are abundant. Shiba Park has a history in which exercise equipment was installed in 1902 to become the first park with exercise facility in Tokyo. The park is now equipped with a baseball field and tennis courts as sports facilities.

Source: Tokyo Metropolitan Park Association <https://www.tokyo-park.or.jp/park/format/about001.html>