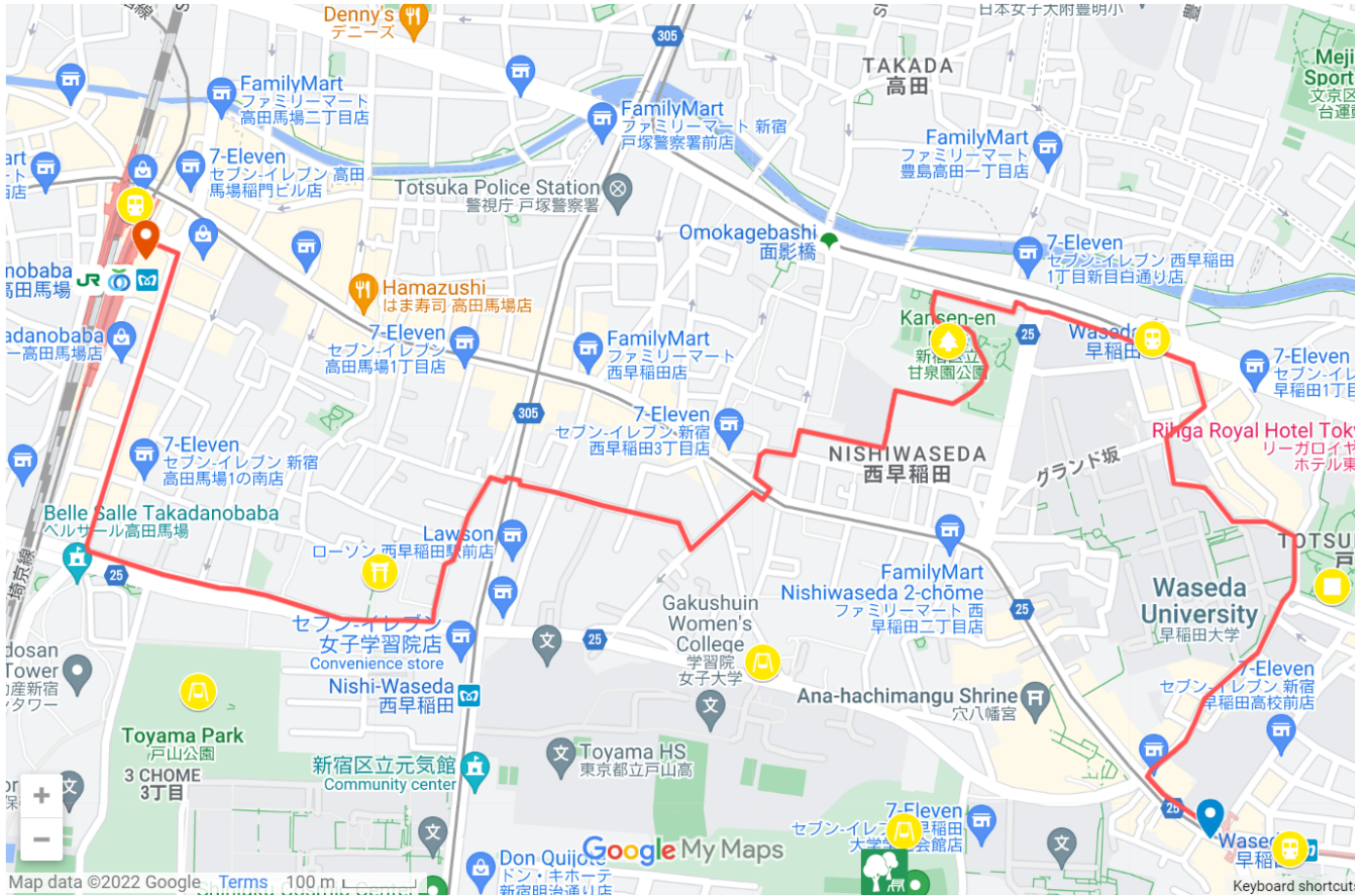


Shinjuku City

An academic part of town to satisfy your Showa retro and nature needs

Highlight | **Kansen-en Park**



Route Description

- 📍 Waseda Sta. (3b)
- ▼ Okuma Auditorium, Waseda University
- ▼ Toden Arakawa Line
- ▼ Kansen-en Park
- ▼ Suwa Jinja Shrine
- 📍 Takadanobaba Sta. (Exit3)

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 53 minutes
📏 Distance	around 3.4 km
🔥 Calorie consumption	around 159 kcal
👣 Number of steps	around 4900 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

🏠 Okuma Auditorium, Waseda University

Built in 1927. The clock tower with an impressive exterior is 125 shaku (about 37.8 meters) tall, based on Shigenobu Okuma's theory that people are meant to live to 125 years old. Among the school buildings in the grounds, there are also museums open to the public.



🏠 Toden Arakawa Line

Went into service in 1911, and is one of the few streetcars remaining in Tokyo. The stops in the city are in the two areas of Waseda and Omokagebashi.



🌳 Kansen-en Park

A style of Japanese garden with a path around a central pond, originally a residence of the Shimizu family of the Gosankyō Tokugawas. The trees around the pond and the seasonal flowers are beautiful. (*Subject to park closing times)



🏠 Suwa Jinja Shrine

The Sochinju, local shinto deity of the former sites of Kyū-Totsuka-mura and Kyū-Okubo-mura villages. Founded at the beginning of the Heian era (794-1185). It is the only stone monument in the city enshrining the Sainokami-mihashira (three pillars of the traveller god) to protect the village borders. Visited by the Meiji Emperor and designated as a sacred spot.

