



Get aboard the metro and have fun walking from a station

Route Description

- 📍 Shinjuku 3-chome Sta.
 - ▼
 - 📍 Shinjuku Gyoen
 - ▼
 - 📍 Hanazono-jinja Shrine
 - ▼
 - 📍 Nakano Broadway
 - ▼
 - 📍 Nakano Sun Plaza
 - ▼
 - 📍 Nakano Sun Mall Shopping Street
 - ▼
 - 📍 Hosen-ji Temple
 - ▼
 - 📍 Shunjuku Chuo Park
 - ▼
 - 📍 Tokyo Metropolitan Government Office
 - ▼
 - 📍 Shinjuku 3-chome Sta.
- i** 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 3 h 5 min.
Distance	around 12.3 km
Calorie consumption	around 555 kcal
Number of steps	around 17570 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

Hanazono-jinja Shrine



Along with the development of the post town Naito Shinjuku, the shrine gained people's faith. Hanazono Shrine, Shunjuku's *Sochinju* (local Shinto deity), is still visited by many people. Tori no ichi held in November is especially well-known for its divine favor in business prosperity. The Geino Asama Shrine located in the precinct is also popular as a power spot because it relates to entertainment.

Hosen-ji Temple



With its history of nearly 1,000 years, the temple is one of the famous temples of Nakano City. In the precinct, which was drawn in Edo Meisho Zukai and in which Nakano town office (city office) was located from 1895 to the early Showa period, there are many cultural assets such as Sanmon and Miokuri Jizo.

Tokyo Metropolitan Government Office



One of the symbols of Shinjuku. It consists of the first government office, the second government office and Tokyo Metropolitan Assembly Hall. The first government office with an observation room has 48 stories above ground, 3 stories below ground and a height of 243 meters.