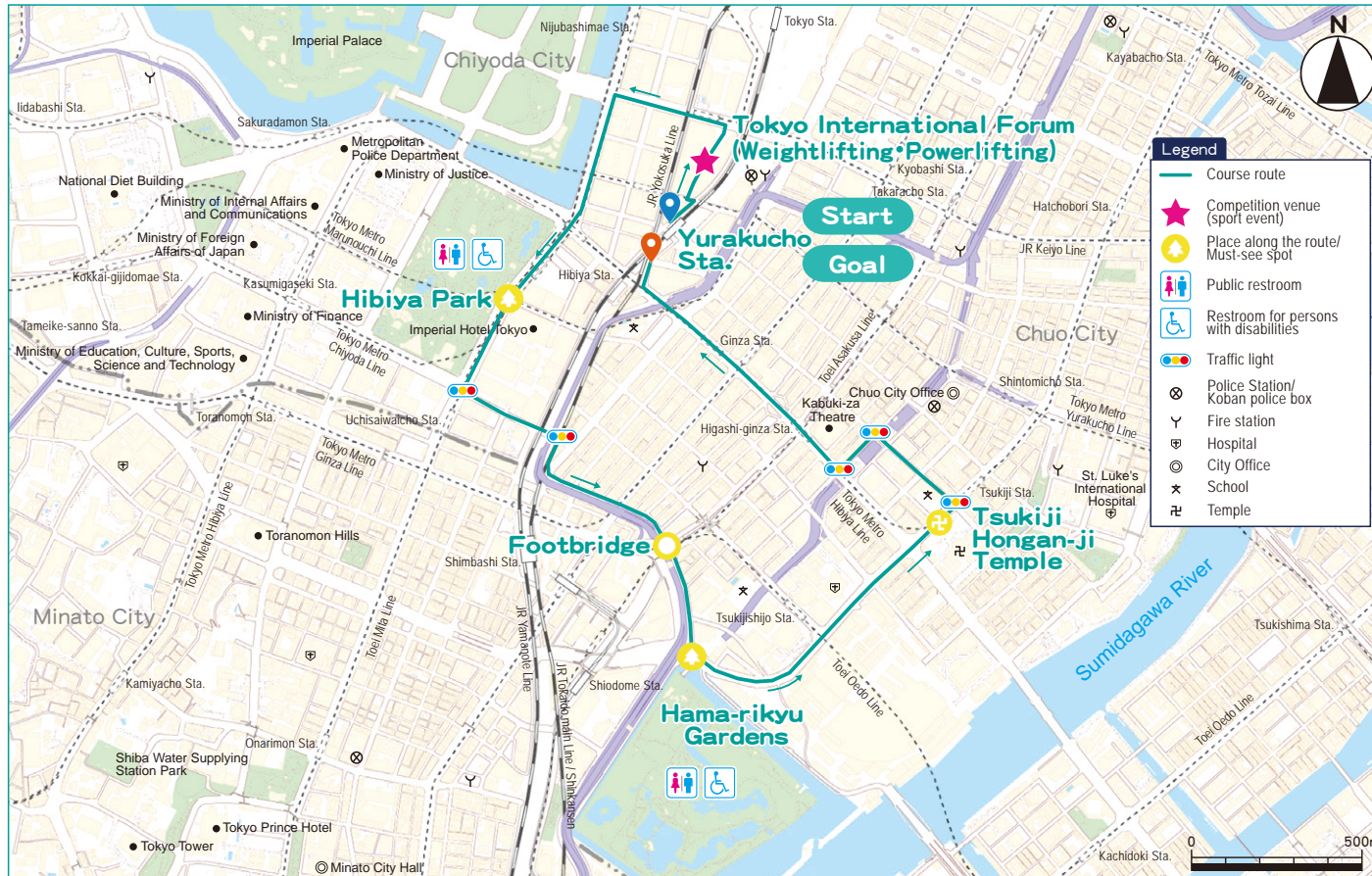




Tokyo International Forum Course



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

- 📍 Yurakucho Sta.
- ▼
- ★ Tokyo International Forum (Weightlifting/Powerlifting)
- ▼
- 🌳 Hibiya Park
- ▼
- 🌉 Footbridge
- ▼
- 🌳 Hama-rikyu Gardens
- ▼
- 🏯 Tsukijihongan-ji Temple
- ▼
- 📍 Yurakucho Sta.

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 1 h 18 min.
📏 Distance	around 5.2 km
🔥 Calorie consumption	around 234 kcal
👣 Number of steps	around 7430 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

Tokyo International Forum



This symbolic glass building, with a huge boat-shaped atrium space, opened in 1997 for 3 main purposes as a base of comprehensive cultural activities, as place to exchange of information and creations, and also for international exchanges. This attractive site was the former center of Tokyo's governmental administration for about a century before becoming Tokyo's largest convention and performing arts center.

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Hibiya Park



Hibiya Park is Japan's first western-style modern park, which was planned, designed and constructed in 1903 as a "park in the center of Tokyo." Many historic sites of Edo and Tokyo, from a part of Edo Castle's Hibiya Gate to arc lamps from the Meiji period, are scattered throughout the park. A large ginkgo tree estimated to be 500 years old stands in the center of the park, and valuable azalea hybridized in the Edo period gives pleasure to visitors. With colorful seasonal flowers blooming in the flowerbeds throughout a year, it offers a resting place for workers in the business area.

Source: Tokyo Metropolitan Park Association
<https://www.tokyo-park.or.jp/park/format/index037.html>

Tsukijihongan-ji Temple



Tsukiji Honganji is a Buddhist temple that the oriental atmosphere created by the distinctive exterior modeled after ancient Buddhist architectures in India and other Asian countries, the stained glass at the entrance to the Main Hall, and various animal sculptures, cause visitors to feel the root of Buddhism which entered Japan through the Silk Road.

Source: Tsukijihongan-ji Temple
<https://tsukijihongwanji.jp/info/history/>