

How to Walk Japan
- Powered by the Japanese Orthopaedic Association

Guidebook for Kyoto

Kyoto

NEW!

A Thousand Years of History,
Breathing Through Time

Explore Kyoto with
Graceful Steps

The
Department of
Orthopaedic Surgery,
University of Tokyo,
will be your guide!

日本整形外科学会

100
PROJECT

Gakken

The Thoughts Contained in this Booklet

This collaboration with Chikyu no Arukikata began from our wish to “support everyone’s aruku (walk),” from those who can walk well to those who have mobility concerns.

On our 100-year milestone, we at the Japanese Orthopaedic Association hope to continue to contribute to the joy of movement, standing alongside them, for the next 100 years.

General information

Basic Information on The Japanese Orthopaedic Association

公益社団法人
日本整形外科学会



Name	The Japanese Orthopaedic Association (JOA)
Founded	April 3, 1926
Number of Members	27,463 (as of March 31, 2026)
JOA was founded for the purpose of promoting research into orthopaedics and contributing to the academic culture. Our first general meeting was held at the University of Tokyo. Our association started out with 118 members but subsequently expanded to our current count of over 27,000 members. We became a public interest incorporated association in 2011 and have worked to advance studies and research into orthopaedics, training of medical specialists, proposals for medical and welfare systems, and dissemination of information to the general public. Modern orthopaedics began with the treatment of childhood diseases, tuberculosis, and trauma. Today, the main issues we face are osteoporosis, and joint and spine diseases amid a super-aged society. Our association will continue to facilitate maintenance and improvement in musculoskeletal functions, and contribute to improvement of health and welfare of the Japanese people through training of specialists capable of providing appropriate medical care.	

About Our 100-Year Project



Visit the Special Website for the JOA 100-Year Project

The 100-Year History

日本整形外科学会
100 PROJECT

Our Recommended Spots (Recommender)

Voice

The Four Seasons Hotel Kyoto stands in a peaceful area of Higashiyama. The space providing a view of a historic garden is pleasingly Kyoto-like, and is also barrier-free. It's wonderful for enjoying a high-quality meal or a relaxing break. (Dr. S.T.)

In Preparation for Your Trip

Discover "LOCOMO"

—Healthcare Concept Born in Japan, the World's Most Advanced Aging Society!

In the city of Kyoto, where the history of a thousand years breathes, you can encounter a new discovery with each step you take. Walking as you tour the sights and admire the beautiful townscape that transforms with the four seasons is the best part of sightseeing in Kyoto, and it is also the best exercise for keeping your body healthy. To continue walking freely to where you want to go, the health of your musculoskeletal system that supports and moves your body is essential. Here, we'd like to introduce an important health-related keyword, Locomotive Syndrome (also commonly known as locomo), the concept of which JOA is spreading to the world.

[Self-test]

Can you stand up from a chair on one leg?

Sit on a chair with your back straight and your arms crossed in front of your chest. From this position, can you stand up on only one leg without using momentum? This motion of standing up from a sitting position on one leg is a very important test for assessing the strength of your legs and hips, as well as your balance. If you have difficulty standing up, this may be a sign that your mobility (locomo) is starting to decline without you realizing it.



Visit Locomo ONLINE to take the test!

Enjoy Exploring Kyoto While Focusing on Locomo Prevention

You can reasonably expect to maintain and improve your mobility, and help prevent locomo, through appropriate daily exercise and walking. Even without starting special training, you can properly prevent locomo simply by walking with a slightly wider stride than usual and firmly climbing slopes and stairs at your own pace while enjoying Kyoto's beautiful scenery. We invite you to improve the health of your legs and hips while appreciating the depth of the thousand-year capital, Kyoto.



> A Message from the Host of the 46th SICOT Orthopaedic World Congress 2026



Sakae Tanaka

Department of Integrated Sensory and Motor System Medicine, Department of Orthopaedic Surgery, Graduate School of Medicine and Faculty of Medicine, The University of Tokyo

We will be holding the 46th SICOT Orthopaedic World Congress in Kyoto, Kyoto Prefecture, for three days from September 29 (Tue) to October 1 (Thu) 2026. We are deeply honored to welcome so many of you from Japan and across the world to this congress, which has returned to Japan for the first time in 48 years.

The theme of this congress is “A Bridge to the Future.” Contained in it is our strong intention to serve as a bridge of knowledge for the younger generations that will carry forth the next age, by combining robotics, regenerative medicine, and cutting-edge technology like AI-driven diagnostics while also valuing traditional surgical principles. In addition to the seminars held in Japanese (Japan day) on the day before the start of the congress, we have prepared a wide range of programs including a special lecture by Masafumi Ikenobo on the mentality of Japanese culture and Ikigai.

Kyoto, where the congress will be held, is an attractive city with a townscape of World Heritage Sites where the history of a thousand years breathes and has a sophisticated food culture for you to savor. We have also planned lively social events such as the reception in the Japanese garden of the Kyoto International Conference Center, and a dinner at Funatsuru, which is a registered tangible cultural property. It is our hope that you enjoy the beauty of autumn and omotenashi (hospitality) of the old capital, along with the rousing discussions during the congress. We sincerely look forward to seeing you all in Kyoto in September 2026.

Voice

[Recommended Souvenirs] The pickles from Kyo Tsukemono Nishiri and Murakami Jyu Honten are excellent. The senmaizuke (thinly sliced pickled turnip) goes without saying, but their pickles made from a variety of other vegetables are so good, you won't be able to stop eating rice with them (Dr. Y.F.). Hara Ryokaku's Kuro Shichimi (black seven-spice blend) is wonderfully fragrant and ideal for people who love to cook (Dr. A.Y.).

Tour the Sights, Walk for Your Health

A Guide to Exploring Kyoto on Foot

Kyoto's streets are a pleasure to walk. Visit the famous sites, admire the townscape, and savor the seasons. The more you walk, the more the depth of the old capital reveals itself.

A Walk Through Rakuhoku, from Takaragake to Shisendo

Approx. 3.8 km / 53 min one-way



From the venue, Kyoto International Conference Center, we head to Shisendo, famously featured in a green tea commercial. It's a bit far, but the distance will make getting there even more satisfying.



1 Kyoto International Conference Center

Japan's first national convention facility, this masterpiece of architectural modernism was conceived by architect Sachio Otani for the first public design competition held in Japan. The innovative structure is a combination of trapezoids and inverted trapezoids.

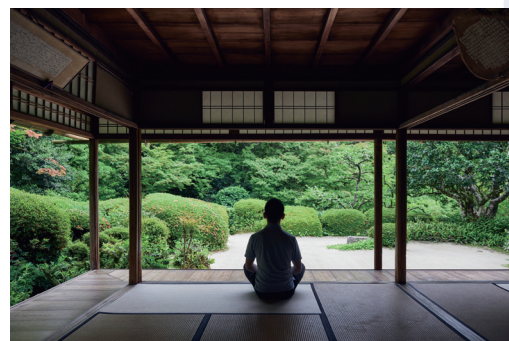
422 Iwakuraosagicho, Sakyo-ku, Kyoto City 5-min walk from Kokusaikaikan Sta. on the Kyoto City Subway



2 Shisen-do Temple

This Soto Zen temple was formerly the mountain retreat of Ishikawa Jozan, an intellectual from the early Edo Period, built in 1641. It is known as the birthplace of shishi-odoshi, a device designed by Jozan to scare away deer and wild boars.

27 Monguchi-cho, Ichijo-ji, Sakyo-ku, Kyoto City 075-781-2954 9:00-17:00 (last admission 16:45) ¥700
May 23 7-min walk from Ichijo-ji Sagarimatsucho bus stop on the Kyoto City Bus or 15-min walk from Ichijo-ji Sta. on the Eizan Railway.



[Recommended Izakayas] Niyasai Onikai is a fantastic Izakaya specializing in Kyoto vegetables (Dr. S.T.). Sakura Bar is a haven for locals. With regional fare at about 500 yen per plate, it's both affordable and delicious. Once you go to Sakura Bar, you're a fan for life (Dr. S.K.). Komedokoro Inamoto is a jewel among Japanese cuisine Izakayas (Dr. H.N.).

From Kyoto Station to Sites Linked to Great Commanders

Approx. 3.1 km / 46 min one-way

1 Start from Kyoto Station



Start from the bottom of the map!



2 Sanjusangen-do

This is the main hall of Rengeo-in, built at the behest of Cloistered Emperor Go-Shirakawa. Its name is derived from the 33 spaces between the columns in the hall and the Kannon Bosatsu (Kannon Bodhisattva) transforming into 33 different forms. Inside the approx. 120 m hall of this national architectural treasure, the 1,001 Thousand-Armed Kannon statues stand neatly side by side.

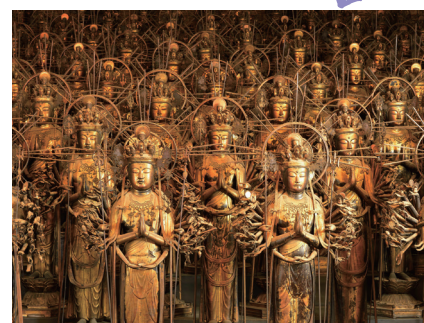


Photo courtesy of Myoho-in

657 Mawari-cho, Sanjusangen-do, Higashiyama-ku, Kyoto City 075-561-0467
8:30 - 17:00 (November 16 to March 31: 9:00 - 16:00) ¥600
Close to Hakubutsukan Sanjusangen-domae bus stop on the Kyoto City Bus or 7-min walk from Shichijo Sta. on the Keihan Line

3 Kodai-ji Temple



Kodai-ji was founded in 1606 by Nene, later known as Kodai-in, to memorialize her husband, Toyotomi Hideyoshi. A renowned spot for autumn leaves, the temple is famous for its beautiful chisen-kaiyushiki (pond-strolling) garden, said to have been created by Kobori Enshu, and the Kodai-ji maki-e lacquer adorning its mausoleum.

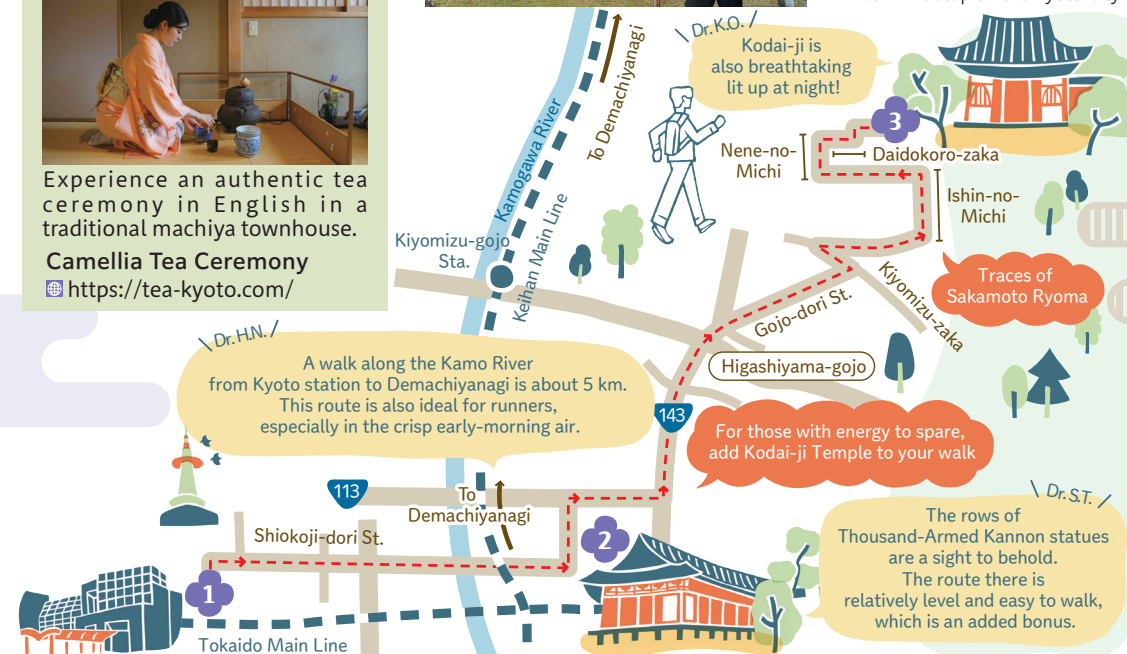
526 Shimokawara-cho, Kodai-ji, Higashiyama-ku, Kyoto City 075-561-9966 9:00 - 17:30 (last admission 17:00) ¥800 7-min walk from Higashiyama Yasui bus stop on the Kyoto City Bus

Experience a tea ceremony in Kyoto



Experience an authentic tea ceremony in English in a traditional machiya townhouse.

Camellia Tea Ceremony
https://tea-kyoto.com/



Kyoto's comfort food can be found at Gyoza no OHSHO and Tenkaippin. Both are Kyoto-born restaurants long favored by local residents. Rumor has it that Gyoza no Ohsho tastes different in Eastern and Western Japan. Tenkaippin first opened its doors in Kitashirakawa and is famous for its thick, rich broth. (Dr. Y.F.)



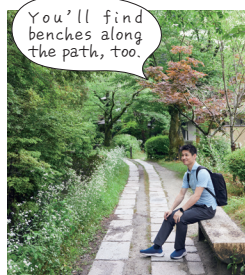
A Wabi-Sabi Walk on the Philosopher's Path

Approx. 2 km / 30 min one-way

1 Ginkaku-ji Temple

Formerly a villa built by Ashikaga Yoshimasa in 1482, this World Heritage Site is representative of the Higashiyama culture. Officially named Higashiyama Jisho-ji, it is famous for its National Treasure Kannon Hall (Ginkaku), as well as the Ginshadan and Kogetsudai sand formations.

📍 2 Ginkaku-ji-cho, Sakyo-ku, Kyoto City ☎ 075-771-5725
🕒 8:30 - 17:00 (December to February: 9:00 - 16:30)
🎫 ¥1,000 🚌 Close to Ginkakuji-michi bus stop on the Kyoto City Bus



2 Philosopher's Path

The path runs about 2 km from Ginkaku-ji Temple to Nanzen-ji Temple. The name comes from the contemplative walks taken by the philosopher Kitaro Nishida. It is also celebrated for the rows of cherry trees lining the path.

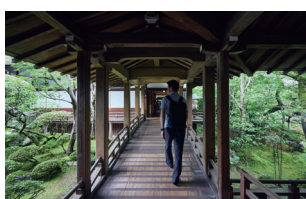
📍 North: Close to Ginkakuji-michi bus stop on the Kyoto City Bus
South: Close to Nanzenji Eikando-michi bus stop on the Kyoto City Bus



3 Eikan-do Temple (Zenrin-ji Temple)

An ancient temple built during the Heian Period, and it is also called "Momiji no Eikan-do" (Eikan-do of Maple Leaves) for its famous autumn foliage. Another highlight is Mikaeri Amida, the principal image of the Amida Buddha looking back over his left shoulder.

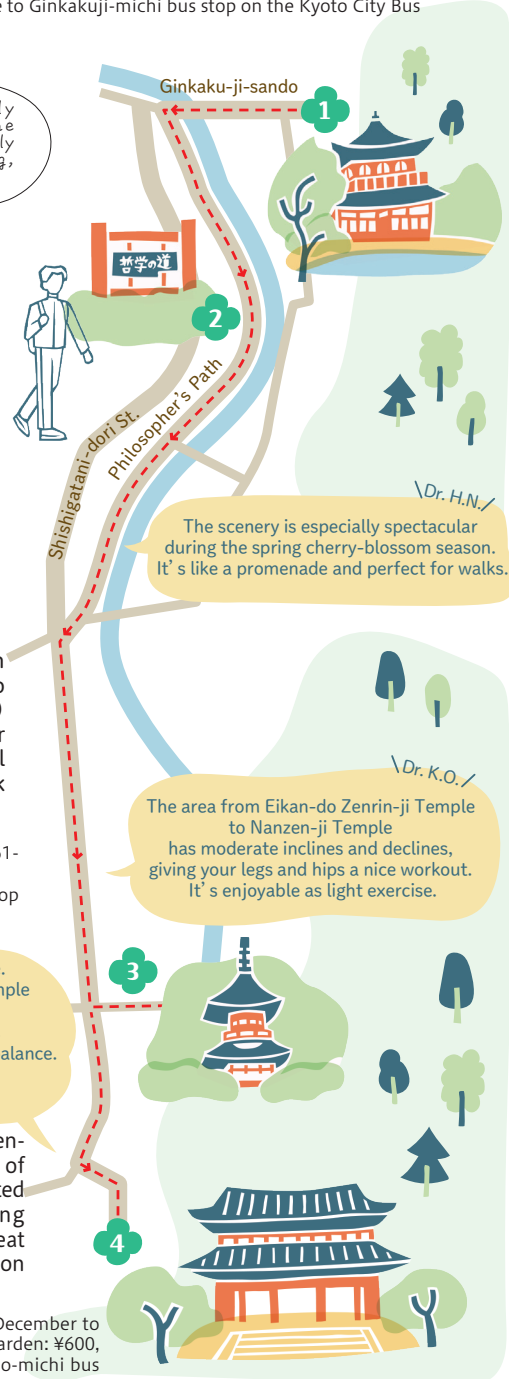
📍 48 Eikando-cho, Sakyo-ku, Kyoto City ☎ 075-761-0007 🕒 9:00 - 17:00 (last admission: 16:00) 🎫 ¥1,000
🚶 3-min walk from Nanzenji Eikando-michi bus stop on the Kyoto City Bus



4 Nanzen-ji Temple

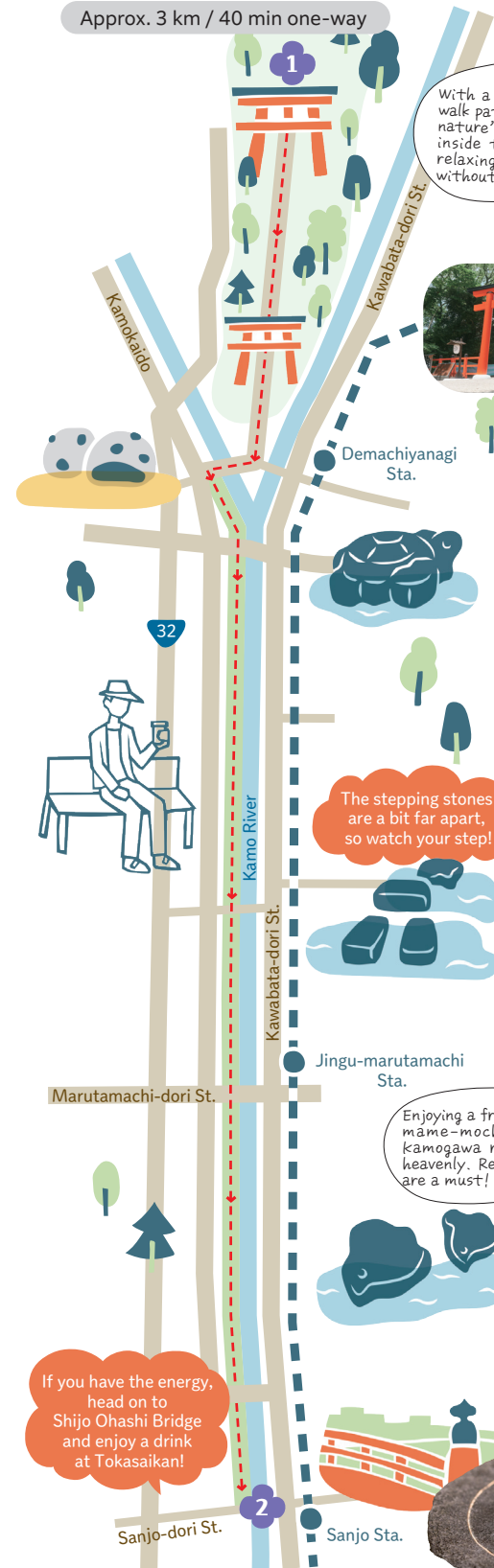
The head temple of the Rinzaï sect, Nanzen-ji Temple was formerly the imperial villa of Cloistered Emperor Kameyama who converted it into a Zen temple in 1291 after taking Buddhist vows. Ranked above the Five Great Zen Temples, it is known for the great Sanmon gate and the brick Suirakaku aqueduct.

📍 Fukuchi-cho, Nanzenji, Sakyo-ku, Kyoto City ☎ 075-771-0365 🕒 8:40 - 17:00 (December to February: 8:40 - 16:30) (Admission ends 20 minutes before closing time) 🎫 Hojo garden: ¥600, Sanmon: ¥600, Nanzen-in: Closed to visitors 🚶 10-min walk from Nanzenji Eikando-michi bus stop on the Kyoto City Bus or 10-min walk from Keage Sta. on the Kyoto City Subway



Strolling Along Kamo River to the Sound of the Water

Approx. 3 km / 40 min one-way



1 Shimogamo-jinja Shrine

One of Kyoto's oldest shrines, established before Kyoto became the capital, this World Heritage Site is surrounded by the Tadasu-no-Mori forest. Together with Kamigamo Shrine, it is the host of the Aoi Matsuri.

📍 59 Izumigawa-cho, Shimogamo, Sakyo-ku, Kyoto City ☎ 075-781-0010 🕒 Sakuramonai: 6:30 - 17:00, Kawaisha: 6:30 - 16:30 (Subject to change for ceremonies and events) 🆓 Free 🚶 Close to Shimogamo Jinjamae or Tadasunomori-mae bus stop on the Kyoto City Bus. 12-min walk from Demachiyana Sta. on the Keihan Line

With a level, easy-to-walk path, you can feel nature's presence even inside the city. It's relaxing and enjoyable without strain.



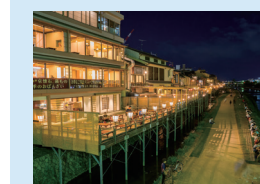
The calming Tadasu-no-Mori



2 Sanjo Ohashi Bridge

🚶 3-min walk from Sanjo Sta. on the Keihan Line

A Summer Classic, Kamogawa Nouryou Yuka



Open-air dining on decks along the Kamo River began sometime between the Azuchi-Momoyama Period and the early Edo Period, when spectator seats and tea shops were constructed near the Shijo riverbed. By the mid-Edo Period, this practice was embraced as "Kawara no suzumi," that is, enjoying the cooling breeze on the riverbed. Currently, 86 restaurants line the riverside with these decks from May to mid-October. Opening hours and duration vary depending on the restaurant.

Take a Break with Something Sweet

Enjoying a freshly made mame-mochi on the Kamogawa riverbed is heavenly. Reservations are a must! (Dr. HN)



Exceptionally smooth on the tongue and down the throat, this treat is a favorite of Kansai locals. (Dr. S.T.)

Kagizen Yoshifusa's Kuzukiri

📍 264 Gionmachi-kitagawa, Higashiyama-ku, Kyoto City ☎ 075-561-1818 🕒 9:30 - 18:00, Café: 10:00 - 18:00 (last admission: 17:30)

📍 Mondays 🚶 3-min walk from Gion-shijo Sta. on the Keihan Line or 5-min walk from Kyoto Kawaramachi Sta. on the Hankyu Line

Ajari Mochi Hongo Mangetsu's Ajari Mochi

📍 Imadegawa-agaru, Marikoji-dori, Sakyo-ku, Kyoto City ☎ 075-791-4121 🕒 9:00 - 18:00
📍 Wednesdays, Irregular holidays
🚶 2-min walk from Hyakumanben bus stop on the Kyoto City Bus

Demachi Futaba's Meidai Mame-mochi

📍 236 Seiryu-cho, Kamigyo-ku, Kyoto City ☎ 075-231-1658 🕒 8:30 - 17:30 📍 Tuesdays, fourth Wednesday
🚶 2-min walk from Kawaramachi Imadegawa bus stop on the Kyoto City Bus or 5-min walk from Demachiyana Sta. on the Keihan Line

Featuring a chewy exterior and lightly sweet bean paste with whole beans, they're best freshly made at the main store! (Dr. S.K.)

Voice

Summer Evening events are held on the deck at Funatsuru, a ryokan-restaurant along the Kamo River, built in Meiji 3 (1870). We are planning to hold a private party here for the SICOT networking event, and you're all invited! (Dr. S.K.) *Fee required.

Voice

Omen is a popular udon restaurant near Ginkaku-ji Temple. The noodles here are enjoyed with plentiful condiments. We all visited this restaurant together for this guidebook, and even though there was a line, it moved briskly so we didn't wait long. (Dr. K.O.)

From Kurama to Kibune on the Kinone-michi (Root Path)

Approx. 3 km / 60 min one-way

1 Kurama-dera Temple

This head temple of Kurama-kokyo sect was founded in 770 by Gantei Shonin to worship Bishamonten. It is known as the setting of the tale of Ushiwakamaru (Minamoto no Yoshitsune) who learned the art of war from the legendary creature, Tengu.

1074 Kurama-honmachi, Sakyo-ku, Kyoto City
075-741-2003 9:00 - 16:15 ¥500
Close to Kurama bus stop on the Kyoto City Bus or Kurama Sta. on the Eizan Railway

Start from the bottom of the map!

Start from the Nio-mon (main gate)! The path is rugged and satisfyingly challenging, ideal for those seeking a more robust activity. Walking can become a bit difficult in some areas, so using a staff will be helpful. Take the cable car to the Tahoto pagoda for ease.

Stone steps lead to the kondo (main hall). Use the handrail and proceed at a comfortable pace.

2 Kondo

3 Okuno-in Maoden

The steps are steep in some places and can be surprisingly hard on the knees. Please use a staff and be careful with each step. Return your staff at the West Gate.



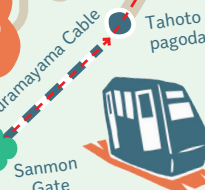
The babble of the stream and the clear air gently resonate through your walk-weary body.

4 Kifune Shrine

Sitting by the Kibune river is the head shrine for water-god shrines throughout Japan. It is famous for Mizu Mikuji, a method of fortune telling where words appear on a paper submerged in water from the sacred spring, and for bringing good luck in relationships. The approach to the shrine lined with red lanterns is also beautiful.

180 Kibune-cho, Kurama, Sakyo-ku, Kyoto city 075-741-2016 6:00 - 20:00 (December to April: 6:00 - 18:00) Free 5-min bus ride from Kibuneguchi Sta. on the Eizan Railway or 30-min walk from Kifuneguchi Sta. on the Eizan Railway

We recommend borrowing a wooden staff at Nio-mon (near the reception counter) to take with you on your journey.



Kuramayama Cable
Tahoto pagoda
Sanmon Gate

The Editorial Team's Recommended Arashiyama Tour

Approx. 3 km / 60 min one-way

1 Start at Randen (Keifuku Electric Railroad) Arashiyama Station!

2 Tenryu-ji Temple

This head temple of the Rinzaï Sect was founded in 1339 by Ashikaga Takauji in memory of Emperor Go-Daigo. Highlights of this World Heritage Site include the Sogenchi garden, which borrows the Arashiyama landscape as part of its scenery, and the massive dragon painting on the ceiling of the lecture hall.

68 Susukinobaba-cho, Sagatenryu-ji, Kyoto City 075-881-1235 8:30 - 17:00 (last admission: 16:50) Garden ¥500 Close to Arashiyama Tenryuji-mae bus stop on the Kyoto City Bus or Arashiyama Sta. on the Randen (Keifuku Electric Railroad). 2-min walk from Arashiyama Sta. on the Randen (Keifuku Electric Railroad). 13-min walk from JR Saga-Arashiyama Sta. 15-min walk from Arashiyama Sta. on the Hankyu Line

The gentle incline taking advantage of the hilly terrain is enjoyable as a hike. In addition to the mild exercise, the view of Kyoto city and Arashiyama from the pavilion and the observation deck rejuvenates the mind. Walking in the cool early morning hours is recommended.



4 Okochi-sanso Garden

This stroll garden was created over a period of about 30 years by Denjiro Okochi, a Showa-era actor known for his roles in historical dramas. Incorporating Arashiyama and Hozu gorge into its design, the garden also offers a panoramic view of Kyoto's streets.



There's a free lounge.

8 Tabuchiya-cho, Sagaogurayama, Ukyo-ku, Kyoto City 075-872-2233 9:00 - 17:00 (last admission: 16:30) ¥1,000 15-min walk from Arashiyama Sta. on the Randen (Keifuku Electric Railroad) or 15-min walk from JR Saga-Arashiyama Sta.

Taking a break beside Katsura River.



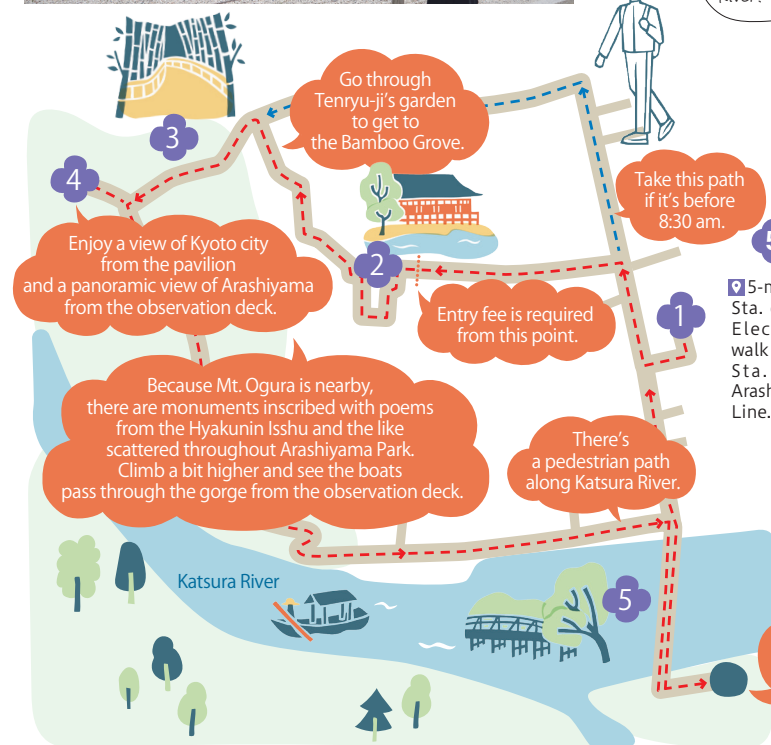
5 Togetsukyo Bridge

5-min walk from Arashiyama Sta. on the Randen (Keifuku Electric Railroad), 15-min walk from JR Saga-Arashiyama Sta. or 10-min walk from Arashiyama Sta. on the Hankyu Line.

The Togetsu Bridge is the symbol of Arashiyama. A cool breeze blows through along Katsura River.



We recommend visiting Arashiyama Park Nakanoshima Area across the bridge. The small bridge over the tributary of Katsura River is a hidden gem often featured in historical dramas.



Enjoy a view of Kyoto city from the pavilion and a panoramic view of Arashiyama from the observation deck.

Because Mt. Ogura is nearby, there are monuments inscribed with poems from the Hyakunin Isshu and the like scattered throughout Arashiyama Park. Climb a bit higher and see the boats pass through the gorge from the observation deck.

Entry fee is required from this point.

There's a pedestrian path along Katsura River.

Take this path if it's before 8:30 am.

Go through Tenryu-ji's garden to get to the Bamboo Grove.

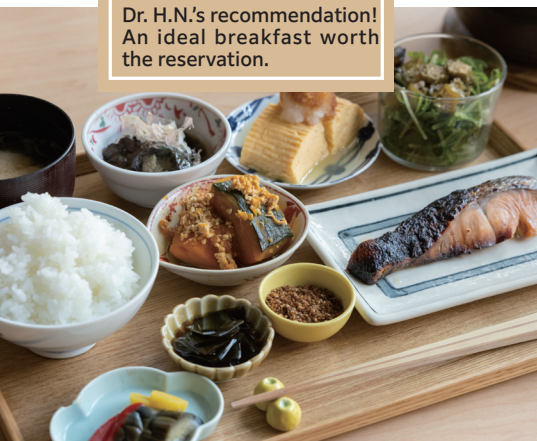
Voice

Nishiki Market, extending along Nishikikoji-dori Street behind Daimaru Kyoto, is lined with seafood and Kyoto vegetables, and is full of souvenir shops. It's great fun to snack on Kyoto delicacies as we stroll through, and the market ends at the lively Teramachi-dori street. I always take my friends here when they visit. (Dr. A.Y.)

Let's Eat a Lively, Varied Meal

We asked the doctors of the Department of Orthopaedic Surgery, the University of Tokyo, who are hosting the Congress, to fill out a questionnaire on restaurants. Here is a food report of our picks from their recommended restaurants.

Dr. H.N.'s recommendation!
An ideal breakfast worth the reservation.



Shunsai imari

This restaurant is known for their obanzai (home-style cuisine) using seasonal ingredients. A standout menu is their Japanese breakfast set featuring Koshihikari rice from Kyoto's Tamba region cooked in an earthenware pot, accompanied by salmon saikyoyaki (grilled salmon with a sweet miso marinade) and a rolled omelet. It goes so well with the rice, you won't be able to stop eating. (Dr. Kitamura)



Kyo no Asa Gohan ¥2,400 (reserve online) **sa ya ka ta**
108 Nishirokkaku-cho, Shinmachi-nishi-iru, Rokkakudo-cho, Nakagyo-ku, Kyoto City
☎075-231-1354 ☎7:30 - 10:00, 17:30 - 23:00
🚗 Irregular holidays 🚶 10-min walk from Karasuma Oike Sta. on the Kyoto City Subway or from Karasuma Sta. on the Hankyu Line

Approx. 1.1 km, 15-minute walk

Approx. 2 km, 30-minute walk

Dr. K.O.'s recommendation!
Savor the seasonal dishes using carefully made dashi broth.



Hamo no Yakishimo (lightly seared pike conger) ¥3,500, Hirai Beef ¥6,000, and Marunabe (soft-shell turtle hotpot) ¥4,000
sa a ni ya

Kappo Shinatomi

Committed to avoiding additives, this Kappo-cuisine restaurant makes even their own seasonings by hand. Their multi-course meals are flexible according to preference, and each bite of their skillfully crafted dishes is exquisite. (Dr. Kitamura)

315-4 Shintomi-cho, Kamigyo-ku, Kyoto City ☎075-366-4736 ☎17:30 - 22:00 (last admission 19:00) 🗓Wednesdays
🚶 7-min walk from Jingu-marutamachi Sta. on the Keihan Line or 12-min walk from Kyoto Shiyakusho-mae Sta. on the Kyoto City Subway

*We sincerely apologize, but due to our lack of adequate support systems for overseas customers, we are only accepting reservations from customers who have a Japanese phone number and can speak Japanese at a native level.



Young ginger sorbet and milk ice cream ¥1,000 **gi**



Nijo-jo Castle



Photo courtesy of Nijo-jo Castle Office

This World Heritage Site served as the stage for the restoration of imperial rule.

541 Nijojo-cho, Horikawa-nishi-iru, Nijojo-dori, Nakagyo-ku, Kyoto City ☎075-841-0096 ☎Castle opening hours 8:45 to 17:00 (last admission 16:00) 🗓Castle closed from December 29 to 31 🗑Castle admission fee ¥800
🚶 Close to Nijojo-mae Sta. on the Kyoto City Subway or Nijojo-mae bus stop on the Kyoto City Bus

There's a sense of history, and the garden is spacious and easy to walk. (Dr. K.O.)

Our reporters are, from left to right, Dr. Nono Kitamura and Dr. Yuri Furukawa!



Kifune Hirobun

At this Japanese restaurant in Kibune with kawadoko seating on a deck above the river, you can enjoy lavish Kyoto cuisine using an abundance of seasonal ingredients, as well as nagashi somen in the summer. The colors are beautiful and summer in Kyoto can be fully enjoyed here. (Dr. Furukawa) **sa a ni ya ka ta ku**

Dr. S.T.'s recommendation!
Experience something out of the ordinary and a uniquely Kyoto way of cooling off.



Kawadoko Kaiseki ¥10,890
87 Kibune-cho, Kurama, Sakyo-ku, Kyoto City ☎075-741-2147
☎11:00 - 15:00, 16:30 - 21:00
🗓Irregular holidays 🚶 10-min walk from Kibuneguchi Sta. on the Eizan Railway or Kibune bus stop on the Kyoto City Bus



Sohonke Nishin Soba Matsuba Main Shop



192 Kawabata-cho, Shijoohashi-higashi-iru, Higashiyama-ku, Kyoto City ☎075-561-1451
☎10:30 - 21:00 (last admission 20:30)
🗓Wednesdays (Open on Wednesdays when they fall on public holidays) (differs depending on the season) 🚶 Close to Gion-shijo Sta. on the Keihan Line or 3-min walk from Kyoto Kawaramachi Sta. on the Hankyu Line



Nishin Soba ¥1,870 **sa ya**



Established in 1861, this is where nishin soba (herring soba) began. The combination of the delicately fragrant dashi broth and the umami of the sweet, simmered herring leaves quite an impression. (Dr. Kitamura)

Dr. S.K.'s recommendation!
This is a local favorite among people in the know.

Approx. 550 m, 10-minute walk

Dr. K.O.'s recommendation!
Everything on the a la carte menu is exceptional.



Meibutsu Saba Sando ¥2,400 and Gyu Shigureni Croquette (croquette with ginger simmered beef) ¥1,800 **sa a ni ya**

Gion Rohan

This Kappo restaurant embraces the seasons. Their signature dish is the Meibutsu Saba Sando, a sandwich featuring a balanced combination of mackerel, takuan pickles, and mayonnaise. It is superb! (Dr. Furukawa)

232 Nijuikken-cho, Shijo-iru, Yamatoji-dori, Higashiyama-ku, Kyoto City ☎075-533-7665
☎17:00 ~ 22:30 (last admission 22:30) 🗓Sundays 🚶 Close to Gion-shijo Sta. on the Keihan Line



Walking Intensity and Calorie Consumption (for 30 min)

Pace (METs)	Weight 50kg	Weight 60kg	Weight 70kg
Slow walk (approx. 2.5 METs)	approx. 63kcal	approx. 75kcal	approx. 88kcal
Normal walk (approx. 3.0 METs)	approx. 75kcal	approx. 90kcal	approx. 105kcal
Fast walk (approx. 4.0 METs)	approx. 100kcal	approx. 120kcal	approx. 140kcal
Very fast walk (approx. 5.0 METs)	approx. 125kcal	approx. 150kcal	approx. 175kcal

Calculation of calorie consumption using METs
Reference: Kenko-zukuri no Tame ni Karada Katsudo Undo Guide 2023 (Physical Activity and Exercise Guide for Health Promotion 2023) by the Ministry of Health, Labour and Welfare

An Approachable Health Routine "Walk after you eat!"

The secret to preventing locomotor is to adopt habits that let you move your body without strain and continue to carefully use your musculoskeletal system. Why not take a comfortable first step by incorporating "Walk after you eat!" into your daily routine and go for a stroll or a walk after meals?



What "Let's Eat a Lively, Varied Meal" means

This catchphrase for meals encourages people to eat various foods in a well-balanced manner. The key is to enliven the dining table with a combination of a wide variety of ingredients such as fish, meat, vegetables, and fruit. Increasing the variety of foods allows you to easily get in nutrients necessary for muscles and bones, and is thought to lead to locomotor prevention.



The goal is to consume seven or more varieties a day!!

[How to Spend Time in Kyoto Station] I get mitarashi dango inside the train station. It's hard to find in Tokyo (Dr. S.T.). I buy 551 Horai, a popular Kansai souvenir! The easternmost place you can buy them is Kyoto Station (Dr. K.O.). I eat at Nishin Soba Matsuba on the concourse before departure. (Dr. S.K.)

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<Preliminary Notice of Next Issue>

「Exploring Yokohama」

The 100th Annual Meeting of the Japanese Orthopaedic Association

13 (Thu) to 16 (Sun) May 2027

Pacifico Yokohama (Yokohama)

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