



See the city from a running point of view

Check the back
for more detail!

OSAKA Running MAP



Get active with these running courses that only the Osaka locals know.
Combine sightseeing and exercise to get the best of Osaka exclusives
such as shops along the Yodogawa river and Osaka castle.

While you are enjoying the outdoors,
you can also boost your body with healthy ingredients from various cafes.

We will introduce the best places
for a short break or to wind down after your run.
Enjoy the sights in Osaka with this Osaka Running Map.

Published by
Osaka Convention & Tourism Bureau
<https://osaka-info.jp/en/>

Say cheese!



RUNNING DISTANCE



JR OSAKA

5.4km



OSAKA CASTLE PARK



MIZUNO
YODOYABASHI

2.8km



OSAKA CASTLE PARK



CAFE



SPORTS SHOP

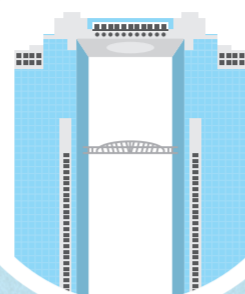


INFORMATION



PHOTO SPOT

UMEDA SKY BUILDING



MIZUNO OSAKA CHAYAMACHI

OSAKA METRO
UMEDA

ASICS STORE OSAKA

JR OSAKA

CHUO KOKAIDO
RETRO BLDG. AREA



MIZUNO YODOYABASHI

OSAKA METRO
YODOYABASHI

TEKIJUKU

GOKAN

OSAKA METRO
KITAHAMA

KITAHAMA RETRO

OXYMORON KITAHAMA

SUKUNAHIKONA SHRINE

FIELDER'S CHOICE

B.UP CLEANSING JUICERY

WONDERMENT

NORTHSHORE GREEN

GARAGE39

STATUE OF
GODAI TOMOATSU

That's nice!



OSAKA METRO
HONMACHI

SHINSAIBASHI AREA

OSAKA METRO
SHINSAIBASHI

ASICS OSAKA SHINSAIBASHI

OSAKA METRO
NAGAHORIBASHI

MIDO-SUJI STREET

SHINSAIBASHI SHOPPING DISTRICT

JR KYOBASHI

Enjoy!
Osaka!

JR OSAKAJO-
KOEN



09 RUNNING BASE OSAKAJO

OSAKA MUSEUM OF HISTORY

OSAKA METRO
TANIMACHI 4CHOME

