

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.

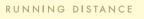
While you are enjoying the outdoors, you can also boost your body with healthy ingredients from various cafes. We will introduce the best places

> 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/



E KEIHAN NAKANOSHIMA





龙 5.4km







YODOYABASHI













YODOYABASHI OXYMORON KITAHAMA **TEKIJUKU** GOKAN GOSAKA METRO KITAHAMA

SUKUNAHIKONA SHRINE

05 FIELDER'S CHOICE

B.UP CLEANSING JUICERY

NORTHSHORE GREEN

WONDERMENT 102 03 - GARAGE 39

> STATUE OF GODAI TOMOATSU

OSAKA METRO HONMACHI

OSAKA METRO SHINSAIBASHI

SHINSAIBASHI AREA

OSAKA METRO NAGAHORIBASHI

ASICS OSAKA SHINSAIBASHI



F JR KYOBASHI



JR OSAKAJO-RUNNING BASE OSAKAJO KOEN



OSAKA MUSEUM OF HISTORY

OSAKA METRO TANIMACHI 4CHOME

Charge up before your run or replenish after. Here are our recommendations for the best spots in the city to relax body and mind with a healthy menu. There's also a list for fashionable cafes when you want to take a small break from exercising!





Feel time slowly pass at this relaxing riverside cafe housed in a 100-year old building. The shop's original curry dishes are very popular. If you're not that hungry, you can simply enjoy a drink or a dessert such as pudding. All dishes are lovingly handcrafted.

- ₹541-0041 Osaka City Chuo-ku Kitahama 1-1-22





Garage39

In this spacious shop, you can enjoy domestic craft beer and munch on charcoal-grilled dishes. Shiga Kogen beer, Minoh beer and Akashi brewery are the main beers. 15 different kinds of beer have been selected from all over Japan and are served here. The menu has uses aged meat from Kyushu and organic vegetables.



WONDERMENT

Seasonal fruits and veggies are used to lovingly prepare each dish and cocktail by hand. The cocktails are crafted to match the creative menu in a French-style environment. Watch all the dishes being prepared from the ounter seat that puts you right next to the kitchen. Enjoy a conversation while watching the scenery in this comfortable and relaxing space.

SHOP DATA

- 〒541-0047 Osaka City Chuo-ku Awajimachi 3-4-12 Sun Plaza Awajimachi Building 2F
- 06-4706-9210 17:00-24:00



SHOP DATA

Osaka City Chuo-ku Awaiimachi 2-5-15

17:00-24:00 (L.O. at 23:00)





[Juice Specialty Shop] B.up Cleansing Juicery UTSUBO KOEŇ

The shop supports the health of runners in a stylish way. The No.1 most popular drink replenishes minerals such as phosphorus, sodium, magnesium, calcium, iron and potassium to revitalize your body. No additives preservatives or heated ingredients. Thanks to the cold press technique used at this juice shop, you can take in all the original living enzymes from vegetables



SHOP DATA

- ₹550-0003
- Osaka City Nishi-ku Kyomachibori Link House Kyomachibori 1F
- 06-6441-9009
- 8:30-19:00
- (Tuesday if Monday is a National Holiday)

Healthy and fresh salads. Stop by

for a quick rice ball with soup and

salad. Lunch and dinner options are

available as well. There are plenty of

superfood to enjoy such as vegan

salads and pancakes. From morning

until evening, pick your choice from

[Salad Specialty Store] FIELDER'S CHOICE



The best takeout in town at this New York style chopped salad shop. Choose your favorites from a selection of 30 vegetables. Chopped finely and topped with your favorite dressing so that everyone can enjoy delicious vegetables. Although the focus is on takeout, there are some counter seats so you can quickly satiate your hunger before or after exercise. Vegan dressings are available.

SHOP DATA

- **☆** 〒541-0046 Osaka City Chuo-ku Hiranomachi 1-5-
- Koya Building 1F 8 06-4706-2301 9 Mon.-Fri. 8:00-21:00 (L.O. at 20:30)
- Sat. 8:00-15:00 (L.O. at 14:30)



[Salad Specialty Store] northshore green



the healthy menu.

SHOP DATA

- 〒541-0046 Osaka City Chuo-k
- 06-6204-6781



DO YOU KNOW?

\ Take a rest at the retro buildings /

The Kitahama area has a plethora of retro buildings that you can enjoy and explore. Some of these buildings have also been refurbished into cafes or shops where you can relax with a cup of tea.



KITAHAMA RETRO

🕝 〒541-0041 Osaka City Chuo-ku Kitahama 1-1-26

Sat. Sun. National Holidays 10:30-19:00

popular takeout items.

© 06-6223-5858 • Mon.-Fri. 11:00-21:00

Built in 1912 as a bank, it was refurbished in 1977 into the

English-style tearoom, "Kitahama Retro". In the salon on the second floor, you can enjoy a full English-style afternoon tea

with your favorite cake, two scones, toppings (jam or fresh

cream), finger sandwiches and your favorite drinks. The

cakes and Western confectionaries on the first floor are

Osaka that uses Japan's staple food, rice. Using bread that

has been slowly toasted and fermented for two days, the french toast that faithfully reproduces the old recipe is one

- ₩ 〒541-0042
- Osaka City Chuo-ku Imabashi 2-1-1 Arai Building
- Mon.-Fri. 9:30-20:00
- Sat. Sun. National Holidays 9:30-19:00 (Salon last order is 30min before closing time)
- French toast is only available from 14:30 Jan. 1st until Jan. 3rd



SIGHTS

Check out these sightseeing spots you can't miss while running around Osaka station! Soak up the atmosphere near this beautiful retro building that helped support Osaka's history.





OSAKA CITY **CENTRAL PUBLIC HALL**

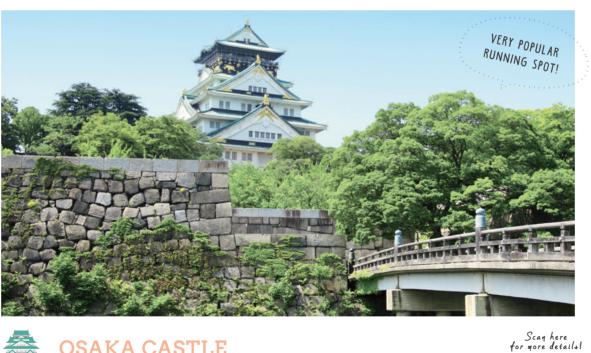
A photogenic spot in Osaka, the Osaka City Central Public Hall. The quickest way here is to run along the riverside from Osaka Station. Looking at the scenery across the river you can experience the retro atmosphere of the Taisho period.

- 〒530-0005 Osaka City Kita-ku Nakanoshima 1-1-27 8 06-6208-2002
- http://osaka-chuokokaido.jp/ 9:30-21:30
- 9:30-21:30

 Every 4th Tuesday of the month

 (Closed the following day if the 4th Tuesday is a National Holiday)







OSAKA CASTLE

Toyotomi Hideyoshi started the construction of Osaka Castle in 1583. The cherry blossoms in spring are a sight to behold but winter, summer and fall each give Osaka castle a unique look. There's always something

- ∓540-0002 Osaka City Chuo-ku Osakajo 1-1





[Commercial Facility] MACH RUNNING BASE OSAKAJO

Stop by JO-TERRACE OSAKA near the base of Osaka Castle. Inside you will find a facility for runners you can use from the early morning until the late evening. There are rental set plans for towels, running wear, and shoes. Everything you need to go for a carefree run.

For free time during your stay, take a short run in the morning or match it up with your plans.

- ∓540-0002 Osaka City Chuo-ku Osakajo 3-1 JO-TERRACE OSAKA inside E TERRACE 104
- JO-TERRACE OSAKA inside E TERRACE 104

 06-6450-6613

 Mon.-Fri. 7:00-22:30 (Reception until 22:00)
 Sat. Sun. National Holidays 7:30-20:00
 (Reception until 19:30)
 Basic charge 600yen
 Hands-free package 1,000yen
 (Includes towel set, running wear, shoes)
 Various rental items 200yen
 and up depending on the item
 (Towel set, running wear, shoes)
 (All prices are including tax)



SPORTS

Introducing some shops with indispensable equipment for runners! MIZUNO and ASICS are popular sports brands in



This MIZUNO store sells Chayamachi original items you can't get anywhere else. There is a variety of payments options, such as Alipay, to facilitate foreign shoppers. Staff $\,$ can speak Chinese, Korean, English, etc. and can use specialized tablet software to translate into five more languages on the spot.

示 〒530-0013 Osaka City Kita-ku Chayamachi 13-5 ─ 恋 06-6147-8511 □ 11:00-20:00 ─ ⊚ Irregular Holidays (Varies each year)

MIZUNO OSAKA CHAYAMACHI



[Sports Store]

MIZUNO YODOYABASHI

The store has a "Running station" equipped with showers and lockers on the basemen floor. You can use these freely when you want to go for a run during your travels. If you're more of a golfer, staff can help you find the perfect club. Check if you've got the perfect match by trying it out inside the store.



[Sports Store]

ASICS OSAKA SHINSAIBASHI

This store not only sells products related to running and training but also stocks the popular ASICSTIGER footwear brand. With a large range of product's you're sure to find something that fits your fancy. Located in the one of the city centre, Shinsaibashi, the staff are trained to help you in a variety of languages.



[Sports Store]

ASICS STORE OSAKA

The largest ASICS store in the country. It's a "Store that can be experienced" regarding running, fitness and our special service facility "Lab". Lab measures your running performance, balance, feet, etc. from a scientific standpoint in cooperation with ASICS ports Engineering Laboratory. Please come and experience this state-of-the-art technology for yourself.

- 😭 〒530-0011 Osaka City Kita-ku Ofukacho Grand Front Osaka Kitahama Knowledge Capital 3F ☎ 06-6359-5680 ⊙ Mon.-Sat. 10:00-21:00 / Mon. National Holidays 10:00-20:00