

Jogging and walking

Chiba prefecture is surrounded by the sea. In the Makuhari area in particular where near the International Conference Center and hotels are, there are jogging and walking courses along the beach and in the parks. A Japan Sport Association certified track and field coach from Chiba prefecture demonstrates how to run and walk in a healthy way that does not put a burden on the body.

Besides promoting health, jogging and walking is popular as a sustainable program around the world. It is a step toward building a sustainable future in harmony with nature.

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| Number of participants | 20 – 50 |
| Time required | 30 - 60 minutes |
| Location | Makuhari area beachside, parks, etc. |
| Season | All-year-round |
| Contact | Chiba Convention Bureau and International Center |
| English language support | Volunteer interpreter |

