

A New Way to Discover! The Latest Workout: Sightseeing, Cleaning, and Jogging

Sendai Plogging Tour



Sample Itinerary

08:00	–	10:00	Plogging (Aobayama Area)
10:30	–	12:00	Team building in Aobayama Park • Ryokusaikan (seated)
12:00	–	13:00	Lunch in Ryokusaikan café
13:00	–	17:00	Sendai City sightseeing (Sendai Castle Ruins, Zuihoden Mausoleum, etc.)

【What is Plogging?】

Plogging combines picking up trash, jogging, and sightseeing into a new kind of fitness activity. This beginner-friendly activity is practiced by over 100 countries, even by those who aren't eco-conscious.

This program is also ideal for corporate team building, as you will find yourself naturally contributing to society. Since the program also incorporates a tourism component, you can discover new attractions of the region that you would not normally encounter through sightseeing.

【What's in the Plan?】

We will provide the tools for plogging, so all you need to bring are comfortable clothes. It typically lasts 2 hours, but it can easily be adjusted. The route and fitness level can also be changed to suit your group.

Improve your health and the environment with the latest workout, plogging!

Available	Year-round (may be canceled in extreme heat or snow)
Time	8:00–17:00
Price	220,000 yen base fee + 5,000 yen/pax
Capacity	5–100 pax *20 pax/group
Length	Around 2 hrs. *can be adjusted
Language	English, Chinese

Contact & Reservations

Japan Convention Service Tohoku Branch
E-mail : parkmice_mi@convention.co.jp
Business hours: Weekdays 9:30–17:30 (Closed Sat., Sun., holidays)