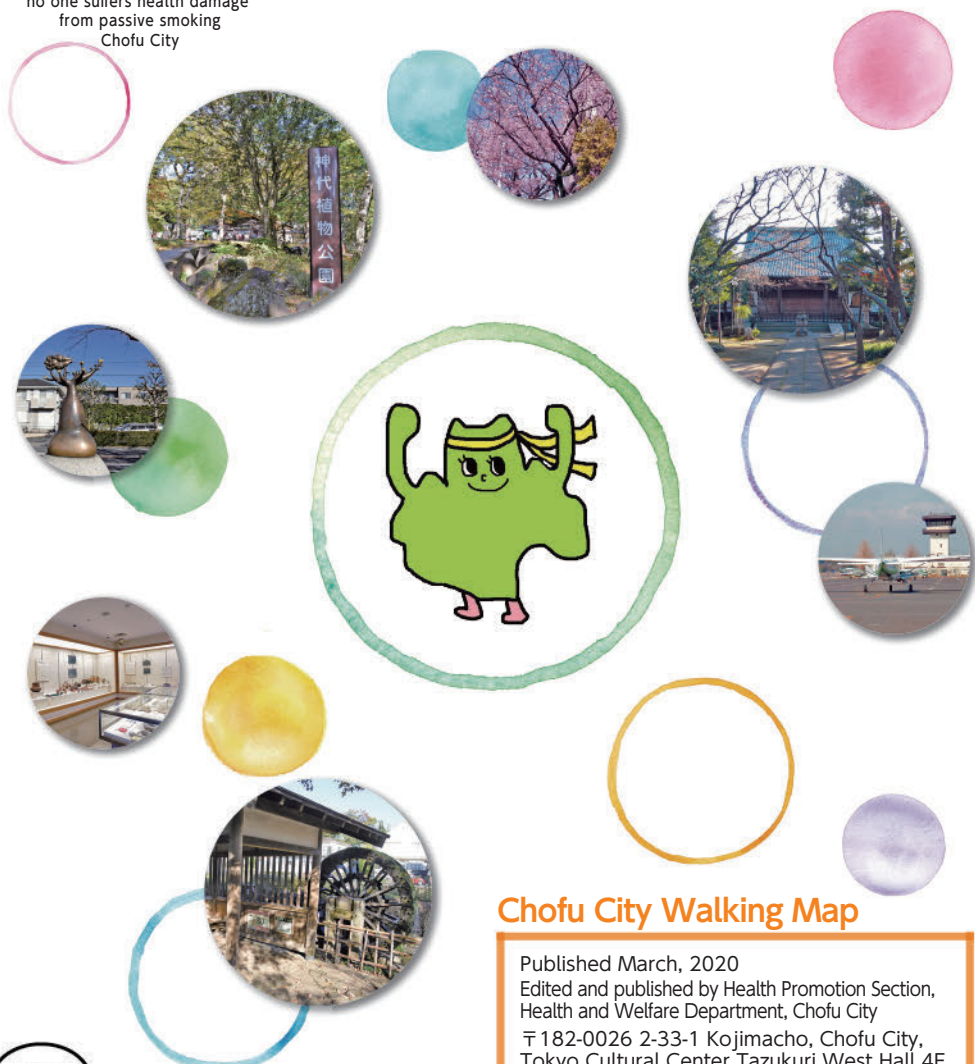




Creating society in which
no one suffers health damage
from passive smoking
Chofu City

Chofu aims for an environment in which
people can enjoy pleasant walking in clean air.
Smokers and non-smokers alike
should know about secondhand smoke.

~For yourself and those you love~



Chofu City Walking Map

Published March, 2020
Edited and published by Health Promotion Section,
Health and Welfare Department, Chofu City
〒182-0026 2-33-1 Kojimacho, Chofu City,
Tokyo Cultural Center Tazukuri West Hall 4F
Phone 042-441-6100
Publication no. 2019-243
Produced by Chuo Geomatics Co., Ltd.

KENKOU
DESUKA?



Chofu City Walking Map



Chofu City Walking map

Contents

- Full Chofu City Map 2 - 3
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- Course information 8 - 15

Course A

Nogawa River Walking and Chofu Culture Course

(Tsutsujigaoka Sta.-Sengawa Sta.) 8

- around 4.9 km ●around 73.5 min.
- around 7,000 steps ●around 220.5 kcal.

Course B

Learn About the History of Chofu and the Tama River Course

(Keio-tamagawa Sta.-Keio-tamagawa Sta.) 10

- around 5.3 km ●around 79.5 min.
- around 7,570 steps ●around 238.5 kcal.

Course C

Jindaiji Temple and Chofu's Abundant Nature Course

(Chofu Station-Jindaiji bus stop) 12

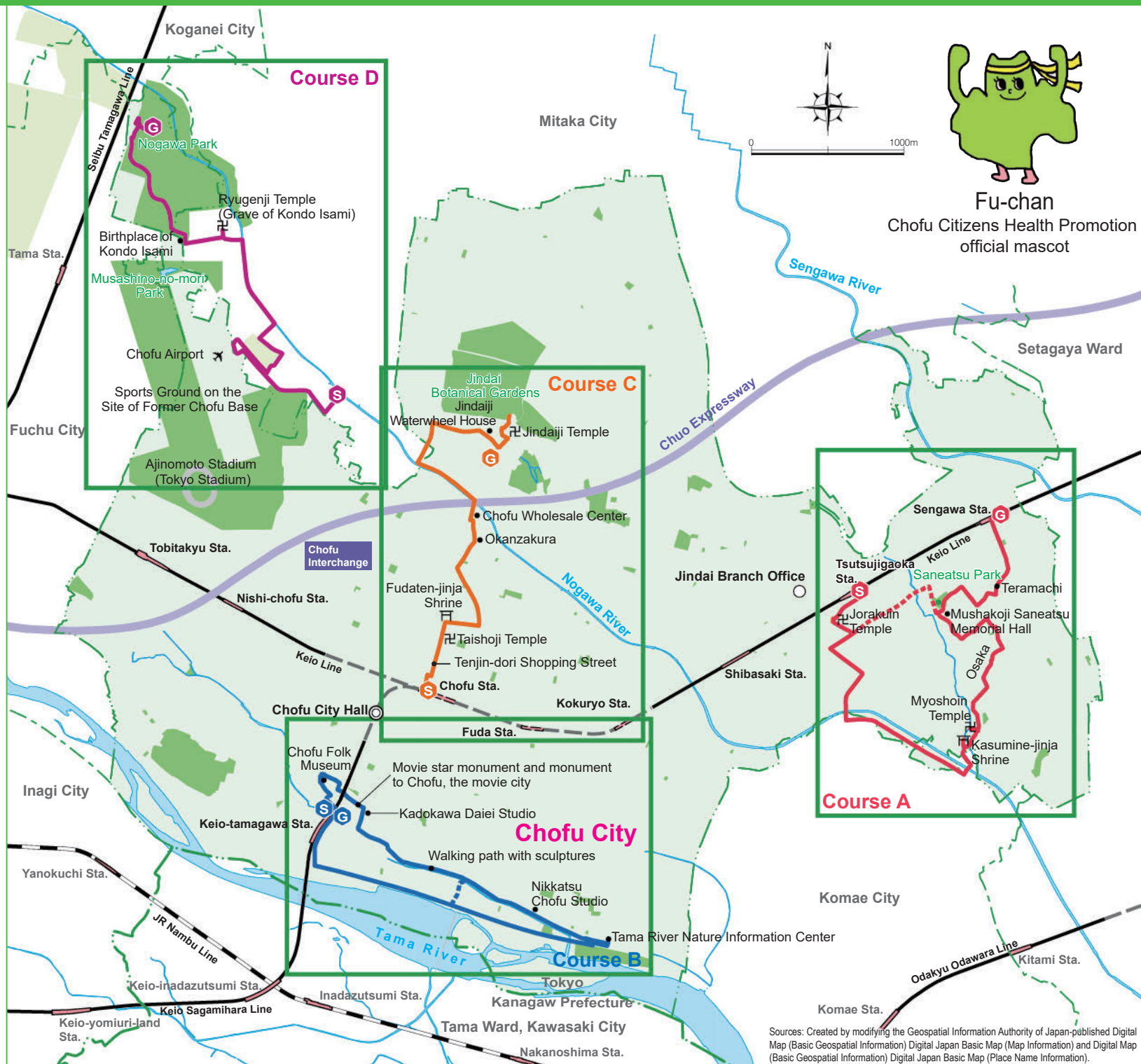
- around 3.8 km ●around 57 min.
- around 5,430 steps ●around 171 kcal.

Course D

Chofu Airport and Kondo Isami Course

(Osawa Community Center bus stop-Nimaibashi bus stop) 14

- around 4.0 km ●around 60 min.
- around 5,710 steps ●around 180 kcal.



Fu-chan
Chofu Citizens Health Promotion
official mascot

Sources: Created by modifying the Geospatial Information Authority of Japan-published Digital Map (Basic Geospatial Information) Digital Japan Basic Map (Map Information) and Digital Map (Basic Geospatial Information) Digital Japan Basic Map (Place Name Information).

Walking information

Walking helps prevent lifestyle diseases and has other health benefits. Work on improving your health with a proper understanding of the benefits of walking, how to prepare, and what to be careful about.



Walking benefits

Note: Persons with chronic illnesses should consult with their primary physician before starting.

Prevents lifestyle diseases

Lowers blood sugar levels and blood pressure. Walking is also said to lower the risk of cancer, diabetes, and other lifestyle diseases.

Improvement of cardiopulmonary function

Maintaining regular exercise improves and maintains overall physical stamina and muscle strength.

Prevents obesity

Increases the number of calories burned, making it easier to reduce one's weight and one's waistline.

Alleviates stress

Helps improve mood and alleviate stress, aiding in the improvement of the health of both body and mind.

How to choose and put on shoes

Remember to choose shoes which suit your feet

Materials Light and breathable

Toe Sufficient space to wiggle the tips of your toes

Arch Shape which supports insole

Top Not too tight and can be adjusted with laces

Sole Flexibly bends with movement; sufficient thickness and good cushioning

Heel Firmly cups heel of foot



Enjoy walking more by putting your shoes on properly

① Put shoe on loosely so that the tips of your toes can wiggle inside.



② Lightly tap the heel on the ground and, once your heel is firmly seated, tighten ankle laces.



③ Move your weight onto the tips of your toes, and, with your heel raised, tie your shoe firmly to secure it.

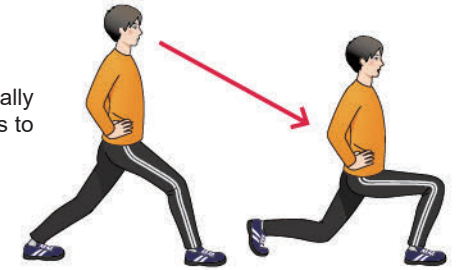


Before walking

Warming up

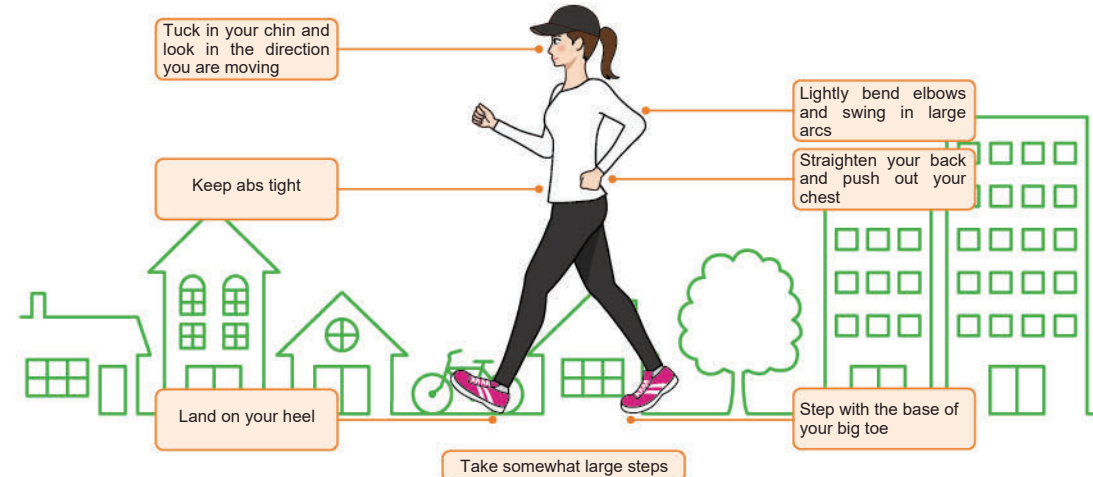
Do some stretching or other light exercise to gradually warm up your body and promote circulation. Do this to prevent injuries and knee pain, and avoid fatigue.

Note: It's important not to push yourself when you are sleep deprived or don't feel well



Ideal walking form

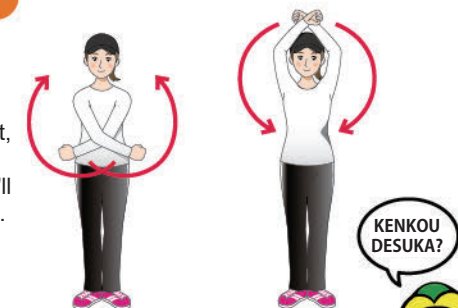
Take care to learn proper posture so your walking can be healthier and more effective!



After walking

Cooling down

Suddenly stopping exercise is a burden on the heart, which is why it's important to stop gradually. This also increases the speed with which you'll recover from fatigue, and prevent muscle soreness.



KENKOU DESUKA?



Walking information

Don't forget to hydrate

Sweating prevents the elevation of body temperature.

When the body does not have enough water to sweat, there is a danger of experiencing heatstroke. Hydrate by drinking water or sports drinks.

Note that drinks which contain caffeine (which promotes urination) such as coffee and tea are not good choices for hydrating.



Walk 10 more minutes!

Walking is an exercise which is easy to do. National guidelines are to walk 8,000 steps a day*1, but less than 50% of men and women living in Tokyo between the ages of 20 and 64 walk at least 8,000 steps a day.*2

Walking an extra 1,000 steps a day, around 10 minutes or walking, not only increases physical activity, it can also help prevent lifestyle diseases and alleviate stress.

*1: The "Exercise and Physical Activity Guide for Health Promotion (Activity Guide)" released by the Ministry of Health, Labor and Welfare recommends that men and women between the ages of 18 and 64 engage in physical exercise equivalent to walking 8,000 steps a day.

*2 "National Health and Nutrition Survey," Ministry of Health, Labor and Welfare (Tokyo statistics re-surveyed from 2012-2014)

Hints for increasing your activity level with walking

- Make a deliberate choice to walk walkable distances instead of using a bus or train.
- Use the stairs instead of elevators and escalators.
- Don't just walk; have fun while walking. For example, explore scenic areas and famous sightseeing destinations, or go shopping at places highlighted in magazines and other media.
- Using a pedometer and recording the number of steps you have taken leads to a sense of accomplishment and can increase the desire to continue.

TOKYO WALKING MAP portal site

Walking maps for various towns, cities, and villages are published on the TOKYO WALKING MAP portal site.

The site also contains a variety of other walking-related information, such as walking tips and tricks, and seasonal walking apparel.

TOKYO WALKING MAP portal site
<https://www.fukushihoken.metro.tokyo.lg.jp/walkmap/>



How to read the course pages

Each course page is loaded with useful walking information! Check out how to read the provided maps so you can take proper precautions and enjoy walking in safety.

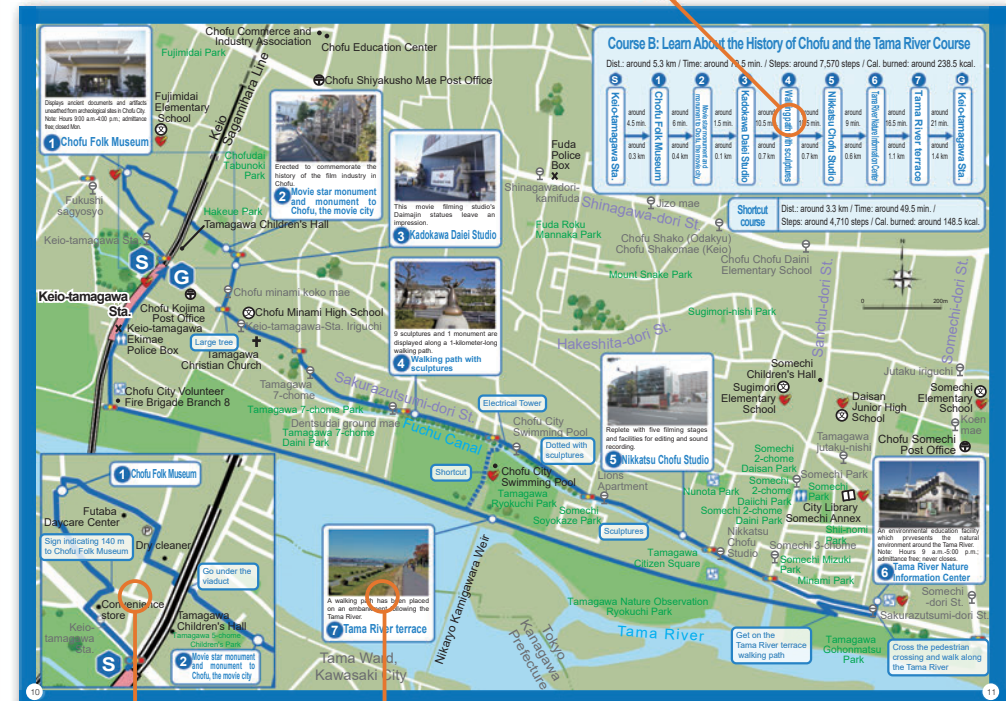
It's time to take your first step towards better health!

I'm cheering on your efforts to be healthier!



Course overview

- Displays the distance, time, steps, and calories burned from start to goal, as well as the distances and times between course highlights.
- Calories burned are calculated as 30 kcal per 10 minutes of walking (for a person with a weight of 60 kg and a stride length of 70 cm).
 - The number of steps for each course is calculated based on one step equaling 70 cm.
 - The time required to walk each course is calculated according to a walking speed of 4 km/h.



Enlarged view

More detailed maps are provided for station front and other more difficult to navigate areas.

Highlights

Presented with photos. Perhaps good places to stop for a moment?

- Legend -



Starting point
 Goal
 Toilet/multifunction toilet
 AED location

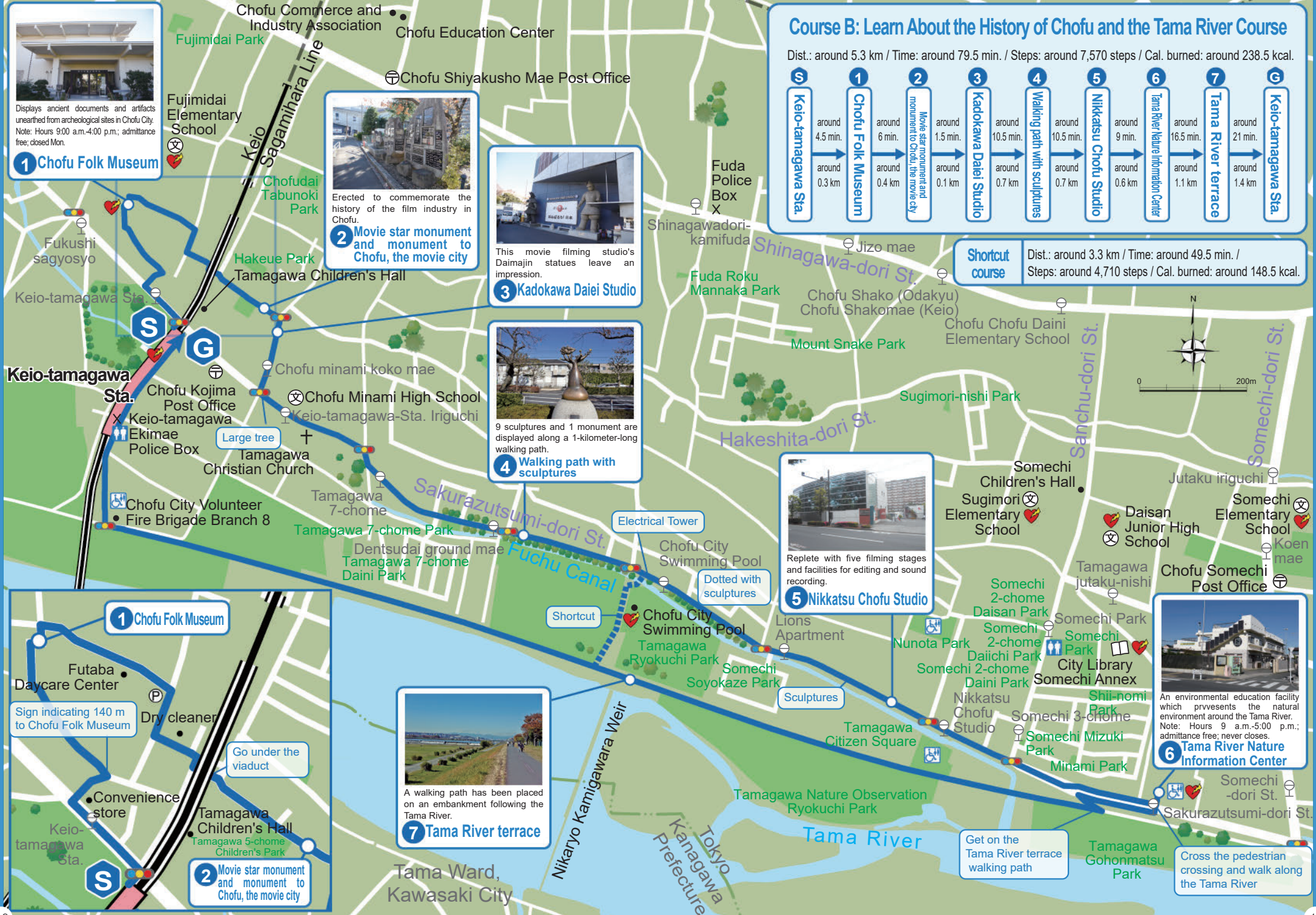
Course B: Learn About the History of Chofu and the Tama River Course

Dist.: around 5.3 km / Time: around 79.5 min. / Steps: around 7,570 steps / Cal. burned: around 238.5 kcal.

S Keio-tamagawa Sta.	1 Chofu Folk Museum	2 Movie star monument and monument to Chofu, the movie city	3 Kadokawa Daiei Studio	4 Walking path with sculptures	5 Nikkatsu Chofu Studio	6 Tama River Nature Information Center	7 Tama River terrace	G Keio-tamagawa Sta.
around 4.5 min.	around 6 min.	around 1.5 min.	around 10.5 min.	around 10.5 min.	around 9 min.	around 16.5 min.	around 21 min.	
around 0.3 km	around 0.4 km	around 0.1 km	around 0.7 km	around 0.7 km	around 0.6 km	around 1.1 km	around 1.4 km	

Shortcut course

Dist.: around 3.3 km / Time: around 49.5 min. / Steps: around 4,710 steps / Cal. burned: around 148.5 kcal.



Displays ancient documents and artifacts unearthed from archeological sites in Chofu City. Note: Hours 9:00 a.m.-4:00 p.m.; admittance free; closed Mon.

1 Chofu Folk Museum



Erected to commemorate the history of the film industry in Chofu.

2 Movie star monument and monument to Chofu, the movie city



This movie filming studio's Daimajin statues leave an impression.

3 Kadokawa Daiei Studio



9 sculptures and 1 monument are displayed along a 1-kilometer-long walking path.

4 Walking path with sculptures



Replete with five filming stages and facilities for editing and sound recording.

5 Nikkatsu Chofu Studio



An environmental education facility which prevents the natural environment around the Tama River. Note: Hours 9 a.m.-5:00 p.m.; admittance free; never closes.

6 Tama River Nature Information Center



A walking path has been placed on an embankment following the Tama River.

7 Tama River terrace

Get on the Tama River terrace walking path
Cross the pedestrian crossing and walk along the Tama River




7 Jindaiji Waterwheel Museum
Contains exhibits on how waterwheels work and displays old-fashioned farming tools.
Note: Hours 9:30 a.m.-5:00 p.m. (Nov.-Mar. until 4:00 p.m.); admittance free; closed Mon.




9 Jindai Botanical Gardens
Tokyo's only botanical park. Over 4,000 varieties of plants!
Note: Hours 9:30 a.m.-5:00 p.m.; admittance ¥500; closed Mon.



8 Jindaiji Temple
Among other things, famous for its Daruma doll market, protecting against misfortune, and a National Treasure-designated statue of Gautama Buddha.



5 Chofu Wholesale Center
The pantry of Chofu. Find many locally-produced foodstuffs here.



6 Nogawa River walking path
An oasis created along the Nogawa River flowing through a residential neighborhood.



3 Fudaten-jinja Shrine
This grand Shinto shrine, rebuilt 300 years ago, is the guardian shrine of Chofu.



2 Taishoji Temple
Three shrines merged and took the name "Taishoji" based on the year of foundation.



4 Okanzakura
Also known as the Hollywood Okanzakura. Stunning early-blooming cherry trees.



1 Tenjin-dori Shopping Street
The approach to Fudaten-jinja Shrine. Visitors are greeted by a statue of the character Kitaro.

Course C: Jindaiji Temple and Chofu's Abundant Nature Course
Dist.: around 3.8 km / Time: around 57 min. / Steps: around 5,430 steps / Cal. burned: around 171 kcal.

S Chofu Sta.	1 Tenjin-dori Shopping Street	2 Taishoji Temple	3 Fudaten-jinja Shrine	4 Okanzakura	5 Chofu Wholesale Center	6 Nogawa River walking path	7 Jindaiji Waterwheel Museum	8 Jindaiji Temple	9 Jindai Botanical Gardens	G Jindaiji bus stop
	around 4.5 min. → around 0.3 km	around 3 min. → around 0.2 km	around 3 min. → around 0.2 km	around 13.5 min. → around 0.9 km	around 3 min. → around 0.2 km	around 3 min. → around 0.2 km	around 13.5 min. → around 0.9 km	around 4.5 min. → around 0.3 km	around 4.5 min. → around 0.3 km	around 4.5 min. → around 0.3 km

Course D: Chofu Airport and Kondo Isami Course

Dist: around 4.0 km Time: around 60 min. Steps: around 5,710 Cal. burned: around 180 kcal.

S Osawa Community Center bus stop	→	around 13.5 min. around 0.9 km	→	1 Chofu Airport	→	around 19.5 min. around 1.3 km	→	2 Nogawa River walking path	→	around 6 min. around 0.4 km	→	3 Ryugenji Temple (grave of Kondo Isami)	→	around 4.5 min. around 0.3 km	→	4 Birthplace of Kondo Isami	→	around 1.5 min. around 0.1 km	→	5 Nogawa Park	→	around 15 min. around 1.0 km	→	G Nimaibashi bus stop
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Use the overhead bridge to go over the road.

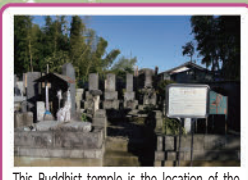
To get to the Chofu Sta. North bus stop, take the Keio Bus Mu 91



A park adjoining the Kokubunji Cliff Line rich in nature and water and bursting with rustic beauty.

5 Nogawa Park

A lush park. Its large trees draw the eye.



This Buddhist temple is the location of the grave of Shinsengumi special police chief Kondo Isami; the temple also has a bust of Kondo.

3 Ryugenji Temple (grave of Kondo Isami)



A tranquil and cheery walking route with an old waterwheel along the way.

2 Nogawa River walking path



The site of his birthplace is on the side of a road connecting to Koganei.

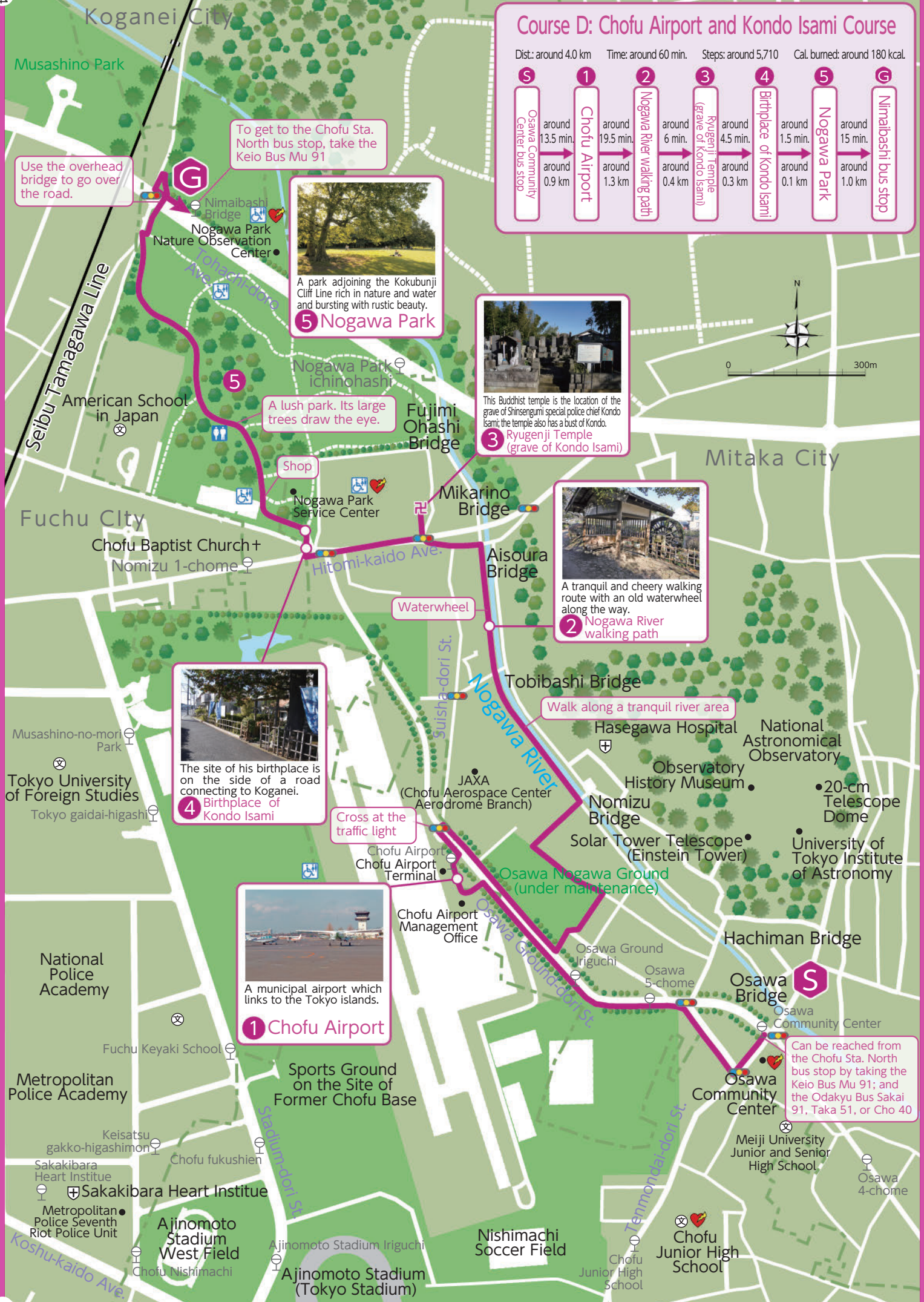
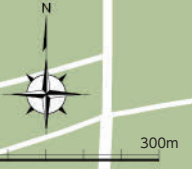
4 Birthplace of Kondo Isami

Cross at the traffic light



A municipal airport which links to the Tokyo islands.

1 Chofu Airport



Can be reached from the Chofu Sta. North bus stop by taking the Keio Bus Mu 91; and the Odakyu Bus Sakai 91, Taka 51, or Cho 40