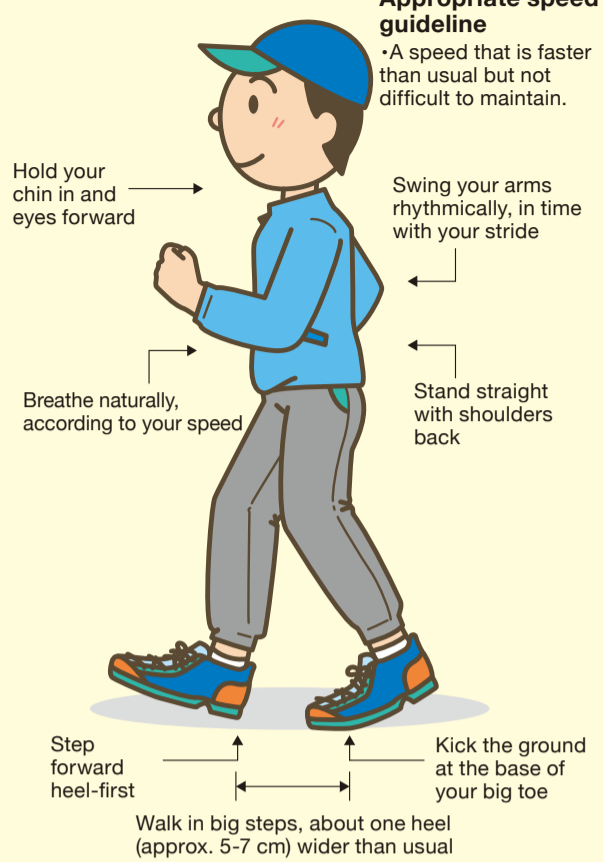


Ideal posture for walking

Good posture makes walking more effective!



Don't forget to drink water

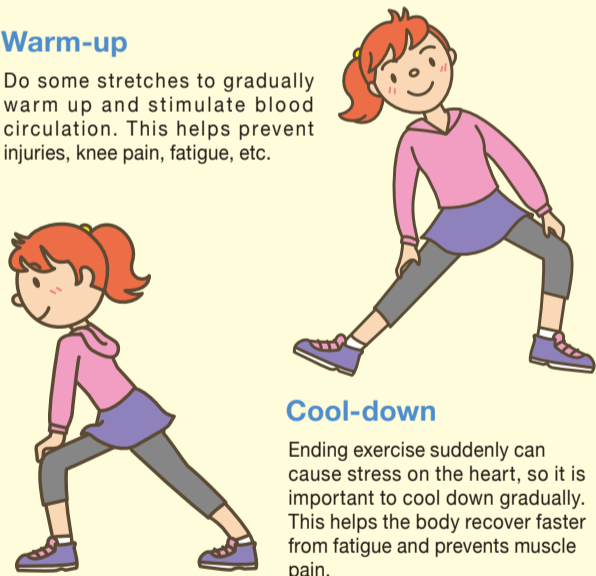
Sweating is a function that helps regulate body temperature. When the body lacks water necessary for sweating, this can cause heatstroke and other impairments. Remember to hydrate with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)



Before and After Walking

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.

*Do not put too much strain on your body when you are sleep-deprived or sick.

How to choose shoes

- **Material** The material should be light and breathable.
- **Toe area** There should be enough space to move your toes.
- **Foot arch** It should be shaped to support the insoles of your feet.
- **Instep** It should be able to be adjusted without tightening.
- **Shoe sole** It should flex according to movement. A thick sole with good cushioning
- **Heel** It should firmly hold the heel in place.



How to put on shoes

- ① Make the shoe loose enough that your toes can move.
- ② Gently tap the ground with your heel. If your heel is firmly in place, tighten the laces at the ankle.
- ③ Move your weight to your toes, and with your heels raised, fasten your shoes places.



Let's walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2). Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1 The Physical Activity Guidelines for Health(Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.
 *2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007-2009]

Hints to increase the amount of activity by walking

- Intentionally walk walkable distances instead of using the bus or train.
 - Use the stairs instead of elevators and escalators.
 - Don't just walk; have fun while you walk.
- For example, walk and shop at stores or streets featured in magazines, tour sightseeing spots, etc.
- Recording steps with a pedometer, smartphone, etc. will also lead to a sense of accomplishment and a willingness to continue.



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What kind of river is Nogawa-river?

It's a river of 22 km in length which is originated from Kokubunji city, flows through the southern end of Musashinodai area, and joins to the Tama river in Setagaya Ward. Along the river, it is designed where you can easily approach to the waterside and even walk down to the riverbed. This river offers beautiful natures season by season and relaxation to the people who loves to visit here.



Entry artwork for river photo contest

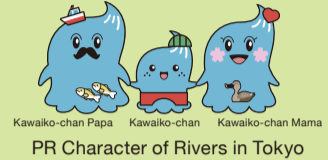
Tokyo Metropolitan Government
 Construction Bureau River Division

Along the river Walking Map

Nogawa Course 2



Let's go to the river!



Kawako-chan Papa Kawako-chan Kawako-chan Mama

PR Character of Rivers in Tokyo

Tokyo Health Promotion Character
Kenko Desuka Man

The Benefits of Walking

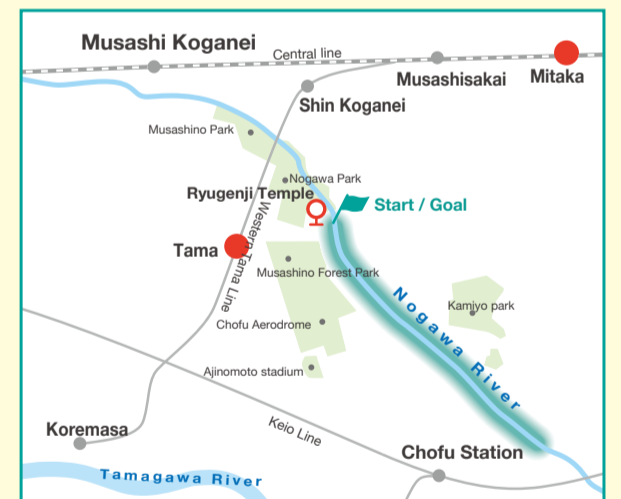
*If you have a chronic illness, please consult your doctor before starting.

- 1 Prevent lifestyle-related diseases**
 Helps decrease blood glucose and lower blood pressure. It is also said to reduce the risk of cancer, diabetes, and other life style-related diseases.
- 2 Improve cardiopulmonary function**
 Making exercise a habit leads to maintaining and improving the entire body, including overall physical strength and endurance.
- 3 Prevents obesity**
 Increased energy consumption will make it easier to reduce your waistline and weight.
- 4 Reduce stress**
 Walking helps improve your mood and eliminate stress, and is helpful to improve physical and mental health.

(Created with reference to "Physical Activity Reference for Health Promotion 2013(Ministry of Health, Labour, and Welfare)")

Access till the start/goal point

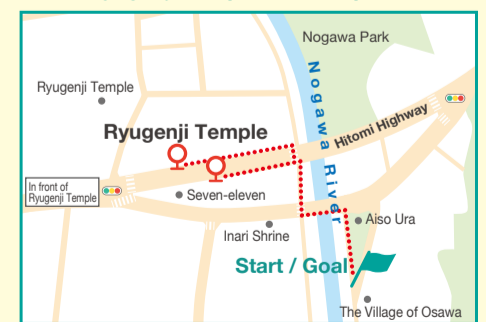
●Nogawa Course 2



◆ Go to JR Chuo Line "Musashi Koganei" station → Go to the South Entrance/Exit bus stop called "Musashi Koganei South Entrance/Exit" bus stop → Take Odakyu Bus going to final destination as "Mitaka Station (South Entrance/Exit)" → Get off this bus when it reaches "Nimai-bashi" bus stop. → then it is a 3 min walk.

◆ Go to Keio Line "Chofu" station → Go to the North Entrance/Exit bus stop called "Chofu Station North Entrance/Exit" bus stop → Take Keio bus going to final destination as "Musashi Koganei Station South Entrance/Exit" → Get off this bus when it reaches "Nimai-bashi" bus stop → then it is a 3min walk

From "Ryugenji Temple" bus stop till the start/goal point.



Start / finish point



Tokyo Metropolitan Government Construction Bureau River Division

Along the river Walking Map

Nogawa Course 2

< Legend >

	A stairway/slope to the river bed		Convenient store
	Bathroom		Bus stop
	Bench		Station
	Roofed arbor		Cherry Blossom Road
	Information board		Kokubunji Cliff Line
	Places where cars pass by		Spring water pond
	Exercise equipment		Vending machine
	Place with drinking water		Temple
	School		Shrine
	Post office		Museum etc.
	Police office/station		
	Traffic light		

N

0 200m

Course Overview

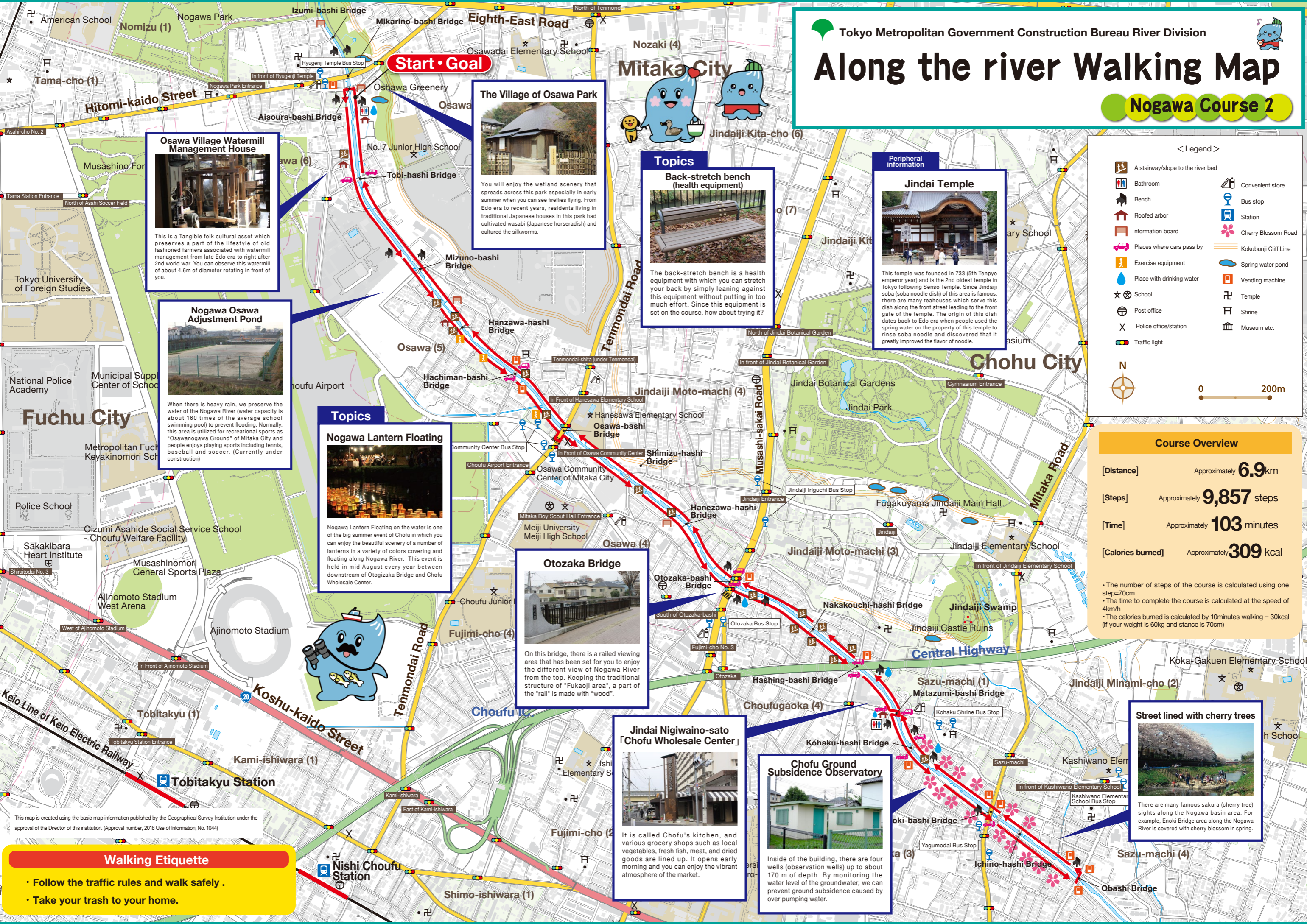
[Distance] Approximately **6.9**km

[Steps] Approximately **9,857** steps

[Time] Approximately **103** minutes

[Calories burned] Approximately **309** kcal

- The number of steps of the course is calculated using one step=70cm.
- The time to complete the course is calculated at the speed of 4km/h
- The calories burned is calculated by 10minutes walking = 30kcal (if your weight is 60kg and stance is 70cm)



Osawa Village Watermill Management House



This is a Tangible folk cultural asset which preserves a part of the lifestyle of old fashioned farmers associated with watermill management from late Edo era to right after 2nd world war. You can observe this watermill of about 4.6m of diameter rotating in front of you.

The Village of Osawa Park



You will enjoy the wetland scenery that spreads across this park especially in early summer when you can see fireflies flying. From Edo era to recent years, residents living in traditional Japanese houses in this park had cultivated wasabi (Japanese horseradish) and cultured the silkworms.

Topics

Back-stretch bench (health equipment)



The back-stretch bench is a health equipment with which you can stretch your back by simply leaning against this equipment without putting in too much effort. Since this equipment is set on the course, how about trying it?

Peripheral information

Jindai Temple



This temple was founded in 733 (5th Tenpyo emperor year) and is the 2nd oldest temple in Tokyo following Senso Temple. Since Jindaiji soba (soba noodle dish) of this area is famous, there are many teahouses which serve this dish along the front street leading to the front gate of the temple. The origin of this dish dates back to Edo era when people used the spring water on the property of this temple to rinse soba noodle and discovered that it greatly improved the flavor of noodle.

Nogawa Osawa Adjustment Pond



When there is heavy rain, we preserve the water of the Nogawa River (water capacity is about 160 times of the average school swimming pool) to prevent flooding. Normally, this area is utilized for recreational sports as "Osawanogawa Ground" of Mitaka City and people enjoys playing sports including tennis, baseball and soccer. (Currently under construction)

Topics

Nogawa Lantern Floating



Nogawa Lantern Floating on the water is one of the big summer event of Chofu in which you can enjoy the beautiful scenery of a number of lanterns in a variety of colors covering and floating along Nogawa River. This event is held in mid August every year between downstream of Otogizaka Bridge and Chofu Wholesale Center.

Otozaka Bridge




On this bridge, there is a railed viewing area that has been set for you to enjoy the different view of Nogawa River from the top. Keeping the traditional structure of "Fukaoji area", a part of the "rail" is made with "wood".

Jindai Nigiwaino-sato 「Chofu Wholesale Center」




It is called Chofu's kitchen, and various grocery shops such as local vegetables, fresh fish, meat, and dried goods are lined up. It opens early morning and you can enjoy the vibrant atmosphere of the market.

Chofu Ground Subsidence Observatory



Inside of the building, there are four wells (observation wells) up to about 170 m of depth. By monitoring the water level of the groundwater, we can prevent ground subsidence caused by over pumping water.

Street lined with cherry trees



There are many famous sakura (cherry tree) sights along the Nogawa basin area. For example, Enoki Bridge area along the Nogawa River is covered with cherry blossom in spring.

Walking Etiquette

- Follow the traffic rules and walk safely .
- Take your trash to your home.

This map is created using the basic map information published by the Geographical Survey Institution under the approval of the Director of this institution. (Approval number, 2018 Use of Information, No. 1044)