

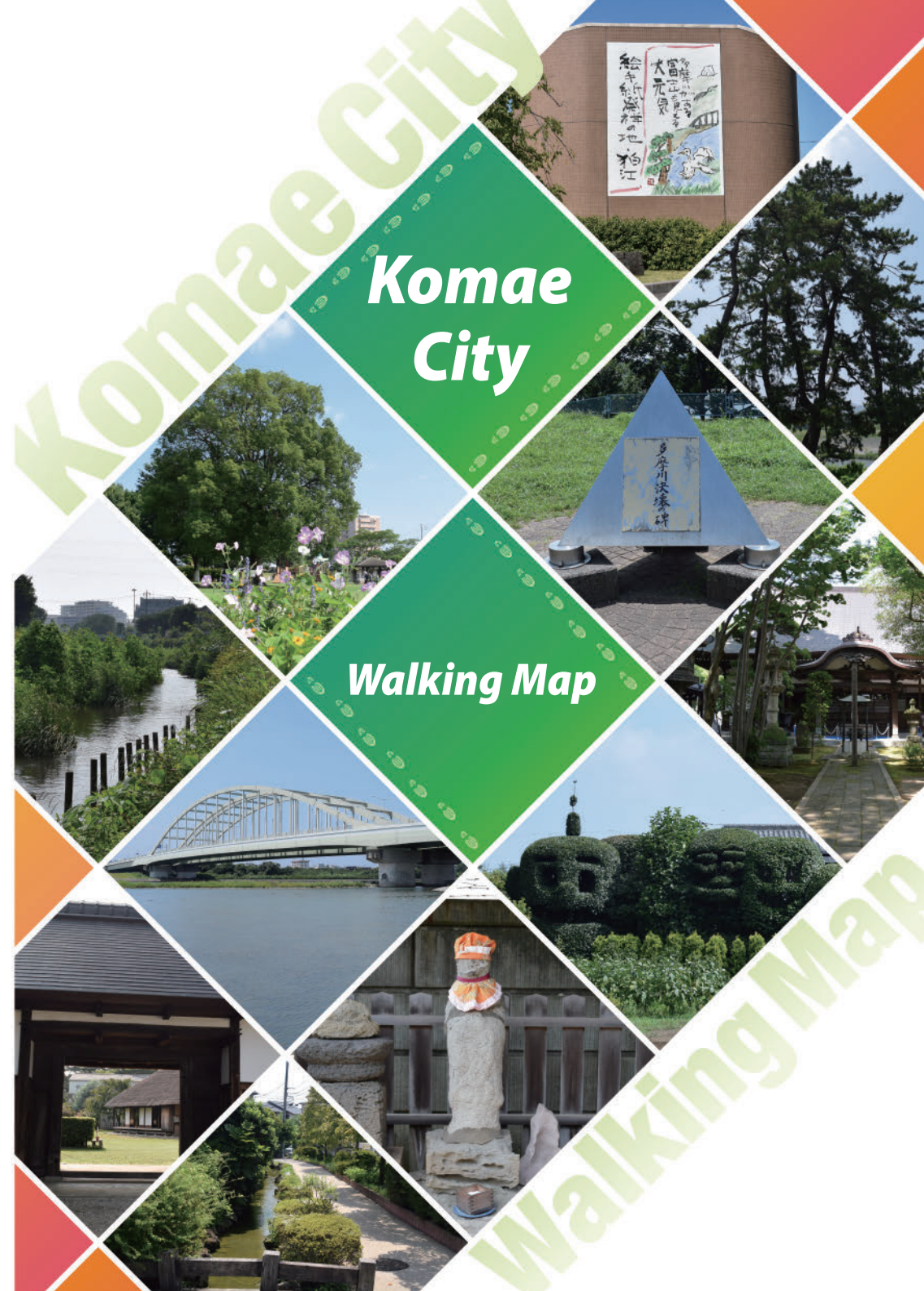
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Komae City Walking Map



**Small efforts,
lasting health**

Tokyo Health Promotion Mascot
KENKOUDESUKA-MAN



Preface

This Walking Map introduces ways to engage in effective walking along with three walking courses which will enable you to walk around and experience Komae, a city abundant in natural beauty as well as remnants of ancient history. We encourage you to get some casual exercise while exploring your neighborhood and discovering the charms of the new Komae. Alright! With this Walking Map in hand, take your first step toward a healthier body and mind!

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Legend

- | | | |
|-------------------|---------------------|----------------|
| Start | Toilet | Kindergarten |
| Goal | Komae City Hall | Daycare center |
| Point of interest | Police box | Post office |
| Caution | Fire station/branch | Shrine |
| Facility with AED | School | Temple |

Course data reference values

- ① Calories burned calculated at 30 kilocalories per 10 minutes of walking (for a person with a weight of 60 kg and a stride length of 70 cm) ② Time required calculated at 4 kph ③ Steps calculated at 1 step equaling 70 cm

Komae City walking courses



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).



Give walking a try!



Walking is a form of exercise which is easy to do as part of everyday life. Take your first step toward better health and health maintenance!

Walking benefits.

Prevents lifestyle diseases

Lowers blood sugar levels and blood pressure. Reduces the risk of diseases such as cancer, heart attack, and stroke.

Improves cardio-pulmonary function

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

Prevents obesity

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

Alleviates stress

Aids in the improvement of the health of both body and mind by improving mood and alleviating stress.

⚠️ Persons with chronic illnesses should consult with their primary physician before starting walking!

Health management and infection prevention.

Check the state of your health

- ❶ If your temperature is higher than normal.
- ❷ If you have cold symptoms (coughing, sore throat).
- ❸ If you feel sluggish or it is difficult to breath.
- ❹ If you are experiencing any abnormalities in your sense of smell or taste.
- ❺ If your body feels heavy or you feel like you are tiring easily, etc.

⚠️ If even one of the above applies, refrain from walking and other exercise.

The three basics of infection prevention

- ❶ Maintain sufficient distance from others.
- ❷ Wash and disinfect your hands frequently.
- ❸ Wear a mask.

- ⚠️ If breathing starts to feel difficult while wearing a mask, immediately remove your mask or take a break.
- ⚠️ Wash your hands before walking and when taking a break at a park, etc.
- ⚠️ When you get home, wash your hands and face immediately. Shower and change clothes as soon as you can.

Avoid the "Three Cs" (closed spaces, crowded places, close-contact settings)

- ❶ Walk alone or in small groups.
- ❷ Maintain your distance from other people. This includes when passing by people.
- ❸ Walk during times when there are few people.

⚠️ When walking as a group with two or more people, walk side by side or diagonal to each other in order to avoid breathing in another person's exhalations.

Walking form

Tuck in chin.
Look in the direction you are moving.

Keep abs tight.

Land on your heel.



Straighten your back and push out your chest.

Lightly bend elbows and swing in large arcs.

Take somewhat large steps and kick off using the base of your big toe.

Hydration and heatstroke prevention.

People sweat in order to prevent the elevation of body temperature. When the body doesn't have enough water to sweat, there is a danger of experiencing heatstroke.

Hydration

- ❶ Good beverages for hydrating include water and sports drinks. Drinks which contain caffeine (which promotes urination), like coffee and tea, are not good choices.
- ❷ Hydrate before, during, and after walking. It is important to hydrate frequently and before one feels thirsty.

Heatstroke prevention

- ❶ Do not walk on days when things like high temperatures, high humidity, no or low wind, and strong sunlight occur simultaneously.
- ❷ Be careful when walking or otherwise exercising while wearing a mask as doing so can keep your body temperature high and increase fatigue and the burden on your body.
- ❸ Take care not to overdo it by doing things such as walking slower than you normally do and taking frequent breaks.

Walking apparel, items, and shoes

Apparel

How to choose a hat

- 1 In summer, choose a hat which will protect you from direct sunlight and keep you cool (heatstroke prevention)
- 2 In winter, choose a hat made from knit wool or other thick material (cold protection)

How to choose a shirt/jacket

- 1 Shirt should be quick-drying and highly absorbent
- 2 Jacket should be light and easy to put on and take off

How to choose pants/bottoms

- 1 Jersey pants, leggings, or other type of bottoms which are easy to move in



Other items

Keep other small items in a waist bag, etc. to keep hands free. Remember to bring seasonally-appropriate things.

Beverage

- Water, sports drink, etc.



Sweat and infection countermeasures

- 1 Towel, bandana
- 2 Mask
- 3 Wet wipes

As needed

- 1 Summer: Sunglasses, sunscreen
- 2 Winter: Scarf, gloves
- 3 Others: Pedometer, windbreaker

Shoes

How to choose shoes



- 1 Light and breathable.
- 2 Toe has sufficient space to wiggle the tips of your toes.
- 3 Arch has a shape which supports insole.
- 4 Top can be adjusted with laces.
- 5 Soles bend flexibly and have sufficient thickness and good cushioning.
- 6 Firmly cups heel of foot.

How to put on shoes

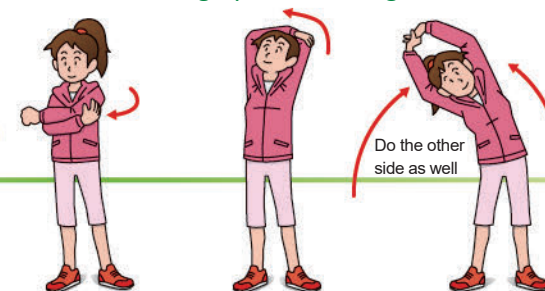
- 1 Put shoe on loosely so that the tips of your toes can wiggle inside.
- 2 Lightly tap the heel on the ground and get your heel is firmly seated. Tighten ankle laces.
- 3 Move your weight onto the tips of your toes. With your heel raised, tie your shoe firmly to secure it.

Warming up and cooling down

Warming up involves exercising to gradually warm up your body and get your blood flowing. Cooling down involves light exercises to reduce the burden on your heart caused by suddenly stopping exercise. Warming up and cooling down can even increase the speed with which you recover from fatigue and prevent muscle soreness.

Stretches

- 1 Focus on the areas indicated by the arrows. Extend slowly and without bouncing.
- 2 Stop extending before you feel pain. Hold position for 20 to 30 seconds.
- 3 Breathe naturally. Do not hold your breath.



Shoulders

Arms

Sides



Calves



Back thighs



Front thighs

Bending, stretching, and rotational exercises

- 1 Focus on your joints. Make large, loose movements.
- 2 Breathe in when bending your body. Breathe out when stretching back out.



Shoulder rotations



Forward/back trunk bends



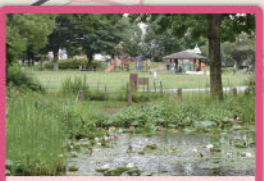
Knee bends



Torso rolls



Wrist/ankle rotations



4 Maebari Park
 This park has a large natural grass lawn and a "dragonfly pond" where you can see fireflies in their larval and adult stages.



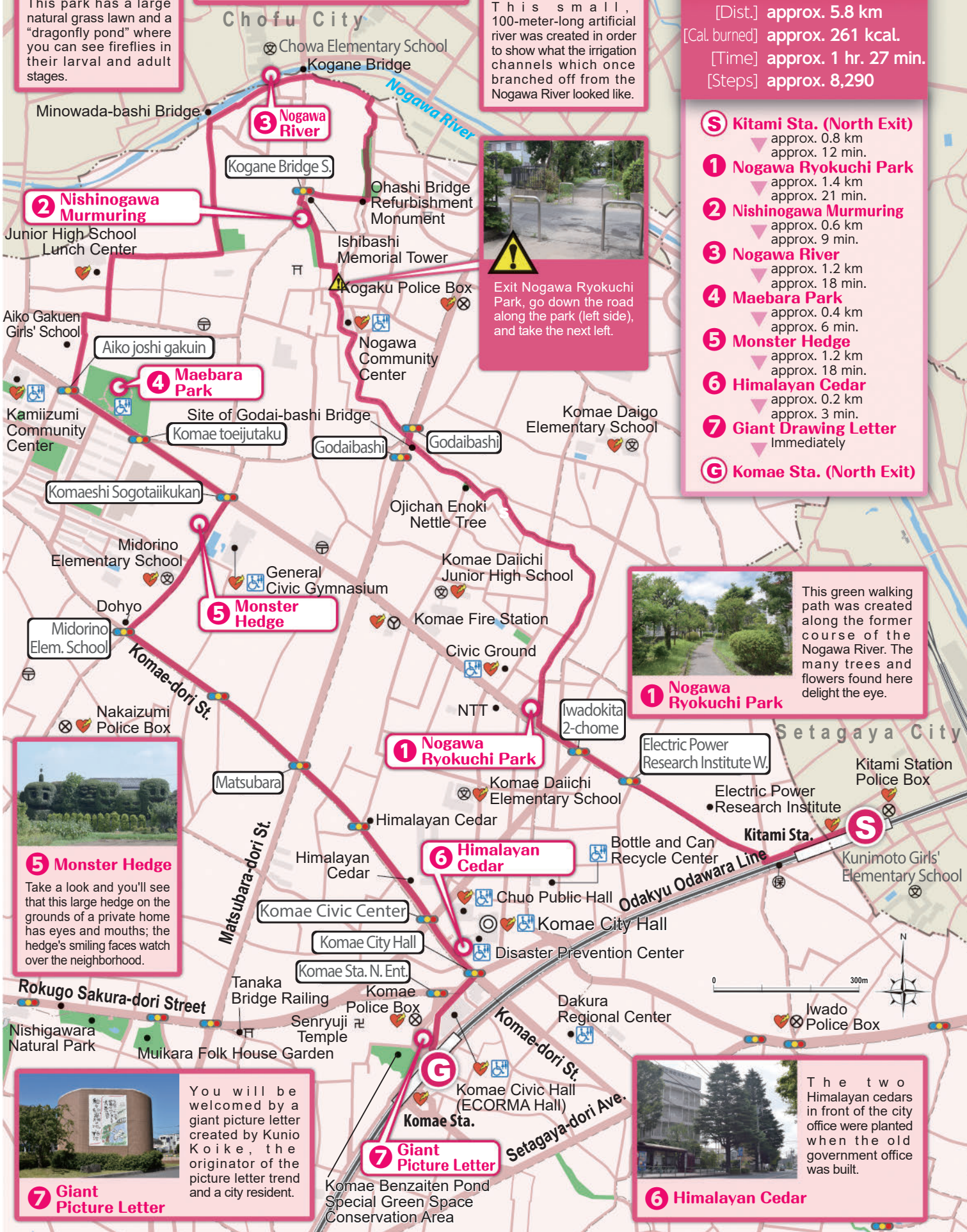
3 Nogawa River
 This class A river is roughly 20 kilometers long. The area along the river is lush and rich in natural beauty.



2 Nishinogawa Murmuring
 This small, 100-meter-long artificial river was created in order to show what the irrigation channels which once branched off from the Nogawa River looked like.

Course Ko
 Walk amidst soothing greenery

[Dist.] approx. 5.8 km
 [Cal. burned] approx. 261 kcal.
 [Time] approx. 1 hr. 27 min.
 [Steps] approx. 8,290



Exit Nogawa Ryokuchi Park, go down the road along the park (left side), and take the next left.



1 Nogawa Ryokuchi Park
 This green walking path was created along the former course of the Nogawa River. The many trees and flowers found here delight the eye.



5 Monster Hedge
 Take a look and you'll see that this large hedge on the grounds of a private home has eyes and mouths; the hedge's smiling faces watch over the neighborhood.



6 Himalayan Cedar
 The two Himalayan cedars in front of the city office were planted when the old government office was built.



7 Giant Picture Letter
 You will be welcomed by a giant picture letter created by Kunio Koike, the originator of the picture letter trend and a city resident.

- S Kitami Sta. (North Exit)**
 approx. 0.8 km
 approx. 12 min.
- 1 Nogawa Ryokuchi Park**
 approx. 1.4 km
 approx. 21 min.
- 2 Nishinogawa Murmuring**
 approx. 0.6 km
 approx. 9 min.
- 3 Nogawa River**
 approx. 1.2 km
 approx. 18 min.
- 4 Maebari Park**
 approx. 0.4 km
 approx. 6 min.
- 5 Monster Hedge**
 approx. 1.2 km
 approx. 18 min.
- 6 Himalayan Cedar**
 approx. 0.2 km
 approx. 3 min.
- 7 Giant Drawing Letter**
 Immediately
- G Komae Sta. (North Exit)**



Take a right at the T intersection with the condominium.

4 Kabutozuka Tomb
The shape of this round burial mound, created in the middle of the sixth century, is well-preserved. Trees grow thickly on top of it.

3 Rokugo Sakura-dori Street
Some 60 cherry trees grow along this road built by filling in the old Rokugo Irrigation Canal.

2 Muikara Folk House Garden
The main building of the former Arai family residence and the Takagi family's former Nagaya-mon gate were moved here from elsewhere in the city, restored, and made viewable to the general public.

1 Senryuji Temple
A Soto school Buddhist temple. The temple's main building, bell tower gate, main gate, and Kaizando hall have been designated Cultural Properties by the city.

5 Izumi Shrine

4 Kabutozuka Tomb

3 Rokugo Sakura-dori Street

1 Senryuji Temple

6 Gohonmatsu

2 Muikara Folk House Garden

5 Izumi Shrine
This Shinto shrine is known as the guardian shrine of the city of Komae. The shrine's stone torii gate has been designated a Cultural Property by the city.

Course Ma
Walk through the area's past and present
[Dist.] approx. 3.6 km
[Cal. burned] approx. 162 kcal
[Time] approx. 54 min.
[Steps] approx. 5,140 steps

7 Tama-suidobashi Bridge

6 Gohonmatsu
Commonly known as the "Gohonmatsu" (Five Pines), this popular destination, one of Komae City's most well-known, is actually a copse of more than 10 pine trees of varying sizes.

7 Tama-suidobashi Bridge
This bridge went into service in 1953, serving as both a road bridge and water service aqueduct. The current overpass bridge is the second bridge to be built here.

- S Komae Sta. (North Exit)**
approx. 0.2 km
approx. 3 min.
- 1 Senryuji Temple**
approx. 0.6 km
approx. 9 min.
- 2 Muikara Folk House Garden**
approx. 0.2 km
approx. 3 min.
- 3 Rokugo Sakura-dori Ave.**
approx. 0.2 km
approx. 3 min.
- 4 Kabutozuka Tomb**
approx. 0.4 km
approx. 6 min.
- 5 Izumi Shrine**
approx. 1.0 km
approx. 15 min.
- 6 Gohonmatsu**
approx. 0.8 km
approx. 12 min.
- 7 Tamagawa-Suidobashi Bridge**
approx. 0.2 km
approx. 3 min.
- G Izumi-Tamagawa Sta. (North Exit)**

Course

E

Walk to lucky shrines and temples

[Dist.] approx. 5.0 km
[Cal. burned] approx. 225 kcal
[Time] approx. 1 h 15 min.
[Steps] approx. 7,140 steps

- S** Izumi-Tamagawa Sta. (East Exit)
approx. 0.2 km
approx. 3 min.
- 1** Gyokusenji Temple
approx. 0.8 km
approx. 12 min.
- 2** Tama River Levee Breach Monument
approx. 1.4 km
approx. 21 min.
- 3** Hie-jinja Shrine
approx. 0.4 km
approx. 6 min.
- 4** Iwato Hachiman Shrine
approx. 0.2 km
approx. 3 min.
- 5** Sesoragi Iwato River
approx. 0.2 km
approx. 3 min.
- 6** Iwadogawa Ryokuchi Park
approx. 1.2 km
approx. 18 min.
- 7** Keiganji Temple
approx. 0.6 km
approx. 9 min.
- G** Kitami Sta. (South Exit)



5 Sesoragi Iwato River

This small, 120-meter-long artificial river, constructed in 1992, preserves the appearance of the Iwato River.



6 Iwadogawa Ryokuchi Park

This park was built on the site of the Iwato River. Aboveground, the park is a greenway; belowground, there is a pipe for channeling rainwater.



7 Keiganji Temple

Founded in 1612, the Shio (Salt) Jizo statue on the shrine's grounds is also known as the Ibotori (Wart-Removing) Jizo.



From the road, re-enter and follow the ryokuchi park (these white walls mark the park entrance).



Take the left by the side of the security camera pole and go down the levee.



1 Gyokusenji Temple

This ancient Buddhist temple was founded in 1504. The sacred fig tree on the right side of the temple's main gate has been designated a Natural Monument by the city.



2 Tama River Levee Breach Monument

This monument was built to remember the Tamagawa River flood disaster which occurred in 1974.



3 Hie-jinja Shrine

This Shinto shrine was once a small hokora wayside shrine called Sanno Gongen Shrine. The approach to the shrine is lined with an avenue of large Japanese zelkova and ginkgo trees.



4 Iwato Hachiman Shrine

According to legend, this shrine was founded after Iwato resident Akimoto Nizaemon won a sumo tournament at the Tsurugaoka Hachimangu shrine in Kamakura and the shrine's deity was ritually divided and transferred here.





Calories burned for each course



The amount of calories you can burn based on body weight by walking these walking courses are presented below. Taking into consideration the amount of calories of common foods, think about how you can best balance exercise and food.

Calories burned and calories for various foods

Course Ko

Cal. burned by body weight
50 kg: approx. 218 kcal.
60 kg: approx. 261 kcal.
70 kg: approx. 305 kcal.



Omelet (2 eggs)
approx. 218 kcal.



Chicken karaage (3 pieces)
approx. 297 kcal.

Course Ma

Cal. burned by body weight
50 kg: approx. 135 kcal.
60 kg: approx. 162 kcal.
70 kg: approx. 189 kcal.



Milk (200 ml)
approx. 134 kcal.



Bread rolls (2)
approx. 190 kcal.

Course E

Cal. burned by body weight
50 kg: approx. 188 kcal.
60 kg: approx. 225 kcal.
70 kg: approx. 263 kcal.



Yakitori (2 skewers)
approx. 205 kcal.



Rice (1 rice bowl)
approx. 252 kcal.

Course Ko Ma E Total

Cal. burned by body weight
50 kg: approx. 541 kcal.
60 kg: approx. 648 kcal.
70 kg: approx. 757 kcal.



Yakisoba (1 plate)
approx. 539 kcal.



Curry rice (1 bowl)
approx. 760 kcal.

There are many other points of interest near the walking courses in addition to those presented here!
Other points of interest! Additional interesting things to check out
Be sure to stop by these places and experience the local history and culture!



Ojichan Enoki Nettle Tree
This large Japanese hackberry tree has been looked after by local grandpas. It's located in an area with many trees, so take care to look up so you don't pass it by!

Course Ko

Site of Godai-bashi Bridge

The name of the Godai Bridge, which once crossed the old Nogawa River, was with different characters from the Edo period up until recently (and in fact was also written two different ways during this time). The old characters can still be seen on guide signs.

Benzaiten Pond

Benten Pond is a popular destination that was even featured in the Edo period guidebook Edo meisho zue. Also be sure not to miss the statue of Kannon and the "husband and wife" pair of zelkovas nearby!



Course Ma

Nishigawara Natural Park

There is a "picture letter gallery" display board in the park. Here you can see a variety of seasonally-themed picture letters. There are also picture letter galleries in the windows of various shops in the city, so be sure to keep an eye out for them while out walking.

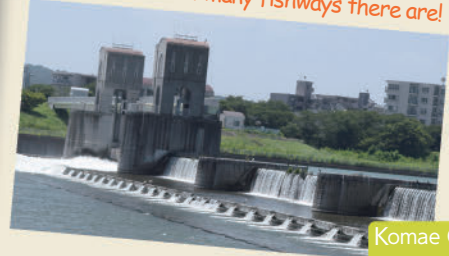
Jizo statues and more

There are many Jizo statues along the course, including the Shio (Salt) Jizo on the grounds of the Keiganji Temple. There are also other historical remnants along Course, such as Komai Kitamuki (North Facing) Jizo and Ichinohashi Stone Bridge Memorial Tower. One fun thing to do is to visit all of the Jizo statues, Koshin Tower, and ancient guideposts scattered around the city.

Course E

Nikairyō-Shukugawara Weir

This irrigation facility is situated on the Tama River, which has flowed through the area for over four hundred years. The facility has waterfall-like river gates and a fishways for fish to pass through. See if you can count how many fishways there are!



⚠ The above figures are guidelines; calories burned were calculated based on a walking pace of 4 kph and food calories were calculated based on standard amounts.