

## Recommended spots

### Former Kunitachi Station building and university town

The former Kunitachi Station building with a red, triangular roof and a Romanesque-style semicircular window, which was a symbol of Kunitachi, was constructed in 1926 as a new station connecting Kokubunji Sta. and Tachikawa Sta. It was the second oldest wooden building after Harajuku Sta. Inside the building, used rails made in England, Germany and the US in the Meiji Period (1868-1912) were used as materials. The station building, which had been removed due to JR elevation construction, was restored in front of the station in 2020 and now is used as a town information center. (Cultural Property designated by Kunitachi City)



### Hitotsubashi University

Tokyo University of Commerce, located in Kanda-Hitotsubashi in Tokyo moved to a new location, Kunitachi, in 1927 on account of the Great Kanto Earthquake (1923). The Romanesque-style Kanematsu Auditorium, Library, Main Building and East Main Building, built when the university moved to this place, and other buildings constructed in harmony with them create a serene atmosphere. The Kanematsu Auditorium designed by Chuta Ito, Former Gatekeeper's Lodge and East Main Building are registered tangible cultural properties. Wooded areas, including Japanese red pine trees, remain on the campus. They are reminiscent of a mountain that produced essential materials for daily lives in old times such as firewood, fascine and leaf mold.  
\*Please refrain from entering the campus to prevent the spread of infectious diseases (as of May 2022).



himazakura, Benishidare, Yae-Benishidare, Kanzan, Okanzakura, Shidarezakura (weeping cherry tree), and Ukonzakura. Between the cherry trees, there are 119 big ginkgo trees, whose leaves turn golden yellow in fall.

## A little break

### ☆ Kunitachi Art Biennale 2015

An outdoor sculpture exhibition was held under the theme of "Celebration" in 2015. Six prize-winning works selected from entries across the country are being placed to decorate the green areas of the Daigaku-dori Ave.

### ☆ Street lamps of Champs Elysees Ave.

On the east and west sidewalks between Kunitachi Sta. and the corner of Hitotsubashi Univ., there are 24 units of street lamps with a decorative motif of cherry blossoms and of the station building alternately placed. The street lamps, made by Lenz in France, which are the same type of those that decorate the street scenes of the Champs Elysees Ave. and Montmartre hill, were installed by the local merchants' association in 1985. Later, around 100 additional units modeled after the original ones were installed with a motif of plum blossoms, the emblem of Kunitachi City.



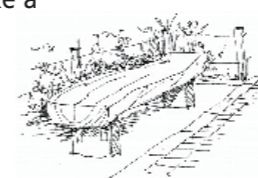
### ☆ Cylindrical post box

Nostalgic cylindrical-type post boxes stand on Daigaku-dori Ave. There are two. Why not walk and try to find them?



### ☆ Log bench and message bench

A number of benches are placed along the Daigaku-dori Ave. and on campus of the university. Some are simple log benches. Since FY2015, benches have been installed in green areas, attached with a plaque of heartfelt message from the donors. Good spots to take a rest.



### ☆ Pedestrian overpass

The only pedestrian overpass located north of JR Nambu Line in Kunitachi City is on the Daigaku-dori Ave. It's a popular place for photography during cherry blossom season! Why not look at the street from the overpass?

### ☆ Branco St.

The small street between Daigaku-dori Ave. and Fujimi-dori St. is a lovely shopping street, which was developed on the site of a former residence that existed in the 1970s. Having an arch, clock and white tiles, the small path is called Branco (meaning "white" in Spanish).



## How to use the Healthy Walking Map

Walking is an easy way to get exercise. You will also find pleasures of walking, such as enjoying the views and learning about local vegetables, etc. Creating My Map by writing your comments on the walking map will be fun too.

### A number of benefits of walking

#### Prevention of lifestyle diseases, dementia, etc.

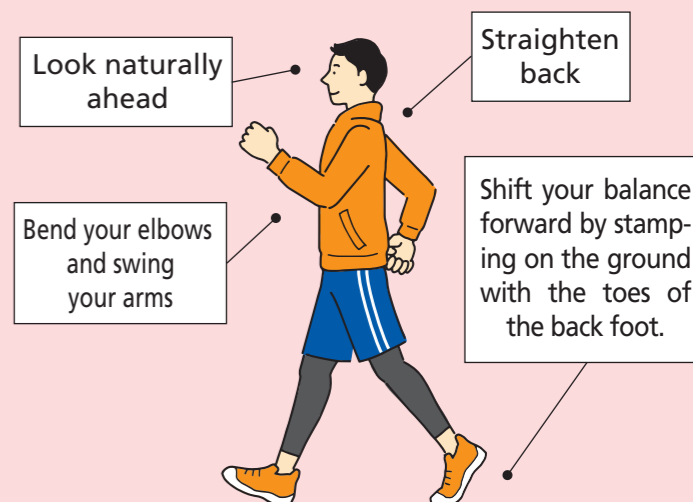
Exercise can be expected to reduce obesity, lower blood sugar and blood pressure, increase good cholesterol, and help you sleep better, etc., which will prevent diabetes, hypertension, hyperlipidemia, dementia, etc. It also increases oxygen intake, improves heart and lung function, strengthens blood vessels, and helps prevent cardiovascular disease.

#### Feel calm and happy

By going outdoors, you will feel the sun and wind, see trees and flowers, and have more opportunities to interact with people; those encounters that will enrich your mind as well as your body are awaiting you.

## Effective walking form

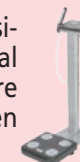
Walking for health is different from regular walking or strolling, and it is important to be aware of your form.



Walk with the image of moving the large muscles of your thighs and hips.

### Would you like to measure your own body condition?

The Health Center offers body composition measurement to determine total body muscle mass and walking posture measurement to check the posture when walking, both by appointment.



<Inquiries about measurements and maps>  
Kunitachi City Health Center  
☎ 042-572-6111

You walk around this area in this course



### Outline of the course

Starting from JR Kunitachi Sta. South Exit, walk the Daigaku-dori Ave. that stretches southward. Let's take a look at Hitotsubashi University, from which the street name Daigaku-dori (University Avenue) was derived.

### Must-see spots

- Cherry and ginkgo tree-lined Daigaku-dori Ave.
- Cherry blossoms in spring, greenleaves in summer, ginkgo trees in autumn and year-end illumination displays
- Romanesque-style school buildings located on both sides of the Daigaku-dori Ave.
- The university campus is dotted with wooded areas, retaining the atmosphere of old Musashino

### Distance

around 4.5 km

### Created by

Walking Map Creation Association

### Edited and issued by

Kunitachi City Health Promotion Division Health Center

\*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN

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A little action, Always healthy

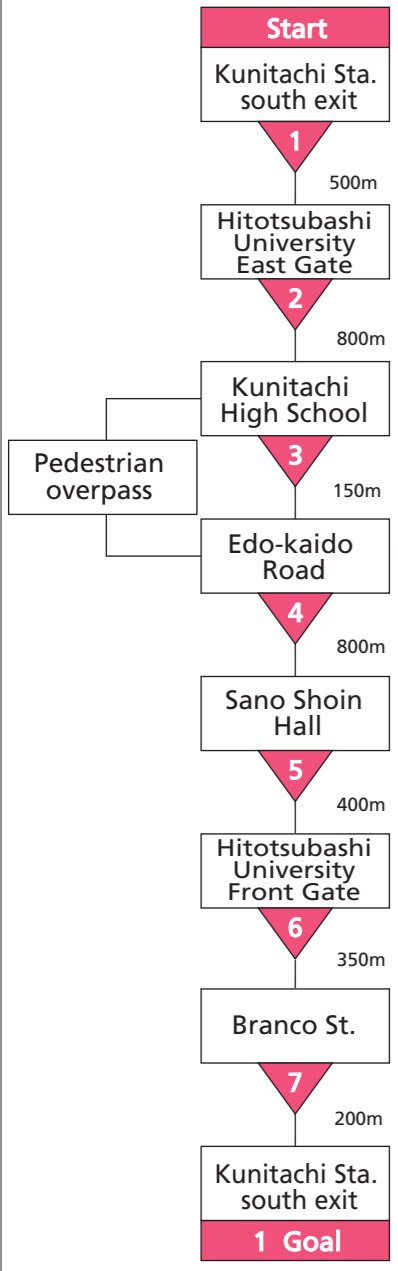
# No. 2 Rediscover the attraction of Hitotsubashi University and Daigaku-dori Ave.



## No.2 Rediscover the attraction of Hitotsubashi University and Daigaku-dori Ave.

Distance: around 3.2 km  
 Time allowed: around 50 minutes  
 Number of steps: around 4,500 steps  
 Calorie consumption: around 150 kcal

\*These are estimates given for a male, weight 60 kg, one step= 70 cm, moving at 4km per hour, walking 10 min.=30 kcal



**Wildlife in Hitotsubashi University campus**

- Azure-winged magpie
- Cabbage white butterfly
- Common bluebottle
- Spot-billed ducks
- Japanese bush warbler
- Japanese Pygmy Woodpecker
- Great tit
- Dusky thrush

**Plants and Landmarks:**

- Large brown cicada, Tsukutsuku-boshi cicada
- Ukonzakura (Turmeric cherry blossoms)
- Cherry tree, Double cherry blossom
- Platanus, Shrub of Japanese pampas grass and dianthus
- Big hornbeam tree, Trunk and seed clusters of Korean hornbeam tree
- Common dandelion, Camellia
- Hydrangea

**Buildings and Facilities:**

- Kanematsu Auditorium
- Community Center
- Sayuri Kindergarten
- East Main Building, Gymnasium
- Metasequoia, Tennis court
- Dining hall, Mercury Tower
- Main Building, Former Gatekeeper's Lodge
- Sano Shoin Hall (Private residence of the first President of Hitotsubashi Univ.)
- Baseball field, Athletic field
- Hockey field

**Streets and Infrastructure:**

- To Tachikawa, To Shinjuku
- Fujimi-dori St., Daigaku-dori Ave., Asahi-dori St., Gakuen St.
- Pencil-shaped street sign post at Daigaku-dori Ave.
- Pedestrian overpass

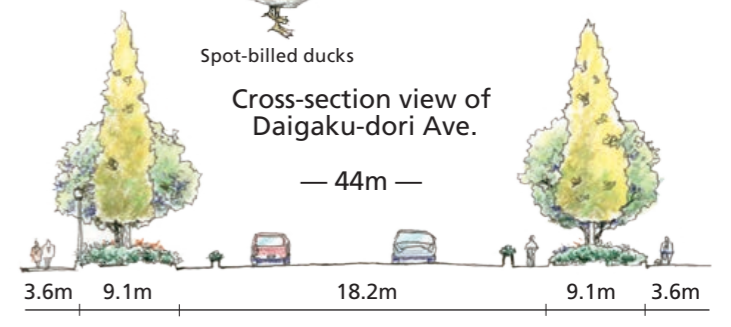
**Other Notes:**

- The station building with a red, triangular roof is planned to be restored in front of the station.
- Constructed in 1927 by donation from Kanematsu-shoten Corporation. It is still being used.
- Please refrain from entering the campus to prevent the spread of infectious diseases (As of May 2022)
- Boo hoo
- Tokyo Metropolitan Tama Sports Center for persons with disabilities

### Six prize-winning works of Kunitachi Art Biennale 2015



Located in the greenbelt on both sides of Daigaku-dori St.



**Legend**

- Traffic lights
- Police box
- Convenience store
- Street sign post
- Citizens' restroom
- Kinokuniya, Kunitachi shop
- Popolo Shopping Center



Daigaku-dori Ave.