

You walk around this area in this course



**Outline of the course** Starting from the plum grove of Yabo Tenmangu Shrine, walk to the city boundary with Fuchu City along the water channel at the bottom of the cliff. Then, from the top of the cliff line to Yaho Sta. via Koshu-kaido Road

**Must-see spots** -Woods that give seasonal colors to the Tachikawa Cliff Line (Hake)  
-Yaho branch of Fuchu irrigation channel and pedestrian walkway along the main-stream  
-Cliff (Hake) and water, view from Hake and ruins site  
-Prestigious atmosphere of Honda family residence at the roadside

**Distance** around 4.4km

**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



A little action, Always healthy

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## Recommended spots

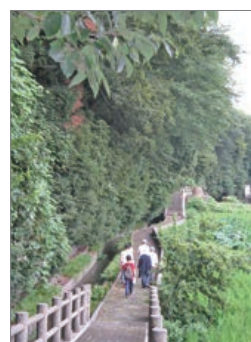
### Yabo Tenmangu Shrine

Yabo Tenmangu is the oldest shrine in east Japan, dedicated to SUGAWARA Michizane. It is said that his son SUGAWARA Michitake enshrined his father who died in Dazaifu, and moved to the current location in 1181. The plum grove is dotted with many monuments, including the one of novelist Hitomi Yamaguchi, who loved Kunitachi. A monument marking a visit by His Imperial Highness Prince Arisugawa Takehito was built to commemorate the first car tour in Japan in 1908, indicating the start of automobile culture. In addition, the plum blossom festival is held annually on Saturdays and Sundays from late Feb. to early March. The God of traffic safety as well as the God of study are worshiped in this shrine. The wooden tablet of "Tenmangu" and two wooden Shishi-Komainu (guardian lion-dogs) in the Treasure House are nationally important cultural properties. The shrine forest is a natural monument designated by the Tokyo Metropolitan Government.



### Cliff (Hake) and water channel (Shimonokawa River)

Spring water from the Yabo Tenmangu Shrine ground is mixed with Fuchu irrigation water and flows at the bottom of the cliff. It is called Shimonokawa River. The developed pedestrian walkway leads to Fuchu with view of rice fields.



### Oyama-do Road

The pilgrimage routes to Oyama-Afuri-jinja Shrine (Kanagawa Pref.) from various places were called Oyama-do roads. The major route was Yagurazawa Okan Road, which is the current National Route 246. In each village of Kunitachi, there were several Ko (confraternities), and one of them was Oyama-ko, or a confraternity of devotees for Oyama-Afuri-jinja Shrine. It is said that it was customary to visit the shrine as the Ko until early Showa period. It was popular among them to make a tour to Enoshima Island after visiting the shrine, which was depicted in Oyama Mairi, a program of Rakugo (traditional comic storytelling).

### Fuchu irrigation channel

It is presumed that the Fuchu irrigation channel was developed by digging out the old flow passage of old Tamagawa River in the early Edo Period (1603-1868) to irrigate paddy fields in Kunitachi and Fuchu by taking water from Tamagawa River at Aoyagi. It was called the Shichika-mura (seven villages) Union Irrigation. At the Yabo Weir, the irrigation channel is divided into the main stream toward Fuchu and Yaho branch flow. The two flows join again in Yaho Ichibanchi at the city boundary, flows through Fuchu City toward Koremasa and into the Tamagawa River. The Fuchu irrigation system covered seven villages, including Fuchu three shuku (post station town) (Shinjuku, Honcho and Banba), and Koremasa, Kamiyabo, Shimoyabo and Aoyagi.

### Monument of "Wa" at Yaho Ichibanchi

A location at the lowest altitude in Kunitachi City, and adjacent to Nisshin-cho of Fuchu City. The Fuchu irrigation system was previously managed by Kunitachi and Fuchu separately, but the management was integrated after the completion of a land readjustment project in 2000. At Yaho Ichibanchi, there is a monument inscribed with "Wa" (harmony) commemorating the completion of the project.



### Ichikawa Ryokudo green walkway

The main stream of Fuchu irrigation channel and the Shimonokawa River that flows along bottom of the cliff join together and becomes the Ichikawa River. Most of the irrigation channels in Fuchu City were converted to a closed conduit system, and improved to make a walking path called Ichikawa Ryokudo green walkway.



### Spring water in Nishifu-cho

Spring water that comes from Fuchu (Tachikawa) Cliff Line was selected as one of the 57 best spring waters in Tokyo. A slope connecting the top and bottom part of the cliff line was constructed and the area is called Nishifu Ryokuchi green area.

### Yaho east ruins / Yaho east horizontal cave tomb

Ruins of a village with dwellings of a flagstone floor from the end of middle Jomon Period (approx. 4,000 years ago) to early Kofun Period (approx. 1,700 years ago), which extends to Fuchu. The horizontal cave tomb was the first ruin discovered in the city during road improvement work in 1976. It is rare that such a tomb exists alone.

### Shimoyabo ancient burial mound 1

A circular tomb mound of approx. 14m in diameter, 2m in height and with an approx. 23m-long circumferential groove, estimated to have been constructed in early 7th century. Together with the burial mound no. 2 located nearby, it presumably formed a burial mound cluster.

### Honda family residence

The prestigious Honda family still continues more than 350 years since early Edo Period. The heads of the family were a headman of former Shimoyabo Village, doctor and calligrapher. Its residence faces Koshu-kaido Road, and the main house and Yakui-mon gate were designated as cultural properties of Tokyo in 2020, up from the previous designation as national registered tangible cultural properties. It was believed that the main house was constructed in Keian Era (1648-51), but a talisman of 1731 was discovered, which indicated that the main house was built before mid-Edo Period or 18th century. It is the oldest Kuichigai Rokuma house (six rooms with entrances in different directions) in Tokyo. The Yakui-mon gate, built in the end of Edo Period (1849), is a 1.8m-span gate with Sodebei (adjacent walls), large enough to pass through while on horseback. The gate was moved to its current location in 1930 when the Koshu-kaido Road was widened.



### Shimoyabo Koshin pillar (Honda Road)

Koshin pillars were built in the hope of preventing epidemics and for long life based on Koshin belief in Taoism. It was believed that "three worms" or evil spirits, living in the human body report to their host's sins to heaven while the host is sleeping and shorten the host's life on Kanoesaru night, which occurs every 60 days. The ritual of waiting for Koshin, or "Koshin machi," where people stay up all night, became popular in the Edo period. It was once built at the intersection of Koshin-do and Honda-do Roads connecting Fuchu and Kunitachi, and engraved with Shomen Kongo, serving as a guidepost, and is inscribed with the fifth year of the Kansei era (1793). "



## 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.

### Walk 10 more minutes !

10 more minutes' walk is just a short distance. Let's use our legs instead of using cars. The national guideline recommends a target of 8,000 steps/day (\*1), but we should walk 1,000 more steps, or 10 more minutes per day to get more exercise, prevent lifestyle-related diseases, and relieve stress. (\*2)

\*1 The Physical Activity Reference for Health Promotion (Activity Guide) (Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages of 18 and 64.

\*2 "National Health and Nutrition Survey" (Ministry of Health, Labour and Welfare) <2017 for Tokyo residents>

## To keep your brain strong and healthy

In order to prevent the deterioration of cognitive function and make it up, it is said that doing multiple activities simultaneously is effective. For example, playing a word game while walking, reciting multiples of three while doing exercise, like some kind of game. Making a little effort will work. Household chores such as cooking and cleaning, which you may find tedious, can be good activities to keep your brain healthy. Why not positively work on them, for example, cutting vegetables while simmering something and carefully thinking about what to do next when cooking, to prevent dementia. Another secret for keeping your brain young is to increase opportunities to see people and talk. How about going out more often with a map?



Otedama bean bag juggling while singing is a great brain training exercise!

<Any concerns about dementia?

Consultation service available>

Kunitachi City Regional Comprehensive Support Center

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Inquiries regarding this map:  
Kunitachi City Health Center

☎ 042-572-6111



# No. 3 Yaho Ichibanchi Course -Walk along Hake-no-michi (road along the cliff line) and water channels-

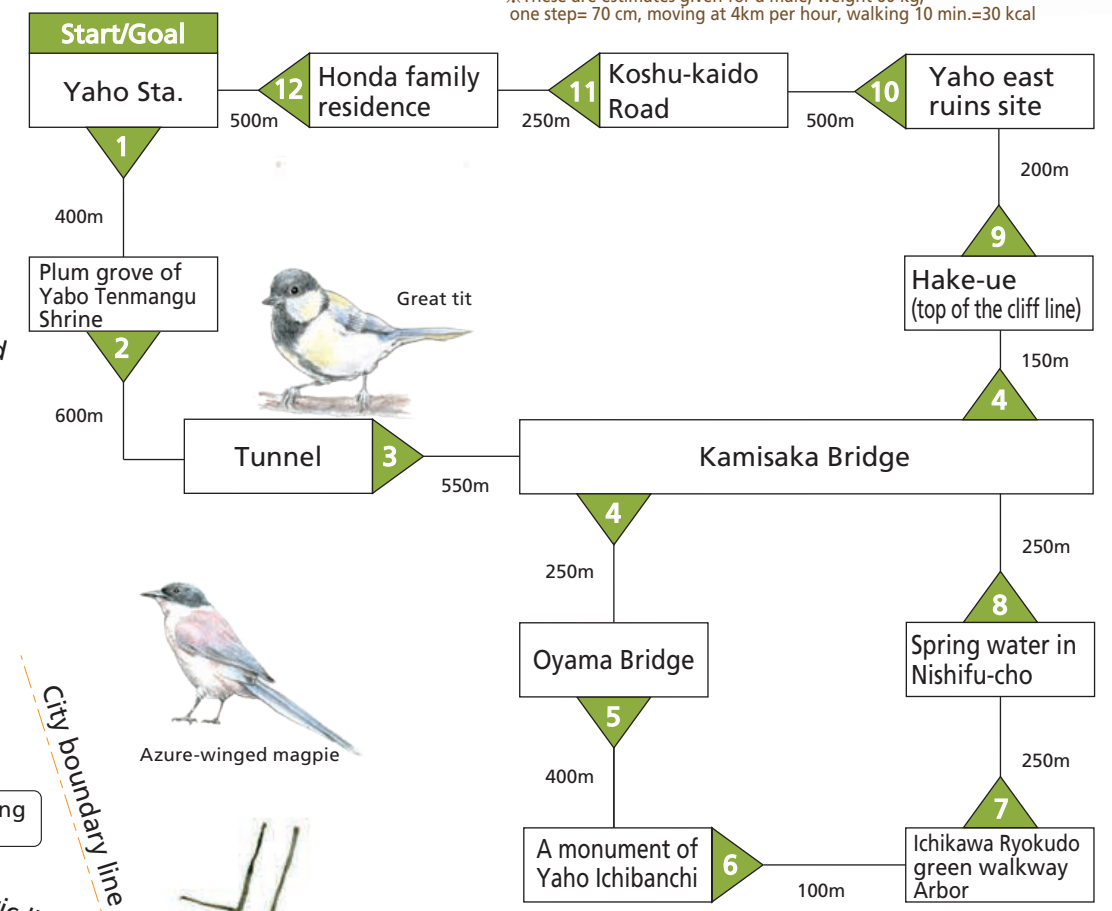


## Yaho Ichibanchi Course -Walk No.3 along Hake-no-michi (road along the cliff line) and water channels-

Distance: around 4.4 km  
 Time allowed: around 70 minutes  
 Number of steps: around 6,300 steps  
 Calorie consumption: around 210 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

**Koshu-kaido Road**  
 Former National Route No.20 (Koshu-kaido Road) was placed under the jurisdiction of Tokyo Metropolitan Government Tokyo Hino Bypass fully opened to traffic as National Route No.20 from the entrance of Kunitachi Interchange to Hachioji (Takakura), and the former No.20 (Koshu-kaido Road) changed to Tokyo Metropolitan Road No. 256.




**Plum grove**  
 -Monument of Novelist Hitomi Yamaguchi  
 -There is a monument marking a visit by His Imperial Highness Prince Arisugawa Takehito, indicating the start of automobile culture  
 -Haiku poem monument of Shigehisa Harada, and many other stone monuments

**Cliff line**  
 The Tachikawa Cliff Line changes its name to Fuchu Cliff Line at the point it enters Fuchu City, and it is called Fuda Cliff Line in Chofu City. It is presumed that the cliff line was formed in ancient times by the Kotamagawa River (old Tamagawa River) erosion, in the same way Kokubunji Cliff Line was formed.

**Legend**

- Traffic lights
- Restroom
- Explanation board
- Convenience store
- Ancient burial mound/Ruins
- Street sign post

A Monument of Yaho Ichibanchi