

You walk around this area in this course



Outline of the course A course that walks from Yagawa Sta. of the JR Nambu Line to historical structures and surrounding wooded area in Yaho

- Must-see spots**
- Kunitachi Local Culture Museum and its permanent collection exhibition room
 - Spring water from Aoyagi Cliff Line (Hake) and walking path along the bottom of Hake
 - Old folk house with a thatched, half-hipped roof
 - Strolling around Joyama Park and Joyama Sato-no-ie (Agriculture experience facility)
 - Wooded area and colonies of wild plants in Joyama in Yabo
 - Fuchu irrigation channel and community farm
 - Tokiwano-shimizu spring water and Itsukushima-jinja Shrine/Benten-ike Pond
 - Takinojin Temple (one of six sub-temples of Anraku-ji Temple)
 - Kariyaue ruins (explanation board only)

Distance around 3.3/3.5 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



A little action, Always healthy

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Recommended spots

Kunitachi Local Culture Museum

Free admission
 Most part of the facility is located in the basement building, where materials are displayed on the topography, history, lifestyle, and urban development of Kunitachi.

Especially the video commentary in the permanent exhibition room is a must-see for its easy-to-understand explanation of the unique geographical features of Kunitachi created by the three cliff lines. The historical garden (courtyard), which recreates a residential area from the Jomon period (circa 14,000 B.C. to 300 B.C.), the Musashino garden, and the Denso garden are also very attractive.

Four large stone sticks in the permanent exhibition were excavated in their complete form and lined-up state from the Midorikawa-Higashi Site, and are designated as National Important Cultural Properties because of their extremely high academic value for thinking about rituals in the Jomon period.

Closed: 2nd and 4th Thursdays of the month and during year-end / New Year holidays

Hake-no-michi (road along the cliff line) and pedestrian walkway

The road from the museum to the old folk house site at the bottom of Joyama goes along the Aoyagi Cliff Line. The road on top of the cliff line is presumed to be a part of the old Koshu-kaido Road route. Spring water flows along the bottom of the cliff line, and there used to be a boardwalk here. By Joyama south district improvement project, the pedestrian walkway was constructed surrounding the Yakult Central Institute. There is a spring water channel at the bottom of the cliff line in the north, Fuchu irrigation channel in the south, and a headrace channel to paddy fields for a farming experience in the east. The pedestrian walkway is 700m long from start to finish, during which you can enjoy the spring water from the cliff line, Fuchu irrigation channel, the old folk house, Joyama Park and other attractions.



Old folk house (Former Yanagisawa family residence)

A thatched-roof farm house built in Aoyagi district along Koshu-kaido Road in the late Edo Period was moved here and reconstructed. The house was authentically reconstructed including plants in the garden to show what a farm house was like at that time.



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Joyama Park

A park located at the bottom of the cliff line, leading to the Joyama wooded area. It is filled with wild plants, and wild birds fly over to the park.



Great tit

Joyama Sato-no-ie (Agriculture experience facility)

A facility providing agricultural experiences at an adjacent farm, cooking classes using vegetables grown in Kunitachi, direct sales of vegetables produced by local farmers, and information on local agriculture and agriculture-related events. You will be able to feel the fun and fulfillment of agricultural life.

Closed: 2nd and 4th Thursdays of the month

Yaho's Shiroyama Historic Places (Mitashi Yakata Ato)

Former Mita clan's castle of medieval times. Being designated as a Tokyo history and environment preservation area, the entire site situated in a wooded area is protected. You might want to make a round of the site including Shinmei-sha Shrine nearby. Colonies of soft windflow-ers are seen in spring, and red heart lilies in summer.



Tokiwa-no-shimizu spring water

Spring water that flows out in Yabo Tenmangu Shrine ground. In the south, there are Benten-ike Pond and Itsukushima-jinja Shrine that enshrines Benzaiten, a Japanese Buddhist goddess. Turtles and Nishikigoi colored carps in the Benten Pond create a relaxing atmosphere where time passes slowly. There is also a hydrangea garden next to the pond. This spring water and Mama-shita spring water was selected as one of the 57 best spring waters in Tokyo.

*The photo shows Benten-ike Pond.



Takinojin Temple

Used to be called Takino-bo, it was one of the six sub-temples of Anraku-ji Temple, which was a Betto-ji (a temple attached to a shrine) of Yabo Tenmangu Shrine. There is a narrow set of stairs to the entrance on the side of Koshu-kaido Road.

A little advice

☆This course can be considered the second part of 《No.4 A course touring the clear stream of the Yagawa River and Mama-shita spring water, including where they converge》. If the Kunitachi Local Museum is used as the connection point, the course will be 6 km in total.

☆We recommend you to start walking from the finish point of the course once in a while. You will discover something new and enjoy the course twice. In particular, if you walk from Yabo Tenmangu Shrine toward Joyama in Yabo, you will be very impressed by the stunning view of Joyama. It will be also interesting to stop walking and turn around sometimes to view the scenery.



Red heart lily

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.

Points to remember when walking

Warm-up

To prevent injury, gently move your ankles and knees before walking to stretch your Achilles' tendons, calves, and thighs.

Be sure to stay hydrated

Drink water or a sports drink to stay hydrated. Drinking a cup of water before you start walking is recommended as well.

Hints to increase the amount of activity by walking

Use the stairs as much as possible

Going up and down the stairs as part of daily life is a great opportunity for exercise! Use the stairs instead of elevators, etc.

Wear a pedometer

Walking walkable distance instead of using a car increases the amount of activity. Keeping records of your steps with a pedometer will encourage you to continue.

Mental health - Self-care -

Keeping healthy lifestyle habits is very important to your mental health.

A well-balanced diet, quality sleep and regular, moderate exercise are essential. It is also important to consciously take time to relax in everyday life to relieve stress. People have their own ways of relieving stress such as listening to their favorite music, singing songs, walking and doing other exercises. Find the best way for you, and keep in mind to care for your mental health in order to lead a fulfilling life.

Walking, which is an aerobic activity, can increase the release of serotonin, a neurotransmitter in the brain, which has a deep connection with good sleeping behavior and mental stability. Take a walk with the Kunitachi healthy walking map to maintain a balance between mind and body and lead a fulfilling life.



Let's walk!!



Inquiries regarding this map:
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 ☎ 042-572-6111

No. 5 Yaho area - Visiting its history



No.5 Yaho area - Visiting its history

Distance: around 3.3/3.5 km
 Time allowed: around 50 minutes
 Number of steps: around 4,700/5,000 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

A cherry blossom tunnel extends from Yagawa-dori St., along Sakura-dori St, to Daigaku-dori Ave.

Aoyagi Cliff Line
 The lowest of the three hake cliffs in Kunitachi, this terraced cliff is situated on the border of the Aoyagi terrace, accumulated with gravel under the Tachikawa terrace, and the alluvial area. The green of the hake cliffs was left in a continuous line extending from Tachikawa Fusaiji Temple to Yabo Tenmangu Shrine, and the settlement of Yabo Village developed along these hake cliffs.

The Kariyaue ruins are dwelling relics from the Nara (710-784) to Heian Period (794-1185). A stone spindle whorl inscribed with the characters "Musashinokuni-Tama" and "You" was excavated.

Soft windflowers in Joyama
 Joyama nature preservation area is covered with white flowers in late April. Red heart lilies also add color to the Joyama wooded area around Obon week (mid-August).

Street sign post at Nambusen-dori St. In commemorating the 40th anniversary of the founding of Kunitachi City, five roads in south area of the city were given nicknames. When the Sports Festival in Tokyo 2013 was held, pencil-shaped street sign posts with each street's nickname on it were installed on six streets, including Daigaku-dori Ave. One of them stands here.

Important cultural property in Yabo Tenmangu Shrine

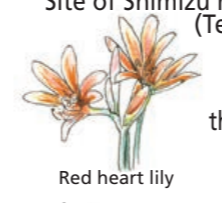
A pair of wooden Komainu (Shrine guardian dog statues) (Kamakura period)
 Wooden name plate "Tenmangu Shrine"

View of the ears of rice hanging down from the stems remind us of Yaho as a long-lasting rice-producing area.

Joyama Sato-no-ie
 In March 2015, Joyama Sato-no-ie (Agriculture experience facility) was opened in nature-rich Joyama south district. It is one of the best places to take a rest when strolling around the area. There is also an old folk house adjacent to it.



The map shows the route from Yagawa Sta. (1) to Yaho Sta. (17). Key landmarks include Nanyo-ji Temple, Kunitachi Local Culture Museum, Joyama Park, Joyama Sato-no-ie, Joyama-shita, Joyama-ue in Yabo, Arterial road, Deino-hash Bridge, Tokiwa-no-shimizu spring water, Takinoin Temple, Kariyaue ruins, City Office, and Yaho Sta. The map also features various nature spots like the cherry blossom tunnel, Joyama nature preservation area, and Yaho water source No. 1. Cultural sites like the Yabo Tenmangu Shrine and Joyama Sato-no-ie are also marked. The map includes a legend for traffic lights, restrooms, explanation boards, post offices, farm stands, convenience stores, and street sign posts.



- Legend**
- Traffic lights
 - Restroom
 - Explanation board
 - Post office
 - Farm stand
 - Convenience store
 - Street sign post