

You walk around this area in this course



Outline of the course

A course starting from JR Kunitachi Sta. South Exit, going up the Kokubunji Cliff Line (Hake) and walking along the city boundary in the east from Kokubunji toward Fuchu

Must-see spots

- View of the city from the heights on the Kokubunji Cliff Line View of Tanzawa Mountains and Mt. Fuji in the far distance
- Two Shirami-zaka sloping roads that remind us of the history of the fall of Kamakura Shogunate
- Tamarin-zaka sloping road where students of Tokyo University of Commerce (the current Hitotsubashi Univ.) walked. Musician Kiyoshiro Imawano made a song about this slope

Distance around 4.2 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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 3rd edition published in May 2010
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 Colored version published in Mar. 2017
 Colored 2nd version published in Mar. 2021

Recommended spots

Stairs connecting the cities and people

The stairs, newly constructed on the road close to the railway track, connect Kunitachi City and Kokubunji City. If you walk up the stone stairs along the cliff and the stairs along the railway track, the view opens up to include the JR Chuo Line railway track.



Two Shirami-zaka sloping roads

Along the Kokubunji Cliff Line, there are two Shirami-zaka sloping roads: the one in Naito, Kokubunji City and the other on the boundary with Fuchu City. It is said the slope name originated from a historical event where Yoshisada Nitta raised his army in 1333, and they took a rest at this place to prepare for a night attack on the headquarters of Kamakura Shogunate force in Bubaigawara, but they realized that they had mistimed the attack when they heard the sound of a cock crowing in the morning. After being defeated in that battle, they again attacked the Shogunate force in Bubaigawara and won, which led to the fall of the Kamakura Shogunate. It is uncertain which of the two Shirami-zaka, located a little far each other, is the correct place of this historical event, but it will be interesting to think of the footsteps of these warriors born in Bando.



Tamarin-zaka sloping road

A sloping road along the Kokubunji Cliff Line constructed when university town was developed here in Kunitachi, as a road to transport materials for constructing Tokyo University of Commerce (current Hitotsubashi Univ.) and for students to commute. At that time, the operation of Chuo Line trains was electrified only up to Kokubunji Station. Although Kunitachi Sta. was constructed, trains were not electrified, and they did not run frequently. This meant that the students of the university had to walk from Kokubunji Sta. to the university along this sloping road. Some say that the students and people who walked up this slope pulling wagons and two-wheeled carts must have said "Tamarin," meaning "I can't stand" this long, steep slope, and this is where the slope name came from. This sloping road is also written in Chinese characters as a phonetic equivalent. This slope has become famous by a song "Tamaranzaka" by Kiyoshiro Imawano, who died in 2009 and lived in a boarding house around here.



Ozen-ji Temple three-storied pagoda

Ozen-ji Temple on Asahi-dori St. was relocated to Kunitachi from Tsukiji owing to the Great Kanto Earthquake. A magnificent wooden three-storied pagoda with a copper-shingled roof and a belfry stands on the rooftop of the concrete main hall building. The pagoda, built in 1980, is a quality three-storied construction with a copper roof with verdigris and weathered wooded parts that has a historical atmosphere. You cannot see the pagoda well from the front gate, but you can get the full view of it from the street in the north end.



Bonko-en children's park and sloping road along the cliff

When you go back and forth along sloping roads between Kunitachi and Kokubunji, you will find a children's park called Bonko-en at the city boundary line. It was developed making use of the slope of the cliff line. There is a bench discreetly placed on the sloping road where you enter Kokubunji City, showing consideration for those who take a rest here.



A little break

☆Kuyoto (Memorial stone monument)

A memorial stone monument stands on the roadside near Tamarin-zaka slope road. The names of three sacred mountains of Dewa and those of temple pilgrimage routes including Bando, Chichibu, Saigoku and Shikoku, and three characters representing "kuyoto" ("memorial tower") are engraved on the monument. It does not face the road, but faces northeast. It was built as a place to pray for persons who died on the pilgrimage.



☆Novelist Hitomi Yamaguchi who loved Kunitachi

A novelist Hitomi Yamaguchi, who lived in Kunitachi, left many masterpieces and essays on Kunitachi. Many people would have opened their eyes to whiskey by his free-and-easy style of expressions and witty illustrations in the essays from Yoshu Tengoku. He won the Naoki Prize for his novel Eburimanshi no Yuga na Seikatsu. He also introduced a lot about Kunitachi in a series of essays titled Dansei Jishin. A sentence from the essay depicting the traditional lion dance held in the Yabo Tenmangu Shrine is engraved on his monument placed in the plum grove of the shrine.



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

Prevents lifestyle-related diseases

It is effective in lowering blood sugar and blood pressure, increasing good cholesterol, and preventing hyperlipidemia and arteriosclerosis.

Strengthens cardiopulmonary functions and blood vessels

Walking increases oxygen intake, which helps improve cardiopulmonary functions. It also strengthens blood vessels, and helps prevent cardiovascular diseases.

Prevents Metabolic syndrome

Walking helps prevent obesity and lowers blood glucose, blood pressure and bad cholesterol, which all help to prevent metabolic syndrome.

How to prevent diabetes

What is diabetes?

After eating, sugar is absorbed and your blood glucose level rises, but insulin, which has function of lowering the blood glucose level, is secreted and lowers the blood glucose level. If secretion of insulin is insufficient or it does not work normally, it will cause diabetes. If you have diabetes, your blood glucose level may be consistently high, which will cause damage to the blood vessels, and leads to various complications, particularly on your kidneys, eyes and nerves. They can seriously affect your daily lives.



To prevent diabetes !

Exercise and diet therapy are basic treatments for diabetes. Reconsider your lifestyle habits to help prevent diabetes. Eat a well-balanced nutritious diet at regular intervals, relieve stress, maintain moderate exercise, stop smoking, be careful not to eat or drink too much, etc.

Vegetable first

What is "vegetable first"?

It means **starting a meal by eating vegetables**. Dietary fiber contained in vegetables helps inhibit a sharp increase in the blood glucose level.

Please undergo a medical checkup

It is very important to detect disease, not only diabetes, at an early stage. As diabetes symptoms can be subtle, a periodic health checkup is essential.

Inquiries regarding this map:
 Kunitachi City Health Center
 ☎ 042-572-6111

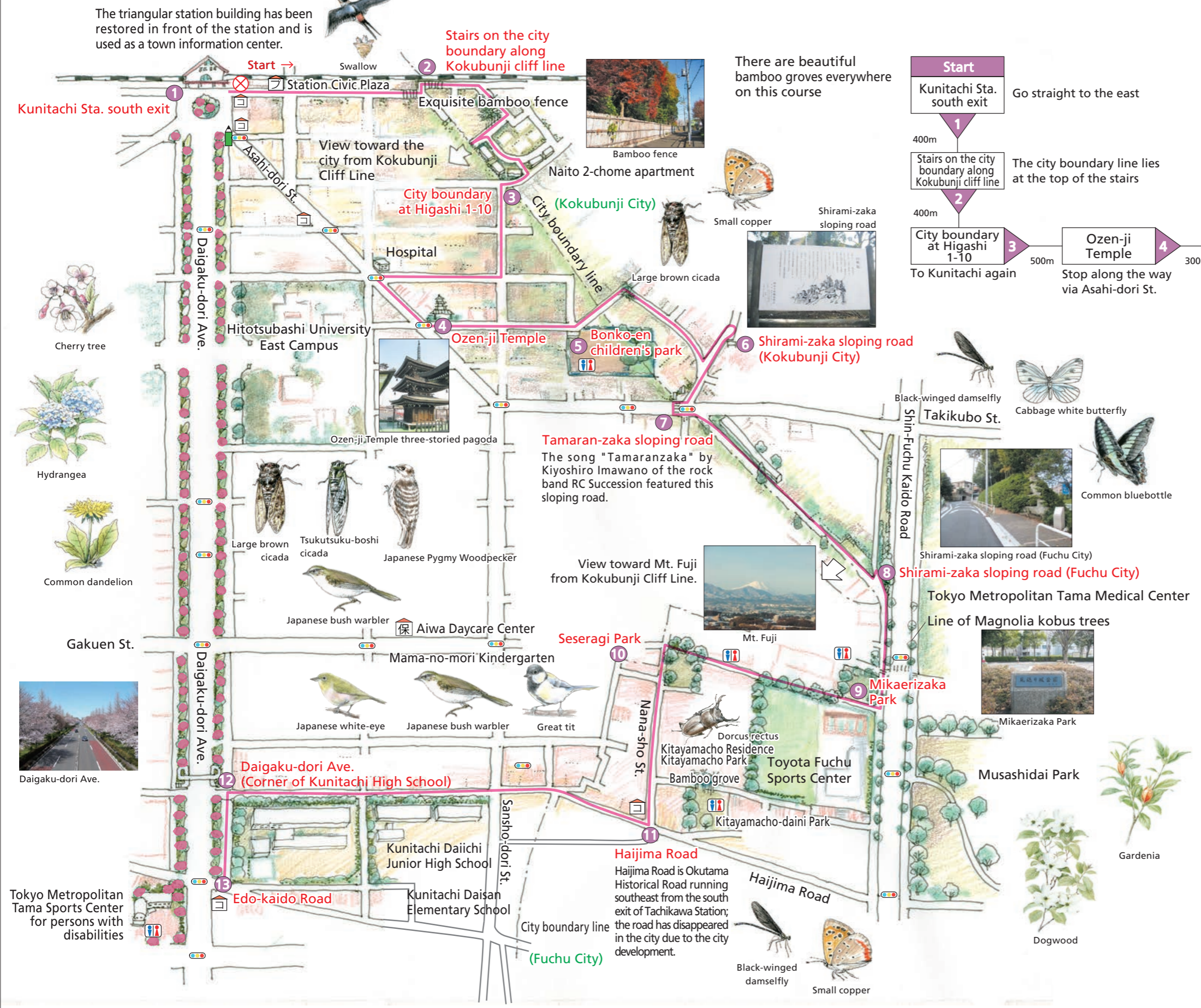
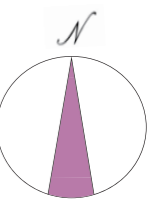
No. 6 A walk along the city boundary in the east



No.6 A walk along the city boundary in the east

Distance: around 4.2 km
 Time allowed: around 60 minutes
 Number of steps: around 6,000 steps
 Calorie consumption: around 180 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



- Start**
Kunitachi Sta. south exit
Go straight to the east
- 400m
Stairs on the city boundary along Kokubunji cliff line
The city boundary line lies at the top of the stairs
- 400m
City boundary at Higashi 1-10
To Kunitachi again
- 500m
Ozen-ji Temple
Stop along the way via Asahi-dori St.
- 300m
Bonko-en children's park
City boundary with Kokubunji City
- 350m
Shirami-zaka sloping road (Kokubunji City)
One of the Kamakura-do Roads
- 100m
Tamaran-zaka sloping road
Road that crosses the cliff line at the city boundary
- 450m
Shirami-zaka sloping road (Fuchu City)
Another Shirami-zaka sloping road
- 200m
Mikaerizaka Park
Turn right at Shin-Fuchu Kaido Road
- 350m
Seseragi Park
Fuchu Nana-sho St.
- 250m
Hajima Road
Crossing of Fuchu Nana-sho St. and Hajima Road
- 700m
Daigaku-dori Ave.
Corner of Kunitachi High School
- 200m
Edo-kaido Road
Goal at the crossing of Daigaku-dori Ave. and Edo-kaido Road
- 13 Goal**

Legend

- Traffic lights
- Police box
- Restroom
- Convenience store
- Street sign post
- Daycare Center

The triangular station building has been restored in front of the station and is used as a town information center.



Stairs on the city boundary along Kokubunji cliff line



There are beautiful bamboo groves everywhere on this course

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The city boundary line lies at the top of the stairs

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City boundary at Higashi 1-10
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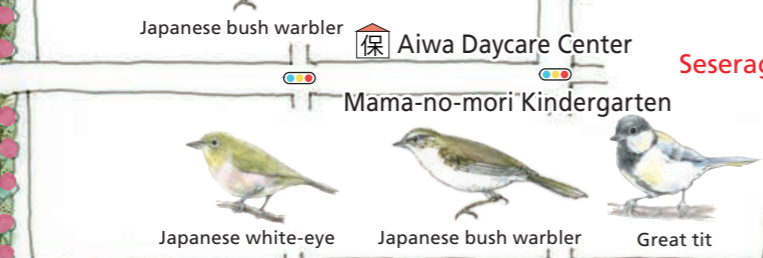
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Goal at the crossing of Daigaku-dori Ave. and Edo-kaido Road

13 Goal



Tokyo Metropolitan Tama Sports Center for persons with disabilities



Tamaran-zaka sloping road
The song "Tamaranzaka" by Kiyoshiro Imawano of the rock band RC Succession featured this sloping road.

View toward Mt. Fuji from Kokubunji Cliff Line.



Hajima Road
Hajima Road is Okutama Historical Road running southeast from the south exit of Tachikawa Station; the road has disappeared in the city due to the city development.

City boundary line (Fuchu City)

