

## Let's walk around Kunitachi together Healthy Walking Map

**No.8** Looking for unspoiled  
landscape of rice fields  
in Yaho

You walk around this area  
in this course



### Outline of the course

Walking south along the flow of the spring water from Yabo Tenmangu Shrine ground, you will see Fuchu irrigation channel and the rice fields of Yaho. This course starts from Joyama area toward the Water Reclamation Center open space and Teranoshita Waterside Park, and finishes at Yagawa Sta., but you may also wish to go a little further to Aoyagi Inari-jinja Shrine and the intake facility of Fuchu irrigation channel.

### Must-see spots

- Yabo Tenmangu Shrine you reach from the top of cliff line
- Unspoiled landscape of rice fields that remains sparsely in Yaho
- The cliff line (Hake) in Joyama south area and urban planning
- Water Reclamation Center open space and fitness equipment
- Teranoshita waterside park
- Intake facility of Fuchu irrigation channel

**Distance** around 4.4/5.7 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

### Yabo Tenmangu Shrine

One of the three major Tenjin (shrine enshrines SUGAWARA Michizane) in Kanto, and the oldest shrine in east Japan with a history of 1,100 years. It is said that his third son SUGAWARA Michitake, who was exiled to Kurihara-go in Yabo heard that his father Michizane, the Minister of the Right, died in 903 in Dazaifu where he was relegated to, and carved a wooden figure of his father and enshrined it in Tenjin Island. This is the origin of Yabo Tenmangu Shrine. Michitake's descendant TSUNOTO Tamemori, a retainer of the Kamakura Shogunate, relocated the shrine to the current place in 1181 owing to a revelation. The shrine is situated on Hake, or cliff, where Tachikawa Cliff Line and the end of Aoyagi Cliff Line cross each other. Visitors go through the torii gate alongside the Koshu-kaido Road and down the stone stairs leading to the hall of worship. Since halls are usually situated at a higher place after climbing up stone stairs, this shrine is rare in that respect. This is because the road which was previously at the bottom of the cliff was reconstructed on the top of the cliff. 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.



### Rice fields in Yaho

#### -Urban development and unspoiled landscape in Yaho-

There were once rice fields spread out around Yaho, which was a major rice-producing area, on the alluvial plain along Tamagawa River in the south of Aoyagi Cliff Line and Tachikawa Cliff Line. With pools of water called Komeke to warm water for rice cultivation and irrigation channels in all directions, the area created a unique landscape. In early 1965, the Chuo Expressway opened to traffic crossing the Yaho area, which promoted urbanization, including infrastructure development, such as houses and roads. Currently, the rice fields are scattered across Tenjin-shita and around Kunitachi 3rd Junior High School in Yaho.



### Water Reclamation Center open space(Rooftop park)

A park on the rooftop of Kita-tama Nigo Water Reclamation Center. There is a baseball ground for children, tennis courts, and free open space. In addition, nine kinds of fitness equipment are provided including a twist board, hanging bar, a bench to stretch your back and roller board. Recycled materials are used for the groundwork of the park, including retro bricks made from formed and burnt incineration ash from sewage sludge for the edging of the garden path, and molten slag and recycled bark for the pavement. Open from 9 a.m. to 9 p.m. except year-end/New Year holidays.

### Teranoshita waterside park

There is a Nanyo-ji Temple with a long history of more than 600 years located at the bottom of the cliff line. This place is called Tera-no-shita because it is located under ("shita" in Japanese) the temple ("tera"). Rice fields were spread across this area before. The area was designated as a target area for development by Kunitachi City after the Chuo Expressway opened in 1967. The Teranoshita land readjustment union was approved in Feb. 1995, and public facility improvement projects were promoted. The waterside park was built to serve as a place for relaxation for local people. There is a Kenko road, or stone pavement where you can stimulate the pressure points on your feet.



### Intake facility of Fuchu irrigation channel

Fuchu irrigation channel is an approx. 6 km-long agricultural water channel. Water taken from the Tamagawa River at Aoyagi located downstream of Hinobashi-bridge and spring water from Aoyagi and Tachikawa Cliff Line are mixed in the channel, used for rice and crop fields in Kunitachi and Fuchu, and flow into Tamagawa River at Koremasa. It was previously called Shichika-mura (seven villages) irrigation (Kamiyabo, Shimoyabo, Aoyagi, Koremasa and Fuchu three shuku (post station town)). It is presumed that the channel was developed by digging out the old flow passage of the old Tamagawa River in the early Edo period or mid-17th century. Along with urbanization, demand for irrigation fell, and most of the channel was converted to a closed conduit system on the Fuchu side. Only some parts of the channel remain as an open conduit on the Kunitachi side, which retains the old landscape of forest village. The intake facility of the Fuchu irrigation channel, constructed in 1900, is a large-scale, concrete structure with four sluice gates made of granite on the water intake side. It is opened in late May every year and closed when rice harvesting finishes in late September. There is a Yabo weir downstream of the channel, where the irrigation channel is divided into the main stream and Yabo branch flow, and further divided into small branches to irrigate the rice fields in the area. The open conduit part of the channel in Kunitachi has been selected as one of the 100 fine canals by Ministry of Agriculture, Forestry and Fisheries in 2006, the only one selected in Tokyo.



### Aoyagi Inari-jinja Shrine (with explanation board)

A tutelary shrine of former Aoyagi village and Ishida village. The two villages were independent until they were merged into Yabo village in 1889. Aoyagi village was previously in Aoyagi Island in the south of the Tamagawa River, but the island was washed away by flooding of the river, and the village was relocated to this place in 1671. The shrine holds annual festivals, including Hatsuuma Festival in February and Taisai (Grand Festival) in September.

## 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>

## Is your blood pressure normal?

Hypertension is defined as systolic blood pressure of 140 mmHg or more or diastolic blood pressure of 90 mmHg or more (135 mmHg or more and 85 mmHg or more respectively at home blood pressure).

### Ways to improve hypertension

#### <Reduce sodium intake>

To reduce hypertension, it is important to cut back on salt

- Use less seasoning and make the best use of the savory taste of Dashi stock
- Use vinegar, sour taste of citrus fruit and condiment for enhancing flavor
- Make one dish with a strong taste, and other dishes weak
- Use fresh ingredients and enjoy their original taste

#### <Get exercise>

Exercise dilates blood vessels, stimulates blood circulation and lowers blood pressure. Let's start from easy exercises that you can do everyday such as walking, not intense exercise.

#### <Change of pace, taking adequate rest>

Mental stress causes blood vessels to constrict and blood pressure to rise. Make time for a change of pace such as doing hobbies. Get enough sleep.

**Take a health checkup at least once a year after you turn 40 to be aware of your own health condition.**

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





# No. 8 Looking for unspoiled landscape of rice fields in Yaho



## No.8 Looking for unspoiled landscape of rice fields in Yaho

Distance: around 5.7/4.4 km  
 Time allowed: around 85/70 minutes  
 Number of steps: around 8,100/6,300 steps  
 Calorie consumption: around 260/210 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



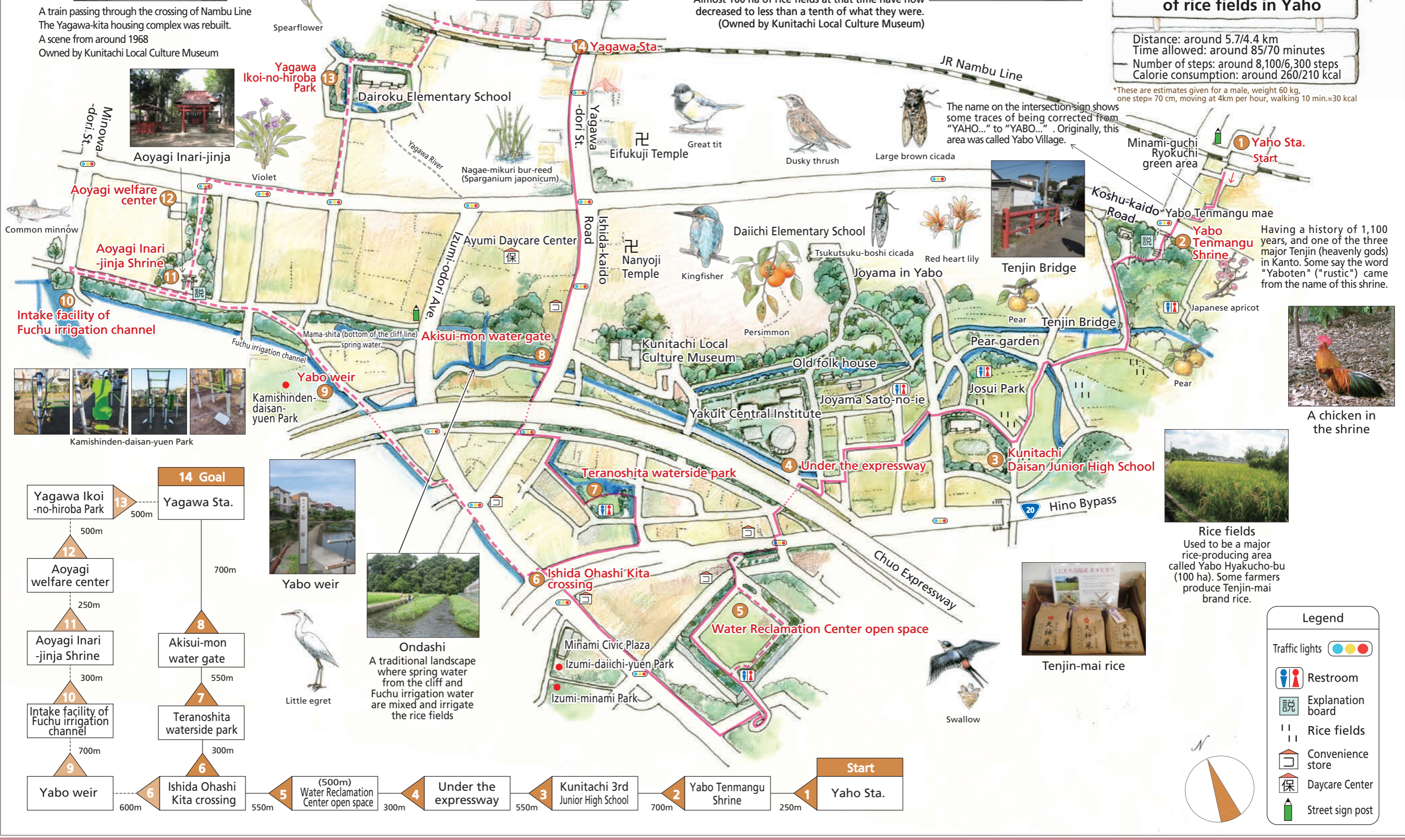
A train passing through the crossing of Nambu Line  
 The Yagawa-kita housing complex was rebuilt.  
 A scene from around 1968  
 Owned by Kunitachi Local Culture Museum



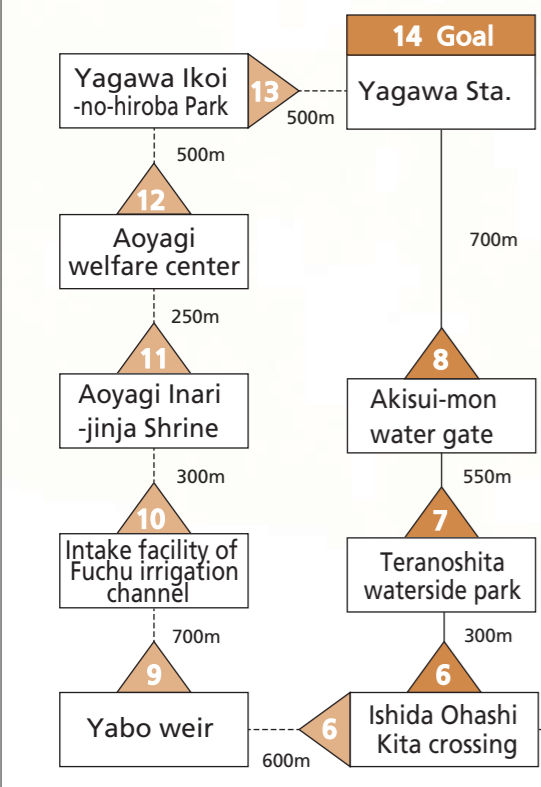
A view toward the Nambu Line and Joyama in Yaho from the fire-watch tower of the former Town Office, used to exist at the location of the current Kunitachi public performing arts small hall.  
 A scene from around 1955  
 (Owned by Kunitachi Local Culture Museum)



Rice planting in the fields of Yaho in around 1960  
 Almost 100 ha of rice fields at that time have now decreased to less than a tenth of what they were.  
 (Owned by Kunitachi Local Culture Museum)



Kamishinden-daisan-yuen Park



Yabo weir



Little egret



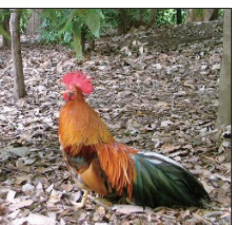
Ondashi  
 A traditional landscape where spring water from the cliff and Fuchu irrigation water are mixed and irrigate the rice fields



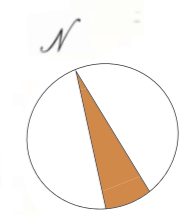
Rice fields  
 Used to be a major rice-producing area called Yabo Hyakucho-bu (100 ha). Some farmers produce Tenjin-mai brand rice.



Tenjin-mai rice



A chicken in the shrine



**Legend**

- Traffic lights
- Restroom
- Explanation board
- Rice fields
- Convenience store
- Daycare Center
- Street sign post