

You walk around this area in this course



Outline of the course Walk both banks of the Tamagawa River between Ishida-ohashi Bridge and Hino-bashi Bridge Why not enjoy the view of Kunitachi City from the opposite bank?

Must-see spots -Ishida-ohashi Bridge (View of Mt. Fuji in far front)
-Manganji Ferry Crossing Ruins
-Negawa Ryokudo (Green walkway along Negawa River) and Yoshimi Tunnel
-Kaigarazaka slope and Negawa Kaigarazaka-bashi Bridge
-Grave of Tanboku Ito

Distance around 5 km

Created by Walking Map Creation Association

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*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN

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A little action, Always healthy

Recommended spots

Tamagawa River

A Class 1 river originated in Mt. Kasatori in Yamanashi Prefecture, flowing into Tokyo Bay in Haneda. Its total length is 138 km and the total basin area spans 1,240 km².

Ishida-ohashi Bridge

A bridge over Tamagawa River on Hino Bypass route. Located at 38.2 km from the river mouth, the bridge connects Kunitachi (Yaho) and Hino (Ishida). Four lanes were opened to traffic in March 2007. It is 385m in total length and 22m in width. The 8.1 km-long Hino Bypass, which connects Kunitachi-Fuchu Interchange to Hachioji (Takakura), was fully opened and designated as National Route 20. The former Route 20 (Koshu-Kaido) was designated as a Tokyo Metropolitan Road 256.



Former Ishida-no-watashi ferry crossing

In 1610, the Koshu-kaido route was designated, which connected Okunitama Jinja Shrine, Honshuku-Ichirizuka, Ishida-no-watashi, and Manganji-Ichirizuka. The route crossed over the Tamagawa River between Sanya and Ishida.

Former Manganji-no-watashi ferry crossing

Also called the Yaho-no-watashi Ferry Crossing on the side of Kunitachi. It was relocated from Ishida-no-watashi around the Keian period (1648-1652) and again relocated to Hino-no-watashi in the first year of Jokyo (1684) owing to the change in the route.



Hino-bashi Bridge

Completed in August 1926. The total length is 367.3m and width 10.5m. After completion of this bridge, the Manganji-no-watashi Ferry Crossing and Hino-no-watashi Ferry Crossing were abolished.

Negawa green walkway and Yoshimi-bashi Bridge

The name of an old bridge over Negawa River, located ahead of Hino-bashi Bridge. The bridge Yoshimi-bashi was named after yoshi-hara (reed bed) which covered the area. The name "Yoshimi" remains as a tunnel name for Yoshimi Tunnel. The Negawa River, which used to be connected to Zanborigawa River, flooded frequently, so improvement work was conducted. After successful completion of the work, cherry trees were planted along the bank. Now the place attracts many people during cherry blossom season.

Kaigarazaka slope and Negawa Kaigarazaka-bashi Bridge

A slope on the boundary with Tachikawa City located on the Aoyagi Terrace near Tamagawa River. It was previously a part of the Koshu-kaido Road. It is said that this area was a landlocked bay because fossil shells were excavated around here. The bridge over the Negawa River is called Kaigarazaka Bridge ("kaigara" means shell) and there is a relief of engraved shells on the bridge beam.



Grave of Tanboku Ito (Designated as a historical monument by the Tokyo Metropolitan Government)

Tanboku Ito was a writer of humorous sermons in the Edo Period. He moved to Aoyagi from the city of Edo, adopted a child from the Horie Family, and spent the rest of his life practicing medicine and writing at the Horie residence.



Intake facility of Fuchu irrigation channel

The Fuchu irrigation channel was constructed in the early Edo Period (1603-1868). Water is taken from the Tamagawa River at Aoyagi, flows through the channel and again flows into the Tamagawa River at Koremasa. It is recorded that the channel was developed by digging out the old flow passage of the old Tamagawa River. The Fuchu irrigation system was previously called Shichika-mura (seven villages) union irrigation, which covered Kamiyabo and Shimoyabo village, Aoyagi, Fuchu san shuku (post station town) and Koremasa village. It is still being used to supply agricultural water. It is opened before the rice planting season and closed before harvesting in fall every year.



Drain outlet of Midorikawa River

A point where the Midorikawa River, which is an artificial river constructed for drainage from Tachikawa Airfield, joins the Tamagawa River. The Midorikawa River flows eastward to the north of Tachikawa Sta., under the Chuo Line and southward, eventually flowing into the Tamagawa River. After 1955, the Midorikawa river was converted to a closed conduit system and is now called Minowa-dori St (Nicknamed Aoyagi O-dori Ave. in Kunitachi City). There were 26 bridges over the river before. Among them, Akebono Bridge, Higashi Bridge and Minowa Bridge retain their names as intersection names, and the bridge rails of Hagoromo-kobashi Bridge and Shakukushi Bridge still remain.

Tamagawa Yuyake-dori St.

A road along the levee of the Tamagawa River. In commemorating the 40th anniversary of the founding of Kunitachi City, five roads in the southern area of the city were given nicknames by entries from local residents. The name Tamagawa Yuyake-dori is one of them. When the Sports Festival Tokyo 2013 was held, pencil-shaped street sign posts with each street nickname on it were erected on six streets, including Daigaku-dori Ave using subsidies. The tip of the pencil-shaped post on this particular street has been colored red after the color of the sunset.



Frespo Kunitachi Minami.

A complex facilities constructed as a development project of former Seikaen site which served as a night-soil treatment plant whose service covered Kunitachi, Fuchu and Kokubunji City for 40 years. The facilities include warm-bathing facility, super market and Minami-ku public hall. You can view Mt. Fuji from around the Frespo Kunitachi Minami.



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.

Are you concerned about cancer? Get a cancer screening test

Since 1981, cancer has been the leading cause of death in Japan. It is now a national disease; one out of every two Japanese people develops cancer. Many people have the impression that cancer is an incurable and dreadful disease. Many cancers are curable if detected at an early stage with no subjective symptoms and treated early. It is therefore important to get a cancer screening test regularly.



Cancer screening tests offered by Kunitachi City

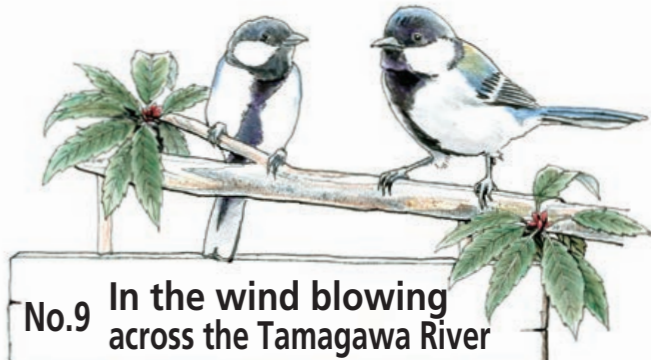
-  **Stomach cancer**
X-ray of stomach is taken after a barium swallow. Directly photographed inside the stomach with a gastroscope
-  **Lung cancer**
X-ray of the chest is taken in two directions
-  **Colorectal cancer**
Collect stool samples on 2 different days by yourself and submit them. They are examined if any blood is found.
-  **Uterine cervix cancer**
Sample cell is taken from the uterine cervix using a brush, and examined under microscope.
-  **Breast cancer**
Clinical breast examination, and X-ray taken by breast compression vertically and horizontally

The cancer screening tests offered by Kunitachi City are subject to change according to change in national guidelines. Any changes will be announced in the City Newsletter and on the city's website.

Please see the City Newsletter issued on the 20th of every month for applications for cancer screening tests.

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

No. 9 In the wind blowing across the Tamagawa River



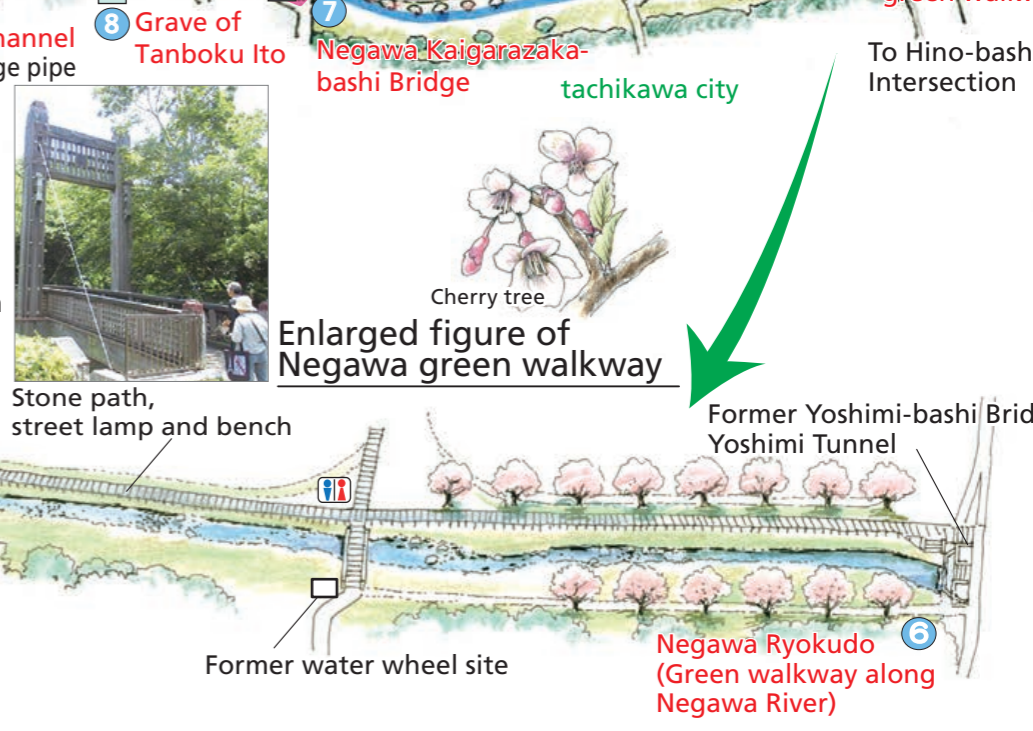
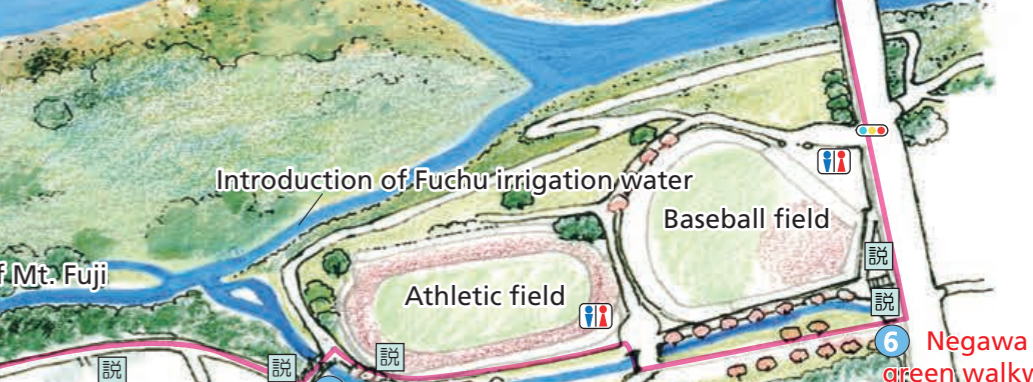
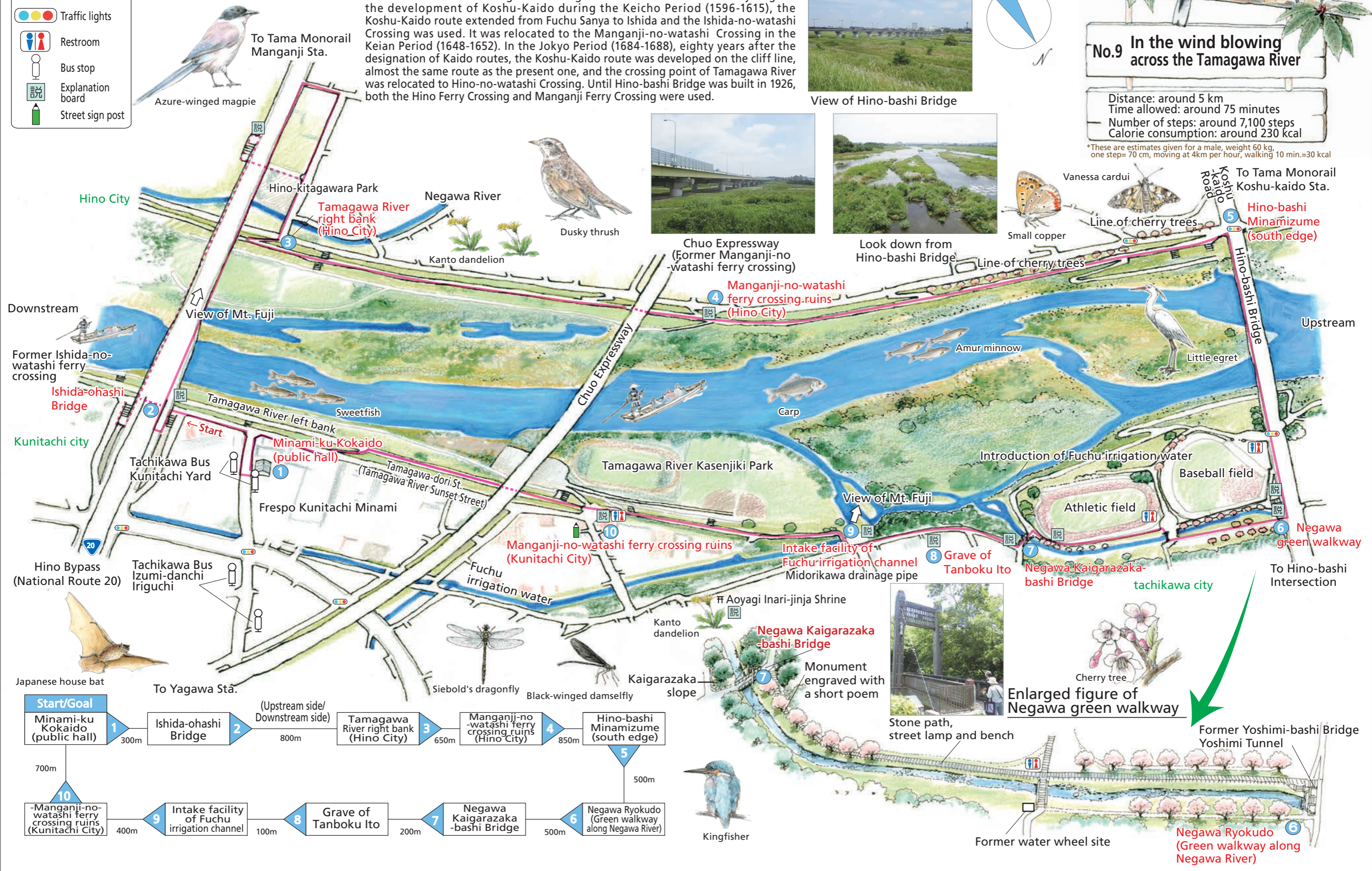
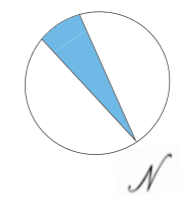
No.9 In the wind blowing across the Tamagawa River

Distance: around 5 km
 Time allowed: around 75 minutes
 Number of steps: around 7,100 steps
 Calorie consumption: around 230 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

- Legend**
- Traffic lights
 - Restroom
 - Bus stop
 - Explanation board
 - Street sign post

Watashi ferry crossing over Tamagawa River
 The ferry port for crossing Tamagawa River on the Koshu-Kaido Road changed its location several times owing to the change in flow of the river. At an early stage of the development of Koshu-Kaido during the Keicho Period (1596-1615), the Koshu-Kaido route extended from Fuchu Sanya to Ishida and the Ishida-no-watashi Crossing was used. It was relocated to the Manganji-no-watashi Crossing in the Keian Period (1648-1652). In the Jokyo Period (1684-1688), eighty years after the designation of Kaido routes, the Koshu-Kaido route was developed on the cliff line, almost the same route as the present one, and the crossing point of Tamagawa River was relocated to Hino-no-watashi Crossing. Until Hino-bashi Bridge was built in 1926, both the Hino Ferry Crossing and Manganji Ferry Crossing were used.



Negawa Ryokudo (Green walkway along Negawa River)