

Higashi
yamato
City

Shrine tour and green paths course

Highlight | Chikarishi in Sayama Jinja Shrine



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Musashi-Yamato Sta.
- ▼
- Sayama Park Embankment Kami Hiroba
- ▼
- Enjoin Temple
- ▼
- Takagi Park
- ▼
- Shimizu Park
- ▼
- Musashi-Yamato Sta.

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.
* Do not put too much strain on your body when you are sleep-deprived or sick.



Time allowed	around 68 minutes
Distance	around 4.5 km
Calorie consumption	around 204 kcal
Number of steps	around 6430 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



Recommended Site

Icons: Shrines and Temples Park Other

Sayama Jinja Shrine



While the origins and year of foundation are unknown, in the past, it is said to have been called the Tengu Daimyojin or Tengusha (temple of the long-nosed goblin). In the Kita-Tama Jinja-shi chronicle, it is recorded that it was destroyed in a great fire in December 1885, reconstructed in August 1888 and that the Oiden (a building to protect the main shrine from the elements) of the main shrine was completed in 1906.

Enjoin Temple



While details around the founding of the temple are uncertain, on the rekidato tower of the temple, there is a record of the founder Kenyo Hoin, dying in 1159. The Shoro-mon Gate (a temple gate over a temple bell) was also constructed in 1749. It is a quiet temple which provides peace of mind by the temple gate and the beautiful gardens.

The site of Takagi Jinja Shrine and United Village Office (Municipal Designated Cultural Property)



In 1884, when the United Village for Takagi village and five other villages was created (the predecessor of Higashiyamato City), the rengo-kocho yakuba (united village office) was set up. The only shadow of this period remaining today is the warehouse used to store documents. While it is unclear when Takagi Jinja Shrine was established, the Shishimai ritual dance by a performer wearing a lion's mask is still performed today. The Shishigashira wooden lion's head worn as a mask for the lion dance (a municipal designated cultural property) is said to originate from the latter part of the Edo period.