

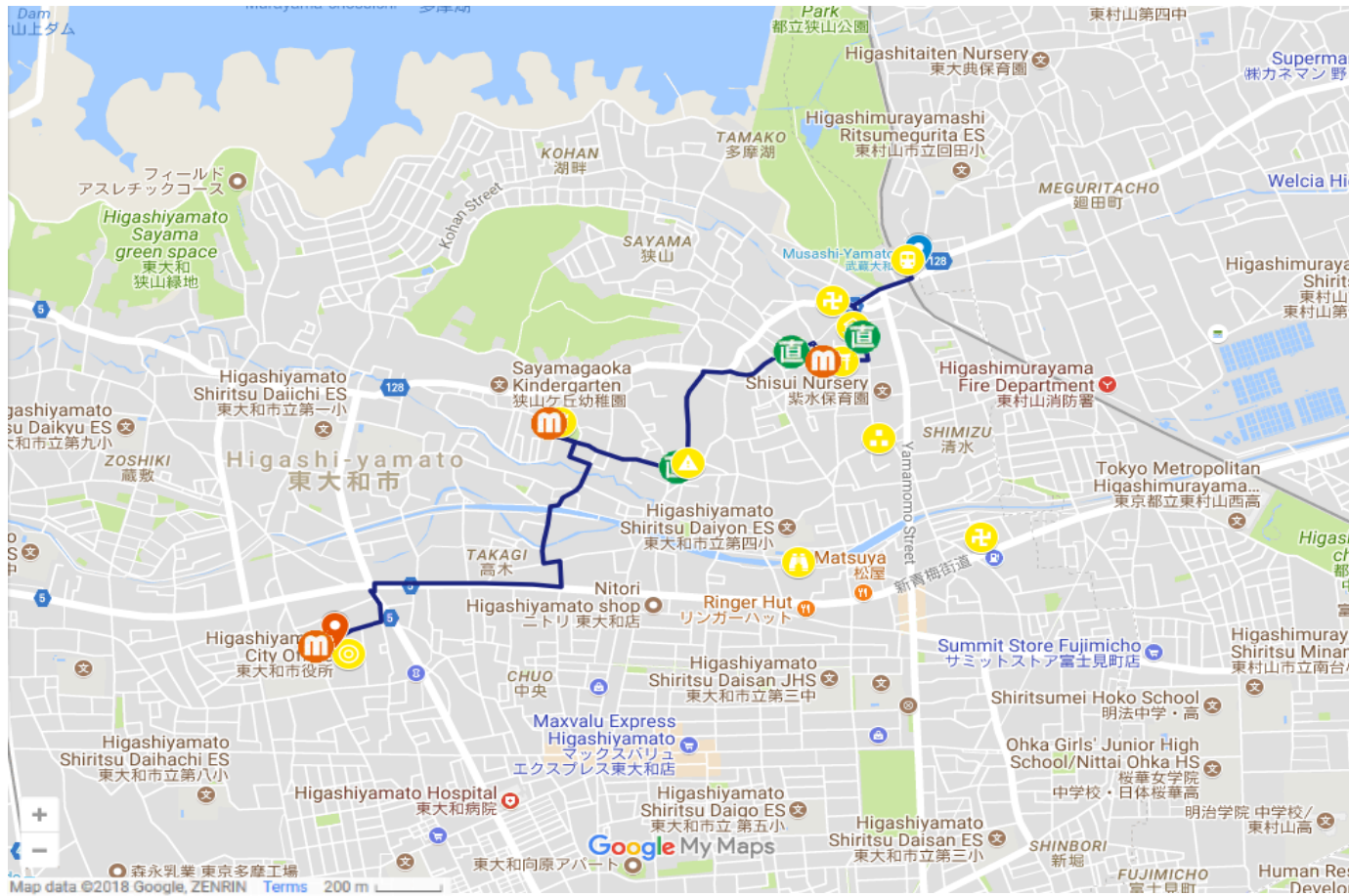
Higashi
yamato
City

Mini pilgrimage through tea fields course

Highlight | Higashiyamato City Art Gardens (provisional name)



Tourist mascot of
Higashiyamato City
Umabe



Route Description

- Musashi-Yamato Sta.
- ▼
- Shimizu Kannondo Temple
- ▼
- Shimizu Jinja Shrine
- ▼
- Takagi Jinja Shrine
- ▼
- Shin-Omekaido highway
- ▼
- Higashi Yamato City Hall

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 50 minutes
Distance	around 3.3 km
Calorie consumption	around 150 kcal
Number of steps	around 4710 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

Shimizu-kannondo Temple (Municipal Designated Cultural Property)



While the year of its foundation is unknown, it is believed to have been enshrined since ancient times, and the principle image of 45cm-tall statue of the Buddhist Goddess of Mercy, called "Sho-Kanzeon Bosatsu," is said to be the work of the monk Gyogi. The 15th fudasho (holy temple) of the 33 Kannon sacred sites of Sayama. This is a pilgrimage site to Kannon in regions that were referred to as the Iruma and Yamaguchi domains in the Edo period (Higashimurayama City, Higashiyamato City, Musashimurayama City, Mizuho-machi, Tokorozawa City and Iruma City) and is said to have been established in 1788.

Higashiyamato City Art Gardens (provisional name)



To turn the former residence of the master Japanese-style painter Kenji Yoshioka into a futuristic facility, in addition to creating inventories and restoring and framing donated paintings, the building is also carefully managed. Special exhibitions are held in spring and autumn. The site has an area of around 2,528m² and the trees connect in the hedges, which encircle the grounds. You will also find the joint main residence and atelier, which is designated as a national registered tangible cultural property, facing the courtyard, the Nagaya-mon gate, storehouse, and inner gate. In addition, there is a Kenji Yoshioka space set up in the permanent exhibition space on the second floor of the Higashiyamato City Museum.

Shimizu Jinja Shrine



Said to have been founded in 1214, it was enshrined in Ishikawa, which came to be on the bed of the Murayama Reservoir as the Hikawa Shrine. With the construction of the reservoir, it was enshrined together with Hikawa and Kumano Shrines in 1919 and moved to this location, with the renaming to Kiyomizu Shrine said to have come from the character name. A Goshuinjo (a letter with the official seal of the shogunate) that shows the shrine was provided 5 koku (land value of five crop yields) remains, and it is designated as a municipal treasured heirloom. There is a practice space for "Shimizu bayashi" music, which is a municipal designated cultural property said to have been music handed down from Koenji in the latter part of the Edo period in the civic auditorium of this shrine and it is still performed at autumn festivals today.