

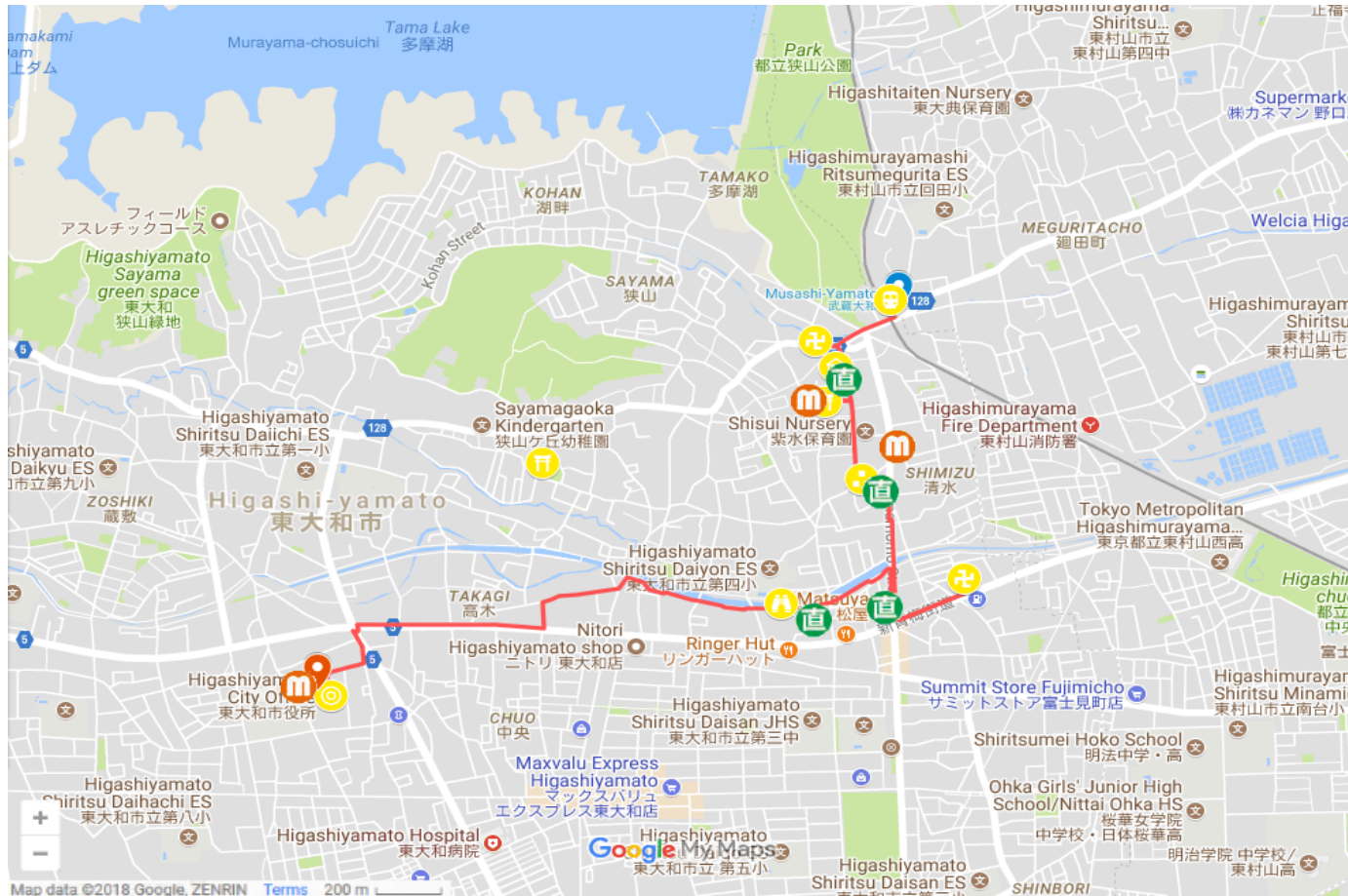
Higashi
yamato
City

Adventure course: What will you encounter at Karabori-gawa River?

Highlight | Karabori-gawa River



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Musashi-Yamato Sta.
- ▼
- Shimizu Jinja Shrine
- ▼
- Sankoin Temple
- ▼
- Kamisuna Ichino-hash Bridge
- ▼
- 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 60 minutes
Distance	around 4.0 km
Calorie consumption	around 180 kcal
Number of steps	around 5710 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

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.

Karabori-gawa River



A tertiary tributary of Yanase-gawa River of the Arakawa River (Class-A river) system, with a total length of around 15 kilometers. It flows to the east as the headstreams at the kyuryo (hill) within the boundaries of Tokyo Metropolitan Noyama-kita Park of Musashimurayama City, and converges with the Natabashi-gawa River at Takagi, Higashiyamato City, joining the Yanase-gawa River around Kiyose-bashi Bridge in Kiyose City. Called the "Karabori" (empty dike) as the water dissipated during the drought season in the past, and was conversely a river prone to overflowing its banks due to flooding at times of heavy rainfall. It was also a river, which was in the past polluted by household effluent, but as sewage works have advanced, the water quality has improved and the water levels have fallen. Efforts to control the water quality and environmental conservation work by both the metropolitan government and residents in the river area have been including that for industrial effluent from the Morning Milk plant, which is purified and discharged and the pumping in of the Mt Musashino Line spring. It is also possible to see spotted-billed ducks or gray herons when you walk along the dry riverbed.

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 Koenjin in the latter part of the Edo period in the civic auditorium of this shrine and it is still performed at autumn festivals today.

Icons: Shrines and Temples Park Other