

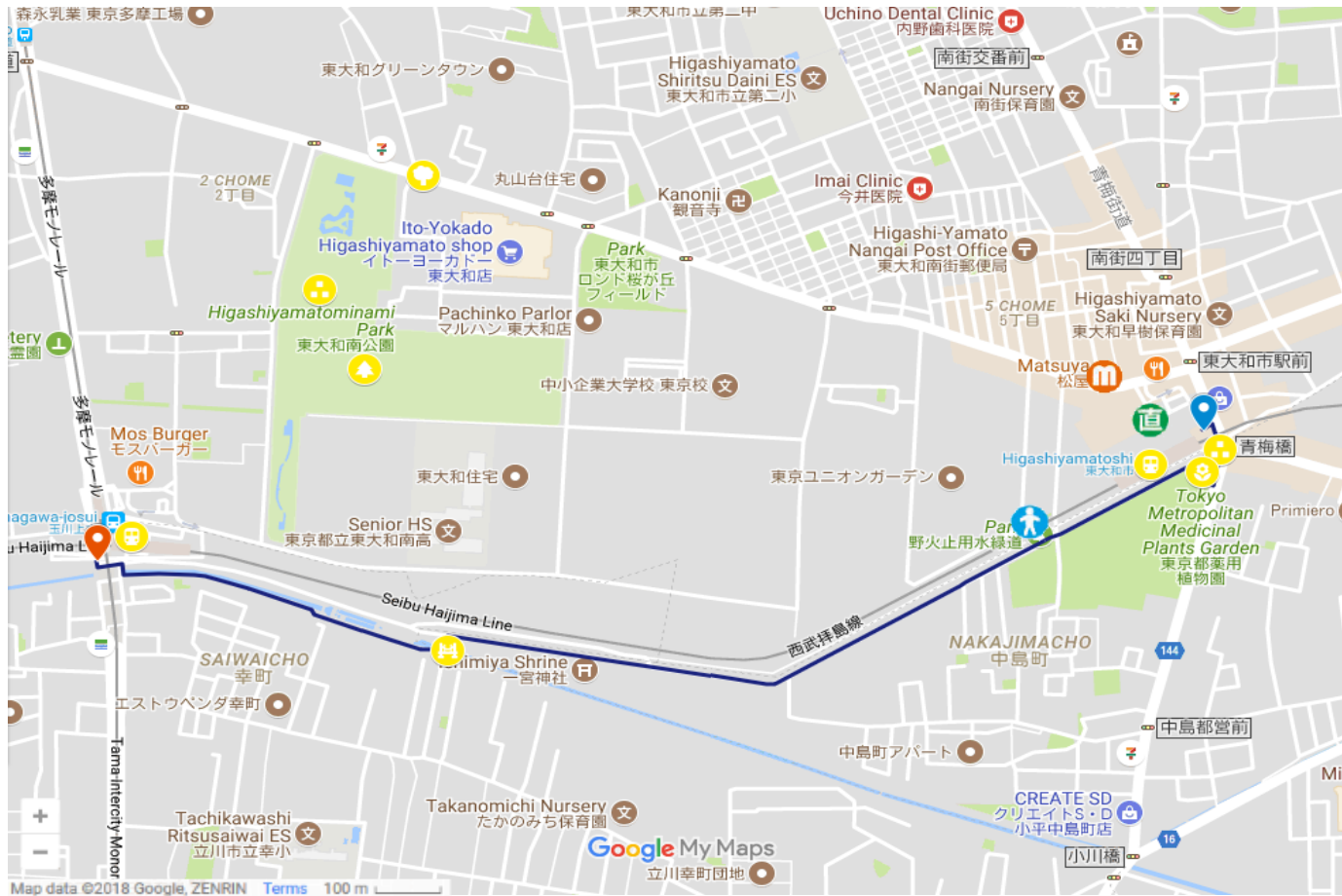
Higashi
yamato
City

Course to walk between two stations

Highlight | Tamagawa Josui Aqueduct



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Higashi-Yamatoshi Sta.
- ▼
- Tokyo Metropolitan Medicinal Plant Garden
- ▼
- Nakajima-cho Park
- ▼
- Josui-kobashi Bridge
- ▼
- Tamagawa-josui 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 29 minutes
Distance	around 1.9 km
Calorie consumption	around 87 kcal
Number of steps	around 2710 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

Ome-bashi Bridge remains (Municipal Designated Cultural Property)



A bridge built in 1655 at the point where the Nobidome Yosui irrigation canal and Ome-Kaido highway meet. The bridge was called "Ome-bashi" and the entire area came to be referred to as Ome-bashi. Higashi Yamatoshi Sta. was also called Ome-bashi station until 1979. In 1963, with the completion of the Higashiyamato water treatment plant, it changed its role to conveying water from the raw water produced. Nobidome Yosui became a closed conduit passing under the road and Ome-bashi Bridge was removed. At present, a small shrine of the Koshinto tower and the main concrete pillar remains with "Aomanagawashi" carved on it and is registered as a municipally designated culture property.

Tokyo Metropolitan Medicinal Plant Garden



Since its establishment in 1946, in addition to experiments and testing, and investigative research, such as those to collect, cultivate and identify medicinal plants as part of the pharmaceutical administration, an attempt has been made to disseminate accurate knowledge on medicinal plants. The grounds of the gardens to which admission is free are divided into 12 plant areas, forests and experimental areas. In 2010, the "Fureai Garden" was newly established, as a venue for hands-on learning by the city residents, and cultivation and management works are carried out by volunteers including that for medicinal plants and trees in the plant areas. At the log house "Socoshiba," in addition to the sale of seedlings, books, hand-made postcards and handkerchiefs, potpourri, wood, leather and fabric goods, and regular events are also held.

Josui-kobashi Bridge (Tamagawa Josui Aqueduct)



Tamagawa Josui Aqueduct, which has a total length of 43 kilometers from Hamura to Yotsuya, was excavated by the Jozu (senior councillor) of the Tokugawa shogunate, the Kawagoe feudal lord Matsudaira Nobutsuna in 1653. The works were contracted to the "Tamagawa Kyoda" (Tamagawa Siblings) who were conferred with the family name for their great services. In the past, the large volumes of water were conveyed as far as to the Yodobashi water treatment plant in Shinjuku, but this was suspended and the water was cut off due to the decommissioning of the plant in 1965. In 1986, running water was restored under a clean waters recovery project of the Tokyo Metropolitan Government, and in 1999, Tamagawa Josui Aqueduct was designated as a historical and environmental conservation area to conserve the waterway as well as the natural and waterside environment with high historical value. At the discharge point of Kodaira Observation Point of the Waterworks Bureau located slightly to the east of Tamagawa-josui Sta., a stone monument called "Tamagawa-josui Aqueduct - Restoration of Clear Stream," and a bridge called Josui-kobashi was built and it became one of the few places where you can ascend to the main course of the Tamagawa Josui, and take in the sights of the canal such as the red soil of the surface wall as it appeared at the time of its excavation.