

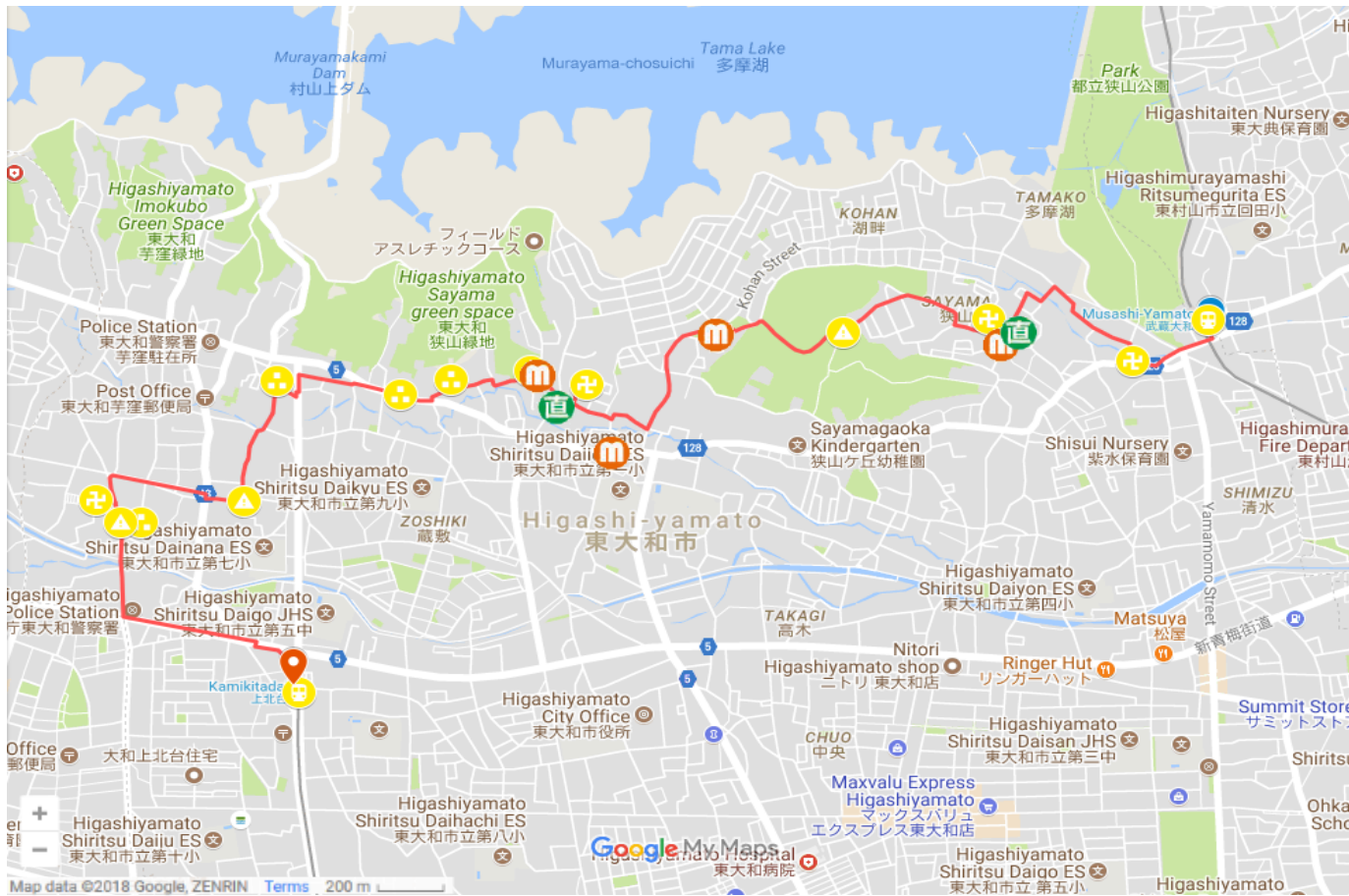
Higashi
yamato
City

Across Higashiyamato, historical discoveries course

Highlight | Higashiyamato City Museum



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Higashi Yamato City Hall
- ▼
- Reishoan
- ▼
- Unshoji Temple
- ▼
- Hayashi-do Temple
- ▼
- Keishoin Temple
- ▼
- Kamikitada 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 87 minutes
Distance	around 5.8 km
Calorie consumption	around 261 kcal
Number of steps	around 8290 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

Reishoan (Designated Cultural Property of Higashiyamato City)



Reishoan is a hermitage of a temple of Chizan school of the Shingon sect of Buddhism, and the 17th fudasho (holy temple) of the 33 Kannon sacred sites of Sayama. Kenyo Hoin of Enjin Temple, dying in 1159, founded the temple. The principle image, about 24 centimeters long, and the Nyoirin Kanzeon Bosatsu bodhisattva was said to have been created by Eshin Sozu.

Unshoji Temple (Designated Cultural Property of Higashiyamato City)



The 18th fudasho (holy temple) of the 33 Kannon sacred sites of Sayama with the temple hall is said to have been established in 1439. With the contribution of the gate, which was used as the first gate of the Hakone honjin, it was established in 1951. The Aikoshin (municipally designated cultural property), inscribed "Shotoku 6" (the imperial period and the year) (1716), which has a unique shape, is located in the main hall.

Zoshiki-Taishido Remains (Designated Cultural Property of Tokyo Metropolitan)



While the year of establishment is not known, it is a location with the only Taishido hall (a temple that was dedicated to Prince Shotoku) located in Yamaguchi Domain in Kyufu(former)-Tama-gun district. A Terakoya (private elementary school) was opened in the Edo period and this became a school of Zoshiki village called the Hanshu Gakusha academy in the Meiji period. While there are no traces of the period in the current buildings, zushi (miniature shrine) is placed and a statue of Taishi is enshrined. It is registered as a designated cultural property of Higashiyamato City.