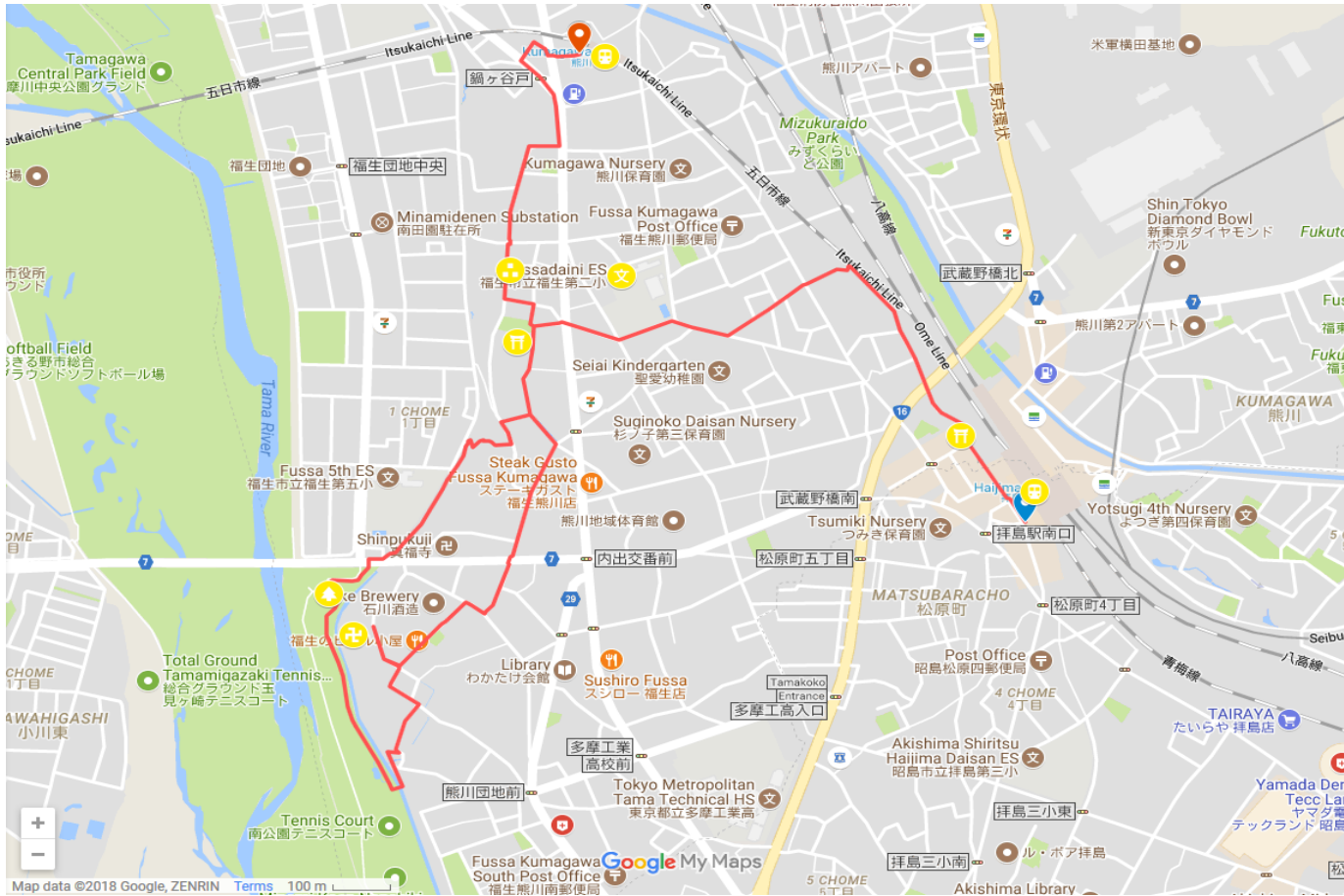


Fussa
City

Kumagawa River diversion course

Highlight | "Jito-ido Well"



Route Description

- Haijima Sta.
- ▼
- Tomomitsu-Inari Shrine
- ▼
- Fussa Daini Elementary School
- ▼
- Kumagawa Jinja Shrine
- ▼
- Fussa-minami Park
- ▼
- Senjuin Temple
- ▼
- Jito-ido Well
- ▼
- Kumagawa Sta.

Benefits of Walking

By keeping up the habit of walking, not only does this prevent lifestyle diseases such as obesity and diabetes, but it also confers various advantages such as anti-aging and stress-reduction.

Time allowed	around 58.5 minutes
Distance	around 3.9 km
Calorie consumption	around 175.5 kcal
Number of steps	around 5600 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

Tomomitsu-Inari Shrine



Marshalling the faith of residents around Haijima Sta., this shrine was founded in 1906 and restoration undertaken by forerunners has insured that it survives today.

Senjuin Temple



The main hall awaits when you pass through the weeping cherry trees of the temple gate. There are seated statues of Ishunhaku Zenji and Darumadaishi (Bodhidharma), which are designated as municipal tangible cultural properties. Why not stop at the place and offer up a prayer when you visit the temple?

Jito-ido Well



A registered municipal cultural property. It is said that the direct retainer (vassal), the shogun, Nagashio, dug the well for denizens suffering from a lack of water.