

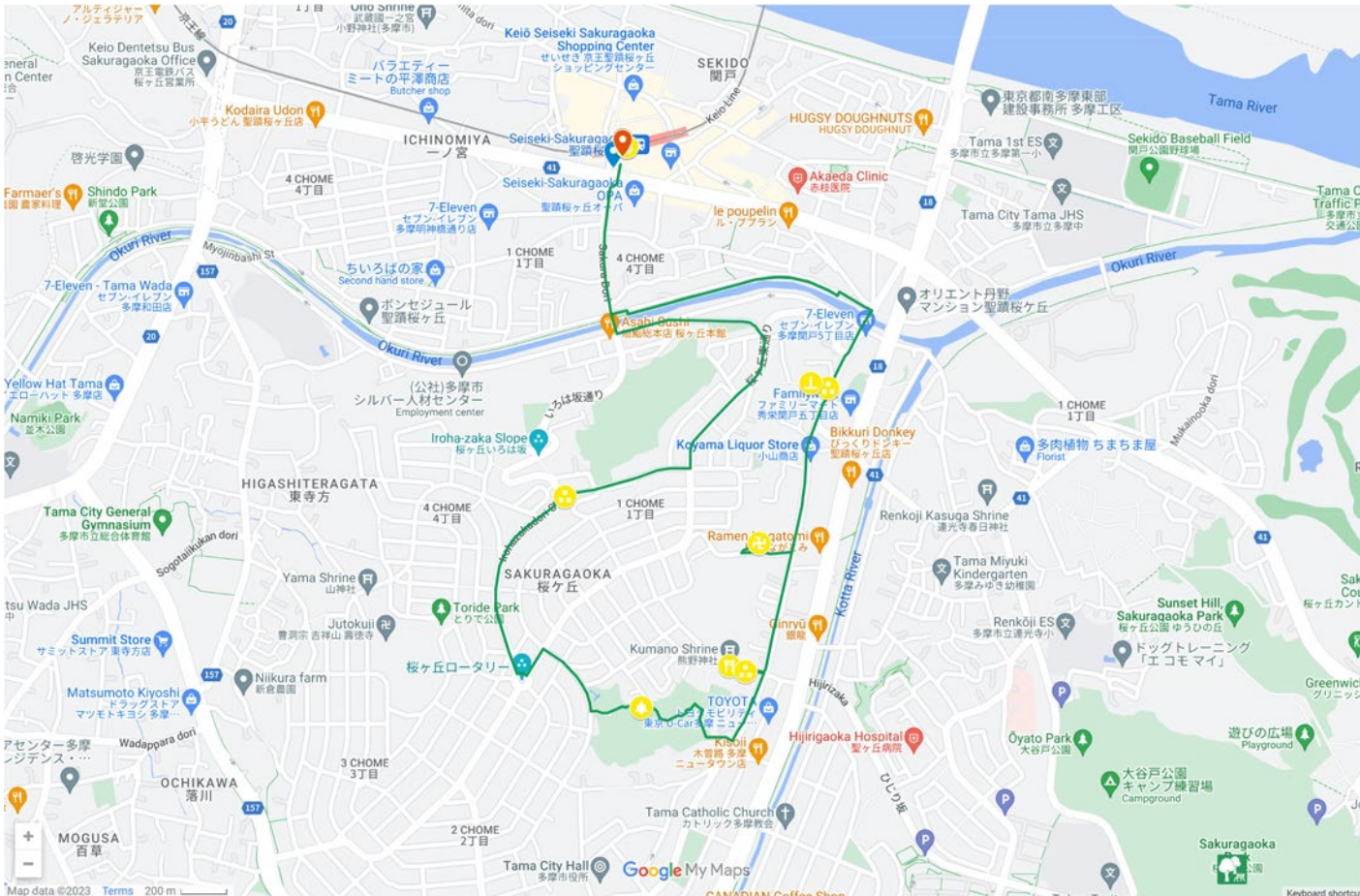
Tama City

Cherry Blossoms and Sekido History Walking Course

Highlight | Sekido Historic Battlefield Site



SAKUNYAN



Route Description

- Seiseki-sakuragaoka Sta.
- ▼
- Sekido Historic Battlefield Site
- ▼
- Kumano-jinja Shrine
- ▼
- Haramine Park
- ▼
- Tenshudai
- ▼
- Seiseki-sakuragaoka Sta.

Walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2).

Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1 The Physical Activity Guidelines for Health (Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.

*2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007–2009]

Time allowed	around 63 minutes
Distance	around 4.2 km
Calorie consumption	around 189 kcal
Number of steps	around 6000 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

Sekido Historic Battlefield Site



Walk east on the promenade along the Oguri-gawa River. Proceeding south on the Kyu Kamakura Kaido Road, the Jizo-do will soon come into view. This area is thought to be the Sekido battlefield. In the area are mounds and nameless graves said to be those of Hachiro Yokomizo and Nyudo Anpo.

Kannon-ji Temple



1192, regarded as the foundation of the reign of Emperor Go-Toba. It is known as the "Sekido Kannon." The "Nade Kannon" copy of the principle object of worship is also a popular temple.

Kumano-jinja Shrine



This local shrine of the Sekido village is said to have transferred to Kishu Kumano Sansha in 1489. In the annual festival, there is a grand omikoshi shrine ritual held with festival cars and large taiko drums.