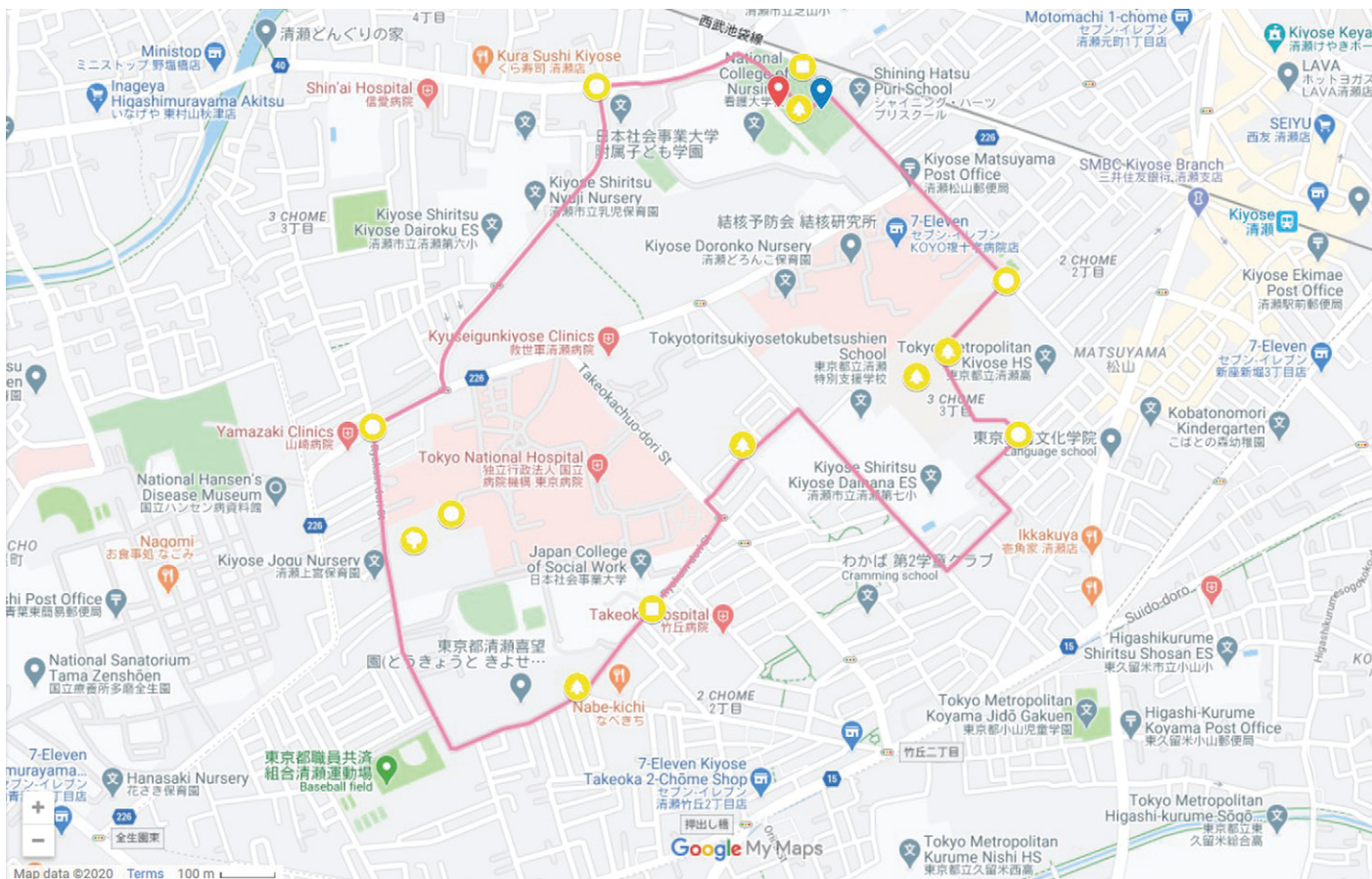# KIYOSE CITY

Irodori Course

Highlight | **Matsuyama Green Conservation Area**

KIYOSE

©Google

Route Description

- **Chuo Park** (in front of Haiku Monument of Hakyo Ishida)
  ▼
- **Entrance of Matsuyama Ryokuchi Park** (in front of Matsuyama Citizen Center Bus Stop)
  ▼
- **Exit of Matsuyama Ryokuchi Park**
  ▼
- **Takeoka Irodori Park**
  ▼
- **Takeoka Park**
  ▼
- **Takeoka 3-chome Intersection**
  ▼
- **Noshio 4-chome Intersection**
  ▼
- **Chuo Park** (in front of Haiku Monument of Hakyo Ishida)

Don't forget to drink water

Sweating is a function that helps regulate body temperature. Lack amount of water for sweating, this can cause heatstroke and other impairments. Remember to hydrate your body with water or a sports drink. Also, because caffeine is diuretic, drinks that contain caffeine are not suitable for hydration. (coffee, black tea, etc.)

Time allowed	around **1** h **05** min.
Distance	around **4.3** km
Calorie consumption	around **195** kcal
Number of steps	around **6142** steps

These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm.

Let's Begin!

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**

Recommended Site

Icons: Shrines and Temples | Park | Other

Matsuyama Green Conservation Area

The nature-rich area of more than 40,000 ㎡ is called "Kekken Atochi (tuberculosis remains)" because it was the grounds of the sanitarium of the Research Institute of Tuberculosis, Japan Anti-Tuberculosis Association. There is a Himalayan cedar selected as one of the 100 best trees and giant trees of Kiyose.

Chuo Park

The park is located on the former site of Kiyose Hospital. Marking the spot is a stone monument on which "Kiyose Hospital stood here" is engraved. Also standing in the park is the "Tower of Peace," a work of Kiichi Sumikawa, an honorary citizen of Kiyose City, to pay respects to the war dead. In addition, there is a monument inscribed with a poem by Hakyo Ishida, a haiku poet who received tuberculosis care at Kiyose Hospital. "Shakumyo," a collection of haiku poems Ishida wrote while receiving care at the hospital, is said to be the best haiku poems about the struggle against a disease.

Takeoka Irodori Park

This is the site of the former Mitsubishi Sports Ground. A park full of greenery is located in the residential area, and children cheerfully play there.