

MACHIDA  
CITY

# Yakushiike Park/ Machida's scenic spot, Yakushiike Park

Highlight | Yakushi Pond



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## Route Description

- Yakushigaoka Bus Stop
- ▼
- Yakushi Pond
- ▼
- Notsuda-Yakushi-do Temple
- ▼
- Yakushiike Park West Area
- ▼
- Nakayoshi Promenade
- ▼
- Hanashobu (Japanese iris) Garden
- ▼
- Yakushigaoka Bus Stop
- ▲
- Point requiring attention
- ▲
- Water supply spot

### 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 <b>1 h 00 min.</b>
Distance	around <b>4.0 km</b>
Calorie consumption	around <b>180 kcal</b>
Number of steps	around <b>5710 steps</b>

\* 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

### Yakushi Pond



Yakushi Pond, located on the south side of a lotus field, was developed to irrigate paddy fields. In the park, you can enjoy nature in every season.

### Notsuda-Yakushi-do Temple



The statue of Yakushi Nyorai, which is the Honzon (principal object of worship) of the temple, is the oldest wooden Buddhist statue in the city. The main hall was reconstructed in 1883 using only cypress timbers.

### Hanashobu (Japanese iris) Garden



Purple and white Japanese irises (2,200 irises of about 180 varieties) bloom one after another from late May through June.