

You walk around this area in this course



Outline of the course Starting from the Tama Sports Center for persons with disabilities on the corner of Daigaku-dori Ave., walk toward Edo-kaido Road, then Sakura-dori St. Take a walk around the parks along the Edo-kaido Road and Sakura-dori St. to enjoy the seasonal flowers.

Must-see spots -Appreciating flowers in the gardens along the Edo-kaido Road, one of the ancient roads leading to Edo. Walk along the winding road and think of the history of Koshin (folklore) pillars

-Four seasons on Sakura-dori St. A cherry blossom tunnel in spring, the shade from trees in summer, ginkgo trees in fall and a sunny and warm place in winter

Distance around 3.2 km

Created by Walking Map Creation Association

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*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN



A little action, Always healthy

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Recommended spots

Edo-kaido Road

Roads that led to Edo were known as an Edo-kaido Road. The Edo-kaido Road that still remains in Kunitachi divided the area into Higashi (east), Naka (center), Nishi (west) and Fujimidai. It also went through the wooded area of Yaho. It goes from the south of Kunitachi 3rd Elementary School to the north of Kunitachi 2nd Junior School, and to the north of Tokyo Women's College of Physical Education. It is a little narrow and winding road running in an east-west direction, retaining some of the old route. It goes to the north of Tachikawa 3rd J.H.S. and to Tachikawa Fusai-ji Temple in the west direction, and Yoko-kaido Road in Fuchu in the east direction. In addition, the route toward Tachikawa Sta. South after turning right at the Koshin pillar, and toward Akishima was part of the Edo-kaido Road as well.

Koshin pillars (Koshin-zuka)

Koshin pillars were built in the hope of preventing epidemics and for long life based on Koshin belief in Taoism in China. The belief became popular among ordinary people in the Edo Period and the pillars were erected. In Taoism, it was believed that the "three worms" or evil spirits, living in the human body report their host's sins to heaven while the host is sleeping and shorten the host's life on Kanoesaru day that occurs every 60 days. There was the ritual of waiting for Koshin, or "Koshin machi", where people would stay up all night. At this Koshin pillar along the Edo-kaido Road, the Koshin machi ritual was held every year, and flowers are displayed still now. There are other Koshin pillars still remaining in the city, including Shimoyabo, Nanyo-ji Temple and Takinoin.



Parks along this course

[Yaho Daigo Park] Located in a quiet residential area, it always attracts people of all ages.

[Yagawa-ue Park] As an athletics park, there are tennis courts and a gateball ground. It also has a wide green-grass field surrounded by trees, playground equipment and a fountain that always attracts a lot of young parents and children. A variety of seasonally blooming flowers planted by park support groups is another attractive feature of the park.

[Yaho Daisan Park] In addition to the baseball field, there is a tennis court and library next to the park. A number of events are held such as cherry blossom viewing and the Sakura (cherry blossom) Festival.

The reborn Sakura-dori Street

A broad street constructed in 1965 when Fujimidai housing complex was developed extends east-west. About 200 cherry trees and 150 ginkgo trees on the street offer seasonal views. Improvement work is currently underway, including a reduction of the traffic lanes from four to two and the construction of a bicycle path to make it a people-friendly street.

Yagawa-dori St.

Yagawa-dori St. leads to Yagawa Sta. from the corner of Fujimi-dori St. Cherry trees have been planted on both sides of Yagawa-dori St. between the Edo-kaido Road and Yagawa Sta. Cherry blossoms particularly at the crossing of Kunitachi 2nd Junior High School and Sakura-dori St. are stunning. From Kunitachi Sta. toward Yagawa Sta., you will enjoy a line of cherry trees along the Sakura-dori St.



A little break

☆Takaba-kui (Marking stakes of falconry)

There were areas where falconry was practiced called takaba, and the areas were divided by the Edo-kaido Road. The Shogun's family had a place for falconry 5 ri (approx. 19.6 km) from Edo, and the Owari family had a place for falconry on the north side of Hitomi-kaido Road in and west of Mitaka. There were 83 falconry ground stakes of the Owari domain that mark the boundary, one of which was located in Yabo Village. There are references in ancient documents to "Taka-tsuka", meaning the mound where the stake was erected around the intersection of Edo-kaido Road and Kokubunji Road, but there is no evidence of its existence at the present location.

☆Gardens with the splendor of blooming flowers

Houses along the Edo-kaido Road offer a beautiful view with seasonal flowers they grow in the gardens. The owners may teach you the flower names if you are interested in them.



Kaido crab apple

☆Bench and pocket park

One of the attractive features of Sakura-dori St. is a pocket park, or very small open space with benches installed. Some people enjoy reading a book on the bench. Very good spots to take a rest.



☆Tokyo Metropolitan Tama Sports Center for persons with disabilities

Sports Center for persons with disabilities with an accommodation building at the crossing of Sakura-dori St. and Daigaku-dori Ave. The benches placed next to the flowerbeds near the entrance are good as a meeting place and for taking a rest. Closed on Wednesdays, but the restroom is available.

☆Tap water in Kunitachi

Purified water and ground water pumped up from 13 wells in the city are mixed at the Naka water purification plant and supplied to homes in the city. Ground water accounts for about 50% of the supplied water. The city has been receiving comments on how good the water in Kunitachi tastes.



Chinese trumpet creeper

How to use the Healthy Walking Map

Walking is an easy way to get exercise. You will also find pleasures of walking, such as enjoying the views and learning about local vegetables, etc. Creating My Map by writing your comments on the walking map will be fun too.

Walk 10 more minutes!

10 more minutes' walk is just a short distance. Let's use our legs instead of using cars. The national guideline recommends a target of 8,000 steps/day (*1), but we should walk 1,000 more steps, or 10 more minutes per day to get more exercise, prevent lifestyle-related diseases, and relieve stress. (*2)

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

*2 "National Health and Nutrition Survey" (Ministry of Health, Labour and Welfare) <2017 for Tokyo residents>

Stay healthy with a well-balanced diet!

-Use Japanese Food Guide Spinning Top!-

Refer to the following about the food guide spinning top

http://www.maff.go.jp/j/balance_guide



The Dietary Balance Guide is an easy-to-understand illustration of desirable food combinations and approximate amounts to help you think about "what" and "how much" you should eat in a day.

Eat more vegetables! Introduction to vegetables produced in Kunitachi

Recommended intake of vegetables per day is more than 350g, which is equivalent to 5 servings a day. Many farmers are engaged in vegetable production in Kunitachi City. Let's have fresh, locally-grown vegetables in your daily meals!

A note on alcohol

One unit of alcohol is equal to 20g of pure alcohol according to the criteria for the intake of alcohol. The recommended maximum intake of alcoholic beverages per day is one of the following: beer 500 ml, Japanese sake 180 ml, whisky 60 ml, or shochu distilled liquor 110 ml (Follow your doctor's instructions if you have diabetes, etc.)

Inquiries regarding this map:
Kunitachi City Health Center

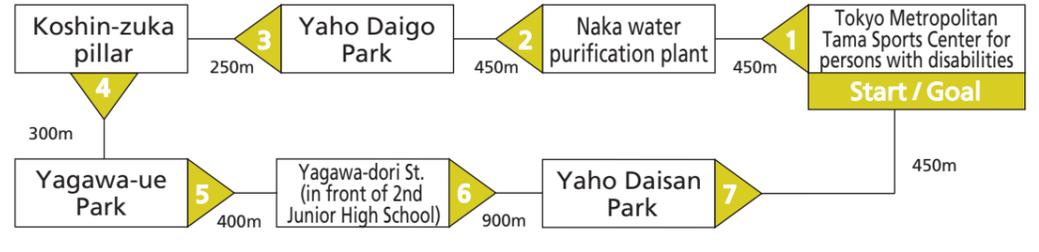
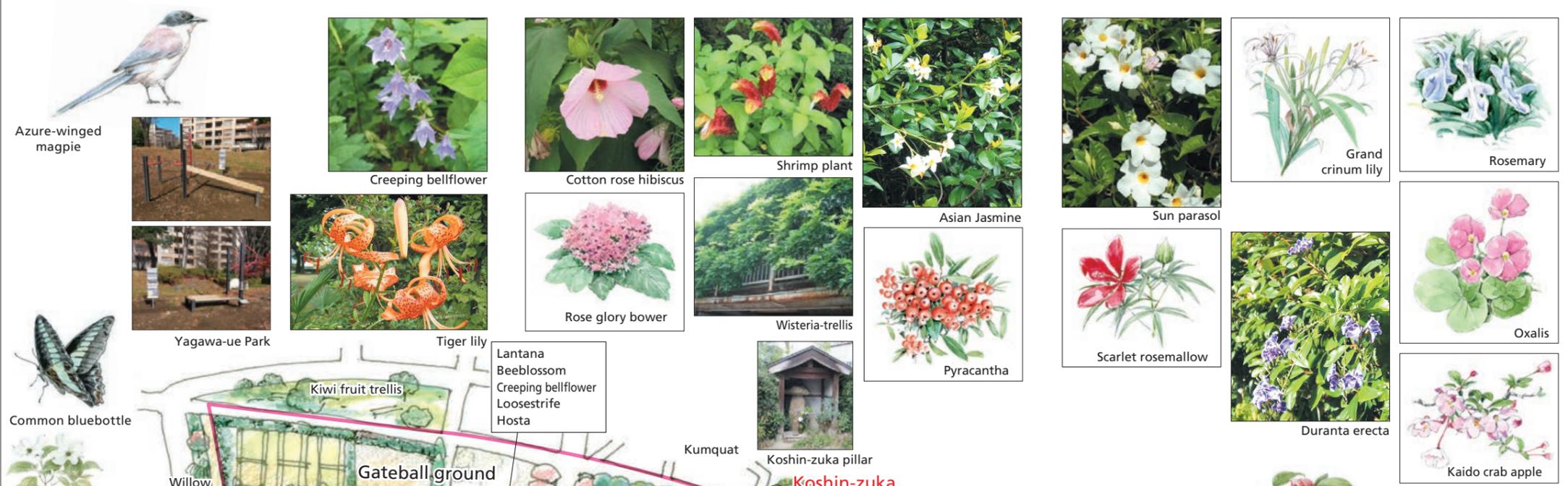
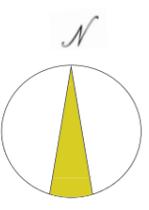
☎ 042-572-6111

No. 7 From Edo-kaido Road to Sakura-dori Street -A tour to enjoy parks and appreciate a variety of flowers-

From Edo-kaido Road to Sakura-dori Street -A tour to enjoy parks and appreciate a variety of flowers-

Distance: around 3.2 km
 Time allowed: around 50 minutes
 Number of steps: around 4,600 steps
 Calorie consumption: around 150 kcal

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



Kunitachi Art Biennale 2018
 Ten selected works from the 2nd Outdoor Sculpture Exhibition are displayed on the south side of Sakura-dori Street, and five of them (B) are placed from in front of the Daisan Park to the intersection of the Sports Center for the physically challenged.

Legend	
	Traffic lights
	Restroom
	Post office
	Convenience store
	Police Box



Luster-leaf holly is a tall, evergreen holly family tree. You can write on the back side of its leaf by scratching it. This is why the tree is called a tree of postcards and is designated as a symbol tree of Japan Post.