

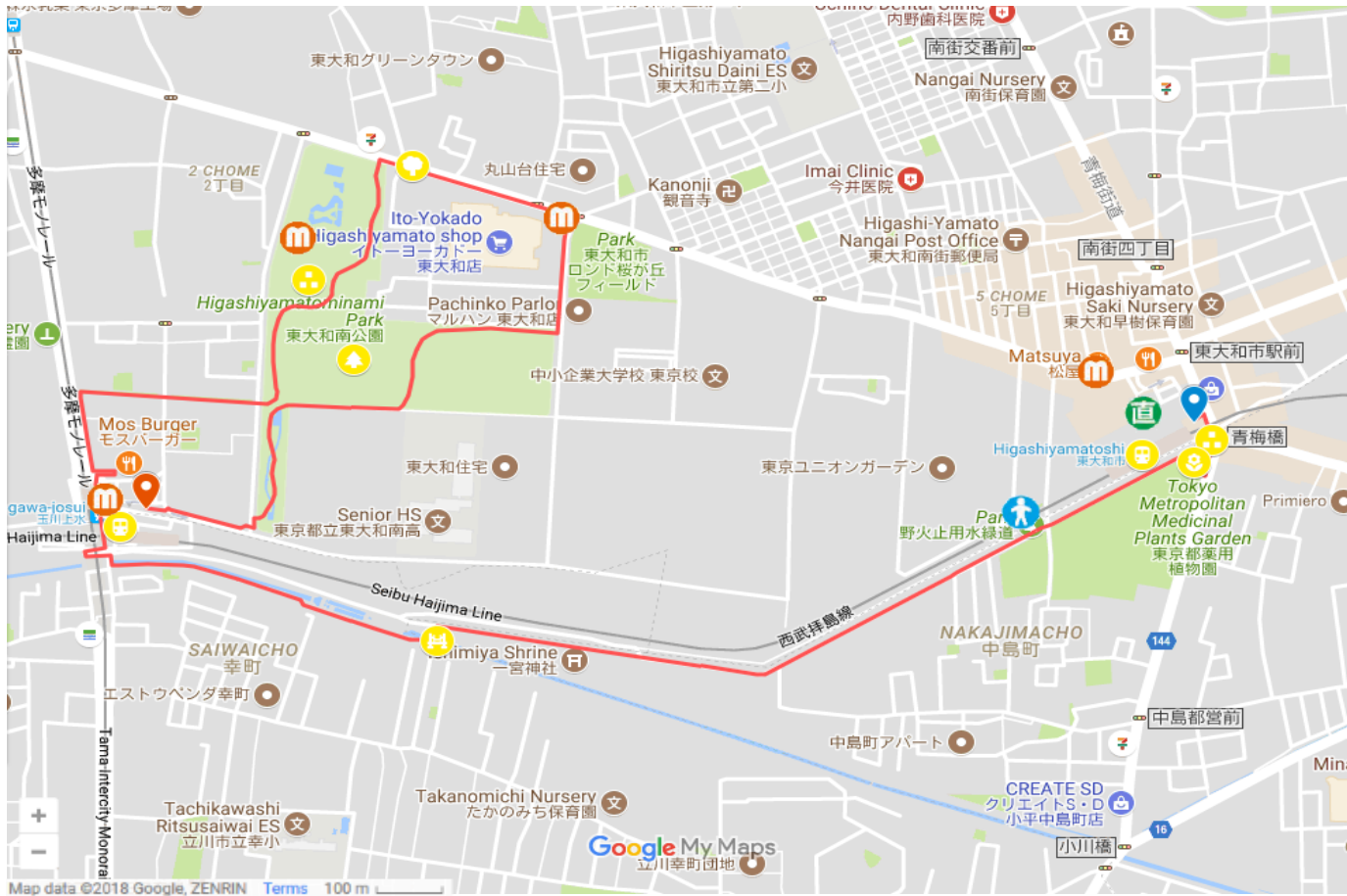
Higashi
yamato
City

Course to make one another effort to the next station

Highlight | Tokyo Metropolitan Higashiyamato-minami Park



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Higashi-Yamatoshi Sta.
- ▼
- Nakajima-cho Park
- ▼
- Josui-kobashi Bridge
- ▼
- Tokyo Metropolitan Higashiyamato-minami Park
- ▼
- Sakuragaoka Field
- ▼
- Tamagawa-josui Sta.

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc



Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain. * Do not put too much strain on your body when you are sleep-deprived or sick.



Time allowed	around 65 minutes
Distance	around 4.3 km
Calorie consumption	around 195 kcal
Number of steps	around 6140 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

Ome-bashi Bridge remains (Municipal Designated Cultural Property)



A bridge built in 1655 at the point where the Nobidome Yosui irrigation canal and Ome-Kaido highway meet. The bridge was called "Ome-bashi" and the entire area came to be referred to as Ome-bashi. Higashi Yamatoshi Sta. was also called Ome-bashi station until 1979. In 1963, with the completion of the Higashimurayama water treatment plant, it changed its role to conveying water from the raw water produced. Nobidome Yosui became a closed conduit passing under the road and Ome-bashi Bridge was removed. At present, a small shrine of the Koshinto tower and the main concrete pillar remains with "Aomanugawashi" carved on it and is registered as a municipally designated culture property.

Tokyo Metropolitan Medicinal Plant Garden



Since its establishment in 1946, in addition to experiments and testing, and investigative research, such as those to collect, cultivate and identify medicinal plants as part of the pharmaceutical administration, an attempt has been made to disseminate accurate knowledge on medicinal plants. The grounds of the gardens to which admission is free are divided into 12 plant areas, forests and experimental areas. In 2010, the "Fureai Garden" was newly established, as a venue for hands-on learning by the city residents, and cultivation and management works are carried out by volunteers including that for medicinal plants and trees in the plant areas. At the log house "Soseisha," in addition to the sale of seedlings, books, hand-made postcards and handkerchiefs, potpourri, wood, leather and fabric goods, and regular events are also held.

Tokyo Metropolitan Higashiyamato-minami Park (Events)



We will now introduce events held in Higashiyamato-minami Park. Every year in April, the "Umakanbe!" Festival (a local phrase meaning "This is delicious, try it!"), and every August, the "Heiwashimin no Tsudoi" (Peace-lovers gathering) Festival are held. The Umakanbe Festival is a local gourmet festival for competitors to enter their original dishes, and the "Heiwashimin no Tsudoi" is an event to pray for eternal peace and an end to war at the Heiwa Hiroba plaza in front of the station.