

You walk around this area in this course



Outline of the course

Starting from JR Kunitachi Sta. North Exit, following the Kokubunji cliff line along the city boundary, and to the green walkway in the north...

Must-see spots

- Streetscape of Kunitachi viewing from the upland of Kokubunji cliff line
- Enjoy seeing the Shinkansen Hikari train at Hikari Plaza, which will take you back to your childhood !
- Railway Technical Research Institute and old railroad sidetrack site
- Kita-odori Ave...Wide and easy to walk. Best recommended for walking in dogwood blooming season
- Old railroad sidetrack site...Walk the green walkway
- The station has been elevated and a shopping mall has been built under the tracks

Distance

around 3.3 km

Created by

Walking Map Creation Association

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Kunitachi City Health Promotion Division Health Center

*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN



A little action; Always healthy

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Recommended spots

Kokubunji cliff line (Hake)

The terrace cliff was created by the Tama River, which changed its course several times and eroded the Musashino Plateau in ancient times. The cliff on Musashino Terrace is called the Kokubunji Cliff Line, which starts from the boundary of Tachikawa City and Kokubunji City (Some say it originated in Musashimurayama City) and extends to Todoroki Valley in Setagaya Ward. Two other cliff lines exist in Kunitachi City : Tachikawa Cliff Line and Aoyagi Cliff Line.



Railway Technical Research Institute and Hikari Plaza

In commemorating the Hikari Shinkansen bullet train, which started here, the name of this place was changed from Hei-bei-shinden to Hikari-cho. An actual Hikari train car is displayed in the north of Hikari Plaza (Shinkansen museum/railway exhibition room) in front of the Railway Technical Research Institute, and visitors can see models and materials related to railways in the plaza. Closed on the 2nd and 4th Mondays of the month (the following day if it is a national holiday or substitute public holiday), and during year-end/New Year holidays.



Poppo-michi St.

There was a railroad sidetrack from Kunitachi Sta. to the Railway Technical Research Institute. After its abolishment, it was temporarily used as a bicycle parking space. In Feb. 2015, the site was converted to a pedestrian walkway (140m). Decorated with used rails that retains old landscapes of Kunitachi, the walkway was named Poppo-michi St. ("choo choo train") that is easy for small children to remember.



Dogwood tree-lined Kita-odori Ave.

Public rest facilities are dotted along the dogwood tree-line Kita-odori Ave., such as Kita-fukushikan welfare facility near Kunitachi 4th Elementary School, and Kita Shimin Plaza (Kunitachi North Civic Plaza) near Kita-daiichi Park.



Old railroad sidetrack site converted to a green walkway

There was a railroad sidetrack from Tachikawa Sta. of former Japanese National Railways to the Sunagawa Plant of Tachikawa Airlines. After its abolishment, the place was converted to a green walkway. From Kita Ryokuchi green area of Kunitachi City, the tranquil pedestrian walkway leads to Nishimachi Ryokuchi green area in Kokubunji City and Sakae Ryokuchi in Tachikawa City. An arch-shaped monument made of a railroad rail stands at the entrance of Kita Ryokuchi.



Kita-daiichi Park

Kita-daiichi Park that leads to the green walkway is a popular spot among everyone, from children to the elderly. There is a water flowing channel and a Kenko-hodo (reflexology path) paved with large and small stones. At the corner of the park, a sign slate showing "The Navel of Tokyo" is embedded in the ground. The central point of Tokyo was calculated by making a rectangle using the longitude between east-end and west-end and latitude between north-end and south-end of Tokyo in a TV program. (No explanation board on site)



A little break

☆Climbing the Hake-no-michi (road along the cliff line)

The steep stairway going up along the cliff is a shortcut from Kunitachi City to Kokubunji City. It actually goes through the Sato's garden.



☆Japanese red pine grove

A number of big red pine trees soaring high still remain at houses along the Hake-no-michi. They retain the atmosphere of old Musashino.

☆Blueberry fields

Agricultural fields still remain on the side of Kokubunji City. Blueberry fields extend over the area near the green walkway.



☆Green walkway

It is also fun to walk the green walkway from Kita Ryokuchi green area to Sakae Ryokuchi green area in Tachikawa City that leads to Imokubo-kaido Road.

☆Winter cherry tree

Winter cherry trees are lined up along the Chuo Line. Look for the pretty flowers around October to January as they have pretty blossoms.

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>

Shortness of breath, cough, sputum ...Are you perhaps COPD !?

COPD (Chronic Obstructive Pulmonary Disease) has become increasingly more prevalent. It causes deterioration in pulmonary function, and if the disease progresses, it can cause respiratory failure and heart failure. In the WHO report, COPD was the 4th-ranked cause of death worldwide.

What are the symptoms of COPD?

Persistent cough and sputum

Cough and sputum don't go away even after a cold is cured.

Shortness of breath

Get out of breath more easily than before when you move your body such as walking up and down stairs.



Stridor

Wheezing and crowing sound when you breathe.

Catch a cold easily and it doesn't go away

If you have these symptoms, consult your primary care doctor or respiratory specialist soon.

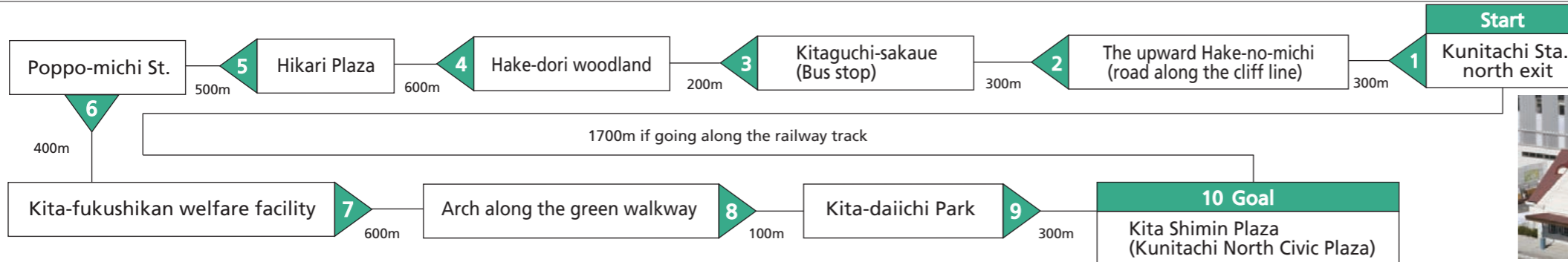
Smoking accounts for more than 90% of the causes of COPD. Quitting smoking can prevent the onset of COPD and delay the progression of the disease.

What is most important is to stop smoking right now !



Inquiries regarding this map:
 Kunitachi City Health Center
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No. 1 Northern Kunitachi A walk along the city boundary



No.1 Northern Kunitachi A walk along the city boundary

Distance: around 3.3 km
 Time allowed: around 50 minutes
 Number of steps: around 4,700 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

Sakae Ryokuchi green area (Tachikawa City)

Green walkway Leads to Imokubo-kaido Road There used to be a railroad sidetrack that led to Tachikawa Airfield



8 Pergola made of railroad rails installed in the arch of the green way

Hikari-cho, Kokubunji City The name of the town changed from Hambee Shinden to Hikaricho in honor of the development of the Shinkansen Hikari.



Restored triangular station building of the former Kunitachi Station

Nishimachi Ryokuchi green area (Kokubunji City)

Blueberry fields Tokura-dori St.

Kita Ryokuchi green area (Kunitachi City)

Kenko-hodo (Reflexology path) Himawari Daycare Center A slate showing "The Navel of Tokyo" Development Support Center

10 Kita Shimin Plaza (Kunitachi North Civic Plaza) • Kita-daini Park • Kita Daycare Center • Kitahidamari Daycare Center

Kunitachi Daiyon Elementary School

7 Kita-fukushikan welfare facility

Small park

6 Poppo-michi St.

Tea room

5 Hikari Plaza Police box

4 Hake-dori woodland

3 (Bus stop) Kitaguchi-sakaue

The upward Hake-no-michi (road along the cliff line)

1 Kunitachi Sta. north exit Start →

A family has kindly granted permission to pass through their private land

9 Kita-daiichi Park has health equipment for strength training and stretching



The Navel of Tokyo



Sumaken



Sumatsubo



Sumanobi



Sumafumi

Restored triangular station building of the former Kunitachi Station in front of the station



Common bluebottle

Legend	
	Restroom
	Bus stop
	Police box
	Convenience store
	Daycare Center
	Traffic lights