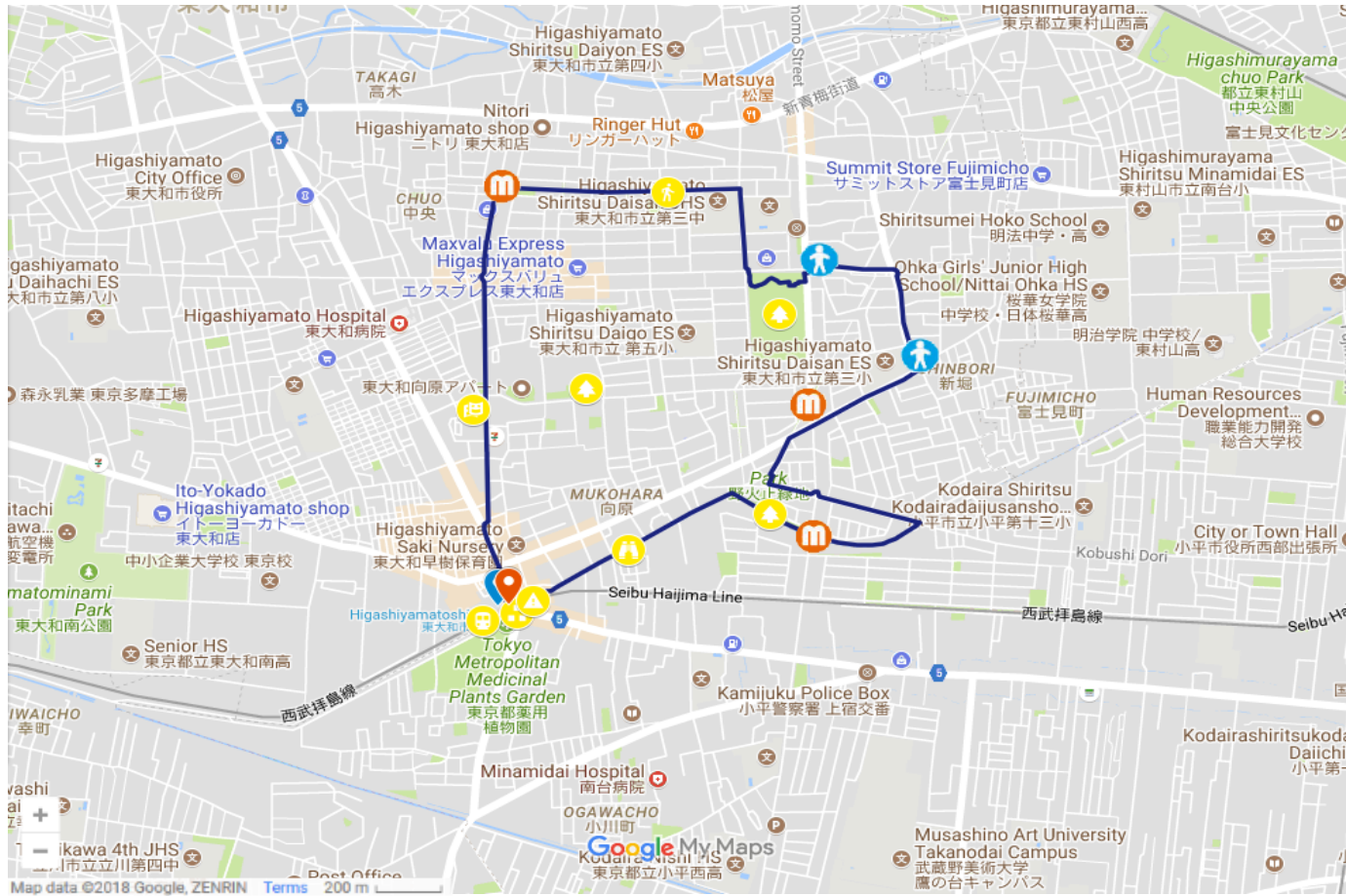


Nobidome Yosui irrigation canal refresh course

Highlight | **Nobidome Ryokuchi**



Tourist mascot of
Higashiyamato City
Umabe



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Route Description

- Higashi-Yamatoshi Sta.
- ▼
- Nobidome Ryokuchi
- ▼
- Kiyohara-minami Park
- ▼
- Nakahara Ryokuchi
- ▼
- Humming Hall
- ▼
- Higashi-Yamatoshi 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 84 minutes
Distance	around 5.6 km
Calorie consumption	around 252 kcal
Number of steps	around 8000 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

Nobidome Ryokuchi



Although deterioration in the water quality and water shortages accompanying rapid urbanization in the Nobidome Yosui irrigation canal, which was made to provide water from the Tamagawa Josui aqueduct in 1655, has been halted, clear water restored by a restoration project in 1984. Nobidome Ryokuchi is in the southern point of the city and located on the city border with Kodaira, with the "Senryu-fukatsu no hi" (Monument to commemorate restoration of clear stream) standing at its entrance. In the approximately one kilometer between here and the Higashi Nobidome-bashi (bridge), which spans the Yurinko-Dori (Ave.), there are thick copes of Japanese chestnut and konara oak trees, and scenery, which is vividly reminiscent of the Musashino Plain, is spread out. There are water features and benches provided and you will see many people enjoying strolling. Alongside the Nobidome-bashi Bridge, which you will encounter further along, there is a statue of "Yosui-kofu" (irrigation worker), which is a monument of the city.

Health equipment (Kiyohara-minami Park/Kiyohara-nishi)



While health equipment is installed in the five parks in Higashiyamato City, two of the parks are taken in the "Get Refreshed Course," and three are taken in the "Regain your Youth with Health Equipment Course." We now introduce Kiyohara-minami Park and Kiyohara-nishi Park. At both parks, there are four types of health equipment installed. How about using the equipment to refresh your body after dropping in on your walk?

Nakahara Ryokuchi



Nakahara Ryokuchi, where paths surrounded by vegetation go from east to west through the residential area between Nakahara 2-chome and Nakahara 4-chome from Municipal Daisan Junior High School to Nakahara-nishi Park. In the west, there is the "Kitsune no Yomedori" (The fox's bride) monument. How about getting some souvenirs, such as fresh and healthy vegetables or fruit grown by farmers in the city at the nearby Midorikko Nakahara branch?