

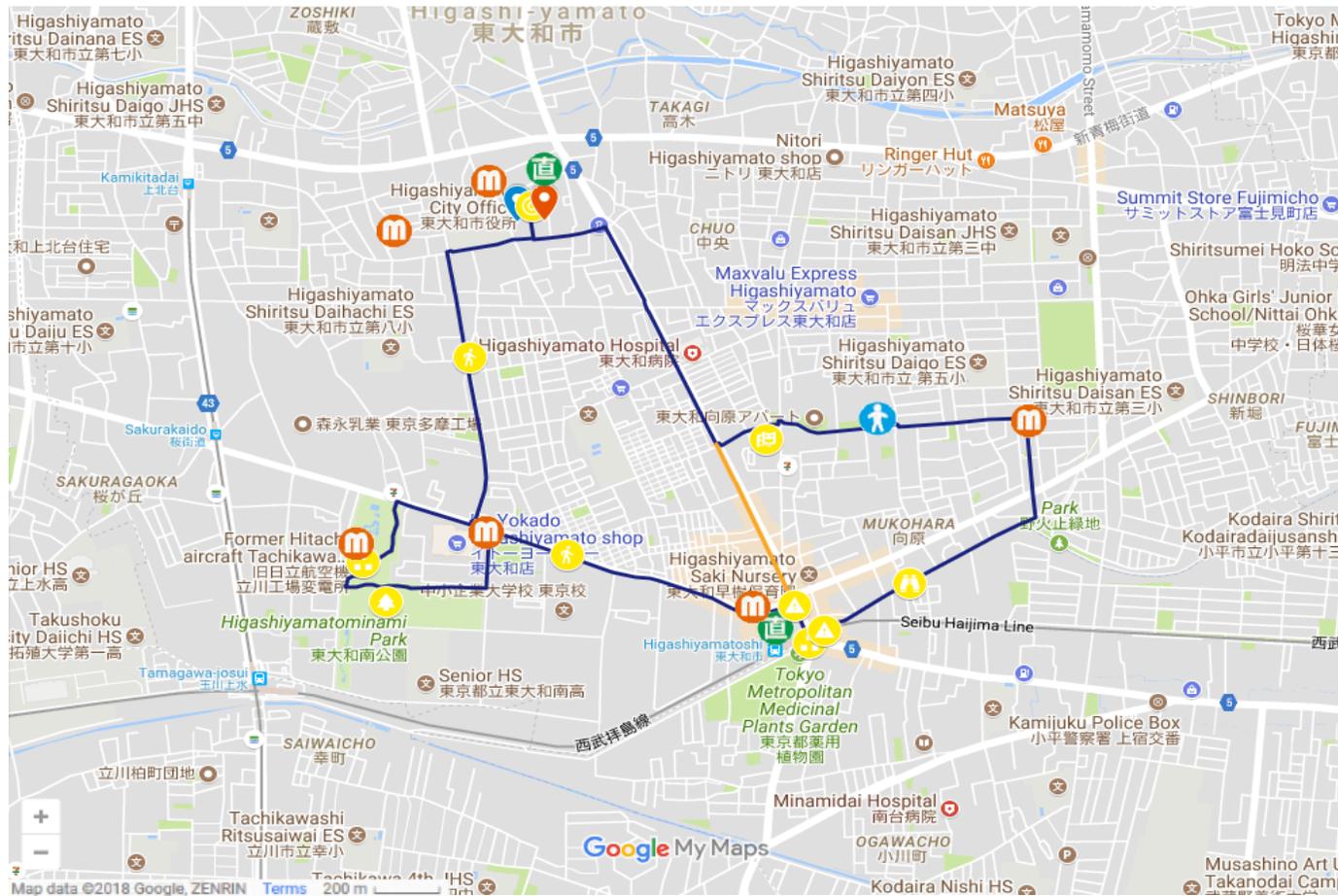


Tour of the hotspots to get a feel for the four seasons of Higashiyamato ~ War remains and Nobidome Yosui irrigation canals ~

Highlight | War remains site (transformer substation)



Tourist mascot of Higashiyamato City Umabe



Route Description

- 📍 Higashi Yamato City Hall
- ▼
- 🌳 Midorino Park
- ▼
- 🔌 Kyu Hitachi Transformer Substation
- ▼
- 🚉 Higashi-Yamatoshi Sta.
- ▼
- 🌳 Mukohara Central Park
- ▼
- 🏥 Higashiyamato Hospital
- ▼
- 📍 Higashi Yamato City Hall

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 95 minutes
📏 Distance	around 6.3 km
🔥 Calorie consumption	around 285 kcal
👣 Number of steps	around 9000 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

Ichu-Dori (Ave.)



A city road of around 1.1km in length running from Shin-Okamekaido highway to Sakura-kaido highway was given this nickname in 1981 after ginkgo trees were planted along the route. Pedestrian paths are maintained on both sides of the roadway and there are commercial facilities, restaurants, parks lining the road, as well as community gardens and Tokyo Metropolitan Higashiyamato High School. You can enjoy a stroll while viewing the golden foliage of the ginkgo trees in autumn.

Tokyo Metropolitan Higashiyamato-minami Park



Created in 1986, after a part of the US military base in Yamato in the southwesterly part of the city was reformed. In addition to a baseball ground, eight tennis courts, a civic gymnasium, and community swimming pool, you will find the Sakuragaoka Public Hiroba nearby and can enjoy various sports. The grounds of the park have an area of around 10 hectares and you can enjoy playing in the water with a shallow brook and paddling pond. The around 150 varieties of trees and plants mean that there are different delights for the eye depending on the season. Also, there is an expansive footpath maintained on the east side, which creates a bright and leisurely atmosphere. In one corner of the park, the war remains site, the Former Hitachi Aircraft Tachikawa Factory Transformer Substation is preserved, a designated cultural property of Higashiyamato City.

Sakura-Kaido



Kyu-Okamekaido highway, which once had a beautiful line of cherry blossom trees, was known as Edo-Kaido highway. On April 24, 1945, the area was devastated by an air raid, so this spectacular line of cherry blossoms was largely decimated. The city authorities have replanted cherry blossom trees along the sides of this road in order to restore the rows of cherry blossoms and given it the nickname "Sakura-Kaido".

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other