

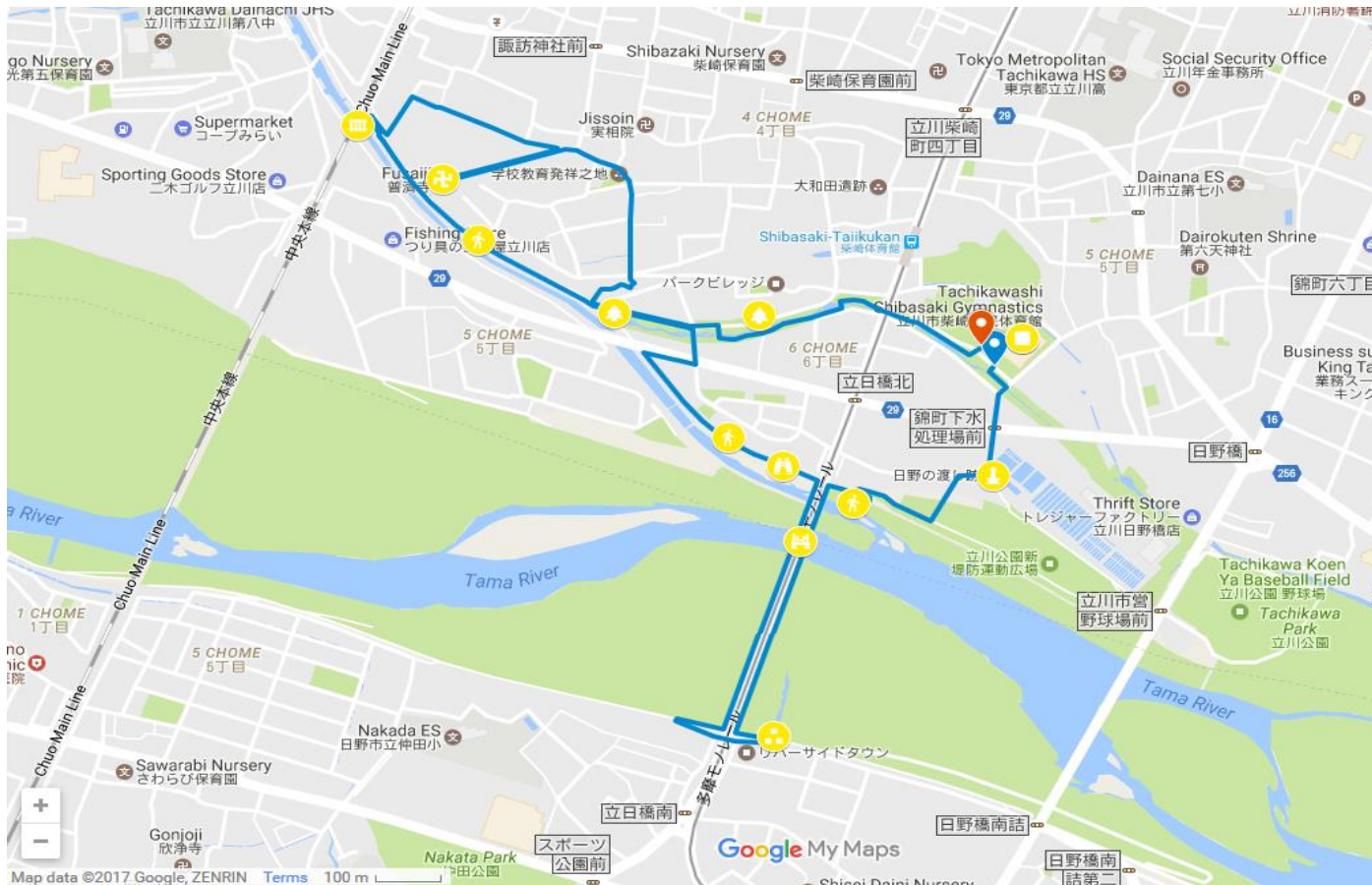
Tachikawa
City

Course A, Walking the Shibasaki Gymnasium - Water side and Fusai-ji Temple

Highlight | Fusai-ji Temple “Rokumensekitou (Hexahedral Stone)” National Treasure



Kururin



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Route Description

- 📍 Shibasaki Municipal Gymnasium
- ▼
- 🚶 Hino-no-watashi Crossing Monument
- ▼
- 🚴 Tamagawa River Cycling Road
- ▼
- 🌉 Tappi-bashi Bridge
- ▼
- 🚶 Hino Ferry Crossing Ruins
- ▼
- 🚶 Along the Zanbori-gawa River
- ▼
- 🌳 Negawa Greenway (Tachikawa Shiika-no-michi Road)
- ▼
- 🚶 Along the Zanbori-gawa River 2
- ▼
- 🚶 Chuo Line
- ▼
- 🏯 Fusai-ji Temple
- ▼
- 🌳 Negawa Greenway (Tachikawa Shiika-no-michi Road) 2
- ▼
- 📍 Shibasaki Municipal Gymnasium

Good posture makes walking more effective!

- Hold your chin in and eyes forward
- Swing your arms rhythmically, in time with your stride
- Breathe naturally, according to your speed
- Stand straight with shoulders back
- Step forward heel-first
- Kick off from the ground at the base of your big toe
- Walk in big steps, about one heel (approx. 5-7 cm) wider than usual



🕒 Time allowed around **67** minutes

📏 Distance around **4.5** km

🔥 Calorie consumption around **200** kcal

👣 Number of steps around **6360** 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 **KENKOUESUKA-MAN**



Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

🏯 Fusai-ji Temple



A famous, ancient temple of the Kencho-ji Temple school of the Rinzaï sect with the mountain name of Genbuzan. It is said that Tachikawa, a member of the west party of a samurai group called Musashi-shichito in feudal Japan, founded Bosatsu-ji Temple in 1353. Inside the temple is the national treasure “Rokumensekitou (hexahedral stone)”

🚴 Tamagawa River Cycling Road



In 2008, the 53 km from the left bank of Haneda, Tokyo to Hamura was re-developed as the “Tama River 50 km” for people to enjoy walking, running, and strolls. The views from here can be enjoyed throughout the year.

🌳 Negawa Greenway (Tachikawa Shiika-no-michi Road)



Along the greenway are monuments and stones engraved with the poetry of the literary scholar Bokusui Wakayama, who has connections to Tachikawa, his wife Kishiko, and his son Tabito. This is a path where visitors can experience a sense of culture as they walk.