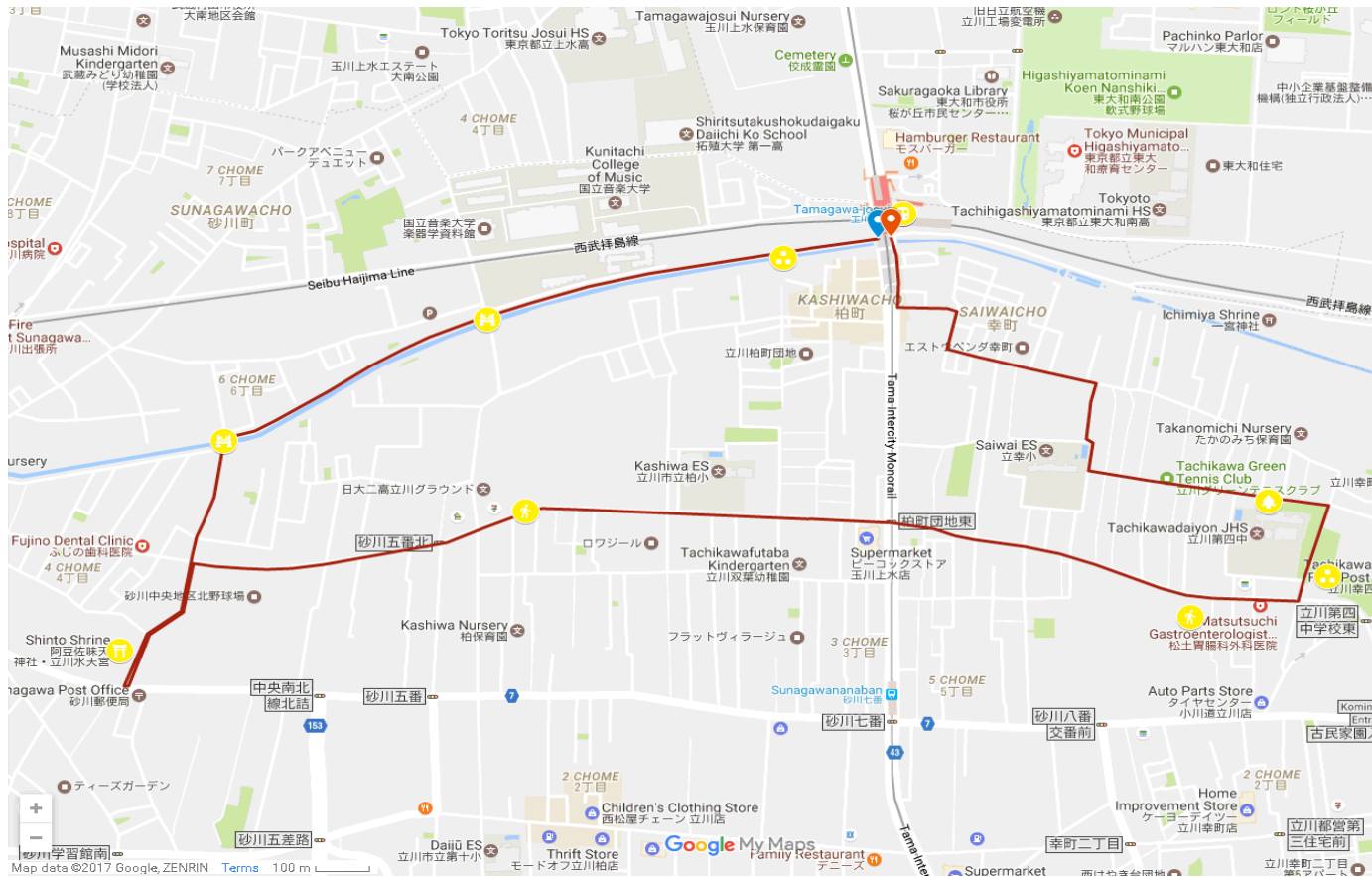


Tachikawa  
City

# Course C, Visiting Tamagawa-Josui Sta., Azusamiten-jinja Shrine, and Old Private Residences

## Highlight | Tamagawa Aqueduct



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### Route Description

- 1 Tamagawa-Josui Sta.
- 2 Tamagawa Aqueduct
- 3 Senju-bashi Bridge and Senjuko-bashi Bridge
- 4 Miyano-bashi Bridge
- 5 Azusamiten-jinja Shrine
- 6 Heisei New Road
- 7 Heisei New Road
- 8 Old Folk House Garden
- 9 Kawagoe Greenway
- 10 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 <b>86</b> minutes
Distance	around <b>5.7</b> km
Calorie consumption	around <b>257</b> kcal
Number of steps	around <b>8140</b> 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

#### Tamagawa Aqueduct



The Josui water supply, reaching a total length of 43 km, was completed in 1654. It was designated a national historical site on August 27, 2013. After it was completed, four rivers drew it from it, including the Sunagawa Bunsui. It contributed to development in Shinden and development in life in villages. It continued to support the prosperity of Edo.

#### Azusamiten-jinja Shrine



Built in 1629 as a local deity of Sunagawa Shinden. The primary building, designated by the city as tangible cultural heritage, is the oldest wooden building in the city with its 1738 architecture. A number of shrines are enshrined on the grounds, including Kokage-jinja Shrine. Suitengu, enshrined with a god for safe births, is busy with families with babies on the weekends.

#### Heisei New Road



In this area of the Heisei New Road, dogwood trees are planted as roadside trees. Visitors can enjoy beautiful flowers in the spring and beautiful leaves in the fall.