

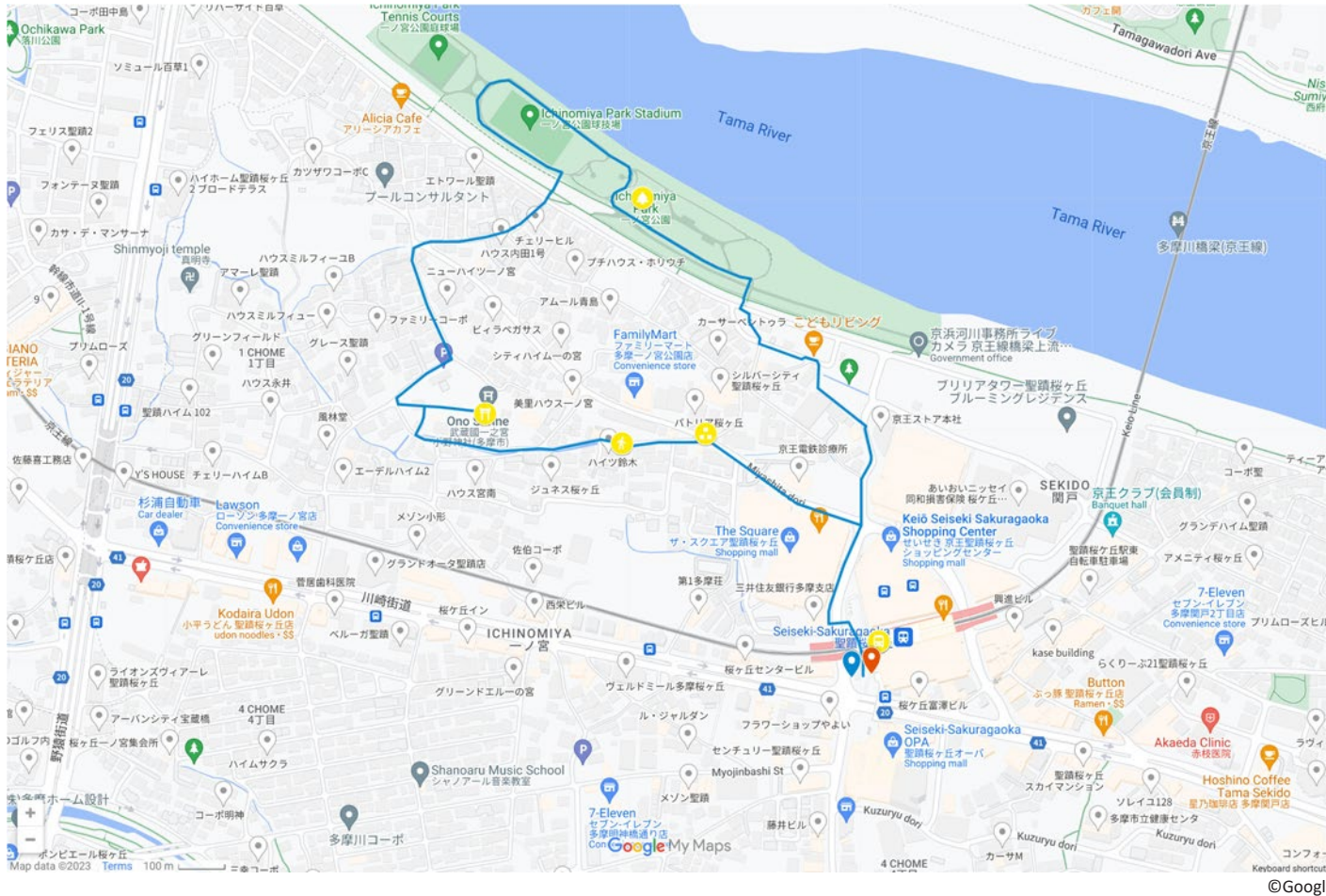
Tama
City

Ono-jinja Shrine and River Breeze Course

Highlight | Ono-jinja Shrine



SAKUNYAN



Route Description

- 📍 Seiseki-sakuragaoka Sta.
- ▼
- 🚶 Ichinomiya-no-watashi Crossing
- ▼
- 🏯 Ono-jinja Shrine
- ▼
- 🌳 Ichinomiya Park
- ▼
- 📍 Seiseki-sakuragaoka Sta.

Walk 10 more minutes!

Walking is an easy way to get exercise. Japan's national recommended guideline for walking is 8,000 steps a day (*1), but still only around 50% of Tokyo residents over the age of 20, both men and women, walk 8,000 steps a day (*2).

Adding just 1,000 steps a day (approximately 10 minutes more) not only helps you get more exercise, but also prevents lifestyle diseases and helps relieve stress.

*1 The Physical Activity Guidelines for Health (Active Guide) (Japanese Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages 18 and 64.

*2 Source: National Health and Nutrition Survey (Japanese Ministry of Health, Labour and Welfare) [Updated survey on residents of Tokyo 2007–2009]

🕒 Time allowed	around 33 minutes
📏 Distance	around 2.2 km
🔥 Calorie consumption	around 99 kcal
👣 Number of steps	around 3140 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

Ono-jinja Shrine



This is said to be considered the first local deity of the six "miya" of the Musashi Soshu enshrined by the Musashi Provincial governor. "Ichinomiya," the name of this area, comes from the fact that Ono-jinja Shrine was called "Ichinomiya Daimyoin." Omikoshi shrines and leading large taiko drums are carried through the town for the regular festival held on the second Sunday in September and the first Sunday in April of every year.

Ichinomiya-no-watashi Crossing



There is a monument commemorating the "Ichinomiya-no-watashi Crossing" at the roots of the large elm tree on Miyashita-dori Ave. It is said that there was once a Tamagawa River Crossing nearby. Next to this is a Meiji-era water marker. It states that this area belonged to Kanagawa Prefecture at the time.

Jinnan Seseragi-dori Ave.



Proceed left at the Ichinomiya-no-watashi Crossing Y-intersection. Take the small waterway and cobbled Jinnan Seseragi-dori Ave. Walking down the elegant cobbled road, the torii gate of Ono-jinja Shrine will come into view between the trees.