


Walking Map

Kodaira City

KODAIRA-CITY WALKING MAP 



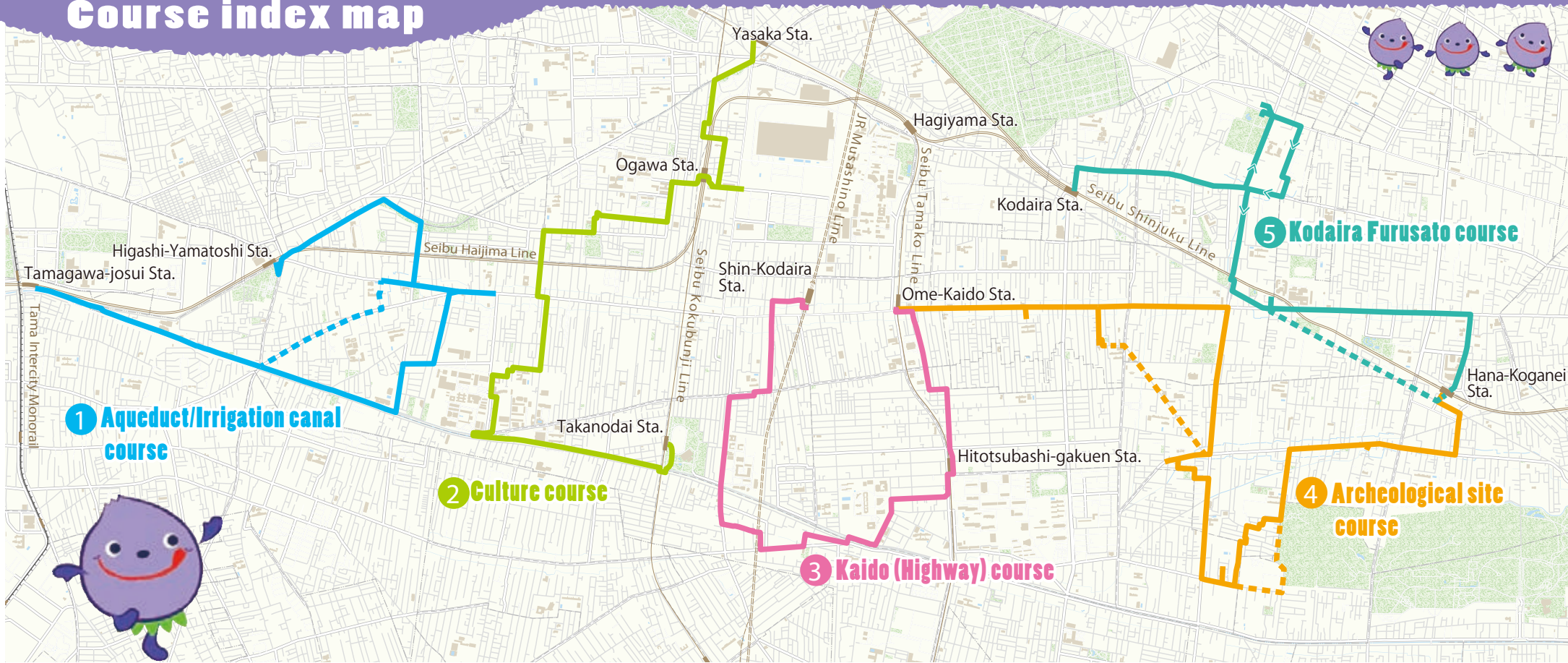
Burube

Healthy City

Kodaira City Health Promotion Division

Kodaira, which looks after its own health

Course index map



Legend



- 1 Aqueduct/Irrigation canal course
 - 2 Culture course
 - 3 Kaido (Highway) course
 - 4 Archeological site course
 - 5 Kodaira Furusato course
- Major sightseeing spot on the course
 - Spot to drop in
 - Public toilet
 - AED
 - Place for babies and mothers
 - Major intersection
 - Shrine
 - Temple
 - Hospital
 - Safety evacuation area
 - Temporary evacuation area
- Time** Calculated on a speed of 4km/hour
- Calorie consumption** Calculated assuming that a 10-minute walk burns off 30kcal (Weight 60kg, one step= 70cm)
- Number of steps** Calculated on a stride of 70cm

* Numbers described on the map are approximations. Please use them as a guide.

In preparing this map, we used an electronic national large-scale map for geographical information containing numerical map data (Japan's basic land information), and an electronic national large-scale map for place name information containing numerical map data (Japan's basic land information) issued by the Geographical Survey Institute, with the approval of the director-general of the institute. (Approval Number: 2017, JOSHI No.: 968)

Unauthorized copying prohibited
Created by: BUYODO Co., LTD.

Table of contents



Course index map	P 1-2
Legend	P 1
Table of contents	P 2
The Benefits of Walking	P 3-4
Walk 10 more minutes!	P 5
Nordic Walking	P 6
Let's start!! Kodaken Exercise	P 7
Walking route description	P 8

ROUTE 1	Aqueduct/Irrigation canal course	P 9-10
ROUTE 2	Culture course	P 11-12
ROUTE 3	Kaido (Highway) course	P 13-14
ROUTE 4	Archeological site course	P 15-16
ROUTE 5	Kodaira Furusato course	P 17-18

The Benefits of Walking

1 Prevent lifestyle-related diseases

It is effective for lowering blood sugar level and blood pressure. Also, it is said to reduce the risk of lifestyle-related diseases such as cancers and diabetes.

2 Improve cardiopulmonary functions

Making exercise a habit leads to maintaining and improving physical fitness, including overall endurance and muscle strength.

3 Prevent obesity

Walking consumes energy and helps reduce waist size and weight.

4 Reduce stress

Walking can bring a great change of mood and relieve stress, and it is helpful for improving physical and mental health.

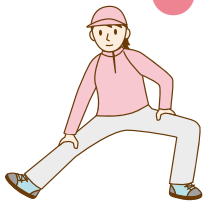


* If you have a chronic disease, please consult your doctor before starting.

Created with reference to the Physical Activity Reference for Health Promotion 2013 (Ministry of Health, Labour and Welfare)

Before and After Walking

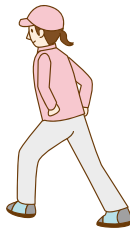
● Before walking



Eat moderate portions of a wide variety of foods to get power. It is ideal to finish eating 30 minutes before walking. Do a stretching or warm-up exercise to prevent injury, knee pain or fatigue.

● After walking

The sudden stopping of exercise puts a strain on your heart. Do a light exercise and warm down to finish gradually. Also, after walking, take high-quality protein and carbohydrates from food such as dairy products to recover muscle fatigue.



Be sure to stay hydrated to prevent heat stroke.



Let's hydrate.

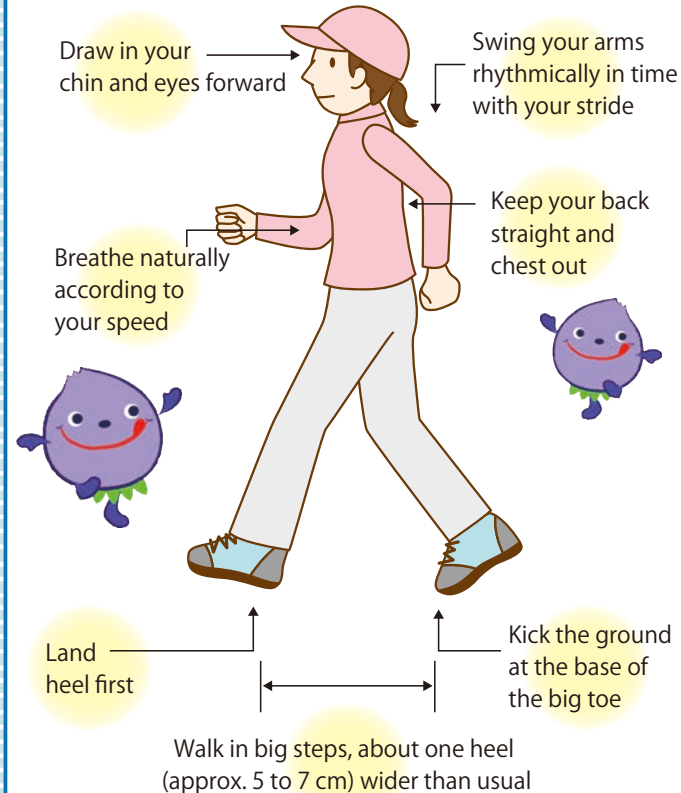
Sweating prevents the body from overheating. If the body lacks water necessary for sweating, it may cause diseases such as heat stroke.

Get hydrated before you feel thirsty. Also, when you sweat a lot during a long walk, you may need to take minerals.



Walking form

A good posture makes walking more effective.



A key point to remember about speed

Not too fast, not too slow
Appropriate speed guideline is
A speed that is faster than usual but not difficult to maintain



Put on reflectors at night!

If a pedestrian wears clothes difficult to see (dark clothes, etc.) when walking at night, drivers cannot notice him/her until coming close. Reflectors help drivers notice the presence of pedestrians quickly. Walk with a cap, sneakers, and key holders using reflective materials.

How to put on shoes



1 Make the shoe loose enough so that you can move your toes.



2 Tap the ground with your heel gently. After your heel is held firmly in place, fasten the laces at the ankle.



3 Move your weight to your toes, and with your heels raised, properly tighten the shoe with the laces.

How to choose shoes

- ▶ Materials
Light and breathable
- ▶ Toe
Enough space to move your toes
- ▶ Foot arch
Shaped to support your arch with insoles
- ▶ Instep
Adjustable with laces, without tightening too much
- ▶ Shoe sole
Flexible to your motion, thick and with good cushioning
- ▶ Heel
Firmly hold the heel in place

Walk 10 more minutes!



Walking is an easy exercise. Although Japan's guideline recommends a target of 8,000 steps a day (*1), the percentage of residents of Tokyo aged 20 or older who walk more than 8,000 steps per day is only 50% for both men and women. (*2)

In Kodaira City, the ratio of residents aged 20 or older who walk more than 8,000 steps per day is less than 20% for both men and women. (*3)

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

- ※1 *1 The Physical Activity Reference for Health Promotion (Activity Guide)(Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages of 18 and 64.
- ※2 *2 Source: National Health and Nutrition Survey (Ministry of Health, Labour and Welfare)(Recalculated for residents of Tokyo 2007-2009)
- ※3 *3 Source: February 2016 "Survey on Kodaira Citizens' Attitude toward Health"

- ▶ Intentionally walk walkable distances instead of taking the bus or train.
- ▶ Use the stairs instead of elevators and escalators.
- ▶ Have fun while walking.

For example, walk and shop at stores featured in magazines, stroll around while enjoying the streetscape, and tour sightseeing spots, etc.

- ▶ Keeping records of your steps with a pedometer, *smartphone, etc. will give you a sense of accomplishment and the motivation to continue.

※*Using a smartphone while walking is dangerous. Please use it after stopping at a safe place.

Hints to increase the amount of activity by walking



What is Nordic walking?

Nordic walk is walking with two poles and began in Finland in northern Europe. It has been used for summer training of cross-country skiers in Finland since the 1930s. From the late 1900s, it started to draw attention and become popular as an easy but highly effective full body workout not only in Japan but throughout the world.



Recommendable for

From the website of Japan Nordic Walk League

Those who are not good at playing sports but want to overcome a lack of regular activity

Those who are willing to start walking

Those with metabolic syndrome, hyperlipidemia, hypertension, diabetes

Those who want to get in shape, adjust their posture or walk beautifully

The elderly who are not confident in their physical strength worry over difficulties in normal walking due to pain in the lower back, knee or hip.

Professionals who are considering Nordic Walking as part of rehabilitation, prevention of dependence on nursing care, or prevention of falls

topics



With the purpose of promoting the health of residents and encouraging them to establish friendships, Kodaira City promotes Nordic Walking and uses it in various events.



Those who are looking for training to maintain or intensify the physical strength of an athlete

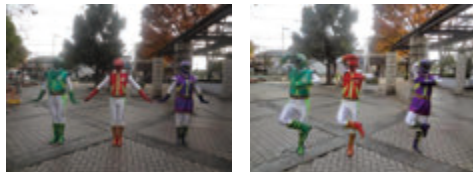


Let's start!! Kodaken Exercise



Kodaken Exercise is

Kodaira City's original exercise which aims to prevent *locomotive syndrome by strengthening leg and low back muscles and improving physical balance function. People do exercise to music of Shin Kodaira Ondo -special version-.



※ What is locomotive syndrome?

Locomotive syndrome is a condition of reduced basic mobility such as standing or walking due to impairment of one or more locomotive organs such as muscles, bones, joints, cartilage or intervertebral discs.

1

Improves the flexibility of leg joints and strengthens lower limb muscles

The benefits of Kodaken Exercise



We have regular Kodaken Exercise classes and a one-time class anywhere upon request. For details, please contact the Health Center

5

Cardio exercise that improves physical balance/adjustment function, and improves cardiorespiratory endurance

2

Improves the flexibility of knee and hip joints and strengthens lower limb muscles



3

Improves the flexibility of shoulder blades and strengthens upper limb muscles

4

Controls autonomic nerves and confirms posture



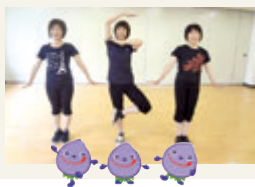
Video distribution YouTube

Kodaken Search



Do you know about community health promoters?

Citizens delegated by the city carry out activities to connect local residents and the city as health promoters. They are active in various fields, such as taking a leadership role in a Kodaken Exercise class and helping staff at a health measurement event. They helped us to create this walking map as well.



ROUTE 1

WALKING ROUTE

● Distance : around 5.8km ● Time : around 1h 27 min. ● Calories consumption : 261kcal ● Steps : around 8286



The walkway along Tamagawa Josui Channel and Nobidome Canal has soft ground, so it is very easy to walk. In addition, you will be greatly refreshed by the beautiful nature representing Kodaira.

ROUTE 2

WALKING ROUTE

● Distance : around 6.2km ● Time : around 1h 33 min. ● Calories consumption : 279kcal ● Steps : around 8857

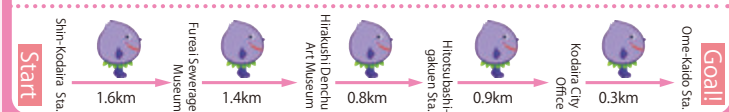


You will discover a new aspect of Kodaira. The course is like a social study tour for adults, starting from Bridgestone TODAY and touring various facilities.

ROUTE 3

WALKING ROUTE

● Distance : around 5.0km ● Time : around 1h 15 min. ● Calories consumption : 225kcal ● Steps : around 7143

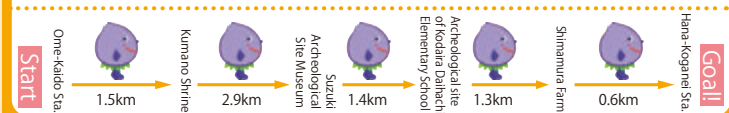


It is also recommended to take more time and visit Fureai Sewerage Museum and Hiraokushi Denchu Art Museum. It is also good to walk thinking of stations which once stood on Tamako line.

ROUTE 4

WALKING ROUTE

● Distance : around 7.7km ● Time : around 1h 55 min. ● Calories consumption : 345kcal ● Steps : around 11000

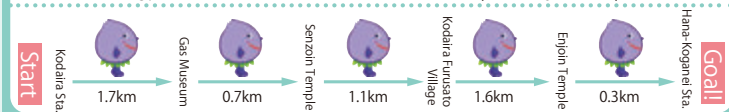


You will be surprised that there are such great historical artifacts and archeological sites in Kodaira. This is the longest of the courses, so you can take a shortcut according to your health condition.

ROUTE 5

WALKING ROUTE

● Distance : around 5.4km ● Time : around 1h 21 min. ● Calories consumption : 220cal ● Steps : around 7714



Visit the Gas Museum and the F.C. Tokyo ground, and relax at Furusato Village. Tsukidoi (gutter on the bank) of Onumata Canal is a recommended spot because it is interesting to know.

ROUTE 1

Aqueduct/Irrigation canal course

You will walk through beautiful nature along Tamagawa Josui Channel while listening to the sound of the brook. After visiting Shosen-ji Temple and Shinmei Shrine on the way, you will walk along the Ryokudo (green walkway) of Nobidome Canal while enjoying a big Japanese zelkova and Ogawa Canal.

This is a municipal medicinal plant garden that opened in 1946, where valuable medicinal plants and other plants of Japan and various countries in the world are grown.



WALKING ROUTE

● Distance : around 5.8km ● Time : around 1h 27 min. ● Calories consumption : 261kcal ● Steps : around 8286

Start: Tamagawa-josui Sta. (0.4km) → Josui-kobashi (1.0km) → Ogawabashi Bridge (2.0km) → Shosen-ji Temple (1.5km) → Seiryu-fukkatsu no hi (0.9km) → Goal: Higashi-Yamatoshi Sta.

※If you take a sub-route Distance : around 4.1km Time : around 1h 2 min. Calories consumption : 185kcal Steps : around 5857



Tamagawa Josui Channel is a water supply facility constructed in 1653 by order of the Tokugawa shogunate to supply water to Edo City with its increasing population. This is the only place in Kodaira City to get close to the waterside of the channel.

This is a waterway built in 1655 to develop Musashino. It is the first water diversion from Tamagawa Josui Channel and it flows approx. 25km to Shingashi River in Saitama Pref.



Ryokudo for raising fireflies

You can go down near Ogawa Canal and see sculptures.

The largest tree in the city and it is said to be more than 300 years old.

It is said that Ogawa Kurobei constructed the temple by inviting Setsuzan Sekirin Daizenji as the founder, along with the development of Ogawa Village.

ROUTE 2

Culture course



※ Please look at the leaflet lengthwise.

Departing Kudo no tsuji (crossing of nine roads), which was an important point of transportation, and passing through Bridgestone TODAY and Ogawa Farm, you will walk to an area with many universities and schools. The area is relatively new among the areas of Kodaira, and there are many welfare facilities and medical institutions as well.



The farm where visitors can pick seasonal flowers is one of the Kodaira open gardens with a cafe. The open garden is an activity for opening a personal garden to the public. Kodaira Tourism Association is distributing Kodaira Green Road & Open Garden Map.



Long ago, nine roads including Kamakura Kaido Ave. and Edo Kaido Ave. were intersected, so this place called Kudo no tsuji was an important place for transportation. It is said that Mayo no Sakura (landmark cherry tree) relieved travelers' fatigue in spring.



The museum introduces information about Bridgestone such as rubber, tires and its business.



The surrounding area is Kodaira's academic town with many schools and universities. (The photo is Musashino Art University) Exhibitions held by the art museum in the university are open to the public for free.



ROUTE 3

Kaido (Highway) course

Starting from Kamakura Kaido Ave., you will tour Takano Kaido Ave., Fuchu Kaido Ave. and Itsukaichi Kaido Ave. There are many Kaido highways outside this area in Kodaira City. It is known that Tosando Musashimichi, the ancient road, passed through this area.

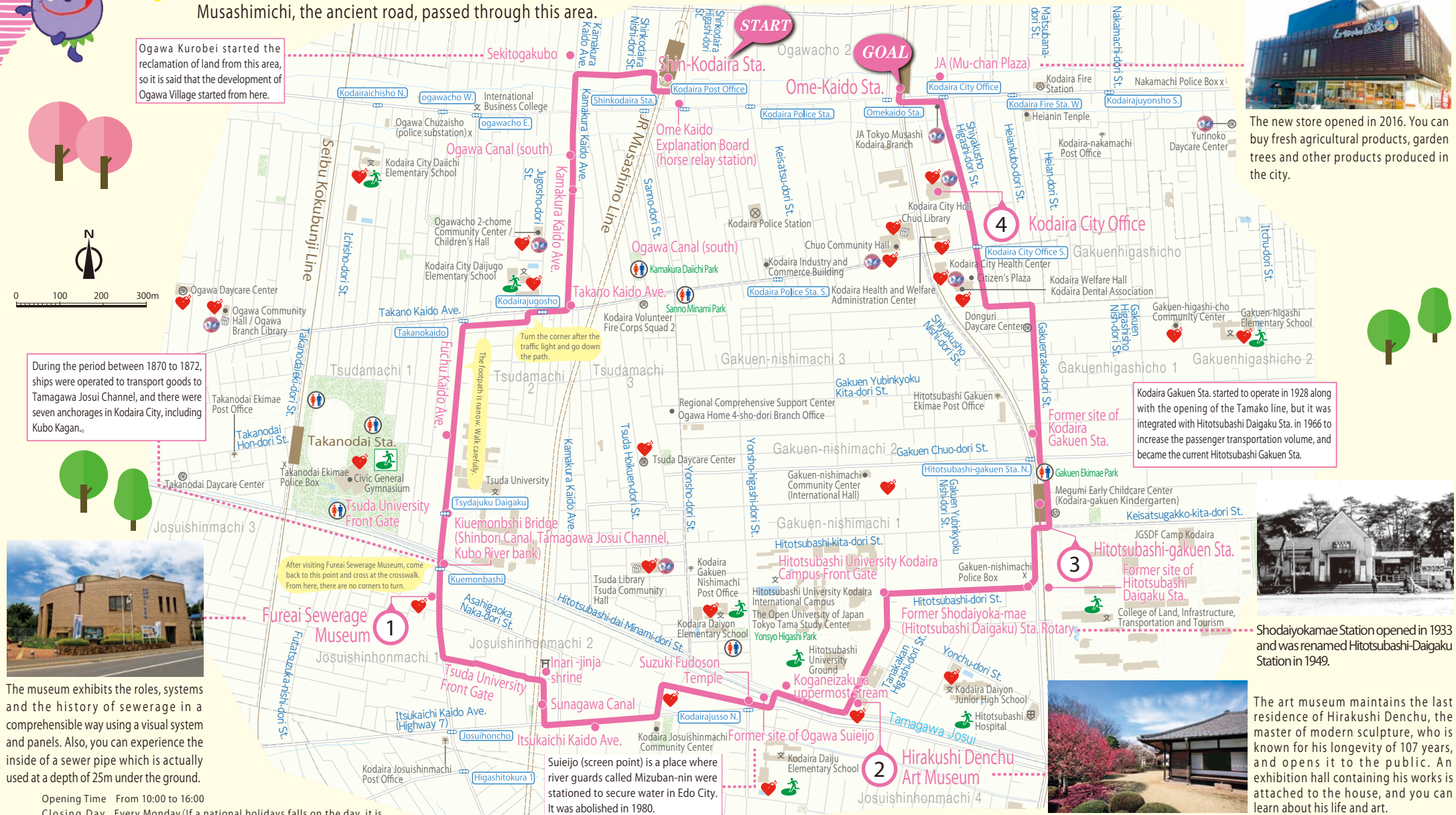
Ogawa Kurobei started the reclamation of land from this area, so it is said that the development of Ogawa Village started from here.

During the period between 1870 to 1872, ships were operated to transport goods to Tamagawa Josui Channel, and there were seven anchorages in Kodaira City, including Kubo Kagan.



The museum exhibits the roles, systems and the history of sewerage in a comprehensible way using a visual system and panels. Also, you can experience the inside of a sewer pipe which is actually used at a depth of 25m under the ground.

Opening Time From 10:00 to 16:00
Closing Day Every Monday (If a national holidays falls on the day, it is closed on the nearest weekday.) December 27 - January 5



WALKING ROUTE

● Distance : around 5.0km ● Time : around 1h 15 min. ● Calories consumption : 225kcal ● Steps : around 7143

Start Shin-Kodaira Sta. 1.6km Fureai Sewerage Museum 1.4km Hiraokushi Denchu Art Museum 0.8km Hitotsubashi-gakuen Sta. 0.9km Kodaira City Office 0.3km Goal Ome-Kaido Sta.



The new store opened in 2016. You can buy fresh agricultural products, garden trees and other products produced in the city.

Kodaira Gakuen Sta. started to operate in 1928 along with the opening of the Tamako line, but it was integrated with Hitotsubashi Daigaku Sta. in 1966 to increase the passenger transportation volume, and became the current Hitotsubashi Gakuen Sta.



Shodaiyokamae Station opened in 1933 and was renamed Hitotsubashi-Daigaku Station in 1949.



The art museum maintains the last residence of Hirakushi Denchu, the master of modern sculpture, who is known for his longevity of 107 years, and opens it to the public. An exhibition hall containing his works is attached to the house, and you can learn about his life and art.

ROUTE 4 Archeological site course

4

This is a course of touring around Suzuki Archeological Site, passing through Nakamachi Terrace and visiting temples and shrines. Passing through Ogawa Canal, Suzuki Canal and Tanashi Canal on the route, you will walk to the birthplace of blueberry cultivation.

WALKING ROUTE

● Distance : around 7.7km ● Time : around 1h 55 min. ● Calories consumption : 345kcal ● Steps : around 11000

Start → Ome-kaido Sta. (1.5km) → Kunano shrine (2.9km) → Suzuki Archeological Site Museum (1.4km) → Archeological site of Kodaira Daihachi Elementary School (1.3km) → Shimamura Farm (0.6km) → Hanakoganei Sta. (Goal)

※If you take a sub-route Distance : around 6.9km Time : around 1h 44 min. Calories consumption : 310kcal Steps : around 987



The upper stream is Suzuki Canal and the lower stream is Tanashi Canal.



Nakamachi Terrace is a complex facility incorporating a community hall and library on the concept of "a place for people and information to meet".

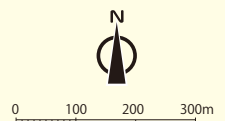


The Suzuki Archeological Site was discovered in 1974 when Suzuki Elementary School was constructed. The facility exhibits historical artifacts mainly in the Paleolithic period of approx. 10,000-30,000 years ago. The facility opens on Wednesdays, Saturdays and Sundays.

The tile imitating the horseshoe found at the site is embedded.



The first farm that started blueberry cultivation Kodaira City is a place where blueberries were cultivated as agricultural products for the first time in Japan. In the city, there are many direct-sale shops and farm shops where you can buy blueberries or enjoy picking blueberries.



ROUTE 5

Kodaira Furusato course

Starting from Tokyo Kaido Ave., you will enjoy the F.C. Tokyo ground and Gas Museum, and then on to Kodaira Furusato Village. After leaving Furusato Village, where Kodaira's old days and scenes are reproduced, you will go along Ome Kaido Ave. to Hanakoganei Sta.

WALKING ROUTE

● Distance: around 5.4km ● Time: around 1h 21 min. ● Calories consumption: 220kcal ● Steps: around 7714

※If you take a sub-route Distance: around 4.9km Time: around 1h 14 min. Calories consumption: 220kcal Steps: around 7000



With the red brick building of the House of Gas Lamps, the House for Gas Life and the gas light garden, the museum is an attractive facility where you can learn the history of gas in Japan.



The canal helps you understand how the embankment was constructed to reduce the difference in levels of ground so that the water in the canals can flow.

1 Gas Museum
Onumacho Police-Box x Tokyo Gas Musashinoen

2 Senzo-in Temple
In the precincts of the temple of Enryakuji school of the Tendai sect, which was founded in 1744, there are Kyo-zuka remains (Tahodo Tower) and the tomb tower of the Taima Family.

3 Kodaira Furusato Village

4 Enjo-in Temple

GOAL Hanakoganei Sta.



Among other gates of the residence of a village statesman, the gate is known as Chibusu Mon and comparable to that of a house of a rural intendant, which allows visitors to pass through it staying on horseback.



In order to pass on Kodaira's history to next generations, traditional houses were relocated or restored in the Village, and are open to the public.



Tokyo Metropolitan Government
Health Promoting character
KENKOUDESUKA-MAN



Contact

Health Center F1, 1-19-12 Gakuenhigashi-cho, Kodaira City, Tokyo 187-0043
Person in charge of health promotion, Health Promotion Division
Tel : 042-346-3700 Fax : 042-346-3705