

## Recommended spots

### Yagawa Ryokuchi nature conservation area

Located in the Tachikawa Cliff Line, and designated as a nature conservation area to preserve the environment where many creatures can live to the next generation. It consists of hygrophytes preservation area, forest floor preservation area and sanctuaries (habitats of plants and animals), etc. that can be enjoyed throughout the four seasons.



### Yagawa River

A small stream originated from abundant water flowing out from the bottom of Tachikawa Cliff Line (Hake-shita). It is approx. 1.5 km long, 2 m width and knee-deep to a child. The atmosphere reminds us that the river was closely connected to people's daily lives. There is a boardwalk leading to Yagawa Iko-no-hiroba Park, a relaxing place for local people, on the opposite side of the road, allowing you to walk on both sides of the river. Isn't it nice? The murmuring stream flows into the woodland of TAKINOGAWA GAKUEN facility site located downstream of the river, where fireflies fly around in summer.



### Yagawa Iko-no-hiroba Park

As it is adjacent to Kunitachi 6th Elementary School, you will hear the lively voices of children. This is an open space, with facilities and the stream, which makes you feel relaxed and refreshed. You can use the restroom here before heading toward the route.



### Statue of Gochi Nyorai (Five Wisdom Nyorai, or Tathagatas)

There is a small shrine facing Koshu-kaido Road and beside the Yagawa River. It is said that a person lived in Hachioji who was originally from Echigo Province and moved to this place and enshrined the Gochi Nyorai in which the person had faith in his hometown. Gochi Nyorai represent Buddha with five different wisdom in Esoteric Buddhism. It is also called Dainichi Nyorai. The five Nyorai include Ashuku, Hosho, Amida, Fukujoju, and Dainichi Nyorai at the center.

### Shiken-zaike Park

In the 2nd excavational investigation conducted in 2001, 10 ancient burial mounds were discovered, and the first one was removed and reconstructed in this park. It is a circular tomb mound estimated to have been constructed in the 7th century. The mound was lost but the circumferential groove and horizontal cave tomb made of river stones to place the body were excavated.



### Spring water from Mama-shita (the bottom of the cliff)

Water flows out from the bottom of Aoyagi Cliff Line. It is easy to walk around here, as the stairs, waterside and walkways have been improved. "Hake" (cliff) is called "Mama" in this region. Abundant water comes out, which is one of the largest volume in Tokyo, even in winter. This is the very popular spot for children.



### Ondashi and rural scenery

Yagawa River, crossing below Koshu-kaido Road, flows along the TAKINOGAWA GAKUEN facilities and reaches the bottom of the cliff line. This Yagawa River and Shimizu River, to which spring water from Aoyagi cliff line such as spring water from Mama-shita (the bottom of the cliff) flows, join the Fuchu irrigation channel. This point where these rivers converge is called "Ondashi" or "Yagawa Ondashi." It is presumed that the "Ondashi" is a corrupted pronunciation of "Oshidashi," meaning pushing out. You will enjoy the traditional rural landscape made by the cliff line together with farm lands.



## A little advice

☆ This course partly overlaps "3. A course touring Yagawa River clear stream and history of Aoyagi" included in the guidebook Kunitachi Walking Path of Nature and Culture. There is another guidebook on cultural properties of Kunitachi City titled Kunitachi Rekishi Tanbo (Touring historical sites in Kunitachi). These two guidebooks will deepen your knowledge on Kunitachi. They are available for purchase at the public information desk on the 1st floor of the City Office.

☆ This course is followed by No. 5 Yahoo area - Visiting its history. Touring the area introduced in courses no. 3, 4, 5 and 8 allows you to experience the village forest of Yahoo area that conveys its long history. Why not visit the area?

## How to use the Healthy Walking Map

Walking is an easy way to get exercise. You will also find pleasures of walking, such as enjoying the views and learning about local vegetables, etc. Creating My Map by writing your comments on the walking map will be fun too.

### Points to remember when walking

#### Warm-up

Stretch your Achilles tendon, calves and thighs. Full-body stretching is recommended if possible.

#### Be sure to stay hydrated

Drink water or a sports drink to stay hydrated. Drinking a cup of water before you start walking is recommended as well.

#### Hints to increase the amount of activity by walking

##### Use the stairs as much as possible

Going up and down the stairs as part of daily life is a great opportunity for exercise! Use the stairs instead of elevators, etc.

##### Wear a pedometer

Walking walkable distance instead of using a car increases the amount of activity. Keeping records of your steps with a pedometer will encourage you to continue.

## Take an annual medical checkup after you turn 40

### Benefit 1

A medical checkup that focuses on metabolic syndrome that can cause lifestyle-related diseases. Early detection of the metabolic syndrome and improvements in lifestyle can help prevent the diseases.

➡ Lifestyle-related diseases can cause life-threatening diseases such as cerebral stroke and myocardial infarction.

### Benefit 2

Kunitachi City's medical checkup includes a blood test to detect currently increasing chronic kidney diseases at an early stage.

➡ If chronic kidney disease gets worse, you need dialysis treatment.

### Benefit 3

There are services available for those who have concerns about the medical checkup results, such as health consultation and lifestyle improvement support by a national registered dietitian and public health nurse. Please make inquiries soon.

### Benefit 4

Taking the medical checkup every year will help you understand your health condition, and you will be able to use the results for your health management. It can also reduce the burden of medical expenses. Let's take good care of our own body.

Inquiries regarding this map: Health Services Section, Health Promotion Division (In Health Center)

☎ 042-572-6111



You walk around this area in this course



**Outline of the course** A course starting from Yagawa Ryokuchi green area where spring water flows along the bottom of Tachikawa Cliff Line (Hake), walk along the Yagawa River and spring water from Mama-shita (the bottom of the cliff) of the Aoyagi Cliff Line, toward Ondashi where the Yagawa River and Shimizu River flow into the Fuchu irrigation channel.

### Must-see spots

- Walk through the Yagawa Ryokuchi green area, on the boardwalk, while enjoying aquatic plants and bird sanctuaries, which look quite similar to the view of Oze marshland.
- A scene of the stream with a place to wash vegetables on the banks (Yagawa River)
- Shiken-zaike Park, where an ancient burial mound was moved to and reconstructed
- Abundant spring water from the bottom of the cliff, selected as one of the 57 best spring waters in Tokyo.
- Yagawa Ondashi, where the Yagawa River and spring water from the bottom of the cliff (Shimizu River) join the Fuchu irrigation channel

**Distance** around 4.5 km

**Created by** Walking Map Creation Association

**Edited and issued by** Health Services Section, Health Promotion Division, Kunitachi City

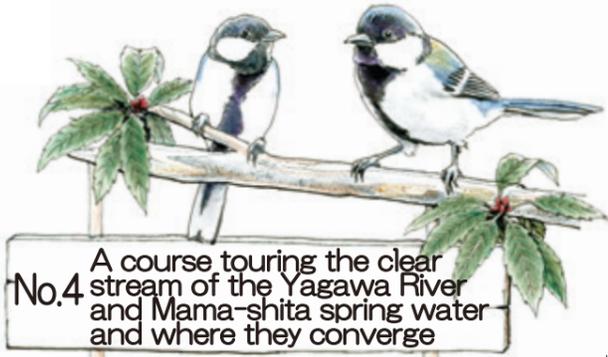
\*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN

First edition published in Sept. 2006  
2nd edition published in May 2008  
3rd edition published in May 2010  
4th edition published in May 2013  
Colored version published in Mar. 2017



A little action. Always healthy.

# No. 4 A course touring the clear stream of the Yagawa River and Mama-shita spring water and where they converge



**No.4** A course touring the clear stream of the Yagawa River and Mama-shita spring water and where they converge

Distance: around 4.5 km  
 Time allowed: around 70 minutes  
 Number of steps: around 6,400 steps  
 Calorie consumption: around 210 kcal

※These are estimates given for a male, weight 60 kg, one step= 70 cm, moving at 4km per hour, walking 10 min.=30 kcal



Yagawa Ryokuchi nature conservation area Designated as a nature conservation area in 1977. It consists of marshes, woodlands and bird sanctuaries, inhabited by rare plants and animals.

**Yagawa Ikoi-no-hiroba Park**  
 Nagae-mikuri bur-reed (Sparganium japonicum) along the banks of the Yagawa River and the black-winged damselfly can grow only in an environment with clear water.

A monument of land measurement by Kanagawa Prefectural Government  
 There is a stone monument on the footpath along Chuo-do Road. This proves that North Tama belonged to Kanagawa Pref. until it came under the jurisdiction of Tokyo Metropolitan Government in 1893.

Near the JR Nambu Line, there is an Inari-jinja Shrine called Otaka-mori. It is said the name came from Otaka-mori, as "Otaka" is another way of pronouncing "Inari." It became the nickname for this street.

