

Kokubunji Walking Map



Tips!

A bit of knowledge of Kokubunji

Inari Shrine

The local deity of Heibei New Fields is enshrined. It was built based on the legend that a white fox showed the way to a village headman who had become lost.

Spots on the Kokubunji cliff line

3 Approach to Shimmeisha Shrine
Nishimachi 2-Chome (Shimmeisha Shrine)
When going up the stairs on the approach to the shrine, you can enjoy a view from the cliff line.

Tips!

A bit of knowledge of Kokubunji

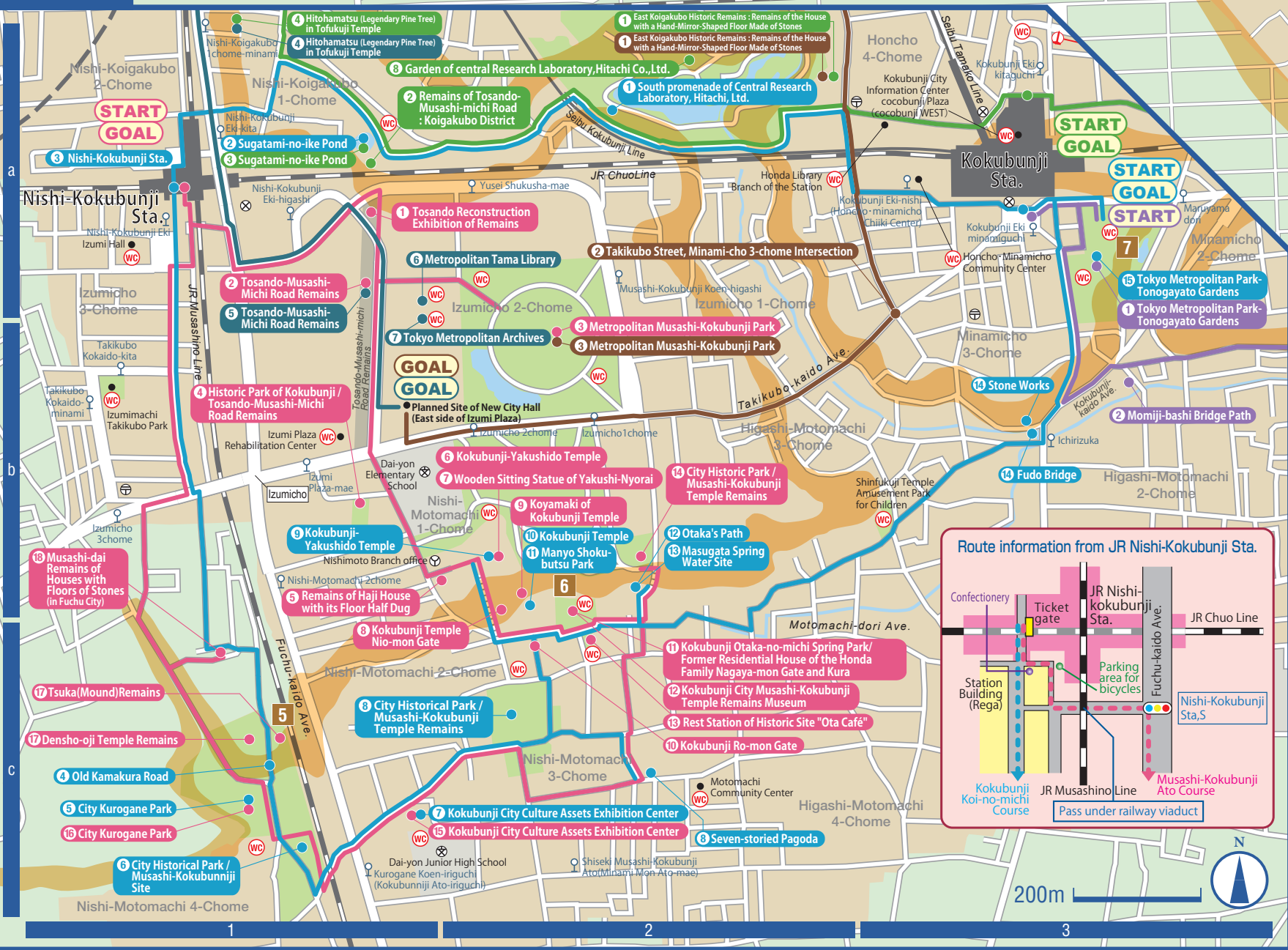
Railway Technical Research Institute

The Institute was moved to Kokubunji City in 1959, and is now engaged in cutting-edge research and development of railway technology such as bullet trains and linear motor cars.

Spots on the Kokubunji cliff line

4 Scenery with views of Mt. Fuji
Hikaricho 1-chome (near Hikaricho police box)
The cliff line near here, where you can gaze at the scenery to the west, offers occasional views of Mt. Fuji.

Magnified map



Tips!

A bit of knowledge of Kokubunji

Monument in Honor of Both Kawasaki and Ina Local governors (Myohoji Temple grounds)
A Hokyointo pagoda was built in appreciation of Heiemon Kawasaki, who drew up a plan to help farmers working in new fields, and his successor, Hanzaemon Ina. Many of the fields cultivated at the time of developing new fields still remain, providing a glimpse into the scenery at that time.

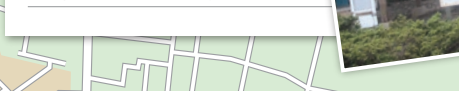


Tips!

A bit of knowledge of Kokubunji

The Geographical Center Point of Tokyo

Calculations by the Mathematics Association Foundation revealed that the center (center of gravity) of Tokyo, excluding the islands, is situated at Fujimoto 3-chome in Kokubunji City. There is a commentary board in 'Fujimoto 90 Degrees Park' nearby.



Hitotsubashi-gakuen Sta.

Hanrei (Legend)

- JR Line
- Seibu Line
- Bun Bus stop
- Police (Koban/Police box)
- Toilet/Restroom (public and within the facility)
- School and University
- Post Office
- Fire Station
- Rocket manhole cover
- Hospital
- The Geographical Center Point of Tokyo

(Course supervisor: Kokubunji City Tourism Association)

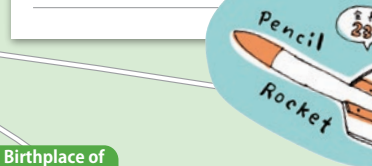
- Kokubunji Koi-no-michi Course
- Musashi-Kokubunji Ato Course
- Nogawa Genryu to Musashino Course
- Musashino Shinden/Itsukaichi-kaido Street Course
- Hake-no-michi Road Course
- Tokyo 2020 Olympic Torch Relay Course
- Tokyo 2020 Paralympic Torch Relay Course
- Park and Green space
- Kokubunji cliff line

Tips!

A bit of knowledge of Kokubunji

Monument to "the Birthplace of Japan's Space Technology"

The monument was built to commemorate the 50th anniversary of the horizontal launch experiment of the pencil rocket. A time capsule designed by Mr. Reiji Matsumoto has been buried underneath the monument.



Sports facilities

The city has a range of facilities for enjoying sports. Some facilities require a group or individual registration. Please see the city website or inquire directly with the facilities below for details.

1 Hikari Sports Center

[Facility details] Gym, fitness room
☎ 042-595-8865

2 Tokura Baseball Field

[Facility details] 1 baseball field (Rubber-ball baseball, softball, ground golf, target bird golf, etc.)
☎ 042-326-2211 (City Sports Center)

3 Tokura No. 1 Tennis Courts

[Facility details] 2 sanded artificial grass courts
☎ 042-326-2211 (City Sports Center)

4 Tokura No. 2 Tennis Courts

[Facility details] 4 sanded artificial grass courts
☎ 042-326-2211 (City Sports Center)

5 City Indoor Swimming Pool

[Facility details] Pool, Japanese-style room, gym, conference room
☎ 042-325-6868

6 Keyaki Sports Ground (artificial turf)

[Facility details] Rubber-ball baseball, youth soccer (1 pitch), futsal (3 pitches), softball (1 field)
☎ 042-326-2211 (City Sports Center)

7 City Sports Center

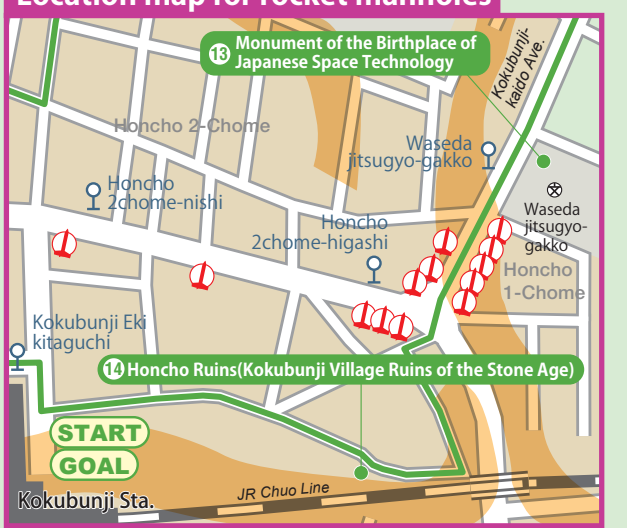
[Facility details] Gym, light gymnastics room, conference room, Japanese-style room, fitness room, running track
☎ 042-326-2211

8 City Honda Budokan

[Facility details] Martial arts venue (kendo, karate, table tennis, light gymnastics, etc.)
☎ 042-326-2211 (City Sports Center)

- Baseball field, sports ground
- Indoor swimming pool
- Soccer pitch, sports ground
- Gymnasium, martial arts venue
- Tennis courts

Location map for rocket manholes



Bun Bus of Guidance

The "Manyo-Keyaki Route" of the city's local "Bun Bus" travels through an area full of must-see sights such as historic sites and cultural assets, so it is perfect for sightseeing! Let's take a ride!

Bus Location System

It is a convenient system that gives you information such as the present location of the bus, the estimated time of its arrival, and how crowded the bus is.

Bus Location System >>>

Access information

- Shinjuku JR Chuo Line (20 min. from JR Shinjuku Sta.)
- Higashi-Murayama Seibu Kokubunji Line (12 min. from Higashi-Murayama Sta.)
- Hagiyaama Seibu Tamako Line (8 min. from Hagiyaama Sta.)
- Shinjuku JR Chuo Line (25 min. from JR Shinjuku Sta.)
- Musahi-Urawa JR Musashino Line (25 min. from JR Musashi-Urawa Sta.)

About the app

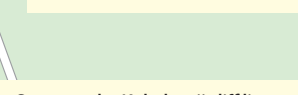
Kokubunji and Fuchu Sightseeing App
Burari Kokufu

The sightseeing app is useful for enjoying visiting tourist spots in Kokubunji City and Fuchu City. It provides sightseeing information including the historical, cultural and natural sightseeing spots, shops, event information, recommended sightseeing courses and tips.



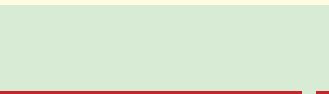
Spots on the Kokubunji cliff line

5 Scenery from the Tsuka (Mound)/Remains
Nishi-Motomachi 4-Chome (Tsuka/Mound/Remains)
From the tsuka (mound) remains, you can see the greenery along the cliff line running to the east.



Spots on the Kokubunji cliff line

6 Behind the Otaka-no-michi Spring Park
Nishi-Motomachi 1-Chome (In Otaka-no-michi Spring Park)
The north side of the park is on the cliff line, and the precious landscape where original land still remains spreads out in the distance.



Tips!

A bit of knowledge of Kokubunji

Shiramizaka Slope

In the last stage of the Kamakura period, Yoshisada Nitta attempted a night attack on the shogunal army, but struggled to go through Musashino. When the dawn broke, he had to give up the attack, which is why the slope has been called "Shiramizaka (Daybreak Slope)."



Think about the romance of the Tempo period.

* Sugatami-no-ike Pond... Please see Nogawa Genryu to Musashino Course.
* Metropolitan Tonogayato Gardens... Please see Hake-no-michi Road Course.

If you want to know Kokubunji, which is full of the romance of the ancient times, we recommend that you begin with this course. This route has been selected as one of the "500 best roads to walk in beautiful Japan." Feel the remains of Musashi-Kokubunji Temple and the spring water up close, and experience the historic town.

Kokubunji Koi-No-Michi Course

START Kokubunji Sta.

- Distance:0.8 km / 12 minute walk
- 1 **South promenade of Central Research Laboratory, Hitachi, Ltd.**
Hitachi Chuokenkyujo Minamigawa Yuhodo
Distance:0.4 km / 6 minute walk
Magnified map a-2
- 2 **Sugatami-no-ike Pond**
Sugatami-No-ike (One of the 57 best spring waters in Tokyo)
Distance:0.6 km / 9 minute walk
Magnified map a-1
- 3 **Nishi-Kokubunji Sta.**
Nishi Kokubunji Eki
Distance:0.8 km / 12 minute walk
Magnified map a-1
- 4 **Old Kamakura Road**
Den Kamakura Kaido (City Important Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map c-1
- 5 **City Kurogane Park**
Shiritsu Kurogane Koen
Distance:0.2 km / 3 minute walk
Magnified map c-1
- This park is located next to Musashi-Kokubun-niji Temple and Old Kamakura-kaido Road. In cherry blossom season, many people visit the park as the best spot for viewing cherry blossoms. With many pieces of playground equipment using the height difference in the land, the park is popular with children.
- 6 **City Historical Park / Musashi-Kokubunji Site**
Shiritsu Rekishi Koen / Musashi Kokubunji Ato (National Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map c-1
- 7 **Kokubunji City Culture Assets Exhibition Center**
Kokubunji-shi Bunkazai Shiryo Tenjishitsu
Distance:0.4 km / 6 minute walk
Mon. (next weekday if hol.), New Year's hol.
Magnified map c-1
- 8 **City Historical Park / Musashi-Kokubunji Temple Remains and Seven-storied Pagoda**
Shiritsu Rekishi Koen / Shiseki Musashi-Kokubunji Ato / Nanaju-no-to Ato (Central area of the Monk's Temple) (National Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map c-2
- Kokubunji Temples were built throughout every province in Japan by order of the Shomu Emperor. In Musashi Province, the Nishimoto-machi area, which was close to the local capital, was selected as the best place based on the belief that the Four Gods exist, one in each direction. That is to say, the town faced the Kokubunji cliff line to the north, the wetland to the south, the Tosando-Musashi-michi Road leading to the imperial capital to the west, and the clear stream to the east.
- 9 **Kokubunji-Yakushido Temple**
Kokubunji Yakushido (City Important Tangible Cultural Asset)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 10 **Kokubunji Temple**
Kokubunji
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 11 **Manyo Shokubutsu-en**
Man-yo Shokubutsu-en (City Important Natural Monument)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 12 **Otake's Path**
Otake-no-michi
Distance:0.4 km / 6 minute walk
Magnified map b-2
- The walking path was named "Otake-no-michi (Otake's Path)," as the area was once an Otakaba (location often used for hawk hunting) of the Owari Tokugawa family during the Edo period. The area has become one of the most famous places in Kokubunji, and you can enjoy nature in all seasons.
- 13 **Masugata Spring Water Site**
Masugata-no-ike Yusuiguin (One of the 57 best spring waters in Tokyo, Place of Scenic Beauty of Tokyo)
Distance:0.8 km / 12 minute walk
Magnified map b-2
- In 848, a woman of great beauty named Tamatsukuri no Komachi was suffering from a serious illness. When she prayed to the Buddha of Yakushi-Nyorai at Kokubunji Temple, a child appeared and told her to purify herself in the pond. As soon as she washed her body in the pond, she recovered from the illness and became beautiful again. The pond was named after this legend.
- 14 **Fudo Bridge and Stone Works**
Fudo-Bashi and Ishibashi kuyoto
Distance:0.6 km / 9 minute walk
Magnified map b-3
- The bridge spans the junction of the Motomachi Irrigation Canal and Nogawa River in Kokubunji Village. It was named after the monument of Fudo Myo-o (Acala, one of the Five Wisdom Kings) enshrined on the north side of the bridge. A Koshin tower is situated beside the monument, and beyond a pine tree is an Ishibashi kuyoto (tower for the memorial service for a stone bridge). The memorial column was (re)built in 1832 with the meaning of commemorating the Fudo Bridge, formerly a stone bridge.
- 15 **Tokyo Metropolitan Park-Tonogayato Gardens**
Toritsu Tonogayato Teien (One of the 57 best spring waters in Tokyo, Nationally Designated Place of Scenic Beauty)
Distance:0.2 km / 3 minute walk
Admission fee is required
Magnified map a-3
- GOAL Kokubunji Sta.

Surrounded by nature and history.

The city center, with many cultural assets such as a wide ancient road called Tosando-Musashi-michi Road and Musashi-Kokubunji Remains, is rich in nature as well. How about enjoying the charm of this town, which blends nature and history?

Musashi-Kokubunji Ato Course

START Nishi-Kokubunji Sta.

- Distance:0.4 km / 6 minute walk
- 1 **Tosando Reconstruction Exhibition of Remains**
Tosando Iko Saisei Tenji
Distance:0.2 km / 3 minute walk
Magnified map a-1
- 2 **Tosando-Musashi-Michi Road Remains**
Tosando-Musashi-Michi Ato (National Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map a-1
- This branch line of the ancient government roads was constructed between the late 7th and early 8th centuries based on the Eki-sei system to connect the imperial capital with the surrounding local capitals. The government road, approximately 12 meters wide, has had approximately 400 meters of its length preserved. Here we can actually feel the width at that time.
- 3 **Metropolitan Musashi-Kokubunji Park**
Toritsu Musashi Kokubunji Koen
Distance:0.6 km / 9 minute walk
Toll parking for 20 cars.
Magnified map b-2
- 4 **Historic Park of Kokubunji / Tosando-Musashi-Michi Road Remains**
Shiritsu Rekishi Koen / Shiseki Tosando-Musashi-michi (National Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map b-1
- 5 **Remains of Haji House with its Floor Half Dug**
Haji Tateana Jukyo Ato (City Important Historic Site)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 6 **Kokubunji-Yakushido Temple**
Kokubunji Yakushido (City Important Tangible Cultural Asset)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 7 **Wooden Sitting Statue of Yakushi-Nyorai**
Mokuzo Yakushi-Nyorai Zazo (National Important Cultural Properties)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- Kokubunji-Yakushido Temple**
The temple is said to have been built in 1335 around the former site of the main hall of the soji temple, using funds donated by Yoshida Nitta. It was rebuilt at the present location during the Horeki period. Behind the temple are stone Buddhist images resembling the Eighty-eight Places Pilgrimage on Shikoku.
- 8 **Wooden Sitting Statue of Yakushi-Nyorai**
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 9 **Koyamaki of Kokubunji Temple**
Kokubunji no Koyamaki (City Important Natural Monument)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 10 **Kokubunji Ro-mon Gate**
Kokubunji Ro-mon (City Important Tangible Cultural Asset)
Distance:0.2 km / 3 minute walk
Magnified map c-2
- 11 **Kokubunji Otaka-no-michi Spring Park/Former Residential House of the Honda Family Nagaya-mon Gate and Kura (storehouse)**
Kokubunji Otaka-no-michi Yusuieu / Kyu Honda-ke Jutakunagaya-mon • Kura (City Important Tangible Cultural Asset)
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 12 **Kokubunji City Musashi-Kokubunji Temple Remains Museum**
Kokubunji-shi Musashi-kokubunji Ato Shiryoukan
Distance:0.2 km / 3 minute walk
Magnified map b-2
- 13 **Rest Station of Historic Site "Ota Cafe"**
Shiseki No Eki "Ota Cafe"
Distance:0.2 km / 3 minute walk
Magnified map c-2
- 14 **City Historical Park / Musashi-Kokubunji Temple Remains**
Shiritsu Rekishi Koen / Shiseki Musashi-Kokubunji Ato (North-east area of the Monk's Temple) (National Historic Site)
Distance:0.8 km / 12 minute walk
Magnified map b-2
- 15 **Kokubunji City Culture Assets Exhibition Center**
Kokubunji-shi Bunkazai Shiryo Tenjishitsu
Distance:0.4 km / 6 minute walk
Magnified map c-1
- 16 **City Kurogane Park**
Shiritsu Kurogane Koen
Distance:0.2 km / 3 minute walk
Magnified map c-1
- 17 **Densho-oji Temple Remains/Tsuka(Mound)Remains**
Densho-Oji Ato / Tsuka Ato
Distance:0.2 km / 3 minute walk
Magnified map c-1
- 18 **Musashi-dai Remains of Houses with Floors of Stones(in Fuchu City)**
Musashi-Dai Iseki Shikishiji Jukyo Ato
Distance:1.0 km / 15 minute walk
Magnified map c-1

Enchanted by fragile and painfully sad stories.

The north side of Kokubunji Station formed the setting of the stories of Asazumadayu and the two heroines of the novel "Musashino Fujin." Let's take a walk around this romantic town of "Koigakubo."

Nogawa Genryu To Musashino Course

START Kokubunji Sta.

- Distance:0.4 km / 6 minute walk
- 1 **East Koigakubo Historic Remains: Remains of the House with a Hand-Mirror-Shaped Floor Made of Stones**
Koigakubo Higashi Iseki Ekagamiagata Shikishiji Jukyo Ato
Distance:0.8 km / 12 minute walk
Honcho 4-17-35 (in the Honcho 4-Chome Park)
Magnified map a-2
- 2 **Remains of Tosando-Musashi-michi Road : Koigakubo District**
Tosando Musashi-Michi Ato Koigakubo-Tiku (National Historic Site)
Short walk
Distance:0.4 km / 6 minute walk
Nishi-Koigakubo 1-Chome
Magnified map a-1
- 3 **Sugatami-no-ike Pond**
Sugatami-No-ike (One of the 57 best spring waters in Tokyo)
Distance:0.4 km / 6 minute walk
Magnified map a-1
- This pond came to be called "Sugatami-no-ike" because the courtesans used it instead of a mirror. There is a story, "The Legend of Koigakubo," in which a courtesan named Asazumadayu killed herself by throwing herself into the pond because she missed her lover, Shigeta Hatakeyama, who was a Kamakura samurai.
- 4 **Hitohamatsu(Legendary Pine Tree) in Tofukuji Temple**
Distance:0.4 km / 6 minute walk
Magnified map a-1
- The villagers planted a pine tree, having mercy on Asazumadayu, who threw herself into the pond. It is thought that the tree lost all its leaves except one because of her deep sadness. The pine tree in the legend (Hitohamatsu) died, but a pine tree from the seedling was replanted on the grounds of Tofukuji Temple. You can still see a trace of Hitohamatsu.
- 5 **Nishi-koigakubo Green Space Called "X-yama"**
Nishi-Koigakubo Ryokuchi Ekkusu Yama
Distance:0.6 km / 9 minute walk
map B-3
- 6 **Remains of Koigakubo Irrigation Canal**
Koigakubo-Mura-Bunsui (City Important Historic Site)
Distance:0.6 km / 9 minute walk
map B-3
- In 1657, four years after the completion of Tamagawa Josui Waterworks, the union of three villages of Kokubunji, Koigakubo, and Nukui (a part of the present Koganei City) petitioned the Edo shogunate to divide the canal to irrigate paddy fields. The canal remains are a part of the Kokubunji Village Diversion, and are called the Koigakubo-mura Diversion. It is the oldest diversion in the city. Its large channel retains the look of old times.
- 7 **Kumano Shrine**
Kumano Jinja
Distance:0.4 km / 6 minute walk
map B-3
- 8 **Garden of central Research Laboratory, Hitachi Co.,Ltd**
Hitachi Seisakusho Chuokenkyujo Teien
Distance:0.4 km / 6 minute walk
map B-2
- A research institute was founded in 1942, and the abundant spring was one source of the Nogawa River. It is generally not open for entry, but it is opened to the public on two Sundays each year (April, November).
- 9 **Monument of Railroad Opening**
Densya Kaitsu Kinenhi
Distance:0.4 km / 6 minute walk
map B-4
- 10 **Lifting Stone of Honda Hachiman Shrine**
Honda-Hachiman Jinja no Chikaraishi (City Important Tangible Folk Cultural Asset)
Short walk
Distance:0.6 km / 9 minute walk
map B-4
- 11 **Leaf Like a Child's Hand (in the frontyard of Shooji Temple)**
Shooji no Konotegashiwa (City Important Natural Monument)
Distance:0.6 km / 9 minute walk
map B-4
- 12 **Folklore Materials Exhibition Room**
Kokubunji-shi Minzoku Shiryoushitsu
Distance:0.6 km / 9 minute walk
map B-4
- 13 **Monument of the Birthplace of Japanese Space Technology**
Nihon No Uchu Kaihatsu Hashho No Chi Kensyoubi
Distance:0.4 km / 6 minute walk
map B-4
- In 1955, the Institute of Industrial Science, the University of Tokyo led by Dr. Hideo Itokawa conducted a horizontal launch experiment of a 23-centimeter-small rocket (pencil rocket) at the former site of Shin Chujo Kogyo (now a site of Waseda Jitsugyo School) for the first time in Japan. The monument was built in commemoration.
- 14 **Honcho Ruins(Kokubunji Village Ruins of the Stone Age)**
Honcho Iseki
Distance:0.4 km / 6 minute walk
map C-4
- In 1894, Japan's first archaeological excavation research was conducted at this site by an all-Japanese team. Two archaeologists, Nobutaro Ono and Ryuzo Torii, found a layer where stone artifacts were exposed on an excavated cliff, and announced it in "The Journal of the Anthropological Society of Tokyo." There is an explanatory board of the remains.
- GOAL Kokubunji Sta.

Think about the hardships of development that have led to the present.

The land of Musashino was developed approximately 300 years ago and many people migrated there to start a new town, which has led to its present form. This course visits some cultural assets that remind us of the hardships of the development.

Musashino Shinden / Itsukaichi kaido Street Course

START Kunitachi Sta.

- Distance:0.6 km / 9 minute walk
- 1 **Kokubunji City Bullet Train Museum**
Kokubunji-shi Shinkansen Shiryoukan
Distance:0.8 km / 12 minute walk
map B-2
- 2 **Railway Technical Research Institute**
Tetsudo Sogo Gijutsu Kenkyusho
Distance:0.4 km / 6 minute walk
map B-2
- 3 **Inari Shrine**
Inari Jinja
Distance:0.8 km / 12 minute walk
map B-2
- 4 **Kawasaki Heiemon & Kannonji Temple Chuko-Kaizan Memorial**
Kawasaki Heiemon & Kannonji Chuko-Kaizan Kuyoto (In the precinct of Kannonji Temple) (City Important Tangible Cultural Asset)
Distance:0.8 km / 12 minute walk
map B-1
- 5 **Shimmeisha Shrine(Nishimachi)**
Shimmeisha
Distance:0.6 km / 9 minute walk
map B-1
- 6 **Praying Stone Image for Children's Happiness**
Kosodate Jizo (in the precinct of Takagi Hachiman shrine)
Distance:1.2 km / 18 minute walk
map A-1
- 7 **Bishamondo Temple**
Bishamondo (in the precinct of Hourin Temple)
Distance:0.2 km / 3 minute walk
map A-2
- 8 **Monument in Honor of Both Kawasaki and Ina Local governors**
Kawasaki Ina ryodaiikan Shaon To (In the precinct of Myohoji Temple) (City Important Tangible Cultural Asset)
Distance:0.4 km / 6 minute walk
map A-2
- 9 **Atago Shrine**
Atago Jinja
Distance:0.2 km / 3 minute walk
map A-2
- 10 **Shimmeisha Shrine (Kitamachi)**
Shimmeisha
Distance:1.2 km / 18 minute walk
map A-2
- GOAL Koigakubo Sta.

Follow the dynamic cliff line.

You can feel the vastness of hake (the Kokubunji cliff line), which is a typical feature of Musashino, and the changing seasons.

Hake-no-michi Road Course

START Kokubunji Sta.

- Distance:0.2 km / 3 minute walk
- 1 **Tokyo Metropolitan Park-Tonogayato Gardens**
Toritsu Tonogayato Teien (One of the 57 best spring waters in Tokyo/Nationally designated Place of Scenic Beauty)
Distance:0.2 km / 3 minute walk
Magnified map a-3
- 2 **Momiji-bashi Bridge Path**
Momijibashi Yuhodo
Distance:1.0 km / 15 minute walk
Higashi-Motomachi 2-18
Magnified map b-3
- 3 **Shinjiro-ike Pond (inside Tokyo Keizai University)**
Shinjiro-ike (One of the 57 best spring waters in Tokyo)
Distance:0.6 km / 9 minute walk
map C-4
- 4 **Kurabonezaka Slope**
Kurabonezaka
Distance:0.4 km / 6 minute walk
map C-4
- 5 **Nukui Shrine (in Koganei City)**
Nukui Jinja (One of the 57 best spring waters in Tokyo)
Distance:0.6 km / 9 minute walk
map C-4
- 6 **Sorosen-en Park (in Koganei City)**
Sorosen-en Koen (One of the 57 best spring waters in Tokyo)
Distance:0.8 km / 12 minute walk
map C-4
- GOAL Musashi-Koganei Sta.

How to choose shoes

- Materials Light and breathable
- Foot arch Enough space to move your toes
- Toe Shaped to support your arch with insoles
- Shoe sole Adjustable with laces, without tightening too much
- Instep Bend smoothly in accordance with your own shape. Thick and with good cushioning
- Heel Firmly hold the heel in place

Before and After Walking

- Warming-up**
Gradually warm your body by doing stretching or other exercises to stimulate blood circulation. Do the exercises to prevent injury, pain in the knee or other places, or fatigue.
- Cooling-down**
If you suddenly stop exercising, it puts a strain on your heart. It is important to finish gradually. It also speeds up recovery from fatigue and prevents muscle pain.
- * It is important not to push yourself, when you are short of sleep or in bad shape.

Carrying on the legacy of the Tokyo 2020 Olympic and Paralympic Games

The Tokyo 2020 Olympic and Paralympic Games were held in 2021. Parts of Kokubunji were chosen for the Olympic and Paralympic torch relay routes, and runners were supposed to hand over the sacred flame from one to the next. However, as COVID-19 raged, running the torch relays on public streets was canceled in all local government areas in Tokyo except for island regions, so these relay routes were not run. By letting everyone walk the torch relay course as they work to improve their health, Kokubunji will pass on the legacy of the Tokyo 2020 Olympic and Paralympic Games to later generations.

Tokyo 2020 Olympic Torch Relay Course

START Near North Side of Hikari Plaza

- Distance: around 3.7 km
Time allowed : around 55.5 min.
Calorie consumption : around 166.5 kcal
Number of steps : around 5290 steps.
- 1 **Kokubunji City Bullet Train Museum**
Kokubunji-shi Shinkansen Shiryoukan
Distance:1.2 km / 18 minute walk
map B-2
- 2 **City Hall Street, Hyoshi-cho Intersection**
Shiyakusho-dori Hyoshi-cho Kosaten
Distance:0.9 km / 13.5 minute walk
map B-2
- 3 **Nishi-koigakubo Green Space Called "X-yama"**
Nishi-Koigakubo Ryokuchi Ekkusu Yama
Distance:0.6 km / 9 minute walk
map B-3
- 4 **Hitohamatsu (Legendary Pine Tree) in Tofukuji Temple**
Hitohamatsu (Tofukuji Kaidai)
Distance:0.8 km / 12 minute walk
map A-1
- 5 **Remains of Tosando-Musashi-Michi Road**
Tosando-Musashi-Michi Ato (National Historic Site)
Short walk
Distance:0.8 km / 12 minute walk
map A-1
- 6 **Metropolitan Tama Library**
Toritsu Tama Toshokan
Distance:0.2 km / 3 minute walk
map A-1
- A library centered on magazines and materials for children and young adults. It provides services that make the most of the characteristics of magazines and allows users to read the most recent year's issues for about 6,000 titles. It also contains about 8,200 titles in its inauguration issue collection. The collection has many works to please everyone from infants to high school students.
- 7 **Tokyo Metropolitan Archives**
Tokyo to Koubunsho Kan
Distance:0.2 km / 3 minute walk
map A-1
- This facility stores, organizes, and provides for use highly valuable public documents and more as historical materials. It also publishes ancient documents from the Edo period and government papers from Tokyo Prefecture and Tokyo City. Reference literature and document collections relating to the history of Edo and Tokyo are available in the reading room. In addition to permanent exhibitions, it also holds temporary planned exhibitions and seminars.
- GOAL Planned Site of New City Hall (East side of Izumi Plaza)

Tokyo 2020 Paralympic Torch Relay Course

START Near Higashi-koigakubo 1-chome

- Distance: around 1.6 km
Time allowed : around 24 min.
Calorie consumption : around 72 kcal
Number of steps : around 2290 steps.
- 1 **East Koigakubo Historic Remains: Remains of the House with a Hand-Mirror-Shaped Floor Made of Stones**
Koigakubo Higashi Iseki Ekagamiagata Shikishiji Jukyo Ato
Distance:0.4 km / 6 minute walk
Honcho 4-17-35 (in the Honcho 4-Chome Park)
Magnified map a-2
- 2 **Takikubo Street, Minami-cho 3-Chome Intersection**
Takikubo-dori Minami-cho 3-Chome Kosaten
Distance:0.5 km / 7.5 minute walk
Minami-cho 3-Chome
Magnified map a-3
- 3 **Metropolitan Musashi-Kokubunji Park**
Toritsu Musashi-Kokubunji Koen
Distance:0.3 km / 4.5 minute walk
Izumi-cho 2-1-1
Magnified map b-2
- GOAL Planned Site of New City Hall (East side of Izumi Plaza)

Walk 10 more minutes!

Walking is an easy exercise. The government recommends a target of 8,000 steps per day (*1), but only about 40% of men and 30% of women aged 20 and above who live in Tokyo walk 8,000 steps or more per day. (*2) 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 Physical Activity Reference for Health Promotion(Active 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 Source: National Health and Nutrition Survey (Ministry of Health, Labour and Welfare) <Computed from residents' steps from 2017 to 2019>

Ideal Walking form

- A good posture makes walking more effective.
- Draw in your chin and eyes forward
- Slightly bend your elbows, and swing your arms
- Tighten your stomach
- Keep your back straight and chest out
- Land heel first
- Kick the ground at the base of the big toe
- Take slightly long strides