



Health

Nakano

Walk

Nakano City Walking Map



Take a Walk in Nakano

Enjoy Walking for Your Health



Nakano Shokuku mascot character
[Usagohan]

Let's walk together!

Recommended
walking

12
courses



Small efforts,
lasting health



Nakano City

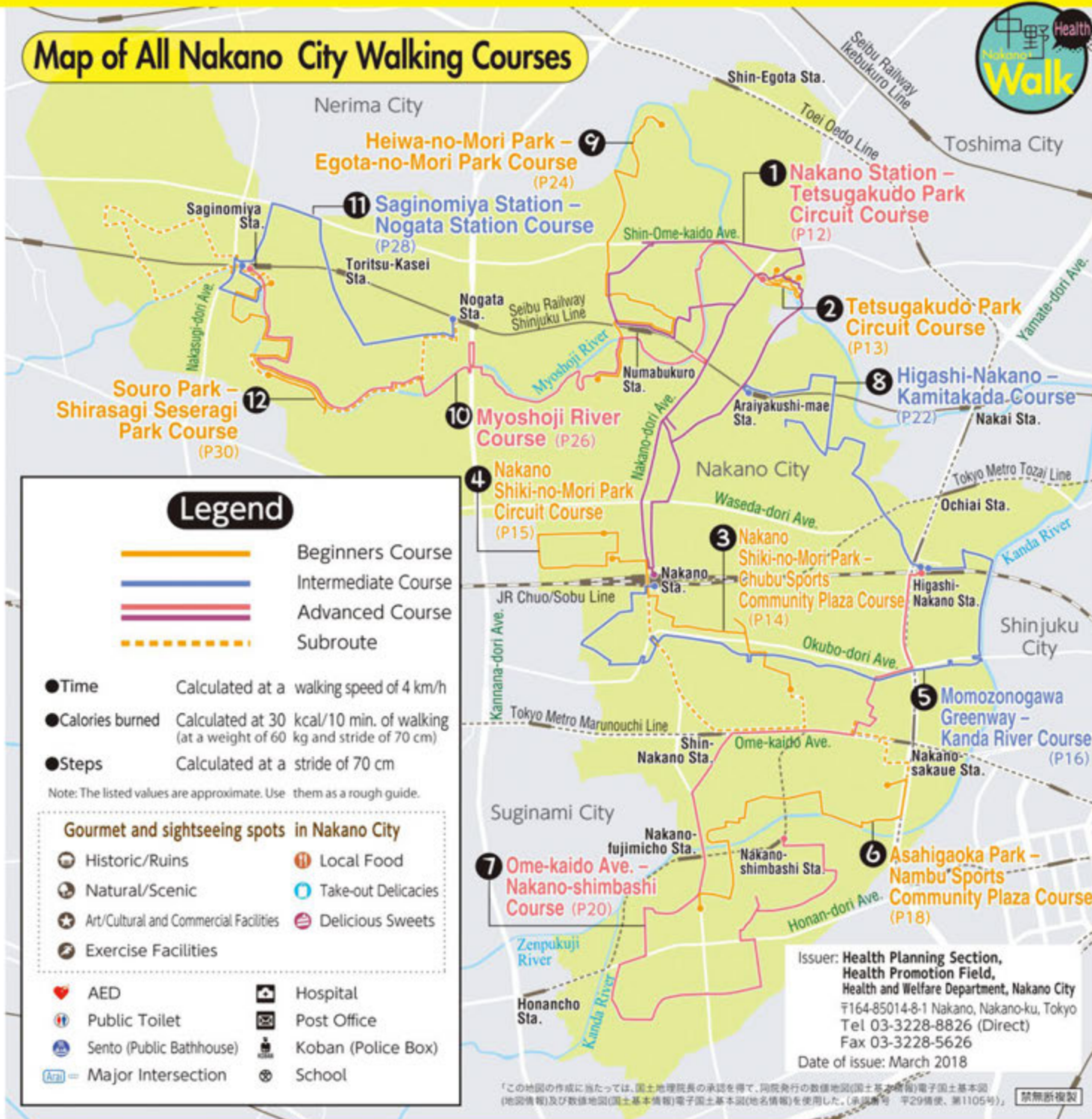
Tokyo Health Promotion Character
Kenkodesuka Man

Nakano City Walking Map

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Map of All Nakano City Walking Courses



Benefits from Walking

※Please consult your doctor if you have any chronic diseases.

1 Prevents lifestyle diseases

Walking is effective at decreasing your blood sugar level and blood pressure, and is also believed to reduce the risk of lifestyle diseases.

2 Improves cardiorespiratory function

Regular walking is effective at maintaining and improving your stamina.

3 Prevents obesity

Walking burns calories and is effective at reducing your waist size and weight.

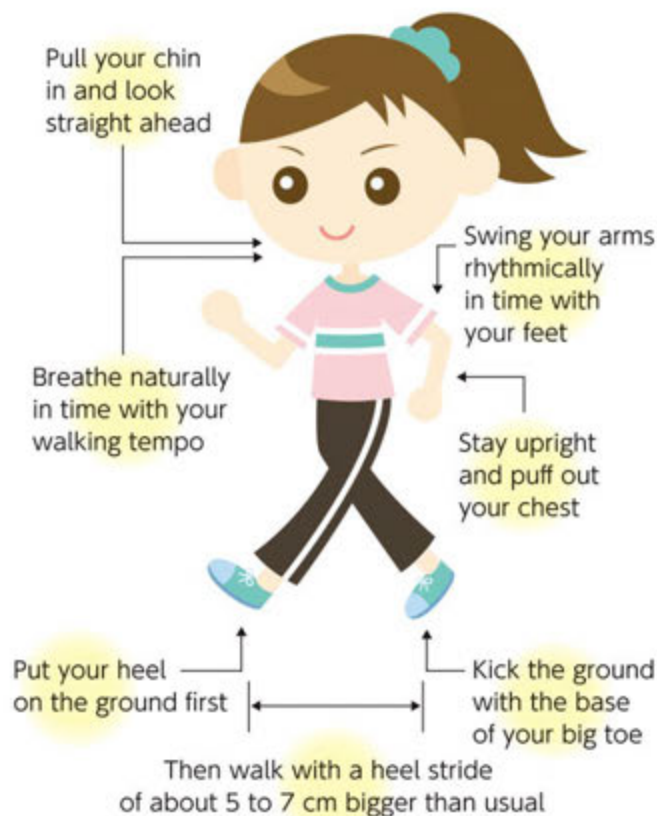
4 Relieves stress

Walking is effective at giving you a breath of fresh air and relieving stress to improve your health.

(Created with reference to "Kenko zukuri no tame no shintai katsudo kijun 2013" (Physical Activity Standard for Health 2013) (Ministry of Health, Labour and Welfare))

Ideal Walking Form

Learn the proper posture for effective walking!



Tip for walking speed

Don't walk too fast or slow. An adequate walking speed is faster than your normal walking speed but at a speed that you don't feel is too hard.

Wear reflective materials at night!

When you walk at night with clothes that don't stand out (dark colored clothes and the like), drivers won't notice you until they get close to you. Make sure to wear a cap, sneakers, key holders, and so on that have or are made with reflective materials when you walk at night.

How to choose shoes

- **Material:** Light with good ventilation
- **Toes:** They should have enough room for your toes to move around
- **Foot arch:** They should support your arch with an inner sole
- **Instep:** They should not be tight on your feet and be adjustable with laces
- **Soles:** The soles should be flexible and thick to function as a cushion
- **Heel:** They should wrap around your heels completely

How to put on shoes

- Make enough room in your shoes so that you can move your toes.
- Tap the ground gently with your heel to fix your heel and make a tying knot.
- Shift your weight to your toes and then with your heel up, tie your shoelaces.

Before and After Walking

● Warm up ●

Stretch to warm up your body gradually and stimulate blood circulation. Warming up is effective at preventing injury, knee pains and fatigue.



● Cool down ●

It is important that you gradually stop exercise as your heart is placed under pressure if you stop suddenly. Cooling down accelerates the recovery of your body and prevents muscle aches.



※Note that it is important that you don't overexert yourself when you don't have enough sleep or feel unwell.

Stay hydrated

Sweat prevents your body from increasing in temperature. If your body is not sufficiently hydrated, you may be at risk of heat stroke and other related conditions. Make sure to drink lots of fluids like water and sport drinks. However, drinks that have a diuretic effect, like tea and coffee, are not recommended for fluid replacement.



+10 for Your Health!

You can increase your life expectancy by exercising for an extra 10 minutes. Get healthy with +10.

Regular exercise is effective at reducing the risks of diabetes, heart disease, stroke, cancer, Alzheimer's, depression and locomotive syndrome*.

Why don't you exercise an extra 10 minutes every day?

* What is locomotive syndrome?

Locomotive syndrome refers to a situation in which the risk is great that someone will require care if they fall or break bones due to bone or joint diseases, and/or decreased muscle strength or balance capabilities.

Physical activity standard for health

(Standard for those whose health check results for blood sugar level, blood pressure, and fat are in the normal standard range.)

Age	Physical activity (daily activity and exercise)	Exercise
Older than 65	40 minutes of physical activity every day regardless of intensity	—
18 to 64	60 minutes of physical activity every day that is the same as or harder than walking	60 minutes of exercise a week that makes you breathe hard and sweat
Younger than 18	Reference: Yojiki undo hoshin (Childhood Exercise Policy) Children should ideally have fun exercising for at least 60 minutes every day	—

Source: Overview of Kenko zukuri no tame no shintai katsudo kijun 2013 (Physical Activity Standard for Health 2013) (Ministry of Health, Labour and Welfare) with partial revisions

Tips to Increase Your Activity Volume Through Walking

- Instead of using buses or trains, walk to destinations that are in walking distance.
 - Use the stairs instead of using elevators or escalators.
 - Enjoy walking.
For example, go window shopping, and walk around the streets and sightseeing spots.
 - Keeping a walking record with a pedometer or smartphone creates a sense of achievement and the drive to continue.
- *Note that using electronic devices while walking is dangerous. Stop at a place that is safe when using electronic devices.



Take the first step for your health!

1 Be aware!

There are many opportunities to exercise in your everyday life. Review your lifestyle to know when and where these opportunities exist.

When? Where?

2 Start!

The first step is to exercise a bit longer than you do now for your health. Let's start with +10.

Get around on foot or by bicycle

Walk fast with a wide stride

Stretch while doing something

3 Achieve!

The target is to exercise for 60 minutes a day. The target for elderly people is 40 minutes of exercise a day. Exercise for improved stamina!

18 to 64 Older than 65

Target 8,000 steps a day

Increase stamina through exercise

Decrease moments that you don't move

Move for a total of 40 minutes a day

4 Connect with others!

Share +10 activity with your family and friends. You will have more fun and joy by being active together.

Enjoy with others!

Get Healthy Mentally and Physically with a Balanced Diet



Nakano Shokuiku mascot character
Usagohan

○ Balance staple foods, main dishes, and side dishes

The combination of staple foods, main dishes, and side dishes provides necessary and balanced nutrition.



Staple foods, such as rice, bread, and noodles, contain a lot of carbohydrates to create energy.



Main dishes consist of fish, meat, eggs, and soy beans, and contain a lot of protein and fats.



Side dishes use vegetables and contain vitamins, minerals, and fiber.



○ Eat a lot of vegetables



Vegetables are low in energy and contain vitamins, minerals, and fiber, which are effective at preventing obesity and diabetes. Humans should eat 350 grams of vegetables a day, but most people are a small bowl worth of vegetables short of eating enough. If there are too many vegetables and they are hard to eat, cooking them makes them easier to enjoy. Consciously eat vegetables proactively.

○ Consume less salt

Select fresh ingredients and take advantage of their own distinct flavors. Herbs, spices, and citrus add great flavor which means you can cut back on the amount of salt or soy sauce you use.



○ Eat fruit



While the risk of getting cancer increases when you don't eat enough fruit, only eat a small amount of fruit every day as fruit contains a lot of sugar unlike vegetables.

○ Eat with others and enjoy meals



Eating with family and friends energizes your mind and body. Turn the TV off and put your smartphone down when eating with other people, and enjoy the meal and their company.

○ Come talk about nutrition

You can consult with a registered dietician at the sukoyaka welfare center in your area. Please call before visiting.

Chubu	3-19-1 Chuo, Nakano-ku	☎03-3367-7788	P15 C-3, P16 B-3, P20 B-2
Hokubu	4-31-10 Egota, Nakano-ku	☎03-3389-4321	P12 A-1, P24 A-2, P27C-1
Nambu	5-11-26 Yayoicho, Nakano-ku	☎03-3382-1750	P18 A-3, P21 A-3
Saginomiya	3-58-10 Wakamiya, Nakano-ku	☎03-3336-7111	P26 A-2, P28 B-2, P30 B-2

Health Checks



It is important that you check your health as well as do the appropriate exercise and have a healthy diet to maintain and improve your health. Why don't you take a health check to not only catch diseases at an early stage for early treatment but also prevent diseases?

Even if you don't feel pain or symptoms now, this does not mean that you are healthy. Understand the state of your own health and have regular health checks as part of your continued health management.



Team Promoting the Health of Nakano City Residents

The team is comprised of 15 promoters who were selected from medical organizations that are promoting health, including various groups, town committees, store associations, sports groups, and child development groups. The promoters are working to plan and manage health projects in collaboration with the city government by taking advantage of the knowledge, experience, and mobilization capabilities of their organizations.

A team to promote the health of Nakano City residents in collaboration with the city government created some of the walking courses that are introduced in this map, namely Nakano Shiki-no-Mori Park – Chubu Sports Community Plaza Course on page 14, Asahigaoka Park – Nambu Sports Community Plaza Course on page 18, Heiwa-no-mori Park – Egota-no-mori Park Course on page 24, and Souro Park – Shirasagi Seseragi Park Course on page 30. The promoters actually walked these courses many times to create the courses for the health of residents.



Sports Facilities in Nakano City

Sports Community Plaza

This is a facility for city residents to stay healthy and make friends through sports. Currently there are two sporting facilities in the central and south areas of the city with gymnasiums, and multi-purpose and training rooms. Additionally, the central area has an outdoor athletic field and the south area has an indoor heated pool, enabling residents to do various exercises and sports. Furthermore, local sports clubs hold various lessons and lectures for a wide range of ages. There are also weekly training courses for those who wish to instruct club activities, sports events and sports in their local area.

Chubu Sports Community Plaza
 P15 C-3
 P16 B-3
 P20 B-2
 3-19-1 Chuo, Nakano-ku
 ☎03-3363-0608



Nambu Sports Community Plaza
 P18 A-3
 P21 A-3
 5-11-26 Yayoicho, Nakano-ku
 ☎03-5340-7881



Please check the Nakano City website for other city sports facilities.

Nakano Gymnasium

This facility can be configured for a variety of sports and hence many different kinds of indoor sports and competitions are held here. Two courts are available for tennis, basketball, and volleyball in addition to judo and kendo dojos.

4-11-14 Nakano, Nakano-ku
 ☎03-3389-3151
 P13 A-4
 P16 A-1
 P20 A-1



What is the Nakano Local Sports Club?

The local sports club is a group that promotes sports in the local area as well as ascertaining the sporting needs of residents and finding instructors for the Sports Community Plaza, with residents making up its membership. At the Sports Community Plaza, planning related to regional sports clubs or projects related to each variety of sports club are carried out. Once members are registered with the local sports club, they are eligible to participate in various local sports club projects and use the sports community plaza at a reduced fee.

Registration place

Chubu Sports Community Plaza
 Nambu Sports Community Plaza

Registration fee

As of March 2018
 Group membership: 1,000 yen
 Individual membership: 500 yen



1 Nakano Sta. - Tetsugakudo Park Circuit Course

- Distance : 7.0 km ● Time : 1h 45 min. ● Calories burned : 315 kcal ● Steps : 10000 (Via Nakano-dori Ave.)
- Distance : 7.0 km ● Time : 1h 45 min. ● Calories burned : 315 kcal ● Steps : 10000 (Via Yakushi Ai Road St.)



2 Tetsugakudo Park Circuit Course

Beginners

- Distance : 860 m ● Time : 13 min ● Calories burned : 39 kcal ● Steps : 1230
- *As the course is hilly, the actual amount of time, calories burned, and steps are greater than the amount calculated from the distance above.

3 Nakano Shiki-no-Mori Park – Chubu Sports Community Plaza Course

● Distance : 2.1 km ● Time : 32 min. ● Calories burned : 96 kcal ● Steps : 3000

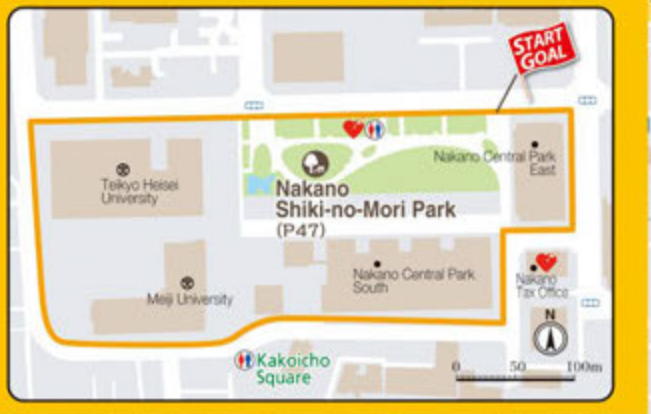
For the subroute ▶ Distance : 4.4 km ▶ Time : 1h 6 min. ▶ Calories burned : 198 kcal ▶ Steps : 6290
(When the subroute is added to the main route)



*The subroute is the main route plus walking from ⑥ Chubu Sports Community Plaza back to ① Nakano Shiki-no-Mori Park via Ome-kaido Ave. and Nakano-dori Ave.

4 Nakano Shiki-no-Mori Park Circuit Course

● Distance : 1.3 km ● Time : 20 min. ● Calories burned : 60 kcal ● Steps : 1860



5 Momozonogawa Greenway - Kanda River Course

● Distance : 4.8 km ● Time : 1h 12 min. ● Calories burned : 216 kcal ● Steps : 6860



The map shows the Momozonogawa Greenway route (blue line) starting at Nakano Sta. and ending at Higashi-Nakano Sta. Key landmarks include Nakano Shrine, various temples (Seigen, Sosei, Shogen, Ryusho, Gentsu, Kotoku, Kenkou, Shigen, Hosen, Mizuki, Meitoku, Inari, Yamamasa, Stone Mortar, Tonoyama, Hoson), parks (Sumire, Tenjin, Fumizono-nishi, Takane, Yato, Uenohara, Chuo, Kamicho, Oiwake, Sugiyama, Yurino), and bridges (Momozono, Samisen, Uemwaka, Hoson, Tobi). The map also shows the Kanda River and the 'Kandagawa' Song Monument. A scale bar at the bottom left indicates 0, 100, 200, and 300 meters.



1 Nakano Sta.



2 Momozono Bridge

The stone pillar still remains and one can feel that there was once a river here.



3 Samisen Bridge

This bridge was built on the road for pilgrims to Arayakushi and was given its name as the sound of samisen could always be heard.



4 Café momo Garten



5 "Kandagawa" (Kanda River) Song Monument

There is a square around the inscription where you can rest

6 Aschigakoka Park – Nambu Sports Community Plaza Course

● Distance : 2.6 km ● Time : 39 min. ● Calories burned : 117 kcal ● Steps : 3710

For the subroute ▶ Distance : 3.8 km ▶ Time : 57 min. ▶ Calories burned : 171 kcal ▶ Steps : 5430
(When the subroute is added to the main route)



Beginners



7 Ome-kaido Ave. - Nakano-shimbashi Course

● Distance : 7.2 km ● Time : 1h 48 min. ● Calories burned : 324 kcal ● Steps : 10290



8 Higashi-Nakano - Kamitakada Course

● Distance : 3.1 km ● Time : 47 min. ● Calories burned : 141 kcal ● Steps : 4430



Map Details:

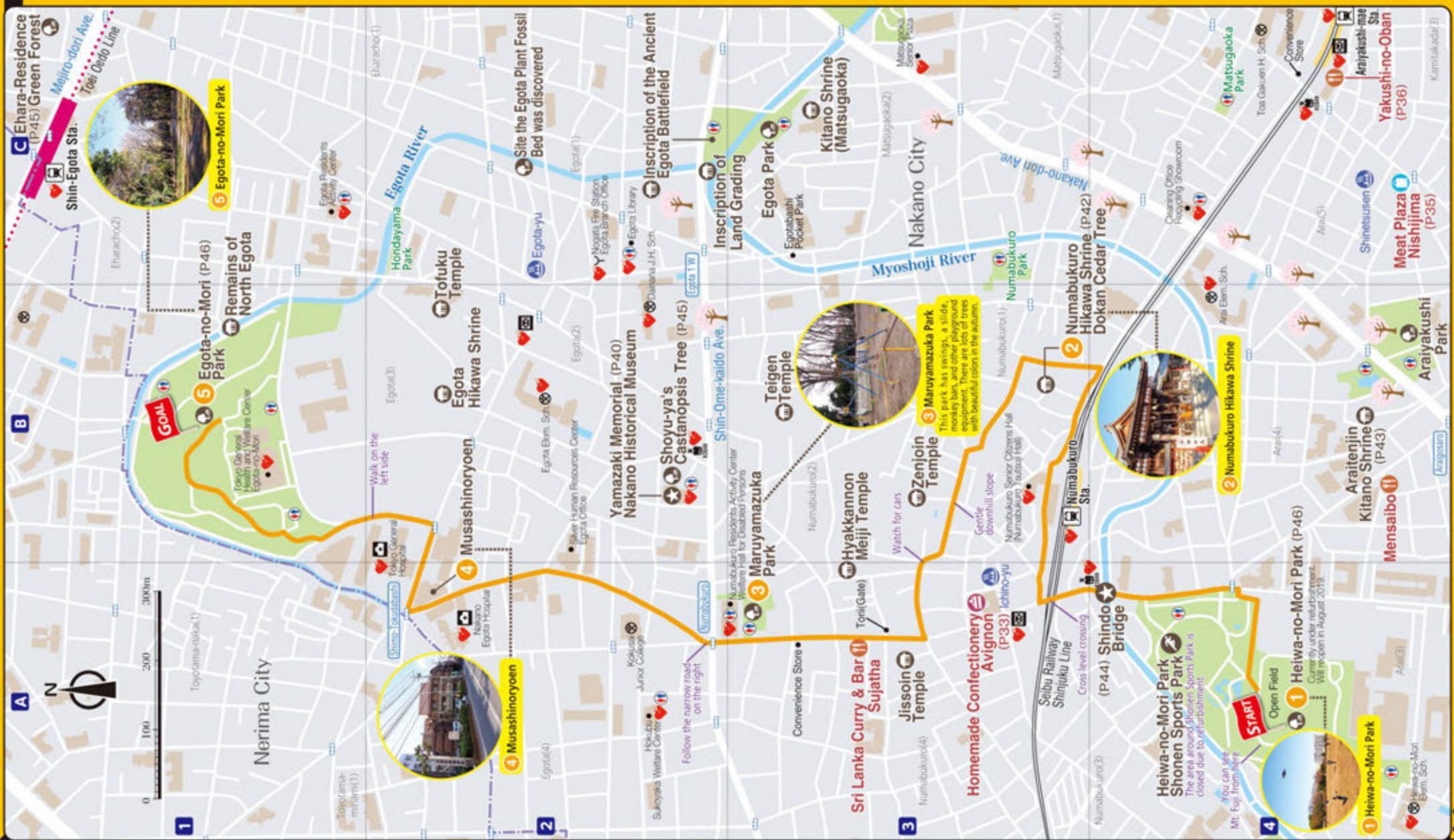
- Scale:** 0 to 300m.
- Stops:** 1 Araiyakushi-mae Sta., 2 Kamitakadadai Park, 3 Birthplace of "Takibi no uta" (Bonfire Song), 4 Sakuragaike Fudoston Temple, 5 Toko Temple, 6 Araiyakushi-mae Sta.
- Landmarks:** Kamitakada Hikawa Shrine, Kamitakada Park, Kamitakada-nichome Park, Seigen Temple, Gentsu Temple, Shogen Temple, Hozen Temple, Sosei Temple, Ryusho Temple, Kitano Shrine (Nakano), Momijiyama Park, Shiroyama Park, Yato Sports Park, Okiubo-dori Ave., Nakano ZERO (P-48), Momijiyama Park (P-46).
- Other:** Myoshoji River, Shinjuku City, Nakano City, JR Chuo/Sobu Line, Toei Oedo Line, Yamate-dori Ave.

9 Heiwa-no-Mori Park - Egota-no-Mori Park Course

● Distance : 2.8 km ● Time : 42 min. ● Calories burned : 126 kcal ● Steps : 4000



Beginners



10 Myoshoji River Course

● Distance : 6.2 km ● Time : 1h 33 min. ● Calories burned : 279 kcal ● Steps : 8860



11 Saginomiya Sta. – Nogata Sta. Course

● Distance : 3.0 km ● Time : 45 min. ● Calories burned : 135 kcal ● Steps : 4290



12 Souro Park – Shirasagi Seseragi Park Course

● Distance : 2.4 km ● Time : 36 min. ● Calories burned : 108 kcal ● Steps : 3430

For the subroute ▶ Distance : 5.8 km ▶ Time : 1h 27 min. ▶ Calories burned : 261 kcal ▶ Steps : 8290
(When the subroute is added to the main route and you walk from Saginomiya Station to Nogata Station)

Start

Goal



Beginners



2 Fukuzoin Temple
A temple of the Buzan sect of Shingon Buddhism. There are wonderful maple trees on the premises and the autumnal foliage is magnificent.



5 Shirasagi Seseragi Park
The relaxing park has integrated playground equipment and exercise equipment for all ages to enjoy.



1 Souro Park
The name of this park is derived from the fact that its location used to be between Kamisaginomiya and Shimosaginomiya.



3 Olive Bridge
You can walk over it, but it is under construction until July 2018.



4 Nishi-Yamato Park
This park has children's playground equipment as well as exercise equipment.

*To use the subroute to Nogata Station, cross Shimosagi Bridge, reverse the order of points (4) and (3), and go via Shirasagi Seseragi Park to Nishi-Yamato Park.

*The subroute starts at Saginomiya Station going through Saginoku Park, along Myoshoji River, and finishing at 1 Souro Park.

*The subroute starts from 4 Nishi-Yamato Park going along Myoshoji River and finishing at Nogata Station.



Kyle's Good Finds P13 A-3, P27 D-3

Carrot Cake

You can find authentic American cakes here, including the carrot cake with cinnamon and other spices, and lemon frosting that has a delicate harmony.

☎03-3385-8993

1st Floor Sun First Nakano Arai,
2-7-10 Arai, Nakano-ku

🕒10:00 - 18:00 (holidays 12:00 - 16:00)

🚪Sundays and others



CLOCHETTE CAFE

Waffles

P13 A-4, P16 A-1
P20 A-1

The popular waffles are cooked to order, and are crispy on the outside and fluffy on the inside. They are served with your choice of strawberry, blueberry, or other sauces.

☎03-5343-5088

1st Floor, Nakano Suncuore
4-3-1 Nakano, Nakano-ku

🕒10:00 - 19:00

🚪Saturdays



Sweets

How About Dessert? Popular and Tasty Sweets



Homemade Confectionery Avignon

Numa Choco/Osama Potato

P12 A-2, P25 A-3, P27 C-2

Why not try the "Numa choco" that uses carefully-selected chocolate from various countries and is layered with almond cream, and "Osama potato" that has a rich sweet potato fragrance?

☎03-3385-4336

1-37-11 Numabukuro,
Nakano-ku

🕒9:00 - 19:30

🚪Wednesdays



Fruit Parlor Sun Fleur

Fresh Fruit Jelly

P26 A-1, P28 B-2
P31 C-1

Ripe fruit is married to natural gelatin with no added preservatives to create these sweets. The restaurant also runs fruit cutting classes.

☎03-3337-0351

3-1-16 Saginomiya, Nakano-ku

🕒10:00 - 18:00

🚪Not set



Musashino Tamaya

P18 B-1, P20 B-2

Nabeyoko Monaka

A monaka (wafer cake filled with bean jam) that is shaped like a pot (鍋) derived from their location in Nabeya Yokozcho (鍋屋横丁). Three types of red bean jams—whole bean, smooth sweet bean, and sesame red bean—are made by veteran artisan skill to produce a sophisticated taste.

☎03-3381-7012

4-30-14 Honcho, Nakano-ku

🕒9:00 - 19:00

🚪Not set



PIN-no-Mise

Apple Pie/ Banana Bread with Ginger

P14 B-3, P16 B-3
P18 A-1, P20 A-2

This is the only place that you can experience apple pie that has the crisp texture of apples and subtle sweetness and banana bread with a ginger punch made for adults, which are popular sweets that get rave reviews from locals.

☎03-3381-0201

5-1-2 Chuo, Nakano-ku

🕒10:00 - 20:00

🚪None



Health
Note

Food and snacks taste better when you exercise through walking!



Patisserie Francaise Fujinoki

P26 A-2, P28 B-2, P31 C-2

Assorted Gift Basket/Kasei-chan de Chou

Try a gift basket with assorted sweets made based on Nakano anecdotes, and the "Kasei-chan de chou", a delicious custard treat made in collaboration with a local character.



☎03-3330-4261

3-17-6 Wakamiya, Nakano-ku

🕒11:00 - 20:00 Not set



Kakimochi-dokoro Hayashiya

Kakinotane Spicy Crackers

P17 C-1, P20 C-1
P23 C-4

Founded 70 years ago, its popular "kaki no tane" has a characteristic texture and aftertaste. With a mild spiciness, it's so delicious you'll never forget it once you've had it.

☎03-3371-8848

3-1-1 Higashi-Nakano, Nakano-ku

🕒10:00 - 20:00 (Saturdays and holidays 10:00 - 19:00)

Sundays



Sakurayama Kabo

P13 B-3, P27 D-3

Jam and compote homemade from fruit grown in Japan



Specially-selected Japan-grown fruit is made into jam and compote. All products are homemade with about 100 variations through the year.

☎03-5942-5013

1-30-6 Arai, Nakano-ku

🕒11:30 - 19:00

Mondays



Popular Delicacies You Can Pick Up on Your Walk



Nakajimaya Butcher Shop

P26 B-2, P29 C-3
P31 D-2

Homemade Minced Meat Cutlets

Their popular homemade mince cutlets use meat that is so safe and hygienic they supply them to the local school and restaurants. So juicy and delicious they don't need sauce.

☎03-3330-0402

1-27-9 Wakamiya, Nakano-ku

🕒10:00 - 19:30

Sundays



Meat Plaza Nishijima

Iruma Barbecue Pork

P13 B-3, P25 C-4, P27 D-3

Sauce that has been used for many years brings out the tenderness and sweetness from the shoulder from one pig to make the Iruma BBQ pork.



☎03-3386-2980

5-16-2 Arai, Nakano-ku

🕒10:00 - 19:00

Fridays



OHASHI

Japanese Tea

P13 A-4, P14 A-2
P16 A-2, P20 A-1

A Japanese tea specialty store founded 360 years ago, their "Button box set" with a mix of tea and chocolate shows one how to enjoy Japanese tea.

☎03-3381-5320

3-34-31 Nakano, Nakano-ku

🕒10:30 - 19:00

Sundays



papabubble Nakano

Art Candy

P13 B-3, P27 D-3

Experience fun candy with a beautiful and interesting design, and a crunchy layer with an airy melt-in-your-mouth texture.

☎03-5343-1286

1-15-13 Arai, Nakano-ku

🕒10:30 - 21:00 (Sundays, Mondays, and holidays until 19:00)

Tuesdays



Abumata Miso

Edo Sweet Miso

P15 C-3, P17 C-3
P18 B-1, P20 B-2

This miso maker has been making Edo sweet miso since it was founded in 1885. Some enjoy the thick, sweet paste on toast with butter.

☎03-3372-5211

3-32-19 Honcho, Nakano-ku

🕒9:00 - 18:00

Saturdays and Sundays



Jingu Tofu Main Shop

Premium Jingu Tofu

P14 B-3, P16 B-3
P18 B-1, P20 B-2

A tofu store in Nabeya Yokochi, they make 10 blocks daily of their special Jingu tofu, which has a texture like camembert cheese, and goes with olive oil and salt. (It is not sold all the time.)

☎03-3381-3688

4-1-20 Chuo, Nakano-ku

🕒12:00 - 18:00

Sundays





Bistro Grato P17 D-1
Dipping Spaghetti

Their famous special dipping spaghetti consists of tomato soup and capellini pasta. Enjoy it with the chef's special braised pork for a rich meal.

☎03-3366-5003
4-9-1 Higashi-Nakano, Nakano-ku
🕒11:30 - 14:00, 17:30 - 23:30
🚪 Wednesdays and the second Tuesday of the month



Gourmet
•
Take out
•
Sweets

Gourmet

Discovering Tasty Food in Nakano

Nakano has many restaurants that you should visit at least once like ones that are long beloved and others that offer superb food with particular ingredients and cooking methods. Why don't you enjoy the tastes of Nakano while on your walk?

Take a break! Tasty and Fun Local Food

Yakushi-no-Oban

Ramen Kotemaru

P12 C-2, P22 A-2
P25 C-4, P27 D-3

Opened 33 years ago at the front of Arai Yakushi-mae Station, the most popular ramen here is "kote maru". It has a rich flavor but a refreshing aftertaste and the noodles are of medium thickness.

☎03-3385-1193
3-41-3 Kamitakada, Nakano-ku
🕒11:30 - 21:00 (some days are different)
🚪 Sundays



Nakano-Taishoken

Original Dipping Soba

P14 A-2, P16 A-2
P20 A-1

This original dipping soba restaurant opened in 1951 and the thick, springy noodles are served with a rich umami soup.

☎03-3384-9234
3-33-13 Nakano, Nakano-ku
🕒10:30 - 20:30
🚪 Wednesdays



Miharu

Smoked Eel P13 B-4, P16 B-1, P20 A-1

A famous Nakano eel restaurant, its specialty dish, smoked eel, melts in your mouth. Be quick though, only six plates of this delicacy are served at night.

☎03-6677-1990
5-57-10 Nakano, Nakano-ku
🕒12:00 - 14:00 (last order);
17:00 - 21:00 (last order)
🚪 Sundays



Board game & dining bar kurumari

Root Potage Omurice

P14 A-2, P16 A-2, P20 A-1

You can play board games while enjoying various types of omurice including the most popular dish "Root potage omurice."

☎03-6382-7450
2nd floor Nakano JM Building,
2-28-1 Nakano, Nakano-ku
🕒11:30 - 14:30 (last order);
18:00 - 22:30 (last order)
🚪 Mondays



Café momo Garten

P15 C-2, P17 C-2
P20 B-2

A café that is a replica of an old tenement house. Their specialties are the homemade spicy Indian curry and cakes. Have a relaxing time in a nostalgic atmosphere.

☎03-5386-6838
2-57-7 Chuo, Nakano-ku
🕒11:00 - 18:00
🚪 Mondays to Wednesdays



Dai-Kaiju Salon (Monster Bar)

P13 B-3, P16 B-1, P27 D-3



The monster character, "Mucho" welcomes you at the entrance and the café and bar, which is filled with nostalgic toys, has a menu with Beckos melon soda, monster curry, and other fun treats.

☎03-5942-7382
Lions Mansion Nakano #5,
1-14-16 Arai, Nakano-ku
🕒15:00 - 23:00 (from 13:00 on weekends and holidays)
🚪 None



BAR&RESTAURANT Ten

Spicy Chicken Curry

P13 B-4, P14 B-1
P16 B-1, P20 A-1

Their specialty is a spicy chicken curry, which doesn't use any oil and has a rich umami flavor from over 10 spices, vegetables, and fruit.

☎03-3387-7357
5-36-1 Nakano, Nakano-ku
🕒18:00 - 2:00 (23:00 on Sundays and holidays)
Open for lunch on Mondays to Thursdays from 11:50 to 13:00.
🚪 Mondays, first Sunday of the month



Bar ILLUSIONS

ILLUSIONS' Napolitan

P13 B-4, P14 B-1
P16 B-2, P20 A-1

ILLUSIONS' napolitan uses fresh al dente pasta with a rich sauce of gently pan-fried onions and mushrooms that is perfect with an alcoholic drink!



☎03-3384-7598
B1 Ito Building, 2-12-11 Nakano, Nakano-ku
🕒18:00 - 3:00 (until 2:00 on Sundays and holiday Mondays)
🚪 None



You can enjoy the beauty of the flowers like plums, cherry blossoms, azaleas, and autumnal foliage that bloom with the seasons, and the shapes of the foliage while walking through the Tetsugakudo Park, which is perfect exercise for your health. See p. 13 of the course map.

Attractions around the Tetsugakudo Park

Renge Temple P12 C-1, P27 D-1

1-6-4 Egota, Nakano-ku

There is a unique tombstone of Enryo Inoue, the person who established the garden. On a stone in the shape of the character “井” is a stone in the shape of a circle (円), which represents Enryo Inoue’s name (井上円了) in Japanese.



Nogata Water Tower P12 C-1

1-3 Egota, Nakano-ku

This is a tower inside Mizunoto Park built for the Aratama Aqueduct waterworks with its feature being the dome roof. Completed in 1929 and used until 1966, it is now carefully conserved as a Federal Registered Tangible Cultural Property.



Old Buildings in the Tetsugakudo Park

Citadel of the Absolute



Formerly a library, there is a collection of records that detail the struggles of those on the road to truth. It is named after Enryo’s belief that it is possible to transcend all dualisms and reach the Absolute if one reads all the books in the world.

Cosmos Hall

This building was created as a philosophy lecture room from the viewpoint of philosophy as a discipline to research the truth about space.



Gate of Philosophical Reason

In the pillar on the right side of the gate there is a statue of a long-nosed goblin to express the mysteriousness of the physical world and in the pillar on the left side a statue to express the mysteriousness of the spiritual world. The character 理 (which means philosophy) on the end of the roof tiles is also worth a look.



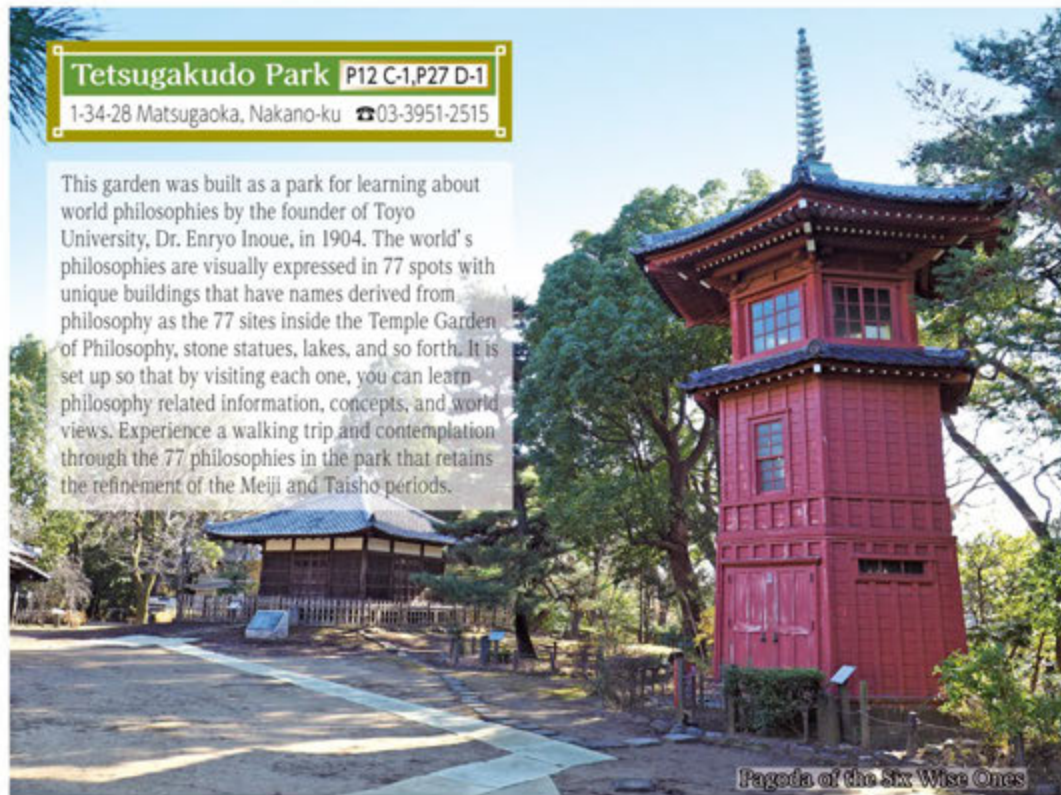
The Only Philosophy Theme Park in the World Visit the Tetsugakudo Park

The Tetsugakudo Park is 1.2 times larger than Tokyo Dome located near Myoshoji River in northern Nakano. Full of flowers and trees that change with the seasons, the garden is perfect to walk through. Why don’t you visit the one-of-a-kind philosophy theme park?

Tetsugakudo Park P12 C-1, P27 D-1

1-34-28 Matsugaoka, Nakano-ku ☎03-3951-2515

This garden was built as a park for learning about world philosophies by the founder of Toyo University, Dr. Enryo Inoue, in 1904. The world’s philosophies are visually expressed in 77 spots with unique buildings that have names derived from philosophy as the 77 sites inside the Temple Garden of Philosophy, stone statues, lakes, and so forth. It is set up so that by visiting each one, you can learn philosophy related information, concepts, and world views. Experience a walking trip and contemplation through the 77 philosophies in the park that retains the refinement of the Meiji and Taisho periods.



Pagoda of the Six Wise Ones

Four Sages Hall

This building is at the center of the garden. The four boards with the names of the sages—Confucius, Buddha, Socrates, and Kant—are all on the front wall.



Pagoda of the Six Wise Ones

One of the typical buildings in the garden. It commemorates the sages of the oriental world, namely Prince Shotoku from ancient Japan, Sugawara no Michizane from medieval Japan, Zhuangzi and Zhu Xi from the Chinese Zhou and Song Dynasties respectively, Nagarjuna from the Buddhist world of India, and Kapila from the Brahmin philosophy of India.

Open Times for the Tetsugakudo Park

🕒 March to June and September 8:00 ~ 18:00
July and August 7:00 ~ 18:00
October and November 8:00 ~ 17:00
December to February 9:00 ~ 17:00

📅 End of the Year (December 29 -31)



The Tokugawa Shogunate and Nakano

The dog kennels and the elephant cage are examples of Nakano's connection to the Tokugawa shogunate. You can find traces of these places even today.

Elephant Cage Ruins P19 C-2, P21 C-3

Asahigaoka Park 2-32 Honcho, Nakano-ku



This is where the ruins of an elephant cage that existed in the middle of the Edo period are located. An elephant was brought from Annam (present-day

Vietnam) in 1728 and after Tokugawa Yoshimune, the eighth shogun, inspected it, it was given to Gensuke of Nakano Village, who built a cage and looked after the animal.



The elephant drawn in "Guide to Famous Musashi Sites"

Nakano Dog Shelter P13 A-4, P14 A-1, P16 A-1, P20 A-1

Nakano City Office 4-8-1 Nakano, Nakano-ku

Tokugawa Tsunayoshi, the fifth shogun of the Tokugawa dynasty, built a fenced facility with shelters to protect and nurture stray dogs, hence they were called, "The Dog Enclosures." The site was where the current-day city office is now located covering about 1 million m² and there were various buildings in the enclosures with up to 100,000 dogs being housed. There are statues in front of the Nakano City Office that attest to the fact that these shelters once existed.



Learning about Nakano History

Yamazaki Memorial Nakano Historical Museum

P12 A-1, P24 B-2, P27 C-1

4-3-4 Egota, Nakano-ku ☎03-3319-9221

This museum was built on land donated by an honorary citizen of Tokyo, the now-deceased Mr. Kisaku Yamazaki, for the purpose of conserving and exhibiting local cultural assets. There are three exhibition rooms—permanent exhibition room, special exhibition room, and planned exhibition room—and in addition to being able to learn about the history of Nakano from primitive times to now, you can also see an actual stone mill in the carpark that was once used to mill buckwheat flour.

🕒 9:00-17:00 (last admission is 16:30)

🚪 Closed Mondays, 3rd Sunday of the month, and New Year's holidays

➡ Admission is free



Visiting Old Temples and Legends along the Ome-kaido Ave.

The area around the Ome-kaido Ave. once prospered as the Nakano Barracks and is a location rich in history. Imagine old temples and their legends, and visit their historical sites.

What is the legend of Nakano Choja?



Over 600 years ago, Kuro Suzuki succeeded in cultivating this land and became known as the Nakano Choja (literally, "The Rich Man of Nakano").

However due to bad karma from being involved in sinful business dealings, his beloved and only daughter died. Regretting his sins, Kuro became a monk and converted his house into a temple in honor of his daughter's soul (the current day Jogan Temple). (This story differs from historical facts.)

Land related to the Nakano Choja

Jogan Temple P19 C-2, P21 C-3

2-26-6 Honcho, Nakano-ku ☎03-3372-2711

The Chinese-style Sanmon gate is its symbol and it was built by Kuro Suzuki, who was known as the Nakano Choja. It was relocated to its current location during the Edo period and it is the tombstone of the feudal lord Hasuike Nabeshima.



Tombstone of Nabeshima Clan

Hosen Temple P15 D-3, P17 C-3, P19 C-1, P20 C-2

2-33-3 Chuo, Nakano-ku ☎03-3371-7101



This is one of the largest temples in Nakano and it has a long history, being built by Minamoto no Yoshiie during the Kanji period (1087 to 1094) toward the end of the Heian period. Many cultural

assets can be found inside the temple, such as the Sanmon gate that houses a pair of the statues of the Nioh guardian deities, and the tombstone of the Horie family, who were the head of the Nakano village.



Stone Mortar Mounds

There used to be many small mills in Nakano, but now they are gone due to mechanization. To commemorate their existence, their stone mortars were piled up and made into a fountain.



Experiencing Nakano History

While Nakano City has become famous as an area for its subculture, it also has a long history. Take an enjoyable walk visiting historical sites throughout the city.

Saginomiya Hachiman Shrine P26 A-2, P28 A-2, P30 B-2

1-31-10 Shirasagi, Nakano-ku ☎03-3338-8536

Built in 1064, the locals called the shrine "Saginomiya Shrine" as there were many sagi (herons) living on the shrine grounds and this is in turn said to be the origin of the name of the Saginomiya area. The Saginomiya Japanese festival music that plays at the festival in August is designated as an Important Intangible Folk Cultural Property of Nakano City.



Nakano Hikawa Shrine P17 D-2, P20 C-2, P23 C-4

1-11-1 Higashi-Nakano, Nakano-ku ☎03-3361-2465

Built in 1030 as the local deity of the old Nakano village, the origin is said to be the transfer of the deity from Omiya Hikawa Shrine in Musashi Ichinomiya. There are many ward designated cultural assets on the grounds, including the stone guardian dogs said to be carved 700 to 800 years ago, and the festival held annually in September is one of the biggest in the city.



Tada Shrine

P21 A-4

3-43-1 Minamidai, Nakano-ku ☎03-3381-4376

It is said that Tada Shrine was established in 1092 by Minamoto no Yoshiie when he visited Omiya Hachiman Shrine in Suginami City and enshrined his ancestor, Mitsunaka Tada. The present-day Minamidai area was once called Zoshiki and Tada Shrine is revered as the deity of Zoshiki Village.



Health Note

Visiting shrines and temples to pray for sound health was very popular with regular folk in the Edo period (1603 to 1867). Taking a stroll while experiencing Edo history may benefit your health.

Numabukuro Hikawa Shrine P12 B-2, P25 B-3, P27 D-2

1-31-4 Numabukuro, Nakano-ku ☎03-3386-5566

The shrine was founded around the time of the Shohei period (1346 to 1370) with the making of a branch shrine to enshrine the Susanoo deity, transferred from the Omiya Hikawa Shrine in Musashi Ichinomiya. It is also known as an old shrine related to Ota Dokan, who built Edo Castle. The remains of the "Dokan Cedar Tree", and the "Sanbon negai matsu" tree that is enshrined as a sacred tree, can be found on the shrine grounds.



Leisurely walk around temples and shrines A Walk in Nakano Sure to Bring You Good Luck.

Araiyakushi Baishouin Temple P13 B-3, P27 D-3

5-3-5 Arai, Nakano-ku ☎03-3386-1355

The principal objects of worship at Baishouin (a temple of the Buzan Sect of Shingon Buddhism, founded by a Buddhist priest called Gyoshun in the Tenso period from 1573 to 1592) are a sacred image of the Buddha of Healing and the Nyoirin Kannon. The Buddha of Healing has long been fervently worshipped as the "God of Eyes". For a long time, there has been plant fairs every month on days with an "8", which many people frequent.



Araitenjin Kitano Shrine P12 A-2, P25 B-4, P27 D-3

4-14-3 Arai, Nakano-ku ☎03-3388-0135

This shrine is said to be built by the Buddhist priest called Gyoshun who founded the Araiyakushi Baishouin temple. It was already the local Arai shrine in the Tenso period. The grounds are dotted with numerous "Chikaraishi" (stones to test one's strength), which are ward designated cultural assets. The bird fair held in November gets many visitors and there are fans and other lucky charms for sale.





Kasei-chan Monument P26 A-2, P28 B-2, P31 C-2

The Kasei-chan character was born in 2002 when the Toritsu-Kasei Shopping Street Promotion Association asked cartoonist Mr. Tetsuya Chiba to create it. To celebrate its 10th birthday, a sculpture was made and placed at the south exit of Toritsu-Kasei Station. Kasei-chan appears at many events and is beloved in the area.



3-16 Wakamiya, Nakano-ku

Olive Bridge P26 A-2, P28 B-3, P30 B-2

This is a bright green bridge that crosses the Myoshoji River and was named the Olive Bridge as Sakae Tsuboi who wrote the novel, "Twenty-four Eyes" which is set on Shodoshima and is famous for olives, lived nearby (the bridge is under construction until July 2018). Wakamiya Olive Park, where various trees grow, is also nearby.

3-57 Wakamiya to 1-14 Shirasagi, Nakano-ku



Wakamiya Olive Park, near Olive Bridge

Shindo Bridge P12 A-2, P25 A-4, P27 C-2

It is said that the frogs that were caught in this area and given to the Tokugawa shogunate as food in the Edo period were used as Chinese medicine. Thus, pictures of frogs are depicted on the bridge railings.

3-38 and 4-32 Arai, Nakano-ku



Momozonogawa Greenway P14-15, P16-17, P20

This is an approximately 2.3 km long path on the Momozono River, which starts in Suginami City and has been submerged underground. It is a beautiful path on which you can enjoy an abundance of trees and plants all-year long.

1-50 Chuo to 3-13 Nakano, Nakano-ku
☎03-3228-8032
(Nakano City Park Maintenance and Management Department)

Health Note

A wide variety of attractions can be found on the path, including waterside plants, picture tiles, and a children's park, which enable you to have an enjoyable walk. There is also a café called momo Garten (p. 36) along the path allowing you to have a pleasant rest.



Shoyu-ya's Castanopsis Tree P12 A-1, P24 B-2, P27 D-1



Ehara-Residence Green Forest P24 C-1

A park in which part of an old house from the Edo period is still maintained and the over 100-year-old woodland around the residence still remains, making it a green city oasis.

3-32 Eharacho, Nakano-ku
☎03-3228-8032
(Nakano City Park Maintenance and Management Department)



On the grounds of the Nakano Historical Museum, there is a 500-year-old castanopsis tree. As Mr. Yamazaki, who donated the land that the Nakano Historical Museum is on once made soy sauce, the tree is beloved as the "castanopsis tree of the soy sauce store." As the official tree of Nakano, the castanopsis tree is associated with this tree.

4-3-4 Egota, Nakano-ku
(Nakano Historical Museum)
☎03-3319-9221

Admire the Nakano Scenery while Enjoying a Walk

There are many charming tourist spots that you can experience in Nakano while walking through the streets. Why not take a gentle stroll and enjoy the special scenery?

Nakano Shiki-no-Mori Park

P13 A-4, P14 A-1, P16 A-1

A disaster prevention park located in the center of Nakano Shiki-no-Machi, on the weekends it is bustling with families, joggers, and others playing various sports. It is also used as a venue for a range of large-scale events including the Tohoku Recovery Exhibit in Nakano and Nakano Nigiwai Festival.

4-13 Nakano, Nakano-ku



Fountain area where children can play with the water



Nakano Nigiwai Festival

Health
Note

There is a wide pedestrian path, which is perfect for walking and jogging, and a spacious grass plaza. See page 15 for the course map.



For enquiries about the parks listed on pages 46 and 47 (with the exception of Heiwa-no-Mori Park), contact ☎03-3228-8032 (Nakano City Park Maintenance and Management Department)

* P00 A-0 Page on the map

Egota-no-Mori Park P24 B-1

During the Edo period, this area was used for falconry by the shogun and it still has the most woodlands of anywhere within the city, enabling you to feel the vestiges of Musashino. In 1912, as a thank you to Japan sending sakura trees to the Potomac River in Washington, America sent dogwood, which were planted in this area where the Nogata Nursery was once located. Saplings of the descendants of those original trees now grow on the dogwood hill inside the park.

3-14 Egota, Nakano-ku



Sugiyama Park P16 B-3, P18 A-1, P20 A-2

The family of Saikichi Sugiyama, a Meiji-era entrepreneur engaged in developing Hokkaido, donated the land for this park and it has playground equipment for children and park benches.

6-15 Honcho, Nakano-ku



Heiwa-no-Mori Park P12 A-2, P25 A-4, P27 C-2-3

This is one of the largest parks in the city and it has popular walking and jogging courses surrounded by grass plazas. There is also playground equipment specially designed for light workouts that adults can use. The park is being redeveloped with the theme of "Creating parks in the center of Nakano perfect for nurturing health and interactions through sport and greenery." (The park is scheduled to be reopened in August 2019.)



Workout equipment

3-37 Arai, Nakano-ku
☎03-3228-5553
(Nakano City Park
Maintenance Department)

Momijiyama Park P14 B-2, P16 B-2, P20 B-1, P23 A-4

Built by the Nakano City government as part of the activities to celebrate the 100th year of Tokyo's foundation, this park is adjacent to Nakano ZERO. The park's name is derived from the Japanese maple trees (momiji) that grow prodigiously in this area. Various trees grow in the park and you can find playground equipment and a steam train exhibit.

2-5 Nakano, Nakano-ku





"Kandagawa" (Kanda River) Song Monument P17 D-2

On the approach to the Suehiro Bridge that intersects the Momozonogawa Greenway and Kanda River, there is a plaque with the inscription of the first verse of the song "Kanda River" sung by Kosetsu Minami and the band Kaguyahime in 1973, which was a huge hit.

1-13-9 Chuo, Nakano-ku

Heclth Note

A pedestrian path has been constructed along the Kanda River as a seasonal path. As there is a long row of sakura trees, a walk during sakura season is highly recommended.

Birthplace of "Takibi no uta" (Bonfire Song) P22 A-2 P27 D-2



In 3-chome of Kamitakada on the south side of Araiakushi-mae Station, which is on the Seibu Railway Shinjuku Line, there is a residence with a long bamboo fence that stands out. This area is the birthplace of "Takibi no uta" (Bonfire Song) and the verse "kakineno kakineno magarihado" remains as it was when the song was written. It is believed that the writer of the song, Seika Tatsumi, was walking in the neighborhood while he wrote the song.

3-26-17 Kamitakada, Nakano-ku

Nakano ZERO P13 C-4, P14 B-1, P16 B-2 P20 B-1, P23 A-4

As a hub for lifelong study in Nakano, this facility has a large hall where concerts and lectures are held, smaller halls, an art gallery, lifelong study activity and support area, rehearsal room for dance practice, as well as a planetarium and more. The facility also has an adjoining library and is adjacent to Momijiyama Park, which changes with the seasons.

2-9-7 Nakano, Nakano-ku ☎03-5340-5000(Reception)



Umewaka Noh Academy Hall P15 D-2, P17 C-2 P20 C-2

This is a school where even beginners can learn Noh plays and stories, and the school always welcomes tour reservations and admissions. With the exception of February and August, Noh plays are held on the third Sunday of every month and anyone is allowed to watch the plays.



2-6-14 Higashi-Nakano, Nakano-ku ☎03-3363-7748

Enjoyment of Small Theaters

Many performers that are trying to become stars and theater group members who bring the stage to life gravitate to Nakano. Feel the energy of those that are chasing their dreams at the small theaters where a variety of performances are held.

Nakano Small Theater P13 A-4, P16 A-1 P20 A-1

This facility has 110 seats and hosts all manner of performances, including traditional Japanese music, dance, and comedic story-telling, comedy shows, recitals, and plays. Many performers have performed live shows here and it is also a place where the next generation of stars can be discovered.

2nd Floor Smile Nakano Building, 5-68-7 Nakano, Nakano-ku ☎03-5380-0931



Pocket Square P14 A-2 P16 A-2

3-22-8 Nakano, Nakano-ku ☎03-3381-8422 (Office)

This is the collective name for the four small theaters near Nakano station. As the small theaters make ease of viewing and use a priority, and are decked out with high-quality equipment, they are favored by many theater groups.



The Pocket

This theater is at the center of Pocket Square and is the largest of the four theaters with 180 seats.



Theatre BONBON

This theater has the highest ceilings of the theaters in Pocket Square and feels much larger than it actually is.



Theater MOMO

While this small theater only has seating for about 90, the ceiling is high and the lobby is user-friendly.

Theater HOPE

This is the only theater in Pocket Square that is underground. While there is only seating for about 70, it is a fully-functional theater.

Nakano Sunplaza P13 A-4, P14 A-1
P16 A-1, P20 A-1

An amusement complex opened in 1973, it has a distinctive white triangular exterior. Since its opening, many artists have performed concerts at the hall here, and it also has a hotel, restaurants, cafes, a wedding venue, research rooms, and more. The entrance lobby is also popular as a meeting spot.

4-1-1 Nakano, Nakano-ku
☎03-3388-1151 (Reception)
Unique Nakano goods sold at the back of the 1st floor lobby (no set times)



Illuminated carillon clock (winter only)



Sunplaza hall

Health Note
Sunplaza also has sports facilities like a bowling alley. All ages, from children to the elderly, can enjoy physical activities.

Nakano Sun Mall Shopping Street P13 A-4, P14 A-1
P16 A-1, P20 A-1

5-67-1 Nakano, Nakano-ku
☎03-3387-3586 (Nakano Sun Mall Office)

A long shopping street that stretches from the plaza at the north exit of JR Nakano Station, it connects to Nakano Broadway. There are over 100 stores in the arcade which uses various gimmicks to attract customers, like background music that varies depending on the time as well as time announcements that incorporate a passing steam locomotive.



Fun decorations that change with the season



Walking Spots with Tremendous Character

The more you learn about Nakano, the more you discover spots of interest. You can walk through places with sub-culture as well as parks with a wealth of nature and nostalgic sights.

From Sub-culture to Noh Theater, Hunt for Cultural Spots in Nakano **(Culture/Art)**

Nakano Broadway Shopping Street P13 A-4, P16 A-1
P20 A-1

A commerce facility that opened in 1966, it was a pioneering business and residential complex at the time. There are about 300 stores, with many enthusiast stores focusing on anime, cosplay, and other categories in the sub-culture genre. There are also many community-based stores, like grocery stores and medical institutions, and the complex is always bustling with people.

5-52-15 Nakano, Nakano-ku ☎03-3388-7004
(Nakano Broadway Office)



Entrance to a different world

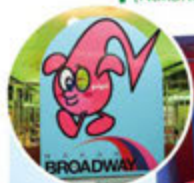
A chaotic space with deep stores in rows



Crazy vending machines



Castle celebrating Nakano Broadway's 50th anniversary



Getting to Nakano City



Access by Train



Access from the Airport



Nakano Free Wi-Fi

Nakano City provides a public wireless LAN service (Free Wi-Fi) that anyone can use around major train stations in the Nakano area.

<https://www.visit.city-tokyo-nakano.jp/wifi>



How to Use the Service

- Turn on Wi-Fi on your device near an access point. From the list of networks, select [Tokyo_Nakano_Free_Wi-Fi].
- Open the browser. When the Wi-Fi portal site appears, tap [Connect to the Internet].
- Enter your email address. Perform authentication registration to connect to the Internet!

Currency Exchange

Japan Post Bank Nakano
2-27-1 Nakano, Nakano-ku ☎03-3383-7541

Nakano-kita Post Office
1-28-10 Maruyama, Nakano-ku ☎03-5380-3021

MUFG Bank, Ltd.
Nakanoeki-Minamiguchi Branch
2-30-9 Nakano, Nakano-ku ☎03-5340-0761

MUFG Bank, Ltd.
Nakano-Ekimae Branch
2-30-9 Nakano, Nakano-ku ☎03-3383-0171

Take a Walk in Nakano

Nakano is a city with a myriad of attractions including sub-culture, ancient history, art, culture, and local delicacies. The areas along the JR Chuo, Seibu Shinjuku, and Tokyo Metro Marunouchi lines all have their own character, so if you walk through the city, you're sure to find something new. Stop at various spots as you walk through the city and enjoy all the attractions that Nakano has to offer.



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Take
Free

Sightseeing

Nakano

Walk

Nakano City Walking Map



Fun and Tasty
Enjoy Nakano's
Attractions to the Fullest

- Walking Spots with Tremendous Character
- Experiencing Nakano History
- Discovering Tasty Food in Nakano



Nakano City