

# Walking Map

## Setagaya City



Why not add just "one little thing" to your life, which is good for your health?

### Introduction to this map

"Even though I am interested in getting healthy, I just can't seem to start." For people who find themselves saying this, why not first try walking one of the courses you find most interesting from "Sangen-jaya," "Shimo-Kitazawa," Todoroki," "Chitose-Funabashi," and "Chitose-Karasuyama"?

**3 Setagaya/Kinuta-Karasuyama Area Course**  
Chitose-Karasuyama Sta. → Sangen-jaya Sta.

**1 Kitazawa Area Course**  
Higashi-matsubara Sta. → Shimo-Kitazawa Sta.

**2 Tamagawa Area Course**  
Todoroki Sta. → Futako-tamagawa Sta.

\*Tamagawa Sogo Shicho (District Administration Office) will move to temporary buildings owing to construction work to renovate the buildings. (planned for September 19, 2017 through May 2020)

### Before you start walking

**Before you walk**

- Bend and stretch knees
- Stretch calves
- Stretch thighs

**Walking fashion style**

- Cap
- Health insurance card
- Pedometer
- Towel
- Fluids

**Shoe choice is key**

Hard to take off  
\* Loosen the laces around your toes. Tightly fasten the part nearest you.

Adjust the fit of the width and height of your feet and freely move your toes

Shoe soles with good grips which absorb shocks

**Please try these exercises to welcome health**

From today, why not try vigorous exercises for just ten minutes a day? The exercises to welcome health are an initiative for light exercises which anybody can do and which help you regulate body pains and balance. Why not exercise together either with your neighbors or in a club circle?

You can view the instructional exercises using this QR code.

How to view the website (For those who cannot read the QR code above)  
Living information → Welfare/health → Health/public health/sanitation → Exercises to welcome health

Health Promotion Division, Kitazawa Sogo Shicho (District Administration Office)/Kitazawa Kenko Maneki no Kai

### Body shaping with a balanced diet

Make wise food combination choices and enjoy your delicious food

- Side dishes (vegetables, seaweed, tubers, etc.)
- Staples (Rice, bread, noodles)
- Soaps (Soup, drinks, desserts, etc.)
- Main dish (Meat, fish, eggs, soy products, etc.)

The relationship between exercise and food can be compared to diet = the intake of energy and exercise and lifestyle = energy consumption. Maintain a good balance of food intake and exercise amounts (activity levels) which best suits you and maintain an appropriate weight.

**Energy intake and consumption**

Intake vs. Burned

Weight will increase vs. Weight will decrease

Don't forget to rehydrate!

When you exercise, you lose fluids through sweat, and so on. Be diligent in taking steps to ensure hydration.

## 1 Kitazawa Area Course

Higashi-matsubara Sta. → Umeogaoka Sta. → Shimo-Kitazawa Sta.  
Around 3.7 km

**Walking**

Time allowed: around 56 mins

Calories consumed: around 168kcal

Number of steps: around 5290steps

\*Calculations: 60kg male, 70cm stride, walking at 4km/hr, 10 minutes = 30 kcal

- 1 Hanegi Koen (park)**: A prime spot for plum blossoms in Setagaya where around 650 plum trees proudly bloom. The "Ume-matsuri" (plum blossom festival) held every February is visited by large throngs of people from both Setagaya and outside the city. There are stalls set up in the park and you can take a rest.
- 2 Kitazawa-gawa River Pedestrian Path**: A walkway of around 4 kilometers with streams, which diverted Kyu Kitazawa-gawa River underground. The maintained paths where wildflowers with beautiful seasonal changes bloom is also ideal for walking. In spring, the cherry blossoms bloom abundantly from Kannana to Daizawa 3- and 4-chome.
- 3 Kitazawa-Hachiman Jinja Shrine**: The most prominent Sho-Hachimangu Shrine among the eight shrines and seven villages with names ending in "sawa" in the Setagaya area. Said to have been enshrined by the Kira clan, which had their domain in Setagaya. At the annual shrine festival in autumn which is held as a general rule on the first Saturday and Sunday in September, over 20 mikoshi portable shrines are marched into the shrine and it bustles with multitudes of visitors. On fine days in winter, you can also view Mt. Fuji from the grounds.
- 4 Shinganji Temple**: A temple, which has long been closely associated with the Shinto god as "Awashima-sama" and with "Awashima-no-kyu" (moxa cautery). Founded as a place for the enshrinement of memorial tablets of the second son of Tokugawa Ieyasu, Yuki Hideyasu. Was given the name Shinganji Temple from their Buddhist name. When you come out from the elegant and tasteful trees of the main gate, you find the distinctive main hall. The greenery-rich aspect of the temple, which is surrounded by trees, in particular splendid ginkgo which have existed since the temple founding, were chosen as one of the 100 Views of Setagaya. Every year on February 8, "Harikuyo," a memorial observance for broken needles to lament and dispose of old and broken needles is held.
- 5 Shimo-Kitazawa streets**: This is ground zero for subcultures with live houses (live music clubs), theaters, bookstores and second-hand clothes stores thronging the narrow alleys and nurturing youth culture of the past and present. In recent years, it has also gained popularity as a town for eating curry, and there are queues every day outside the most popular restaurants. Every year in October, a curry festival is held. This has become a representative event of this town in conjunction with Shimo-Kitazawa Theater Festival and Shimo-Kitazawa Music Festival.

**Map symbols:** Course highlights, Toilet, Temple, Shrine, School, Greenway, Crossing

### Let's enjoy walking to sightsee in the streets of Setagaya

How to get more enjoyment out of walking the streets of Setagaya

Recommendations of Setagaya Machinaka (in the city) Tourist Information Association

Setagaya Streets Walking app

Se ta ga ya Pu ra t to

Download now with the QR code

Download on the App Store | Get it on Google play

Five things you can do with "Setagaya Puratto"

- 1 Encounter the homely charms of Setagaya
- 2 Share the Setagaya that you discover with everybody
- 3 Go out and look for different things every day under daily topics
- 4 Check out the "Setagaya Miyage" presents, which are a delight to receive
- 5 Explore Setagaya using various walking courses

We bring you a variety of maps

Setagaya Machinaka Tourist Information Corner, which is run by Setagaya Industrial, Commercial & Workers' Service Corporation have a lineup of maps. Make sure to swing by! The Setagaya City website also includes a variety of maps.

\* IF, Sangyo Plaza 2-16-7 Setagaya Taishido

Setagaya-City Sightseeing Enjoy! SETAGAYA

## 2 Tamagawa Area Course

Todoroki Sta. → Futako-tamagawa Sta.  
Around 3.4 km

**Walking**

Time allowed: around 51 mins

Calories consumed: around 153kcal

Number of steps: around 4860steps

\*Calculations: 60kg male, 70cm stride, walking at 4km/hr, 10 minutes = 30 kcal

- 1 Golf-bashi (bridge)**: Descend the steps of the golf-bashi (bridge), and there is a walkway along the Yazawa-gawa River downstream area. When you cross the ravine bridge, Todoroki-Fuduson Temple and the temple waterfall await.
- 2 Todoroki-Keikoku (Valley)**: The only ravine in the 23 wards of Tokyo carved out by the Yazawa-gawa River and with a total length of around 1 kilometer. The entire gorge is designated as an cultural properties of Tokyo Metropolitan as a place of natural beauty.
- 3 Zenyoji Temple (Zenyomitsuji)**: A branch temple of Sohonzan-Chishakuin Temple, opened in 1652. You will be in awe of the Kaya tree which stands in front of the main hall.
- 4 Rokusho Jinja Shrine (Noge-Rokusho Jinja Shrine)**: Enshrined as the Chinju (guardian deity) of Shimo-Noge village through the ages. In 1898, the four shrines scattered through the village were joined together and it became a single shrine as the Sochinju of Shimo-Noge village. You will be welcomed by the large torii gate at the top of the entrance stairs.
- 5 Futako-tamagawa Koen (park)**: A nature-rich park in a location with the greenery of the Kokubunji cliff line and surrounded by the watersides of the Tama-gawa River. There is an authentic Japanese garden, which is an official Setagaya City garden, and part of this is a restored traditional drawing room of Kyu-Shimizu family residence - registered tangible cultural property.
- 6 Noge Otsuka Kofun (ancient mausoleum)**: A little diversion... Tamagawa Nogemachi Koen (park)

**Map symbols:** Course highlights, Toilet, Temple, Shrine, School, Crossing

### Take the challenge of various walking courses in Tokyo

At the portal site "TOKYO WALKING MAP," many courses ideally suited for walking are available! These have been created by the local authorities within different areas of Tokyo Metropolis.

You can easily search for the courses which will suit you best from the criteria of "Municipality," "Major route," and "Walking time allowed."

Tokyo Walking Map

**A little action, Always healthy.**

What is Kenko Setagaya PLUS 1?

With Kenko Setagaya PLUS 1 as the watchword, Setagaya City health and exercise initiatives to "try adding just one little thing to your life which is good for your health," which can be done by anyone in a fun and easy manner, are being promoted.

Starting today, we hope that you too will all take the challenge to get healthy with courses tailored to your needs. For more details, see the Setagaya City website.

# 1 Start with things that can easily be incorporated into your daily life!

According to a survey by Setagaya City authorities, around 30% of women in their 20s and 30s do not exercise as part of their daily routines. In addition, it made clear that around 10% of men in their 30s get no exercise whatsoever.

While there are many in the younger generation and the working generation who are not in the habit of regular exercise, we recommend that you make exercise friends at workplaces or elsewhere and get started.

Health Promotion Survey Report for Setagaya City Residents March 2016

## Why not take just one of these challenges?

- Use the stairs instead of elevators and escalators as much as possible.
- Cleaning the floor and the bath are types of exercise in themselves. At the same time, you get your house clean and kill two birds with one stone.
- Getting about when you walk with your child in the park is an exercise in itself.

1 Don't you think that you should start getting some kind of exercise?  
2 Let's take the stairs together!  
3 I am tired on my days off which seems to make the barrier to getting started higher.  
4 My dear peers, what are you all talking about? I don't have time to go to the gym, but I can always climb stairs!

# 2 There are many city residents who would like to make some contribution to their areas if they had the chance!

While there is a large proportion of people who think that the links between those in communities are weak according to a city survey, this survey also made clear that there are many people who would like to contribute to their community if they had the chance.

It is said that the richer the community bonds, the better the health of those who live in that community. Connecting with your community is another way to promote health.

Health Promotion Survey Report for Setagaya City Residents March 2016

## Why not take just one of these challenges?

- Look up the activities including those of Setagaya City and volunteer groups in news bulletins and from the website and join in.
- Take part in community activities which involve various generations and make companions who can join you in community activities and relationships which could help you out if you are ever in a fix.

1 We don't have any connections with the people in our community do we?  
2 There are walking events in the community. I think I may just join in.  
3 You managed to meet people of all ages and make friends with the same hobbies.  
4 I am going to get involved in the cleaning for the town road. I am off for a walk with my neighbors.

# 3 Let's take the Stop Smoking Challenge.

Cigarettes cause serious illnesses such as cancer, vascular diseases, chronic obstructive pulmonary disease (COPD), diabetes, and stomach or duodenal ulcer. What is even scarier is "passive smoking" of the smoke from cigarettes of smokers around you.

You need a strong will and methodical nature to quit smoking. There are still those who succeed in quitting on the 3rd or 4th attempt. To protect your health and that of the loved ones around you, it is important to take the Stop Smoking Challenge without fear of failure.

## Why not take just one of these challenges?

- Anyone who wants to quit smoking, why not take the Stop Smoking Challenge using a method which suits you best such as smoking cessation treatment after consulting with a medical institution.
- Pregnant and nursing mothers stop smoking as it has an effect on the health of your child.
- Don't smoke, in particular around children and pregnant women to prevent passive smoking.

1 Even though I only quit smoking last week, I smoked at yesterday's drinking party. I really seem to be weak-willed!  
2 Why not get stop smoking outpatient treatment at your local clinic XX?  
3 The reason that many attempts to stop smoking end in failure, is the addictive nicotine contained in cigarettes. If you meet certain requirements, it is possible to get smoking cessation treatment covered by the national health insurance.  
4 Wow daddy! This kid is also delighted. Three months later I did it on the third Stop Smoking Challenge!!

# 3 Setagaya/Kinuta/Karasuyama Area Course

Chitose-karasuyama Sta. → Kyodo Sta./Chitose-Funabashi Sta. → Miyanosaka Sta. → Sangen-jaya Sta.  
around 4.6 km around 1.4 km around 3.6 km  
Total course length around 9.6 km

**Walking**  
Time allowed: around 144mins  
Calories consumed: around 432kcal  
Number of steps: around 13710steps  
\*Calculations: 60kg male, 70cm stride, walking at 4km/hr, 10 minutes = 30 kcal

**1 Karasuyama Jinja Shrine**  
Founded in 1736

**2 Setagaya Literary Museum**  
In addition to the collection of the manuscripts, first editions, writing materials and valuables of authors associated with Setagaya City, temporary exhibitions are held several times a year. The literary salon is also a platform to experience living literature with lectures, concerts, readings, and film screenings held.

**3 Tokyo Metropolitan Roka Koshun-en Garden**  
Regional landscape assets Kasuya bamboo plantation

**4 Chitose All-season Swimming Pool**  
The roof of the heated 25-meter pool which uses heat from cleaning works is high and you can have a refreshing swim while looking at the greenery of the adjoining park. In addition to the flowing pool, water slides, and training room, there is a full line-up of classes held throughout the year in which anybody can participate.

**5 Kibogaoka Park**  
Kibogaoka Park is a western-style park opened in 1977. In the grounds of the park, in addition to a ball park and wall-fountain Hiroba (plaza), there are clocktowers, arch bridges and mixed play equipment facilities.

**6 Setagaya-Hachimangu Shrine**

**7 Gotokuji Temple**  
Has its origins in the inviting and enshrinement of the Usa-Hachimangu Shrine as the local deity by Minamoto no Yoshiie following his return from the Gosannen War. Setagaya's feudal lord Kira Yoriyasu restored the main shrine building, and sumo exhibition matches had come to be held in the shrine precincts.

**8 Setagaya-joshi (castle remains) park**  
The only "History Park" in Setagaya City, and which was opened in 1940. It is also a "Tokyo Metropolitan Designated Important Cultural Property." There are earthworks, hillocks and dales, which retain shadows of the past. It is a nature-rich park covered by trees, and has been chosen as one of the 100 Views of Setagaya.

**9 Shoin Jinja Shrine**  
A shrine dedicated to Shoin Yoshida, a thinker of the closing days of the Tokugawa government. In addition to 32 stone lantern dedicated to among others Arimoto Yamagata and Hirobumi Ito, you will find the grave and seated statues of Shoin and a replica of the Shokusan-juku private school. The adjoining Wakabayashi Park is also the site of the Mori clan residence.

**10 Setagaya Culture and Lifestyle Information Center (located in Carrot Tower)**  
This is a facility comprised of the three departments of the "Seikatsu Kobo," (Lifestyle Design Center), the "Setagaya Public Theater," and the "Music Office." It aims to provide city residents with access to superb culture and arts along with supporting independent activities of local citizens. In addition, there are various facilities which can be booked, such as the theater space and seminar rooms.

**11 Karasuyama-gawa River greenway**  
Has its headwaters in the Musashino riverbed waters which come up in a pond in the current Kogenin Temple. Now the around 7 kilometers from Funabashi 7-chome to Mishuku 1-chome are maintained as a greenway and have become a richly varied walking path.

**12 Shoin Jinja Shrine**  
Shoin seated statue

**13 Setagaya Culture and Lifestyle Information Center (located in Carrot Tower)**

**14 Setagaya Culture and Lifestyle Information Center (located in Carrot Tower)**

The "Healthy Walking Map of the History and Seasons of the Setagaya Area" is produced by the Setagaya Sogo Shisho (District Administration Office). You can view the map from the Setagaya City website!

Map symbols:  
● Course highlights  
● Toilet  
● Temple  
● Shrine  
● School  
● Greenway  
● Crossing