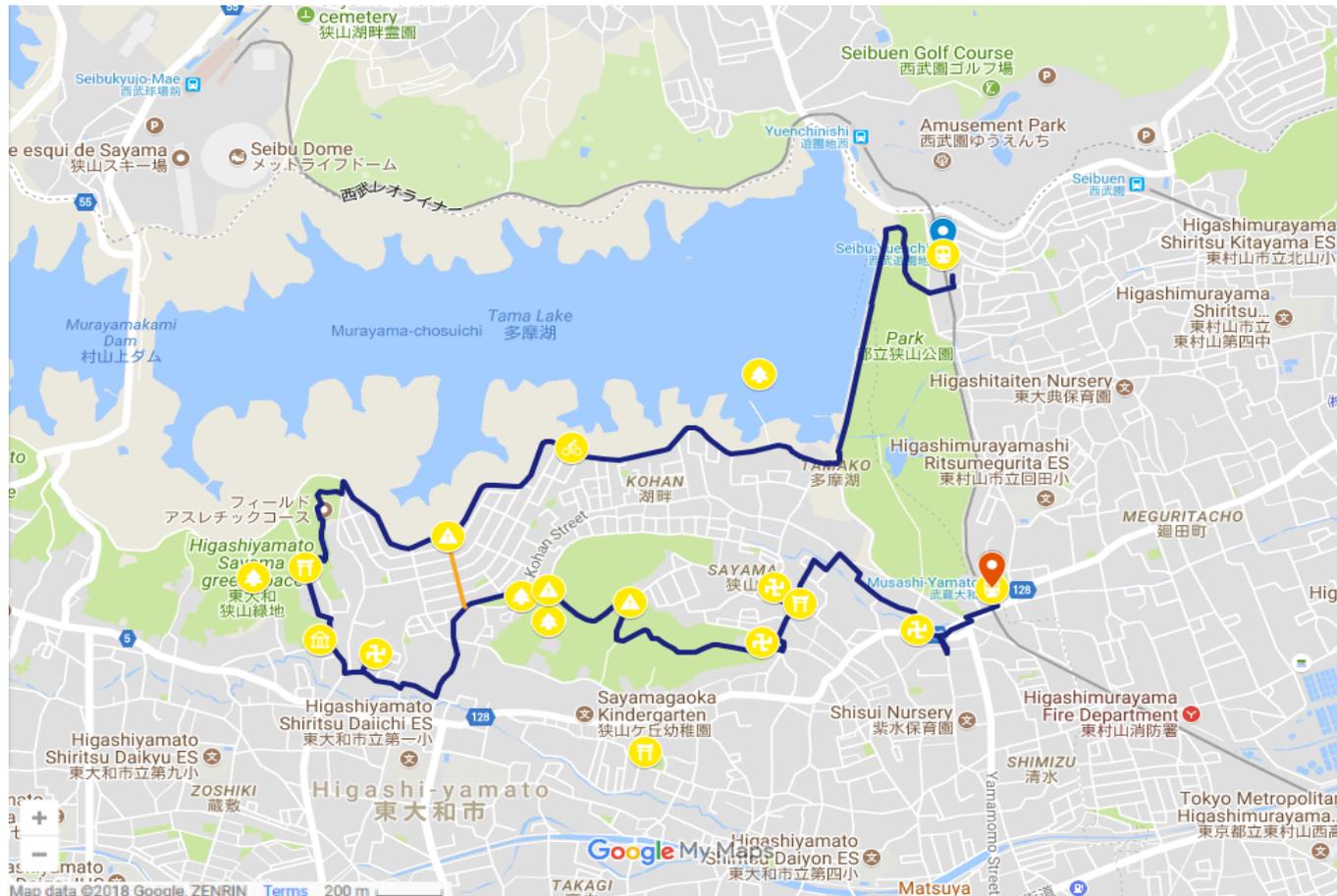


# Fully enjoying nature challenge course (for those who like a challenge)

Highlight | Tama Lake



Tourist mascot of  
Higashiyamato City  
Umabe



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## Route Description

- 📍 Seibu-yuenchi Sta.
- ▼
- 🌳 Sayama Park Embankment Kami Hiroba
- ▼
- 🌳 Higashiyamato City Sayama Ryokuchi
- ▼
- 🌳 Futatsu-ike Park
- ▼
- 🏯 Sayama Jinja Shrine
- ▼
- 📍 Musashi-Yamato Sta.

### Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.



### Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.  
\* Do not put too much strain on your body when you are sleep-deprived or sick.



🕒 Time allowed	around <b>107</b> minutes
📏 Distance	around <b>7.1</b> km
🔥 Calorie consumption	around <b>321</b> kcal
👣 Number of steps	around <b>10140</b> steps

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

Tokyo Metropolitan Government Health Promoting character **KENKOUDESUKA-MAN**



## Recommended Site

Icons: 🏯 Shrines and Temples 🌳 Park 🏠 Other

### Sayama Jinja Shrine



While the origins and year of foundation are unknown, in the past, it is said to have been called the Tengu Daimyojin or Tengusha (temple of the long-nosed goblin). In the Kita-Tama Jinja-shi chronicle, it is recorded that it was destroyed in a great fire in December 1885, reconstructed in August 1888 and that the Oiden (a building to protect the main shrine from the elements) of the main shrine was completed in 1906.

### Enjoin Temple



While details around the founding of the temple are uncertain, on the rekidato tower of the temple, there is a record of the founder Kenyo Hoin, dying in 1159. The Shoro-mon Gate (a temple gate over a temple bell) was also constructed in 1749. It is a quiet temple which provides peace of mind by the temple gate and the beautiful gardens.

### Futatsu-ike Park



Futatsuike Park is around 3,000 square meters adjoining the western edge of Higashiyamato Park. The pond in the park is at the headwaters of the Maekawa River and was the irrigation water for the "Sayama rice paddies," which were once located in the area, with the waters counted among "the 57 Best Spring Water in Tokyo." In 1978, it was reborn as a park and there are arches of beautiful tree-lined paths including cherry blossoms in the area which help create its special atmosphere.