

# Walking Map

Setagaya City



健康セガヤ+1 Why not add something to your life to improve your health?

## What is 健康セガヤ+1??

Under the slogan of "Kenko Setagaya Plus 1," Setagaya City is promoting healthy exercise anyone can do easily and have fun doing as the "Add something to your life to improve health!" initiative. You too should start today and try something healthy and appropriate to your abilities and needs! For details, check out the city website!

Kenko Setagaya Plus 1?

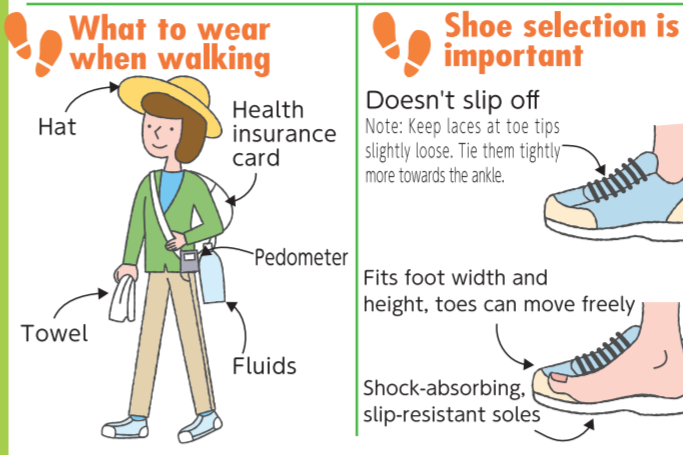
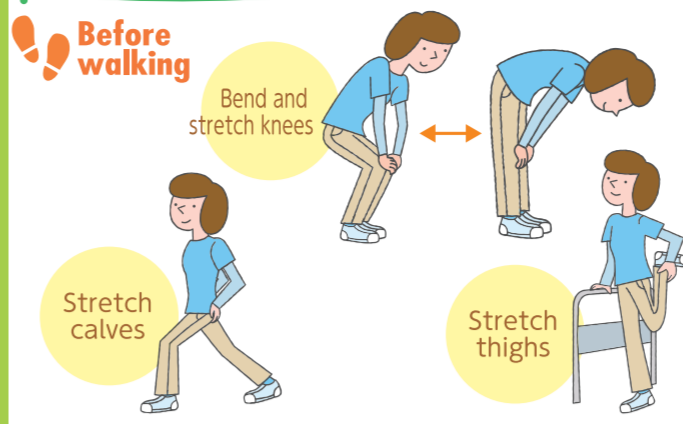


## About this map

This map was created for those who are interested in getting healthier but just can't seem to get started. Why not take a walk on a course that interests you?



## Before starting walking



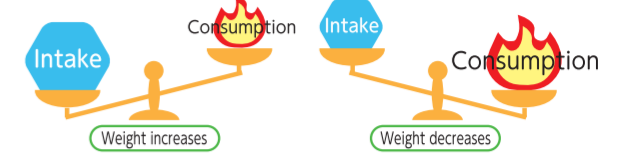
## Be healthy with a balanced diet

Eat healthy and delicious by combining a variety of foods

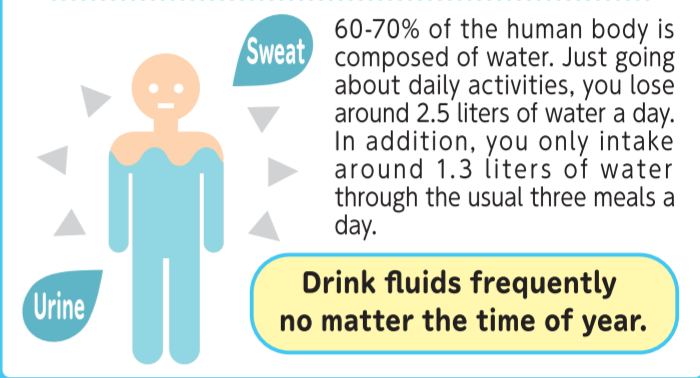


The relationship between food and exercise is like a balancing scale - calorie intake = food, and calories consumed = exercise and daily activities. Maintain a proper weight by balancing the amounts of food and exercise (activity) you get as suits you.

### Calorie intake and consumption



## Why is hydrating necessary



## Horse Town Project

The city formulated the Equestrian Park Neighborhood Appeal Enhancement Plan (March 2016) to serve as a guideline for urban development in the area around the Equestrian Park, engaging in 39 hard and soft neighborhood development and legacy building initiatives. In fiscal 2018, donations to support these initiatives were solicited and over ¥21,000,000 was raised.

### Examples of initiatives to improve neighborhood appeal



## Horse Town walking

Signs have been placed near the five stations closed to the Equestrian Park (Odakyu Line Chitose-Funabashi Sta. and Kyodo Sta., Tokyu Setagaya Line Kamimachi Sta., and Tokyu Den-en-toshi Line Sakura-shimmachi Sta. and Yoga Sta.) so that people can casually enjoy the sight of the horses of one of the very few equestrian parks in Tokyo. Come follow the signs and walk to the Equestrian Park.



## Horse Town quiz

The route from Chitose-Funabashi Station to Sakura-shimmachi Station follows almost the same route of the Shinagawa Irrigation Canal. No water flows through the canal today, but it once flowed southeast from the northwest side of Setagaya City, diagonally bisecting the city.

What do you think the water of the Shinagawa Irrigation Canal was used for?  
 ① Drinking water  
 ② Farming water  
 ③ Industrial water



## A tourist information site introducing the charms of Setagaya [Enjoy! Setagaya]



## Setagaya City is the Host Town and Host Town of a Harmonious and Inclusive Society as well as the Host town for the U.S.A.

After the Sogo Undojo (Okura Sports Center) was chosen to serve as the camp for the American team in the Tokyo 2020 Olympics, Setagaya was registered as the Host Town for the U.S.A. Exchange between city residents and the United States of America will be promoted through sports and culture events.



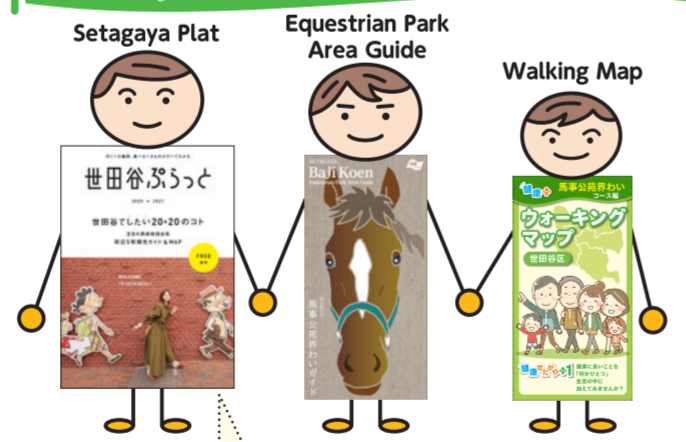
### What is a Host Town?

Municipalities aiming to promote understanding of diversity and multiculturalism alongside regional stimulation through sports, culture, and educational events involving exchange initiated by the coming 2020 Tokyo Olympics. (Registered Jun. 2016)

### What is a Host Town of a Harmonious and Inclusive Society?

Host town municipalities which engage in initiatives to promote understanding of disabilities and universal design-based community development initiated by the coming arrival of Paralympic athletes. (Registered Dec. 2017)

## Three sibling booklets for enjoying the Equestrian Park area!



New and improved Setagaya Plat! (published March 2020)  
 This sightseeing magazine was created in order to convey the charms of the city to the many people who will be visiting Setagaya City because of the Tokyo 2020 Olympic and Paralympic Games. Since it was first published in 2017, Setagaya Plat has been extremely well-received, to the point that it has had numerous additional printings; now it has undergone a massive overhaul. Two special features thoroughly cover the appeals of Setagaya.

- The 20 + 20 things you'll want to do in Setagaya**  
 These days, sightseeing is transitioning from "consuming things" to "consuming services." This special feature introduces the charms of Setagaya from the perspective of activities and things to do.
- Equestrian Park area five station special feature**  
 Uses a map to introduce the charms of five stations around the Equestrian Park (Kyodo Sta., Chitose-Funabashi Sta., Sakura-shimmachi Sta., Yoga Sta., and Kamimachi Sta.). This feature presents locals-only info by focusing on spots brainstormed in a workshop on neighborhood charms in which locals participated.



## the horse Uranus sleeps in Equestrian Park

Equestrian Park is also the place where the horse Uranus, who took gold in the 1932 Los Angeles Olympics together with his rider Takeichi Nishi, spent his last days.

Takeichi Nishi was a wealthy yet large-hearted and simple man born in Tokyo's Azabu. Enamored with the large and wild Uranus, it is written that Nishi kept a lock of the horse's mane in his pocket until his death as commander of the 26th Tank Regiment in the Battle of Iwo Jima.



## Try out the many different courses in Tokyo

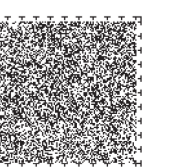
Many courses perfect for walking created by Tokyo municipalities are available on the TOKYO WALKING MAPS portal site! You can easily search for walking courses perfect for you with criteria such as municipality, major transportation lines, and walking times.

Tokyo Walking Map



Tokyo Metropolitan Government Health Promoting character KENKOUDESUKA-MAN

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Walking the road nicknamed "Heartful Nodai-dori St." extending away from Kyodo Sta. towards the Tokyo University of Agriculture, visitors will notice cute heart-shaped statues scattered about. Called the Heart Family statues, look closely and you'll find a name and description written for each character. There are three locations in total. Be sure to keep your eyes peeled while walking Nodai-dori St.



**2 Setagaya Hachimangu Shrine**



**3 Gotokuji Temple**



**4 Setagaya Line**

This shrine was started by Minamoto no Yoshiie while he was making his way home from serving in the Gosannen War to enshrine the ritually divided and transferred spirit of the Usa Hachimangu Shrine, his guardian shrine. The shrine was later restored by Kira Yoriyasu, lord of Setagaya Castle, after which time ritual sumo matches began to be held on the grounds.

This Buddhist temple was the family temple of the Ii feudal lord clan in the Edo period. The grave of Ii Naosuke, designated a Historic Site by the Tokyo Metropolitan Government, is located on the grounds. Maneki-neko beckoning cat figurines in the Shokukuden next to the main temple beckon luck with their raised right paws.



The north-south running Tokyu Setagaya Line connects Sengenjaya and Shimotakaido and is a two-car tram line resembling a pre-war line popularly known as the "Tamaden." The line is perfect for exploring historic sites, including Setagaya Hachimangu Shrine, Setagaya Joshi Park, Shoin-jinja Shrine, Boroichi-dori St., and the Gotokuji Temple.



**1 Heartful Family statues**

**Start at the South Exit of Chitose-Funabashi Sta.**  
 Dist.: around 1.5 km  
 Time: around 23 min.  
 Cal. burned: around 69 kcal.  
 Steps: around 2,140 steps

**Start at the South Exit of Chitose-Funabashi Sta.**  
 Dist.: around 1.6 km  
 Time: around 24 min.  
 Cal. burned: around 72 kcal.  
 Steps: around 2,290 steps

**12 Stone wall and avenue of cherry trees**  
 The combination of this avenue of cherry trees and stone wall built with round stones whose collection is now prohibited results in rare scenery exuding a sense of history as well as of the local geography.

Situated in verdant Kinuta Park, this museum holds a wide array of exhibitions, from exhibitions of artists connected to Setagaya, to joint exhibitions conducted in collaboration with museums across the country and the world.

**10 Setagaya Art Museum**

Situated in front of Equestrian Park, Keyaki Square is located in the almost exact center of Setagaya City and is a city road connecting Setagaya-dori Ave. and Equestrian Park. Delighting visitors with seasonally changing scenery, events are also occasionally held here.

**11 Keyaki Square**

Situated at the East Exit of Yoga Sta., this water supply facility was built in 1924 to provide a stable supply of clean water from the Tama River in Setagaya City to the then-growing Shibuya Town (now Shibuya City). Known as the "Twin Towers," the facility is seen as a symbol of the area by local residents.

**6 Komazawa Water Supply Station Towers**

Cal. consumption calc. method: 4 kph walking speed, 60 kg man, 10 min. walking = 30 kcal., 1 step = 70 cm

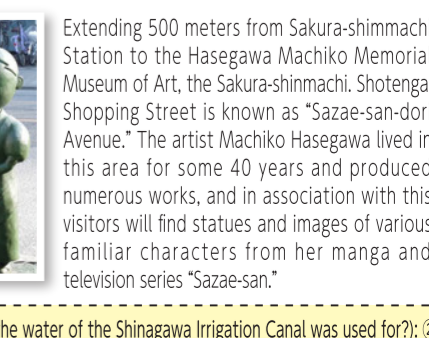
- Map Legend**
- Course highlight
  - Informational sign
  - Temple
  - Guidance sign
  - School
  - Multifunction toilet
  - Hospital
  - Intersection
  - Museum



**9 Kinuta Park**  
 Of all the parks in Tokyo, Kinuta Park particularly stands out because of its sprawling green grass. The reason for this is because it was originally a golf course and was only later turned into a park. The park's straight lines of trees apparently originally served as windbreaks for farmhouses in the olden days.



**8 Yoga Promenade**  
 The Yoga Promenade is a one-kilometer-long walking path connecting Yoga Station and the Setagaya Art Museum. The portion paved with Awaji tile and a waterway flowing alongside it is known as the Iraka-michi, and poems from the ancient "Hyakunin Isshu" anthology as well as patterns reminiscent of flowing water have been inscribed into its tiles.



**7 Sazae-san statues**  
 Extending 500 meters from Sakura-shimmachi Station to the Hasegawa Machiko Memorial Museum of Art, the Sakura-shimmachi Shopping Street is known as "Sazae-san-dori Avenue." The artist Machiko Hasegawa lived in this area for some 40 years and produced numerous works, and in association with this visitors will find statues and images of various familiar characters from her manga and television series "Sazae-san."

Answer to front side quiz (What do you think the water of the Shinagawa Irrigation Canal was used for?): ②