

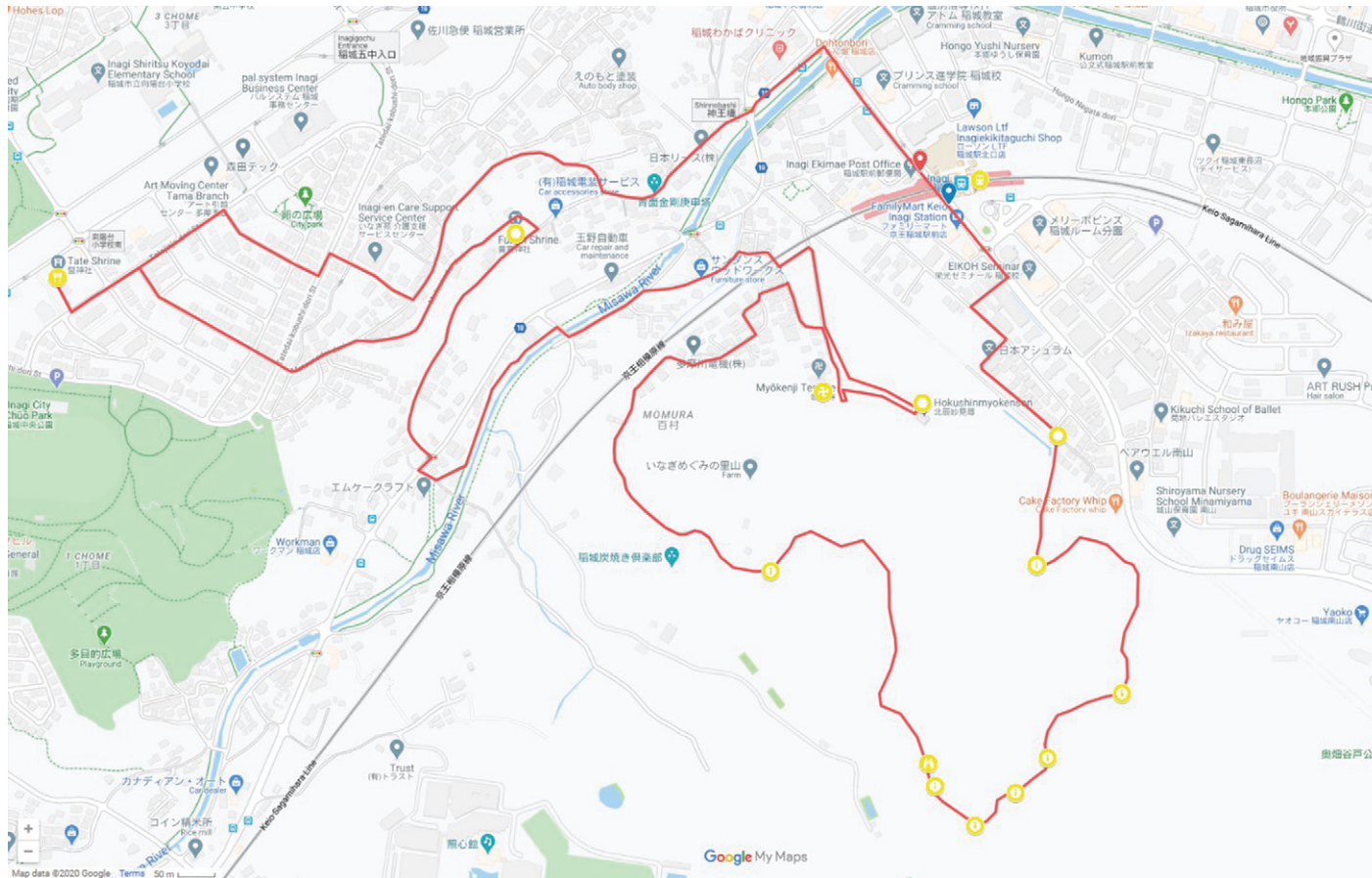


Inagi Station-Myokenji Temple-Tate-jinja Shrine Course

Highlight | Myokenji Temple



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Route Description

- Inagi Station
- Entrance to the mountain trail
- Spot where you can see Mt. Fuji and Komazawa Women's University
- Myokenji Temple and Myokenson Temple
- Fukan Church
- Tate-jinja Shrine
- Inagi Station

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 1 h 40 min.
Distance	around 6.4 km
Calorie consumption	around 300 kcal
Number of steps	around 9140 steps

* These are estimates given for a person, weight 60kg, moving at 4km per hour, walking 10 min.=30kcal, one step=70cm. Besides, the time allowed is the actual time when we walked the course.



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

Recommended Site

Icons: Shrines and Temples Park Other

Myokenji Temple



The ancient temple belonging to the Tendai Sect is called Shinnozan Kannon-in Temple. Its main statue is a seated statue of Amida Nyorai. Myokenson Temple standing on the top of Mt. Myoken is managed by the temple as a Bettoji (temple attached to a shrine), conveying the religious mixing of Shinto and Buddhism to the people of today.

Fukan Church



This is a private religion established in the early Meiji period. It is thought to have been started in 1879 when Rihei Matsuura, who lived in Momura, became a practitioner under the name Mokujiki Fukan and visited many provinces to pray. It peaked from the 1880's to the early Showa period.

Tate-jinja Shrine



The shrine is located in Tatedai in Momura, and is said to enshrine Raijin (the god of thunder). The detail of its founding is unknown, but the words "Established in 1764 by shrine petitioner Gonnojo Matsumoto" are inscribed in the stone of the foundation of the main hall.