

Recommended spots

Kokubunji cliff line (Hake)

Hake or cliff was created by the Tamagawa River, which changed its course several times and eroded the Musashino Plateau in ancient times. The cliff on Musashino Terrace is called the Kokubunji Cliff Line, which starts from the boundary of Tachikawa City and Kokubunji City and extends to Todoroki Valley in Setagaya Ward. Two other cliff lines exist in Kunitachi City: Tachikawa Cliff Line and Aoyagi Cliff Line.



Railway Technical Research Institute and Hikari Plaza

In commemorating the Hikari Shinkansen bullet train, which started here, the name of this place was changed from Heibeishinden to Hikari-cho. An actual Hikari train car is displayed in the north of Hikari Plaza (Shinkansen museum/railway exhibition room) in front of the Railway Technical Research Institute, and visitors can see models and materials related to railways in the plaza. Closed on the 2nd and 4th Mondays of the month (the following day if it is a national holiday or substitute public holiday), and during year-end/New Year holidays.



Poppo-michi St.

There was a railroad sidetrack from Kunitachi Sta. to the Railway Technical Research Institute. After its abolishment, it was temporarily used as a bicycle parking space. In Feb. 2015, the site was converted to a pedestrian walkway (140 m). Decorated with used rails that retains old landscapes of Kunitachi, the walkway was named Poppo-michi St. ("choo choo train") that is easy for small children to remember.



Dogwood tree-lined Kita-odori Ave.

Public rest facilities are dotted along the dogwood tree-line Kita-odori Ave., such as Kita-fukushikan welfare facility near Kunitachi 4th Elementary School, and Kita Shimin Plaza (Kunitachi North Civic Plaza) near Kita-daiichi Park.



Old railroad sidetrack site converted to a green walkway

There was a railroad sidetrack from Tachikawa Sta. of former Japanese National Railways to the Sunagawa Plant of Tachikawa Airlines. After its abolishment, the place was converted to a green walkway. From Kita Ryokuchi green area of Kunitachi City, the tranquil pedestrian walkway leads to Nishimachi Ryokuchi green area in Kokubunji City and Sakae Ryokuchi in Tachikawa City. An arch-shaped monument made of a railroad rail stands at the entrance of Kita Ryokuchi.



Kita-daiichi Park

Kita-daiichi Park that leads to the green walkway is a popular spot among everyone, from children to the elderly. There is a water flowing channel and a Kenko-hodo (reflexology path) paved with large and small stones. At the corner of the park, a sign slate showing "The Navel of Tokyo" is embedded in the ground. The central point of Tokyo was calculated by making a rectangle using the longitude between east-end and west-end and latitude between north-end and south-end of Tokyo in a TV program.



A little break

★Climbing the Hake-no-michi (road along the cliff line)

The steep stairway going up along the cliff is a shortcut from Kunitachi City to Kokubunji City. It actually goes through the Sato's garden.



★Japanese red pine grove

A number of big red pine trees soaring high still remain at houses along the Hake-no-michi. They retain the atmosphere of old Musashino.

★Blueberry fields

Agricultural fields still remain on the side of Kokubunji City. Blueberry fields extend over the area near the green walkway.



★Green walkway

It is also fun to walk the green walkway from Kita Ryokuchi green area to Sakae Ryokuchi green area in Tachikawa City that leads to Imokubo-kaido Road.

How to use the Healthy Walking Map

Walking is an easy way to get exercise. You will also find pleasures of walking, such as enjoying the views and learning about local vegetables, etc. Creating My Map by writing your comments on the walking map will be fun too.

Walk 10 more minutes!

10 more minutes' walk is just a short distance. Let's walk instead of using cars. Japan's national guideline recommends a target of 8,000 steps a day (*1), but only around 50% of Tokyo residents over the age of 20, both men and women walk 8,000 steps a day (*2). Add 1,000 steps a day (approx. 10 minutes more) to get more exercise, prevent lifestyle-related diseases and relieve stress.

*1 The Physical Activity Reference for Health Promotion (Activity Guide) (Ministry of Health, Labour and Welfare) recommends physical activity equivalent to 8,000 steps a day for all men and women between the ages of 18 and 64.
*2 Source: National Health and Nutrition Survey (Ministry of Health, Labour and Welfare) <Recalculated for residents of Tokyo 2007-2009>

Shortness of breath, cough, sputum ...Are you perhaps COPD!?

COPD (Chronic Obstructive Pulmonary Disease) has become increasingly more prevalent. It causes deterioration in pulmonary function, and if the disease progresses, it can cause respiratory failure and heart failure. In the WHO report 2015, COPD was the 4th-ranked cause of death worldwide.

What are the symptoms of COPD?

Persistent cough and sputum

Cough and sputum don't go away even after a cold is cured.

Shortness of breath

Get out of breath more easily than before when you move your body such as walking up and down stairs.



"Stridor"

Wheezing and crowing sound when you breathe.

Catch a cold easily and it doesn't go away

If you have these symptoms, consult your primary care doctor or respiratory specialist soon.

Smoking accounts for more than 90% of the causes of COPD. Quitting smoking can prevent the onset of COPD and delay the progression of the disease.

What is most important is to stop smoking right now!



Inquiries regarding this map: Health Services Section, Health Promotion Division (In Health Center)

☎042-572-6111

You walk around this area in this course



Outline of the course

Starting from JR Kunitachi Sta. North Exit, following the Kokubunji cliff line along the city boundary, and to the green walkway in the north...

Must-see spots

- Streetscape of Kunitachi viewing from the upland of Kokubunji cliff line
- Enjoy seeing the Shinkansen Hikari train at Hikari Plaza, which will take you back to your childhood!
- Railway Technical Research Institute and old railroad sidetrack site
- Kita-odori Ave. ...Wide and easy to walk. Best recommended for walking in dogwood blooming season
- Old railroad sidetrack site ...Walk the green walkway

Distance

around 3.3 km

Created by

Walking Map Creation Association

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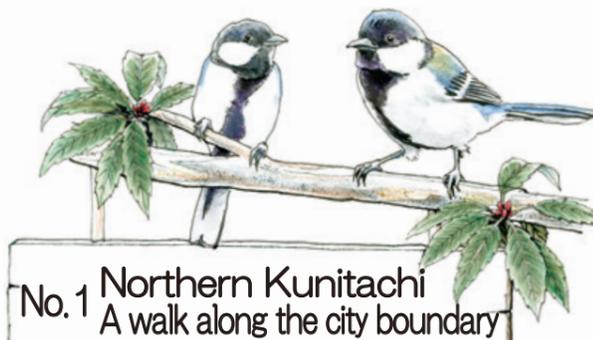
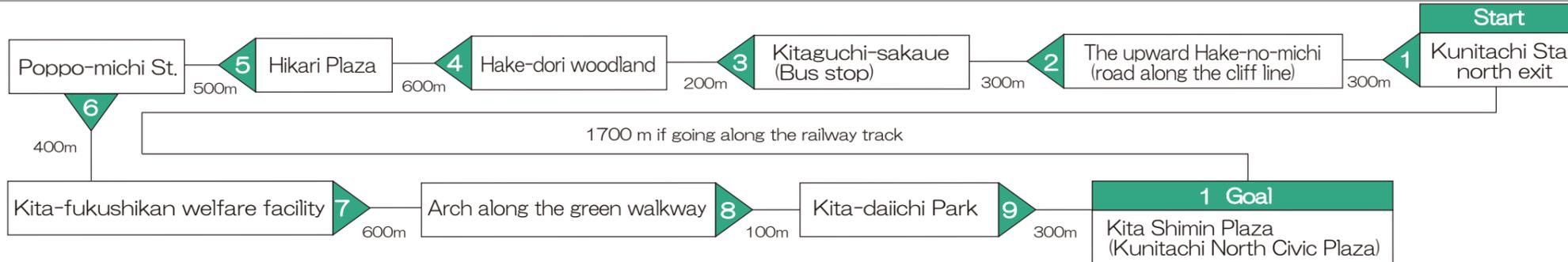
*Tokyo Metropolitan Government Health Promoting Character KENKODESUKA-MAN



A little action: Always healthy

First edition published in Sept. 2006
2nd edition published in May 2008
3rd edition published in May 2010
4th edition published in May 2013
5th edition published in Apr. 2016
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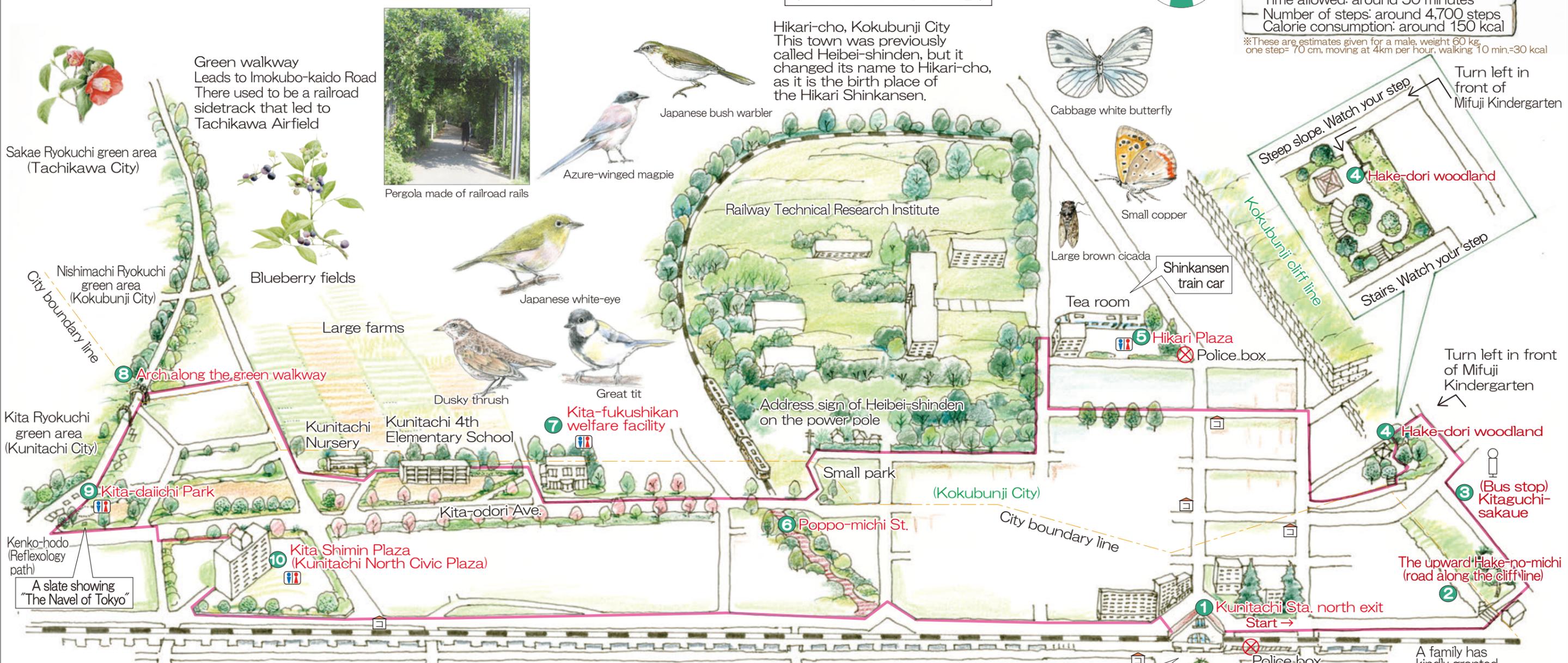
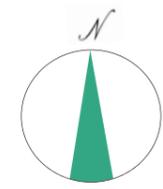
No. 1 Northern Kunitachi A walk along the city boundary



No. 1 Northern Kunitachi A walk along the city boundary

Distance: around 3.3 km
 Time allowed: around 50 minutes
 Number of steps: around 4,700 steps
 Calorie consumption: around 150 kcal

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



The former triangular-roof station building is planned to be restored in front of the station

The city planning road between Asahi-dori St. and the East Viaduct of JR Chuo Line is under construction

Legend	
	Restroom
	Bus stop
	Police box
	Convenience store

A family has kindly granted permission to pass through their private land