

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 → Health initiatives → 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.
- Main dish: Meat, fish, eggs, soy products, etc.
- Staples: Rice, bread, noodles
- Soups: Soup, drinks, desserts, 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

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

Highlights:

- 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.

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

Five things you can do with "Setagaya Puratto"

- Encounter the homely charms of Setagaya
- Share the Setagaya that you discover with everybody
- Go out and look for different things every day under daily topics
- Check out the "Setagaya Miyage" presents, which are a delight to receive
- 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

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

Highlights:

- 1 Noge Otsuka Kofun (ancient mausoleum):** A little diversion...
- 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 a cultural properties of Tokyo Metropolitan as a place of natural beauty.
- 3 Zenyoji Temple (Zenyomisuji):** 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...

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 Metropolitan.

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.