

# ITABASHI

## Tourist

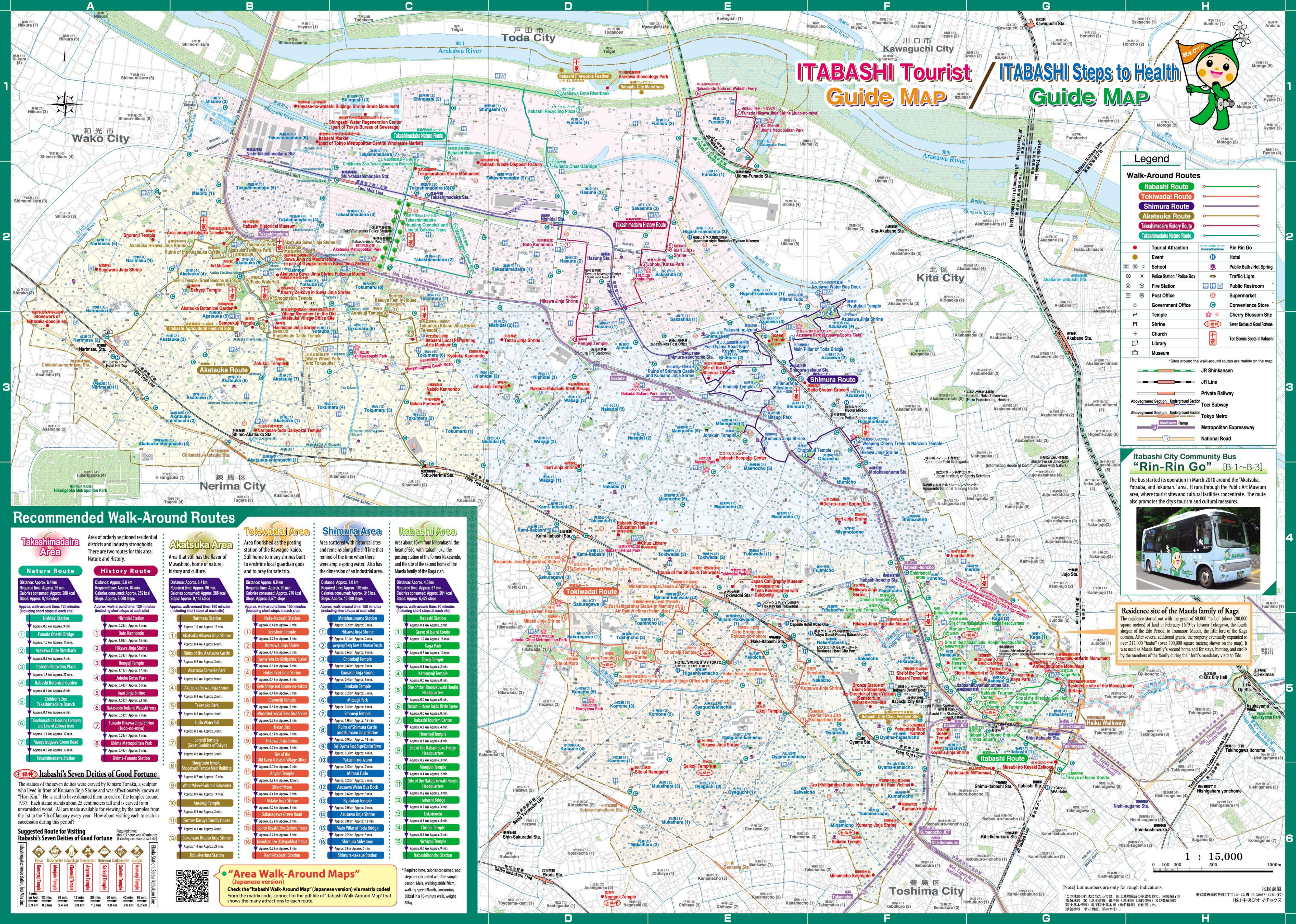
# Guide MAP

いたばし  
観光キャラクター  
りんりん  
ちゃん

Itabashi Tourist Mascot  
"Rin-Rin-chan"







# ITABASHI Tourist Guide MAP

# ITABASHI Steps to Health Guide MAP



### Legend

#### Walk-Around Routes

- Itabashi Route
- Tokiwadai Route
- Shimura Route
- Akatsuka Route
- Takashimadaira History Route

#### Tourist Attraction

- Event
- School
- Police Station / Police Box
- Fire Station
- Post Office
- Government Office
- Temple
- Shrine
- Church
- Library
- Museum

#### Other Symbols

- Rin Rin Go
- Hotel
- Public Bath / Hot Spring
- Traffic Light
- Public Restroom
- Supermarket
- Convenience Store
- Cherry Blossom Site
- Seven Deities of Good Fortune
- Ten Scenic Spots in Itabashi

#### Transportation

- JR Shinkansen
- JR Line
- Private Railway
- Subway
- Metropolitan Expressway
- National Road

### Itabashi City Community Bus "Rin-Rin Go" [B-1~B-3]

The bus started its operation in March 2010 around the "Akatsuka, Yotsuba, and Tokumaru" area. It runs through the Public Art Museum area, where tourist sites and cultural facilities concentrate. The route also promotes the city's tourism and cultural measures.

### Residence site of the Maeda family of Kaga

The residence started out with the grant of 60,000 "tsubo" (about 200,000 square meters) of land in February 1679 by Ietsuna Tokugawa, the fourth shogun of the Edo Period, to Tsurumori Maeda, the fifth lord of the Kaga domain. After several additional grants, the property eventually expanded to over 217,000 "tsubo" (over 700,000 square meters; shown on the map). It was used as Maeda family's second home and for stays, hunting, and strolls by the members of the family during their lord's mandatory visits to Edo.

## Recommended Walk-Around Routes

### Takashimadaira Area

#### Nature Route

Distance: Approx. 6.4 km  
Required time: Approx. 98 min.  
Calories consumed: Approx. 288 kcal  
Steps: Approx. 9,143 steps

Approx. walk-around time: 120 minutes (including short stops at each site)

- Nishidai Station
- Funado Ohashi Bridge
- Arakawa Dote Riverbank
- Itabashi Recycling Plaza
- Itabashi Botanical Garden
- Children's Zoo Takashimadaira Branch
- Takashimadaira Housing Complex and Line of Zelkova Trees
- Maetsugawa Green Road
- Takashimadaira Station

#### History Route

Distance: Approx. 5.6 km  
Required time: Approx. 84 min.  
Calories consumed: Approx. 252 kcal  
Steps: Approx. 8,000 steps

Approx. walk-around time: 120 minutes (including short stops at each site)

- Nishidai Station
- Bato Kannondo
- Hikawa Jinja Shrine
- Itabashi Castle
- Renjoji Temple
- Johoku Kotsu Park
- Inari Jinja Shrine
- Nakasendo Toda no Watashi Ferry
- Funado Hikawa Jinja Shrine (Judo-no-miya)
- Ukima-Funado Station

### Akatsuka Area

Area that still has the flavor of Musashino, home of nature, history and culture.

#### Nature Route

Distance: Approx. 6.4 km  
Required time: Approx. 98 min.  
Calories consumed: Approx. 288 kcal  
Steps: Approx. 9,143 steps

Approx. walk-around time: 180 minutes (including short stops at each site)

- Narimasu Station
- Akatsuka Hikawa Jinja Shrine
- Itabashi Castle
- Akatsuka Tameike Park
- Akatsuka Suwa Jinja Shrine
- Takenoko Park
- Fudo Waterfall
- Jorenji Temple (Great Buddha of Tokyo)
- Shogetsuin Temple
- Shogetsuin Temple Main Building
- Former Kasuya Family House
- Tokumaru Kitanjo Jinja Shrine
- Tobu-Nerima Station

### Tokiwadai Area

Area flourished as the posting station of the Kawagoe-kaido. Still home to many shrines built to enshrine local guardian gods and to pray for safe trip.

#### Nature Route

Distance: Approx. 6.8 km  
Required time: Approx. 90 min.  
Calories consumed: Approx. 270 kcal  
Steps: Approx. 8,571 steps

Approx. walk-around time: 150 minutes (including short stops at each site)

- Naka-Itabashi Station
- Senshoji Temple
- Kutsuwa Jinja Shrine
- Oyama Fuku Jizo (Kitsugirah) Statue
- Inari Jinja Shrine
- Itabashi Botanical Garden
- Chomogiji Temple
- Mitsugaiji Temple
- Enmeiji Temple
- Ruins of Shimura Castle and Kumano Jinja Shrine
- Fuji-Oyama Road Sign/Koshin Tower
- Yakushiji-no-Izumii
- Mitsugaiji Temple
- Shimura-sakae Station

### Shimura Area

Area scattered with historical sites and remains along the diff line that remind of the time when there were ample spring water. Also has the dimension of an industrial area.

#### Nature Route

Distance: Approx. 7.0 km  
Required time: Approx. 105 min.  
Calories consumed: Approx. 315 kcal  
Steps: Approx. 10,000 steps

Approx. walk-around time: 150 minutes (including short stops at each site)

- Motosuuna Station
- Hikawa Jinja Shrine
- Weeping Cherry Trees in Nanjoji Temple
- Kumano Jinja Shrine
- Inari Jinja Shrine
- Itabashi Botanical Garden
- Chomogiji Temple
- Mitsugaiji Temple
- Enmeiji Temple
- Ruins of Shimura Castle and Kumano Jinja Shrine
- Fuji-Oyama Road Sign/Koshin Tower
- Yakushiji-no-Izumii
- Mitsugaiji Temple
- Shimura-sakae Station

### Itabashi Area

Area about 10km from Nishimatsubashi, the heart of Edo, with Itabashi-ku, the posting station of the former Nakasendo, and the site of the second home of the Maeda family of the Kaga clan.

#### Nature Route

Distance: Approx. 4.3 km  
Required time: Approx. 67 min.  
Calories consumed: Approx. 201 kcal  
Steps: Approx. 6,429 steps

Approx. walk-around time: 90 minutes (including short stops at each site)

- Itabashi Station
- Grave of Isami Kondo
- Kaga Park
- Tokoji Temple
- Kamiyogi Temple
- Site of the Hirakujikawa Honjin Headquarters
- Itabashi 3-chome Higashi Jinja Square
- Itabashi Tourism Center
- Henshoji Temple
- Site of the Itabashijuku Honjin Headquarters
- Manjushiji Temple
- Itabashi Bridge
- Enkikenji Temple
- Chiseiji Temple
- Nichijoji Temple
- Itabashi-honcho Station

### Itabashi's Seven Deities of Good Fortune

The statues of the seven deities were carved by Kintaro Tanaka, a sculptor who lived in front of Kumano Jinja Shrine and was affectionately known as "Hon-Kin." He is said to have donated them to each of the temples around 1937. Each statue stands about 25 centimeters tall and is carved from unvarnished wood. All are made available for viewing by the temples from the 1st to the 7th of January every year. How about visiting each to each in succession during this period?

#### Suggested Route for Visiting Itabashi's Seven Deities of Good Fortune

Required time: about 3 hours and 40 minutes (including short stops at each site)

- Itabashi Station
- Funado Ohashi Bridge
- Arakawa Dote Riverbank
- Itabashi Recycling Plaza
- Itabashi Botanical Garden
- Children's Zoo Takashimadaira Branch
- Takashimadaira Housing Complex and Line of Zelkova Trees
- Maetsugawa Green Road
- Takashimadaira Station

#### "Area Walk-Around Maps" (Japanese version)

Check the "Itabashi Walk-Around Map" (Japanese version) via matrix codes! From the matrix code, connect to the pdf file of "Itabashi Walk-Around Map" that shows the many attractions to each route.



## Here are some of the places to be...

10 Scenic Spots in Itabashi: Selected in 2003 as impressive landscapes and seasonal events unique to the city.



### Itabashi Bridge [F-5]

A bridge where the old Nakasendo goes over the Shakujii River, is said to be the origin of the city name "Itabashi". The name is scene in literature such as the Engyo edition of "The Tale of the Heike" and is thought to have become a place-name by the Kamakura period. In the Edo period, it was a wooden, barrel-shaped bridge of 16.2m in length and width 5.4m. The current bridge was built in 1972 upon the improvement work on Shakujii River.



Cherry blossoms and Itabashi



### Kaga Park (Residence site of the Maeda family of Kaga) [G-5]

During the Edo period, this area used to be the residence of the Maeda family of Kaga, which was as large as 177 acres. There was a garden in the vast premises of the residence and Kaga Park is the ruin of the artificial hill.



### Enkierenoki [F-4]

Enkierenoki has been a renowned scenic spot of Itabashi-shuku since the Edo period. The belief that the tree "cuts bad ties and form good connection" spread and has attracted an endless pilgrimage from across the country.



### Grave of Isami Kondo [G-6]

Shinsen-gumi commander Isami Kondo was captured in Nagareyama in 1868, sent to the headquarters of the new governmental army which was in Itabashi-shuku at that time, and later executed. His grave is near that site, which is currently at the front of the East exit of Itabashi Station.



### Line of Cherry Trees along the Shakujii River [G-4]

The city's iconic cherry blossom site where over 1,000 cherry trees will be in full bloom along the entire river in the cherry blossom viewing season. Along the river, the line of cherry trees stretch all the way to Asakusayama of Kita City, another cherry blossom site that has been well-known since the Edo period.



### Bronze Statue of Eiichi Shibusawa, the Director of then-Yokuin (Sanatorium) [F-5]

Yokuin was established with Eiichi Shibusawa as one of the founding members. He assumed the inaugural director in 1879 and served the position for 50 years until he passed away at age 92. A historical reference to show the contribution of Yokuin, the institute that led the welfare and medicine field in Japan, and its director Shibusawa to social welfare service statue was erected in 1924.



### Itabashi Tourism Center [G-5]

A facility that consolidates tourist information of the city. Tourism brochures and tourism memorabilia are available here, as well as panel displays. Sightseeing guides by "Motenshitai", Itabashi's tourism volunteer group, requires advance reservation.



### Itabashi Children's Zoo [G-5]

Features an open field to enjoy contacts with goats and lams climbing up on the grass roof, a square to hold guinea pigs, a tunnel of squirrels, and a garden for turtles. Enjoy pulling ponies at the horse ground. A kids' room and a baby station are also attached to the facility.



### Chuo Library [D-4]

Opened March 28, 2021 in the premises of Itabashi Heiwa Park. The library extends from 1st to 3rd floors and holds a little more than 500,000 books at maximum. Also with Itabashi Bologna Children's Picture Book Library and a cafe, it is a complex integrated with the park.



### Itabashi Science and Education Hall [D-4]

Enjoy the planetarium and the scientific exhibition room while enriching the interest and understanding in science and space. The planetarium offers views of seasonal starry skies as well as concerts.



### Shimura Milestone [E-3]

The third milestone from Nihombashi, the heart of Edo, is designated the national place of historic interest. It was built as the distance marker during the reign of Ieyasu Tokugawa; this is the precious one of the only two milestones (here in Shimura and in Nishigahara, Kita City) that remain to this day with the original appearance.



Nishigahara Milestone



### Weeping Cherry Trees in Nanzojin Temple [F-3]

Nanzojin is a Shingon-shu temple that is said to have been established in the early Edo period, and was a rest station for 8th shogun Yoshimune during falconry. The weeping cherry trees that bloom beautifully with the Acala hall in the background is one of the best cherry blossom sites in the city.



### Yakushi-no-izumi Garden [E-3]

A garden near Nakasendo with a flavor of the Edo culture. There used to be a Shimizu-Yakushi (clear water (shaisayaguni)) that had been a well-known sight of Edo. The quiet garden has a spring, and trees show different sceneries from season to season.



### Mitsugi Park [E-3]

About 45% of its 14,000 square meter premise is a pond with natural springwater, where you can enjoy rowing boats. \*Boats available Sat/Sun/national holidays in Apr.-Oct. only



### Itabashi Ecopolis Center [E-3]

The center boasts a rich collection of resources and sections that promote and encourage environmental education and eco-friendly lifestyles. It is a facility where you contact, feel, and learn about the "environment"; a seemingly complicated concept, and become familiar with it before you know it.



### Akatsuka Metropolitan Park [C-2]

A park built from the cliff of the Akatsuka plateau. This long and narrow park stretching east to west looks like a little forest with many different sizes of trees. Perhaps it is a good idea to bring your lunch and enjoy mini-hiking.



### Ukima Metropolitan Park [E-1]

A park with a big windmill as a landmark. It houses a square, playground equipment, a primrose field, and an aquatic botanical garden. Enjoy sport, plant appreciation, fishing, and many other activities.



### Takashimadaira Housing Complex and Line of Zelkova Trees [C-2]

The Takashimadaira used to be a swamp named Tokumaru-gahara; today's scenery was created when housing complexes were made between the late 60s and early 70s. The zelkova trees grew with the complex and shows us the seasonal beauty.



### Children's Zoo Takashimadaira Branch [C-2]

A small zoo where visitors can enjoy contacts with goats, lams, and guinea pigs. Also features a deer, rabbits and budgerigars.



### Uemura Adventure Center [D-2]

A facility that conveys the adventurous spirit of Naomichi Uemura, the world-renowned explorer who lived in Itabashi. \* Closing end of August, 2021, for relocation. Will reopen December 2021 within the premises of Higashi-Itabashi Gymnasium.



### Itabashi Botanical Garden [C-1]

A botanical garden that sterically recreates the tropical rainforest of Southeast Asia. The glasshouse where mangroves etc. grow uses the residual heat from the nearby Itabashi Incineration Plant; the cold room recreates the tropical alpine range and showcases plants such as orchids. There is also a mini aquarium on the basement and the facility allows you to enjoy all tropical environments from sea to mountain.



Mutan the Burmese black tortoise



### Former Kasuya Family House [C-3]

An old private residence from the mid-Edo period. The main building is a wooden single-story house with a thatched hip roof. The renovation starting in 2015 revealed the fact that it was one of the oldest private residence in Tokyo, built in 1723. It still stands at the same place where it was first built; thus it draws attraction as one of the precious buildings in eastern Japan. It was designated the tangible cultural asset of Tokyo.



### Jorenji Temple (Great Buddha of Tokyo) [B-2]

Jorenji is a Jodo Buddhism temple which is said to have been established in the Oei period (1394-1428). The 13-meter bronze sitting Amitayus Buddha statue on the right side of the main building is called "The Great Buddha of Tokyo", and was said to be the third biggest Great Buddha at time of completion. The various stone figures on the premise were brought from Korea by Takatora Todoroki; the facial expression on the "Gaman no Oni" is humorous.



Gaman no Oni



### Itabashi Art Museum [B-2]

First public art museum in the 23 wards of Tokyo, it offers unique exhibitions on the Kano School in the Edo period, Ikebukuro Montparnasse, and Bologna Children's Book Fair Bologna Illustrators Exhibition from Italy to name a few.



### Itabashi Historical Museum [B-2]

A facility to learn the history of Itabashi, with archaeological remains, ancient documents, and folklore materials that have been excavated in the city. The premise also holds an old folk house. In an environment of rich nature, visitors can make new discoveries and feel nostalgic at the same time.



### Akatsuka Botanical Garden [B-2]

A botanical garden that utilizes the hillside of Akatsuka that shows remnants of the old Musashino. The garden is home to over 600 species of flowers and plants. An "agricultural garden" has been added adjacent to Akatsuka Botanical Garden to provide a place to experience agriculture, mainly for children.



### Itabashi Fireworks Festival [D-1]

The summer tradition dubbed Itabashi's pride. Along with Toda City, Saitama Prefecture at the other side of Arakawa river, approx. 12,000 shots of fireworks paint the night sky. Every year there are many spectacular and various fireworks such as the shooting of the biggest firework ball, and "The Great Niagara Falls", which is one of the longest in the Kanto region with the length of 700m. Because the shooting place is close to the spectators' area, they can also enjoy the sound resonating to their stomachs.



### Itabashi City Civic Festival [F-5]

A festival held around Itabashi Green Hall and be full with people every year. Various events take place during the two-day period, such as the Awa dance performance, local specialty market by a group of participating vendors, and different promotional sections. Enjoy the autumn Itabashi through dancing, eating, and having fun!



Stall venue bustling with people



### Itabashi Agricultural Festival [B-3]

A festival to celebrate harvest of the fall in the Akatsuka district where agriculture still remains. A variety of events are held such as Itabashi's homegrown agricultural product exhibition and market. Enjoy the view of the "vegetable treasure ship" that loads about 1.5 tons of homegrown vegetables.



### Itabashi City Marathon [D-1]

A marathon event held at Arakawa river bed of lush green. Being a course of little height difference and a time limit of 7 hours, its completion rate is high. It is beginner-friendly and at the same time a place for experienced runners to break their own records.

**miura-ori**  
Life & Tourism Division, Itabashi City  
2-65-6 Itabashi, Itabashi-ku, Tokyo 173-0004  
(6th floor of Itabashi City Information Processing Center)  
Phone: 03-3579-2251  
E-mail: kb-kankou@city.itabashi.tokyo.jp

## Itabashi Official Sightseeing App ITA-Mania

A smartphone-based app to enjoy sightseeing of Itabashi more. Search easily on the tourist attractions on this map as well as restaurants and public facilities!

- <Main Features>**
- Features approx. 300 tourist attractions, restaurants, public facilities, etc.
  - "360-degree VR video" and "AR map" using VR (virtual reality) and AR (augmented reality) technologies
  - Make your own sightseeing route automatically with "Travel Concierge"

## Itabashi Tourism Center

"Itabashi Tourism Center" is the information hub that consolidates various tourist informations of Itabashi to promote locally and globally. Information on sightseeing resources as well as local souvenirs and panel displays are available here. In addition, we have "Motenshitai", a tourism volunteer group whose members accompany you and guide you through the tourist courses free of charge. Feel free to ask for them!

**Location** 3-14-15 Itabashi, Itabashi-ku, Tokyo  
(1st floor of Itabashi Regional Center)  
**Hours** 9 am - 5 pm  
**Phone** 03-3963-5078 **Fax** 03-3963-5373  
**Closing** Tuesdays (if Tuesday is a national holiday, the following day will be closed instead) / year-end/New Year  
No later than 14 days before the actual touring date  
(Contact Tourism Center for details)

## Links to useful sightseeing information

**Itabashi's Cultural Assets**  
Information on tangible and intangible cultural properties in Itabashi.

**Itabashi's Specialties**  
Information on "Itabashi's specialties", the foods of local pride that attract affinity and popularity among the locals.

**Itabashi's Shopping Streets**  
Information on access and events of Shopping District Association member districts.

**Companies in Itabashi that allow walk-through tours**  
Information on local companies that allow walk-through tours of manufacturing sites. (Advance reservation required for walk-through tours)

**Itabashi Barrier-Free Access Map**  
Search on the locations of facilities and information on barrier-free access.

## Itabashi Tourist Mascot

A tourist mascot in the motif of the fairy of "niriso" (wind flower), Itabashi's official flower. Wearing its favorite leaf-looking hat, it is full of life and spirit of hospitality, appealing the clean and green Itabashi to the world.

**I participate actively in various events.**

- Origin of the name  
The name "Rin-Rin" comes from "niriso" that proudly bears twin flowers, and the left-hand sides of the characters "Rin" (Itabashi that represent "R" (tree) and collectively mean "R" (woods), which evoke the image of the greens of Itabashi).
- Favorites Itabashi's specialties
- I have a talent for... Photosynthesis and making green curtains

## Benefits of Walking

\* If you have a chronic disease, consult with your doctor before you start walking.

**It prevents lifestyle diseases.**  
Walking lowers blood sugar level and blood pressure. It also lowers the risk of lifestyle diseases such as cancer and diabetes.

**It improves your cardiopulmonary functions.**  
If you continue exercising on a regular basis, it will help you maintain and improve your physical fitness such as body stamina and muscular strength.

**It prevents obesity.**  
Walking increases your energy consumption and makes it easier to reduce waist size and weight.

**It releases stress.**  
Walking leads to change of air and stress release, helping you to improve physical and mental health.

(Based on MHLW's "Standards of Physical Activities for Health 2013")

## How to choose your pair of shoes

- Materials** Light and breathable
- Toes** Have ample room to move your toes
- Arches of the feet** Supported by insoles
- Insteps** Not pinching, adjustable with laces
- Soles** Pliable to body moves  
Thick and cushioned
- Heels** Securely wrap the heels

## How to wear your shoes right

1. Make room in the shoes that allows you to move your toes.
2. Hit the ground lightly with your heels. When your heels settle in the right place, tie the laces at your ankles.
3. Shift your weight to the toes. Lift your heels and secure the shoes tightly with the laces.

## Walking

### Warming up

Do stretches to gradually warm your body up and encourage blood circulation. Make sure you do this in order to prevent injury, knee pain, and fatigue.

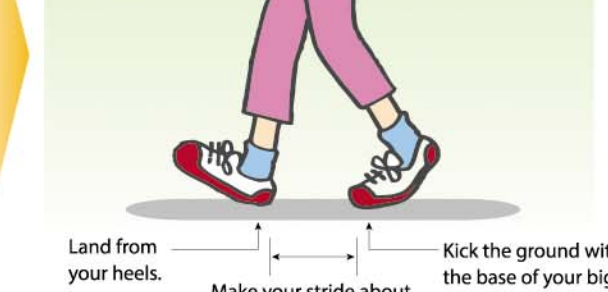
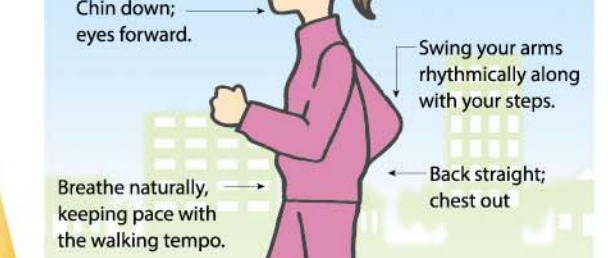


\* Do not try too hard if you haven't slept much or do not feel well.

## Make your walking effective with good posture!

### Guideline of suitable walking speed

Faster than usual but not hard.



## Don't forget to replenish water

Sweating prevents body temperature rise. Lack of body water that makes sweat may cause heat stroke. Make sure to replenish your body with water or sport drink. However, drinks that include caffeine (coffee, tea, etc.) have diuretic effect and are not suitable for replenishment.



**Cooling down after walking**  
Abrupt stopping of exercise will strain your heart. It is important to stop gradually; it allows you to recover from fatigue fast and prevents muscle pain.



## Walk 10 minutes more!

"Walking" is an exercise you can do casually. The national guideline for the target daily walking steps is 8,000 steps<sup>(1)</sup>. However, only about 40% of residents in Tokyo of age 20 and up, men and women alike, actually walk 8,000 steps or more a day<sup>(2)</sup>. Walking 1,000 steps/ about 10 minutes more a day will help you overcome physical laziness as well as prevent lifestyle diseases and reduce stress.

- \*1 MHLW's "Active Guide for Health" recommends men/women of age 18-64 to have physical activities that account for 8,000 walking steps a day.
- \*2 "National Health & Nutrition Survey" (MHLW) (Recount of Tokyo's data 2012-14)

## Tips to increase physical activity by walking

- Do not use buses or trains for walkable distances and actively choose to walk.
- Do not use elevators or escalators. Use the stairs.
- Do not just walk; enjoy yourself while walking, e.g., Strolling the streets, visiting tourist attractions, etc.
- Recording your walking steps with a pedometer or a smartphone will lead to a sense of accomplishment and motivates you to continue.

Kenkodesuka Man





# ITABASHI Steps to Health Guide MAP



**Small Efforts,  
Lasting Health**

Tokyo Health Promotion Character  
**Kenkodesuka Man**

