

# 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"









## 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 Asukayama of Kita City, another cherry blossom site that has been well-known since the Edo period. This is the place to enjoy cherry blossoms on a spring day.



River surface and cherry blossoms



### 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 (Main Zoo) [G-5]

A zoo where goats and animals are on the loose and visitors can enjoy contacts by feeding them, holding guinea pigs and riding ponies. (\*Closed for renovation until summer 2020; Takashimadaira Branch is open)



### Itabashi Bologna Children's Picture Book Library [F-4]

The library houses a collection of 26,000 books from approx. 100 countries, all donated from Bologna, Italy, the city that Itabashi has exchanges with. It is one of the rare picture book libraries in Japan with a large assortment from the world such as Europe, America, and Asia.



### 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 (Shaisaiyaguni)) 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 complexes and shows us the seasonal beauty.



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

A zoo where goats and animals are on the loose and visitors can enjoy contacts by feeding them and holding guinea pigs.



### Uemura Adventure Center [D-2]

A facility that conveys the adventurous spirit of Naomichi Uemura, the world-renowned explorer who lived in Itabashi. It exhibits photos and the actual equipments he used, rents out books on adventure, and projects to experience nature.



### 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.



Mutanaka 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

### Ta-asobi (Akatsuka/Tokumaru) [B-2][C-3]

"Ta-asobi", a tradition of Tokumaru and Akatsuka districts where used to be a vast rice paddy field, is a pre-celebration festival held at the start of the year in hope for the year's productiveness of grain and prosperity of the family. In 1976 "The Ta-asobi of Itabashi" was designated the national important intangible folk cultural property. Today, The Tokumaru Kitano Jinja Shrine holds the festival on February 11, and Akatsuka Suwa Jinja Shrine in the night of February 13.



### Shogetsuin Temple [B-2]

A Soto Buddhism temple that is said to have been reestablished by Yoritane Chiba in 1492. It is also famous as the base where Shuhan Takashima conducted the Western-style cannon shooting training for the first time in Japan. The monument "Takashima Shuho Kiko-hi" in the premises is in the shape of a cannon barrel and cannons.



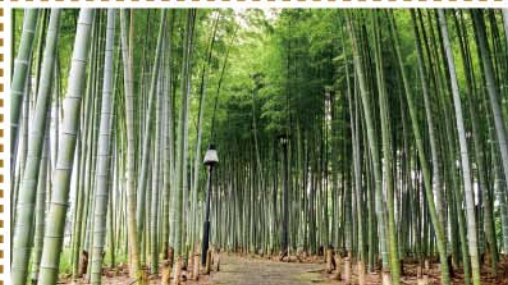
### Akatsuka Metropolitan Park (natural habitat of wind flowers) [B-2]

The Daimon district of Akatsuka Metropolitan park is the largest natural habitat of wind flowers in Tokyo. In early April, wild flowers bloom naturally along the slope of the cliff, stretching approx. 200 m in length and approx. 10 - 20 m in depth.



### Area around Akatsuka Tameike Park [B-2]

Approx. 200 plum trees are in a park; the full bloom in early spring is something to see. The park is surrounded by Itabashi Historical Museum, Itabashi Art Museum, and Akatsuka Joseki Park, where you can spend laid-back time.



### Takenoko Park [B-2]

The existing bamboo grove was augmented into a park with the addition of about 13 bamboo species such as fern-leaf hedge and giant timber bamboos. Listening to the sound of the breeze that shakes the bamboo leaves makes you forget the passage of time.



### Water Wheel Park and Tokusuitei [B-3]

A waterwheel runs in the park where, at the rice paddy field, you can observe the agricultural scene and the process of rice cultivation from transplanting to reaping. Next to the Water Wheel Park is a traditional Japanese-style garden and tea ceremony room "Tokusuitei". \*Advance reservation required for Tokusuitei.



### 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, Ikebuna 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. The atmosphere gives you the feeling of going into a small mountain; it is the best place to become close to nature and enjoy its seasonal changes.



### 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 will be full with people every year. Various events take place during the two-day period, such as the Awa dance performance, the parade of portable shrines, food stands, local specialty market, 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 stands and local traditional performances. 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**  
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(6th floor of Itabashi City Information Processing Center)  
Phone: 03-3579-2251  
E-mail: kb-kankou@city.itabashi.tokyo.jp

## 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!

- 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 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 Tourist Mascot

A tourist mascot in the motif of the fairy of "nirino" (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.

- **Origin of the name**  
The name "Rin-Rin" comes from "nirino" that proudly bears twin flowers, and the left hand sides of the characters "風" (Itabashi) that represent "K" (tree) and collectively mean "風" (wood), which evoke the image of the greens of Itabashi.  
"Rin" can be read "rin" as well, and hence the name "Rin-Rin".
- **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.

- Chin down, eyes forward.
- Breathe naturally, keeping pace with the walking tempo.
- Swing your arms rhythmically along with your steps.
- Back straight, chest out.
- Land from your heels.
- Make your stride about 5-7cm bigger than usual.
- Kick the ground with the base of your big toe.

### 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.

Itabashi Health Promotion Character  
**Kenkodesuka Man**



# ITABASHI Steps to Health Guide MAP



**Small Efforts,  
Lasting Health**

Tokyo Health Promotion Character  
**Kenkodesuka Man**

