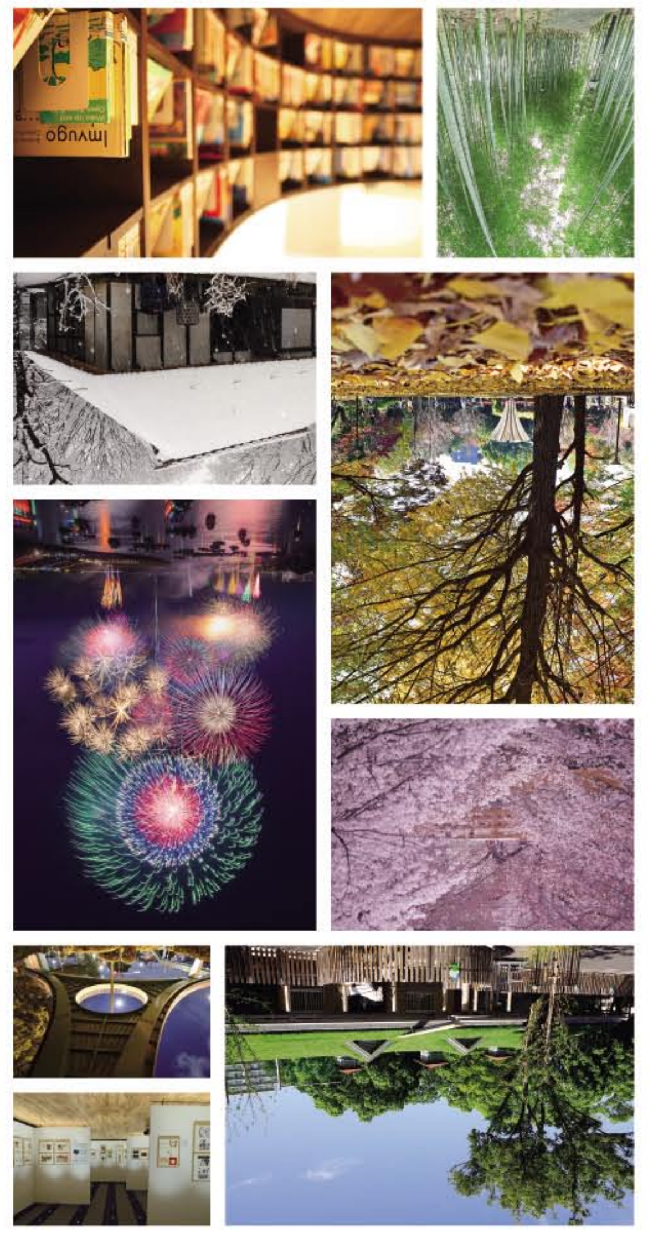
ITA BASHI

Tourist Guide MAP



Itabashi Walk-Around Route

For more information on each spot of the Itabashi Walk-Around Route, check the official website of Itabashi City.

About 10km from Nihombashi, the heart of Edo, this area features Itabashijuku, which used to enjoy prosperity as the posting station of Nakasendo.

Itabashi Station ⇔ Itabashihoncho Station

Distance	Approx. 4.5 km
Required time	Approx. 67 min.
Calories consumed	Approx. 201 kcal
Steps	Approx. 6,400 steps

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

Starting from Itabashi Station
▼ Approx. 0.1 km Approx. 2 min.
① Grave of Isami Kondo
▼ Approx. 1.2 km Approx. 18 min.
② Kaga Park
▼ Approx. 0.7 km Approx. 10 min.
③ Tokoji Temple
▼ Approx. 0.1 km Approx. 2 min.
④ Kammyoji Temple
▼ Approx. 0.0 km Approx. 0 min.
⑤ Site of the Hiraojukuwaki Honjin Headquarters
▼ Approx. 0.0 km Approx. 0 min.
⑥ Itabashi 3-chome Enjuku Hiroba Square
▼ Approx. 0.0 km Approx. 0 min.
⑦ Itabashi Tourism Center
▼ Approx. 0.3 km Approx. 4 min.
⑧ Henshoji Temple
▼ Approx. 0.3 km Approx. 4 min.
⑨ Site of the Itabashijuku Honjin Headquarters
▼ Approx. 0.2 km Approx. 3 min.
⑩ Monjuin Temple
▼ Approx. 0.1 km Approx. 2 min.
⑪ Site of the Nakajukuwaki Honjin Headquarters
▼ Approx. 0.2 km Approx. 3 min.
⑫ Itabashi Bridge
▼ Approx. 0.2 km Approx. 3 min.
⑬ Enkirienoki
▼ Approx. 0.3 km Approx. 4 min.
⑭ Chiseiji Temple
▼ Approx. 0.2 km Approx. 3 min.
⑮ Nichiyoji Temple
▼ Approx. 0.6 km Approx. 9 min.
Final destination: Itabashihoncho Station

Grave of Isami Kondo G-6

7-8-10 Takinogawa, Kita City
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.

Kaga Park G-5

1-8 Kaga
During the Edo period, this area used to be the residence of the Maeda family of Kaga, which was as large as 177 acres. The park is the ruin of the artificial hill. From the Meiji era to the end of WWII, there used to be the Itabashi Explosives Factory (Tokyo Second Army Arsenal) building.

Tokoji Temple G-5

4-13-8 Itabashi
A Jodo Buddhist Temple that is said to have been established in the Muromachi period (14th-16th century). The Koshin Tower in the premises is the largest in Itabashi standing 190cm (6'3") tall, and is designated the tangible cultural property of Itabashi. There is also memorial tower of feudal warlord Ukita Hideie, built by his descendants who had moved to Itabashi in the Meiji era.

Itabashi Bridge F-5

28/29 Honcho
A bridge over Shakujii River, near Nakajuku of the old Nakasendo. It is said to be the origin of the city name "Itabashi". The name is seen 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. When the cherry blossom viewing season arrives, the Shakujii River sees the full bloom of cherry blossoms from upper through to lower streams.

Enkirienoki F-4

18 Honcho
Enkirienoki has been a renowned scenic spot of Itabashi-shuku since the Edo period. It has been told that the tree "cuts bad ties and form good connection", attracting faith from ordinary people.

Itago Kometen G-5

40-1 Nakajuku
An earthen-wall building that has quietly stood on Nakajuku Shopping Street since 1914. The architecture features a bricked, Western-style design added to the early modern tradesman's house, creating a late modern feel In recent years, instead of being operated as a rice retail shop, the place is used as the place to convey the atmosphere of a post station to future generations.

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")

Tokiwadai Walk-Around Route

For more information on each spot of the Tokiwadai Walk-Around Route, check the official website of Itabashi City.

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.

Naka-Itabashi Station ⇔ Kami-Itabashi Station

Distance	Approx. 6.0 km
Required time	Approx. 90 min.
Calories consumed	Approx. 270 kcal
Steps	Approx. 8,600 steps

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

Starting from Naka-Itabashi Station
▼ Approx. 0.4 km Approx. 6 min.
① Senshoin Temple
▼ Approx. 0.2 km Approx. 3 min.
② Kutsuwa Jinja Shrine
▼ Approx. 0.4 km Approx. 6 min.
③ Oyama Fuku Jizo (Ksitigarbha) Statue
▼ Approx. 0.6 km Approx. 9 min.
④ Hokei Inari Jinja Shrine
▼ Approx. 0.4 km Approx. 6 min.
⑤ Geto Bridge and Rokuzo-no-hokora
▼ Approx. 0.4 km Approx. 6 min.
⑥ Chomeiji Temple
▼ Approx. 0.6 km Approx. 9 min.
⑦ Minamitokiwadai Tenso Jinja Shrine
▼ Approx. 0.2 km Approx. 3 min.
⑧ Heian Jizo
▼ Approx. 0.6 km Approx. 9 min.
⑨ Hikawa Jinja Shrine
▼ Approx. 0.2 km Approx. 3 min.
⑩ Site of the Old Kami-Itabashi Village Office
▼ Approx. 0.0 km Approx. 0 min.
⑪ Anyoin Temple
▼ Approx. 0.8 km Approx. 12 min.
⑫ Site of Moro
▼ Approx. 0.4 km Approx. 6 min.
⑬ Mitake Jinja Shrine
▼ Approx. 0.2 km Approx. 3 min.
⑭ Sakuragawa Green Road
▼ Approx. 0.2 km Approx. 3 min.
⑮ Gohon Keyaki (Five Zelkova Trees)
▼ Approx. 0.2 km Approx. 3 min.
⑯ Kosodate Jizo (Ksitigarbha) Statue
▼ Approx. 0.2 km Approx. 3 min.
Final destination: Kami-Itabashi Station

Kutsuwa Jinja Shrine F-5

46-3 Nakacho
In the Edo period, this place was called "Kutsuwa Gongen". The origin of the name is said to have come from an anecdote that when Tokugawa Ieyasu toured around his domain countries, he let his horses rest and recover from fatigue here and left the curb (kutsuwa) behind, which was later enshrined, or because a horseshoe was enshrined here. The deity is a guardian for children and is worshipped for its ability to cure diseases, especially whooping coughs.

Site of Moro D-5

5-17 Komone
In March 1951, stone tools and other artifacts were discovered in the cross-sectional part of a road that runs through an independent hill called "Osedoyama". Later, the result of an excavation suggested that the culture of the Old Stone Age, which is older than the Jomon era, had prevailed ubiquitously in Japan. In addition, the knife-shaped stone tool unearthed during this excavation was named "Moro-type knife-shaped stone tool" from its highly unique form.
The site was designated Tokyo's cultural property in 1969 and the artifacts in 1999. Today the site is a parkland owned by the Tokyo Metropolitan government but is off-limits to save the trees and woods.

Geto Bridge and Rokuzo-no-hokora E-5

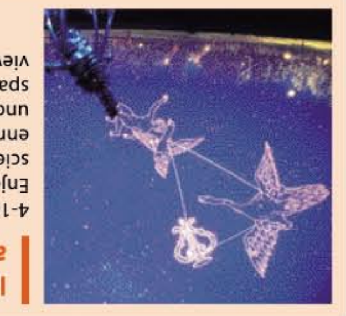
52-1 Yayoicho/1 Minami-tokiwadai
There are a few stories about the origin of the name "Geto" (head down). One is that there was an "upside-down nettle tree" which grew big from a nettle cane that a traveling monk had stuck down to the ground. Another is that when the lord of Kawagoe Castle went to Edo and back, the retainers of his Edo residence came here and bowed their head down to greet him or see him off. And the third story is that the stone bridge was rebuilt based on the money of Rokuzo, who used to receive donation from the travelers under the bridge. The Rokuzo-no-hokora was rebuilt to praise his virtue, and houses a "wood strip" donated by Shibusawa Eiichi.

Gohon Keyaki (Five Zelkova Trees) D-4

1-19 Kami-itabashi
When the width of Kawagoe-kaido was expanded in the early Showa era, Iijima Yajuro, then mayor of the former Kami-Itabashi Village, offered his land under the condition to keep some of the zelkova trees in his homestead woodland. Thus five trees were preserved when the woodland was cut down, and people begin to call them "gohon keyaki" (five zelkova trees). Later, two dead trees were replaced to new ones. Today the site is a local landmark.

Sakuragawa Green Road D-4

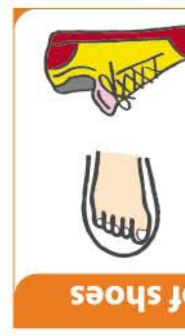
Sakuragawa Boundary of 1 and 3-chome
A green road that was constructed by turning the Sakura River (which is called Tagara River in Nerima City) into underground drains. With many trees planted, it is a place of relaxation for the community.



Itabashi Science and Education Hall E-4

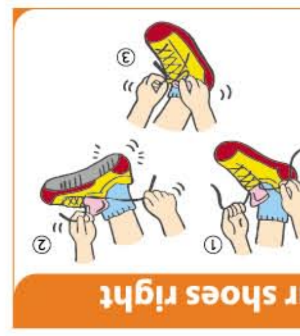
4-14-1 Tokiwadai
Enjoy the planetarium and the scientific exhibition room while enriching the interest and understanding in science and space. The planetarium offers views of seasonal starry skies.

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.

Shimura Walk-Around Route

For more information on each spot of the Shimura Walk-Around Route, check the official website of Itabashi City.

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

Motohasunuma Station ⇔ Shimura-sakaue Station

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 min. (including short stops at each site)

Starting from Motohasunuma Station
▼ Approx. 0.2 km Approx. 3 min.
① Hikawa Jinja Shrine
▼ Approx. 0.1 km Approx. 2 min.
② Weeping Cherry Trees in Nanzoin Temple
▼ Approx. 0.6 km Approx. 9 min.
③ Chotokuji Temple
▼ Approx. 0.6 km Approx. 9 min.
④ Kumano Jinja Shrine
▼ Approx. 0.4 km Approx. 6 min.
⑤ Jorakuin Temple
▼ Approx. 0.2 km Approx. 3 min.
⑥ Mitsugi Park
▼ Approx. 0.4 km Approx. 6 min.
⑦ Emmeiji Temple
▼ Approx. 1.0 km Approx. 15 min.
⑧ Ruins of Shimura Castle and Kumano Jinja Shrine
▼ Approx. 0.9 km Approx. 14 min.
⑨ Fuji-Oyama Road Sign/Koshin Tower
▼ Approx. 0.3 km Approx. 4 min.
⑩ Yakushi-no-izumi
▼ Approx. 0.5 km Approx. 7 min.
⑪ Mitarai Fudo
▼ Approx. 0.2 km Approx. 3 min.
⑫ Azusawa Water Bus Dock
▼ Approx. 0.6 km Approx. 9 min.
⑬ Ryufukuji Temple
▼ Approx. 0.0 km Approx. 0 min.
⑭ Azusawa Jinja Shrine
▼ Approx. 0.8 km Approx. 12 min.
⑮ Main Pillar of Toda Bridge
▼ Approx. 0.2 km Approx. 3 min.
⑯ Shimura Milestone
▼ Approx. 0.0 km Approx. 0 min.
Final destination: Shimura-sakaue Station

Weeping Cherry Trees in Nanzoin Temple F-3

48-8 Hasunumacho
A Shingon Buddhism 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 premises feature a Koshin Tower in the shape of a round-sculpture jizo (guardian deity) built in 1653 by a group of Koshin-machi (religious event) participants. The weeping cherry trees that bloom beautifully with the Fudo-do hall in the background offers a spectacular view in the blooming season.

Main Pillar of Toda Bridge F-3

3-8 Azusawa
The main pillar of the Tokyo side of the river before the bridge was replaced by the current Toda Bridge in 1978. The left back side of the pillar has an embedded copper plate that states the history and specifications of the bridge. The main pillar of the Saitama side is at the entrance of Todabashi Water Park on the east side of Boat Race Toda.

Mitsugi Park E-3

4-59-1 Maenocho
Opened in April 1953, about 45% of the park's 14,000 square meter-premise is a pond where you can enjoy rowing boats. With its natural spring water, Mitsugi Park is the place to spend laid-back time.

Yakushi-no-izumi Garden E-3

3-7-20 Azusawa
When the 8th Shogun Yoshimune stopped by at Daizenji Temple, he named the Bhaisajyaguru statue "Shimizu-Yakushi (clear water Bhaisajyaguru)" after seeing the clear water spring in the premises. Based on information, the garden was restored to the state back then.

Shimizuzaka Slope E-3

2-7 Shimura Vicinity
The first rough path of the Old Nakasendo, this steep hill falls from the Shimura plateau to the lowlands of the Arakawa River basin. It is said that the big curve used to be a scenic spot where you could have a commanding view of Mt. Fuji on the right hand side. The name comes from Daizenji Temple on the right hand side of the road when you go down the slope, where the 8th Shogun Yoshimune stopped by for a break during falconry and named its Bhaisajyaguru statue "Shimizu-Yakushi (clear water Bhaisajyaguru)", after seeing the beautiful clear water spring in the premises. Later, people started calling this slope "Shimizuzaka" as well.

Azusawa Water Bus Dock F-2

4-28 Azusawa
In the olden days, this place was called "Azusawa Kashi" (riverfront) and was busy as the key point of boat transportation where various goods were loaded and unloaded. Today the place has been constructed into Azusawa Water Bus Dock and used as a wharf of "Tokyo Mizube Line", a water bus line that connects Sumida and Arakawa Rivers and the bayfront area.

Shimura Milestone F-3

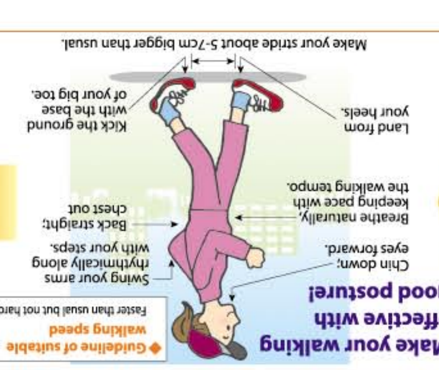
1-12 Shimura/2-16 Azusawa
The third milestone from Nihombashi, the heart of Edo. Being one of the only two milestones that remain to this day with the original appearance, it is designated the national place of historic interest.

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!


Chin down; eyes forward.
Breathe naturally, keeping pace with the walking tempo.
Land from your heels.
◆Guideline of suitable walking speed
Faster than usual but not hard.
Swing your arms rhythmically along with your steps.
Back straight; chest out
Kick the ground with the base of your big toe.
Make your stride about 5-7cm bigger than usual.

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.

Don't forget to replenish water

Akatsuka Walk-Around Route

For more information on each spot of the Akatsuka Walk-Around Route, check the official website of Itabashi City.

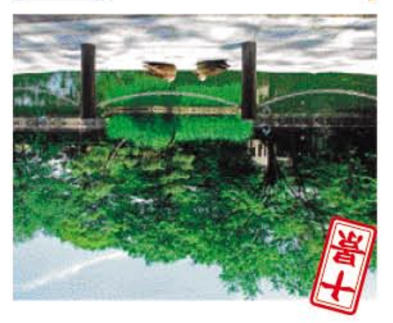
Area that still has the flavor of Musashino, home of nature, history and culture.

Narimasu Station ⇔ Tobu-Nerima Station

Distance	Approx. 6.6 km
Required time	Approx. 99 min.
Calories consumed	Approx. 297 kcal
Steps	Approx. 9,500 steps

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

Starting from Narimasu Station
▼ Approx. 1.0 km Approx. 15 min.
① Akatsuka Hikawa Jinja Shrine
▼ Approx. 0.4 km Approx. 6 min.
② Ruins of the Akatsuka Castle
▼ Approx. 0.2 km Approx. 3 min.
③ Akatsuka Tameike Park
▼ Approx. 0.6 km Approx. 9 min.
④ Akatsuka Suwa Jinja Shrine
▼ Approx. 0.1 km Approx. 2 min.
⑤ Takenoko Park
▼ Approx. 0.3 km Approx. 4 min.
⑥ Fudo Waterfall
▼ Approx. 0.2 km Approx. 3 min.
⑦ Jorenji Temple (Great Buddha of Tokyo)
▼ Approx. 0.1 km Approx. 1 min.
⑧ Akatsuka Botanical Garden
▼ Approx. 0.3 km Approx. 4 min.
⑨ Shogetsuin Temple,
Shogetsuin Temple Main Building
▼ Approx. 0.7 km Approx. 10 min.
⑩ Water Wheel Park and Tokusuitei
▼ Approx. 0.9 km Approx. 14 min.
⑪ Anrakuji Temple
▼ Approx. 0.1 km Approx. 2 min.
⑫ Former Kasuya Family House
▼ Approx. 0.3 km Approx. 4 min.
⑬ Tokumaru Kitano Jinja Shrine
▼ Approx. 1.4 km Approx. 21 min.
Final destination: Tobu-Nerima Station



Area around Akatsuka Tameike Park B-2

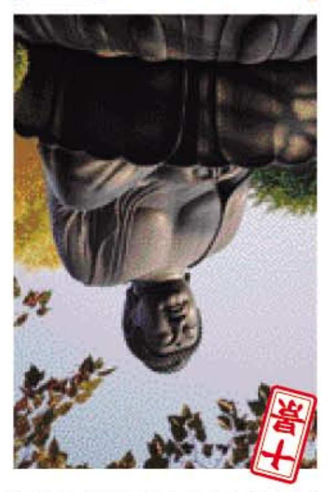
5-35-27 Akatsuka
Approx. 200 plum trees are in a park; the full bloom in early spring is something to see. The park is surrounded by Itabashi Historical Museum, Itabashi Art Museum, and Tokyo Metropolitan Akatsuka Park, where you can spend laid-back time.

Takenoko Park B-2

12-2 Daimon
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.

Fudo Waterfall B-2

8-11 Akatsuka
Famous water, selected as one of The 57 Best Spring Waters of Tokyo. Long time ago, people who made pilgrimages to Oyama and Fuji purified themselves by bathing themselves in the falling water. There was at all times water no matter how dry the year was. Today the water has still not dried out and keeps on falling although there is less water.



Jorenji Temple (Great Buddha of Tokyo) B-2

5-28-3 Akatsuka
Jorenji is a Jodo Buddhism temple which is said to have been established in the Oei period (1394-1428). Located in Itabashi-shuku of the Old Nakasendo, it was the place where the successive Tokugawa shoguns enjoyed "Otaka-gari" (falconry) and also famous as the temple of "Enma-sama" (Yama). The 13-meter bronze sitting Amitabha Buddha statue called "The Great Buddha of Tokyo" was erected in 1977 with the hope of no natural disasters and wars. The various stone figures on the premise such as the "Gaman no Oni", which used to be at the former Todo family's Somei residence, are also something to see.

Shogetsuin Temple B-2

8-4-9 Akatsuka
A Soto Buddhism temple that is said to have been reestablished by Yoritane Chiba by donating a temple estate 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.

Ruins of the Akatsuka Castle B-2

5-35 Akatsuka
The site used to be the Chiba clan's residential castle during the Warring States period. It was a typical flatland-mountain castle of the Medieval times; the scarce ruins of the dry moats remind you of the bygone era.

Water Wheel Park and Tokusuitei C-3

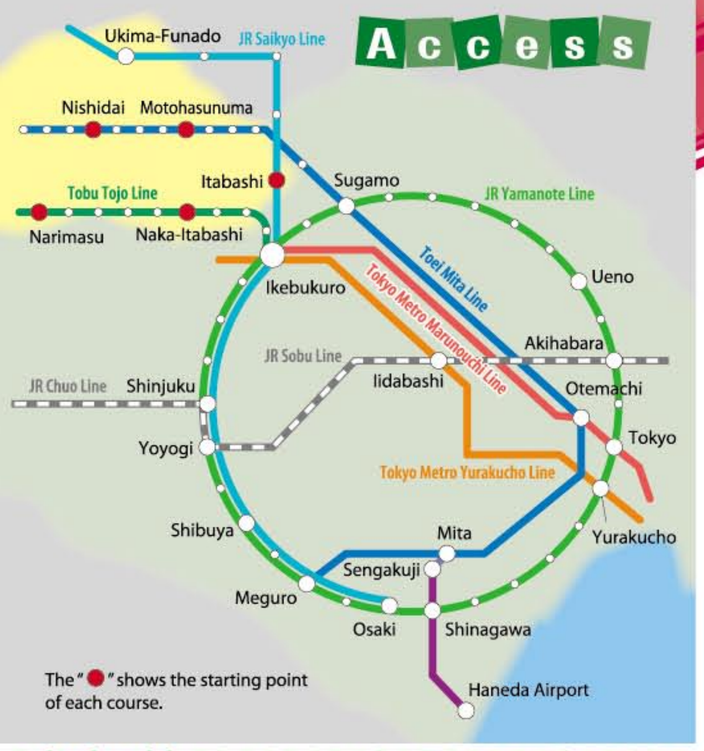
1-17-12 Yotsuba
A waterwheel runs in the park where, at the rice padding field, you can observe the agricultural scene and the process of rice cultivation from transplanting to reaping. Across the street next to the Water Wheel Park is a traditional Japanese-style garden and tea ceremony room "Tokusuitei".
* Advance reservation required for Tokusuitei.

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 [*1]. However, only around 50% of residents in Tokyo of age 20 and up, men and women alike, actually walk 8,000 steps or more a day [*2]. 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 Tokyoite's data 2016-18)

Access



The "●" shows the starting point of each course.

Itabashi This and That

Our initiatives and what to enjoy in "Itabashi, The City of Picture Books"

Itabashi City takes advantage of its friendship-city relationship and exchanges with Bologna, Italy, and many printing industry firms to disseminate the culture of picture books as a brand unique to Itabashi.

1 Getting in touch with picture books from around the world

Itabashi Bologna Children's Picture Book Library (1st floor, Chuo Library [E-4]) is the place where everyone from child to adult can enjoy, with arrays of picture books from around the world. Through picture books, you can expand your interest and curiosity on the world as well as read them in different languages. In addition, the annual summer event "Bologna Book Fair in Itabashi" offers you the opportunities to enjoy picture books that draw international attention.

2 Bologna Illustrators Exhibition

An exhibition of works selected for the picture book illustrators' competition in Bologna, Italy, held in Itabashi annually at the Itabashi Art Museum [B-2]. By being exposed to the precious original artwork, you will be introduced to various forms of expressions and techniques in picture books.

3 Picture book reading events

Picture book reading events are held mainly at libraries and CAP's (children's houses). It is not a mere place of enjoyment; children are expected to nurture imagination by getting familiar with picture books at an early age.

Takashimadaira Walk-Around Routes

For more information on each spot of the Takashimadaira Walk-Around Routes, check the official website of Itabashi City.

Area of orderly sectioned residential districts and industry strongholds.

Nature Route

Nishidai Station ⇔ Takashimadaira Station

Distance	Approx. 6.4 km
Required time	Approx. 96 min.
Calories consumed	Approx. 288 kcal
Steps	Approx. 9,200 steps

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

Starting from Nishidai Station
▼ Approx. 0.6 km Approx. 9 min.
① Funado Ohashi Bridge
▼ Approx. 1.0 km Approx. 15 min.
② Arakawa Dote Riverbank
▼ Approx. 0.3 km Approx. 4 min.
③ Itabashi Recycling Plaza
▼ Approx. 1.8 km Approx. 27 min.
④ Itabashi Botanical Gardens
▼ Approx. 0.4 km Approx. 6 min.
⑤ Children's Zoo, Takashimadaira Branch
▼ Approx. 0.4 km Approx. 6 min.
⑥ Takashimadaira Housing Complex and Line of Zelkova Trees
▼ Approx. 1.1 km Approx. 17 min.
⑦ Maeyatsugawa Green Road
▼ Approx. 0.8 km Approx. 12 min.
Final destination: Takashimadaira Station

History Route

Nishidai Station ⇔ Ukima-Funado Station

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 min. (including short stops at each site)

Starting from Nishidai Station
▼ Approx. 0.2 km Approx. 3 min.
① Bato Kannondo
▼ Approx. 1.0 km Approx. 15 min.
② Hikawa Jinja Shrine
▼ Approx. 0.3 km Approx. 4 min.
③ Rengeji Temple
▼ Approx. 1.1 km Approx. 17 min.
④ Johoku Kotsu Park
▼ Approx. 0.4 km Approx. 6 min.
⑤ Inari Jinja Shrine
▼ Approx. 1.5 km Approx. 23 min.
⑥ Nakasendo Toda no Watashi Ferry
▼ Approx. 0.5 km Approx. 7 min.
⑦ Funado Hikawa Jinja Shrine (Judo-no-miya)
▼ Approx. 0.2 km Approx. 3 min.
⑧ Tokyo Metropolitan Ukima Park
▼ Approx. 0.4 km Approx. 6 min.
Final destination: Ukima-Funado Station

Arakawa Dote Riverbank D-1

The river basin of Arakawa River that flows through the northern part of Itabashi City features various athletic parks (for baseball, soccer, track-and-field) as well as the bio-ecological gardens where you can get in touch with nature. The long bank along the river basin is home to many flowers such as chamomiles and poppies. Every year, a marathon event is held in March and a fireworks event in August.

Takashimadaira Housing Complex and Line of Zelkova Trees C-2

The Takashimadaira area used to be a swamp named Tokumarugahara; today's scenery was created when housing complexes were made between the late 60s and early 70s. The rows of zelkova trees that extend over about 600m grew with the housing complexes and shows us the seasonal beauty.

Johoku Kotsu Park E-2

2-19-1 Sakashita, Johoku Park
The park features a D51 steam locomotive train (nickname: Degoichi) and an actual Toei bus, which you can view freely. There is also a Transportation Museum where you can see displays of model railroads and learn the history of railways.

Itabashi Recycling Plaza D-1

4-16-6 Funado
Offers tours of its bottle/can separation-and-recycling factory and workshops on the 3Rs (reduce/reuse/recycle). You can purchase used furniture and clothes as well. Also features an accessible restroom, vending machines, a parking lot, and a showering room to wash away the sweat from workouts. You can also enjoy birdwatching on the roof of the building. (Admission free-of-charge / open on Sat./Sun./Holidays)

Itabashi Botanical Gardens D-1

8-29-2 Takashimadaira
A botanical garden that sterically recreates the natural environment of Southeast Asia. The glasshouse where mangroves etc. grow uses the residual heat from the nearby Itabashi Incineration Plant; the cold room 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.

Children's Zoo Takashimadaira Branch C-1

8-24-1 Takashimadaira
Tokumarugahara Park
A small where visitors can enjoy contacts with goats, lambs, and guinea pigs. There are also adorable deer, rabbits, and budgerigars.

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.

Small Efforts, Lasting Health

Tokyo Health Promotion Character
Kenkodesuka Man

Must-see Places in Itabashi

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

Bronze Statue of Eiichi Shibusawa, the Director of then-Yoikuin (Sanatorium) F-5

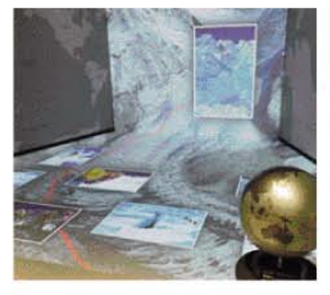
35-2 Sakaecho
At this sanatorium, the instituted that led the welfare and medicine fields in Japan, Eiichi Shibusawa served as director for many years. The statue was erected in 1925 and was registered Itabashi City's Registered Tangible Cultural Property in 2013.

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.

Itabashi Children's Zoo G-5

3-50-1 Itabashi
Higashi-itabashi Park
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.



Uemura Adventure Museum G-5

1-10-5 Kaga
The center opened in December 2021 within Uemura Memorial Kaga Sports Center. Features exhibitions and a highly realistic "visual theater" that show Naomi Uemura's accomplishments.

Chuo Library E-4

4-3-1 Tokiwadai
Opened March 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 café, it is a complex integrated with the park.

Itabashi Bologna Children's Picture Book Library E-4

4-3-1 Tokiwadai
The library on the first floor of the Chuo Library building houses a collection of 30,000 books from approx. 100 countries and 70 languages, mainly donated from Bologna, northern Italy, the city that Itabashi has exchanges with. It is a foreign picture book library with a large assortment from various countries and regions in Europe, America, Asia, and Africa.

Itabashi Ecopolis Center E-3

4-6-1 Maenocho
The center offers a variety of environmental workshops and events throughout the year to 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.

Azusawa Sports Field F-3

3-1 Azusawa
Enjoy walking and running the "Azusawa Loop", an oval-shaped aisle located at the center of the Sports Field. Other facilities include a tennis court, a multipurpose space with a basketball goal, a lawn, and playground equipment.

Tokyo Metropolitan Ukima Park E-1

2-1 Funado
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.

Former Kasuya Family House C-3

7-11 Tokumaru
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 property of Tokyo in 2018. In order to preserve the precious cultural property, the former Kasuya Family House now has a fire monitor as a fire prevention equipment, as well as bicycle and car parking lots for the visitors. The place is used by the community for recreation and local performing arts.

Ta-asobi (Akatsuka/Tokumaru) C-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.

Tokyo Metropolitan Akatsuka 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. The Daimon district within the park has the largest natural habitat of windflowers in Tokyo.

Itabashi Art Museum B-2

5-34-27 Akatsuka
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

5-35-25 Akatsuka
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

5-17-14 Akatsuka
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 groups of vendors, and different promotional sections.
Enjoy the autumn Itabashi through dancing, eating, and having fun!

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 E-1

A beginner-friendly event with a long time limit, a flat and runnable course, and good water/food supply service. For experienced runners, it is a JAAF/World Athletics-certified course where they can expect to break their own records.

Links to useful sightseeing information

Itabashi's Cultural Assets

Information on tangible and intangible cultural properties in Itabashi.
Itabashi City Official Website

Itabashi's Specialties

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

Itabashi's Shopping Streets

Information on access and events of Shopping District Association member districts.
Shopping District Association Official Website

Itabashi Barrier-Free Access Map

Search on the locations of facilities and information on barrier-free access.
Itabashi City Official Website

Itabashi City Tourism Association "Strolling in the City"

A website with full of information that brings fun to stroll in the city of Itabashi. It has information on tourist spots that did not make this map. The "City-Strolling MAP function" allows an easy location search. Special articles on gourmet such as "Itabashi Sweets" and areas are also something to see. Also make sure to check the event information updated monthly.
"Strolling in the City" website

まち歩き情報ライブラリー
ぶらり、いたばし
from Classic to Modern

Itabashi Official Sightseeing App "ITA-Mania"

A smartphone-based app to enjoy sightseeing of Itabashi more. Search easily on the tourist attractions as well as restaurants and public facilities!
Also features a walk-around route of spots associated with Eiichi Shibusawa, and a route for Itabashi manias that goes around underground drains.
Use "ITA-Mania" to rediscover the attractions of Itabashi!

iOS
Android

ITA-マニア
Itabashi Ward Official Tourism App
ITA-Mania
AR-Map
360°3D VR

<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 "Motenashitai", 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
Request for a guide	No later than 14 days before the actual touring date (Contact Tourism Center for details)

Itabashi Tourist Mascot

A tourist mascot in the motif of the fairy of "nirinso" (windflower), Itabashi's official flower. It is full of life and spirit of hospitality, appealing the clean and green Itabashi to the world. Check its Twitter account that offers information on the city's events and attractions!

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"
Follow Rinrin-chan on
@rinrin_itabashi

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Published January 2023 *Information as of October 2022