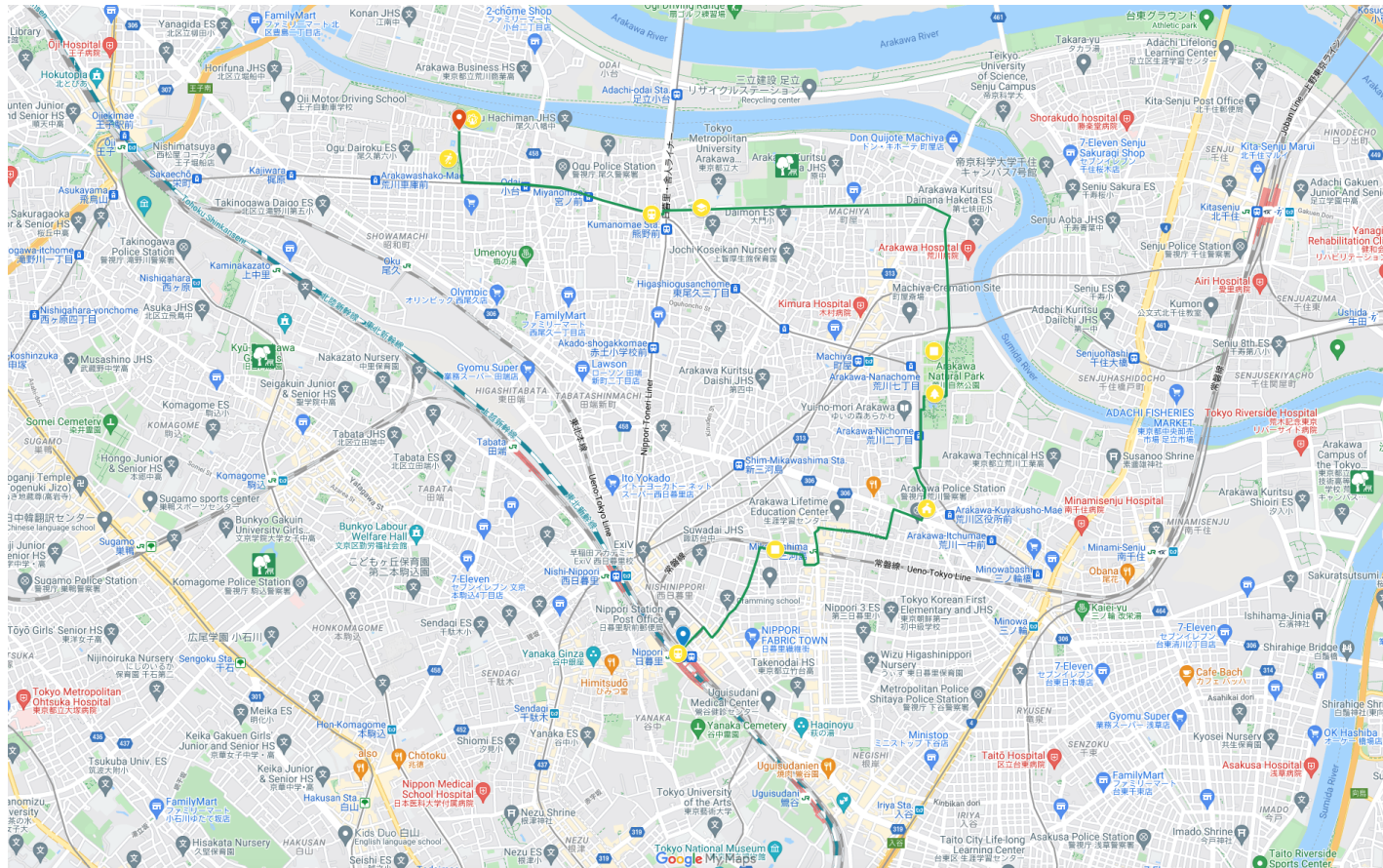


ARAKAWA CITY

Challenging Route

Highlight | Arakawa Yuen park



Route Description

- Nippori Sta.
- ▼
- Arakawa Natural Park
- ▼
- Ogunohara Park
- ▼
- Arakawa Yuen park

Warm-up

Do some stretches to gradually warm up and stimulate blood circulation. This helps prevent injuries, knee pain, fatigue, etc.

Cool-down

Ending exercise suddenly can cause stress on the heart, so it is important to cool down gradually. This helps the body recover faster from fatigue and prevents muscle pain.



* Do not put too much strain on your body when you are sleep deprived or sick.

| | |
|---------------------|-------------------|
| Time allowed | around 98 min. |
| Distance | around 6.5 km |
| Calorie consumption | around 294 kcal |
| Number of steps | around 9286 steps |

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

Recommended Site

Icons: Shrines and Temples Park Other



Arakawa Yuen park

