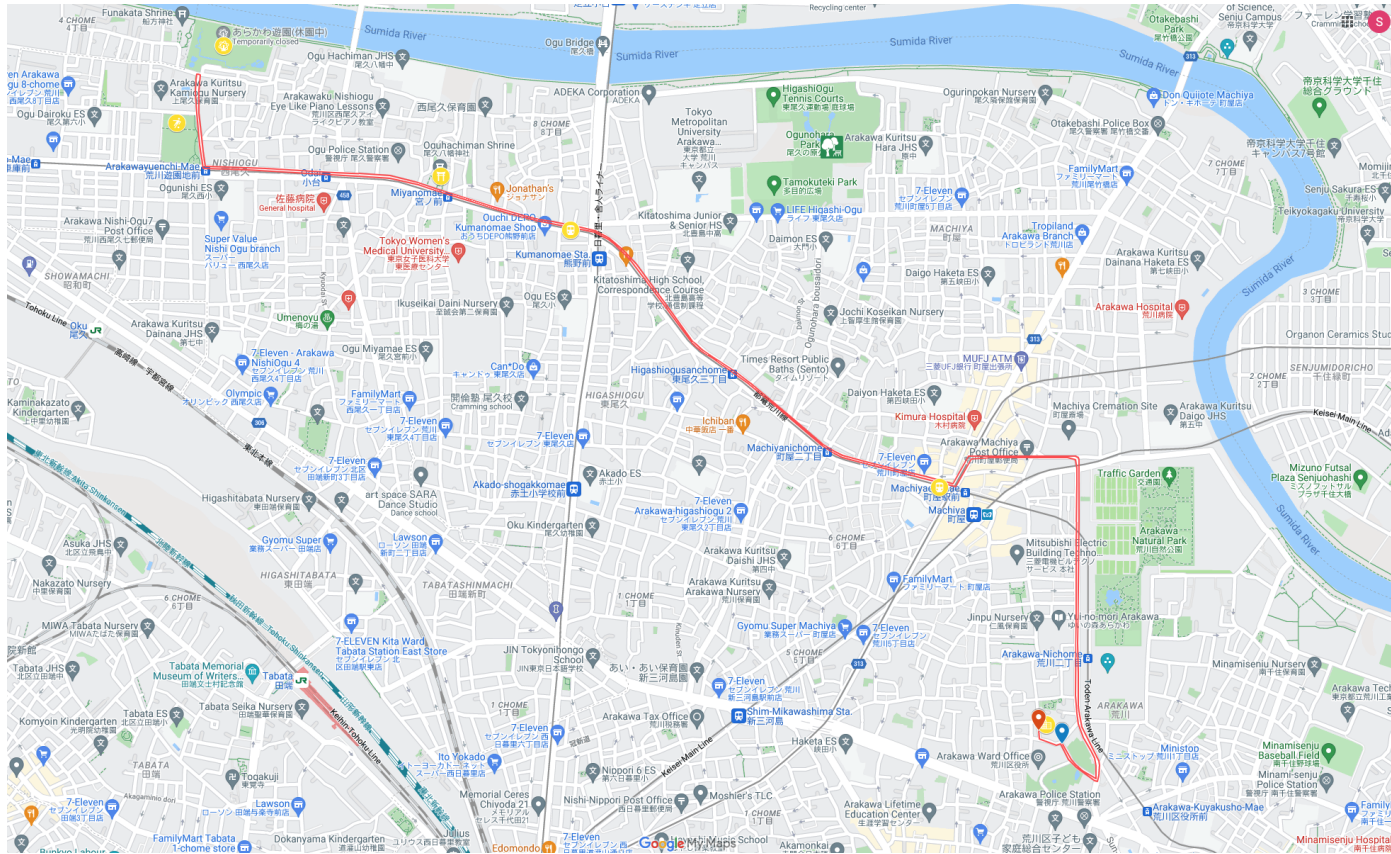




# Toden and Rose Flower Route (Round Trip)

Highlight | Toden Arakawa Line (Toden and Roses)



## Route Description



### 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 120 min.
Distance	around 8.0 km
Calorie consumption	around 360 kcal
Number of steps	around 11429 steps

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

Tokyo Health Promotion Mascot KENKOUDESUKA-MAN



## Recommended Site

Icons: Shrines and Temples Park Other



Toden Arakawa Line (Toden and Roses)



Hachiman shrine



Arakawa Yuen park

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