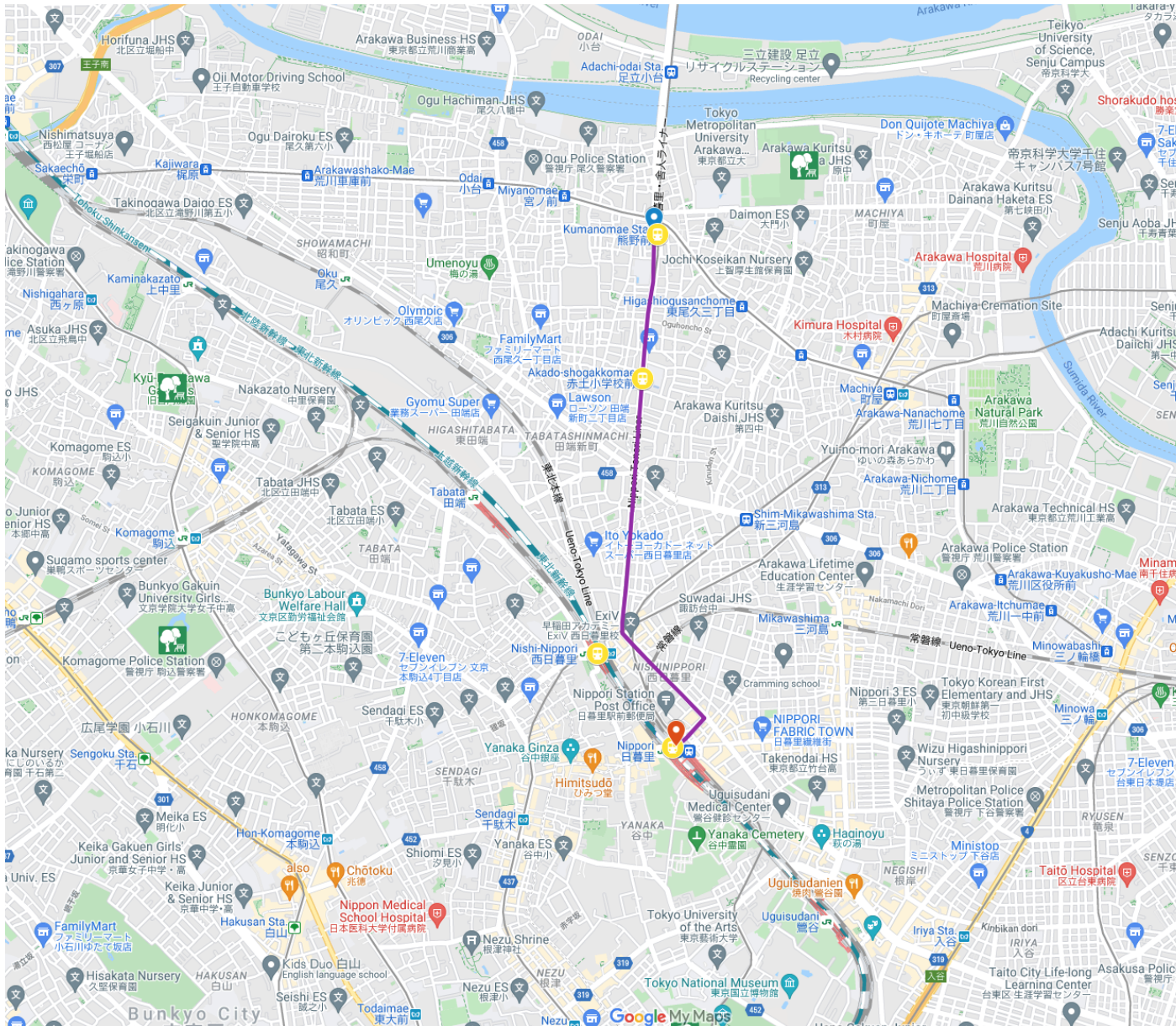


Nippori-Toneri Liner Route

Highlight | Around the crossing in front of Kumanomae Sta. on the Nippori-Toneri Liner



Route Description

- Kumano-mae Sta.
- ▼
- Nippori Sta.

Points to be aware of when walking

1. Warm-up and cool-down stretches
Remember to do some stretches before and after walking, in order to prevent injury (lower back or knees) and fatigue build-up. We recommend a simple routine to stretch your muscles and joints. On cold days, pay particular attention to warming up the body.
2. Hydrate sooner than later
Remember to take water with you when walking. It is important to hydrate before you feel thirsty. This helps prevent dehydration. If you start feeling sick, stop immediately and rest, or take other appropriate measures.
3. Be careful about road safety
Remember to look both ways when crossing roads or train tracks. It is also good to wear bright clothing that is easy for drivers and cyclists to see. When walking at night, we recommend wearing a reflective material or a hat that lights up, etc.

Time allowed	around 36 min.
Distance	around 2.4 km
Calorie consumption	around 108 kcal
Number of steps	around 3429 steps

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

