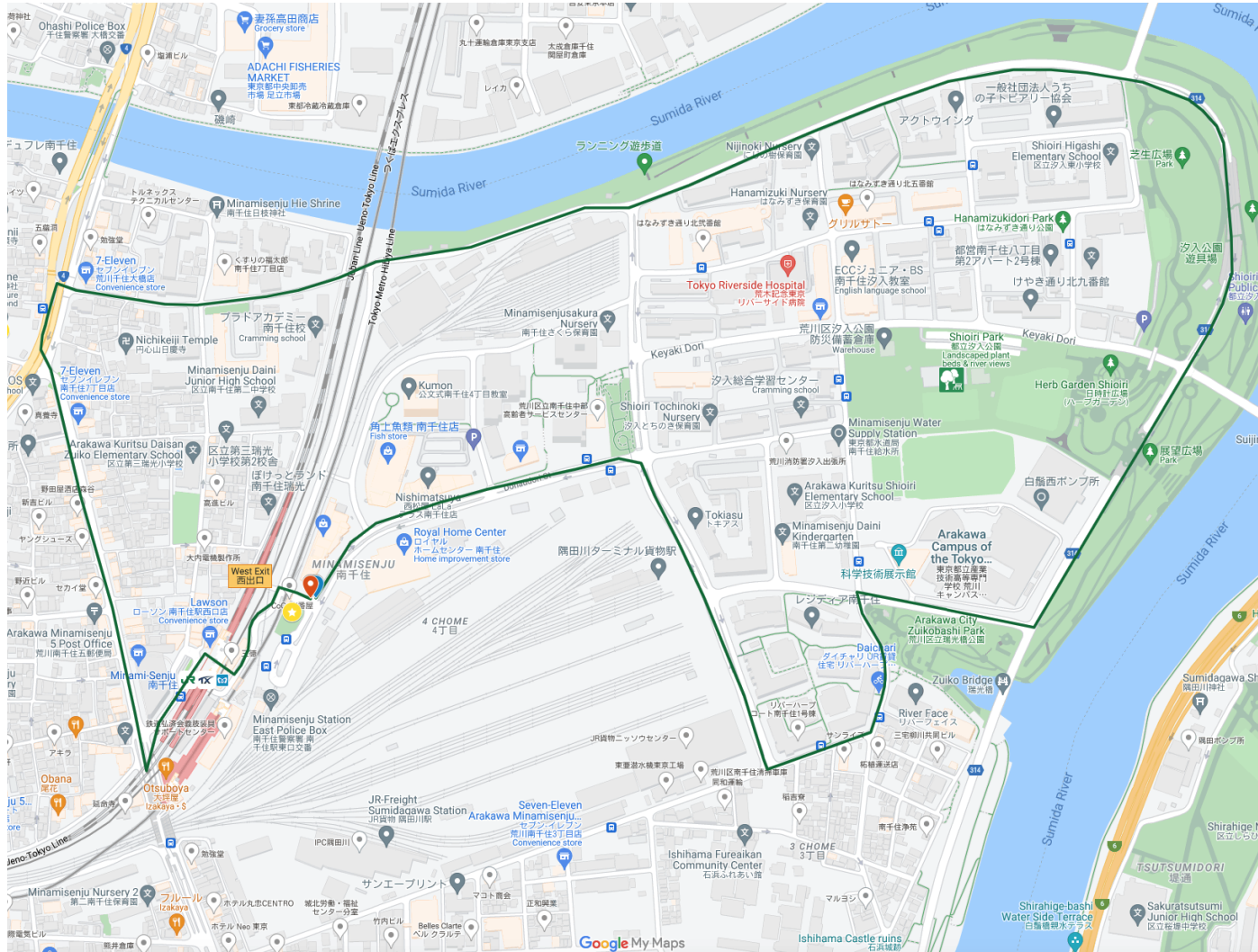


# Shioiri District Walking Tour Route

Highlight | Susanoo shrine



## Route Description

- 📍 Donauhiroba
- ▼
- 🌳 Metropolitan Shioiri Park
- ▼
- 🏯 Susanoo shrine
- ▼
- 📍 Donauhiroba

### 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 71 min.
📏 Distance	around 4.7 km
🔥 Calorie consumption	around 210 kcal
👣 Number of steps	around 6714 steps

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

©Google

