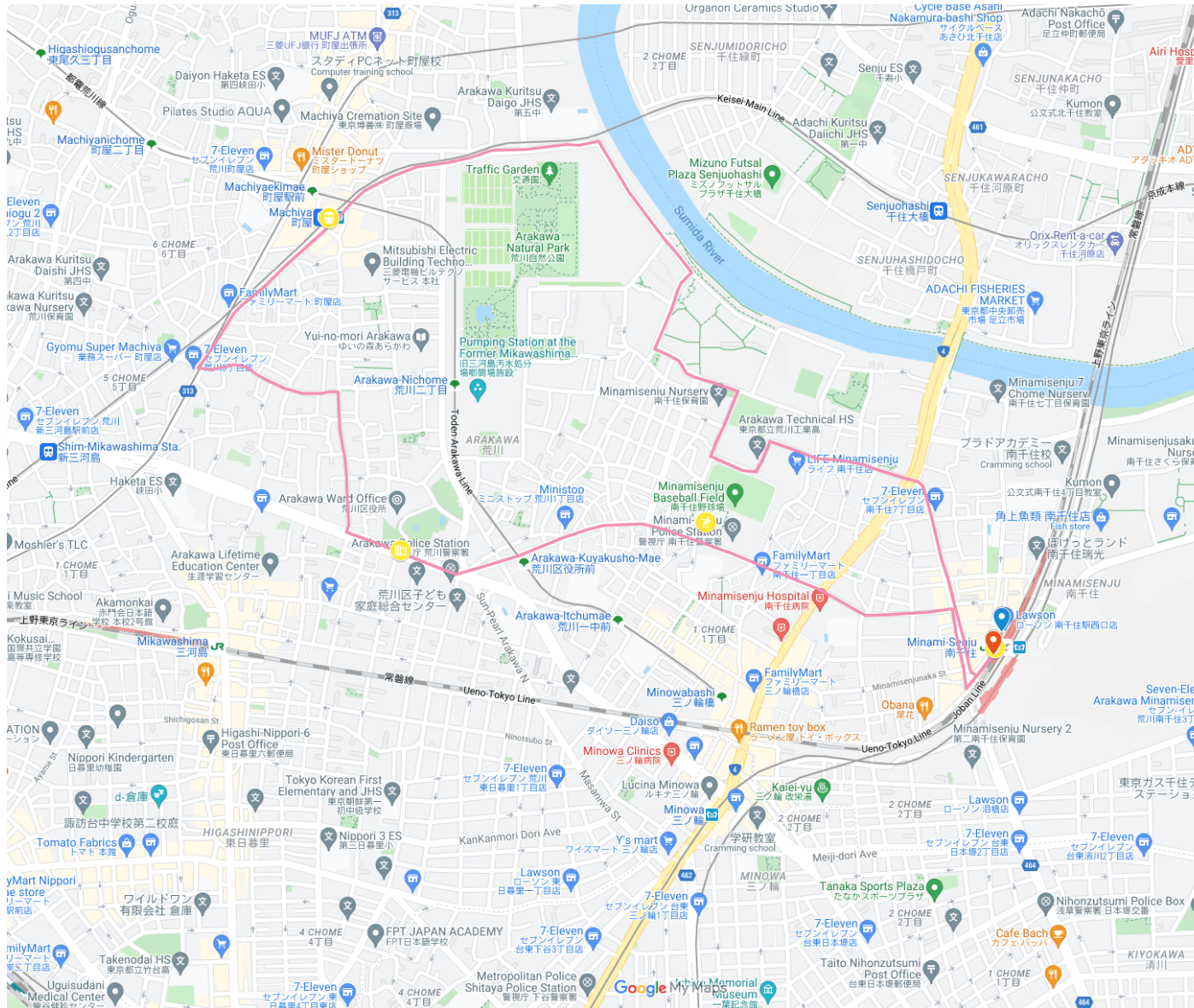


Arakawa City Community Bus "Sakura" Route

Highlight | Arakawa Furusato Museum



Route Description

- 📍 West Gate to Minami-senju Sta.
- ▼
- 📍 Machiya Sta.
- ▼
- 📍 Arakawa City Office
- ▼
- 📍 West Gate to Minami-senju Sta.

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 87 min.
📏 Distance	around 5.8 km
🔥 Calorie consumption	around 261 kcal
👣 Number of steps	around 8286 steps

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

