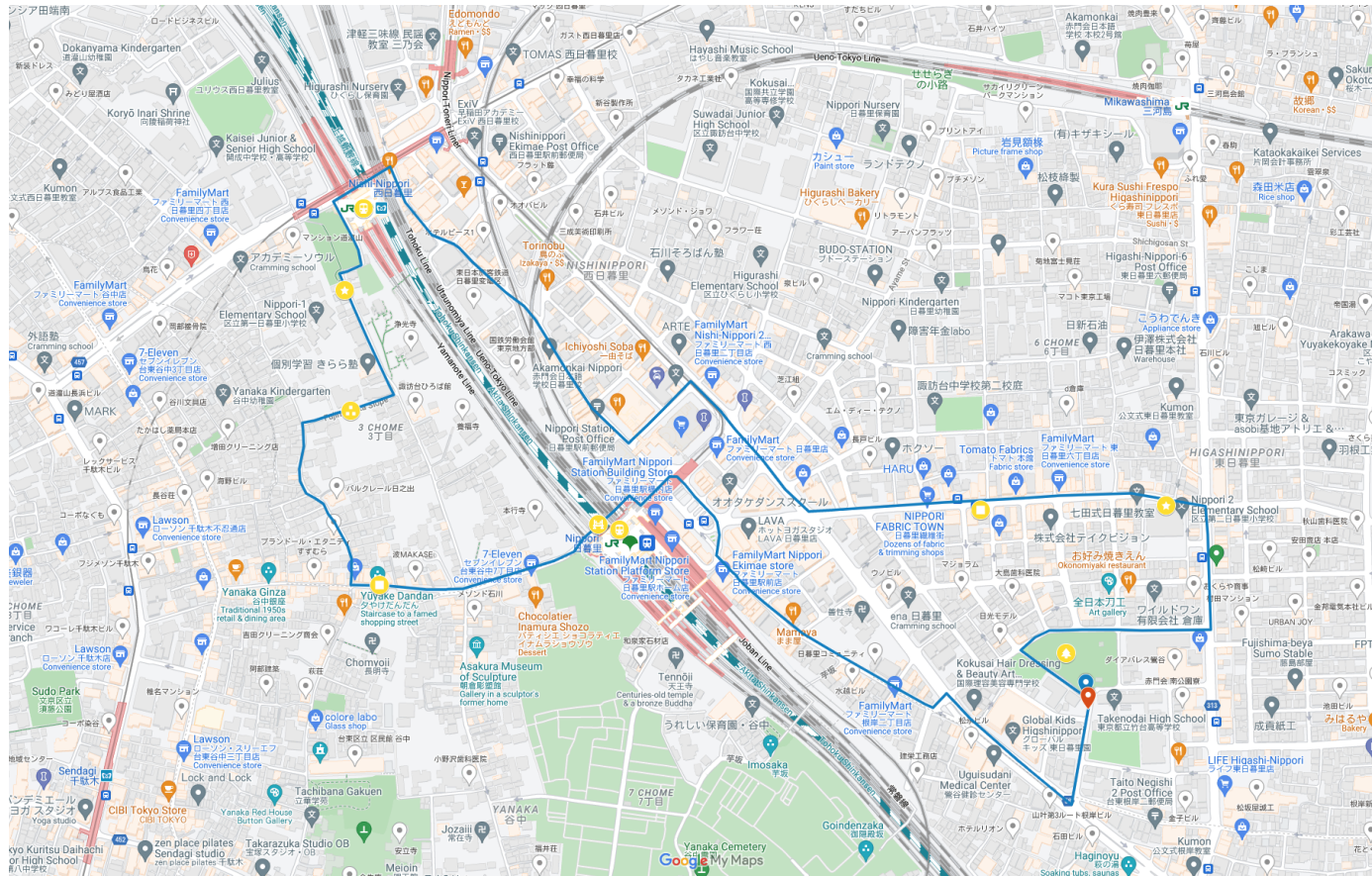


# Historical and Cultural Route

Highlight | Nippori Textile District



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## Route Description

- Nippori South Park
- ▼
- Nippori Textile District
- ▼
- Nishi-Nippori Sta.
- ▼
- Yuyake Dandan stairs
- ▼
- Nippori Sta.
- ▼
- Nippori South 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 <b>59</b> min.
Distance	around <b>3.9</b> km
Calorie consumption	around <b>177</b> kcal
Number of steps	around <b>5571</b> 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



Yuyake Dandan stairs



Tokyo Health Promotion Mascot KENKOUDESUKA-MAN