**Table S1**. Mean First Passage Time (MFPT) obtained from our MSMs for transitions between two metastable states. See Methods section for details of the MFPT calculations.

|  |  |  |
| --- | --- | --- |
|  | S1 to S2 | S2 to S1 |
| MFPT (ns) | 556±150 | 2574±694 |