Hinode EUV imaging spectrometer (EIS) has revealed the presence of high-velocity upflow components of nearly coronal sound speed near footpoints of coronal loops in quiescent active regions. The upflow is detected as an enhancement with low emission at the blue wing of the emission-line profile. The low-emission component suggests the presence of spatially unresolved upflows and smallness of each heating volume. Such fast flows are not observed in the high corona in general, and are expected when the heat input to the loop system is concentrated at the footpoints of coronal loops. We will discuss the implications for coronal heating mechanisms from the EIS observations and other observable such as photospheric magnetic fields.