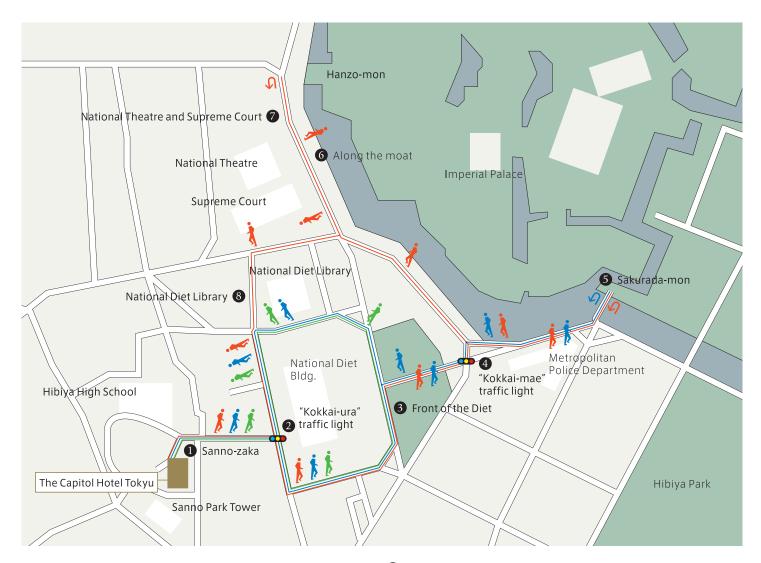
Jogging Course Guide



A course (short distance 10~15 minutes) Green line

 $\$Sanno-zaka \to \$"Kokkai-ura" traffic light \to \$Front of the Diet \to Around the Diet \to \$D \to the hotel$

B course (medium distance 15~20 minutes) Blue line

①Sanno-zaka→ ② "Kokkai-ura" traffic light→ ③Front of the Diet→ ④ "Kokkai-mae" traffic light→ ⑤Sakurada-mon→ U-turn→ ④→ ③→Turn right→ ②→ ①→the hotel

C course (long distance 30~40 minutes) Red line

①Sanno-zaka→②"Kokkai-ura"traffic light→③Front of the Diet→ ④ "Kokkai-mae"traffic light→⑤ Sakurada-mon→U-turn→⑥Along the moat→U-turn → ⑦National Theatre and Supreme Court→ ⑧ National Diet Library→② \rightarrow ① \rightarrow the hotel

Sanno-zaka

Steep ascent. Also be careful when descending.

2 "Kokkai-ura"traffic light

A row of ginkgo trees becomes good shade in summer. Watch out for your head in autumn. Ask policeman if you lose your way.

3 Front of the Diet

Facing your back to the Diet, cross the zebra crossing on the left hand side.

4 "Kokkai-mae"traffic light

Be aware of the heavy traffic. Cross the road toward the moat before the two traffic lights turn red at once. Metropolitan Police Department is in sight.

5 Sakurada-mon

This is a U-turn point, but why not go for another run around the Imperial Palace(+5km). There are some benches and public toilets in the Palace Plaza.

6 Along the moat

Gentle ascent. Be aware of jogger from the opposite direction in the morning and the evening. You can see many willow trees.

National Theatre and Supreme Court Gentle descent.

8 National Diet Library Steep ascent.

