

Jogging Course Guide



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

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

- ① 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.
- ⑦ National Theatre and Supreme Court
Gentle descent.
- ⑧ National Diet Library
Steep ascent.

