



THE NEW HOME FOR RUNNERS & URBAN ATHLETES IN TOKYO

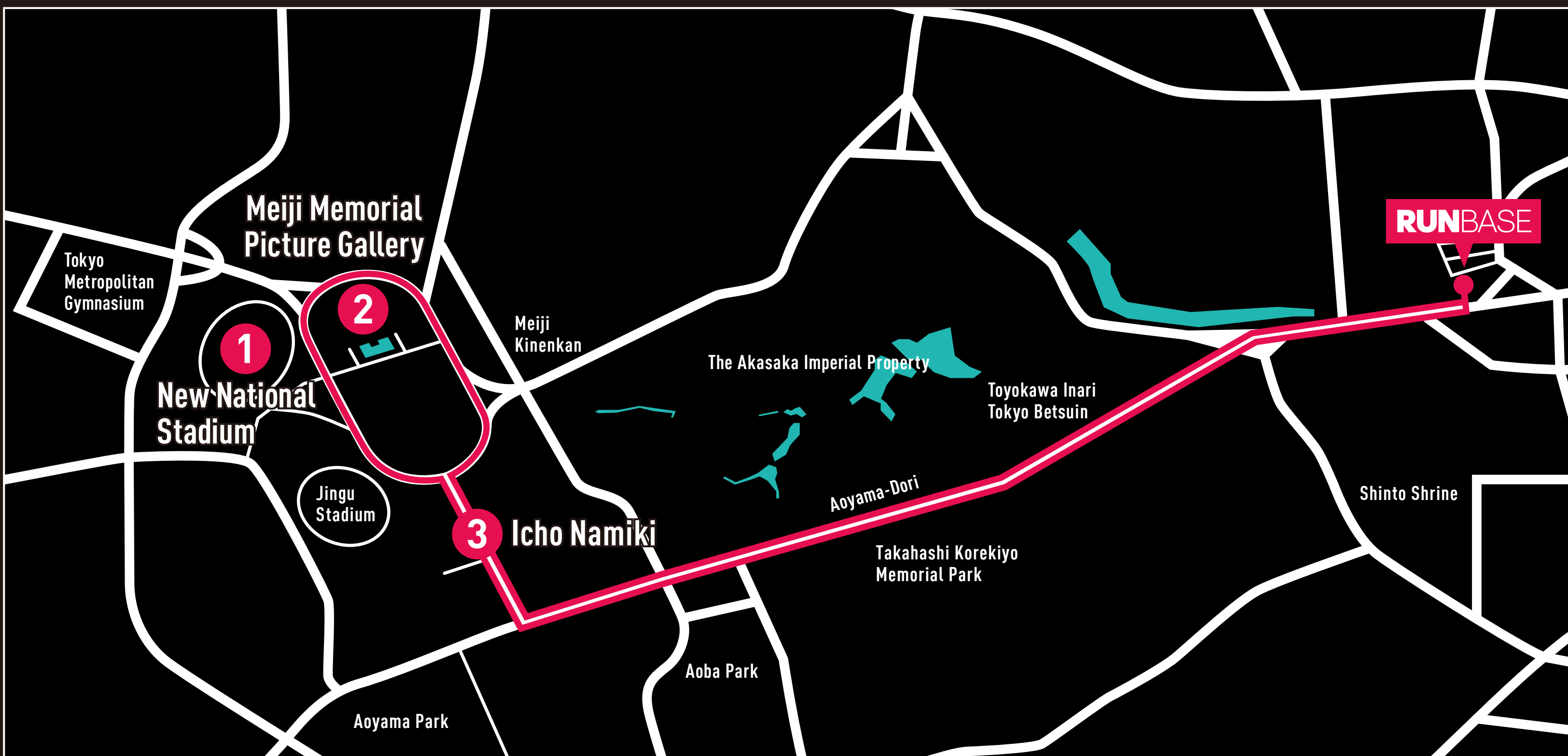
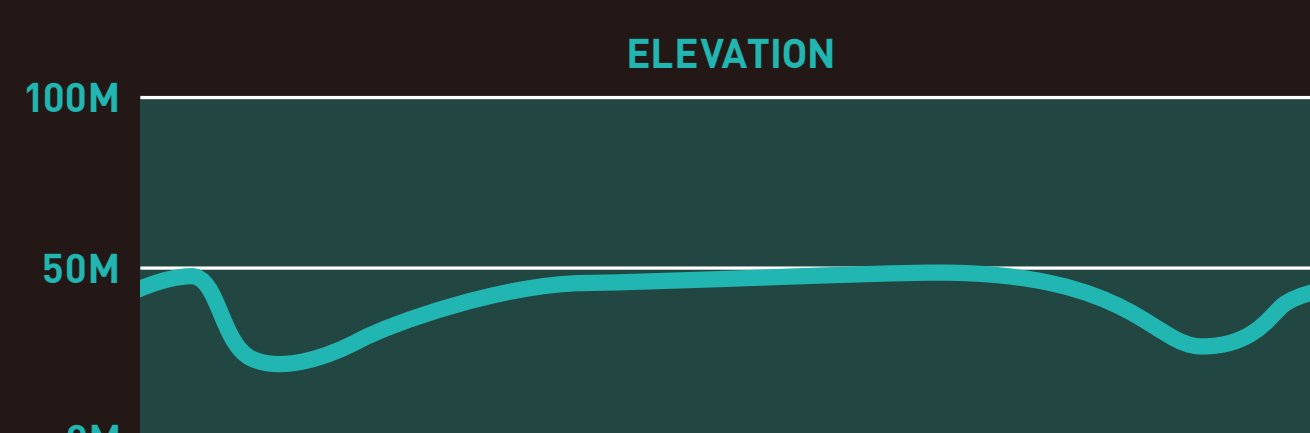


RUNNING COURSE 1 MEIJINGU GAIEN COURSE

DISTANCE : AV. 6.5 KM

RECOMMENDED TIMING : DURING AUTUMN FOR YELLOW FOLIAGE, AFTER SUNSET TO ENJOY NIGHT ILLUMINATION OF THE MEMORIAL BUILDING.

DESCRIPTION : THIS COURSE WAS DESIGNED TO ENJOY THE CENTRAL AREA OF MEIJI JINGU GAIEN MAE WHERE MANY SPORT FACILITIES ARE LOCATED. FROM RUNBASE, AFTER GOING DOWNHILL TOWARDS AKASAKA STATION, THE SLIGHTLY UPHILL ROAD UNTIL AOYAMA ITCHOME STATION ADJACENT TO AKASAKA PALACE IS A GOOD WARM-UP BEFORE REACHING GAIEN CIRCLE RUNNING PATH (1,325 KM FOR ONE LAP), ONE OF THE MOST SCENIC RUNNING COURSES IN TOKYO.

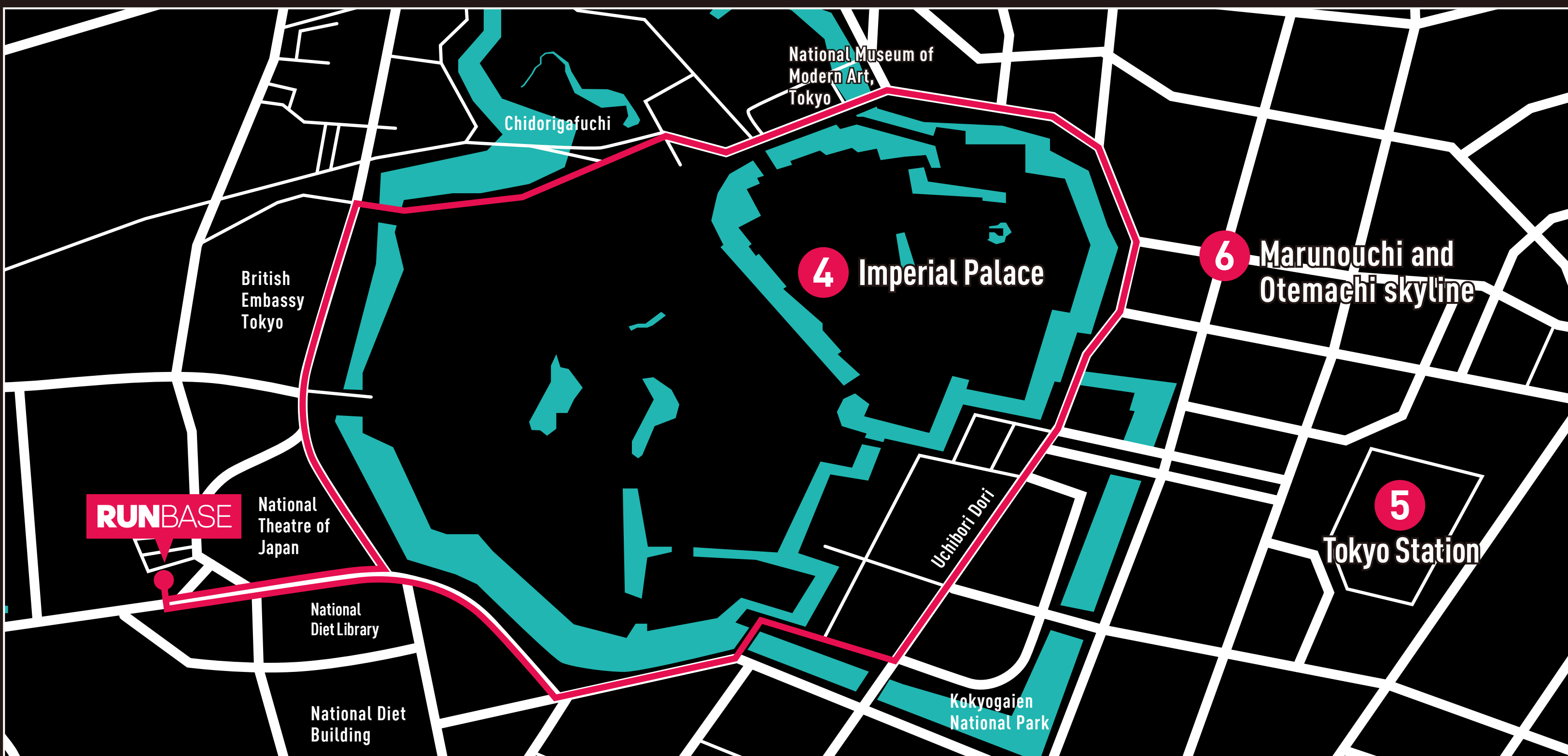
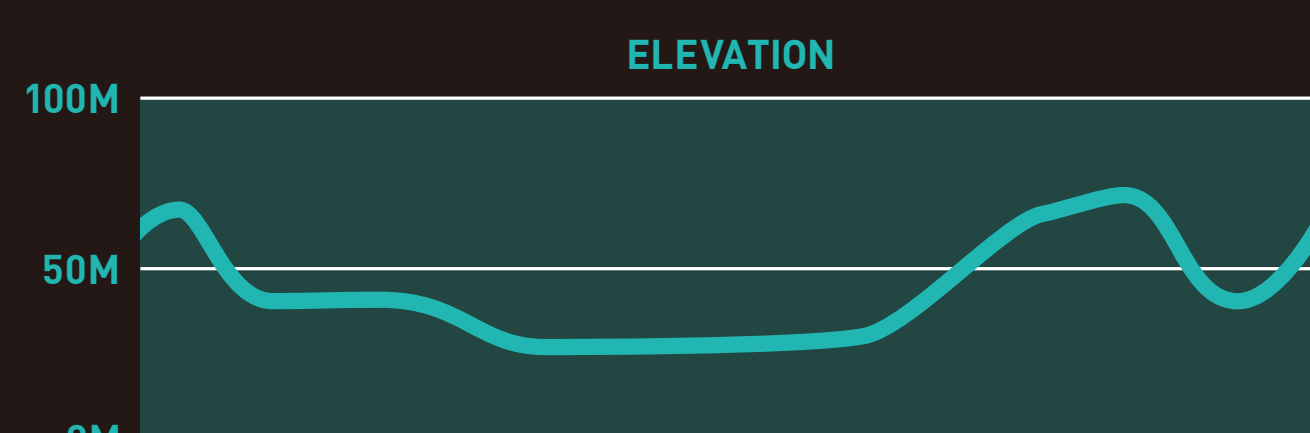


RUNNING COURSE 2 IMPERIAL PALACE COURSE

DISTANCE : AV. 5.5 KM

RECOMMENDED TIMING : ANY TIME

DESCRIPTION : IMPERIAL PALACE IS MOST ICONIC RUNNING COURSE IN TOKYO. YOU WILL ENJOY A 5KM COURSE THAT CIRCLES JAPANESE IMPERIAL FAMILY'S RESIDENCE AND GARDENS : A MUST-DO TO IMMERSE IN TOKYO RUNNING CULTURE. YOU CAN ADJUST THE DISTANCE OF THE COURSE BY RUNNING MORE LAPS AROUND THE IMPERIAL PALACE(5KM EACH). FROM KM 3, THE COURSE IS SLIGHTLY UPHILL DURING 1.5KM BEFORE GOING DOWNHILL AGAIN.

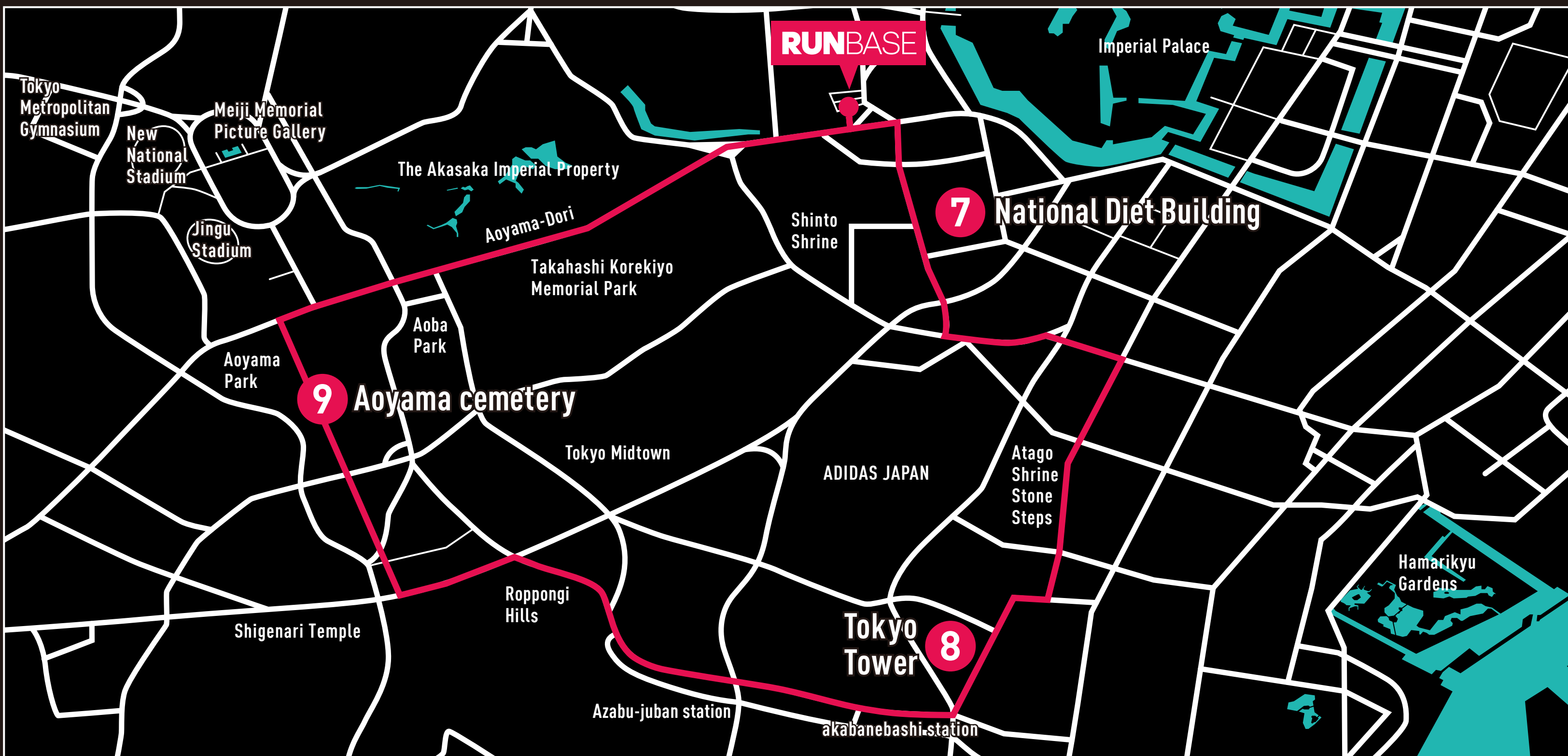
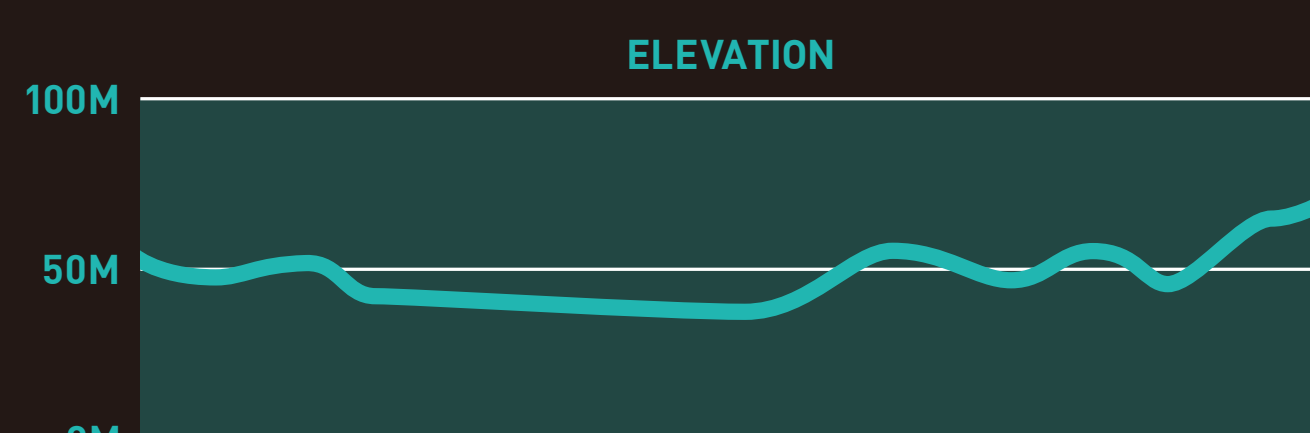


RUNNING COURSE 3 TOKYO TOWER ROPPONGI COURSE

DISTANCE : AV. 10.5 KM

RECOMMENDED TIMING : AT NIGHT FOR TOKYO TOWER LIGHT UP, SPRING FOR AOYAMA CEMETERY CHERRY BLOSSOM VIEWING.

DESCRIPTION : THIS RUNNING COURSE WAS DESIGNED TO ENJOY THE VIBRANT INNER TOKYO AND ITS MOST ICONIC CITYSCAPE. YOU WILL RUN THE STREETS OF NAGATA DISTRICT, THE POLITICAL HEART OF THE CITY BEFORE REACHING THE BOTTOM OF TOKYO TOWER AND THE FAMOUS NIGHTLIFE DISTRICT OF ROPPONGI. ON THE WAY BACK TO RUNBASE, YOU WILL PASS THROUGH AOYAMA CEMETERY, FAMOUS SPOT IN TOKYO FOR CHERRY BLOSSOM VIEWING DURING SPRING SEASON.



ENJOY SIGHTSEEING IN TOKYO WHILE RUNNING

RUNNING COURSE 1 MEIJINGU GAIEN COURSE

1 New National Stadium

The new stadium will be used to replace the old National Stadium built in 1958. Located in the heart of Tokyo, the stadium will host main national and international sports events and competitions in the future. The stadium was designed by Kengo Kuma, famous contemporary Japanese architect.

2 Meiji Memorial Picture Gallery

Built almost 100 years ago, this memorial is located at the center of Gaien and contains more than 80 paintings depicting the life of the Emperor Meiji. Don't miss the illumination at night when running around.

3 Icho Namiki

The 300-meter-long gingko-lined avenue at Meiji Jingu Gaien is an iconic spot in Tokyo for admiring autumn foliage. From mid-November to mid-December the foliage of gingko trees turns in a beautiful yellow: perfect scenery for your refreshing autumn run.

RUNNING COURSE 2 IMPERIAL PALACE COURSE

4 Imperial Palace

Residence of Japanese's imperial family, the Imperial Palace is located on the old site of Edo castle from where the shogun used to exercise its power. The East gardens are open to the public throughout the year.

5 Tokyo Station

Looking on your right while running, you will notice a prominent red brick building built in 1914 and recently renovated: Tokyo main station where more than 3,000 trains commute every day. Finish of Tokyo Marathon is located in front of the station.

6 Marunouchi and Otemachi skyline

Running at night around Imperial Palace is the perfect timing to gaze at the beautiful cityscape of Marunouchi and Otemachi, Tokyo's most famous business districts. The starting and finish of Hakone Ekiden, Japan's most famous university running competition is also located in the area.

RUNNING COURSE 3 TOKYO TOWER ROPPONGI COURSE

7 National Diet Building

Building where the constitution of Meiji was adopted in 1889. Nowadays, the building hosts Japanese bicameral legislature system responsible for passing the laws and selected the Prime Minister.

8 Tokyo Tower

Iconic spot for the city, Tokyo tower is located in the center of Roppongi district standing 333 meters high. Apart from being the symbol of Japanese post-war rebirth, Tokyo tower is also used as a broadcast antenna. It is highly recommended to run around the bottom of the tower to enjoy the light ups at night.

9 Aoyama cemetery

Pleasant place to enjoy a run in a remarkably quiet area for its downtown location. Famous and historically important people are buried here. Don't miss the opportunity to run the cemetery during cherry blossom season.