DURING 1.5KM BEFORE GOING DOWNHILL AGAIN.
IMMERSE IN TOKYO RUNNING CULTURE. YOU CAN ADJUST THE DISTANCE OF THE COURSE BY RUNNING PATH (1,325 KM FOR ONE LAP), ONE OF THE MOST SCENIC RUNNING COURSES IN TOKYO.

ADJACENT TO AKASAKA PALACE IS A GOOD WARM-UP BEFORE REACHING GAIEN CIRCLE RUNNING COURSE THAT CIRCLES JAPANESE IMPERIAL FAMILY'S RESIDENCE AND GARDENS.

RECOMMENDED TIMING
DESCRIPTION
TOWARDS AKASAKA STATION, THE SLIGHTLY UPHILL ROAD UNTIL AOYAMA ITCHOME STATION.
ENJOY SIGHTSEEING IN TOKYO WHILE RUNNING

DISTANCE
RECOMMENDED TIMING
DESCRIPTION
ILLUMINATION OF THE MEMORIAL BUILDING.
Cherry Blossom Viewing.
Most Iconic Cityscape. You will run the streets of Nagata District, the political heart of Roppongi. On the way back to RunBase, you will pass through Aoyama Cemetery, famous in the future. The stadium was designed by Kengo Kuma, famous contemporary Japanese architect.
Nowadays, the building hosts Japanese bicameral legislature and the system responsible for passing the laws and selecting the Prime Minister.

Building where the constitution of Meiji was adopted in 1889.

The new stadium will be used to replace the old National Stadium an iconic spot for the city, Tokyo tower is located in the center of Tokyo downtown location. Famous and historically important people are buried here. Don’t miss the opportunity to run the cemetery during autumn run.

Buried in a beautiful yellow: perfect scenery for your refreshing run around.

Running at night around Imperial Palace is the perfect timing to look on your right while running, you will notice a prominent red brick building built in 1914 and recently renovated: Tokyo Theatre of Modern Art, National Museum of Modern Art, and Musuem of Contemporary Art. It is highly recommended to run along the bottom of the tower to enjoy the light ups at night.

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 yellow, a perfect autumn run.

Running in a remarkably quiet area for its pleasant place to enjoy a run.

A Must-Do to enjoy the central area of Meiji Jingu Gaien. This scenic area is full of cherry blossoms. To get there, you need to reach the starting point by AOYAMA ITCHOME STATION.

This is an iconic spot in Tokyo for admiring autumn foliage. From mid-November to mid-December the foliage of gingko trees turns yellow. It is highly recommended to run along the bottom of the tower to enjoy the light ups at night.

The tower was designed by Kengo Kuma, famous contemporary Japanese architect. The Japanese post-war rebirth, Tokyo tower is also the symbol of Japanese post-war rebirth.

Running around the tower at night for Tokyo Tower Light Up, Spring for Aoyama Cemetery in a beautiful yellow: perfect scenery for your refreshing run.