



TOKYO MARATHON 2026 Course Map

Cheer on the Runners with Tokyo Metro!

How to use this MAP
 Numbers 1-21 are the recommended points along the route for supporters using Tokyo Metro to cheer on the runners.
 The star ★ on each point's enlarged map indicates the best viewing spot for supporters.

Legend Symbols	
	Running Route
	Border Line
	Highway
	Main Road
	Other Roads
	Checkpoint
	Field Station
	Public Lavatory
	First aid station
	JR and Other Trains
	Train (underground)
	Metro

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1 Nishi-Shinjuku Sta.
 Shinjuku Island tower Marunouchi Line
Nishi-Shinjuku Station
 Exit no. 2
 4 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

2 Shinjuku Sta.
 Seibu Shinjuku Line Marunouchi Line
Shinjuku Station
 Exit no. B16
 6 min on foot using the underground passage

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

3 Shinjuku-sanchome Sta.
 Shinjuku Yamanote Line Marunouchi Line
Shinjuku-sanchome Station
 Exit no. E2
 5 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

4 Ichigaya Sta.
 Musashino Art University Ichigaya Campus Yurakucho Line Namboku Line
Ichigaya Station
 Exit no. 6
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

5 lidabashi Sta.
 Kimono Hanabusa Tozai Line Yurakucho Line Namboku Line
lidabashi Station
 Exit no. B4a
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

6 Kanda Sta.
 Holic Kanda Building Ginza Line
Kanda Station
 Exit no. 6
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

7 Shin-ochanomizu Sta.
 Shin-ochanomizu Line Awajicho Station Chiyoda Line Shin-ochanomizu Station
 Exit no. A3, A5
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

8 Kayabacho Sta.
 Tokyo Shokun Kaikan Building Hibiya Line Tozai Line
Kayabacho Station
 Exit no. 8
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

9 Nihombashi Sta.
 COREDO Nihombashi Ginza Line Tozai Line
Nihombashi Station
 Exit no. B10
 1 min 30 sec on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

10 Kayabacho Sta.
 Tokyo Shokun Kaikan Building Hibiya Line Tozai Line
Kayabacho Station
 Exit no. 8
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

11 Ninyocho Sta.
 Jonathan's Ichibashi Hamacho Store Hibiya Line Ninyocho Station
 Exit no. A4
 6 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

12 Asakusa Sta.
 Family Mart Kaminarimon Nichome Branch Ginza Line
Asakusa Station
 Exit no. 4
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

13 Kiyosumi-shirakawa Sta.
 Toyota Process Kogeiha Hanazono Line Kiyosumi-shirakawa Station
 Exit no. A3
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

14 Monzen-nakacho Sta.
 Seven-Eleven Koto Marunouchi-cho Store Tozai Line
Monzen-nakacho Station
 Exit no. 5
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

15 Monzen-nakacho Sta.
 Monzen-nakacho police station Tozai Line
Monzen-nakacho Station
 Exit no. 3
 30 sec on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

16 Kiyosumi-shirakawa Sta.
 Kiyosumi Sanchome Crossing Hanzomon Line Kiyosumi-shirakawa Station
 Exit no. A1
 7 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

17 Kayabacho Sta.
 MATO SECURITIES Hibiya Line Tozai Line
Kayabacho Station
 Exit no. 12
 30 sec on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

18 Nihombashi Sta.
 Mitsui Sumitomo Kaijo Teppo Building Ginza Line
Nihombashi Station
 Exit no. 6
 3 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

19 Ginza Sta.
 Mizuho Bank, Ginza Branch Ginza Line Marunouchi Line
Ginza Station
 Exit no. B8, B10
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

20 Hibiya Sta.
 Hibiya Marine Building Hibiya Line Chiyoda Line
Hibiya Station
 Exit no. A9
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

21 Hibiya Sta.
 The Peninsula Tokyo Hibiya Line Chiyoda Line
Hibiya Station
 Exit no. A6
 1 min on foot
 Exit no. A7
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

22 Kiyosumi-shirakawa Sta.
 Kiyosumi Sanchome Crossing Hanzomon Line Kiyosumi-shirakawa Station
 Exit no. A1
 7 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

23 Kiyosumi-shirakawa Sta.
 Kiyosumi Sanchome Crossing Hanzomon Line Kiyosumi-shirakawa Station
 Exit no. A1
 7 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

24 Kiyosumi-shirakawa Sta.
 Kiyosumi Sanchome Crossing Hanzomon Line Kiyosumi-shirakawa Station
 Exit no. A1
 7 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

25 Monzen-nakacho Sta.
 Monzen-nakacho police station Tozai Line
Monzen-nakacho Station
 Exit no. 3
 30 sec on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

26 Kiyosumi-shirakawa Sta.
 Kiyosumi Sanchome Crossing Hanzomon Line Kiyosumi-shirakawa Station
 Exit no. A1
 7 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

27 Kayabacho Sta.
 MATO SECURITIES Hibiya Line Tozai Line
Kayabacho Station
 Exit no. 12
 30 sec on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

28 Nihombashi Sta.
 Mitsui Sumitomo Kaijo Teppo Building Ginza Line
Nihombashi Station
 Exit no. 6
 3 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner

29 Ginza Sta.
 Mizuho Bank, Ginza Branch Ginza Line Marunouchi Line
Ginza Station
 Exit no. B8, B10
 1 min on foot

Supporter guide route for the leading runner

Supporter guide route for the sub-4-hour runner

Supporter guide route for the sub-5-hour runner

Supporter guide route for the sub-6-hour runner