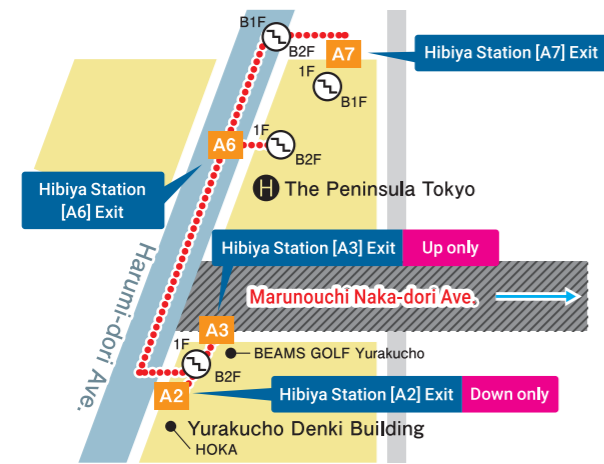


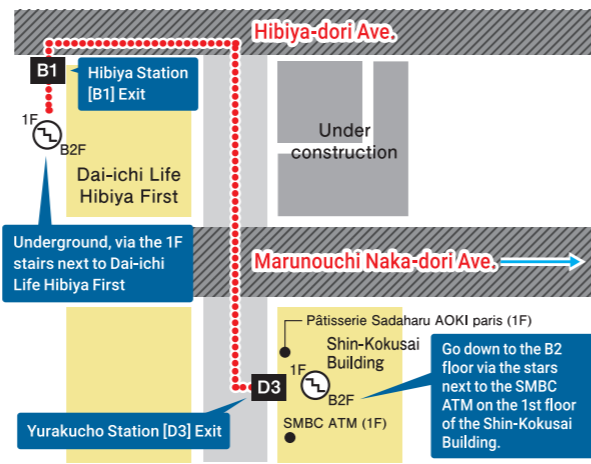
It will not be possible to cross Marunouchi Naka-dori Ave. or Gyoko-dori Ave. (in some areas) on the day of the marathon (Sunday, March 1). Please use the convenient underground passages.

Escalator   Stairs   No-crossing area   Underpass route   Marathon course

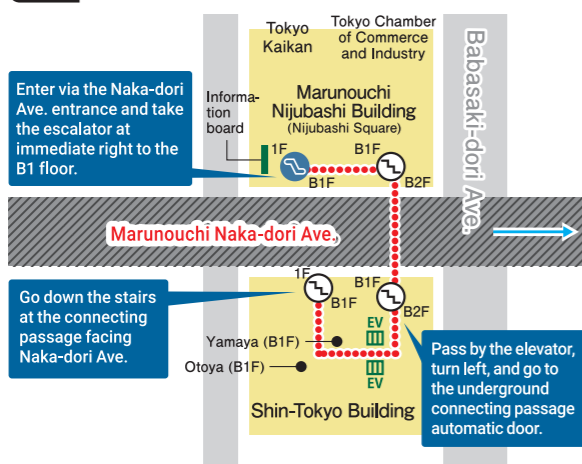
**A** Yurakucho Denki Building ↔ The Peninsula Tokyo area  
Use the Hibiya Station subway connecting passage.



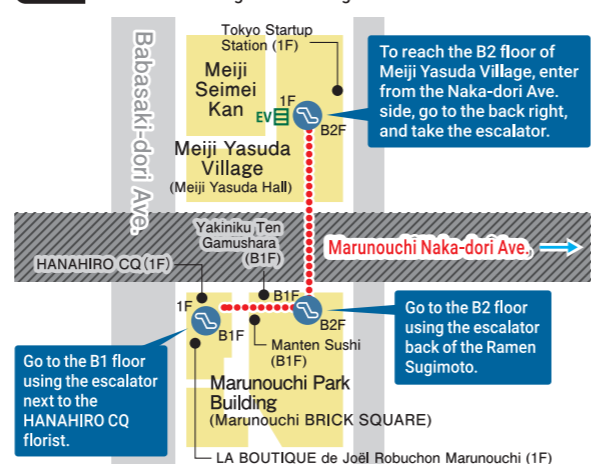
**B** Kokusai Building ↔ Shin-Kokusai Building  
Use the Yurakucho Station subway connecting passage.



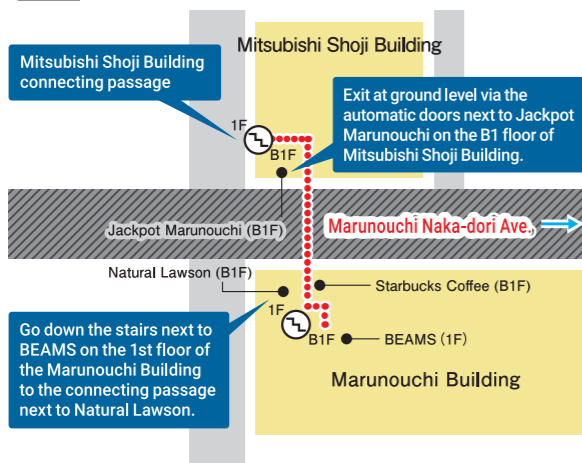
**C** Shin-Tokyo Building ↔ Nijubashi Square  
New route opened in 2018!



**D** Marunouchi BRICK SQUARE ↔ Meiji Yasuda Village  
The connecting passage is on the B2 floor! Make sure not to go to the wrong floor!



**E** Marunouchi Building ↔ Mitsubishi Shoji Building  
The shortest route via the B1 floor



**What's Abbott World Marathon Majors?**



The Abbott World Marathon Majors (AbbottWMM) are a grand slam of marathons, made up of the seven most famous major marathons in the world (the Tokyo, Boston, London, Sydney, Berlin, Chicago, and New York City marathons). From this year's series, the Sydney Marathon is also being added to the AbbottWMM, making it one of the world's most famous marathon series. It was launched in 2006 to further the development of marathons, foster awareness among competitors, and promote greater interest in elite races among running fans (Tokyo has been a member of the AbbottWMM since the 2013 marathon). The AbbottWMM series is the world's largest marathon series. It converts results from the above seven marathons, Olympic/Paralympic marathons, and World Athletics Championships/World Para Athletics Championships marathons into points, and runners compete for the highest point scores. The five athletes with the highest total scores at the end of the year-long series cycle receive monetary prizes (both marathon and wheelchair marathon winners in the men's and women's categories win 50,000 dollars).



# TOKYO MARATHON 2026

Tokyo Marathon 2026 will be held on Sunday, March 1!!

Wheelchair marathon - 10.7 km Start time: 9:05 a.m.  
Marathon - 10.7 km Start time: 9:10 a.m.

Check here for details!



## FINISH AREA MAP

### COURSE MAP



### RELATED EVENTS

**Tokyo Marathon EXPO 2026**  
Thursday, February 26, and Friday, February 27  
10:00 a.m. to 9:00 p.m. (doors close at 8:30 p.m.)  
Saturday, February 28  
10:00 a.m. to 6:00 p.m. (doors close at 5:30 p.m.)  
Location: Tokyo Big Sight South Exhibition Halls



**Tokyo Marathon runner support event TOKYO CHEER 2026**

On the day of the Tokyo Marathon 2026, the event will be enlivened by dance, music, and traditional performing arts under the theme of "CHEER" from all 20 venues including along the course!



### Marathon Pace Chart

	START	5km	10km	15km	20km	25km	30km	35km	40km	FINISH
First wheelchair	9:05	9:14	9:24	9:33	9:43	9:52	10:02	10:12	10:21	10:25
Last wheelchair	9:05	9:20	9:35	9:51	10:06	10:22	10:37	10:52	11:08	11:15
First runner	9:10	9:24	9:38	9:53	10:07	10:22	10:36	10:51	11:05	11:12
Last runner	9:40	10:25	11:02	11:50	12:36	13:22	14:06	14:48	15:42	16:10

### Television and Radio Broadcast

Broadcast	Time	Content
Nippon TV	9:00 a.m. to 11:50 a.m.	Tokyo Metro Sports Special Tokyo Marathon 2026
CS Nipotele Plus	9:00 a.m. to 4:30 p.m.	Live Broadcast of All Wheelchair and Full Marathon Finishers
Radio Nippon	8:45 a.m. to 12:00 p.m.	The Day We Unite. Everyone's Tokyo Marathon

### Tokyo Metro my! App

Use this app to search for routes!



Traffic restrictions will be in place for an extended period of time on the day of the marathon. We appreciate your cooperation.

Tokyo Marathon 2026 traffic restrictions  
<https://www.marathon.tokyo/>  
Searchable detour information is also available



### Inquiries regarding Tokyo Marathon 2026 traffic restrictions

**Phone: 03-6705-0668**

Hours  
January 13 to February 20 (other than Saturdays, Sundays, and holidays) ▶ 10:00 a.m. to 5:00 p.m.  
February 24 to February 28 .....▶ 10:00 a.m. to 6:00 p.m.  
March 1 (Sunday, the day of the marathon) .....▶ 7:00 a.m. to 7:00 p.m.

### Requests regarding cheering and viewing in and around the finish area

Some movement restrictions will be placed for Hibiya-dori Ave., Marunouchi Naka-dori Ave., and Gyoko-dori Ave. in the finish area. Only runners and staff members will be allowed in these areas. We appreciate your understanding and cooperation.

- The Marunouchi Naka-dori Ave. viewing area is likely to become extremely crowded, so entry restrictions may be put in place. We appreciate your understanding.
- It will not be possible to cross the marathon course. Please use the underground passages.
- Hanging or attaching banners, flags, streamers, or the like to guard rails, bridges, or other roadside objects is prohibited.
- Climbing over fences or guard rails, placing ones feet on them, leaning on them, climbing on top of them, and otherwise allowing any part of ones body to extend outside the sidewalk area is dangerous. Please refrain from doing so. Cheering or filming using footstools or stepladders is also dangerous. Please refrain from doing so.
- Spectators are asked to take care not to disturb the users or customers of nearby buildings or stores.
- Please use the designated restrooms whenever possible.
- Please take your garbage home with you.
- Please inquire with site staff regarding the accessible marathon spectator area.
- Traffic restrictions will be placed for a long period of time on the day of the marathon (March 1). We appreciate your cooperation.

### List of Nearby Facilities (Underground Entrances and Exits)

B	D	I	K	M	N	O	P	S	T	Y
• Bic Camera	D4 D6									
• Dai-ichi Life Hibiya First	B1									
• iiyoi	B1									
• Kishimoto Building	4									
• Marunouchi Building	M4									
• Marunouchi Mitsui Building	4									
• Marunouchi Naka-dori Building	4									
• Marunouchi Nijubashi Building (Nijubashi Square)	B5									
• Marunouchi Park Building (Marunouchi BRICK SQUARE)	12									
• Marunouchi 2-chome Building	M3									
• Meiji Seimei Kan	1									
• Meiji Yasuda Seimei Building (Marunouchi MY PLAZA)	1									
• Mitsubishi Building	9 10 M3									
• Nippon Life Marunouchi Building	M10									
• Nippon Life Marunouchi Garden Tower	D6									
• NTT Communications Otemachi Building	A2									
• Ote Center Building	C9									
• Otemachi Financial City South Tower	A1									
• Otemachi Place	A5									
• Otemachi 1st Square	C11 C12									
• Palace Hotel Tokyo	C13b									
• Shin-Kokusai Building	D3									
• Shin-Marunouchi Building	M7									
• Shin-Nisseki Building	D3									
• Shin-Tokyo Building	6									
• Sumitomo Mitsui Banking Corporation Head Office Building	C13a									
• The Peninsula Tokyo	A7									
• Tokyo International Forum	4 5 D5									
• Tokyo Building TOKIA	11									
• Tokyo Chamber of Commerce and Industry	B5									
• Tokyo Sankei Building	A4									
• Yurakucho Denki Building	A2 A3									
• Yusen Building	4									
• Those wishing to go to the Imperial Palace area	B6									

### MEET AREA

The Meet Area is a gathering area where runners, family members, and friends can meet up. Please use the Meet Area if you plan to arrange to meet up with others. It will take runners roughly 30 minutes to reach the changing area after crossing the finish line. Go to the Meet Area to meet up with runners who have finished their races!!

