JOGGING COURSES

- Hillside Course (1.5 km/1 mile): a scenic route through pine trees that is ideal for beginners and casual joggers
- Hilltop Course (1.5 km/1 mile): an embankment through groves of cherry trees and forsythias, also good for beginners
- Green-side Course (3.5 km/2 miles): a tree-lined route that goes past the Akasaka Palace and follows the moat, recommended for experienced joggers



