



TOKYO MARATHON 2026

3月1日 開催

首都高速道路出入口

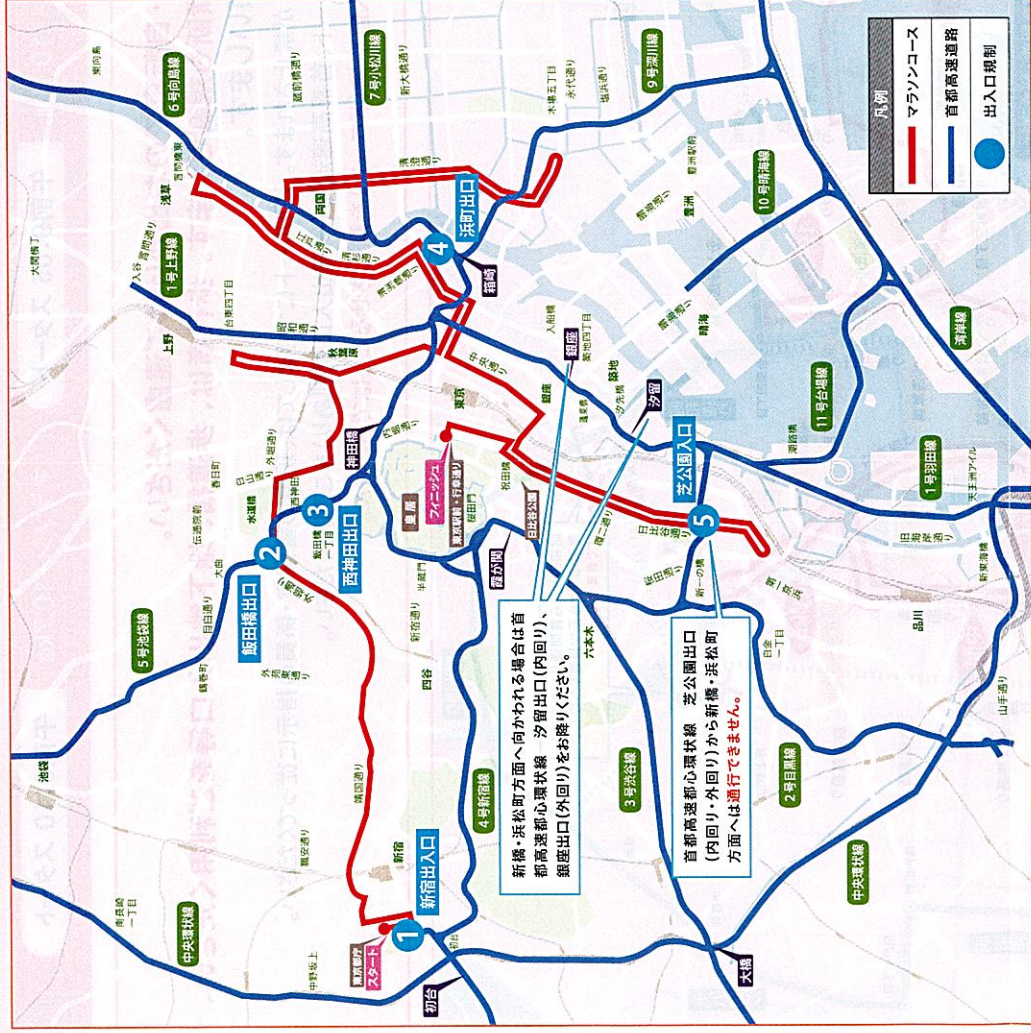
皆さまのご協力をお願いいたします。

- ・首都高速の一部の出入口では、車両の通行が禁止されます。
- ・首都高速をご利用される場合は、出入口の規制や渋滞情報にご注意ください。

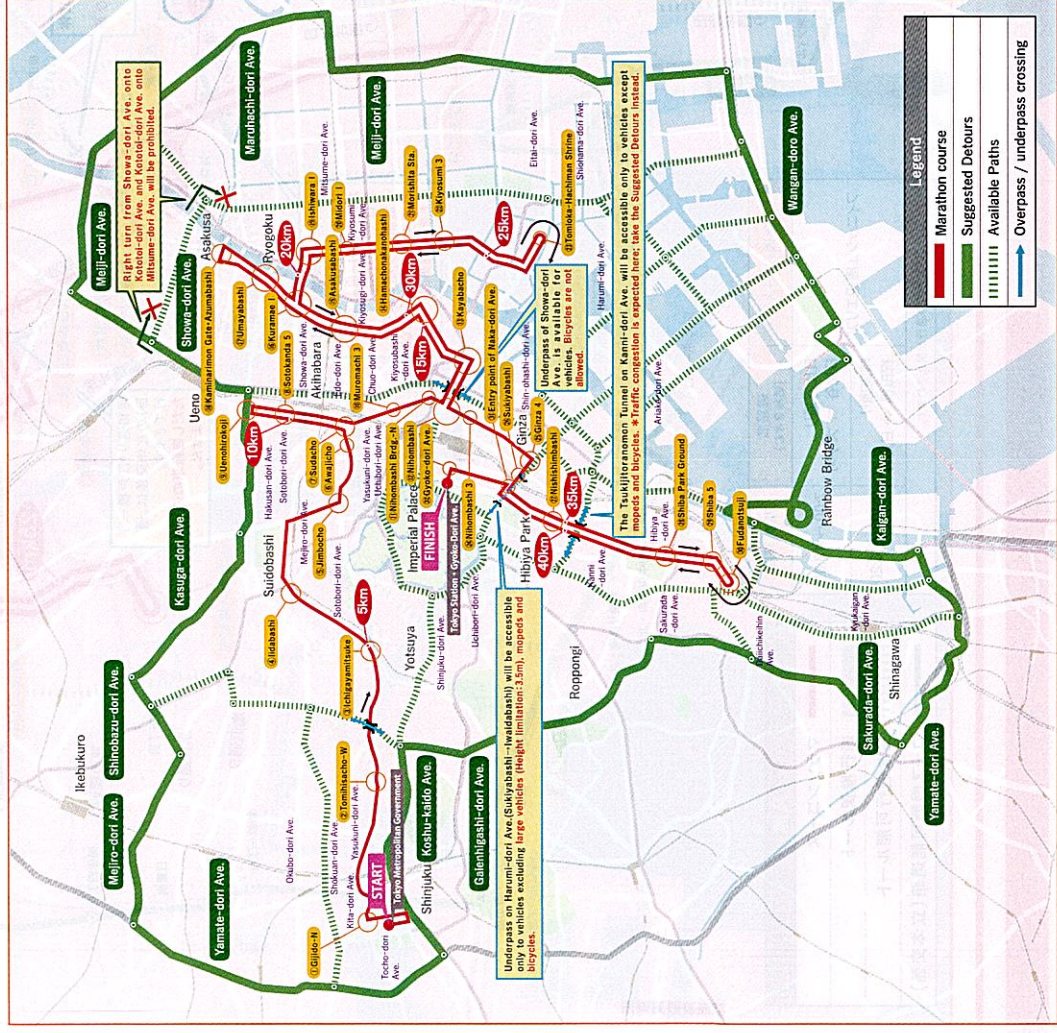
首都高速道路出入口規制一覧

首都高速道路		規制時間
① 新宿	入口	6:30 ~ 10:15
	出口	6:30 ~ 10:15
② 飯田橋	入口	6:30 ~ 10:15
	出口	6:30 ~ 10:15
③ 西神田	入口	6:30 ~ 10:15
	出口	6:30 ~ 10:15
④ 飯田橋	入口	8:45 ~ 11:20
	出口	8:45 ~ 11:20
⑤ 芝公園	入口	9:00 ~ 14:35
	出口	9:00 ~ 14:35

※規制時間は目安であり、当日の競技状況等によって、変わる場合があります。



ROAD CLOSURES



Traffic congestion is expected around the marathon course. We encourage you to avoid driving.

Your Cooperation is Greatly Appreciated.

- The roads around the course will be closed for a long period of time. Follow detour instructions from police officers or marathon staff on site.
- Take the suggested detours and available paths or the Metropolitan Expressway with controlled access.
- Crossing across the course will also be regulated for pedestrians, cyclists and electric kick scooters. Please use pedestrian overpasses or underpasses wherever possible.
- Unauthorized use of drones on and around the course is prohibited under the Aviation Law.

Section	Street	Time
Area surrounding the Tokyo Metropolitan Government offices (around the start area)	Tocho-dori Ave.	6:00 - 10:15
	Gijdo-dori Ave.	6:30 - 10:15
	Kita-dori Ave., Yasukuni-dori Ave.	8:35 - 10:15
Tomihisacho-W ↔ ③ Ichigayamitsuke	Yasukuni-dori Ave.	8:35 - 10:40
	Sotobori-dori Ave.	8:45 - 11:05
④ Iidabashi ↔ ⑤ Jimbocho	Sotobori-dori Ave., Hakusan-dori Ave.	8:45 - 11:20
	Yasukuni-dori Ave.	8:50 - 11:40
⑥ Awajicho ↔ ⑦ Sudacho	Yasukuni-dori Ave.	8:50 - 11:50
	Chuo-dori Ave.	8:55 - 11:40
⑧ Sotokanda 5 ↔ ⑨ Uenohinokoji	Chuo-dori Ave.	8:55 - 11:55
	Chuo-dori Ave.	8:55 - 12:00
⑩ Miromachi 3 ↔ ⑪ Nihoimachi 3	Chuo-dori Ave.	8:55 - 12:00
	Chuo-dori Ave.	8:55 - 14:45
⑫ Nihoimachi 3 ↔ ⑬ Nihoimachi 3	Eitai-dori Ave.	8:55 - 14:45
	Chuo-dori Ave.	9:00 - 14:35
⑭ Hamachonakanobashi ↔ ⑮ Asakusabashi	Shin-chaoshi-dori Ave.	9:00 - 14:35
	Kiyosubashi-dori Ave., Kiyosugi-dori Ave.	9:00 - 14:30
⑯ Asakusabashi ↔ ⑰ Kuramae 1	Eto-dori Ave.	9:00 - 14:25
	Eto-dori Ave.	9:00 - 14:15
⑱ Kuramae 1 ↔ ⑲ Umayabashi	Eto-dori Ave.	9:00 - 12:50
	Eto-dori Ave.	9:00 - 14:15
⑳ Ishiwa 1 ↔ ㉑ Shiwara 1	Kuramaebashi-dori Ave.	9:00 - 14:05
	Kiyosumi-dori Ave.	9:00 - 14:00
㉒ Midori 1 ↔ ㉓ Morishita Sta.	Kiyosumi-dori Ave.	9:00 - 14:00
	Kiyosumi-dori Ave.	9:00 - 13:55
㉔ Morishita Sta. ↔ ㉕ Kiyosumi 3	Kiyosumi-dori Ave., Eitai-dori Ave.	9:00 - 13:50
	Kiyosumi-dori Ave.	9:00 - 15:00
㉖ Nihoimachi 3 ↔ ㉗ Tomioka-hachimam Shrine	Chuo-dori Ave.	9:35 - 15:00
	Chuo-dori Ave.	9:35 - 15:00
㉘ Ginza 4 ↔ ㉙ Sukiyabashi	Harumi-dori Ave.	9:40 - 15:15
	Harumi-dori Ave.	9:40 - 16:20
㉚ Sukiyabashi ↔ ㉛ Nishishimbashi	Harumi-dori Ave.	9:40 - 15:15
	Hibiya-dori Ave.	9:40 - 16:00
㉜ Nishishimbashi ↔ ㉝ Shiba Park Ground	Hibiya-dori Ave.	9:40 - 15:55
	Hibiya-dori Ave.	9:40 - 15:50
㉞ Shiba 5 ↔ ㉟ Fudanotsuji	Daiichikeihin Ave.	9:40 - 15:50
	Naka-dori Ave.	9:00 - 16:25
㊱ Entry point of Naka-dori Ave. → ㊲ Gyoko-dori Ave.	Naka-dori Ave.	9:00 - 16:25
	Gyoko-dori Ave.	7:00 - 21:00
Around the finish area	Hibiya-dori Ave.	7:00 - 18:00
	Hibiya ↔ Otemachi	7:00 - 18:00
Around the finish area	Iwadabashi ↔ Hibiya	9:40 - 16:20
	Iwadabashi ↔ Hibiya	9:40 - 16:20