From Neal (2011)

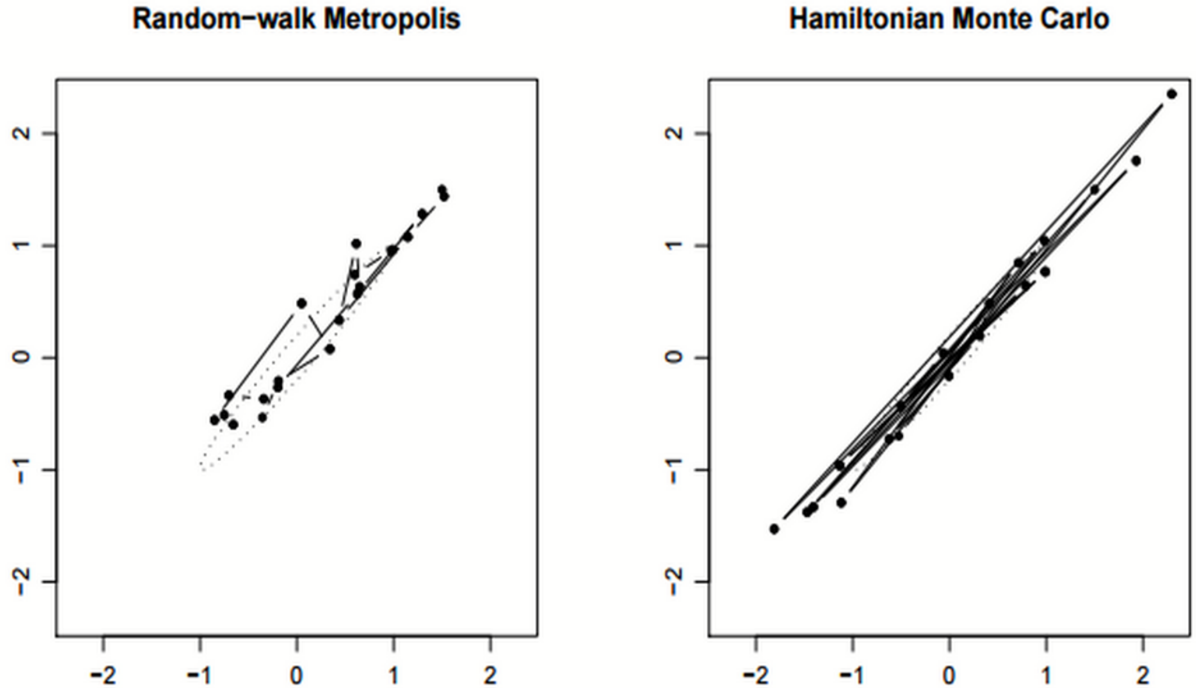

Figure 4: Twenty iterations of the random-walk Metropolis method (with 20 updates per iteration) and of the Hamiltonian Monte Carlo method (with 20 leapfrog steps per trajectory) for a 2D Gaussian distribution with marginal standard deviations of one and correlation 0.98. Only the two position coordinates are plotted, with ellipses drawn one standard deviation away from the mean.

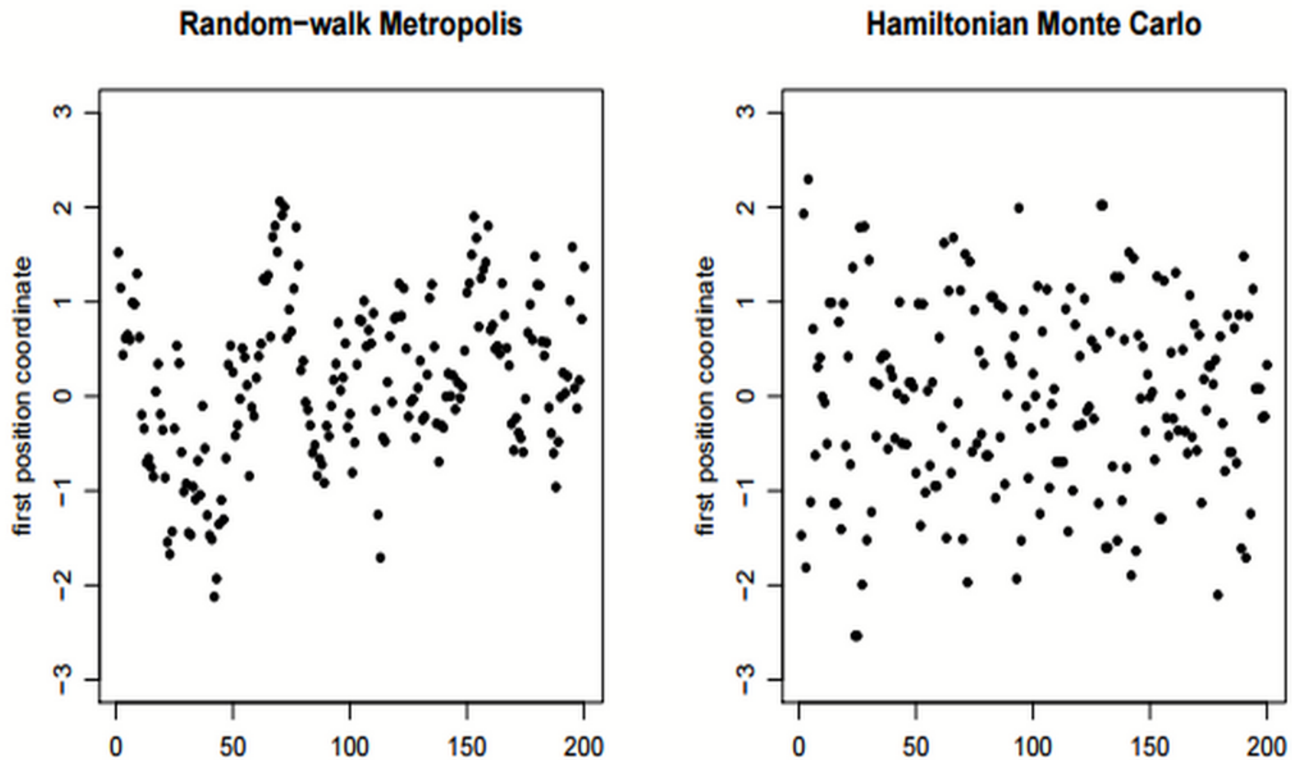

Figure 5: Two hundred iterations, starting with the twenty iterations shown above, with only the first position coordinate plotted.

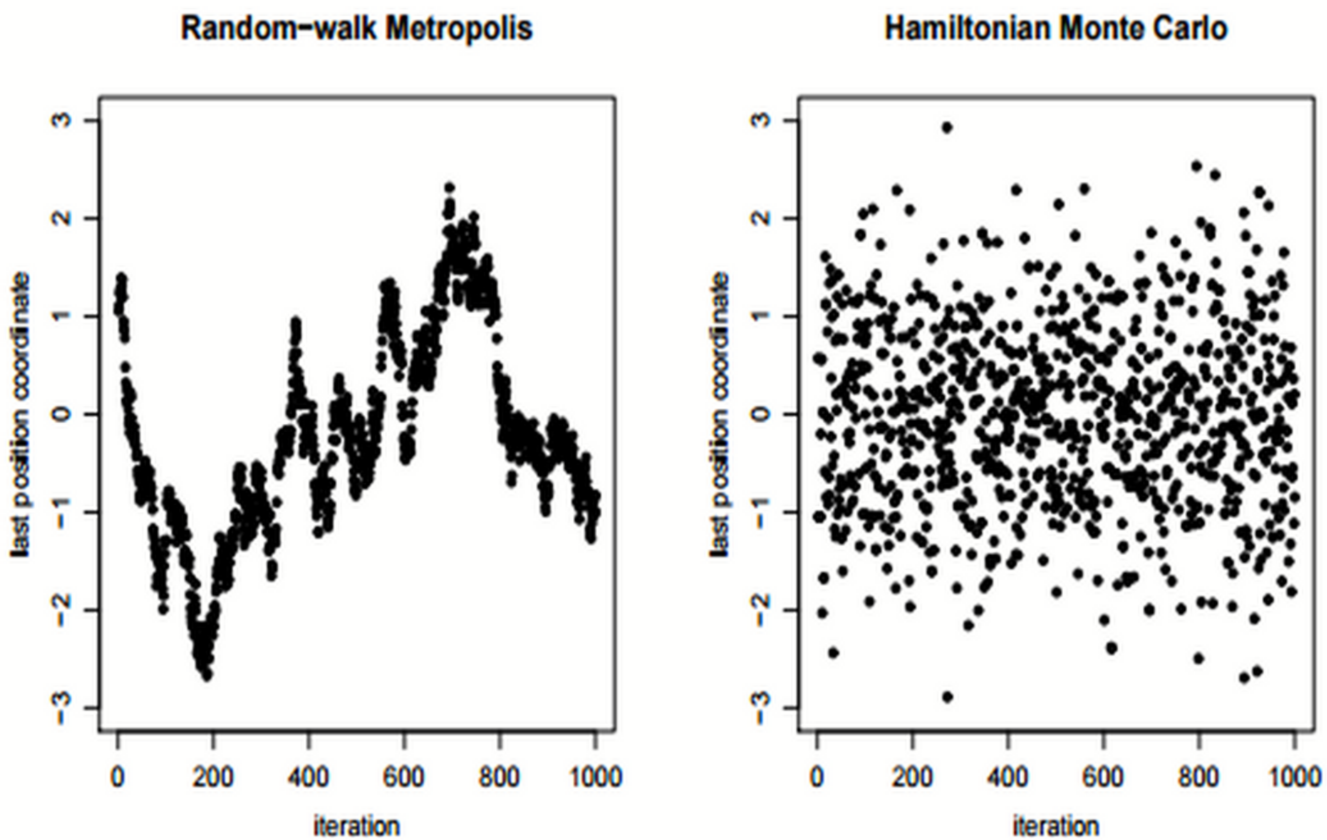

Figure 6: Values for the variable with largest standard deviation for the 100-dimensional example, from a random-walk Metropolis run and an HMC run with $L = 150$. To match computation time, 150 updates were counted as one iteration for random-walk Metropolis.