





# Colour

The colours of city, nature and people, Tokyo's sparkling beauty

















# Chic

Technology, craftsmanship and tradition, passed down through the years, still being perfected

Old meets New









# 在欠

# Joy

A city brimful of joy, thronged with people

Old meets New

























A city where tradition and innovation intersect and new styles are constantly being created, promising diverse delights.

### Tokyo Tokyo Old meets New

Repeating "Tokyo" in two different styles, calligraphic and Gothic, expresses the special character of Tokyo, where traditions from the Edo era co-exist with the latest cultural trends. "Old meets New" is added for emphasis. And while the traditional characters are in black ink, blue, like the sky stretching out into the future, expresses the spirit of innovation. The red rakkan seal echoes the Shibuya Crossing, a new Tokyo sightseeing spot.

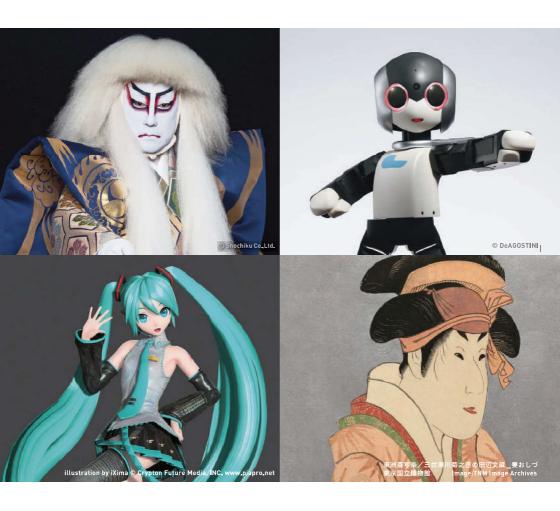
### Index

Index	
1	lmage
	Colour Chic Joy
5	Tokyo Brands
6	Tokyo Souvenirs
7	Tokyo at a Glance Map
9	Area Guides
	Shinjuku
	Shibuya – Harajuku – Omotesando
	Asakusa – Oshiage
	Odaiba
	Roppongi
17	Tokyo Leisure & Cultural Activities
19	Tokyo Now
20	Tokyo Events
21	Tokyo Islands
23	Tama
24	Tokyo Volunteer Guide
25	Travelling Around Japan
26	Good Value Tickets
27	Tokyo Quick Guide
29	Basic Tips
30	Useful Information

### Legend







Tokyo breathes with the tradition of four hundred years since Edo period.

It's a city that never stops and embraces the future.

Tradition and innovation meet and evolve to create new value here in Tokyo.

Old meets New

It's the energy and excitement of Tokyo.

Experience the surprises that start here.



tokyotokyo.jp

# **Tokyo Souvenirs**

To spread the message about Tokyo's many attractions, a range of original souvenirs with the Tokyo Tokyo logo are on sale, the perfect memento of your visit.



For more details on products and where to buy them, go to

### https://tokyotokyo.jp/topics/omiyage.html









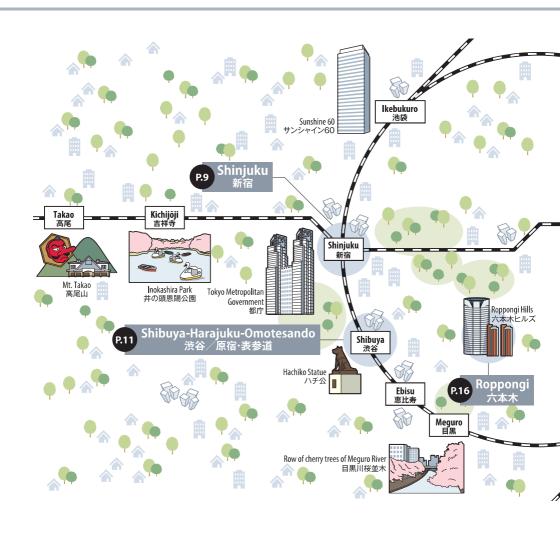








# **Tokyo at a Glance Map & Major Modes of Transport**



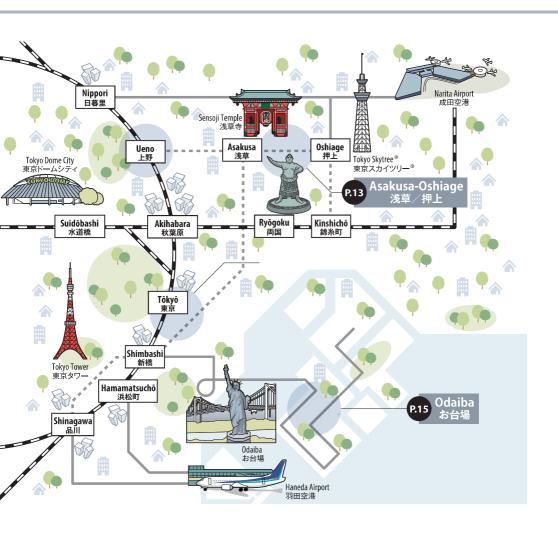
### **Handy Smart Cards**





SUICA and PASMO reusable smart travel cards (deposit ¥500) can be topped up at station ticket machines and are convenient if you use trains frequently, as you don't have to buy a ticket each time you travel. They can also be used to make small purchases at station kiosks, convenience stores and other shops. The cards are available from ticket machines and counters in stations.

Tokyo has an extensive public transport network, and skilful use of trains and buses is the key to getting around the city efficiently. Combining them with taxis will allow you to see the sights in comfort. For a handy transportation app, go to www.navitime.co.jp/pcstorage/html/japan\_travel/english/.



### **Buses**



Regular bus routes serve every area of Tokyo, If your destination is some distance from the nearest train station, or the journey is complicated, buses can be a convenient way to get exactly where you want to go. You can also use SUICA and PASMO travel cards on buses.

### **Taxis**



Taxis are a more expensive way to travel than trains and buses, but are convenient if you want to move around efficiently. Most taxi drivers do not speak foreign languages, so it's a good idea to write down your destnation and show it to the driver, then all you have to do is pay the fare shown on the meter when you reach your destination.





### Isetan Shinjuku Store

伊勢丹新宿店



Offers all the latest world & Tokyo fashions themed on fashion. Buy tax free. Also offers an interpreter service (bookings essential).



- □:03-3352-1111 □:3-14-1 Shinjuku, Shinjuku-ku
- ☑: 10:30-20:00 ☑: New Year's day & 2 Jan. None
- scheduled

  : AMEX, Diners, JCB, Master, Visa, UnionPay

www.isetan.co.jp/int



### BICQLO BIC CAMERA Shinjuku East Exit Store



BIC CAMERA joins forces with UNIO-LO. Stocks home appliances and fashion, as well as cameras, watches, and cosmetics. BIC CAMERA has a tax free corner and an array of sought-after products for use overseas.



- □:03-3226-1111 □:3-29-1 Shinjuku, Shinjuku-ku
- ☑:10:00-22:00
- C:Open 365 days a year AMEX, Diners, JCB, Master, Visa, UnionPay

www.biccamera.co.jp/language/ languageselect/english.html



### Don Quijote Shinjuku East Exit Main Shop

・キホーテ 新宿東口本店



Get a wide variety of Japanese souvenirs from popular chocolates to brand merchandise, at reasonable prices. Conveniently open 24 hours. Use your overseas money without having to exchange it.



- **□**:03**-**5291**-**9211
- ⊞: 1-16-5 Kabukicho, Shinjuku-ku 24 hours
- C: Open 365 days a year :AMEX, Diners, JCB, Master, Visa, UnionPav

www.donki.com/en/



### **TOKYU HANDS** Shinjuku Store

東急ハンズ新宿店



Wide variety of goods, including lifestyle, stationery, outdoor goods and more. The popular sheet masks are perfect for the Kabuki actor look and make great souvenirs. The in-store pamphlet is in various languages.



- □:03-5361-3111 □:2F to 8F Times Square Building, 5-24-2 Sendagaya, Shibuva-ku
- ☑: 10:00-21:00
- None scheduled ■: AMEX, Diners, JCB, Master, Visa, UnionPay

www.tokyu-hands.co.jp/foreign.



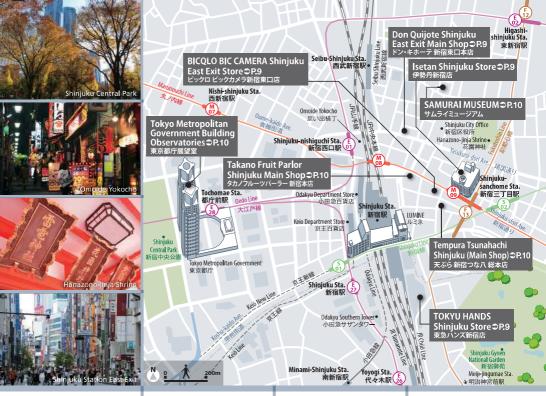








② Gourmet ⑤ Shopping ⑤ Sightseeing ⊘ Experience · Entertainment





Tokyo Metropolitan Government Building Observatories 東京都庁展望室



Enjoy 360-degree views from either of the two 202-m high observatories, the North Observation Deck and the South Observation Deck, Offers incomparable views of Nishishinjuku skyscrapers. On clear days see Mt. Fuii from the west side. Entry free.



□: 03-5320-7890 (10:00-17:00, Mon. to Fri.)
□: 2-8-1 Nishishinjuku, Shinjuku-ku North Observation Deck: 9:30-23:00 South Observation Deck: 9:30-17:30 (Open to 23:00 when North Observation Deck is dosed) Last admission to both North and South Decks: 30 mins, before dosing North Observation Deck: 2nd & 4th Mon. every month, South Observation Deck: 1st and 3rd Tue, every month (Closed the following day if falling on a public holiday.)



Takano Fruit Parlor Shinjuku Main Shop タカノフルーツパーラー新宿本店



Popular with Japanese women, this parlor offers desserts and drinks with generous use of fruit. With the seasonal menu offering fruits only available in season, enjoy limited season fruits to your heart's content.



□:03-5368-5147 □:5F Shinjuku Takano Main Shop, 3-26-11 Shinjuku, Shinjuku-ku ☑: 11:00-21:00 ☐: None scheduled ☐: AMEX, Diners, JCB, Master, Visa, UnionPay

http://takano.jp/takano/en/



Tempura Tsunahachi Shinjuku (Main Shop)



Restaurant specializing in tempura, one of the best-loved Japanese foods. Chefs skilled in the traditional techniques prepare tempura dishes using carefully selected ingredients. You'll definitely want to try the seasonal ingredients prepared at their peak.



☐:03-3352-1012 ■:3-31-8 Shinjuku, Shinjuku-ku ☑: 11:00-22:30 (Last orders: 22:00 [21:45 on Sat., Sun, & public holidays] )
C: Year end and New Year

:AMEX, Diners, JCB, Master,

www.tunahachi.co.jp/en/



SAMURA MUSEUM



Samurai-themed museum exhibiting armour, helmets, swords and other artefacts. You can also try the samurai experience and get photos of yourself in a kimono or iinbaori (battle coat), or watch a swordfighting show. The gift shop stocks a wide range of samurai goods that make great souvenirs.



□:03-6457-6411 ■: 1-2F Eiwa Dairoku Bldg., 2-25-6 Kabukicho, Shinjuku-ku 2:10:30-21:00 (last admission

20:30) ©:Open 365 days a year

AMEX, Diners, JCB, Master, Visa, UnionPay www.samuraimuseum.jp/en/

www.gotokyo.org/en/tourists/info/observatory.html





### SHIBUYA109 (Fashion Building)



Well known as the place to go for the young and stylish. The landmark building for shopping in Shibuya where you can get everything that's in style. High profile shops galore. Nearby is 109MEN'S offering the latest in men's fashion.



- □:03-3477-5111 □:2-29-1 Dogenzaka, Shibuya-ku 2: 10:00-21:00 (Some shops have different hours)
- C: New Year's day
- AMEX, Diners, JCB, Master, Visa, UnionPay

www.shibuya109.jp/wovn/en\_ index.html



### Omotesando Hills



A landmark shopping complex with a full-height atrium and a range of sophisticated shops, including popular Japanese and international brand shops and



- ☐:03-3497-0310
- ■:4-12-10 Jingumae, Shibuya-ku Shops 11:00-21:00 (Sun.: to 20:00), Restaurants 11:00-23:30 (Sun.: to 22:30). Cafés 11:00-21:00 (Sun.: to 20:00)
- Some shops have different hours C:None scheduled
- : AMEX, Diners, JCB, Master, Visa, UnionPay

www.omotesandohills.com/ zh-CHT/







### **CUTE CUBE** HARAJUKU



Commercial centre bringing together lots of exciting, cute merch. You must see the artwork at the Entrance (1F) and Terrace (3F) giving form to the centre's world



- ☐:03-6438-9201
- ■: 1-7-1 Jingumae, Shibuya-ku ☑:B1-2F: 10:00-20:00,
- 3F: 11:00-21:00 (Some shops have different hours)
- Open 365 days a year AMEX, JCB, Master, Visa

http://cutecube-harajuku.com/



### **UNITED ARROWS** Harajuku Main Shop



Everything from Japanese and international designer brand products to trendy original products, high quality fashion items, lifestyle goods, novelty items and more. The For Men shop and the For Women shop are at different locations!



☐: Harajuku For Men: 03-3479-8180 Harajuku For Women: 03-3479-8176 Harajuku For Men: 3-28-1

Jingumae, Shibuya-ku, Harajuku For Women: 2-31-12 Jingumae, Shibuya-ku 2: 12:00-20:00 Sat., Sun. & public holidays: 11:00-20:00

C: None scheduled : AMEX, Diners, JCB, Master,

Visa, UnionPay www.united-arrows.co.jp/en/shop/







Meiji Jingu enshrines the souls of Emperor Meiji and Empress Shoken. It stands in a vast forest, planted by human hand but now a verdant, soothing part of the metropolis. Also famous for its mystical energy. Experience a shrine visit in the Japanese manner.



■:03-3379-5511 ■:1-1 Yoyogikamizonocho, Shibuya-ku ☑:Hours change monthly www.meijijingu.or.jp/english/

index.html





Facility offering virtual reality attractions that are all the rage. Choose from a wide variety of attractions and experience revolutionary new technologies.



■:03-3461-1311 ■:13-11 Udagawacho, Shibuya-ku ■:None scheduled =:AMEX, Diners, JCB, Master, Visa, UnionPay

www.adores.jp/vrpark/shibuya.html



AiiA 2.5 Theater Tokyo AiiA 2.5 Theater Tokyo



This theatre stages "2.5-D musical plays", the generic term for 3-D theatre based on 2-D manga, anime and games. Experience nouveau theatrical entertainment live.



■:03-6758-0871 ■:Shibuya Plaza, Yoyogi National Gymnasium, 2-1-1Jinnan, Shibuya-ku

☑:Vary by programme ☑:Vary by programme

www.j25musical.jp/en/theater/



Tonkatsu Maisen Aoyama Main Store とんかつまい泉 青山本店



Originally a bathhouse, this spacious restaurant with retro feel offers tonkat-su (pork cutlets) at the top of the menu, as well as traditional Japanese cuisine including kaiseki banquets highlighting seasonal produce, sushi, and more.



**□**:0120**-**428**-**485

:AMEX, Diners, JCB, Master,

http://mai-sen.com





Tokyo Solamachi (Commercial Facility)



Bustling food, shopping, and culture complex combining 312 retailers offering huge variety in a setting alive with down-town energy, great for buying souvenirs, especially official Skytree goods from the TOKYO SKYTREE® shop.



- □:0570-55-0102 □:1-1-2 Oshiage, Sumida-ku ☑: 10:00-21:00, Restaurant Floor:
- 11:00-23:00
- ☐: Differ by shop ☐: Differ by shop

www.tokyo-solamachi.jp/english/



### Marugoto Nippon



A new landmark in Asakusa and home to "things of value" from the 47 prefectures of Japan. Get regional delicacies and specialty goods from around Japan, without leaving Tokyo.



- ■:03-3845-0510
- 10:2-6-7 Asakusa, Taito-ku
- 2: 1F & 2F: 10:00-20:00, 3F: 10:00-21:00, 4F: 11:00-23:00 (Last orders: 22:30) (Some shops have different
- hours.) C:None scheduled
- □: Differ by shop

https://marugotonippon.com/images/pdf/marugotoNippon-en.pdf



### Sensoji Temple



Oldest temple in Tokyo and popular tourist spot. Kaminarimon Gate, on the approach to the temple entrance, is a tourist photo spot. Popular souvenirs at the Nakamise shops along the approach include Japanese lanterns and replica swords.



- ■: 2-3-1 Asakusa, Taito-ku ☑:6:00-17:00 (Apr. to Sep.), 6:30-17:00 (Oct. to Mar.)
- C: Open 365 days a year

www.senso-ji.jp





World's highest free-standing broadcasting tower. Like a gallery in a glass tube, Tembo Galleria will leave you convinced that you are walking in the sky. You definitely have to check out TOKYO SKYTREE TOWN®.



- **□**:03**-**5302**-**3470 ш: 1-1-13 Oshiage, Sumida-ku
- ☑:8:00-22:00 (Last admission 21:00)
- Open 365 days a year
- AMEX, Diners, JCB, Master, Visa, UnionPay

www.tokyo-skytree.jp/en/









Gourmet (h) Shopping (h) Sightseeing (h) Experience · Entertainment







Shopping street around 250m long, stretching from Kaminarimon Gate to Sensoji Temple, popular with Japanese and foreign tourists. Shops offering everything from confectionery to traditional craft goods make this a great place to huy souvenirs



- **=**:03-3844-3350 ■: 1-36-3 Asakusa, Taito-ku ☑: Differ by shop ☑: Differ by shop
- Differ by shop

http://asakusa-nakamise.ip/ e-index.html



### Komatsuan Sohonke

小松庵総本家



Soba noodle restaurant that mills its own buckwheat, sourced from all over Japan. The noodles have a pleasant aroma and are firm, with a smooth texture. A variety of other dishes that go well with sake are also available.



- FI:03-5809-7203 East Yard 7F, Tokyo Solamachi, 1-1-2 Oshiage, Sumida-ku 2:11:00-23:00 (Last orders: 22:00) ☐: None scheduled ☐: AMEX, Diners, JCB, Master, Visa, UnionPay
- http://www.komatuan.com/



### Kaminarimon Sansada



Tempura restaurant founded more than 180 years ago. Specialities include the flavoursome Edo-style tempura and kakiage (mixed seafood and vegetable tempura), deep-fried in sesame oil. Enjoy the authentic taste of tradition.



- ☐:03-3841-3200 ■:1-2-2 Asakusa, Taito-ku
- 2:11:30-22:00 (Last orders: 21:30) C:Open 365 days a year AMEX, JCB, Master, Visa

www.tempura-sansada.co.ip/ index-en.html



### Sakura Photo Studio

錦糸町駅

13

サクラフォトスタジオ



Try on a kimono. Get studio photos or stroll the streets of Asakusa dressed in kimono. Choose your preferred kimono for a wonderful memento, dressed in a beautiful kimono.



- **□**:03-6802-8814 ■:4F Suzuki Bldg., 1-12-12 Kaminarimon, Taito-ku ☑:9:30-17:00
- Open 365 days a year AMEX, Diners, JCB, Master, Visa
- www.sakuraphotokimono.com/ english/













National Museum o



Shiokaze Park



to 18th century European town.

The Outlet Floor (3F) offers well-

known international brands as

well as a full line-up of Tokyo's

fashionable brands.







□:03-5500-2455 ■: 1/2 Higashi-Yashio, Shinagawa-ku

www.tokyo-park.or.jp/english/ park/detail\_02.html#shiokaze



THE GUNDAM

BASE TOKYO

THE GUNDAM BASE TOKYO

Official Gundam plastic model centre aimed at Gunpla fans worldwide. Lots of fun for children and adults with opportunities to see, buy and build Gunpla models.



□:03-6426-0780 ■: 7F DiverCity Tokyo Plaza, 1-1-10 Aomi, Koto-ku S: 10:00-21:00 C:None scheduled : AMEX, Diners, JCB, Master,

www.gundam-base.net

Visa, UnionPay





Indoor amusement park for fun even on rainy days. About 20 attractions making full use of the latest technology in a near-future atmosphere. Ride the popular Gekion Live Coaster, the world's first roller coaster attraction with rhythm game.



☐:03-5500-1801 ■: 3F-5F Decks Tokyo Beach, 1-6-1 Daiba, Minato-ku

2:10:00-22:00 Last entry 21:15 C: None scheduled

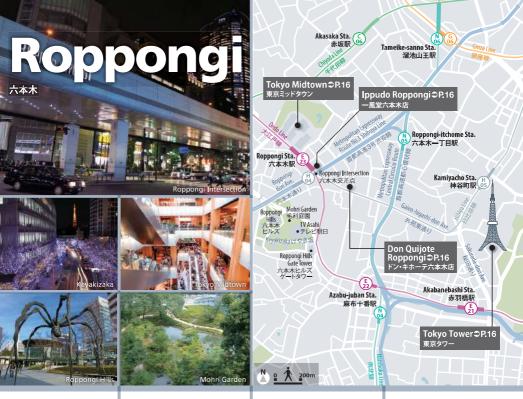
Admission + Unlimited Rides Adults: ¥4,300, Children: ¥3,300

Height restrictions apply for some rides. : AMEX, Diners, JCB, Master, Visa http://tokyo-joypolis.com/language/english/



- ☐:03-3599-0700 😐: 1-3-15 Aomi, Koto-ku ☑:11:00-21:00 Restaurant closes
- 23:00 (Opening hours may vary by shop and period.) None scheduled
- :AMEX, Diners, JCB, Master, Visa, UnionPay
- www.venusfort.co.jp/multi/ index\_e.html









Directly linked to Roppongi Station, Oedo Line. Composite urban district comprising offices, The Ritz-Carlton, Tokyo, commercial establishments, parks, and museums. Popular for its cherry blossoms in spring and outdoor illumination in winter.



□:03-3475-3100 (10:00-21:00) □:9-7-1 Akasaka, Minato-ku Differ by facility
Differ by facility

☐: Differ by facility

www.tokyo-midtown.com/en/





Get a wide variety of products from popular chocolates to brand merchandise, at reasonable prices. Conveniently open 24 hours to help spend your time wisely.



□:03-5786-0811 □:3-14-10 Roppongi, Minato-ku ☑: 24 hours ☑: Open 365 days a year

☐: AMEX, Diners, JCB, Master, Visa, UnionPay

www.donki.com/en/?pre=le



Tokyo Tower

東京タワー



Packed with attractions including observatory giving 360-degree panoramic views over Tokyo, and Tokyo One Piece Tower themed on popular anime. Events happening too, so you can have fun here all day long!



☐:03-3433-5111 ■:4-2-8 Shibakoen, Minato-ku

9:00-23:00 (Last admission at 22:30) C Open 365 days a year

Main Observatory Adults: ¥900, Children: ¥500, Infants (4 years old and over): ¥400

: AMEX, Diners, JCB, Master, Visa www.tokyotower.co.jp/en.html





Ramen restaurant that originated in Hakata. The tonkotsu ramen recipe goes back to the restaurant's foundation, and the rich savour of the pork bone-based soup matches the thin noodles perfectly.



□:03-5775-7561 🖽: 1F Daini Odagiri Bldg., 4-9-11 Roppongi, Minato-ku

2: 11:00-4:00 next day, Fri. & Sat.: 11:00-5:00 next day, Public holidays:

11:00-1:00 next day C: None scheduled

: AMEX, Diners, JCB, Master, Visa, UnionPay

http://www.multilingual.ippudo.com/



# **Tokyo Leisure & Cultural Activities**



Try a wide range of activities in Tokyo, from the traditional to the currently fashionable. Make the most of your trip to Tokyo by experiencing it up close, and create some wonderful memories along the way. Just follow the quidelines for your activity.



# Tokyo **Now**

Tokyo never stops changing and openings and re-openings keep coming. It's worth your while stepping out to experience Tokyo now.



Konica Minolta Planetaria Tokyo コニカミノルタプラネタリア TOKYO



### A planetarium where space meets music (newly opened)

Planetarium complex featuring a multi-purpose digital dome theatre offering dome-based videos with up to 8K resolution, as well as a planetarium dome theatre and experiential VR attractions.

13: 9-10F Yurakucho Mullion, 2-5-1 Yurakucho, Chiyoda-ku

☑: Differ by programme

G:Open 365 days a year
∃:AMEX, Diners, JCB, Master, Visa

https://planetarium.konicaminolta.jp/planetariatokyo/



**Starbucks Reserve® Roastery** スターバックス リザーブ® ロースタリー

### Starbucks Coffee's fifth special shop worldwide (opens 28 Feb. 2019)

High-end coffee shop with its own roastery. Enjoy creating your own custom coffee while experiencing the roasting and extraction of coffee sourced from around the world with all five senses.

www.starbucks.co.ip/en/



Hotel 1899 Tokyo

ホテル1899東京



### New hotel with a tea thems

Hotel that evokes the tradition and culture of Japanese tea, with designer rooms based on the concept of traditional Japanese-style house inspired by teahouse architecture, and a front desk and a front desk with a counter where you can teste Japanese teas.

**□**:03-5289-7088

15:6-4 Shinbashi, Minato-ku

:AMEX, Diners, JCB, Master, Visa, UnionPay

http://1899.jp/hotels/tokyo/en/



Shibuya Stream

渋谷ストリーム



### A new multi-purpose complex in Shibuya

A complex housing 30 shops, including popular restaurants, as well as a hotel and function hall. The highly original exterior and interior represent Shibuya's near future.

□:0570-050-428

■:3-21-3 Shibuya, Shibuya-ku

☑: Differ by shop

C: Differ by shop

:Differ by shop

https://shibuyastream.jp.e.afk.hp.transer.com/



Nihombashi Takashimaya Shopping Center 日本橋高島屋S.C



### Reopening after a major redevelopment

The refurbishment, including the Main Building (Nihombashi Takashimaya), Japan's first department store designated an important cultural property, incorporates all four buildings into an urban shopping centre.

**☎**:03-3211-4111

Hain building: 2-4-1 Nihonbashi, Chuo-ku

☑: Differ by building ☑: None scheduled

AMEX, Diners, JCB, Master, Visa, UnionPay

www.h-n-h.jp/en/

# Tokyo Events

Events in Tokyo come in all shapes and sizes, right throughout the year. Why not try an event, in between your sightseeing and shopping?



For information on other events, go to

https://www.gotokyo.org/en/event-calendar/

### Late Jan. to late Mar. Izu Oshima Camellia Festival

Events including a parade, camellia dyeing, and more are held all over the island.

www.izu-oshima.or.ip



2

3 Mar. 2019 Tokyo Marathon 2019

Some 36,000 participants run the course past Tokyo's top spots.





Late Mar. 2019 AnimeJapan 2019

Everything anime under one roof. Performances, events, and goods sales.

### Late Mar. To Early Apr. 2019 Chidorigafuchi Ryokudo Cherry Blossom Viewing

Around 260 cherry trees blossom along a pathway stretching for 700m.

http://kanko-chiyoda.jp/tabid/1117/Default.aspx

### Mid-May 2019 Sanja Matsuri (Festival)

Portable shrines carried in parade through the streets of Asakusa to the rousing sound of animated shouting.

www.asakusajinja.jp/english/



4

www.anime-japan.jp/en/

### Rainy season



**27 Jul.**Sumida River Fireworks
Festival

See the launch of some 20,000 fireworks, from the traditional to the creative

http://sumidagawa-hanabi.com/index\_eg\_2017.html

### Mid-Jul. Umi no Akari Matsuri in Odaiba (Odaiba Marine Day Lantern Festival)

The magical sight of countless paper candle lanterns set out in rows on the beach

www.tptc.co.jp/park/01\_02/event/detail/71



### Early Sep. to late Oct. 2019 Tokyo Grand Tea Ceremony

Step into the world of Japanese tea, a world with great depth, in a lush green garden setting.

http://tokyo-grand-tea-ceremony.jp/en/index.html

## ECO EDO Nihonbashi

Various events to cool you down in summer's heat.

9

http://www.ramenshow.com/

# Late Oct. to early Nov. Tokyo Ramen Show

Huge event bringing regional ramen favourites from around Japan to Komazawa Olympic Park.

www.nihonbashi-tokyo.jp/en/

### Late Oct. to early Nov. 2019 Tokyo International Film Festival

Film festival with a programme showcasing Asian and Japanese films.

http://2018.tiff-jp.net/en/



Christmas

12

**Late Nov. to early Dec.** Autumn leaves and feudal lord garden illumination

Enjoy the magical ambience with beautiful autumn leaves suspended in the night sky.

http://teien.tokyo-park.or.jp/en/rikugien/index.html

Note: This event information is accurate as of November 2018.

# Tokyo Islands

The sea! The mountains! Let the great outdoors refresh you.

### **Nature**







Islands area - Experience nature that you wouldn't believe was Tokyo. See sub-tropical plants you won't see in central Tokyo.

A range of activities you can't experience in the centre of Tokyo awaits you in the midst of mother nature, the blue sea, mountains, and more.



https://tamashima.tokyo/en/

### **Activities**







Refresh with surfing and canoeing, as well as cycling and more, enjoying nature to your heart's content.

### **Food and Culture**









Each island has its own food, culture and specialities. You've travelled this far, so why not try some gourmet island food.

### Relax





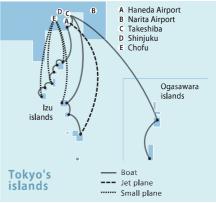


Hot spas at one with nature. Stunning scenery that simply takes your breath away. Relax in mind and body with experiences that only islands allow.



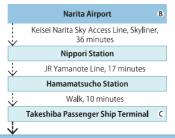
Access to the islands is by boat or plane. Passenger boats leave from Takeshiba Passenger Ship Terminal (about 10-min walk from Hamamatsucho Station). Planes leave from Haneda and Chofu Airports.



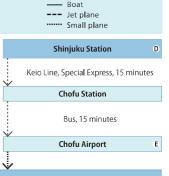


### Information about Transportation





Tokvo's islands



Find All Answers at

GC>TOKYO
The Official Tokyo Travel Guide



https://www.gotokyo.org/en/



# **Tama**

About 2 hours from the centre of Tokyo! The Tama area, packed with hidden appeal

### **Nature**



Lots of spots where you can get in touch with nature, from ravines to limestone caves, as well as Mt. Takao, awarded 3 Michelin stars.





https://tamashima.tokyo/en/

### **Activities**









Try activities unique to Tama, in the mountains and on the rivers, trekking through the heart of the forest, or taking a full-throttle river ride.

### **Food and Culture**







Gourmet cuisine, another uniquely appealing side to Tama you can enjoy along with its rich natural environment and shrines and temples redolent with history.

### Relax









Spend some time away from the city hustle and bustle at a thatched ryokan (inn) from the good old days, or at a hot spa or meditation session in the tranquillity of the mountains.

# Tokyo Volunteer Guide

Tokyo Volunteer Guides are Tokyo Metropolitan Government-registered volunteer guides who show overseas visitors around the city's tourist spots.

### http://www.gotokyo.org/en/guide-services/

### Tour Guide Service by Tokyo Volunteer Guides (total 13 courses)

Guided tour service for overseas visitors setting off from Shinjuku Expressway Bus Terminal ("Busta Shinjuku"). Tours available in 7 languages: English, Korean, Chinese, German, French, Italian, and Spanish.

### **Top 3 Most Popular Areas**



### 1. Shinjuku

This tour covers one of Japan's most famous shopping and entertainment districts, with restaurants, department stores and theatres. Experience Tokyo's latest trends, including department store food halls, Hanazono Shrine and the Kabukicho area.



### 2. Asakusa

This tour offers the opportunity to enjoy the lively atmosphere of Asakusa, an old downtown area of Tokyo. Visit Sensoji Temple and its Nakamise shopping street, and experience the spirit of Japan through the downtown culture.



### 3. Harajuku

This tour allows you to explore typical alleyways in Harajuku, a trend-setting fashion district popular with young people. After the bustling atmosphere of the shopping streets, enjoy a taste of Japanese history and culture at Meiji Jingu Shrine.

### **Guide Service**

- The guide service is provided by volunteers and tours are mainly conducted on foot and by public transport.
- $\bullet\,$  Participant numbers are limited to a maximum of 5 persons per group.
- Two guides are assigned to each group, regardless of the number of
- participants.
- Tour participants agree to pay any charges incurred by the guides.
- For details of other tours, go to http://www.gotokyo.org/en/quide-services/

### **Tourist Information Service**

In the streets of areas popular with overseas visitors, tourist information staff provide sightseeing information and information on attractions in Tokyo on demand.

Feel free to ask for advice on what to see, what to do or what to eat. Tourist information staff wear a hat and carry a bag with a distinctive 'i' mark.





Areas covered	Ueno, Ginza, Asakusa, Shinjuku, Shibuya, Rinkai Fukutoshin (the Tokyo waterfront area)
Service times	Fri., Sat. and Sun. (except New Year period) 10:30-16:30 (Rinkai Fukutoshin: 11:30-16:30)
Languages	English, other (other languages spoken vary according to volunteers working each shift)

### Tokyo Metropolitan Government Building and Observatories Guide Services

Overseas travellers visiting the Tokyo Metropolitan Government Building are guided around the Building and Observatories.

\*Bookings are not accepted.



### 1: Tokyo Metropolitan Government Building Guide Services

Tours for overseas travellers around the Tokyo Metropolitan Government Building start from the Tokyo Tourist Information Center in the Building. The tours convey the many fascinating aspects of the Building, located in the heart of Tokyo.

Languages	English, Chinese, Korean *Guides stationed in the Tokyo Metropolitan Government Building's Observatory
Service times	MonFri.: 10 am to 3 pm (excluding public holidays, year end & New Year, and during Building maintenance)

### 2: Observatories Guide Services

Guides provide information about the views from 202 m up, the Building itself, and other sightseeing questions.

Languages	English, Chinese, Korean
Service times	MonFri.: 10 am to 3 pm (excluding public holidays, year end & New Year, and during Building maintenance)

# **Travelling Around Japan**









You can go online to explore different routes from Tokyo to other regions, and plan your own wonderful itinerary.

Tohoku https://www.tohokuandtokyo.org/



### Kyushu

https://www.kyushuandtokyo.org/









Tokyo Tokyo



# **Good Value Tickets**

If you're doing a lot of sightseeing in Tokyo, you can get tickets that offer convenience and good value. There are many available, so you can pick tickets to suit your itinerary.



### www.gotokyo.org/en/plan/ic-card/

### **Airport Transport** + Tokyo Excursions

Most tickets offer return transport from the airport to Tokyo plus excursions in Tokyo, and some are especially great value for overseas travellers. Book online before you travel or buy at the airport after you arrive.



### Take a seat to your destination

### LIMOUSINE & SUBWAY PASS

Narita Airport & Haneda Airport



Tokyo Subway Ticket includes Limousine Bus ticket and unlimited travel on Toei Subway and Tokyo Metro, Limousine Buses offer seated travel only, so you travel in comfort.

Valid: 6 months One-way Limousine Bus (1 ticket) + Tokyo Subway 24-hour Ticket

Narita Airport: ¥3,400 (Children: ¥1,700) Haneda Airport: ¥1,800 (Children: ¥900)

\*Other combinations may include one-way Limousine Bus (2 tickets), and 48-hour or 72-hour Tokyo Subway Ticket.

http://www.limousinebus.co.ip/en/

### Only 36 mins, to central Tokyo

### Keisei Skyliner & Tokyo Subway Ticket

Narita Airport



Set including Tokyo Subway 24-hour, 48-hour, or 72-hour Ticket, and Keisei Skyliner ticket/express ticket (one-way or return).

Keisei Skyliner (one-way) + Tokyo Subway Ticket (24-hours)

### ¥2,800 (Children: ¥1,400)

Valid: 6 months

\*Other combinations may include Keisei Skyliner (return), and 48-hour or 72-hour Tokyo Subway Ticket.

www.keisei.co.jp/keisei/tetudou/skyliner/us/index.php

### Start sightseeing from Haneda Airport

### WELCOME! Tokyo Subway Ticket Haneda Airport



Set including Tokyo Subway 24-hour, 48-hour, or 72-hour Ticket, and Keikyu Line between Haneda Airport International Terminal Station and Sengakuji Station (one-way or return).

Keikyu Line (one-way) + Tokyo Subway 24-hour Ticket

### ¥1.200 (Children: ¥600)

Valid: 14 days

\*Other combinations may include Keikyu Line (return), and 48-hour or 72-hour Tokyo Subway Ticket.

www.haneda-tokyo-access.com/en/info/discountticket\_welcometokyo.html

### Travel on JR to Tokyo's major urban stations

### N'EX TOKYO Round Trip Ticket

Narita Airport



Discount return trip ticket for reserved seats on a Narita Express ordinary car. As long as you don't exit a gate along the way, you can use it from any station within the Round Trip Use Area.

¥4,000 (Children: ¥2,000)

Valid: 14 days

\*If you get on the train without reserving a seat, you may use a vacant seat.

www.jreast.co.jp/e/pass/nex\_round.html

### Handy for travel to any Yamanote Line station

### Monorail and Yamanote Line Discount Ticket



Lets you travel on the Tokyo Monorail from Haneda Airport International Terminal Station, Haneda Airport Terminal 1 Station, or Haneda Airport Terminal 2 Station to Hamamatsucho Station then get off at any Yamanote Line station for ¥500.

### ¥500 (Children: ¥250)

Valid: Day of purchase only

\*Limited to Sat., Sun., public holidays, and specified days.

www.tokyo-monorail.co.jp/english/

### **Tokyo Excursions**

### Unlimited travel the length and breadth of Tokyo

### **Tokyo 1-Day Ticket**



Unlimited rides within Tokyo's 23 Wards on JR local and rapid JR East trains (unreserved seats), subways, Nippori-Toneri Liner, Toei Streetcars and Toei Bus system.

¥1,590 (Children: ¥800)

Valid: One day

\*No refunds paid for train cancellation or delay.

### Tama Area Access

Keio 1-Day Ticket - Keio Line & Inokashira Line Tama Area Guide P. 27



Travel as many times as you like to any station on the Keio Line or Inokashira Line. Handy for trips to popular sightseeing spot Mt. Takao, Sanrio Puroland, and more.

¥900 (Children: ¥450)

Valid: One day

\*Valid on day of issue only.

https://www.keio.co.jp/english/

www.jreast.co.jp/e/pass/tokyo\_free.html

# **Tokyo Quick Guide**

### H Key Facts and Travel Know-How Q&A

# @:What is the most efficient way to get around?



**A:** JR railways, private railways, subways and buses allow you to get around the city efficiently. Check your route in advance and take advantage of some of the great value tickets on offer.

→ pages 7 and 26

### **@:What should I do if I run out of cash?**



A: You can use a credit card in most shops, but not all, so it's a good idea to carry some cash. There are ATMs where you can exchange foreign currency at various locations around the city.

→ page 29

### **Q:Where in Tokyo can I enjoy nature?**



A: Tokyo has many parks and gardens, but if you don't mind travelling a little further, you can visit the Tama area or some of Tokyo's islands, so leafy it's hard to believe they are located in the capital.

→ pages 21 and 23

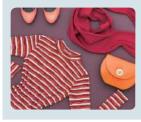
# Qal can't make up my mind what to see...



A: The Tokyo Volunteer Guides service offers 13 tour routes with different themes. You'll also find guides who can provide tourist information at the Tokyo Metropolitan Government Building and around the city. Feel free to ask for advice.

→ page 24

### **@:What clothes will I need?**



A: Japan has well-defined seasons, so it's best to wear appropriate clothing for the time of year: short sleeves in summer or a cost and scarf in winter.

→ page 30

# Q:I need to access the Internet to look up information and go on social media...



**A:** Free Wi-Fi is available in some areas of Tokyo, and on public transport. Some shopping centres and restaurants also offer free Wi-Fi.

→ page 29

# Qalt's my first visit to Japan, so I'd like to know about etiquette.



A: Social rules and manners in Japan can differ from those in other countries, but you won't enjoy your trip if you are worrying about etiquette all the time, so we have set out the basics for your convenience.

→ page 30

# ©:Where can I find a church to worship at?



A: There are many churches around Tokyo. To search for one by language (English, Tagalog etc) go to http://tokyo.catholic. jp/english/churches/21756/

http://tokyo.catholic.jp/english/ churches/21756/ To help you make the most of your visit, here are a few things you must see or do while you are in Tokyo, and some useful tips for your convenience and peace of mind.

Things to Do in Tokyo



Restaurant offering a range of typical Japanese dishes, including sushi, tempura and soba noodles under one roof. Menus in other languages are also available.

### Sushi Gonpachi Nishiazabu

SUSHI権八西麻布

□:03-5771-0180

■: 3F, 1-13-11 Nishiazabu, Minato-ku

http://gonpachi.jp/?page\_id=34



### Enjoy ramen noodles, a popular Japanese dish

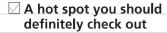
Ramen noodles are one of Japan's most popular dishes. Restaurants are very particular about their soup and noodles, so you can enjoy a completely different gourmet experience in each one.

### Tokyo Ramen Street

東京ラーメンストリート

□:03-3210-0077

**B**: B1 Tokyo Station Yaesu South Exit



Watch the tuna auctions from the observation deck in the fish wholesale market building, before enjoying sushi in the restaurant mall.

### Toyosu Fish Market

豊洲市場

**□**:03-5320-5720 ■: 6-3-1 Toyosu, Koto-ku

www.shijou.metro.tokyo.jp/toyosu/



### ✓ You've come all the way to Tokyo, so why not enjoy the nightlife too?

After a day of shopping and gourmet dining, party in

V2 TOKYO

■:03-5474-0091

⊞: B1/1F Tower of Vabel, 7-13-7 Roppongi, Minato-ku www.v2tokyo.com

a fantastic and extraordinary club. V2 TOKYO



### Look down on the city from one of Tokyo's landmarks

A full sensory experience that will surprise and delight you.

### SKY CIRCUS Sunshine 60 Observatory

SKY CIRCUS サンシャイン60展望台

□:03-3989-3457

15:60F Sunshine 60 Bldg., Sunshine City, 3-1 Higashi-ikebukuro, Toshima-ku

www.skvcircus.ip/enalish/



### fashion district

Harajuku is one of Japan's leading trendsetting and fashion districts, a place where you'll find unique and revolutionary styles.

### Laforet Harajuku

ラフォーレ原宿

■:03-3475-0411

1-11-6 Jingumae, Shibuya-ku

www.laforet.ne.jp/en/

# **Basic Tips**

Wi-Fi and money in Japan are a little different from other countries. Getting that information beforehand will help avoid problems during your trip.

### Money

Credit cards are convenient for shopping, but please note that some cards can't be used at some shops. And sometimes you can't use a credit card with vending machines, taxis, at lunch (period), in ramen shops, or at the station to buy tickets, for example, So, carrying an amount of cash (Japanese yen) around with you is a good idea, just in case.

### **Exchange**

You don't have much Japanese money left and you need to exchange or withdraw cash during your trip. No problem! There are lots of places in Tokyo where you can change your money or use your overseas credit card at an ATM



Easy to use ATMs. Insert your card then select your language on the screen. You can withdraw up to ¥100,000 at a time.

http://www.sevenbank.co.jp/intlcard/service2.html



### Japan Post Bank

You can withdraw Japanese yen using your credit or debit card, etc. at Japan Post Bank ATMs, at post offices, stations, supermarkets, etc.

www.jp-bank.japanpost.jp/en/ias/ en ias index.html



### Travelex

Travelex has 26 foreign exchange stores in Tokyo, including the main sightseeing areas. Also at major airports and sightseeing spots. Convenient foreign currency ATMs too.

www.travelex.co.ip/JP/Home/

### Wi-Fi

There are many places in Japan where you can connect to Wi-Fi to make your trip more convenient, including airports and convenience stores, near vending machines, on trains and around town. Free apps and services make access even more convenient



### At Airports



### HANEDA-FREE-WIFI

www.haneda-airport.ip/inter/en/ premises/service/internet.html



### FreeWiFi-NARITA

www.narita-airport.jp/en/service/ svc\_33\_wire

### On the Move



### TOKYO MONORAIL Free Wi-Fi

www.tokyo-monorail.co.jp/english/ www.kotsu.metro.tokyo.jp/eng/ index.htm



### Toei Bus Free Wi-Fi

### **Around Town**



### TOKYO FREE Wi-Fi

www.wifi-tokyo.jp/



### at\_STARBUCKS\_Wi2

http://starbucks.wi2.co.jp/pc/index\_ en.html

### Tokyo Metro Free Wi-Fi

www.tokyometro.jp/en/tips/freewifi/



### Toei Subway Free Wi-Fi

www.kotsu.metro.tokyo.jp/eng/tips/ free\_wi-fi.html

### **APP**



### Japan Connected-free Wi-Fi

Download the app and register. Once you're at a Wi-Fi hotspot, open the app, then simply tap "Connect" for free Wi-Fi connection to the internet.

www.ntt-bp.net/icfw/en.html



### Travel Japan Wi-Fi

Download the app and connect to the internet at designated Wi-Fi hotspots without logging in. Get discount coupons and recommendations about sightseeing spots in the nearby area.

https://iapanfreewifi.com/

# Useful **Information**

Japan has different rules to other countries, so enjoy your trip by observing Japanese rules and manners. And bring the right clothes for the season, so the heat or cold doesn't cause you any trouble.

### Weather





Cold, so you'll need a thick coat or a down jacket. Scarf, gloves and boots would be very handy.

# Apr.-Jun.

Gradually getting warmer, so a jacket and light coat would be fine. A shawl would be handy for ladies.

### Jul.-Sep.



Dress for the heat in cool clothes. A parasol or hat would be handy for the strong sunshine

### Oct.-Dec.



You'll need a cardigan or jacket. The temperature can drop suddenly, so take care.

### Some Manners to Remember

### Shopping



The prices on price tags may include consumption tax or not depending on the store, so check at the counter. If you want to try putting on something you like, ask a shop assistant first.

### Onsen (hot springs)



In Japan, the rule is that onsen baths are enjoyed naked, without swimwear. You must keep your towel out of the bath, and use plenty of water to rinse off any dirt before you get in.

### Mobile Phones



It's best not to talk on the phone while you're on a public bus or train, etc. Avoid talking on the phone in a loud voice while in restaurants and cafés. It's better to go outside to talk on the phone.

### Let Others Out First



The people getting out of the train, bus or lift, etc. have priority, so wait till they are out before getting in. Getting in while people are still getting out is against the rules and causes trouble for the people on the spot, so take care.

### Toilets



Be sure to drop any toilet paper you have used into the toilet bowl then flush. The rubbish bins in washrooms are for sanitary napkins, so take care not to out used toilet paper in a rubbish bin. Smoking is not permitted in toilets in Japan.

### Meals



It is polite in Japan to hold your bowl or plate and eat from it rather than leaving it on the table. It is considered rude to eat from your bowl or plate without picking it up. At food courts, you should also return your empty dishes after your meal.

### **Emergency Contacts**

### If you have lost your credit card Credit card companies

American Express 0120-020-120 Diners Club 0120-074-024 0120-794-082 ICB MasterCard 00531-11-3886 Visa Card 006633-800-553 0034-800-800-287

### If you have lost your airline ticket Airlines

0570-0-95583 Air China 0570-029-709 All Nippon Airways 03-5812-6600 Asiana Airline 0120-46-3838 Cathay Pacific/Cathay Dragon 03-6378-8855 China Airlines 0570-666-737 **FVA Airways** 03-3240-6161 Garuda Indonesia

Japan Airlines 0570-025-121 Korean Air 06-6264-3311 Malaysian Airlines 03-4477-4938 Singapore Airlines 03-3213-3431 Thai Airways 0570-064-015 Vietnam Airlines 03-3508-1481

### If you are feeling unwell Free medical information service

AMDA International Medical Information Center 03-5285-8088 http://amda-imic.com

### Information about medical institutions with staff who speak foreign languages

Tokyo Metropolitan Medical Institution Information 03-5285-8181 (9:00-20:00) www.himawari.metro.tokyo.jp/qq/qq13enmnlt.asp

### **Emergency Assistance Contact**

### Emergency Assistance Contact

(This is not the police or fire brigade.) Japan Helpline

0570-000-911

Embassy of the Republic of the Philippines 03-5562-1600

5-15-5 Roppongi, Minato-ku







Narita store

15 minutes by Keisei Main Line from Narita airport

10:00am~9:00pm

2 Oimachi store

1 stop by JR Keihin Tohoku Line from Shinanawa station

10:00am~10:00pm

Omori store 2 stops by JR Keihin Tohoku Line

from Shinaga station 9:00am~10:00pm

6 Avase store

A few minutes walk from Ueno

♣ 10:00am~10:00pm

Shinjuku Tomihisa store 20 minutes on foot from Shinjuku station/

● 10:00am~11:00pm

7 Grocery Store

■ 10:00am~10:00pm 8 Tama-Center store A few minutes walk from Sanrio Puroland

4 Hikifune store

in JR Joban Line

1 stop from Tokyo Skytree station

**□** 10:00am~10:00pm

6 Ario Kameari store

A few minutes walk from Kameari station

1F 1F 10:00am~9:00pm 10 minutes on foot from Shinjuku Gyoen station 2F-4F 10:00am~8:00pm

GRAND TREE MUSASHIKOSUGI

A few minutes walk from Musashi-kosugi station, which is 13 minutes by Tokyu Toyoko line from Shibuya.

● 10:00am~9:00pm

Minami Osawa Store Just in front of Minami Osawa Station in Keio Line!

♣ 10:00am~10:00pm

Akabane Store

2 minutes on foot from JR Akabane Station

9:00am~10:00pm

Musashi Sakai Store

Just in front of JR Musashi Sakai Station in Chuo Line! 10 minutes from Ghibli Museum by car

**●** 10:00am~10:00pm



Duty-free is available at 145 nationwide stores

















I'm Isetan Mitsukoshi Japan. We are an international department store. Mitsukoshi first opened its doors in 1673 and Isetan in 1886, both as a kimono shop. Nowadays we receive over 200 million annual store visits in Japan; it is more than Japan's population

### IVI ISETAN MITSUKOSHI JAPAN

(127 million). We have over 50 stores scattered around the world. Our spirit is present in cities such as Tokyo, Kyoto, Paris, Shanghai or Kuala Lumpur. Our notion of hospitality, the importance of each moment

we share with a customer and the perfection to the smallest details, stands in all our stores. At Isetan and Mitsukoshi you will find all the Japanese spirit, creations and way of life fostered by the sensitivity of the seasons. I'm Japan.



### **ISETAN SHINJUKU STORE**

Address 3-14-1,Shinjuku,Shinjuku-ku, Tokyo,Japan Tel +81(0)3-3352-1111

www.isetan.co.jp/int



### NIHOMBASHI MITSUKOSHI MAIN STORE

Address 1-4-1,Muromachi Nihombashi, Chuo-ku,Tokyo,Japan Tel +81(0)3-3241-3311 www.mitsukoshi.co.jp/int



### GINZA MITSUKOSHI

Address 4-6-16,Ginza,Chuo-ku, Tokyo,Japan Tel +81(0)3-3562-1111 www.mitsukoshi.co.jp/g/int







This is the tradition and future of Tokyo.

# TOKYO SKYTREE TOWN

2 Framewal









access information























# Your choice of Tokyo HATO BUS



# Tokyo, Mt. Fuji Sightseeing Tours With English speaking tours guide

(9:00 a.m. - 6:30 p.m.)







