

# TOKYO



# SUGINAMI



## SAVOUR THE LOCAL FLAVOUR

≡ 杉並のヒト・モノ・コトに会いに行く ≡

KOENJI



ASAGAYA



OGIKUBO



DELICIOUS  
RAMEN!!

NISHI-  
OGIKUBO



ENCOUNTER  
A WORLD OF JAPANESE  
ANTIQUES



なみじゃない、杉並！  
中央線あるあるPROJECT

EXPERIENCE  
SUGINAMI TOKYO



# WELCOME TO SUGINAMI WARD



東京23区の西端、杉並区へようこそ。

Koenji, Asagaya, Ogikubo and Nishi-Ogikubo...which town do you have in mind?

Suginami is situated close to the center of Tokyo, and yet it has lots of green spaces and peaceful locations. It's a very popular suburb, with many people wanting to live there. You can find many different things to see and do here, from touristy pursuits to more down-to-earth activities enjoyed by visitors and locals alike. The reason for the inclusion of the places in this guide, is not necessarily because they speak and/or provide services in foreign languages, but due to their effort in welcoming tourists from overseas. Even though there might be a language barrier, they try their best to provide a service to visitors. We hope that you find somewhere, or something that you'd like to try while visiting in Suginami ward.

高円寺、阿佐ヶ谷、荻窪、西荻窪、あなたのお目当てはどの街でしょうか。

都心にアクセスしやすく緑の多い杉並区は、住宅地として人気が高い「暮らしの街」。だからこそ、有名観光地とは一味違う、日本の日常生活を感じられるような観光が楽しめます。

今回ご紹介するスポットは必ずしも英語メニューがあったり、外国語に堪能なスタッフがいるわけではありません。でも、訪日観光客をあたたく迎える気持ちを持ったお店ばかりです。このガイドブックを開いて、会ってみたい人や食べてみたい物、体験したいことが見つかったら、どうぞ気軽に立ち寄ってみてください。

## 10 COOL FACTS ABOUT SUGINAMI

gion  
(JAPANESE STYLE CAFE)  
→ P09/ASAGAYA



Tomoean (TAIYAKI SHOP)  
→ P08/ASAGAYA



Menya Someiyoshino  
(RAMEN SHOP/NISHI-OGIKUBO)  
→ P18/SUGINAMI BITES



## 1 A VARIETY OF TASTY LOCAL FOOD

いろんな“美味しい”に出会える

Lots of choices for dining including good old-style Japanese cafés, very popular ramen shops, and a Taiyaki shop, which serves crispy-coated Taiyaki. Great for eat-on-the-go options and/or souvenirs for your family and friends.

昔ながらの喫茶店に、行列のできるラーメン屋、薄皮ばりばりのたいやき屋など、美味しいお店ばかり。食べ歩きやお土産にもぴったりなものがたくさんあります。

## 2 LIVELY SHOPPING AREAS

元氣な商店街

There are several shopping streets at each station, and each one has their own distinctive features, such as shopping arcades, restaurants, cafés, bars and antique stores. Some of them are old districts whereas others are rather new. This makes Suginami popular with the young & old alike.

それぞれの駅を降りると、アーケード街や飲食店街など、いくつもの商店街があります。昔ながらの通りから、若者でにぎわう通りまで、どこも特徴的。

ASAGAYA PEARL CENTER  
(SHOPPING ARCADE)  
→ P08/ASAGAYA



Nishiogi Minamiguchi Nakadori Shotenkai  
(Nishiogi South Exit Nakadori Store Association)



This shopping alley situated right in front of the south exit of Nishi-Ogikubo station. The pink elephant hung from the ceiling of this shopping street will be taken down and carried by local kids during the local autumn festival in the same way grown-ups carry Mikoshi, a portable shrine, around a town during the festival.



# 3 PLENTY OF FESTIVALS AND EVENTS

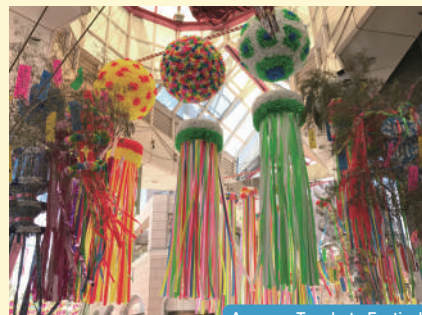
おまつり・イベントが盛りだくさん

Not only does Suginami have the larger Tokyo Koenji Awaodori (traditional dancing festival) and Asagaya Tanabata festival (star festival), but also morning markets and bar hopping events. You can always find some kind of festival or event on every week somewhere in Suginami.

東京高円寺阿波おどりに阿佐谷七夕まつりなど季節のお祭りだけでなく、朝市や飲み屋巡りなど、毎週どこかでイベントが開かれています。



KOENJI APARTMENT  
(ARTISAN MARKETS)  
→ P14/SUGINAMI ARTISAN MARKETS



Asagaya Tanabata Festival  
(star festival)

This festival is held in August at Asagaya. At Asagaya Pearl Center you will find giant papier-mâché decorations scattered all around.

SUGINAMI Animation Museum  
→ P16-17/ENJOY ANIMATION MUSEUM



# 4

## ANIME TOWN

アニメーションの街

Suginami has more than 130 animation companies, which is much more than any other city! Many Japanese Anime have originated in Suginami, such as "Mobile Suit Gundam" by Bandai Namco Filmworks Inc.

杉並区には130社以上のアニメ制作会社があり、市区町村別では全国一の多さ。『機動戦士ガンダム』を手がける(株)バンダイナムコフィルムワークスなど、多くのアニメが杉並から生まれています。

# 5 FRIENDLY SHOP OWNERS

ユニークで優しい店主たち

There are many privately owned shops, and those owners are unique and friendly characters. You might be able to strike up an interesting conversation with them!

個性的でユニークなカルチャーを大事にしている杉並だから、そこでお店を開いている人たちが魅力的。親切で面白い店主たちに会いに行ってみてください。

Kamaju Kamaboko Shop  
(FISHCAKE SHOP)  
→ P08/ASAGAYA



Koju (INCENSE SHOP)  
→ P11/OGIKUBO



Welcome to  
our town

RABIADESSO  
(BONSAI SHOP)  
→ P06/KOENJI



## 6 LOTS OF GREENERY

### 緑あふれる神社や公園

There are a lot of green spaces at shrines and in the parks. During cherry blossom and fall season, many people visit them. Enjoy every season in Japan strolling around these spaces.

神社や公園があり、緑も多い杉並区。桜の時期には花見客でどこの公園にもぎわい、秋には色づいた紅葉が楽しめます。散歩しながら日本の四季を味わってみるのもいいですね。



Ogikubo Hachiman Shrine (OGIKUBO)  
⇒ P17/ENJOY ANIMATION MUSEUM



## 7 EACH STATION HAS ITS OWN CHARACTER

### 各駅がユニーク

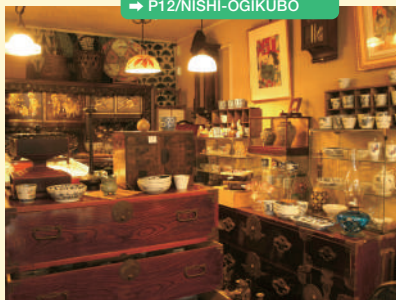
Koenji for subculture, Asagaya for a more cultural atmosphere, Ogikubo for ramen and Nishi-Ogikubo for antiques. They line up along the Chuo line close to one another, and yet each place imbues a totally different charm.

サブカルチャーの高円寺、文化的な雰囲気のア佐ヶ谷、ラーメン激戦区の荻窪、骨董の西荻窪。すぐ隣でも、駅ごとにそれぞれ違った顔を持っています。

Please don't hesitate to pop in!



Kidoairaku (ANTIQUE SHOP)  
⇒ P12/NISHI-OGIKUBO



Suzukien (GOLDFISH POND)  
⇒ P09/ASAGAYA

## 8 ENJOYABLE NIGHTLIFE

### 夜も楽しい



Restaurants and bars near each of Sugunami's stations are bustling at night. Enjoy visiting live music venues and jazz bars, as well as bar hopping around "Akachochin". The literal meaning of "Akachochin" is 'red lantern', which is the term used to describe casual & affordable bars. Red lanterns would often hang out the front of these downtown establishments.

駅近くの飲食店は、夜にもぎわいます。「赤ちょうちん」の並ぶ通りで「はしご酒」を楽しんだり、ライブハウスやジャズバーに行ってみるのも楽しいですよ。

Stand Kitchen Le Pont (BAR)  
⇒ P13/NISHI-OGIKUBO



KOENJI STREET (RETAIL)  
⇒ P07/KOENJI



# 9 COSMOPOLITAN

## 多国籍なお店が多い

Even though Suginami is a good example of a traditional Tokyo suburb, it also caters for foreigners that live in Japan. There are many shops handling multinational foods and products with multinational staff or well-travelled Japanese who speak English and other languages. Suginami has a welcoming atmosphere for visitors.

海外の方が働いていたり、海外帰りの日本人が開いたり、多国籍な料理や雑貨を扱うお店も多い杉並区。訪日旅行客を歓迎するあたたかい雰囲気が漂っています。



Daiichi Ichiba (FOOD STALLS)  
→ P07/KOENJI



Nishiogi Roku Doji  
→ P13/NISHI-OGIKUBO MAP



Six statues of little children, known as "Doji", are placed around Nishi-Ogikubo. One of them will be found right outside of the station; have fun to find the rest! They are the work of the renowned sculptor, Satoshi Yabuuchi. The work above is called "Osumo Doji (Sumo children)".



A historical building established in 1938. It's partially renovated and being rented out as apartments, while the main building is still being operated as a hotel.

Seiko Lodging  
→ P11/OGIKUBO MAP

# 10 EXPERIENCE EVERYDAY LIFE IN TOKYO

## 見所の多い街歩き

Suginami is a mixture of old and new. Take a walk around the town and enjoy the scenery of its residents & its down-to-earth charm, such as old signs, historical & traditional buildings, the Jizo Diety statues, and the common sight of the street cats relaxing on the walls.

現代的なものと昔ながらのものが混在する街。散歩をしながらふと目に入る、古い看板やのんびりとくつろぐ猫など、日常を感じさせてくれる景色を楽しめます。

## TRANSPORTATION TO SUGINAMI AREA



# KOENJI 高円寺

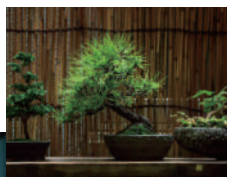
A home of many subcultures. Full of unique shops;  
it's lively throughout the day and night.

サブカルチャーの聖地・高円寺は、個性的なお店がそろそろ活気あふれる街。  
昼だけでなく、夜にもぎやかな街を楽しんでみてください。

## BONSAI SHOP

### 1 RABIADESSO

ラビアデッソ



The goal of bonsai is to maintain the wilds of nature in miniature

Bonsai is a small tree grown in a container. It's attempting to replicate the natural vegetation in miniature. Bonsai of various sizes and shapes are displayed at the shop, inside and out front. Japanese-style pottery and fabrics are also available. There's a café section inside the shop. Tourists from overseas are welcome.

自然の風景に見立て植物を育てる「盆栽」。店内には大小様々な盆栽が並ぶ。盆栽の雰囲気合う和雑貨もあり、店内で喫茶も楽しめる。

The shop owner used to work in the tourism industry and speaks English. Why don't you take advantage of it and ask about Koenji, and not just bonsai?

## SHOP INFO

Q4-22-1 Koenji-minami, Suginami-ku  
☎ 03-3312-2468 ☎ 12:00pm - 7:00pm  
Closed on January 1st & 2nd

## CAFÉ & RESTAURANT

### 2 HATTIFNATT

ハティフナット 高円寺のおうち

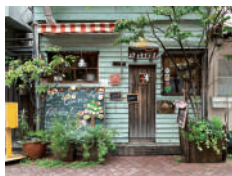


In an area of "kawaii" shops, which are renovated quaint (Kominka) houses. You can enjoy some skilful latte art, seasonal cakes and light meals. The taco rice is meat-free, and so a great vegetarian option.

古民家を改装したカワイイお店が並ぶ一角にあるカフェ。ラテアートに季節のケーキ、軽食も楽しめる。タコライスは肉を使わないので、ベジタリアンの方にもおすすめ。

## SHOP INFO

Q2-18-10 Koenji-kita, Suginami-ku  
☎ 03-6762-8122  
☎ 12:00pm-9:00pm (L.O. 8:00pm)  
Closed on Mon, 3rd Tue  
(Holidays are subject to change)



Cute cuppa

To give guests a chance to escape from their busy everyday lives there are curios, such as tiny doors and unique pictures on the wall.







After the night's performance there's a bar, where drinks are available without charge.

ライブ後は、チャージ無しのバータイムです。

#### LIVE MUSIC VENUE

### 3 LIVE MUSIC JIROKICHI

ライブミュージック ジロキチ



Enjoy live music by various artists with food and drink. Every day is a different lineup. "Music has no borders or boundaries. Anyone is welcome!" says Kanai, the owner.

日替わりでアーティストが出演するライブを鑑賞しながら、お酒と食事が楽しめます。「音楽に国境はありません。ウェルカム！」と店長の金井さん。

#### SHOP INFO

Q B1 Koenji bldg., 2-3-4 Koenji-kita, Suginami-ku  
 ☎ 03-3339-2727 Ⓞ Opening time: 6:30pm - 0:00am  
 Holidays are subject to change

Handmade items  
crafted by various  
artisans

### Minna no Omise Too-ticki

(HANDMADE  
ハンドメイド雑貨)

### ZA-KOENJI Za no Ichi

(ARTISAN MARKETS  
マルシェ➡P15)

TO NAKANO →

#### RETAIL

### 4 KOENJI STREET

高円寺ストリート



This old school shopping street is under the elevated Koenji station. At night, many shops including Yakitori bars and Gyoza dumpling shops light up their signs and red lanterns to welcome bar hoppers.

高円寺駅高架下に広がるレトロな商店街。夜になると看板や赤ちょうちんの灯りがとまり、焼き鳥や餃子など、はしご酒にぴったりなお店が軒を連ねる。

#### SHOP INFO

Business hours, holidays and phone numbers vary depending on the vendor.



The most popular  
beer is  
"ever free IPA"

#### MICROBREWERY

### 5 KOENJI BEER KOBO

高円寺麦酒工房



Enjoy this micro-brewery's original brews at its bar. If you are planning to have more than four, then the "all-you-can-drink" option is better value.

店に併設された醸造室で作られた、ここだけのクラフトビールを楽しめる。4杯以上飲むなら"飲み放題"がお得。

#### SHOP INFO

Q 2-24-8 Koenji-kita, Suginami-ku ☎ 03-5373-5301  
 Ⓞ Tue - Fri: 5:00pm - 10:30pm (food L.O. 9:30pm drink L.O. 10:00pm)  
 Sat, Sun & national holidays: 12:00pm - 9:30pm (food L.O. 8:30pm drink L.O. 9:00pm)  
 Closed on Mon



Stir-fried noodles  
(Yakisoba) is  
a popular dish  
among tourists



Takeout: flexibility  
in fluidity

## OTHER RECOMMENDATION

#### VINTAGE CLOTHING

### 6 Marco Polo Lunch

マルコポーロ ランチ

Koenji is known as "antique clothing town". Most of them set reasonable prices and have a casual atmosphere. There are also sister stores Daisy and Gumi in Koenji. On Instagram: @marcopolo\_lunch

古着店でも有名な高円寺。リーズナブルで入りやすい雰囲気も。高円寺内に姉妹店デジー、グミもある。商品はインスタグラムをチェック。  
 (@marcopolo\_lunch)

#### SHOP INFO

Ⓞ 12:00pm - 8:00pm  
 Closed for year-end & New year holidays

#### TEMPURA RESTAURANT

### 7 Tensuke

天すけ

It's a very popular Tempura restaurant. Enjoy watching how they cook Tempura over the counter. Lunch is served till 2pm.

行列必須の人気店。天ぷらを揚げる様子がカウンター席から見られるのも楽しい。ランチは14時まで。

#### SHOP INFO

Ⓞ 12:00pm - 2:00pm/6:00pm - 10:00pm  
 Closed on Mon  
 (Closed the following day after a national holiday)

#### FOOD STALLS

### 8 Daiichi Ichiba

大市場

A variety of worldwide cuisine is available to try, such as halal food served at Torkari.

元市場に各国料理の店が並び、屋台村のような雰囲気を楽しめる。『TORKARI』(バンラデシュ料理)などハラルフード店もあり。(ランチのみ)

#### SHOP INFO

Q Daiichi-ichiba, 3-22-8 Koenji-kita, Suginami-ku  
 Business hours, holidays and phone numbers vary depending on the vendor.

# ASAGAYA

## 阿佐ヶ谷

A quiet residential area and lively shopping streets coexist.  
A comfortable place with lots of reasonably priced shops and cozy cafes.

閑静な住宅街と、活気ある商店街がある街。  
暮らしに寄り添った、リーズナブルな商店や  
居心地のいいカフェがたくさんあります。

### SHOPPING ARCADE

## 1 ASAGAYA PEARL CENTER

阿佐ヶ谷パールセンター商店街

This shopping arcade stretches out for about 700m with 250 shops, and is located at the south exit of Asagaya station. It's always crowded with local people and therefore a good place to get an idea of ordinary life in Japan. There are so many shops and restaurants you can enjoy as you eat on the go, checking out things for souvenirs, or dropping in a café for a break. Every year in August, the Tanabata Festival (the Star Festival) is held in this arcade, and lots of tourists come and celebrate it. The arcade is covered, so you can enjoy shopping on a rainy day too.

阿佐ヶ谷駅南口から700メートルにわたって、250店舗ほどが並ぶアーケード商店街。地元客に愛され、惣菜、日用雑貨、お土産などさまざまな店が並ぶので、食べ歩きやカフェを楽しみながら散策してみてもいい。毎年8月には阿佐ヶ谷七夕まつりが開かれ、多くの観光客でにぎわう。アーケードがあるので雨の日も買い物を楽しめる。



### TAIYAKI SHOP

## 2 Tomoean

たいやき ともえ庵



They make Taiyaki, which is a fish shaped pancake stuffed, traditionally with a sweet filling. They use a special method called 'Icchoyaki', which gives a nice crispy coating. They only sell the Taiyaki made within 20 min, so they're always fresh.

一匹づつ金型で焼く「一丁焼」で、薄くてバリバリの皮に。白玉たいやきがおススメ。焼き上がり20分以内のものしか売らない「新鮮さ」がウリ。

### SHOP INFO

☎1-35-20 Asagaya-minami, Suginami-ku  
☎03-6383-2144 ☎11:00am - 7:30pm Closed on Mon

### FISHCAKE SHOP

## 3 Kamaju Kamaboko Shop

蒲重蒲鉾店



They have been providing ingredients for Oden (fishcakes and vegetable broth), since 1936. Every evening, it gets busy with local people who come shopping for dinner. It's the local's favorite!

1936年から続く老舗おでん種店。夕飯時になると多くの地元客でにぎわう。

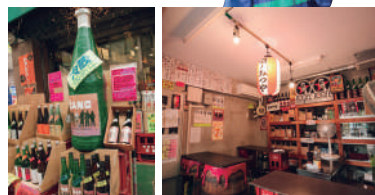
### SHOP INFO

☎1-47-10 Asagaya-minami, Suginami-ku  
☎03-3311-3543 ☎10:00am-7:30pm  
Closed on Wed

### LIQUOR STORE & BAR

## 4 MITSUYA'S LIQUOR

酒ノみつや



The local liquor store has a wide range of alcohol from Sake to wine. Enjoy a glass at the bar on the far side of the store. A sushi chef comes to serve occasionally. Twitter: @saketyou0328

日本酒からワイン、焼酎など種類豊富なお酒が並ぶ。奥の立ち飲み席でお酒が飲める「角打ち」あり。握りたての江戸前寿司が来店することもあり。情報はツイッターや店頭カレンダーで。

### SHOP INFO

☎1-13-17 Asagaya-minami, Suginami-ku  
☎03-3314-6151 ☎Weekdays: 12:30pm-8:30pm  
Sat & national holidays: 12:30pm-8:00pm  
Sun: 4:00pm-7:30pm  
Open every day



JAPANESE STYLE CAFE

5 **gion**  
ギオン

This is the place where you should head for when other restaurants and cafés are shut as its open from 9am to 1am. Lots of handmade decorations, unique lighting and swing-style seats create a very original atmosphere. You can try the popular Japanese style café menu here, such as “Neapolitan” (ketchup sauce) pasta and the “cream soda” drink to name a few.

朝9時から深夜まで営業している。ナポリタンやクリームソーダなど、日本の喫茶店の人気メニューがそろそろ。ユニークな照明やプランコ席などの内装も楽しい。

SHOP INFO

1F Kawasome bldg., 1-3-3 Asagaya-kita, Suginami-ku  
☎ 03-3338-4381 ☎ 9:00am-0:00am Fri&Sat: 9:00am-1:00am  
Open every day



GOLDFISH POND

6 **Suzukien**  
寿々木園

A goldfish pond is located in this residential area. The fee is ¥600 per hour, and you can take away up to 3 goldfish if you can catch them. Don't worry, you can release them as well. Be patient as it normally takes around half an hour to catch one fish. Relax while watching the goldfish swim around in the water.

住宅街の中にある金魚の釣り堀。60分600円で、釣った金魚は3匹まで持ち帰れる(リリースも可)。1匹釣るのに30分くらいはかかるので、待つ時間も楽しんで。

SHOP INFO

3-38-33 Asagaya-minami, Suginami-ku ☎ 03-3398-0607  
☎ 8:00am - sunset Closed on Fri&Sat (Rain may also cause closure)

Catch of the day



SOUVENIOR & MOMENTOES

RECYCLE KIMONO SHOP

7 **Irohado**  
一六八堂

You can purchase second-hand Kimonos from around ¥5000. Many tourists from overseas get a Haori short coat for their everyday use. Other traditional Japanese items are also available.

リサイクル着物が5000円前後から買える。着物の羽織を普段着として購入する方も。和雑貨もあり。

SHOP INFO

☎ check on official web site



PATISserie

8 **Budo no Ki & Kamakuraza**  
ぶどうの木&鎌倉産 阿佐ヶ谷店

If you are looking for souvenirs, then this shop is your best bet. It makes many types of sweets that are suitable gifts. The most famous being “Tokyo Banana”, which is often sold at train stations in Tokyo. For souvenirs from a long trip, “Kamakurahangetsu” and “Sugar Butter no Ki” are recommended because they have a long shelf-life.

お土産などを展開する「ぶどうの木」のブランドショップ。定番は「東京バナナ」。お土産には日持ちのする「鎌倉半月」「シュガーバターの木」がおすすめ。

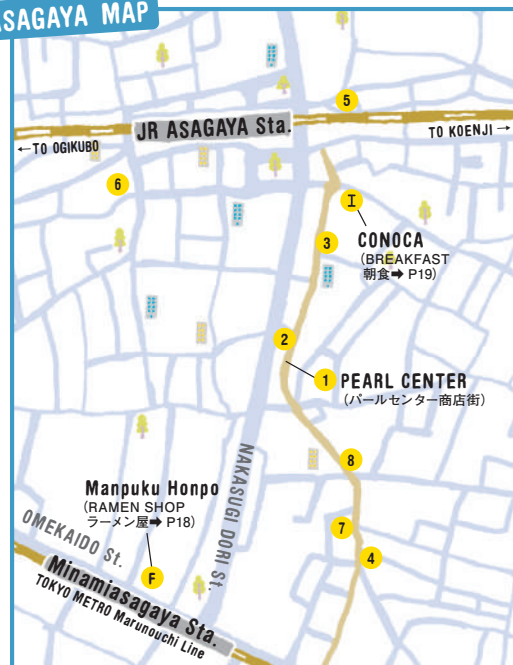
SHOP INFO

☎ 10:00am - 6:00pm  
Holidays are subject to change  
Credit cards are accepted

Unique items fashioned from kimono material



ASAGAYA MAP



# OGIKUBO 荻窪

This town is famous for its ramen, but there are many other delicious options, such as a bakery and deli. Takeout and enjoy the food in the local parks!

ラーメン激戦区で有名な荻窪ですが、パンや惣菜も美味しい店がいっぱい。テイクアウトして公園でゆっくり過ごしてみたいかでしょう。

Once you go through the main gate, you will see 27 tall ginkgo trees, all over 100 years old.



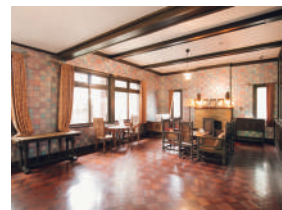
## 1 Otaguro Park

大田黒公園

Walking from nearby Ogikubo station for about 10 minutes will bring you to a place of interest. Upon arrival, you will see the understated, but elegant gate. This is the entrance to the grounds of the former mansion belonging to Mr. Motoo Otaguro. Mr. Otaguro was a music critic. It's open to everyone from 9am to 5pm. A subtle feat of landscaping has allowed for a beautiful stream to feed into the pond. Here, you can sit and relax in the arbor, and take in the enchanting scenery. Food and drink is allowed in certain areas of the park. It's lit up at sunset from the end of November until the beginning of December for viewing the autumnal foliage.

荻窪駅から10分ほど歩くと、立派な門構えの屋敷が見えてくる。ここは音楽評論家の大田黒元雄氏の屋敷跡地につくられた庭園。園内を回遊して鑑賞する「回遊式庭園」になっていて、高低差を利用した「流れ」が園内をめぐり、池へと注ぎ込む。休憩所やベンチで飲食できるので、四季により変化する日本庭園を眺めながら、ゆったりした時間を過ごしてみたい。

※11月末から12月初旬には夜間に紅葉ライトアップが実施されます。



Mr. Otaguro's western-style workspace, which was a rarity when built, has been repurposed as a museum. It is registered as a tangible cultural property.

### SHOP INFO

〒3-33-12 Ogikubo, Suginami-ku  
☎ 03-3398-5814 ☎ 9:00am - 5:00pm  
Closed for year-end & New year holidays



# RAMEN & SHAVED ICE SHOP

## 2 Setouchi Noodle Neiroya

setouchi noodle ねい屋



Not only can you enjoy classic Shoyo and Shio ramens, but also very unique seasonal ramen, such as Lemon ramen (winter only). On top of those, you can have shaved ice all year around. Delicate shavings of ice topped with sauces made from carefully selected fruits. If you'd like to have shaved ice only, visit them from 2pm onwards on weekdays, and from 4pm onwards on weekend.

定番のしょうゆ・しおをはじめ冬季限定のレモンラーメンのほか、通年で味わえるかき氷も人気。かき氷だけの利用は14時から。

### SHOP INFO

93-6-24 Amanuma, Suginami-ku  
03-6915-1314 @check on twitter @neiroya

# INCENSE SHOP

## 4 Koju

香十

This shop's flagship store is located in Ginza with another of its branches in Kyoto. Fragrant wood, such as sandal wood is often purchased by tourists from overseas. Some people come to get incense sticks from here because they say that Japanese incense has a wonderfully unique aroma. It's worth checking out the considerate way in which they giftwrap them.

京都と銀座にあるお香屋。白檀などの香木のお香は海外の方にも人気。「日本のものは香りがいい」と線香を買い求める方も。包装をするときの繊細な所作も美しい。

### SHOP INFO

91F kyokai-dori house, 3-6-24 Amanuma, Suginami-ku  
03-3393-3308 010:30am - 2:00pm/3:00pm - 5:30pm  
Closed on Mon

# BAKERY

## 3 boulangerie brun

ブーランジュリー ブリュン

Their savory buns and pastries are all cute and bitesize. There's a wide variety of choice from mini-burgers to little tarts. It's situated at the south exit of Ogikubo station.

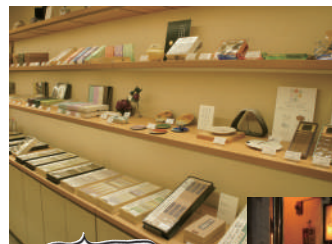
小さめのかわいいパンが並ぶ店内。ミニバーガーなどの惣菜系からタルトなどのお菓子パンまで、いろいろな種類のパンを楽しめます。

Snacks on the go



### SHOP INFO

94-13-16 Ogikubo, Suginami-ku 03-6279-9085  
Mon - Sat & national holidays: 10:00am - 8:00pm  
Closed on Sun



The shop is filled with a lovely aroma



## TAKEOUT & ENJOY

# ONIGIRI RICE BALL SHOP

## 5 Onigiri no Sankaku Yama

おにぎりのさんかく山

You can buy Onigiri rice balls with popular fillings, such as Umeboshi pickle, cooked salmon etc. You can dine-in from midday onwards.

店頭のショーケースには、梅や鮭などのおにぎりが並ぶ。12時からは店内でも定食がいただける。

### SHOP INFO

Mon - Fri: 10:00am - 8:00pm Dine-in: 12:00pm - 3:00pm (L.O. 2:30pm)/  
5:30pm - 8:00pm (L.O. 7:30pm) Sat: 10:00am - 3:00pm  
Dine-in: 12:00pm - 3:00pm (L.O. 2:30pm) Closed on Sun&national holidays



### SHOP INFO

11:30am - 2:00pm/3:00pm - 6:30pm  
Note: Will close early if sold out.  
Closed on Sun & national holidays  
(Holidays are subject to change)

# DELI

## 6 Sato Croquette Shop

さとうコロッケ店

It's a small shop situated on a back alley, so don't miss it! They sell Menchikatsu (minced meat cutlet), Kushikatsu (cutlet on a skewer) and other items as well as their iconic croquette. The best way to enjoy these treats is straight after you purchase them beside the shop.

通りの脇にある小さなお店。コロッケの他にメンチカツや串カツもあり。揚げたてをその場で食べるのもおすすめです。

## OGIKUBO MAP



# NISHI-OGIKUBO 西荻窪

Curios, antiques, second-hand books...this town is full of things that were previously cherished and still have life left to give. You will find that time goes by slowly and leisurely amongst these things.

西荻窪は「誰かの大切にしていたもの」であふれています。古道具、古本、古民家。長い年月を経たものが集まる街には、ゆったりとした時間が流れています。

## ANTIQUE SHOP

### 1 Kidoairaku

本土藍染

Pronounced “ki-do-eye (I)-raku”, every other month the owner goes back to his hometown in Yamagata prefecture to purchase various antiques, from artistic pieces to daily use items. Prints are a popular purchase among visitors.

日用品から芸術品までさまざまな日本の骨董が並ぶ。山形出身のオーナーが隔月で帰省して買い付けている。旅行者に人気なのが版画。

#### SHOP INFO

94-5-28 Nishiogi-kita, Suginami-ku  
☎ 03-3301-2460  
⑩10:00am - 6:00pm  
Holidays are subject to change  
Credit cards are accepted



The owner is often impressed by their ideas on how to use Japanese antiques and curios. Why don't you give your imagination a challenge too?

## CAFE & GENERAL STORE

### 2 SHOUANBUNKO

松庵文庫



A café & general store within a renovated Japanese house located in a residential area, a little off from the station. You can have a set Japanese meal and seasonal desserts at the café while enjoying the scenery of the garden. Feel free to take the books off the shelf to read in the cafe. They are selected by the owner to match the atmosphere. In the general store section, you will find tableware and folk craft goods carefully selected by the owner.

駅から少し離れた住宅街にある、古民家を改装したカフェと雑貨店。カフェでは中庭を眺めながら和定食や季節のスイーツがいただける。本棚にある本は店内で自由に読める。ショップスペースにはオーナーこだわりの食器や民芸品が並ぶ。

#### SHOP INFO

93-12-22 Shoan, Suginami-ku ☎ 03-5941-3662  
⑨Wed,Thu&Sun: 9:00am-6:00pm Fri&Sat: 9:00am-10:00pm  
Closed on Mon&Tue







Seasonal products have a limited number of stock. Get them before they sold out!



#### PAPER SPECIALIST

### 3 Pepamura

紙モノ雑貨店 べばむら

Primarily, a paper specialist. They sell various types of paper and paper products, such as calendars and greeting cards. Japanese items, such as Origami paper and small letter sets for short messages are also available.

紙の雑貨専門店。カレンダーやクリスマスカードなど季節の商品から、折り紙や筆箋など日本ならではの紙モノも豊富。

#### SHOP INFO

91F, 3-39-11 Shoen, Suginami-ku  
03-5941-8346 11:00am-7:00pm  
Closed on Mon&Thu

#### CRAFT BEER & BOOKS

### 4 BREWBOOKS

ブリュブックス

The combination of craft beer and books makes this place unique. It's a relaxing space with Tatami mats upstairs that you can enjoy for ¥1000 per hour (one glass of beer or soft drink included).

クラフトビールと本という異色の組み合わせが楽しめるユニークな店。2階にある和室の休憩室は1時間1000円(クラフトビールかソフトドリンク1杯付き)で利用できる。

#### SHOP INFO

93-4-5 Nishiogi-minami, Suginami-ku  
Weekdays & Sat: 12:00pm - 10:00pm  
Sun & national holidays: 12:00pm - 8:00pm  
Closed on Mon, 2nd & 4th Tue



## THE IZAKAYA EXPERIENCE

#### BAR

### 5 Stand Kitchen Le Pont

スタンドキッチン ルボン

This Chinese bistro is renowned for their lemon sour. If you prefer dining at a table, then "Bistro Kitchen Lepont" is highly recommended.

レモンサワーがおいしい中華ビストロ。ゆっくり食事をしたい方は近くに「Bistro Kitchen Lepont」も。

#### SHOP INFO

5:00pm-0:00am (food L.O.11:00pm)  
Fri&Sat:5:00pm-2:00am (food L.O.11:00pm)  
Sun:3:00pm-11:00pm (food L.O.10:00pm)



#### BISTRO

### 7 Okaeri Sakaba Sandals Kitchen

おかえり酒場 さんだるぎっちゃん

A Japanese home cooked style bistro with a symbolic mosaic tile mural of a red Mt.Fuji. Try the Oden, fishcake and vegetable broth. Chuhai (Shochu highball) with green tea is popular among the locals.

壁に描かれた赤富士が特徴的。おでんなどの和食が楽しめる。お茶を使った酎ハイも人気。

#### SHOP INFO

6:00pm - 1:00am (food L.O. 0:00am)  
drink L.O. 0:30am)  
Holidays are subject to change



#### YAKITORI IZAKAYA BAR

### 8 Ebisu

やきとり 戎 西荻南口店

A very popular Yakitori bar located at both south and north exits. The south exit shop is rather photogenic with its storefront red lantern, but when you visit them for the first time the north exit store is more suitable, as you can order from counter or table easily.

西荻を象徴する焼き鳥屋。赤ちょうちんの雰囲気を楽しめる南口店舗もいいが、初めてのの方は、カウンターやテーブル席から注文しやすい北口店舗もおすすめ。

#### SHOP INFO

10 Mon - Thu: 12:00pm - 10:00pm (L.O. 9:30pm)  
Fri, Sat & before national holidays:  
12:00pm - 10:30pm (L.O.10:00pm)  
Sun & national holidays: 12:00pm - 9:30pm  
(L.O. 9:00pm) Open every day



# SUGINAMI ARTISAN MARKETS

マルシェへ行ってみよう！

KOENJI

## KOENJI APARTMENT 高円寺アパートメント



### INTERVIEW WITH SUGINAMI LOCALS

#### Small lawn open to everyone みんなに開かれた芝生広場

“Koenji apartment is a new style of rental apartment with a mixture of accommodation, shops, and atelier. I live in an accommodation/shop here and work as a manager of “Mamekurashi kenkyujo”. I also represent and manage the community of the residents of this apartment block. I can carry out my duty as a community manager even though I live somewhere else. However, I thought it would be more helpful to create a better community if I live here. One of the greatest features here is that non-residents are able to come and visit the shops, and not just the residents. I'd like tourists from overseas to visit our shops, sit and relax on the lawn with food and drinks from the café and bar here. A lot of people come to our market events, and beer festival held once a year.”

Facebook: <https://www.facebook.com/koenjiapartment/>

高円寺アパートメントは、店舗、アトリエ、住宅が交わり合う、新しいリノベーション賃貸住宅です。

わたしは1階の店舗兼住宅で雑貨店「まめくらし研究所」を運営しながら、住人として暮らしています。加えて、女将として高円寺アパートメント自体の運営もしています。通いながら運営をするという方法もあるかもしれませんが、自分も住んで、一住人となることがコミュニティづくりの秘訣ですからね。敷地内の芝生に、住人以外も自由に立ち入れるのがこの特徴です。ぜひ旅行中の方も、1階の雑貨店で買い物を楽しんだり、コーヒー屋さんやビールとカレーのお店でテイクアウトして、芝生広場でゆっくりくつろいでください。

年に一回程度開催しているマルシェやビアフェスは、多くの来場者でにぎわいます。Facebookなどで情報発信しているのでチェックしてみてください。

#### Sara Miyata 宮田サラ

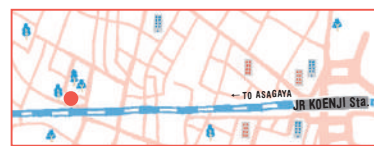
A member of “Mamekurashi”, which is a company managing the rental apartments called “Koenji Apartment”. She is a resident community manager.

賃貸住宅「高円寺アパートメント」を運営する「まめくらし」社員。「女将」として住み込みでコミュニティマネージャーを務める。

### ARTISAN MARKET



Right picture: They are from a tea farmer's shop “Sasarayaya” in Saitama. This market gathers various types of stalls, such as regional produce from each district and general items.



#### KOENJI APARTMENT

9-2-24 Koenji-kita, Suginami-ku  
Check the event information on facebook or twitter.  
(The shops on the first floor open regularly all year round.)



Suginami locals love their food and festivals! You will spot artisan markets and morning fairs almost every weekend. It's a good chance to have conversation with the local residents.

杉並区の人々はグルメでおまつり好きが多いのか、毎週末のようにどこかにマルシェや朝市が立ちます。作り手との会話も楽しい「地元のマルシェ」に出かけてみましょう。

KOENJI MAP P07- C

## ZA-KOENJI Za no Ichi 座・高円寺 座の市

ZA-KOENJI Public Theatre has a food market in the open space at the front of the building once a month. You can find various delicious cuisine gathered from all over Japan, such as fresh vegetables, buns and pastries, and specialties from each district. Enjoy seasonal events such as the first rice crop tasting in autumn and Mochitsuki\* at the beginning of the year.  
\*the process of pounding steamed rice into Mochi

座・高円寺の劇場前広場が、月に一度フードマルシェに。新鮮野菜やパン、地方の特産品など、日本各地の美味しいものが並ぶ。新米食べ比べや年始の餅つきなど、季節に合った企画も楽しい。

### ZA-KOENJI

Q2-1-2 Koenji kita, Suginami-ku  
☎ 03-3223-7500  
Held every 3rd Saturday in the month  
from 11am to 5pm.



ZA-KOENJI Public Theatre is the base of cultural activities for Suginami residents. People can enjoy contemporary performing art, contemporary dance and Awaodori traditional dancing.



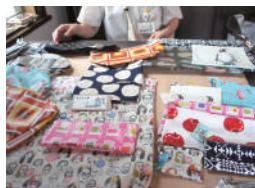
NISHI-OGIKUBO MAP P12- D

## Nishiogi Teshigotoichi

西荻手しごと市

Take a stroll along Kotto-dori street (antique street) for about 12 min from Nishi-Ogikubo station. logi-kaikan hall will appear in front of you. It's a two story wooden building that's over 80 years old. Handmade craft market is held once a month here.

西荻窪駅から、骨董通りを散策しつつ12分ほど行くと、築80年を超える木造2階建ての「井荻會館」が現れる。ここで月に一度、手づくりの品々が並ぶクラフト市が開かれる。



One-off & rare handmade items for sell here



### Teshigoto ichi executive committee office

Q4-35-9 Nishiogi-kita, Suginami-ku  
☎ 03-3301-2460  
Held every 4th Sunday in the month  
from 10am to 5pm.



NISHI-OGIKUBO MAP P12- E

## Nishiogi Shinmeidori St. Asaichi

西荻神明通りあさ市

次回開催未定  
NEXT EVENT TBD



Various shops and organizations join this market and make it merry, resembling the very nature of Nishi-Ogikubo itself. After this market ends at 11am, another market called "Hiru-ichi" is held at the restaurants around the south exit area of Nishi-Ogikubo station.

地元店舗が朝市限定の商品を出していたり、地域活動をしている団体が公園で催し物をしていたり、西荻のにぎわいを映したような朝市。11時からは駅南口近くの飲食店で「昼市」も開催される。

### Nishi-Ogi higashi ginza kai

QShinmei dori street  
(Nishiogi-minami, Suginami-ku)  
Held every 3rd Sunday  
in the month from 8am to 11am.

WE'RE OFF!



# ENJOY ANIMATION MUSEUM

杉並アニメーションミュージアムを楽しもう!

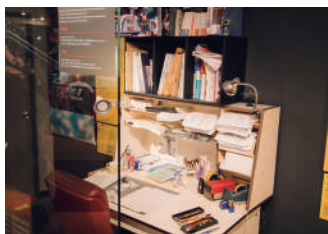
Japanese animation has been fascinating people all over the world. In fact, a lot of animation companies have gathered and produced famous animations right here. Therefore, Suginami can be called "animation town".

世界を魅了する日本のアニメ。実は杉並は、名作を生み出したアニメ制作会社が数多く集まるアニメの街なんです。

OGIKUBO

## 1 TOKYO POLYTECHNIC UNIVERSITY SUGINAMI Animation Museum

東京工芸大学 杉並アニメーションミュージアム



The pillar in the center of the reception floor displays lots of drawings of anime/manga characters and autographs by animators and voice actors. One of the characters drawn on the pillar is "Mr. Koike, the ramen lover", who is a well-known character in Japan. He appears in many manga series by the renowned manga artist, Fujiko F. Fujio, including a series called "Obake No Q-taro (Q the Spook)". Furthermore, this character was modeled after the director of this museum, Shinichi Suzuki.

This museum introduces an overall view of Japanese animation. There are many animation related displays, such as replicas of famous anime directors' workspaces, and videos of the traditional methods of creating animation, including cell animation. There are areas where you can participate in creating anime. You can even try doing some voice-over acting. There's also an animation library where you can enjoy reading manga and watching anime. The museum doesn't charge an entrance fee, but there's lots to do. It's a good place for all ages.

日本のアニメ全般を総合的に紹介しているミュージアム。監督の作業机を再現したり、セルアニメーションの制作過程を映像で紹介したり、アニメができるまでをわかりやすく展示。アフレコ体験などの参加型展示や、アニメの書籍や映像も充実したライブラリーもあり、子どもから大人まで楽しめる。入場料無料なのに見ごたえたっぷり。

Let's give it a go!

Flipping fun!

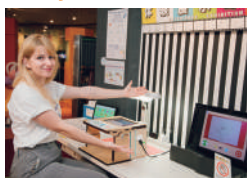


Eight pictures are needed for 1 second of animation in this workshop. Draw your pictures on separate sheets, varying the images slightly to make it look like a moving sequence.

バラバラ漫画の要領で8枚の絵を描く。

Place the drawings on the device set at the desk, and digitize each frame. After it's done, hit play then your original anime will be on the screen! Elsa's cute cat is waving her hand.

iPadでコマ撮りすると、描いた絵がアニメーションになって動き出す。



Want to give voice acting a try?



You can try voice acting by recording your voice in time with the animated character. Elsa acted and recorded her voice along with the animation on the screen. She enjoyed it so much, she tried it twice!

画面に流れるアニメとセリフに合わせて、自分の声を吹き込んでみて。気分は声優。



### SHOP INFO

3F Suginami-Kaikan 3-29-5,  
Kamigi, Suginami-ku  
03-3396-1510  
10:00am - 6:00pm  
(Last entry: 5:30pm)  
Closed on Mon  
(Closed the following day  
after a national holiday)



<https://sam.or.jp/>

### Elsa Toro エルザ・トロ

She's from France and currently lives in Suginami ward. She came to Japan to learn Japanese culture and language. フランス出身、杉並区在住。日本文化と日本語を学ぶために来日。





# SUGINAMI & ANIMATION

## INTERVIEW WITH SUGINAMI LOCALS

### Japanese animations I've been familiar with since I was a child

小さいころから観てきた「日本のアニメ」

The reason why Suginami ward is called "animation town" is because there are more than 130 animation companies registered here. Animation production is a collaborative effort that requires input from a lot of individuals. In Japan, animators tend to work at their own place in the suburbs. However, many TV companies and publishers are situated in the center of Tokyo. One of the main reasons why animation companies set up their offices in Suginami ward is because there's great access to many locations. Therefore, their project supervisors can visit their animators/contributors easily. For instance, Cowboy Bebop, which is Elsa's favorite anime, is produced by a company based in Suginami called Bandai Namco Filmworks Inc. In her home country of France, Japanese anime is very popular. She has been a big fan of it since she was very young. Her first manga book was "Pretty Guardian Sailor Moon" and she's avid watcher of Ghibli anime too. What does she have to

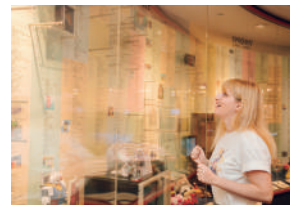
say about the museum? "I like the pillar with all the drawings and autographs of animators and voice actors, because it makes me feel that these are the roots of Japanese anime. Also, not only are there displays, but interactive exhibits that we can participate in, such as drawing flipbook animation and trying voice acting, which I enjoyed a lot. I was impressed by the chronological table of Japanese animation history as well. In France, we have the chance to watch many Japanese anime, so I was thinking I knew quite a few. However, there are many more! Suginami Animation Museum is a good place to spend a relaxing afternoon with your friends and family enjoying activities, such as voice-over work and flipbook animation. At the same time, you can learn about Japanese anime." Japanese anime has a lot of worldwide fans right now. There's a chance that the anime you are familiar with might have been produced here in Suginami as well.

杉並が「アニメの街」であるひとつの理由が、130を超えるアニメ制作会社の多さ。都心にあるテレビ局や出版社、東京の西方に多く住むアニメーターなど、関係者の多いアニメ制作にちょうどよい交通の便の良さが、杉並区に制作会社が集中した理由のひとつと言われる。今回レポートをしてくれたエルザさんが大好きなアニメとして挙げた『カウボーイビバップ』も、杉並区にある制作会社(株)バンダイナムコフィルムワークスの作品だ。

エルザさんの母国であるフランスには、日本アニメのファンが多い。彼女も日本のアニメが大好きで、初めて買った漫画は『美少女戦士セーラームーン』、ジブリ作品もたくさん見ているそう。レポート後に感想を聞いた。

「アニメーターのイラストやサインが描かれた柱を見て、『日本のアニメはここから来ているのだ』と感じました。見るだけの展示ではなくて、アフレコ体験やバラバラアニメ作りなど、実際に体験できるコーナーがあっても楽しかったです。日本のアニメの歴史年表にも驚きました。フランスでは日本のアニメは人気があり、私もかなり知っていると思っていましたが、もっとたくさんのアニメが日本で作られているのだということを知りました。杉並アニメーションミュージアムは、日本アニメについて学びながら、アフレコ体験したりバラバラアニメを作ったり、友だちや家族と一緒にゆったりとした時間を過ごすのにいい場所ですね」

いまや海外ファンも多い日本アニメ。あなたが見たアニメも、ここ杉並から生まれたものかもしれません。



## NEARBY THE ANIMATION MUSEUM

### 2 Ogikubo Hachiman Shrine

荻窪八幡神社

Situated across from the Animation museum. Passing through the curved stone aperture called "Haraemon" will purify your soul before praying.

アニメーションミュージアムから通りを挟んですぐ前にある神社。穴の開いた「竈門(はらえもん)」をくぐると、身が清められるとされている。



#### SHOP INFO

94-19-2 Kamiogi, Suginami-ku  
☎ 03-3390-1325 9:00am - 5:00pm

#### CAFE

### 3 INAZUMA cafe

イナズマカフェ

This cute looking café is full of manga drawings and autographs by popular manga artists and illustrators that cover the walls. They're kid & pet friendly too!

一見かわいいカフェだが、中に入ると壁中に人気マンガ家・イラストレーターの絵やサインが満載。子ども連れでも入りやすく、ペットも来店OK。



#### SHOP INFO

93-27-10 Amanuma, Suginami-ku  
☎ 03-3220-1720 9:10:00am - 10:00pm  
Holidays are subject to change

#### SOBA NOODLE SHOP

### 4 Tokyoan Kobayashi

桃蔭庵こばやし

About a 6min walk from the Anime museum. Established in 1950. Loved by the locals for its homely atmosphere. A wide range of food is on the menu, including homemade soba\* noodle, udon noodle, ramen and Teishoku set meals.

ミュージアムから徒歩6分ほど。1950年創業、家庭的な雰囲気地元客から愛される。自家製麺のそば、うどん、ラーメン、生姜焼肉定食など、さまざまなメニューがある。



#### SHOP INFO

91-5-1 Momoi, Suginami-ku ☎ 03-3390-6055  
9:11:00am - 2:30pm  
5:00pm - 8:00pm Closed on Wed & Sun

\*Soba is one of the most popular Japanese dishes, BUT please be careful as it's made from buckwheat, which is a known allergen.

# SUGINAMI BITES

すぎなみ寄り道グルメ

## RAMEN RULES

ASAGAYA MAP P09- F

### Manpuku Honpo 萬福本舗

Genuine Hakata style Tonkotsu (pork bone broth) ramen, which includes extremely thin noodles, braised pork belly, wood ear mushrooms and chopped spring onions. Curry made from Tonkotsu ramen soup is popular, too. If you'd like to have your noodles cooked a little firmer, then tell them you want "Harigane", which literally means "wire".

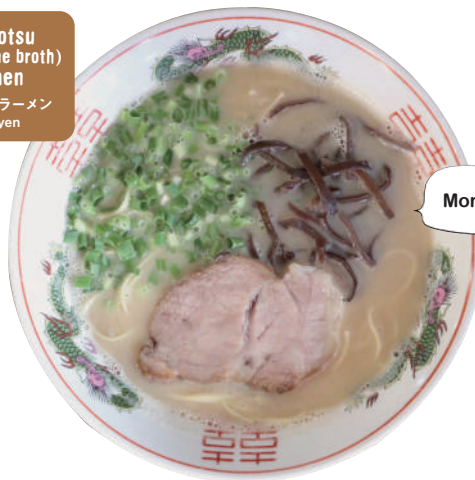
極細麺にチャーシュー、キクラゲ、刻みネギが乗った、本格的な博多豚骨ラーメン。とんこつスープを使ったカレーも人気。固めの麺が好きな人は「ハリガネ」と言ってみて。

#### SHOP INFO

Q3-2-3 Asagaya-minami, Suginami-ku  
 11:30am - 2:00pm / 6:00pm - 10:00pm Sat: 11:30am - 10:00pm  
 Closed on Sun  
 Holidays are subject to change

Tonkotsu  
 (pork bone broth)  
 ramen

とんこつラーメン  
 700yen

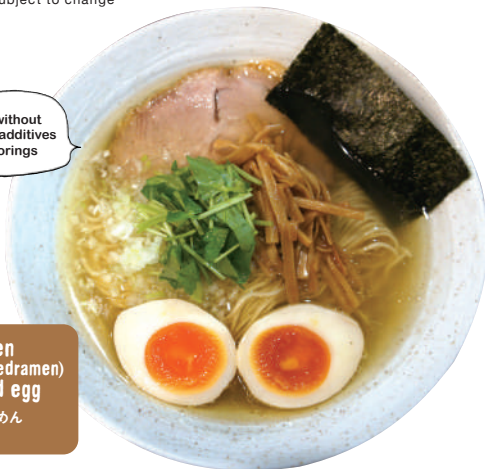


Morish!

Soup without  
 artificial additives  
 & flavorings

Shio ramen  
 (simple broth-based ramen)  
 with a boiled egg

味玉しおラーメン  
 900yen



NISHI-OGIKUBO MAP P12- G

### Menya Someiyoshino 麺や そめいよし

You can order a variety of ramen including "Shoyo ramen", "Tsuke men" (dipping noodle) and popular "Shio ramen" which has a delicious chicken and seafood stock base. It's not only the noodles that are tasty, but also "Char-siu don", which is stewed pork over rice. Even big groups can be accommodated at this shop due to it offering table service as well as counter dining.

鶏と魚介の旨味がつまった人気の『しおラーメン』をはじめ、しょうゆラーメンやつけ麺もそう。特製チャーシューの乗った丼も美味しい。カウンター席に加えて、奥にテーブル席もあるので家族や友人とも気兼ねなく入れる。

#### SHOP INFO

Q1F NS twin bldg., 3-10-9 Nishiogi-minami, Suginami-ku  
 03-3247-1323 11:30am - 1:00am Sun: 11:30am - 11:00pm  
 Open every day

OGIKUBO MAP P11- H

### Tabibito no Ki 旅人の木

This is a "Mazesoba" style noodle shop in the ramen hotspot, Ogikubo. They serve 3 types of Mazesoba, the classic "Abura soba", the spicy "Taiwan mazesoba" and the curry flavoured "Indo (Indian) mazesoba". Mix well before you eat!

ラーメン激戦区の荻窪にある混ぜそば専門店。定番の『油そば』、ピリ辛の『台湾混ぜそば』、カレー味の『インド混ぜそば』と3種類が楽しめる。最初によく混ぜて、熱いうちに食べてみてほしい。

#### SHOP INFO

Q1F, 5-29-6 Ogikubo, Suginami-ku  
 11:30am - 3:00pm / 5:00pm - 7:30pm  
 Fri: 11:30am - 3:00pm Closed on Thu

Enjoy changing  
 the flavor of  
 your ramen by  
 adding seasonings, such  
 as Thai fish sauce  
 and ginger

Abura soba  
 (dry ramen)

油そば  
 780yen





While you are traveling, your schedule maybe pretty hectic. Even so, you don't want to give up having nice local food, do you? Ramen that you can eat quickly, or breakfast sets that are offered by cafés open from early morning are always an option. Which shop are you interested in?

旅行中、移動時間に追われていても美味しいものを食べたいですね。短い時間で食べられるラーメンや、朝時間を豊かにしてくれるモーニングセット。あなたはどのお店を選びますか？

## START THE DAY THE RIGHT WAY

ASAGAYA MAP P09-1

### CRAFT COFFEE CONOCA 珈の香

This shop's breakfast set has a lot to offer, such as jam and toast, a vegetable side, potato salad and fruit. Their aromatic coffee is highly recommended to have with their breakfast. They have lots of other options too. It's only 2 min walk from Asagaya station.

モーニングセットは、ジャムトースト、野菜、ポテトサラダ、果物など盛りだくさん。注文を受けてから淹れる香り高いコーヒーはぜひ味わってみてほしい。阿佐ヶ谷駅から徒歩2分の立地も嬉しい。

#### SHOP INFO

☎1-47-15 Asagaya-minami, Suginami-ku ☎03-5913-9388  
 ☉Mon-Fri: 9:00am - 8:00pm  
 Sat, Sun & national holidays: 10:00am - 8:00pm  
 Breakfast menu is available till 12:00pm  
 Closed for year-end & New year holidays



Breakfast set A  
Aモーニング  
550yen

Carefully selected coffee beans

KOENJI MAP P06-J

### Poppins' ポピンズ

This long-established café serves a breakfast set consisting of toast, salad, a boiled egg, vegetable juice and a drink of your choice. You can choose the spread for your toast from butter, honey, jam, or cinnamon sugar. The friendly owner serves hot drinks in beautiful antique cups. Smoking is allowed.

レトロなカップが並ぶ棚と、歴史を感じるカウンターが素敵な喫茶店。トーストはバター、はちみつ、ジャム、シナモンなどから選べる。気さくな店主との会話を楽しんでほしい。喫煙可。

#### SHOP INFO

☉B1F Koyo suncrest Koenji, 4-27-17 Koenji-minami, Suginami-ku  
 ☎03-3318-1154  
 ☉9:30am - 7:00pm  
 Breakfast menu is available till 11:30am Open every day



They serve alcohol drinks at night

Cinnamon toast  
シナモントースト  
650yen

OGIKUBO MAP P11-K

### cafe CLAIR クレエリ

This café, which is situated a nostalgic shopping street, has four breakfast sets to choose from. You can have just toast, toast with a fried egg, toast with bacon & egg, or a grilled sandwich. The last choice has "Tamagoyaki" (Egg roll) inside, and it's a long-time best seller.

昔ながらの商店街にある喫茶店のモーニングは、トースト、トースト+目玉焼き、トースト+ベーコンエッグ、焼きサンドウィッチの4種類。玉子焼きを挟んだ焼サンドウィッチは昔からの人気メニュー。

#### SHOP INFO

☎3-30-2 Amanuma, Suginami-ku ☎03-3392-2222  
 ☉10:00am - 6:30pm Breakfast menu is available till 11:00am  
 Closed on Sun



Other sandwich filling choices include ham, tuna, corned beef and salad

Tamagoyaki (Egg roll) grilled sandwich  
焼サンドウィッチ (玉子)  
980yen

# IT'S BATH TIME! みんなのお風呂、銭湯に行こう!

For Japanese people, the Sento (public bath) is not only a place to clean our bodies, but also to refresh and socialise with others.

日本人にとって銭湯は、体をきれいにするだけでなく、リフレッシュしたりおしゃべりを楽しんだりする交流の場です。

We understand that you might be hesitant at first. However, don't be, as everyone else is naked in the Sento; it's perfectly normal, so give it a go! In the large bath, you will be able to relax physically and mentally. In this way, you can relieve your travel weariness in Tokyo even when you cannot go to provincial hot springs.

初めて銭湯に入る方は、裸になるのに抵抗があるかもしれません。まずは思い切って入ってみてください。広い湯舟につかっていると、体も気持ちもゆったりとほぐれていくことでしょう。

地方の温泉まで行けなくても旅行中の疲れを癒せる銭湯は、都内旅行におすすめの日本文化体験です。

KOENJI MAP P06-L

## KOSUGIYU 小杉湯

This long-established public bath wears its retro look with pride. The exterior hasn't changed much since it opened in 1933. However, they're enthusiastic for trying new things including special baths, such as a milk soak and renting out the space as a venue for events. It's also popular with bathers who like to take alternate hot and cold dips.

1933年創業の老舗銭湯としてレトロな外観を残しつつ、ミルク風呂などの変わり風呂やイベント会場としての貸し出しなど、新しい取り組みにも積極的。温冷交互浴も人気。

### SHOP INFO

〒3-32-2 Koenji-kita, Suginami-ku ☎03-3337-6198  
③3:00pm - 1:45am Sat&Sun: 8:00am - 1:45am Closed on Thu



Unfortunately, at some Sento (public bath), due to certain social constraints that have their roots in history, individuals with tattoos/body art are not permitted to bathe. Please accept our apologies and understanding with this cultural difference.

## USEFUL SENTO ETIQUETTE



Before entering the bath, sit on the bath stalls or on your knees and wash, then rinse your body thoroughly. While you are doing that, you can hold your towel with your free hand, or wrap it around your waist.

湯舟に入る前に、座って、体を流しましょう。タオルは腰に巻いても、手に持って入っても大丈夫です。



Don't enter the bath with your towel on or soak it in the bath water. If you want, soak your towel with cold water from the tap at the washing area, and keep it on your head. This will help to stop you feeling faint or dizzy from the hot water.

湯舟に入るときは、タオルは中に入れないようにしましょう。頭の上に乗せると、のぼせ防止にもなります。



Before going back to the changing area, wring the water out of your towel and dry your body with it. Don't forget to rehydrate with a drink afterwards!

脱衣所に入る前に、持ち込んだタオルを絞って、体をふきましょ。出たあとは、水分補給も忘れずに。

## SUGINAMI SAVOUR THE LOCAL FLAVOUR

≡ 杉並のヒト・モノ・コトに会いに行く ≡

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As of February 2023, any or all information within this guide is subject to change. このガイドブックの情報は2023年2月時点の内容です。

※一部日本語表記を省略している部分があります。

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EXPERIENCE  
SUGINAMI TOKYO

なみじかない、杉並!

中央線あるある PROJECT



※新型コロナウイルス感染症の影響により、各店舗の営業時間が流動的になっている場合があります。最新の店舗情報は各店舗にご確認ください。