

FREE
免費

新宿旅遊指南

att. SHINJUKU

Spotlight on the Attractions of Shinjuku!

SPECIAL ISSUE
2024

聚焦新宿的多樣魅力！



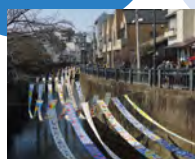
Welcome to Shinjuku!
歡迎來到新宿!

Shinjuku Area Map 新宿區域地圖

Ochiai

落合

P.14-15



The area of dyeing
where cultural figures
have left their mark
留存著文化人足跡・印染的街區

Toei Oedo Line
都營地鐵大江戶線

Shimo-Ochiai
下落合

Seibu Shinjuku Line
西武新宿線

Tokyo Metro Tozai Line
東京 Metro 東西線

The area filled with history
and international atmosphere
where students get together
學生群集・國際色彩濃厚的街區

Takadanobaba,
Waseda, Okubo
高田馬場、早稻田、
大久保

P.12-13



Shinjuku City (Shinjuku-ku, or Shinjuku Ward in Japanese) is a cosmopolitan city located at the center of Tokyo, which comprises 23 cities (wards). It features Shinjuku Station, the world's busiest station, entertainment districts including the famous Kabukicho, and one of the most prosperous commercial areas in Japan around the station, all of which attract visitors from all over the world. Meanwhile, simply by making a little side trip from Shinjuku Station, you can visit Shinjuku neighborhoods that have many diverse and distinctive aspects as well as experience Japan-style charms. To let you find out the charm of Shinjuku, we have divided the city into six areas and will introduce you the sightseeing spots, entertainment and shopping facilities, etc., in each area.

JR Chuo Line / Sobu Line
JR 中央線・總武線

Okubo
大久保

Shin-Okubo
新大久保

Seibu-Shinjuku
西武新宿

Nishi-shinjuku
西新宿

Shinjuku-nishiguchi
新宿西口

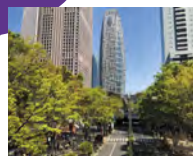


Tochomae
都廳前

The area full of culture and art
文化藝術無所不在之街

Shinjuku Sta.
West Exit Area
新宿站西口區域

P.6-7



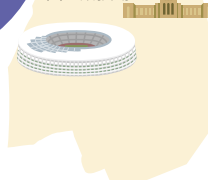
The area where
entertainment of the
past and present gathers
集結往昔與現今的娛樂之街

Shinjuku Sta.
East Exit Area
新宿站東口區域

P.4-5

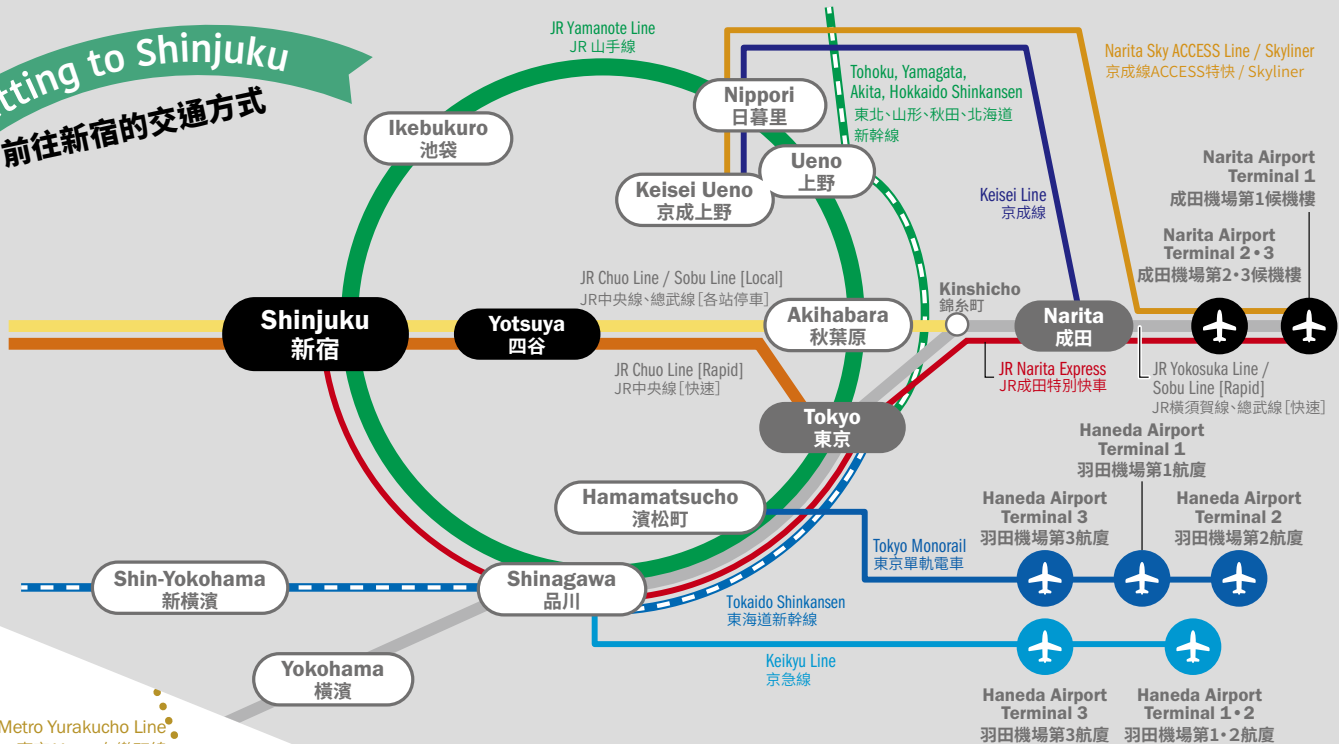


Kokuritsu-kyogijo
國立競技場



新宿區是位於東京 23 區內中央的國際觀光都市。乘客流量居世界首位的新宿站周邊，有包含知名的歌舞伎町的歡樂街以及日本屈指可數的鬧區，吸引來自世界各地絡繹不絕的訪客。其實只要從新宿站再延伸到稍遠一點的地區，就能體驗到各種獨特風情的街道和形形色色的日本魅力。為了讓大家了解新宿的魅力，將新宿區內區分為 6 大區域，分別介紹各個區域的觀光景點、娛樂設施，以及購物設施等。

Getting to Shinjuku 前往新宿的交通方式



The area where
you can experience Japanese,
Western, and modern culture
all at once

能同時感受日本・西洋和現代的街區

Kagurazaka
神樂坂
P.10-11

Kagurazaka
神樂坂
Ushigome-Kagurazaka
牛込神樂坂



Yotsuya
四谷
P.8-9



The area where
the remnant of
Edo era's culture
can still be seen
充滿江戸的歷史與文化氣息的街區

Cover: Illustration: Hiroshi "SETSUREI" TARUI Location: Omoide Yokocho

Shinjuku Tourist Information 新宿旅遊問訊處



SHINJUKU
TOURIST
INFORMATION
新宿觀光案内所

The Shinjuku Tourist Information offers comprehensive information to visitors about the many attractions of Shinjuku, as well as on sightseeing spots and events taking place in the area.

讓新宿觀光更便利、更有趣！旅遊問訊處向造訪新宿的旅客提供新宿區的精彩魅力、觀光景點以及活動等各種資訊。



1 min walk from JR Shinjuku Sta. Southeast exit / next to E10 exit of Shinjuku Southeast gate underground walkway

JR新宿站東南口步行1分鐘，或從新宿東南口地下步道「E10」出口出來即抵



3-37-2, Shinjuku,
Shinjuku-ku
10:00-19:00
Open 365 days
(excluding Dec. 29 to Jan. 3)
新宿區新宿3-37-2
10:00~19:00
全年無休
(12月29日~1月3日除外)

Please check our multilingual website. The digital pamphlet is also available on PCs and smartphones. We also introduce sightseeing spots on our social media.

也歡迎來看看有對應多國語言的網站！

也可用電腦或智慧型手機閱覽電子手冊。在我們的社群平台上也有介紹觀光景點。



Website



Facebook



Instagram

Discovering New Aspects of Attractive Shinjuku!

一同探究新宿的新魅力吧！

Here we feature the Shinjuku East Exit area with Kabukicho, the big entertainment district that is filled with so much energy all day and all night.

Shinjuku Sta. East Exit Area 新宿站東口區域

這次將向大家介紹，不論日夜都活力充沛的一大鬧區「歌舞伎町」所在的新宿東口區域。



Access 交通方式
Shinjuku Sta. (JR, Odakyu, Keio, Tokyo Metro Marunouchi Line) → Shinjuku East Exit
Seibu Shinjuku Sta. (Seibu Shinjuku Line) → Shinjuku East Exit
新宿站 (JR、小田急、京王、東京 Metro 丸之內線) → 新宿東口
西武新宿站 (西武新宿線) → 新宿東口

Kabukicho 歌舞伎町

Packed with various types of shops and facilities, including restaurants, bars, theaters, cinemas, and amusement arcades, Kabukicho is called the biggest entertainment district in Japan. The area seems even more lively and bustling at night with many people on the streets along with colorful neon signs, so it is also called a “sleepless town.” You can discover various attractive aspects of the area, such as “Golden Gai” with a number of alleys lined with many small, distinctive bars and “Shiki no Michi,” where you can enjoy walking on a quiet stone-paved pathway with plenty of greenery during daytime.

此地擁有餐飲店、酒吧、劇場、電影院、遊戲中心等眾多商店與設施，被稱為日本第一的歡樂街。入夜後，洶湧的人潮與色彩繽紛的霓虹燈更添熱鬧印象，又有「不夜城」之稱。此外，還有小巧的特色酒吧林立的「黃金街」，以及白天可在石板路漫步的「四季之路」等，魅力多元。



▲ A life-sized Godzilla at SHINJUKU TOHO BLDG (on the 8th floor of Hotel Gracery Shinjuku). *Entry to Godzilla Terrace is not permitted as of December, 2023.
新宿東寶大廈 (格拉斯麗新宿酒店8樓)，等身大哥吉拉震撼力滿分！
※哥吉拉露臺目前不開放進入 (2023年12月時的資訊)

Tokyu Kabukicho Tower 東急歌舞伎町TOWER

Opened on April 14, 2023, Tokyu Kabukicho Tower is a super high-rise complex facility with 48 floors, five underground floors, and a one-story penthouse, standing about 225 meters tall. Accommodating various types of tenants, including hotels, cinemas, theaters, live venues, and night entertainment facility, it has become a new landmark of Kabukicho. On the lower floors, you can enjoy various entertainment facilities, including “Shinjuku Kabuki Hall – Kabuki Yokocho,” an entertainment food hall with a theme of “Festival,” where you can enjoy food, music and images on a screen; “namco TOKYO,” where you can enjoy various kinds of gaming machines; and “THE TOKYO MATRIX” with a huge dungeon for your adventure. The higher floors have two different types of hotels: “HOTEL GROOVE SHINJUKU, A PARKROYAL Hotel,” a life-style hotel with a cultural atmosphere of art and music, and BELLUSTAR TOKYO, A Pan Pacific Hotel, a luxurious hotel with guestrooms with wide views. You can enjoy an elegant time while looking down at the streets of Shinjuku.

2023年4月14日開幕，地上48樓、地下5樓、塔屋1樓，高約225公尺的超高層綜合設施。內有飯店、電影院、劇場、現場展演空間、夜間娛樂設施等多元設施，是歌舞伎町的新地標。低樓層有以「祭典」為主題，融合了美食、音樂與影像的娛樂美食廣場「新宿歌舞伎hall～歌舞伎橫丁」、可享受各式遊戲機的「namco TOKYO」，還有可體驗地牢攻略的「THE TOKYO MATRIX」等眾多娛樂型設施。高樓層則有能感受藝術、音樂等文化的生活方式飯店「HOTEL GROOVE SHINJUKU, A PARKROYAL Hotel」，以及擁有全景客房的天空豪華飯店「BELLUSTAR TOKYO, A Pan Pacific Hotel」這兩間不同的飯店進駐。可一邊俯瞰新宿的街景，一邊在此度過優雅的時光。





Hanazono Shrine 花園神社



Tsunahachi Sohonten 網八總本店



Suehirotei 末廣亭



GIANT 3D CAT



Disney FLAGSHIP TOKYO © Disney



Sanrio Shinjuku Store
© 2023 SANRIO CO.,LTD. 著作(株)サンリオ

A bustling area with a fusion of now and then 繁華間今昔交錯的區域

Another unique feature of the Shinjuku East Exit area is that you can also enjoy a tranquil atmosphere within the entertainment district. There are some places where you can feel an atmosphere unique to Japan, such as Hanazono Shrine, which has been watching over the town for a long period of time and “Suehirotei,” a wooden theater, 77 years old. The area also has long-established famous places, such as “Tsunahachi Sohonten,” a famous tempura restaurant opened in 1924, and “Lambre,” a café which has been in business for over 70 years. While the current Shinjuku is famous for having high-profile things, such as the 3D vision of the huge cat and “TOKYO MYSTERY CIRCUS,” where you can enjoy a problem-solving game, you can still look for the “good old Shinjuku” while strolling around.

在鬧區中也能感受到沉穩的風情，也是新宿東口的一大特色。這裡擁有自古守護此街區的花園神社，以及有 77 年歷史的木造建築演藝場「末廣亭」等可感受日本氣氛的地點。此外，還有創業於 1924 年的天婦羅店「網八總本店」、營業超過 70 年的日式咖啡館「L'AMBRE」等歷史悠久的名店隱居其間。說到現今的新宿，有巨大的貓咪 3D 視覺特效、可享受解謎遊戲樂趣的「TOKYO MYSTERY CIRCUS」等，是話題潮流的中心地，不過也歡迎一邊來此散步，一邊探訪古早而美好的新宿風華！



TOKYO MYSTERY CIRCUS



Isetan Shinjuku Store 伊勢丹新宿店

Shopping paradise of Tokyo 東京首屈一指的購物天堂

The Shinjuku East Exit area is filled with commercial facilities of various sizes, including Isetan Shinjuku Store. Along with several mass-merchandise outlets, such as UNIQLO and BicCamera, there are a variety of specialized stores, such as “Sekaido,” which carries art supplies and stationery, and “Kitamura Camera.” At “Sanrio Shinjuku Store,” you can find various kinds of goods, such as stuffed Sanrio characters. There is also “Disney FLAGSHIP TOKYO,” the largest Disney store in Japan, which is just like an attraction itself. They are must-visit places!

包括伊勢丹新宿店內，新宿東口有各種大大小小的商業設施聚集於此。除了 UNIQLO、BicCamera 等大型量販店之外，還有賣畫材文具的「世界堂」、專賣相機的「北村寫真機店」等多元的專賣店。此外，在「Sanrio 新宿店」網羅了包括三麗鷗角色的玩偶在內的各種豐富周邊商品，日本最大的迪士尼商店旗艦店「東京迪士尼旗艦店」，店內整體就像是一座遊樂設施，粉絲們絕對不能錯過！

*The photos are for illustrative purposes only. ※以實物為準，圖片有可能與實物有所差異

Please see here for more information!
網站有更多資訊喔！
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English



繁體中文



简体中文



한국어



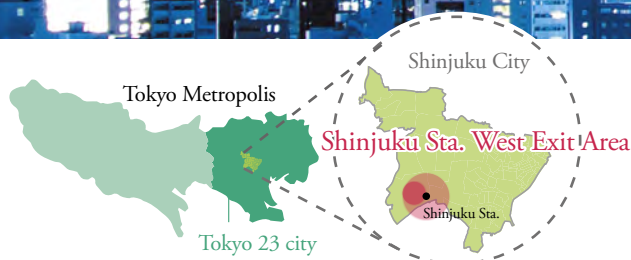
日本語

Discovering New Aspects of Attractive Shinjuku!

一同探究新宿的新魅力吧！

Shinjuku Sta. West Exit Area

新宿站西口區域



Shinjuku Sta. (JR, Odakyu, Keio, Tokyo Metro Marunouchi Line) → Shinjuku West Exit
Shinjuku-nishiguchi Sta. (Toei Oedo Line) → short walk
Seibu-shinjuku Sta. (Seibu Shinjuku Line) → 5 min walk → Shinjuku West Exit
新宿站 (JR、小田急、京王、東京Metro丸之內線) → 新宿西口
新宿西口站 (都營大江戶線) → 步行即抵
西武新宿站 (西武新宿線) → 步行5分鐘 → 新宿西口

Get a panoramic view of sparkling Tokyo 俯瞰燦爛的東京

On the 45th floor, at the height of 202 meters, of the Tokyo Metropolitan Government Building, one of the major landmarks of Tokyo, there are two observation decks, the South and North Observation Decks (free). You can get a great view of Tokyo and, on a clear winter day, you may be able to see Mount Fuji. The daytime view is wonderful, but the night one is especially recommended. You can see the major landmarks clearly, including the sparkling buildings, Roppongi Hills, and TOKYO SKYTREE. The South Observation Deck, re-opened in April 2019, accommodates a piano with a special decoration supervised by Yayoi Kusama, a world-famous artist, which is available to visitors for playing.

在東京地標之一的東京都廳45樓、高202m處，有免費入場的南展望室和北展望室等2處展望室。在這裡可以俯瞰東京，而在冬季天氣晴朗的時候，還有機會遠眺富士山。雖然白天的景色絕佳，但在此為您推薦的是夜景。能清楚見到閃爍的建築群、六本木Hills和東京晴空塔®等地標建築。於2019年4月重新開放的南展望室，放置了由世界著名藝術家草間彌生監修其裝置設計的鋼琴，遊客也可用它來演奏。

*9:30~22:00 (Admission until 21:30)
*The North Observatory is currently closed.

※9:30~22:00 (入場時間至30分鐘前)
※北展望室目前關閉中



Tokyo's best night-view spots

東京首屈一指的夜景勝地



While the Shinjuku West Exit area filled with skyscrapers is a bustling business district during the day, there are lots of restaurants and bars on upper floors of office buildings and hotels where you can eat while enjoying a night view. There are many popular places with a relaxed atmosphere, which are recommended for your date.

新宿西口區域，在白天是一處高樓林立的辦公商業區。在辦公大樓和飯店的高樓層處有不少的餐廳和酒吧，夜晚在這用餐同時還能欣賞夜景，更有許多適合約會、略帶有成熟氣氛的人氣店家。



Here we feature the Shinjuku West Exit area with its skyscraper buildings, as well as lots of information on night-time entertainment.

這次我們將介紹高樓大廈群聳立的東京的摩天大樓，以及新宿西口區域。提供給您各式各樣享受夜間遊樂的方式。

Night at an izakaya

居酒屋之夜

If you want to enjoy nightlife in Tokyo in the nostalgic atmosphere, you should visit “Omoide Yokocho.” Located just outside the Shinjuku Station West Exit, the narrow alley is lined on both sides with small izakaya pubs and restaurants. Have a glass of highball or lemon sour along with some *yakitori*, and you will be just like one of Shinjuku’s “*salarymen*”!

若想在懷舊氛圍中享受東京的夜晚，歡迎前往「回憶橫丁」。在新宿站西口不遠處，狹窄的小巷兩旁林立著小居酒屋和餐飲店。以烤雞肉串為下酒菜，大口大口地喝著高球酒 (Highball) 和檸檬沙瓦，正是新宿的上班族風格！



Shinjuku Park Cinema Festival 新宿公園電影院節

Annual event in autumn!

Spreading out behind the cluster of high-rise buildings, Shinjuku Chuo Park is a leafy area. This park will host a free outdoor movie festival for a limited period of time of a few days. You can enjoy movies under the theme of diversity, which is a perfect theme for Shinjuku, comfortable under the open sky with a feeling of freedom. Could it be your new way of enjoying a Tokyo night?

每年秋季的慣例活動！

寬闊的新宿中央公園位於高樓大廈群的後方。以這座綠意盎然的公園為舞台，僅限幾天將舉辦免費戶外電影放映活動。在露天的開放感與輕鬆的氛圍中，欣賞著以新宿特有的多樣化為主題的電影，歡迎您來東京度過如此新型態的夜晚！



Looking for public art

探尋公共藝術

Walking in the Shinjuku West Exit area, you are likely to come across various public art works. It is said that public art started with the intention to bring comfort to people working in business areas. You can find here and there various art items, including a “LOVE” sculpture by American artist Robert Indiana and a “Hand of Peace” statue by Japanese artist Keimu Kamata.

漫步於新宿西口區域，您會看到在這有許多的公共藝術品。其起源據說是為了療癒在辦公區人們的心靈。以美國藝術家羅伯特·印第安納所創作的「LOVE」藝術品為首，還有「Hand of Peace」（作者：鎌田惠務）等多樣作品坐落各處。



LOVE, 1993 (1968)
Robert Indiana



Hand of Peace, 2017
鎌田惠務

Please see here for more information!

網站有更多資訊喔！

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English



繁體中文



简体中文



한국어



日本語

Discovering New Aspects of Attractive Shinjuku!

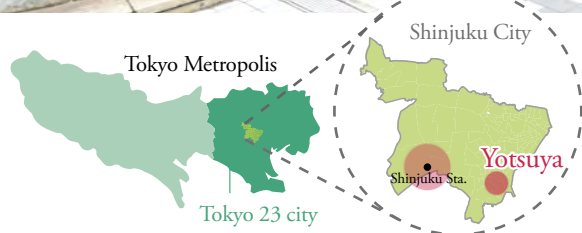
一同探究新宿的新魅力吧！

Yotsuya 四谷



We will introduce you to the area around Yotsuya, a town with history, where a post station called "Naito-Shinjuku," the origin of the name Shinjuku, was established in the Edo period (1603-1868).

此次將介紹與新宿這個地名由來關係密切的「內藤新宿」於江戶時代的所在地，同時也是座歷史悠久的城鎮——四谷的周邊環境。



Access
交通方式

JR Shinjuku Sta. → 5 min by rapid service train (JR Chuo Line) → Yotsuya Sta.
JR Shinjuku Sta. → 5 min by local service train (JR Chuo Line / Sobu Line) → Shinanomachi Sta.
Shinjuku Sta. → 2 min by train (Tokyo Metro Marunouchi Line) → Shinjuku-gyomae Sta.
Shinjuku Sta. → 4 min by train (Tokyo Metro Marunouchi Line) → Yotsuya-sanchome Sta.
JR新宿站→JR中央線快速5分鐘→四谷站
JR新宿站→JR中央線、總武線各站停車5分鐘→信濃町站
新宿站→東京Metro丸之內線2分鐘→新宿御苑前站
新宿站→東京Metro丸之內線4分鐘→四谷三丁目站



Open hours: 10:00-16:30 (Admission until 16:00)

*From Dec. 29-Jan. 3 10:00-16:00 (Admission until 15:30)

Closed: Every Wednesday (If it is a national holiday, it will be closed on the following weekday.)

Entrance fee: ¥500

營業時間: 10:00~16:30(最後入館時間 16:00)

※僅12月29日~1月3日 10:00~16:00(最後入館時間 15:30)

公休日: 每週三(逢國定假日延至下個平日休館)

入館費用: 500日圓

Meiji Memorial Picture Gallery

聖德紀念繪畫館

As a symbol of Meiji-jingu Gaien, Meiji Memorial Picture Gallery was established to pass the achievements of the Emperor Meiji and Empress Shoken down to future generations. It displays paintings that show their achievements as well as historical events and culture in Japan from the late 18th century to the early 19th century, teaching you about the Japan of that time in detail. You should also pay attention to the historical building, which was completed in 1926. The area around the museum is surrounded by abundant nature and is a good place to access Japan's sports culture as it is home to the JAPAN NATIONAL STADIUM, JAPAN OLYMPIC MUSEUM and the Jingu Baseball Stadium that serves as the home field for a professional baseball team. Among other things, the autumn view of a ginkgo-lined street with its coloring yellow is worth seeing.

聖德紀念繪畫館之建造，旨在將明治天皇和昭憲皇太后的事蹟永傳後世，是位於明治神宮外苑的象徵性建築。館內展示了傳達上述兩位之事蹟的畫作。展出的作品描繪了18世紀後半葉至19世紀前半葉，日本的歷史事件和文化，透過作品可以詳細了解當時的日本。於1926年落成的歷史建築，也值得多加留心觀賞。聖德紀念繪畫館周邊，環繞著豐富的綠地，包括國立競技場、日本奧林匹克博物館，以及作為職棒主場地的明治神宮棒球場在內，是接觸日本運動文化的絕佳場所。特別是銀杏林道染黃的秋季美景，相當值得一看。



Suga-jinja Shrine

須賀神社

Said to be founded in the early 17th century, this shrine still attracts local people in the quiet residential neighborhood. "Sanju-roku Kasen-e," drawings of 36 great *waka* poets, is displayed as a shrine treasure. Since the stairs of the front approach to the shrine appeared in the big-hit anime movie "Your Name," the shrine has recently been attracting fans of the movie.

據傳建於17世紀初，現今位於安靜的住宅區內，受到地方上的人們所喜愛的神社。描繪了36位和歌名家的「三十六歌仙繪」，作為神社代代相傳的寶物而裝飾著。參道的階梯因為在動畫電影《你的名字》內登場，近年來也有許多該作品的粉絲造訪此地。

Shinjuku Gyoen National Garden 新宿御苑



Created as a garden for the imperial family in 1906 and was opened to the public as a public park in 1949. It is a famous garden where the Formal Garden, Landscape Garden, and Japanese Traditional Garden coexist in harmony. You can enjoy various scenery every season, such as about 70 varieties of cherry blossoms blooming in spring, and ginkgo and london plane leaves changing colors in autumn.

*Bringing and drinking alcohol, smoking cigarettes, using sports equipment (Except for the Kids area) are prohibited.

新宿御苑是一座於1906年建成的皇室庭園，1949年起作為國民公園對一般民眾開放。以整形式庭園、風景式庭園，以及日本庭園相互協調、輝映而聞名。春季有多達約70種櫻花，秋季有銀杏、懸鈴木等紅葉，可欣賞到四季更迭的景色。

※園內禁止攜帶酒類、禁菸，也禁止攜帶玩具與運動用品入內（兒童廣場除外）使用。

Open hours: Oct. 1–Mar. 14 9:00–16:00 (Gates close at 16:30),
Mar. 15–Jun. 30, Aug. 21–Sep. 30 9:00–17:30 (Gates close at 18:00), Jul. 1–Aug. 20 9:00–18:30 (Gates close at 19:00)
Closed: Mondays (following weekday when Monday is a national holiday), Dec. 29–Jan. 3.
Open throughout the special open period of Mar. 25–Apr. 24, Nov. 1–15
Entrance fee: Adult ¥500, 65 years and older ¥250, Student ¥250 *With valid ID, Junior high school student and younger: free

營業時間：10月1日～3月14日 9:00～16:00(16:30關門)，3月15日～6月30日、8月21日～9月30日 9:00～17:30(18:00關門)，7月1日～8月20日 9:00～18:30(19:00關門)
公休日：星期一（逢國定假日延至翌日）、12月29日～1月3日。
特別開園日(3月25日～4月24日、11月1日～15日)無休
費用：成人500日圓，65歲以上、學生(高中以上)250日圓 ※須出示身分證，國中以下免費

Tamagawa Josui and Naito Shinjuku Waterworks Promenade

玉川上水／內藤新宿分水散步道

An aqueduct from the water source in the Tama area to Yotsuya Okido (near the current Yotsuya 4-chome intersection) was completed in 1653, named “Tamagawa Josui,” and served as a precious water source for people in the big city, Edo (current Tokyo). There was a water guard station for monitoring the water quality at Yotsuya Okido. On the northern side of Shinjuku Gyoen National Garden, there is a promenade for about 540 meters along the water channel of that time, offering a place for visitors to enjoy strolling around while viewing colored leaves in autumn.

*Open hours are the same as the Shinjuku Gyoen National Garden.

從多摩地區的水源連至四谷大木戶（現在的四谷四丁目十字路口附近）的引水道，於1653年完工，稱之為玉川上水，是大都市江戶的人們重要的水源。過去在四谷大木戶設有負責監測水質等的水番屋。在新宿御苑的北側，有一條長約540公尺，沿著當時的水路修建而成的散步道，您可以一邊欣賞著秋紅，一邊享受散步的樂趣。

※營業時間與新宿御苑相同。



新道街

Shinmichi-dori Street



Just outside Yotsuya Station, the small alley between buildings is actually a highly-recommended place for great eating. Lined with restaurants that are popular for delicious dishes served at reasonable prices, the street is busy at night with employees after work. The restaurants serve yakitori, yakiniku, oden, and other tasty dishes which go great with alcohol. You can enjoy eating and drinking among local people.

從四谷站一出站，大樓之間的街道，實際上是最受推薦的美食街。被評為實惠又美味的店家櫛比鱗次，到了夜晚，有許多下了班的上班族前來，十分熱鬧。能同時品嚐烤雞肉串、燒肉、關東煮等與美酒的店家林立著。試著完全融入當地人，享受邊走邊吃的樂趣如何呢？

Please see here for more information!

網站有更多資訊喔！

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Kagurazaka 神樂坂

Do you know of a certain place that still retracts the bustling atmosphere of Edo (old Tokyo)?
您知道至今仍保留著熱鬧的江戶時代風情的街道嗎？

Tokyo Metropolis

Shinjuku City

Kagurazaka

Tokyo 23 City



Access
交通方式

JR Shinjuku Sta. → 12 min by local service train (JR Chuo line / Sobu Line) → Iidabashi Sta.
Shinjuku-nishiguchi Sta. → 8 min by train (Toei Oedo Line) → Ushigome-kagurazaka Sta.
JR 新宿站 → JR 中央線、總武線各站停車 12 分鐘 → 飯田橋站
新宿西口站 → 都營大江戶線 8 分鐘 → 牛込神樂坂站

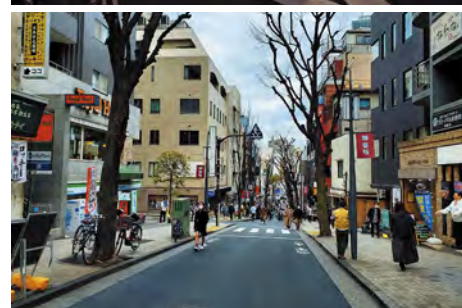
Kagurazaka Area: a town with Japanese style 能感受到「和風」的街道—神樂坂

After developing as an area with streets lined with samurai residences in the Edo period (1603-1868), Kagurazaka later became a town of merchants and craftsmen and prospered as an entertainment district, called *hanamachi* (geisha district). Walking through the area, you can still hear the sound of shamisen practice by geisha girls. Known as a town with slopes, stone-paved alleys, and black walls in a traditional atmosphere, Kagurazaka attracts many Japanese people. Its many charms find expression both in day and at night.

Kagurazaka is a place you can enjoy not only the townscape but also Japanese culture at festivals. “Kagurazaka-Street Stage: O-edo Tour” in May offers people an opportunity to enjoy traditional performing arts all over the town. In July, “Kagurazaka Matsuri” festival is held at which people enjoy Awa-odori dance.

江戶時代(1603～1868)武士宅邸林立的神樂坂，隨著演變，近代則成了商工階層的街道，發展成花街。如今漫步於街頭上，依舊能聽見藝伎們練習三味線的樂音。神樂坂是由坡道與石板小巷、黑色圍牆等傳統氛圍點綴而成的街道，就連許多日本人都流連忘返。不論白晝或夜晚，這裡都擁有著不同魅力，是一座面貌豐富的街道。

神樂坂不只是單純的街道，它更是能透過祭典讓人體驗到日本文化的場所。5月舉辦的「神樂坂街頭舞台／大江戶巡禮」能在街上愜意欣賞到日本的各種傳統藝能。7月則有「神樂坂祭」，阿波舞表演炒熱全場氣氛。



Japanese Culture Found in Kagurazaka 在神樂坂尋找日本文化



Zenkokuji (Bishamonten)

Going up the slope of Kagurazaka-dori Avenue, you will see Zenkokuji (Bishamonten) which is a symbolic existence of Kagurazaka on your left. It has been popular with the area since about 200 years ago and has become the center of Kagurazaka.

善國寺(毘沙門天)

登上神樂坂通斜坡後，左手邊即可見到宛如神樂坂的象徵性存在的善國寺(毘沙門天)。大約200年前開始至今，深受當地居民信賴，並已成為神樂坂的中心。



Also notice that there is a guardian tiger instead of a guardian dog!

特別留意這並不是狍犬而是狍虎喔！



Okashitsukasa Isuzu 御菓子司 五十鈴 ©Kagurazaka Isuzu.

The Kagurazaka area has many opportunities to experience Japanese culture through food, various and sundry Japanese small items, and events.

Wagashi, Japanese confectionery, is a sophisticated work of elaboration made by the skills of professionals. There are many wagashi shops around Kagurazaka. While strolling in Kagurazaka, you will feel lured into shops selling interesting and cute Japanese items. They are popular souvenirs from Japan.



Koho Tsubakiya 香舖 椿屋



Maruoka Touen 丸岡陶苑

在神樂坂地區可體驗到飲食、和風小物、活動等各種豐富多樣的日本文化！

日本的和菓子相當細膩且優雅，展現著糕點師傅出類拔萃的手藝。神樂坂聚集著林林總總的和菓子店。神樂坂地區進駐著許多可愛的和風小物店鋪，漫步其中都讓人不禁想走進店內一探究竟呢！而和風小物也是相當熱門的伴手禮。

Kagurazaka and a Literary Figure 深受文豪青睞的神樂坂

One of Japan's greatest literary figures, Natsume Soseki, wrote about Kagurazaka in some of his novels. He lived in Waseda, which is near Kagurazaka, and therefore often visited Kagurazaka. It is obvious that Kagurazaka has aspects that attracted this literary figure and made him want to write about it in his novels. The house of Soseki in Waseda, where many of his novels were created, is now the "Natsume Soseki Memorial Museum." In the museum, his study room has been reproduced and you can see various materials related to Soseki, such as drafts of his writings.



Natsume Soseki 夏目漱石
©新宿区提供



Natsume Soseki Memorial Museum
漱石山房紀念館

代表日本的文學作家——夏目漱石，在他的作品中也多次出現神樂坂。夏目漱石居住在神樂坂附近的早稻田，據說他也經常親身造訪神樂坂。想必神樂坂有著令人想將其描寫進小說的魅力吧。

夏目漱石在位於早稻田的住所創作出許多名作，如今該住處已被改建為「漱石山房紀念館」。館內重現了當時的書房，訪客可欣賞到夏目漱石的草稿等資料。

Please see here for more information!

網站有更多資訊喔！

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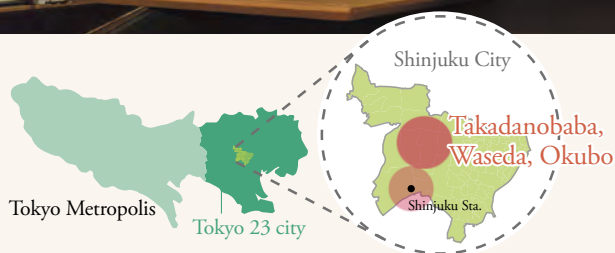
Takadanobaba, Waseda, Okubo

Here, we will introduce Takadanobaba, Waseda, and Okubo, three unique areas, imbued with university culture and ethnic diversity. Delve deep into the depths of Shinjuku and immerse yourself in the art, culture, and international atmosphere. And don't worry—lots of enticing food also awaits!

高田馬場、早稻田、大久保

這次將為大家介紹，可感受學生文化和民族風情，特色獨具的高田馬場、早稻田，以及大久保這三個區域。沉浸在藝術與文化的氣息及異國情懷中，感受新宿別具深意的一面吧！這裡還有許多充滿魅力的美食喔！

早稻田大學國際文學館(村上春樹圖書館)
Waseda International House of Literature (The Haruki Murakami Library)



JR Shinjuku Sta. → 5 min by train (JR Yamanote Line) → Takadanobaba Sta.
Seibu-Shinjuku Sta. → 3 min by train (Seibu Shinjuku Line) → Takadanobaba Sta.
→ 2 min by train (Tokyo Metro Tozai Line) → Waseda Sta.
JR Shinjuku Sta. → 2 min by train (JR Yamanote Line) → Shin-Okubo Sta.
JR新宿站→JR山手線5分鐘→高田馬場站
西武新宿站→西武新宿線3分鐘→高田馬場站→東京Metro東西線2分鐘→早稻田站
JR新宿站→JR山手線2分鐘→新大久保站

Takadanobaba and Waseda: A welcoming district buzzing with students

學生絡繹不絕的自在街區——高田馬場與早稻田

Takadanobaba and Waseda are collectively known as the “student city,” with the prestigious private Waseda University and other universities and vocational schools dotting the area. In addition to the Waseda International House of Literature (The Haruki Murakami Library), known for its architectural design by the world-famous Kengo Kuma, there are other places to immerse yourself in the area's rich culture such as the Natsume Soseki Memorial Museum (→ P.11) dedicated to novelist Natsume Soseki and the Yayoi Kusama Museum, which showcases artwork by the avant-garde Yayoi Kusama.

Furthermore, there are restaurants and *izakaya* (Japanese-style pubs) where you can get your fill of cheap, delicious dishes in hefty portions. The area is also one of Tokyo's biggest ramen “battlegrounds,” teeming with ramen restaurants with distinctive characters. Or, if you prefer to feel a “retro” atmosphere of the college town, head to “Game Center Mikado” and discover an array of arcade games from the 1980s and the 1990s.

高田馬場與早稻田地區又被稱為「學生街」，以知名的私立大學早稻田大學為首，眾多的大學與專門學校群集此地。這裡還有全球知名建築家隈研吾經手設計，特色獨具的早稻田大學國際文學館(村上春樹圖書館)、小說家夏目漱石的漱石山房紀念館(→P.11)，以及收藏前衛藝術家草間彌生作品的草間彌生美術館等，可接觸豐富的文化。



Game Center Mikado

此外，價廉味美、分量滿點的餐廳和居酒屋為數眾多，同時也是東京都內首屈一指的拉麵激戰區，有好幾家富有特色的拉麵店。另外，現在仍保留了具有學生街風格的遊樂場，如擺滿1980～90年代遊戲機的「GAME CENTER MIKADO」等，也是個可感受懷舊氣氛的街區。

With new business hotels on the rise in recent years, as well as Takadanobaba Station's easy access to larger cities like Shinjuku and Ikebukuro, this is a recommended area to use as your base for sightseeing in Tokyo. Step out of the Waseda Exit of Takadanobaba Station to be greeted by characters from Tezuka Osamu's comics painted on the wall below the overpass, including the famous “Astro Boy,” said to have been created in Takadanobaba.



高田馬場站地近新宿與池袋的鬧區，近年也有商務旅館在此逐一開幕，很推薦作為東京觀光的據點。在高田馬場站早稻田口高架橋下的牆面上，《原子小金剛》等手塚治虫作品中的角色迎面而來，據說它們都是誕生於高田馬場。



Yanagiya Ginjiro
柳屋銀次郎



Mentatsu Umayu
Takadanobaba
麵達 UMA 家
高田馬場店



Natsume Soseki Memorial Museum
漱石山房紀念館



Waseda International House of Literature
(The Haruki Murakami Library)
早稻田大學國際文學館(村上春樹圖書館)



Tokyo Sakura Tram (Toden Arakawa Line)
東京櫻花路面電車(都電荒川線)



Kaichu Inari Shrine 皆中稻荷神社



Okubo-dori Street 大久保通

Okubo: A district of rich international colors 富有國際色彩的街區——大久保

In the vicinity of Okubo Station is Hyakunincho (literally, “hundred-person town”). The town’s name is said to come from 100 troops of musketeers stationed here for the protection of Edo (current Tokyo) roughly 400 years ago. To this day, torii gates and stone lanterns dedicated by the musketeers stand tall at the Kaichu Inari Shrine. With Okubo-dori Street at its center, this historic area is now packed with restaurants and markets where you can savor the delectable flavors of Korean, Thai, Vietnamese, Nepalese, and other Asian cuisine.



百人町位於大久保站附近，在約400年前，曾居住著負責江戶（現在的東京）警備的鐵砲組百人隊，並因此得名。如今，在「皆中稻荷神社」內還保留著他們供奉的鳥居與燈籠。這個歷史悠久的地區，現在則以大久保通為中心，開設了包括韓國、泰國、越南、尼泊爾等，可品嚐亞洲各地美食的餐廳和食品店。

Shin-Okubo rules

Please follow the rules during your excursion!

遵守規矩，愉快散步！新大久保的規矩

1. Do not block the path when stopping or waiting in line in front of a restaurant or store.
在店面前等候排隊時，請勿妨礙到交通通行。
2. All food should be enjoyed inside restaurants, or, with takeout, at Nishi-Okubo Park or at your accommodations.
飲食請於店內或西大久保公園等，或是外帶回住宿處等享用。
3. Do not litter or smoke on the street.
禁止隨意丟棄垃圾，路上禁止吸菸。

Popular local sakura-viewing spots 當地特有的櫻花名勝

Recommended for those yearning for a light stroll, Toyama Park, a popular spot for viewing cherry blossoms, azaleas, and more. Inside, you’ll find the 44-meter-tall Mt. Hakone, the highest elevation within the Yamanote Line loop in Tokyo. From late March to early April, stunning cherry blossoms bloom along the Kanda River. Enjoy the blossoms enveloping the river as the Toden tram runs along its flank, creating the quintessential scene of Shinjuku in the spring.

戶山公園是櫻花和杜鵑等的賞花勝地，很適合想愜意散步的遊客造訪。園內有山手線內側最高的山——箱根山，高44公尺。在3月下旬至4月上旬，在神田川沿岸則可欣賞優美的櫻花；盛開的櫻花宛如包覆著神田川一般，搭配上從旁行駛而過的都電，構成新宿的春日風情畫。



Kanda River 神田川



Toyama Park 戶山公園

Please see here for more information!

網站有更多資訊喔！

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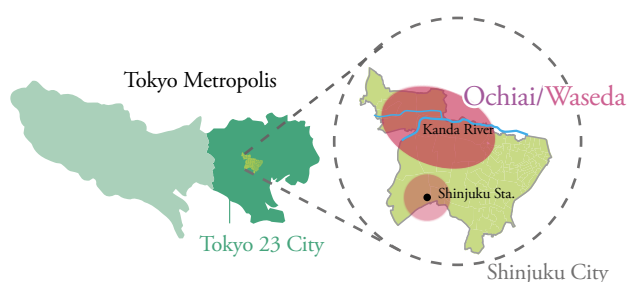
一同探究新宿的新魅力吧！

Ochiai 落合

Dyeing Town, Shinjuku 染色之街「新宿」

Shinjuku City has been home to dyeing workshops and studios that dyed traditional kimono from the Edo period (1603–1868) and even today continues to hand down the techniques and fabrics as one of the main local industries of Shinjuku. Here we introduce an aspect of Shinjuku as a town of dyeing.

從江戸時代(1603～1868年)起，新宿區內即有許多彩染傳統和服的染色工坊。其技術與作品至今仍作為新宿當地的產業傳承下來。讓我們為你介紹新宿「染色之街」的一面。



Ochiai area

JR Shinjuku Sta. → 5 min by train (JR Yamanote Line) → Takadanobaba Sta.

Seibu-Shinjuku Sta. → 6–8 min by train (Seibu Shinjuku Line) → Shimo-Ochiai Sta. or Nakai Sta.

Shinjuku-nishiguchi Sta. → 10 min by train (Toei Oedo Line) → Nakai Sta.

Waseda area

Seibu-Shinjuku Sta. → 3 min by train (Seibu Shinjuku Line) → Takadanobaba Sta. → 2 min by train (Tokyo Metro Tozai Line) → Waseda Sta.

Other train line: Omokagebashi Sta. (Tokyo Sakura Tram <Toden Arakawa Line>)

落合地區

JR新宿站→JR山手線5分鐘→高田馬場站

西武新宿站→西武新宿線6～8分鐘→下落合站或中井站

新宿西口站→都營大江戶線10分鐘→中井站

早稻田地區

西武新宿站→西武新宿線3分鐘→高田馬場站→東京Metro東西線2分鐘→早稻田站

其他路線：東京櫻花路面電車(都電荒川線)面影橋站

Area Where Traditional Fabric-dyeing Techniques Continue Even Today

Tokyo fabric-dyeing, one of the traditional fabric-dyeing techniques for a variety of beautiful patterns of *kimono*, and a representative of the traditional culture of Japan, is still vibrant in Shinjuku, ranking it alongside the fabric-dyeing techniques of Kyoto (Kyoto Pref.) and Kanazawa (Ishikawa Pref.). Fabric-dyeing workshops started gathering along the river about 100 years ago, looking for clean water necessary for dyeing. There are various fabric-dyeing techniques, including Yuzen and Komon. At present, the area is dotted with many fabric-dyeing workshops and studios, and they are each honing their own techniques.

染布手藝猶存的街道

和服是日本的代表文化。為和服印染上各式美麗花樣的傳統技藝，媲美京都、金澤地區的東京染，至今仍傳承於新宿地區。為追求染色時不可欠缺的優質好水，大約100年前便有許多的染物業者聚集於河川沿岸。友禪或小紋等，印染技法林林總總。現今仍有許多染色工坊分布於此，磨練技藝、精益求精。

Some no Komichi, a Colorful Sight to See Just Once a Year

Annual event in winter!

Some no Komichi festival is held to offer large numbers of people opportunities to see, feel, and understand the traditional fabric-dyeing culture of the Ochiai area. There will be “River Gallery,” where many *tanmono* (long strips of cloth) will be hung out to float above the river, and “Road Gallery,” where colorfully-dyed *noren* (split-curtain signs for shops) will be displayed on the front of the stores. Don't miss this lively and colorful scene available only three days a year.

一年一度的景象「染之小徑」

每年冬季的慣例活動！

為使更多人能實際欣賞、接觸，並了解落合地區傳統的染色工藝，因此舉辦了「染之小徑」活動。活動期間，將會有河川上掛滿染色布料的「河川藝廊」，以及商店街店鋪門前齊掛繽紛「門簾」的「街道藝廊」。切勿錯過這一年中僅有3天限定的繽紛景色。





Re-creation of "Arai" (washing), one of the old dyeing processes.
傳統的染色製程之一。重現清洗的樣貌。



Painting 色插工法(以染料進行染色)的情景



Store curtain with sakura
(cherry blossoms) motif 櫻花門簾



Some no Komichi 染之小徑

Try Traditional Dyeing

There are some studios that offer hands-on classes of traditional fabric-dyeing. Your personal product will make a perfect souvenir.

嘗試一下吧！染色體驗

這裡也有能體驗傳統染色技藝的工作坊。做為伴手禮也非常適合。

Tokyo Dye Museum (Tomita Dye Crafts)

東京染物語博物館

You can try dyeing various patterns using a paper template and brushes.

您可在這裡體驗到使用紙型與毛刷，來進行細緻的圖樣印染。

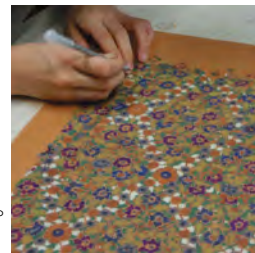


Some no Sato OCHIAI FUTABAEN

染之里落合 二葉苑

This place offers hands-on dyeing classes to make daily items, such as table runners and tote bags.

您可在這裡體驗印染於桌布或手提袋等日常用品。

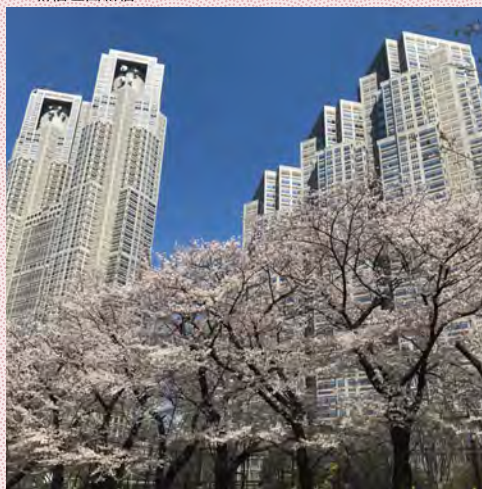


Cherry blossom viewing spots in Shinjuku

新宿的賞櫻景點

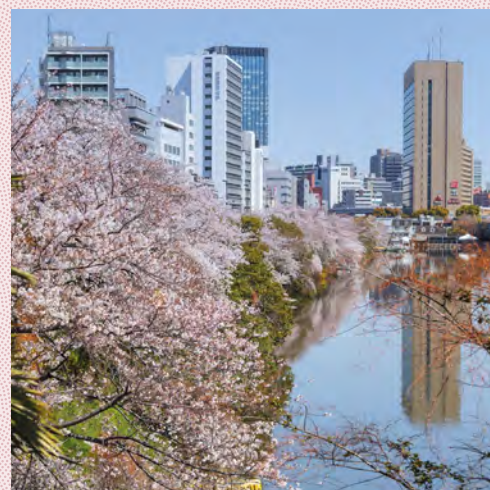
Shinjuku Chuo Park 新宿中央公園

2-11 Nishi-Shinjuku, Shinjuku City
新宿區西新宿 2-11



Nishi-Ochiai Park area 西落合公園附近

From Shimura Bridge to Nishi-Ochiai Park
四村橋～西落合公園



Cherry blossoms along the outer moat

護城河的櫻花樹
From 1-chome Yotsuya to Kaguragashi
四谷一丁目～神樂河岸

Please see here for more information!

網站有更多資訊喔！

자세한 정보는 웹사이트로!

att-japan.net/



English



繁體中文



简体中文



한국어



日本語

Let's get two maps to enjoy Shinjuku!

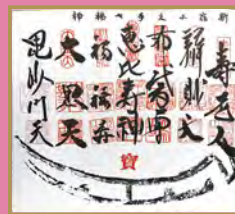
入手兩份地圖暢遊新宿吧！

Shinjuku Yamanote The Seven Gods of Good Fortune 新宿山手七福神巡禮



In Shinjuku, you can experience traditional Japanese culture called "Shichifukujin Meguri," a tour to visit the seven lucky gods, throughout the year. Via the tour to visit 7 temples and shrines in the Shinjuku area, you can collect luck!

在新宿全年都可體驗日本傳統文化「七福神巡禮」。歡迎巡訪新宿區內的7座寺廟和神社，蒐集好運！



*The map is presented in both Japanese and English.
※地圖為英日雙語版。



English



繁體中文

SHINJUKU MAP & GUIDE The best places & top things to do



This English version guide map is filled with attractive aspects of Shinjuku. It contains a map around Shinjuku Station, a map of Shinjuku City, the best places to visit, recommended routes around Shinjuku Station and Kagurazaka, and lots more!

滿載新宿魅力的英語版指南地圖，介紹新宿站周邊地圖、新宿區全區地圖、精彩景點、新宿站周邊以及神樂坂的推薦路線等。



*The map is English version. The Japanese version is available in PDF only.
※地圖為英文版本。日文地圖僅有提供電子版PDF。



English



繁體中文



The guide map is available at the Shinjuku Tourist Information Center and some hotels in Shinjuku. It is also available on our website.

可於新宿旅遊問訊處、區內的飯店等處取得。也有公布在網路上喔。

Issued by:
**Shinjuku Convention
& Visitors Bureau**

一般社団法人 新宿観光振興協会

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All information contained in this guidebook is accurate as of January 2024.