

JAPAN TOKYO



2019
Winter/
Spring

vol.1

FREE

English
簡体中文

創刊号

SHINJUKU VISITOR'S GUIDE

Detailed
MAP
Included

東京新宿



- Shinjuku Station Maps by Exits & Main Spots
- Must-Go Gourmet & Shopping Spots

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Dinner, Mon.-Fri., 17:00-22:30 (last order, 22:00);
Sat., 16:30-22:30 (last order, 22:00);
Sun. & Holidays, 16:30-22:00 (last order, 21:30)

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Hours: 11:00-23:00, (last order, 22:00)

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Osashimiya Shinjuku Nishiguchi HALC Store 03-5909-3890

Shokudo Sakaba Hal-Chika MB3F, Shinjuku Nishiguchi HALC, 1-5-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo

No fixed holidays

Shinjuku 新宿

An exciting city area of Tokyo whenever you visit: Shinjuku. It has prospered as an important transportation point that also offers pleasures like shopping, gourmet dining, and entertainment. It is an office town as well, with an exciting lineup of high-rises. New shops are born, one after another, while long-established shops remain. The ever-shifting, always-compelling looks are stimulating.

不论何时来访，东京新宿永远都是那么令人激动兴奋。新宿作为交通枢纽而非非常繁荣，集购物、美食、娱乐于一体，也是超高层大厦集中的办公街区。这里有从以前一直保存下来的老字号，也有新店陆续开张。不断变化的风貌总能给人无限惊喜。

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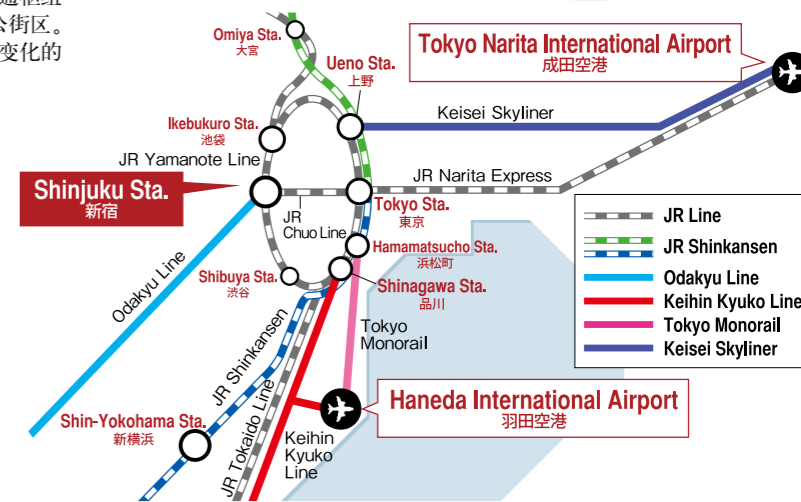
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Notes

- Information published in this magazine is as of 14 November, 2018. There may be cases of prices having been changed since then, so please check with the stores before use. And there are instances of consumption tax, other service fees applied separately.
- The details of what have been referred in this magazine could be changed or discontinued due to weather or other reasons. Please check with the organizer/facility/store before heading out.
- Please note that the opening/business hours, charges, closed days, event opening periods and menu contents of facilities and stores published in this magazine are subject to change without notice.
- 注意
- 本杂志刊登的信息为截至2018年11月14日的最新内容。价格可能会发生变动，请事先向店家进行确认。此外，可能还需支付服务费等其他费用。
- 本期介绍的内容，可能因天气情况或其他因素出现变动甚至取消。出行前请事先向主办方、设施、店铺等进行确认。
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 <p>Restaurant & Cafe Manna B2 Restaurant representing Nakamura with dishes including authentic Indian curry, dubbed "the taste of love and revolution." Enjoy the timeless taste of tradition. Reservations are not accepted. 03-5362-7501</p>	 <p>Casual Dining & Japanese Wine Granna 8F Savor delicious food and wine in a restaurant that helps you forget city hustle and bustle. Feel free to dine here for your party or banquet. Reservations are accepted. 03-3352-6167</p>
 <p>Sweets & Deli Bonna B1 A shopping floor for food, including Japanese and Western sweets as well as freshly fried special curry buns finished by confectioners in the shop, and restaurant-quality side dishes made by chefs. 03-5362-7507</p>	 <p>Nakamura Salon Museum of Art 3F Contemporary art here showcases artists who met at Shinjuku Nakamura from the end of the Meiji to the early Showa periods. Intimate in size, our museum is a venue where many people can gather and spend a luxurious amount of time appreciating art and more. 03-5362-7508</p>

新宿中村屋 Shinjuku Nakamura Bldg.
3-26-13 Shinjuku, Shinjuku-ku, Tokyo
https://www.nakamura.co.jp/

<By JR Lines> 2-min. walk from Higashi Exit Shinjuku Station
<By Tokyo Metro Marunouchi Line> Connected to A6 Exit of Shinjuku Station



A Warm Welcome to All: Come Discover City Charms Found Only in Shinjuku

喜迎八方来客,笑纳四海宾朋在新宿,您可以领略到东京其他地区所没有的魅力

As a city within a city, Shinjuku warmly welcomes all visitors, even first-timers, as seen in the average use of our Shinjuku station by about 3.7 million people every day. Here is a site-specific culture that feels accepting, which makes newcomers and frequenters of all ages feel comfortable walking alongside each other and enjoy the city.

There are many relatively small-scale shop buildings maintained by the same owners for decades, and they cooperate and partake with a passion for making their home ground even better alongside other community members in local activities linked to shopping arcades, commerce and industry society, and tourism associations. Such widespread commitment assures that major developers are quite unlikely to take over, and though smaller changes occur daily, there's been no drastic makeover, which means Shinjuku cityscape and atmosphere remain untouched and original.

Another appeal of Shinjuku is that each of the many areas—like Kabukicho, Golden Gai, Arakicho, and Kagurazaka—has a

unique ambience. Perhaps not listed as tourists hot spots, insider knowledge and my personal recommendation suggest a visit to Waseda University campus and sacred sites like Hanazono Shrine and Kumano Shrine, which are close to the station yet offer a sanctuary not only for getting away from city noise but also for the sense of traveling back in time. What's more, at Waseda's Tsubouchi Memorial Theatre Museum, visitors may study up on the signs of the times for each generation as well as learn about various aspects of culture and art.

Shinjuku Takano, of which I am the fourth-generation head, is a fruit grocer with a history of over 130 years. At our founding, the railroad had just been opened, and the company began as a cocoon broker and used tools seller in front of the newly opened Shinjuku Station. However, with the arrival of the muskmelon, Japan's renowned luxury fruit, at the agricultural experiment station formerly at Shinjuku Gyoen, the company changed course and became a fruit retailer.

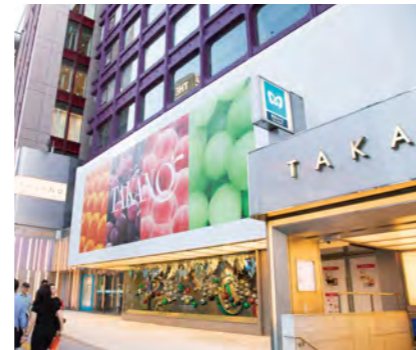
Our biggest selling point is giving you our

fruit at optimal ripeness and flavor. However, in addition to fruit, we also offer cakes and salads featuring fruit as only a fruit seller can provide. Unlike most cakes sold in shops, we focus on the fruit and have worked hard to create sponge cake and cream that enhance the fruit for a fully realized taste experience.

At our Shinjuku Takano Fruit Parlor flagship store, our Parferio (B2 floor), with an open counter and view of the kitchen work area, is popular with foreign customers. We also sell fruits, cakes and salads on B1 and B2 floors, and on the fifth floor we have our Fruit Bar restaurant, with a popular lunch buffet option, and Fruit Parlor, which has parfaits and other dessert offerings. Please do stop by when you're in Shinjuku.

Shizuoka Muskmelon Parfait on sale at the Fruit Parlor is a real treat. The melon, carefully cultivated where each tree bears only one fruit, is the cream of the crop for flavor and aroma.

可在Fruit Parlour品尝到的“静冈县产网纹甜瓜芭菲”。用一棵果树只结一颗果实的“一树一果”的方法精心培育的甜瓜,无论味道还是香气都堪称最高品质。



Shinjuku Takano Honten, at the entrance to Shinjuku Dori, a street giving priority to pedestrians on Sundays and holidays from noon.

新宿高野本店位于新宿大道的入口。新宿大道逢周日、节假日从中午开始实施交通管制,行人优先通行。

Kichitaro Takano 高野 吉太郎先生

President & CEO, Shinjuku Takano 新宿高野 代表取缔役 社长
President, The Tokyo Chamber of Commerce and Industry Shinjuku Chapter 东京商工会议所 新宿支部 会长
Vice-Chairman, Shinjuku Convention & Visitors Bureau 新宿观光振兴协会 副理事长

Shinjuku, city site more visited by overseas travelers than any in Japan, makes it hard to find a place that warmly and graciously welcomes one and all, where everyone feels at home. Here, we talk with Kichitaro Takano, fourth generation head of Shinjuku Takano, a fruit grocer with a history of 133 years in Shinjuku. Performing many key roles in the city, he is a leading figure in this busy and bustling metropolitan center. Among our topics of discussion are appealing factors and facets of the city as well as of Shinjuku Takano.

新宿是来日外国游客最多到访的街区。无论是谁、来自何方都能轻松融入新宿,这里可能是日本最具包容力的地方。拥有133年历史的老字号水果店新宿高野已传承至第4代,现任社长高野吉太郎在新宿地区担任多项要职,堪称“新宿的头面人物”。这次,我们就新宿和新宿高野的魅力访问了高野吉太郎社长。

PROFILE

Born 1952, in Shinjuku. Graduated Tokai University, degree in political science and economics. Joined Takano Co., Ltd., in 1977, and in 2005 was appointed fourth-generation president. He assumes the position and succeeds to the official family name of Kichitaro. He holds many important roles in various organizations throughout Shinjuku, including President, Shinjuku Chapter, Tokyo Chamber of Commerce and Industry, as well as key roles in police stations, fire stations, and tax office.

1952年出生于新宿,之后毕业于东海大学政治经济学系。1977年加入株式会社高野。2005年,从原名芳一继承吉太郎之名,出任第四代社长。以东京商工会议所新宿支部会长为代表,身兼警察、消防、税务等新宿各大团体的要职。

日均客流量约370万人的新宿站就坐落在新宿,即便是第一次来到这里,也能很快融入其中。不管是老朋友,或是第一次来访的游客,新宿都会张开臂膀迎接大家的到来,让不同年代的人走在一起,来了绝对不会失望。新宿区内有很多由业主自行管理、规模相对较小的老式店铺大楼,业主们心念社区,积极参与配合商业街、商会、观光协会等组织的地区活动,都希望将社区建设得更加美好。正因为如此,大开发商才无从入手,每天虽然都会有一些小小的变化,但基本没有巨大的风貌转变,依旧保持着新宿独有的景观和氛围。

歌舞伎町、黄金街、荒木町以及神乐坂等各个区域氛围迥异,这也是新宿的魅力之一。虽然没有热门景点,但可以去神社和早稻田大学看看。花园神社、熊野神社等离新宿站

都很近,能带您远离城市的喧嚣,体验回溯往昔的奇妙空间。位于早稻田大学校区内的演剧博物馆中展示有不同时代的人间世相,有机会与文化和艺术来一次深层次的接触。新宿高野传承到我手里已经是第4代了,我们是一家拥有130多年历史的水果专门店。最初我们在铁路刚刚开通的新宿站站厅前创业时,主营业务是蚕茧中间商和二手用具销售。后来,在新宿御苑中曾经开设过一个农业试点,在那里培育出了日本引以为傲的网纹甜瓜,而以此为契机,转型成为了水果专门店。我们最大的特色,也是我们坚持的东西,那就是熟知各种水果最佳食用季节和时间,提供最美味的水果。我们也有推出使用水果作为原料的蛋糕和沙拉,但作为“水果店做的蛋糕和沙拉”,它们的风味可与西洋点心店等做出来的东西不同,我们追求的始终是让

顾客尽享水果的美味,为此我们也在海绵蛋糕和奶油等方面做足了功夫。新宿高野本店受到外国客人好评最多的是设有开放式柜台,可亲眼看到制作过程的“Paferio”(B2F)。B1、B2F还有水果、蛋糕和沙拉等出售,5F则有自助午餐非常受欢迎的“Fruit Bar”餐厅以及可品尝芭菲等甜点的“Fruit Parlour”,欢迎您在游玩新宿时莅临新宿高野本店。

Shinjuku Takano

新宿高野
新宿高野

☎03-5368-5147

Shinjuku Takano3-26-11,
Shinjuku, Shinjuku-ku, Tokyo
东京都新宿区新宿3-26-11



Around Shinjuku Station

新宿駅周辺



West Exit Area

西口区域

Near Shinjuku Station's West Exit are major department stores like Odakyu department store along with hotels and high-rises. Many of these skyscrapers offer fabulous panoramic views of the city from their upper floors.

以小田急百货店为代表, 新宿站西口周边商场和酒店、高楼大厦林立。从各处楼宇的上层, 可将新宿的景色尽收眼底。

Skyscrapers

高层建筑群 高層ビル群

One of Japan's largest clusters of skyscrapers, Shinjuku's towering buildings light up after sunset for a magnificent nightscape. Many house renowned restaurants on top floors, also making the area famous as a gourmand's hangout.

这里是日本有名的办公大楼街。一到晚上, 就营造出美丽亮丽的夜景。此外很多知名餐馆在大厦的上层开设有店面, 也是著名的美食打卡景点。



©TCVB

Tokyo Metropolitan Government Building



東京都庁舎 東京都庁舎

The top part of the 48-story Tokyo Metropolitan Government Building is designed as twin towers. This sharp artistic design is the work of a famous architect and a must-see. City views from the Observatory on the 45th floor, open to the public, is breathtaking.

共48层的都厅舍上部为双塔结构。出自建筑名家之手的外观犀利而富于艺术气息, 是不容错过的景点。45层的展望室对公众开放, 凭窗远眺, 美景一览无余。

Kumano Shrine

熊野神社 熊野神社

Tutelary shrine of the area from Kabukicho to the West Shinjuku area on the other side of the station once had in the Edo period (1603-1868) large and small ponds, making for an ideal recreational space. A talisman of the shrine's symbol, three-legged Yatagarasu (mythical raven), is said to bring good luck in games and gambling.

是包括新宿站在内的从歌舞伎町到西新宿地区的镇守神社。在江户时代, 神社里曾有大小两个池塘, 经常有各种娱乐活动。该神社的象征3足八咫鸟的护身符作为必胜护身符深受大家的喜爱。



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European Mode 11 Mar. 2019 ~

South Exit Area

南口区域

There are the Shinjuku Expressway Bus Terminal "Busta Shinjuku" as well as Takashimaya Times Square on the east side, and Shinjuku Southern Terrace on the west side, encompassing the railroad tracks.

以高速巴士总站"Busta新宿"为首, 东侧是高岛屋时代广场, 西侧是新宿南步道(Southern Terrace), 簇拥在铁路路线周围。

Shinjuku Expressway Bus Terminal

新宿高速巴士总站 **バスタ新宿**

A large bus terminal accommodating expressway buses going to and coming from areas around Japan are daily served by long-haul buses to places like the Tohoku, Tokai, Hokuriku, Kansai, Shikoku regions, as well as Kyushu.

是日本全国高速巴士集散的巨大巴士枢纽站。从东北、东海、北陆、关西、四国乃至九州, 每天都有长途巴士发送旅客。



Shinjuku Gyoen National Garden



新宿御苑 **新宿御苑**

The site of a private mansion of a feudal lord of the Edo period became an imperial garden in 1906 and a national garden after WWII. In addition to formal, landscape, and Japanese gardens, plus a large greenhouse, there are historical buildings like the Old Imperial Rest House and Kyu-Goryo-Tei (Taiwan Pavilion) that enable visitors to see the history of the Imperial House.

江戸時代の旧邸宅在1906年成为了皇室庭院, 并在战后成为了国民公园。园内除了整形式庭院、风景式庭院、日本庭院、大温室外, 还有作为历史建筑的老洋房御休所及旧御凉亭, 在这里可以看到皇室的历史。

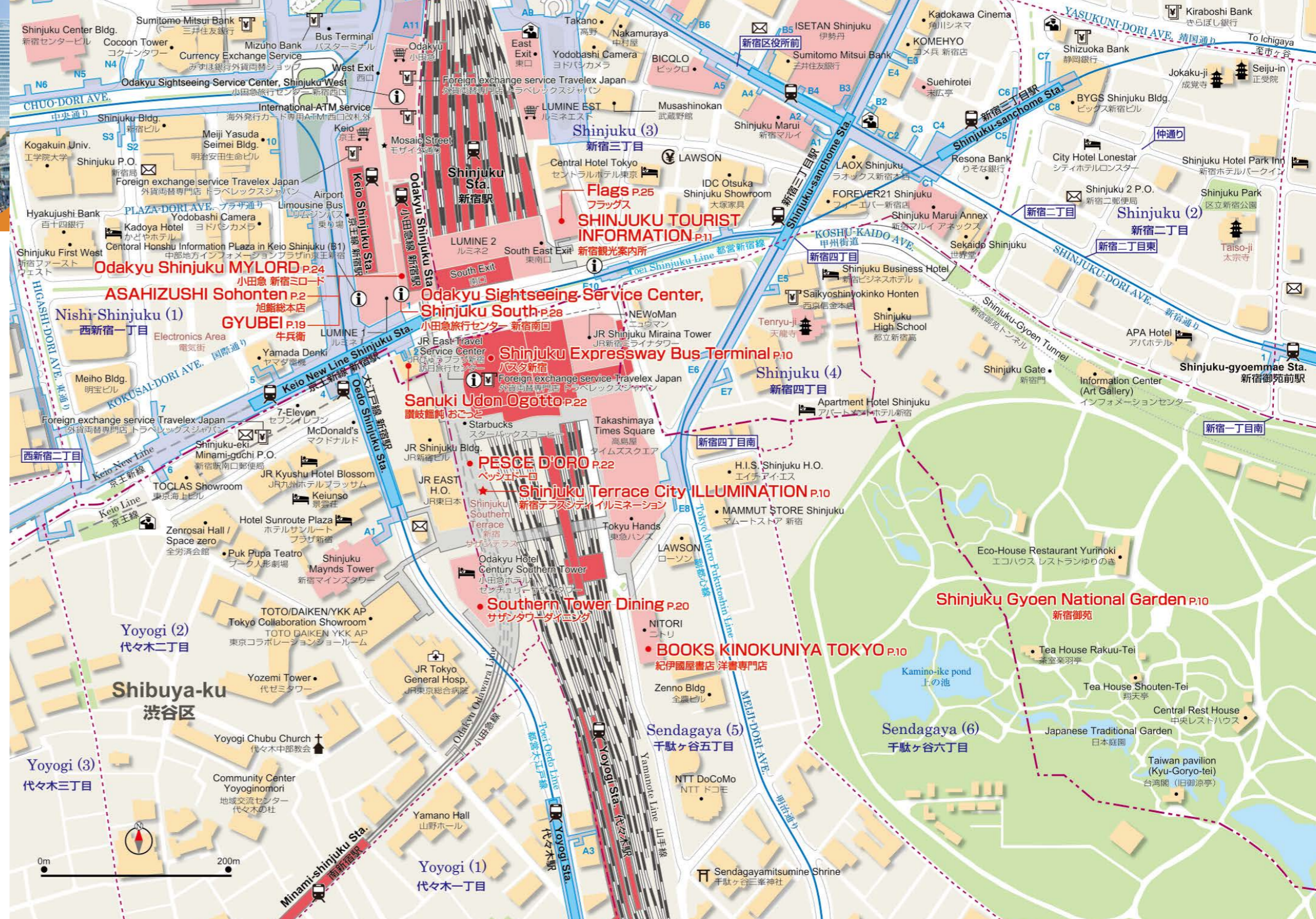
Shinjuku Terrace City ILLUMINATION

新宿Terrace City彩灯 '18-' 19

新宿テラスシティイルミネーション '18-' 19

A popular annual illumination event held at commercial facilities around Shinjuku Station (from Odakyu HALC, outside the West Exit, to Shinjuku Southern Terrace). Nov. 14, 2018 (Wed.)-Feb. 14, 2019 (Thu.) (Excluding some decorations)

在新宿站周边商业设施(新宿西口HalC~新宿Southern Terrace)举行, 每年都广受好评的彩灯之盛典。2018年11/14(周三)~2019年2/14(周四)(部分装饰除外)。





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SHINJUKU TOURIST INFORMATION

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■ Service hours: 10:00 ~ 19:00 ■ Closed: Dec. 29 - Jan. 3

<http://www.kanko-shinjuku.jp/>

East Exit Area

东口区域

On the East Exit side is Kabukicho, Japan's largest entertainment district, as well as many cultural facilities such as live music clubs, jazz bars, vaudeville houses, and movie theaters.

东口周边除了有日本最大的娱乐街“歌舞伎町”，还是小型音乐厅和爵士咖啡馆、曲艺场、电影院等文化娱乐设施的集中地。

Kabukicho

歌舞伎町 歌舞伎町

A very famous area with a bustling night scene includes many eateries serving ramen, yakiniku barbecue, Chinese, shabu shabu and more, making it a fun and savory district to explore during the day as well.

以夜店集中而闻名的区域。还有拉面、烤肉、中华料理、涮锅等大量餐饮店，白天在此漫步也充满趣味。



Shinjuku-dori



新宿大街 新宿通り

The street goes through JR Shinjuku Station East Exit, Shinjuku 3-chome, a busy shopping district, and goes through to Shinjuku Gyoenmae Station. Along the way are major shopping locations such as electrical appliance retailers, mega bookstores, renowned department stores, and high-fashion brand shops.

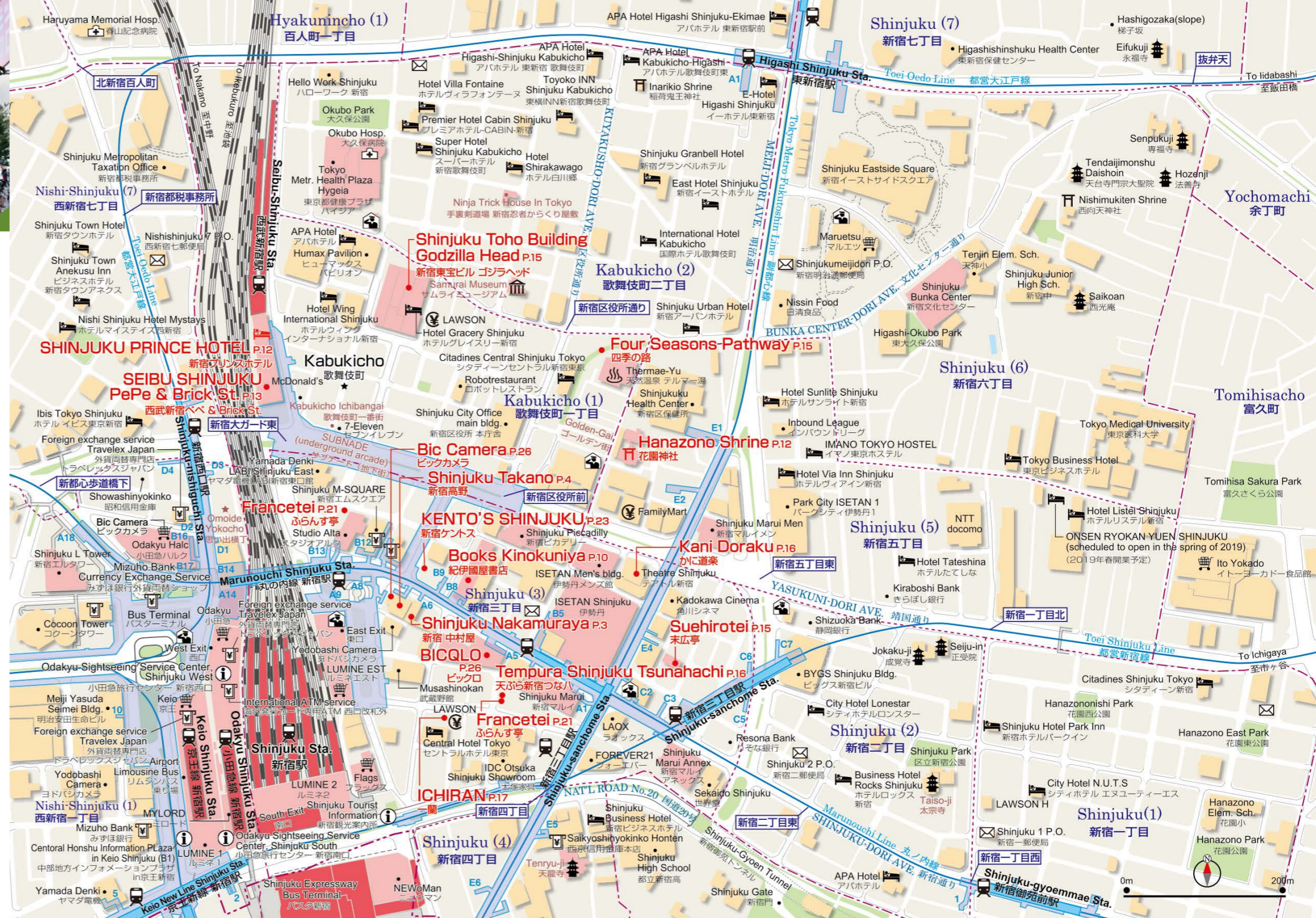
新宿大街经由衔接JR线东口、购物街的新宿三丁目，直通新宿御苑前站。大街两旁坐落着家电商城、大型书店、商场、名牌专卖店。


Hanazono Shrine

花园神社 花園神社

A local shrine serving as the tutelary god of Shinjuku going back before the 17th century has had strong connections with public entertainment, and on the shrine grounds is Geino Sengen Shrine, where one can worship the god of entertainment and media, as well as Itoku Inari Shrine, whose god grants prayers for blessed engagements, marriage, and children.

作为新宿的总镇守神社。在江户开府(1603年)前就是神道教信仰的集中地。从江户时代起与艺术界的关系就非常深厚。神社境内除了艺能浅间神社外，还供奉着祈求姻缘和夫妇和睦非常灵验的威德稻荷神社。





Seibu Group
Smiles ahead

FUGA

JAPANESE DINING & BAR

Japanese Dining and Bar FUGA is an adult hideaway born in Tokyo's Shinjuku area. The ever changing panorama of Tokyo city can be viewed from every seat. Our deluxe ingredients and the cooking prowess to match makes for a flavor and elegant experience that you won't soon forget.

Prince Hotel Shinjuku
SHINJUKU PRINCE HOTEL
1-30-1 Kabuki-cho, Shinjuku Tokyo, 160-8487 Japan
Tel: 81-(0)3-3205-1111 princehotels.com/shinjuku/

Open till 22:00! Enjoy tax-free shopping and Alipay-usable stores in addition to the following!
营业至晚上22点！除以下店铺外还有其他提供免税和支持支付宝支付的店铺！



無印良品
MUJI
7F [Clothing and housewares] [服饰、生活日用品]
☎03-5292-3951



Can★Do
Can Do
8F [¥100 shop] [100日元店]
☎03-3202-1160

Shops & Restaurants




Seibu Shinjuku PePe & Brick St.
西武新宿 PePe & Brick St.
11:00-22:00 B2 10:00-22:00
1-30-1, Kabukicho, Shinjuku-ku, Tokyo
03-3232-7777
Directly connected to Seibu-Shinjuku Station, Seibu-Shinjuku Line
5-min. walk from East Exit, JR Shinjuku Station

For details, visit the website below:
請扫码获取详情

The website is available in four languages:
English, Chinese, Korean, and Thai.
官网提供4种语言版本，包括英语、中文、韩语、泰语。



12

13

Shinjuku Skyscraper Walking Tour Course

超高层大楼群漫步 路线

Enjoy a walk from a shopping area near the West Exit to a thrilling cluster of Tokyo Metropolitan Office Buildings and other modern high-rises.

从车站西口的购物区出发，走入以东京都厅大楼为代表的超高层近代建筑群区域。

2 Observatory, Tokyo Metropolitan Government Building 东京都厅展望室

東京都庁展望室 MAP P9

Observatory on 45F offer a commanding view of Shinjuku. (Open 9:30-23:00; last admission, 22:30)

45层的展望室是可将新宿街景尽收眼底的绝佳景点(开放时间9:30~23:00, 最晚入室时间为结束时间前30分钟)。

walk 15min.

4 Naruko Tenjin Shrine

成子天神社 成子天神社 MAP P6

This shrine is dedicated to Tenjin, god of learning who also wards off evil. Fuji-zuka, a mound of Mt. Fuji lava rock, is a relic of Edo-period (1603-1828) ascetic practice and mountain faith practiced on and around the holy peak. There is a power spot of the Seven Deities of Good Luck. The shrine is also famous as *meguri tenjin* (visit around enshrined gods).

这里供奉着以“学问之神”和“消灾解难之神”而闻名的天神。神社境内的采用富士山溶岩制作而成的富士家，是江户时期盛行一时的富士信仰文化的遗迹。境内还有天神巡礼非常有名的七福神等景点。



6 Omoide Yokocho

回忆小巷

思い出横丁 MAP P9

Some of the 300-plus food stalls that once lined this memory lane and prospered after the war remain today, now an area of bars and restaurants including many grilled skewered chicken (*yakitori*) stalls known as *yakitori yokocho*.

二战后300间以上的小摊贩中的一部分留存至今，形成了这里具有怀旧气息的小酒馆一条街。这里也被称为烤鸡肉串一条街，烤鸡肉串店非常多。



1 Shinjuku Station West Exit

新宿站西口周边 新宿駅西口周辺 MAP P9

Shopping zone of department stores includes Odakyu and other shops. On the bus terminal side are large consumer electronics retailers like Bic Camera.

小田急百货店等商场栉比鳞次的购物街。在巴士总站一侧，坐落着Bic Camera等大型家电商城。

walk 5min.

3 Shinjuku Central Park

新宿中央公园

新宿中央公園 MAP P8

Adjacent to a group of skyscrapers, the park is a popular metropolitan oasis where springtime cherry blossoms and autumn foliage are delights of the season.

与高层大厦群相邻，作为大都会中的绿洲而受到人们喜爱。这里春季樱花绚烂，秋日红叶似火。



walk 10min.



5 Sculpture of LOVE

LOVE雕塑

LOVEオブジェ MAP P9

The sculpture by America pop artist Robert Indiana is one of many LOVE pieces around the world. Many travelers come here just for this work of art.

美国波普艺术家罗伯特·印第安纳的作品，相同的“LOVE”雕塑分散在世界各地。很多游客专程而来只为一睹雕塑的风采。



Enjoy Entertainment Spots Course

娱乐景点 路线

An exciting tour begins from the East Exit to Shinjuku 3-chome. After enjoying a visit at long-established department stores and brand shops, have a fun time out in Shinjuku's unique nightlife experienced in theaters and live music clubs.

从车站东口至新宿三丁目。在您逛过了老字号百货店、品牌店之后，还可去演艺场、小型音乐厅(live house)享受夜晚的新宿。



林家たい平/Taihei Hayashiya

2 Suehirotei

未広亭

未広亭 MAP P13

In this venue with a wood building recalling ambience of the Edo period (1603-1868), you'll find rakugo (comic storytelling) and manzai (two-man comic act) performed for your delight.

上演日本古典艺术之一的落语(单口相声)和漫才(对口相声)等的曲艺场。建筑物也都是木造结构，令人浮想起江户时代的风貌。

walk 2min.

walk 5min.

4 O-Guard Shinjuku area

新宿大Guard周边 大ガード周辺 MAP P12



Enjoy shopping among Yasukuni-dori Street shops like Don Quixote, Yamada Denki, fashion building PePe, and more, all sure to tickle your fancy.

沿着靖国大道，唐吉珂德、山田电机、Fashion Building PEPE等星罗棋布。快来进行一场充满刺激的购物之旅吧。

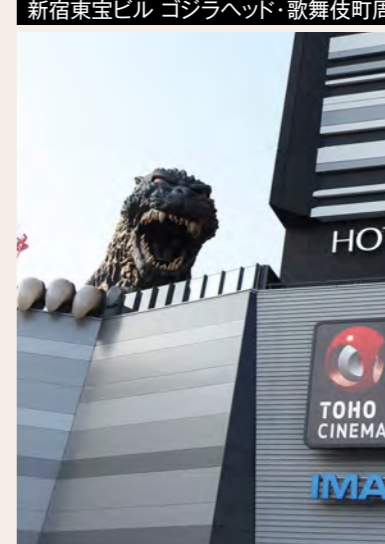
walk 10min.

walk 5min.

5 Shinjuku Toho Building

新宿东宝大厦 哥斯拉头像、歌舞伎町周边

新宿東宝ビル ゴジラヘッド・歌舞伎町周辺 MAP P13



Godzilla, world-famed monster character, looks down on one and all scaled to his movie size, from the eighth floor. This Shinjuku must-see towers as forceful as if alive. Other great fun includes a night in Kabukicho, a town area that never sleeps, complete with large and small izakaya, nightclubs, movie theaters, and more.

怪兽电影“哥斯拉”是日本的骄傲。在新宿东宝大厦的8楼，实物大小的哥斯拉俯视而下。逼真的头像带给人无尽的冲击！“不眠之街”歌舞伎町散布着大大小小的居酒屋、夜店、电影院，一派长夜未央的景象。



Sushi 寿司

Sushi places fish, shrimp, squid, shellfish, etc., atop of a small amount of vinegar-flavored rice. It's eaten with a bit of *wasabi* Japanese horseradish and soy sauce for added flavor.

以醋浸渍白米做成的寿司饭，配上鱼、虾、乌贼、贝类等，再经手工揉握而成即为寿司。可蘸上少许芥末、酱油后品尝。

ASAHI ZUSHI Sohonten, Tokyo Opera City 53F Store
 旭觴总本店 东京歌剧城53F店
 旭觴总本店 東京オペラシティ53F店
 Tel.03-5353-0470
 MAP P6



Originator of Teppanyaki Steak
 Misono Shinjuku Store
 元祖 铁板烧牛排Misono 新宿店
 元祖 鉄板焼ステーキみその 新宿店
 Tel.03-3344-6351
 MAP P.9

Teppanyaki Steak 铁板烧

Meat, seafood, and veggies are served fresh and cooked on a countertop iron griddle in a fabulous performance by spatula-wielding chefs who enchant customers with their enthusiasm and cooking magic.

在吧台的铁板上炙烤肉类、海鲜和蔬菜，现烤现吃。专任厨师的华丽烹饪技巧让人叹为观止。

Sukiyaki 寿喜烧

Kanto-style sukiyaki cooks up thin-sliced beef and veggies in a stock mixture of *shoyu*, sugar, and sake, while Kansai-style sautées the ingredients. Dip your favorites in whisked eggs as you like.

将牛肉薄片和蔬菜用酱油、砂糖、酒调和而成的料汁以关东风味烹煮，或以关西风味烧烤后品尝。根据喜好，还可以蘸着生鸡蛋吃。



Shinjuku Nadaman Hinkan
 新宿 滝乃宾馆
 新宿 なだ万宾馆
 Tel.03-5381-0700
 MAP P9

Savory of Shinjuku 可在新宿享受的美味佳肴

Delights of Shinjuku

Take your time to taste a vast variety of dishes made with ingredients harvested from a rich bounty of Japan's sea, mountains, and countryside, all infused with umami, the taste sense born from traditional Japanese food culture.

作为岛国的日本，在海中、山上、乡间有许多自然的食材可供使用，配以日本人传统饮食文化中衍生出的“美味”配方，各种独具特色的美食料理，必能令您尽享味蕾盛宴。



Kanisuki 螃蟹火锅

A steaming crab soup pot cooked with Japanese *dashi* stock mixed with a vegetable sweetness, all nicely finished off with a *zosui* hodgepodge of cooked rice added in for a soupy mix loaded with umami.

将螃蟹放在融入日式高汤与蔬菜甘甜的汤汁中烹煮的涮锅。最后，还可将米饭倒入鲜香四溢的汤汁中，煮出一锅美味汤泡饭杂烩粥。

Kani Doraku Shinjuku Honten
 (Main restaurant in Kanto area)
 蟹道乐 新宿本店
 かに道楽 新宿本店
 Tel.03-3352-0096
 MAP P13

Tempura Shinjuku Tsunahachi Main Shop
 天妇罗新宿纲八 总本店
 天ぷら新宿つな八 総本店
 Tel.03-3352-1012
 MAP P13



Tempura 天妇罗

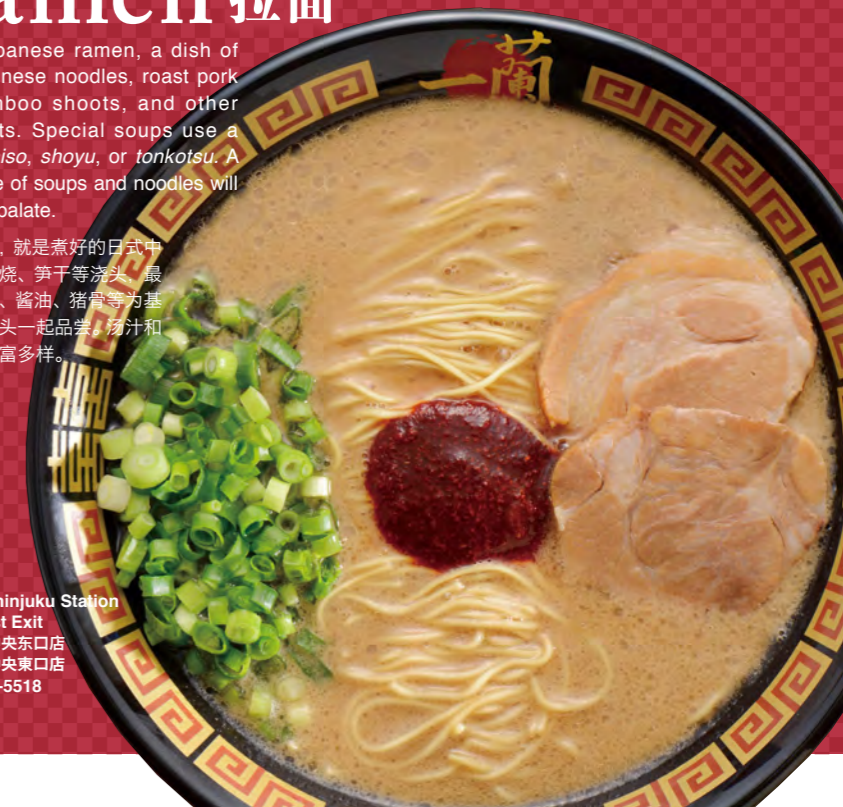
Tempura, a local specialty of Edo (present-day Tokyo), is a batter dish of seafood and veggies deep-fried at high temperatures for a unique texture and flavor.

以小麦粉等加水调制而成的面衣包裹鱼类和贝类及蔬菜等，再经高温油炸而成。是江户的乡土料理。

Ramen 拉面

Savor Japanese ramen, a dish of boiled Chinese noodles, roast pork fillet, bamboo shoots, and other ingredients. Special soups use a base of *miso*, *shoyu*, or *tonkotsu*. A wide range of soups and noodles will suit every palate.

日本的拉面，就是煮好的日式中华面搭配叉烧、笋干等浇头，最后浇上味噌、酱油、猪骨等为基础的的特制汤头一起品尝，汤汁和面的种类丰富多样。



ICHIRAN Shinjuku Station
 Central East Exit
 一兰 新宿中央东口店
 一蘭 新宿中央東口店
 Tel.03-3225-5518
 MAP P13

Premier Taste and Hospitality With Leading Washoku

引领日本餐饮的 极致美味与款待精神



1. Shinjuku Hinkan Special Course, with leading washoku dishes like sushi, *teppanyaki*, and *tempura* (¥16,632). 2. Enjoy *sukiyaki* of premium-brand beef: Yonezawa Beef *Sukiyaki* Gozen (¥6,534). 3. *Unagi* Gozen—choose *kabayaki* grilled eel or *unaju* grilled eel served on rice (¥6,534). Note: Dish images are for display only.

1. 网罗寿司、铁板烧、天妇罗等日式料理主要菜式的“新宿宾馆特别套餐”16,632日元。2. 品牌牛肉“米泽牛”的寿喜烧做法。“米泽牛”牛肉寿喜烧套餐 6,534日元。3. 可选择蒲烧或鳗鱼盒饭的“鳗鱼饭套餐”6,534日元。※照片仅供参考

Founded in 1830, Nadaman is a sophisticated Japanese restaurant representing leading Japanese cuisine (*washoku*), with 24 restaurants in Japan and six overseas, including Beijing and Hong Kong. We have specialized counter chefs cooking before your eyes—Shimizu for sushi, Matsui for *tempura*, and Takehanatei for *teppan* steak—in a luxurious space to savor washoku all at once. Located on Odakyu Department Store's top floor, with direct access from Shinjuku Station, Nadaman offers views of Shinjuku townscape and Sky Tree. Diners are served a complimentary drink (some exceptions). Reservation is recommended.

创立于1830年的“滩万”是日本具有代表性的高级日本料理店，在日本国内拥有24家店铺，在北京、香港等海外也有6家店铺。新宿滩万宾馆设有“清水”寿司、“松井”天妇罗、“竹花亭”铁板烧等专门吧台，厨师会在面前现场烹饪制作，是体验日本料理的奢侈空间。位于新宿站直通的小田急百货店的顶层，天气晴朗的日子可以看到新宿的街景以及东京晴空塔。就餐即可获赠一杯饮料（部分除外）。推荐您提前预约。

Shinjuku Nadaman Hinkan

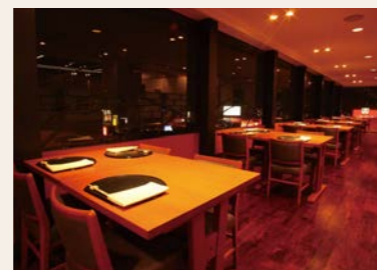
新宿 滩万宾馆

新宿 nadaman 賓館

West Exit
西口
MAP P9

☎03-5381-0700

■ Odakyu Department Store Shinjuku Store, Main Bldg. 14F, 1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo ■ Hours: 11:00-16:00; 16:00-22:30 (last order, 21:00) ■ Open daily ■ Credit cards accepted
■ 1-min. walk from West Exit, Shinjuku Station
■ <https://nadaman.co.jp/restaurant/shinjuku/>



Spacious, comfortable seats for enjoying a full night view of Shinjuku.

宽敞舒适的座位，可一览新宿的夜景。

Tasty Teppanyaki of Kobe Beef 铁板烧烹饪的极品神户牛

Founded in 1945, our Teppanyaki Steak Restaurant cooks up a savory selection of select Kobe beef, *wagyu*, fresh lobster, and more on an iron griddle (*teppan*) right before your eyes. Enjoy dramatic chef performance, mouth-watering scents, and rich tastes together with a night view of Shinjuku, complete with our gift of a picture postcard as a souvenir memory of your travels.

1945年创业，老字号的铁板烧牛排店。精选神户牛和其他和牛，还有新鲜龙虾等素材，在来客面前的铁板上进行烹饪。在欣赏新宿夜景的同时，体验厨师的烹饪技巧，以及美食浓郁的香气和芳醇的味道。还赠送明信片，作为旅途的美好留念。

Originator of Teppanyaki Steak Miso Shinjuku Store

元祖 铁板烧牛排Miso 新宿店

元祖 鉄板焼ステーキみその 新宿店

West Exit
西口
MAP P9

☎03-3344-6351

■ Shinjuku Sumitomo Bldg.51F, 2-6-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo ■ 11:30-14:30, (last order 13:30); 17:00-22:00, (last order 21:00) ■ Open daily (Closed Dec. 30 (Sun.)-Jan.3 (Thu.) 2019) ■ Parking available
■ Credit cards accepted ■ 10-min. walk from West Exit, Shinjuku Station ■ <http://miso.org/shop/shinjuku/>



1. Tastes of ingredients like Kobe beef and lobster are fully enjoyed. 2. The restaurant on 51F has a captivating city night view. 3. Savor meat with salt and pepper or original sauce. Lunch (domestic beef) from ¥3,240, dinner (*kuroge* *wagyu*, Japanese black breed cattle) from ¥11,880.

1. 尽享神户牛和龙虾等食材的原汁原味。2. 51F的店内可一览迷人夜景。3. 吃肉时放胡椒盐或独创酱汁。午餐(日本国产牛)3,240日元起，晚餐(黑毛和牛)11,880日元起。

Enjoy Wagyu Yakiniku! 尽享和牛烤肉!

~ Japanese-style BBQ ~



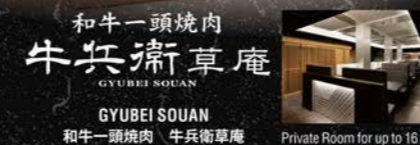
【Menu】
Beef Nigiri Sushi (3 pieces of thin-sliced beef hand-pressed!)
Assorted Premium Beef



【Menu】
The Day's Assorted Wagyu (six kinds)



You can grill high-quality Japanese Beef on your table and eat it!



Odakyu Department Store, Shinjuku Main Store
Restaurant Floor (12F) 03-5323-4129
1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo
Hours: 11:00-22:00 (last order, 21:30)

Restaurant Voucher
2家店铺 通用优惠券

Daytime: Lunch	Nighttime: Dinner
Lunch drink service for all diners	10% discount on food and drinks

Valid until June 30, 2019
Note: 10% discount is not available for dining until 15:00, or for combined use with other services.



Shinjuku Mylord Store 03-5909-4129
Odakyu Shinjuku Mylord, 9F, 1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo
Hours: 11:00-23:00 (last order, 22:00)

Enjoy Select Ingredients Grilled by Artisanal Chefs

以绝佳火候烹制精选食材

“Teppanyaki Grill” opened in October 2018 in the Hyatt Regency Tokyo (3F). Chefs cook Kobe beef, Saitama Prefecture’s Bushu wagyu, fresh seafood and vegetables right before your eyes. Savor delicious food together with wine or Japanese sake selected by our sommelier.

2018年10月，“铁板烧Grill”在东京凯悦酒店(3F)正式开业。厨师会在食客面前炙烤神户牛肉和埼玉县的武州和牛、新鲜水产和蔬菜。搭配侍酒师精心挑选的红酒和日本酒一起品尝，尽情享受美食带来的味觉盛宴。



1. Select ingredients include umami flavors optimized through artisanal teppanyaki cooking. Dinner course from ¥12,000 (tax and service charge excluded). 2. Also served for your dining pleasure are seafood choices by our head chef. 3. In addition to counter seats with a commanding view of a rich verdant panorama, two private rooms are fully equipped. 1. 铁板烧以绝佳火候带出食材的鲜味。晚餐套餐为12,000日元+税、服务费。2. 厨师长精选的海鲜料理。3. 可领略窗外绿意盎然的吧台坐席外，还备有2个包房。

Teppanyaki Grill Hyatt Regency Tokyo

东京凯悦酒店“铁板烧Grill”

ハイアットリージェンシー 東京「鉄板焼グリル」

West Exit
西口
MAP P9

☎03-3348-1234 (switchboard)

■ 2-7-2, Nishi-Shinjuku, Shinjuku-ku, Tokyo ■ 11:30-14:30; 17:30-21:30 ■ Open daily ■ Parking available
■ Credit cards accepted ■ 10-min. walk from West Exit, Shinjuku Station

Favored for 40 Years Famous Japanese Steak Restaurant

40年来备受喜爱 著名日式牛排店



1. 1-pound rib roast steak (¥2,990). The perfect balance of fat and umami ingredients. 2. Original beef tendon curry (¥790). Secret ingredient (Japanese dashi stock) increases taste depth. 3. Spacious seating.

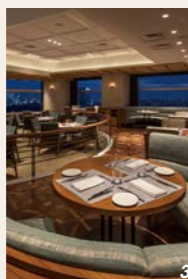
1. “一磅肋条里脊牛排”2,990日元。肥瘦适中、口味绝佳。2. 原创牛筋咖喱 790日元。以日式汤汁提味，演绎深层味觉感受。3. 宽敞的座位。

Enjoy Hotel Stay and Dining

令住客欲罢不能的酒店餐厅

Dine and experience a sense of liveliness and various pleasures in each, all in view of kitchen, cooking, and service areas. Inside are two zones, Bar and Restaurant, which can be used according to your preferred scene. Spend your time as you like.

在景色、厨房、菜肴、服务等所有环节，让来宾能够感受到生意盎然和各种乐趣的餐厅。店内分为“酒吧”和“餐厅”两大部分，可根据需要区分使用。给您带来闲暇惬意的时光。



1. 2. Restaurant offers Prix Fixe Lunch and Dinner Courses with a choice of selected appetizers, main dishes, and desserts. 3. Characteristic are spacious table seats.

1. 2. “餐厅”区在午餐和晚餐都提供可挑选前菜、主菜和甜点的预设菜单。3. 宽敞的圆桌坐席是本餐厅的特点之一。

Southern Tower Dining HOTEL CENTURY SOUTHERN TOWER

小田急世纪南悦酒店“南塔餐厅”

小田急ホテルセンチュリーサザンタワー
「サザンタワーダイニング」

South Exit
南口
MAP P11

☎03-5354-2177

■ Hotel Century Southern Tower 20F, 2-2-1, Yoyogi, Shibuya-ku, Tokyo ■ 06:30-10:00, 11:30-15:00, 17:30-21:00 ■ Open daily ■ Parking available ■ Credit cards accepted ■ 3-min. walk from South Exit, Shinjuku Station ■ <https://en.southerntower.co.jp/dining/southern-tower-dining/>

Come to Francetei and savor Japanese-style steak in leisurely, carefree dining. The secret of our popularity is a secret sauce made without sparing any effort or time. Proof of our popularity as a purveyor of high standards is in customers ranging from white collar and women workers who come daily for compelling flavors to overseas customers making high recommendations. Japanese-style curry with fish-based stock is also a savory choice. Prices are reasonable, and it's easy to enter, even for one person. Enjoy the everyday fare of Japan.

要吃日式牛排，请到这里来！人气的秘密是，下了大工夫和时间烹制而成的秘传酱汁。这里是日本人极为推崇的牛排店，有的上班族以及女性顾客因其口味上了瘾，甚至每天都会前来光顾。配以鱼汤的日式改良咖喱，也非常值得品尝一番。价格适中，独自一人也能随意入店享用，来自海外的游客们对此的评价也非常高。您也不妨前来品尝一下日本的日常风味吧！

Francetei

Francetei

ふらんす亭

☎03-5325-5266

■ Shinjuku West Exit Store Shinjuku Gekkoso Bldg. B1, 1-12-6, Nishi-Shinjuku, Shinjuku-ku, Tokyo ■ Hours: 11:00-23:30 (last order, 23:00); Sun. & Holidays, until 23:00 (last order, 22:30) ■ Credit cards accepted

West Exit
西口
MAP P9

☎03-3341-3699

■ Shinjuku East Exit Store Moa Center Bldg. B1, 3-24-8, Shinjuku, Shinjuku-ku, Tokyo ■ Hours: 11:00-23:30 (last order, 23:00) ■ Credit cards not accepted

East Exit
東口
MAP P12

☎03-5360-8620

■ Shinjuku Chuo-dori Store Miya Bldg. B1, 3-31-7, Shinjuku, Shinjuku-ku, Tokyo ■ Hours: 11:00-23:30 (last order, 23:00) ■ Credit cards accepted

East Exit
東口
MAP P13

Savory Shinjuku 美食新宿



**Authentic Italian
in a Serene Setting**

在雅致沉稳的氛围中
享受正宗的意大利菜

Experience the ambience of a corner in Milan, exuding modern style and dignified grace, as you enjoy popular and abundant servings of meat dishes that pair perfectly with wine or beer.

店内氛围仿佛身处摩登与高贵融合的米兰街角。适合红酒和啤酒的肉类料理分量十足，非常受欢迎。



ベッシェドーロ 新宿店
PESCE D'ORO Shinjuku shop
PESCE D'ORO 新宿店



03-3375-0510
■ Shinjuku Southern Terrace, 2-2-1, Yoyogi, Shibuya-ku, Tokyo
■ Hours: 11:00-23:00 ■ Open daily
■ 1-min. walk from South Exit, Shinjuku Station

MAP P 11



**Udon by Day,
Japanese Sake and More at Night**

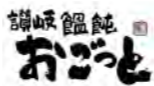
白天吃乌冬面,
晚上喝日本酒品下酒菜

Enjoy the unique choices of filling Sanuki udon by day and then a nighttime treat of Japanese items like local sake, nibbles, and ending pleasantly with a satisfying bowl of udon.

白天有赞岐乌冬面让您吃到饱! 晚上可以畅饮精选的本地特酿酒, 大快朵颐下酒菜, 最后来一碗乌冬面, 体验一把日式的就餐感觉。



讃岐饅頭 おごっと 新宿南口店
Sanuki Udon Ogotto Shinjuku South Exit Shop
赞岐乌冬面Ogotto 新宿南口店



03-5358-3935
■ Miyako Shinjuku Bldg. B1, 1-1-6, Nishi-Shinjuku, Shinjuku-ku, Tokyo
■ Hours: 11:00-15:00/17:00-23:00, weekdays; 11:00-23:00, Sat./Sun./holidays
■ Open daily ■ 1-min. walk from South Exit, Shinjuku Station

MAP P 11

Savor Superb Al Dente of Great Pasta

品尝特制意大利面
体验绝妙口感



Our spaghetti-specialized restaurant focuses on delicious al dente pasta, reproducing the taste of an Italian home-cooked meal in a rich menu of over 30 savory choices.

面条嚼劲特别的意大利面专门店。30种以上菜式的丰富菜单, 不用去意大利也能吃到当地家庭的地道意面。

あるでん亭
新宿センタービル店
Al dente Shinjuku
Center Bldg. Shop



Al dente
新宿中心大楼店



03-3349-0384
■ Shinjuku Center Bldg. MB1F, 1-25-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo
■ Hours: 11:00-21:30, Mon.-Sat. (last order 21:00); 11:30-20:00, Sun./holidays (last order 19:30) ■ Closed according to building holidays
■ 8-min. walk from West Exit, Shinjuku Station

MAP P 9

French & Italian Relaxed Bistro

法式&意式的休闲小餐馆

Sit down in a nouvelle-cuisine bistro combining French and Italian in Japan for a unique and relaxing meal accompanied by varietals centering on French wine.

法式料理与意式料理在日本融合的新感觉餐馆。还有法国产为主的种类丰富的红酒, 可在用餐时一起享用。

びすとり ふらんべ 新宿エルプラザ店
Bistro Flambé Shinjuku L Plaza Shop
Bistro Flambé 新宿L广场店



03-3340-5025
■ Shinjuku L Tower B2, 1-6-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo
■ Hours: 11:00-23:00, weekdays (closed 15:00-17:00); 11:30-23:00, Sat. (closed 15:00-17:00); 11:30-22:00, Sun./holidays
■ Closed according to building holidays
■ 3-min. walk from West Exit, Shinjuku Station

MAP P 9



Don't miss!
其他推荐!

For high-quality Italian, go to Ristorante Machiavelli, Odakyu Department Store Shinjuku Store Main Bldg.13F
高品位的意大利菜
小田急百货店 新宿店 本馆 13F
"RISTORANTE MACHIAVELLI"

For pancakes, go to Hawaiian Pancake Factory, Shinjuku MYLORD M2F
薄煎饼
新宿MYLORD M2F
"Hawaiian Pancake Factory"

For original fried rice, go to Kofuku Chahanro, Shinjuku MYLORD 9F
特色炒饭
新宿MYLORD 9F
"口福炒饭楼"

LIVE MUSIC RESTAURANT KENTO'S SHINJUKU

Exciting Night, Enduring Memories

Experience live performance of soul, R&B, and disco hit songs from the '70s to the '80s while dancing, drinking, or savoring tasty dishes! And as you have your kind of fun at live house Shinjuku Kento's, you're sure to enjoy a funky night, intoxicated by music and cityscape, all as fond travel memories that will endure.

Enjoy delicious food and drink together with live music.

OPENING HOURS
Mon~Sat 6:00p.m.~2:00a.m.
Sun·Holiday 6:00p.m.~11:30p.m.

SHOW TIME
1st 7:20 p.m. ~ 5th 11:50 p.m. ~
2nd 8:20 p.m. ~ 6th 1:00 a.m. ~
3rd 9:20 p.m. ~ (Sun·Holiday / ~4th)
4th 10:30 p.m. ~

system
Music Charge Men ¥2,500 (tax excluded)
Service Charge 10% (20% after midnight) Women ¥2,000 (tax excluded)

Reader Discount
You'll not only get a discount of 10% off food and drink by saying that you saw an ad in this publication but also receive as souvenir a gift mug from Shinjuku Kento's.

160-0022
6F SENO BLD.3-18-4
SHINJUKUKU
SHINJUKU.TOKYO

LINE @新宿ケンツス
Twitter @shinjukukentos
Facebook SHINJUKU.KENTOS

03-3355-6477
www.shinjuku-kentos.co.jp



Above: Tenugui (hand towel), from ¥800 ea. (tax excluded) Right: Tenori Kinchaku (palm-size drawstring bag), ¥1,200 (tax excluded)
上:手巾 1条 800日元~(不含税) 右:荷包 1,200日元(不含税)

The tenugui traditional hand towel makes the perfect souvenir, not only eminently packable but also made for wiping hands clean, for interior design elements, and for gift-giving. They're fun presents with colorful patterns that vary with each season. 手巾除了用来擦手外,也是室内装饰和送礼的不二之选。可配合四季更迭, 改换不同花纹图案,亦是其乐趣所在。

1F Mosaic Street 马赛克街
Koiki 小粹
小粹

Memorable Souvenirs: Japanese Sundries and Cosmetics 送礼就选日本日用品和日本化妆品

Enjoy a commercial facility specializing in women's fashion, where you can shop at more than 120 shops focused on trend-setting fashion and cosmetics, sundries, and more before or after dining at restaurants and cafes in the Main Store connected to Shinjuku Station South Exit as well as the store on Mosaic Street connecting West and South Exits. Here you'll find an array of choices like sundries and cosmetics all highly suited as souvenirs to remember your time in Japan.

以女性时尚为特色的商业设施。在新宿站南口直通的本馆,以及连接西口和南口的马赛克街的楼内,共有包括经营时下流行时尚商品、化妆品、日用品的专营店以及餐馆、咖啡馆等120家以上的店面。日本制造的日用品和化妆品种类丰富,是您选择礼品的首选之地。

Odakyu Shinjuku MYLORD

小田急 新宿MYLORD
小田急 新宿ミロード

South Exit 南口
MAP P11



☎03-3349-5611
■ 1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo
■ Mosaic Street: 10:00-21:00; Mall 2F, Fashion Floors 2-6F: 11:00-21:00; Restaurant Floors: 11:00-23:00 Note: Hours of some shops differ.
■ No fixed holidays
■ Credit cards accepted
■ Parking available
■ Connected to Shinjuku Station South Exit
■ <https://www.odakyu-sc.com/shinjuku-mylord/>



Right: Shifuku no Esute (blissful face mask) ¥5,000 (tax excluded) Left: Gold Leaf Gel Splash, ¥12,000 (tax excluded); Gold Leaf Charge Serum, ¥10,000 (tax excluded)

右:至高美颜5,000日元(不含税) 左:金箔化妆水:12,000日元(不含税)、金箔美容液:10,000日元(不含税)

Japanese cosmetics born from a well-established gold leaf foundry in Kanazawa. This series containing gold leaves clearly focuses on natural ingredients.

金泽老字号金箔屋的化妆品。天然成分配以金箔的护肤系列。

1F Mosaic Street 马赛克街
Makanai Cosme MAKANAI化妆品
まかないコスメ



Right: Purse with various Japanese motifs, ¥1,500 (tax excluded) Left: Purse in classic Jacquard pattern, ¥1,300 (tax excluded)

右:主题图案的蛙嘴包 1,500日元(不含税)

左:怀旧图案提花 圆角蛙嘴包1,300日元(不含税)

Japanese purses uniquely styled in shapes like the Daruma figurine or beckoning cat using traditional and other appealing patterns.

绘以达摩不倒翁、招财猫、日本传统图案等日式风格主题图案的蛙嘴包。

1F Mosaic Street 马赛克街
Nippon CHACHACHA 日本CHACHACHA
にっぽんCHACHACHA

And the Food tastes great, too! 丰盛美食

MF COBB Farmer's Cobb Salad, ¥1,550 (tax excluded) "MF COBB" FARMER'S 科布沙拉 1,550日元(不含税)

That beauty and health come from food is the concept of this veggie café, where staffers and chefs take pride in their wholesome ingredients.

以“美与健康源于饮食”为理念,菜单使用大量精选蔬菜的蔬菜咖啡馆。



1F Mosaic Street 马赛克街
Mr.FARMER
※9:00~23:00

Station-Adjacent Department Store of Select Goods

位于地铁站上方的便利百货店, 汇集各类品质优良的商品

A department store directly adjacent to Shinjuku Station carries an array of goods from luxury brands and cosmetics to women's wear, men's apparel, children's wear, sportswear, and sporting goods. In addition, there is a food floor and restaurants. Free delivery to seven designated hotels in the Shinjuku area. Check website for details. WeChat Payment and Alipay are usable in the cosmetics sales area.

从奢侈品牌到化妆品、女士服装、男士服装、儿童服装、运动用品、食品、餐馆等一应俱全。还向新宿区域内的7家指定酒店提供免费配送服务。更多详情请参阅百货店主页。在化妆品柜台可使用 WeChat Payment、Alipay。

Odakyu Department Store Shinjuku Store

小田急百货店 新宿店
小田急百貨店 新宿店

West Exit 西口
MAP P9



☎03-3342-1111
■ 1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo
■ B2-4F 10:00-20:30 (until 20:00, Sun. & Holidays); 5F-11F, 10:00-20:00; Restaurants, 13F-14F, 11:00-22:30; 12F, 11:00-22:00
Note: Hours are subject to change.
■ Open Daily (Closed Jan.1(Tue.) 2019) ■ Credit cards accepted
■ Parking available
■ Direct connection to Shinjuku Station West Exit
■ <http://www.odakyu-dept.co.jp/shinjuku/>

Fukumi Tenbin six-piece set, ¥1,000 (tax excluded) FUKUMI天平 6个装 1,000日元(不含税)

Handmade monaka (wafers) sweetly sandwich red-bean paste with pieces of gyuhi (a softer variety of mochi rice) between baked layers of Omi-brand glutinous rice flour.

使用近江糯米材料包裹内含牛皮糖的馅儿制作而成的手工薄皮馅饼。

B2
Taneyaya
たねや



Erande Daruma (a choice of Daruma types): 3 kinds of rice crackers, 3 types of tea ¥600 each (tax excluded). 精选达摩不倒翁 年糕片3种、茶3种 各600日元(不含税)

Afternoon Tea's chic seasonal goods have been popular, as well as design goods with a motif of Daruma, bringer of good luck.

配合四季变化的时尚百货一直以来都具有极高的人气。以吉祥物达摩不倒翁为外观设计设计的百货同样人气颇高。

3F
Afternoon Tea GIFT & LIVING



From new releases to past masterpieces. TOWER RECORDS has a litting array of music: anime (7F), Japanese and Korean pop music (8F), foreign music and jazz (9F), and classical, soundtracks, and more (10F). 从最新的作品到曾经的经典,这里汇集了众多音乐作品。7楼为动漫,8楼为日本音乐、韩国POPS,9楼为外国音乐、JAZZ,10楼为古典音乐和电影作品等。

7F~10F
TOWER RECORDS



Treatment Cleansing Milk (200 gm.), ¥3,000 (tax excluded) 全效修护卸妆乳(200g) 3,000日元(不含税)

Facial cleansing milk made from beauty essences cleanly removes makeup particles and softly moistens the skin. 彻底卸妆,倍加滋润,有着美容液特质的卸妆乳。

2F
Covermark
カバーマーク

G-SHOCK MT-G ¥100,000 (tax excluded) G-SHOCK"MT-G" 100,000日元(不含税)

Made-in-Japan model fuses metal and resin. This radio-controlled, solar-powered watch comes with Smartphone link function.

树脂合金完美融合的 MADE IN JAPAN 款式。搭载了与智能手机的连接功能及标准太阳能电池功能。

5F
Casio 卡西欧
カシオ

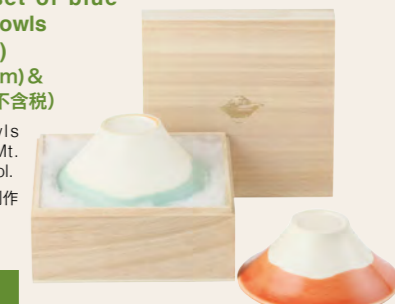


Fujiwan Couple: set of blue (him) and red (her) bowls ¥5,000 (tax excluded) 富士碗 Couple Blue(him) & Red(her) 5,000日元(不含税)

Dine on fine rice bowls designed to resemble Mt. Fuji, Japan's sacred symbol.

以日本的象征富士山为原型制作而成的茶碗。

8F
Floyd



Transmitting Japanese Fashion and Culture 介绍日本的时尚和文化

Flags is a fashion building always proposing new styles in fashion, music, sports and more from various angles. 3min. walk from South Exit, Shinjuku Station.

Flags是从时尚、音乐、运动等各种角度,时刻提供最新生活方式的时尚大楼。从新宿站南口步行3分钟。

Flags

Flags (フラッグス)

South Exit 南口
MAP P11

☎03-3350-1701
■ 3-37-1, Shinjuku, Shinjuku-ku, Tokyo
■ Hours: 11:00-22:00 (Until 23:00 at TOWER RECORDS and BEAR'S SUGAR SHACK)
■ No fixed holidays
■ Parking available
■ 3-min. walk from South Exit, Shinjuku Station
■ <http://www.flagsweb.jp/>





Tax-free Stores

Japan's 8% Consumption Tax Exempted

免税店

免除日本の消費税8%

Terrific Value Shopping at Tax-free Stores 光临免税店，购物更优惠！

There are two ways to enjoy tax-free shopping in Japan: purchase goods at tax-exempt prices or receive refunds at tax-free counters after purchase. You need to show your passport or cruise ship tourist permit.
Note: When you leave Japan, you must show your passport and a record of purchase at customs.

有2种免税方式，一种是以税前价格购买，另一种是在购买后在免税柜台办理退税手续。需出示护照或邮轮的观光登陆许可证。
※ 离境时，需向海关提交护照和购买记录票

Eligible Items and Tax-Free Conditions		対象商品和免税条件	
	General Goods 一般商品	Consumables 消耗品	
Examples 免税対象商品	Electric appliances, jewelry, wristwatches, clothing, shoes, bags, general goods, etc. 家电、珠宝饰品、钟表、服装、鞋子、箱包、杂货等	Food, fruits, liquor, drinks, medicine, cosmetics, cigarettes, etc. 食品、水果、酒、饮料、医药品、化妆品、烟草等	
Amount 免税対象金額	Total amount of purchases at one store in one day must be ¥5,000 or more (excluding tax) 在同1店舗内1天合计购买金额5,000日元以上 (不含消费税)	Total amount of purchases at one store in one day must be ¥5,000 or more, but not more than ¥500,000 (excluding tax). 在同1店舗内1天合计购买金额5,000日元以上，50万日元以内 (不含消费税)	
Conditions 免税条件	<ul style="list-style-type: none"> Must be taken out of Japan less than 6 months following the date of your entry into Japan. 须在入境后6个月以内携带出境 	<ul style="list-style-type: none"> Special packaging required. Cannot be used in Japan. Must be taken out of Japan within 30days after purchase. 须采用特殊包装・不可在日本使用・须在购买后30天以内携带出境 	

Notes: • Goods for sales or business-use are not tax-free. • Whether or not general items and consumable items can be combined for a tax refund depends on the store. If you hope to receive a refund for combined purchases, please check if the store offers it. • Some stores may apply handling charges. • Tax-free regulations and procedures are subject to change without notice.

※出于销售目的或业务目的所购买的商品不属于免税对象。※一般商品和消耗品可否合计免税因店铺而异。希望合计免税时，请向店铺咨询。※根据店铺，可能会收取手续费。※免税规定以及手续方法等可能在不经预告的情况下进行更改，恕不另行通知。



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Meals, Experiences, Transportation and more!

Walking Tour: Evening Tour of Kabukicho and Shinjuku Golden Gai with Bar Experience
Adult JPY 5,900



Tokyo ONE PIECE Tower Park Pass

OPEN HOURS
10:00 a.m.-10:00 p.m.

Meeting Location & Address

Tokyo ONE PIECE Tower Reception on the 3rd floor of Tokyo Tower Foot Town
Building Address : Tokyo Tower Foot Town, 4-2-8 Shiba - Koen, Minato, Tokyo

Adult (from 19 years)
JPY 2,000



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Information Bookings for these tours are not accepted through this advertisement. Please refer to our tour pamphlet to confirm tour details.

1. Online » English [JAPANiCAN.com](http://JAPANiCAN.com/sunrise_tours) sunrise tours

2. Phone » **03-6743-1597** 7:00 a.m. to 9:00 p.m.
An operator will guide you in English, Japanese, Chinese, or Korean.

3. Store » **Shinjuku** Tours may be booked by visiting this store. Ask our friendly staff about recommended must-see spots during your stay!



日本电器药妆综合商场
Japanese Electrical Appliance & Drug Store

BicCamera

优惠券! Coupon!

KOJIMA Sofmap
都可使用 This coupon is available in all

8% OFF
Tax-Free

照相机、手表、家电、玩具、隐形眼镜 等等
Cameras, Watches, Home appliances, Toys, Contact lens etc

7% OFF
Discount

药品、化妆品、日用品 等等
Drugs, Cosmetics, Daily Necessities etc

5% OFF

日本清酒 (猪祭、八海山 除外)
Japanese Sake (excluding Dassai and Hakkaisan)

3% OFF

日本清酒 (猪祭、八海山 除外)
Japanese Sake (excluding Dassai and Hakkaisan)

有效期至 **2019/12/31**

※必ず①、②両方をスキャンの上、会計をお願いいたします。

① (カウンタJAN)

2 973890 182775

② (自動値引きJAN)

2 402230 007947

苹果产品、劳力士、Nintendo Switch的游戏机主体及其官方配件和游戏软件、日本清酒以外的酒类、奥特莱斯商品、二手商品等可以免税。但是没有额外的折扣。游戏机本体、食品适用于8%OFF+5%OFF折扣券。日本清酒(猪祭、八海山除外)可享受免税8%+3%折扣。酒类商品请到酒类专用柜台结账。不能与其他的优惠活动、折扣券同时使用。在Air BIC CAMERA店折扣额有时会有所不同。请向店员确认是否满足免税条件。BicCamera保留活动内容变更及最终解释权。详细信息请咨询店员。复印无效

This coupon cannot apply to Apple products, Rolex, liquor (excluding Japanese sake), outlet items, secondhand goods, Nintendo Switch, as well as its software and official accessories, etc. 8% OFF is still available. Other gaming devices, snacks will be 8% OFF+5% OFF. Japanese Sake (excluding Dassai and Hakkaisan) will be 8%OFF+3%OFF. The liquor must be paid at the dedicated liquor cashier. Cannot be used with other campaigns or coupons. The discounts in Air BIC CAMERA differs in cases. Please note that there are qualifying conditions for tax exemption. The conditions of services may be changed by BicCamera. BicCamera reserve the right to explain the terms of the event. Please ask BicCamera staff members for more details.

アップル純正品、ロレックス、Nintendo switchの本体、ソフト純正アクセサリ、一部お酒、アウトレット品、中古品など割引対象外商品があります。免税8%OFFは対象です。その他ゲーム機本体、お菓子は免税8%OFF+5%OFFです。日本清酒(猪祭、八海山除外)は免税8%+3%です。お酒は酒販店でのみ会計可能です。他のキャンペーン、値引き、クーポンとの併用はできません。Air BIC CAMERAは、割引率が異なる場合があります。免税には条件があります。キャンペーンは予告なく変更となる場合があります。詳しくは販売員までお尋ねください。コピー不可。

BICQLO
BICCAMERA x UNIQLO

3-29-1, Shinjuku, Shinjuku-ku, Tokyo TEL 03-3226-1111

OPEN 10:00AM~10:00PM
MAP P13

新宿西口店 Shinjuku West Store

1-5-1, Nishishinjuku, Shinjuku-ku, Tokyo TEL 03-5326-1111

OPEN 10:00AM~9:00PM
MAP P9

新宿东口駅前店 Shinjuku Station East Store

3-26-10, Shinjuku, Shinjuku-ku, Tokyo TEL 03-5312-1111

OPEN 10:00AM~10:00PM
MAP P13

JAPAN AIRLINES

www.jal.com

JAPAN AIRLINES

Handy Travel Tips | 行程信息

Be sure to come here when visiting Shinjuku!
Full of handy information you can use!
 来到新宿后的首选之地! 大量实用信息

Odakyu Sightseeing Service Center, Shinjuku West 新宿西口小田急旅游服务中心



- Limited Express Romancecar
- Discount Passes
- Baggage Services
- Hotels and Tours
- Currency Exchange

8:00-18:00, 365 days a year
 Exchange: 8:00-20:00
 Baggage Services: 8:00-21:00
 (Languages spoken) EN·CN
 (Location) 1st floor, Odakyu Line Shinjuku Station West Exit

Odakyu Sightseeing Service Center, Shinjuku South 新宿南口小田急旅游服务中心



- Limited Express Romancecar
- Discount Passes

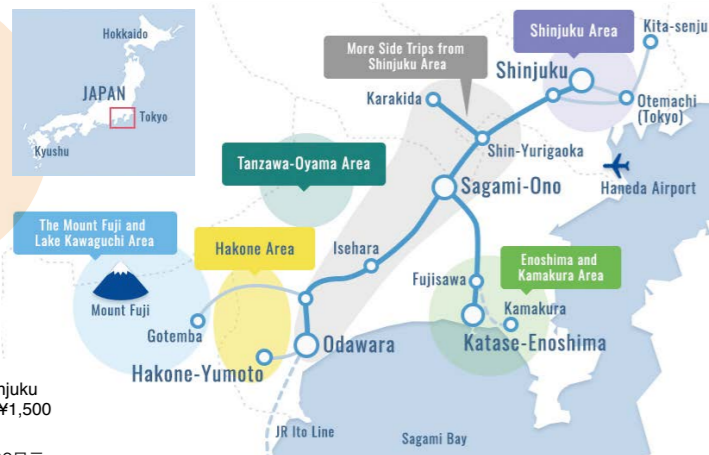
8:00-18:00, 365 days a year
 (Languages spoken) EN·CN
 (Location) Odakyu Line Shinjuku Station South Exit

Good-deal passes and one-day tours 从新宿出发! 实惠的巴士&当天来回游

Hakone Freepass 箱根周游券



Valid for 2 days from Shinjuku
 Adults ¥5,140 Children ¥1,500
 有效期为2天 从新宿出发
 成人5,140日元 儿童1,500日元



We heartily recommend travel by Romancecar to Hakone and Enoshima. 前往箱根、江之岛, 推荐搭乘浪漫特快!

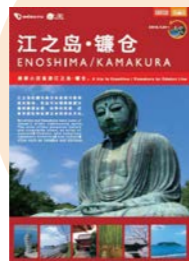
The Limited Express Romancecar is a reserved-seat train. “浪漫”特快列车座位需提前预定。

Shinjuku - Hakone-Yumoto
 Adults ¥1,090 Children ¥550
 成人1,090日元 儿童550日元

Shinjuku - Katase-Enoshima
 Adults ¥620 Children ¥310
 成人620日元 儿童310日元



Enoshima-Kamakura Freepass 江之岛/镰仓周游券



Valid for 1 day from Shinjuku
 Adults ¥1,470 Children ¥740
 有效期为1天 从新宿出发
 成人1,470日元 儿童740日元



Hakone Kamakura Pass 箱根镰仓周游券

Valid for 3 days
 Adults ¥6,500 Children ¥2,250
 有效期为3天
 成人6,500日元 儿童2,250日元

Close to Shinjuku!

Enjoy a one-day street stroll tour (reception at West Exit only; reserve by the day before)
 靠近新宿! 当天来回闲逛游(仅在西口受理, 前一天预约)

YOYOGI UEHARA Tasting Traditional Foods & Exploring Historical Spots 代代木上原当地生活之旅

Enjoy Yoyogi Uehara, a town area where you can experience local life at the center of a world-class metropolis. Tour time: 14:00-16:00. Price: ¥4,000
 Note: Promotion Now! English-speaking guide service is included.

欢迎来到代代木上原, 在这座小镇, 您可以在身处国际大都会市中心的同时体验当地生活。游览时间: 14:00-16:00。价格: 4,000日元*优惠促销中! 其中包括英语导游服务。

<http://ellista.jp/yoyogiuehara/>

SHIMOKITAZAWA Local Neighborhood Walk & Bar Hopping 下北泽当地闲逛游

With unique bars and restaurants in business for years, Shimokitazawa is the ideal locale for enjoying Tokyo nightlife. Tour time: 17:00-19:00. Price: ¥5,000
 Note: Promotion Now! English-speaking guide service is included.

下北泽有着经营多年的特色酒吧和餐馆, 十分适合酒吧和体验东京夜生活。游览时间: 17:00-19:00。价格: 5,000日元*优惠促销中! 其中包括英语导游服务。

<http://ellista.jp/shimokitazawa/>

Comfortable Access to Hakone & Gotemba

Shinjuku Expressway Bus Terminal → Hakone-Togendai	140 min.	¥2,010
Tokyo Sta. → Hakone-Togendai	135 min.	¥2,160
Haneda International Airport → Hakone-Togendai	160 min.	¥2,260
Haneda International Airport → Hakone-Yumoto Sta.	140 min.	¥1,950

Gotemba Premium Outlets

「Otome toge」bus stop

Odakyu Hakone Highway Bus
 03-3427-3160 Japanese Only
 (10:00~18:00)
<https://www.odakyu-hakonehighway.co.jp/>

Reservation and Purchase for
 Haneda / Yokohama Departure
 Keikyu Kosoku Bus Reservations Service
<http://www.kousokubus.com/>

*1 Five roundtrips per day between Haneda Airport and Hakone-Togendai Station

- ▶ Detailed information on various Freepasses and Romancecar 各种免费票券、浪漫特快的详细信息
 English <https://www.odakyu.jp/english/support/center/>
 简体中文 <https://www.odakyu.jp/sc/>
- ▶ Odakyu Sightseeing Service Center 小田急旅游服务中心
 English <https://www.odakyu.jp/english/support/center/>
 简体中文 <https://www.odakyu.jp/sc/support/center/>
- ▶ Sightseeing information sites about Shinjuku 新宿相关观光信息网站
 English <https://www.shinjuku-guide.com/>
- ▶ Sightseeing information SNS along Odakyu Line 小田急沿线沿线的观光信息SNS
 English <https://www.facebook.com/odakyu.en>
 简体中文 <https://www.weibo.com/odakyugroup>

Let's enjoy unique spas!! YUNESSUN Spa Resort

YUNESSUN (swimsuit area)

Wine Spa

Hakone Kowakien Yunessun Usage Notes
 As visible tattoos are strictly forbidden within the pool and pool area, we strongly recommend the use of swimwear that hides such body art or rash guards, the latter being available for rent.

Mori no Yu (bathing area)

Mori no Yu you can feel closer to nature of Hakone while bathing. We also have private bath (¥3,000/hour-).

Hot Spring Amusement Park and Spa Resort

Hakone Kowakien YUNESSUN Spa Resort has many kind of spas. You can have fun at this all-weather facility, even on rainy days. You'll find many fun spas here. And we have many kind of shops and restaurants that you can enjoy all day.

SPECIAL COUPON

LET'S HAVE FUN YUNESSUN SPA RESORT!!

- > You can rent a swimsuit 50%OFF
- > You can use free towels (1 set for 1 person)

	Adult	Child
Combined (YUNESSUN & Mori no Yu)	¥4,100▶¥2,800	¥2,100▶¥1,500
YUNESSUN (swimsuit area)	¥2,900▶¥2,000	¥1,600▶¥1,100
Mori no Yu (bathing area)	¥1,900▶¥1,300	¥1,200▶ ¥700

This is discount ticket, please show this at the front desk. Valid: 2019/12/31

Shopping

Shop "Mio Mall" is boosting the wide selection of items. You'll find Hakone souvenirs!

Restaurants

We have many kinds of restaurant: A buffet, Italian, Japanese, and more that can be enjoyed by guests and non-guests alike.

Transportation (By bus and train)

- From Odawara Sta., take a bus bound for "Hakone-jinja-iriguchi/Hakonemachi-ko" and get off at "Kowaki-en" (approx.40min.)
- From Hakone-Yumoto Sta., take a bus bound for "Hakone-jinja-iriguchi/Hakonemachi-ko" and get off at "Kowaki-en" (approx.20min.)

Business hours [YUNESSUN] 9:00-19:00 / [Mori no Yu] 11:00-20:00
 Parking fee ¥1,200/day Seniors (60 and over) and disabled get discounts.
 For more information, please contact to us. Child admission age starts from 3 years old to elementary school age.

Hakone Kowakien YUNESSUN Spa Resort

Tel.0460-82-4126

1297, Ninotaira, Hakone-machi, Ashigarashimo-gun, Kanagawa-Japan 250-0407
 Closed: Dec. 3 (Mon.)-7 (Fri.), 2018
 Note: Please inquire about closing dates for 2019.

<https://www.yunessun.com/en/>

Safety Measures During Travel in Japan 旅行安全対策

What will you do when disasters like earthquakes or typhoons hit, or when you are ill or in trouble?

如在日本遭遇地震 / 台风等灾害、或是生病、遇到麻烦时，应该怎么办？

When you feel a tremor...

如果感到地震的摇晃.....

Japan is prone to earthquakes.

日本是一个地震多发的国家。

Even a minor earthquake can cause injury.

再小的地震，也有受伤的可能。

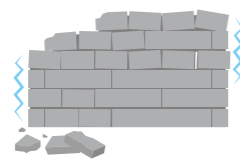
It is important to be prepared for earthquakes at all times.

平时就需要做好地震的防护准备。

Outdoors 外出时



Protect your head with your bag.
用包或手中的物品保护头部。



Stay signboards away from and the concrete like, block walls, glass windows,切勿靠近砌块墙、玻璃或广告牌等。

Indoors 在屋里时



Seek shelter under a sturdy table or desk to protect yourself. 躲到桌子等下面，保护身体。



Protect magazine your and head the like, with a cushion, Stay windows, away from glass 使用靠垫、杂志等保护头部。远离玻璃制品。

Point your finger at the message you want to convey and show it to a Japanese person.

【遇到困难时，与日本人交流的语句】请通过手指指示的方式表达。

I am injured.
受伤了。

I feel unwell.
身体不舒服。

Is there someone here who speaks English?
请问有哪位会讲中文？

Please help me.
救命。

Where can I find a telephone?
哪里可以打电话？

けがをしています。

体調が悪いです。

外国語の
話せる人はいますか？

助けてください。

電話はどこで
かけられますか？



Let's learn Japanese in order to report danger! 记住告知危险的日语!

Get away from here!
快逃!
逃げて! NIGETE!

Watch out! It's dangerous!
危险!
危ない! ABUNAI!

Please evacuate (from here).
请紧急避难。
避難してください! HINANSHITE KUDASAI!

Foreign Language Information Services on Medical Institutions 提供医疗机构的外语介绍

Tokyo Metropolitan Health & Medical Information Center "Himawari" 東京都保健医療情報センター (向日葵)

03-5285-8181 9:00~20:00

English/Chinese/Korean/Thai/Spanish 英语/中文/韩语/泰语/西班牙语服务

Evacuation sites around Shinjuku Station 新宿站周边的避难场所

■ Shinjuku Gyoen National Garden map P.11
新宿御苑

■ Shinjuku Central Park map P.8
新宿中央公園 東京都生活文化局発行「防災リーフレット」及び「ヘルプカード」より転載

MiSMO Shinjuku vol.1

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Special Thanks McDAVIS ASSOCIATES,INC. Torindo Co., Ltd. NIPPON PRICOM,inc.
Cooperation 協力 Odakyu Electric Railway Co., Ltd. 小田急電鉄株式会社 Shinjuku Convention & Visitors Bureau 一般社団法人新宿観光振興協会 KABUKI-CHO SHOPPING CENTER PROMOTION UNION 歌舞伎町商店街振興組合 Tokyo Convention & Visitors Bureau 東京観光財団

Issue 発行 INCLUBE Co., Ltd. 株式会社インクルーブ
http://www.mismonet.com
本誌の広告に関するお問い合わせは株式会社インクルーブ 〒215-0021 神奈川県川崎市麻生区上麻生1-5-1 りそな新百合ヶ丘ビル5F 営業企画部 ☎044-959-3750
Printing and bookbinding 印刷・製本 SANKEI SOGO PRINTING Co., Ltd. サンケイ総合印刷株式会社
次号は2019年初夏頃発行予定です。

花壇 GÔRA KADAN



Day trip to Hakone

Lunch at Restaurant "Kaiseki KADAN" & Spa plan

The restaurant "Kaiseki Kadan" & Spa Plan offers you a chance to enjoy traditional Japanese Kaiseki cuisine using a variety of highly seasonal ingredients at the former "Kaninnomiya villa" built in the early Showa era, and private usage of outdoor spa. The outdoor spa is equipped with steam sauna and mildly alkaline simple spring water that is drawn from the source within the premises.

¥12,000/person (excluding tax and inclusive of service charge)

Lunch at "Kaiseki Kadan" and beauty treatment plan

SPA 60 minutes Course : ¥18,000 ~ (excluding tax and inclusive of service charge)



Hotel

GÔRA KADAN

2 guests occupancy 51,500~92,700yen
Room charge half board (dinner & breakfast) per person, per night.
All prices excluding tax/including service charge.

Tel.+81(0)460-82-3331 reservation@gorakadan.com

Restaurant

Kaiseki KADAN

located inside the luxurious inn GÔRA KADAN
Restaurant of the Kaiseki cuisine

Tel.+81(0)460-82-3333 kadan@gorakadan.com

ACCESS

< TO TRAIN > SHINJUKU

ODAKYU ROMANCE CAR 1hr40min.

HAKONE-YUMOTO

20min. BY TAXI

HAKONE MOUNTAIN RAILWAY 35min.

GORA



ALL AROUND THE WORLD, UNIQUE IN THE WORLD
Our 500 restaurants & hotels offer the finest experiences all over the world.

1300 Gora Hakone-machi Ashigarashimo-gun Kanagawa Pref. Japan

www.gorakadan.com

Shinjuku Guide

Shinjuku Guide, your source for travel information on Shinjuku and its surrounding area. Here you will find news, events, sightseeing and transportation information, and even complete sample daytrips in and around Shinjuku, as well as information on getting around the station itself.

<https://www.shinjuku-guide.com/>

新宿指南

新宿指南, 您在新宿及其周边地区旅游信息的来源。在这里您可以找到新闻, 活动。如果你看这个网站, 您可以在新宿享受更多。

Places to Go

Packed with all the details on the shops and restaurants you can't afford to miss.



Shinjuku News

Bringing you firsthand information on the latest hot spots and hidden treasures in Shinjuku!



Information Centers and Travel Assistance

Travel info, Wi-fi access, and other tidbits of guidance for visiting travelers.

Information Centers	Ticket Gates	Bus Stops and Stations	TAXI Taxi Stands
Free Wi-Fi	Accessibility	Baggage Storage	Restrooms
			Currency Exchange and ATMs



Plan Your Visit

Introducing possible day-plans and easy excursions to popular locations outside of Shinjuku.

