

JAPAN TOKYO SHINJUKU

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2020
Winter/
Spring
冬春刊

vol.3

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免费

English 简体中文

Detailed
MAP

Included

附带详细地图

SHINJUKU VISITOR'S GUIDE

新宿旅游指南

东京 新宿



■ Shinjuku Station Maps by Exits & Main Spots

新宿站各出口地图 & 主要景点

■ Must-Go Gourmet & Shopping Spots

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【ミスモ*しんじゅく】



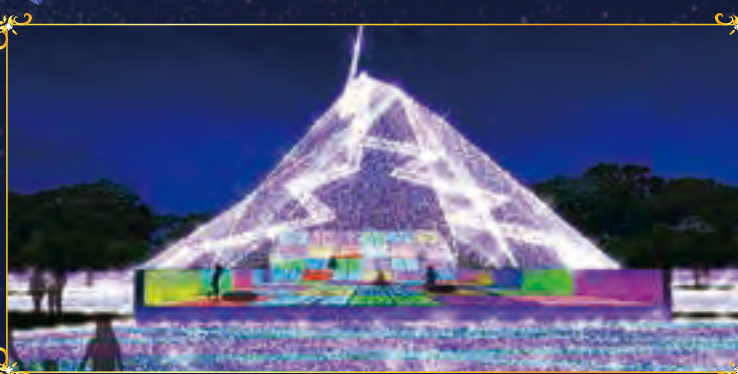
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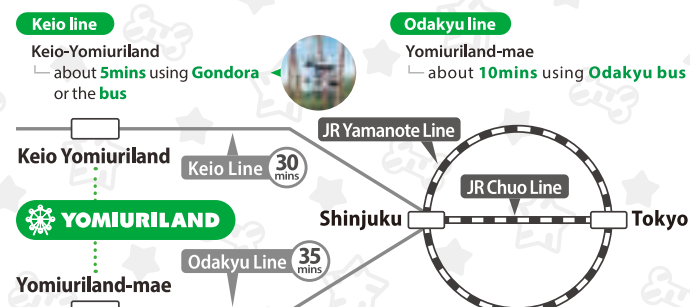
※This coupon is valid for up to 5 people. ※Valid until May 6, 2020.
※Please bring this coupon and passport to the ticket counter to buy the ticket.

※日本語の方は、こちらの割引券の対象外となります。ご了承くださいませ。 ※Check the Illumination date on the website



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S 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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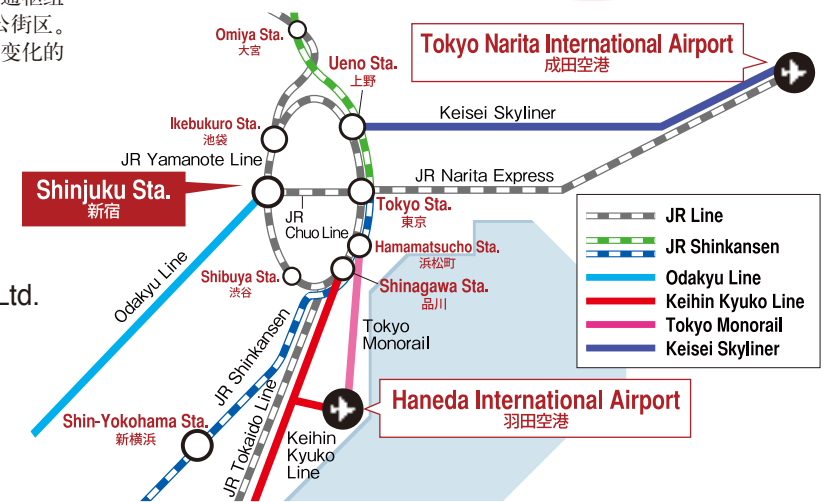
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• Information published in this magazine is as of October 3, 2019. There may be cases of prices having been changed since then, due to consumption tax rate revision and other reasons, so please check with the stores before use. And there are instances of consumption tax, other service fees applied separately.
• The details of what have been referenced in this magazine may 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.
• Please ask each shop, restaurant, or venue about its New Year's and O-Bon schedule.
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• 本杂志刊登的信息为截至2019年10月3日的最新内容。价格可能因消费税法修改发生变动，请事先向店方进行确认。此外，可能还需支付服务费等其他费用。
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Delight in exquisite Shinjuku fruits

TAKANO
SHINJUKU TOKYO
SINCE 1885



Masashi Takai 高井 昌史先生

One of Japan's leading bookstores, Kinokuniya is a landmark of the eastern side of Shinjuku Station. We asked Mr. Masashi Takai, chairman and president, about the history and appeal of the Shinjuku Main Store and his thoughts about books.

纪伊国屋书店是新宿东口的地标性建筑，也是日本具有代表性的书店之一。此次我们采访了高井昌史董事长兼总经理，介绍新宿总店的历史和魅力，以及他对书的特别感情。

Know your own Shinjuku — a yummy, safe and culturally exhilarating neighborhood 新宿是“美食”、“安全”和“文化”兼具的社区 待上一整天，来感受她独特的魅力

Kinokuniya was founded in 1927, when founder Moichi Tanabe, age 21, opened a bookstore that had been his childhood dream. It stood in present-day Shinjuku 3-chome, replacing a charcoal wholesale business that had been in the family for generations since the Edo period.

The current building was completed in 1964, with a theater hall and art gallery in the bookstore, realizing the founder's dream of a bookshop serving as a culture hub. We have hosted the Kinokuniya Theater Awards, as well as over 650 performances of Kinokuniya Yose (vaudeville theater) held since the hall's opening. The theater has not only staged Japan's leading theatrical companies, but has also been open to young performing companies led by up-and-coming directors. There were times when a long line of ticket buyers nearly surrounded the building.

At the beginning of the 1970s, when I joined the company, so many students in school caps and uniforms flocked into the store, eager to learn, that the aisles resembled a packed train at rush hour.

It was also a time when Japan's leading writers like Yasunari Kawabata, Yukio Mishima, and Ryotaro Shiba were shining stars in the literary firmament.

With advances in digital technology and the internet access, it is said that people don't read anymore, whilst concerns of smartphone fatigue are being argued. As books have the power to nurture people's mind and change their lives, I believe they'll never disappear and that reading culture will endure.

It's been 50 years since we started to expand our sales channels overseas with steady efforts, starting with opening a store in San Francisco in 1969, when it was still rare for Japanese retailers to go abroad. In Singapore, where we opened 36 years ago, we are widely known under the nickname of Kino. In addition to such countries as Thailand, Indonesia, and Malaysia, we opened a store in Myanmar and Cambodia where books are still less affordable. In the UAE, following the first store in economically vibrant Dubai, we will open the second one in the capital Abu Dhabi in 2020.

Bookstore management is not possible without harmonious accord, so it is my hope as well as our company's to contribute to peace and growth in the communities we serve, through development of education and culture through books.

Shinjuku is our root and the town where we enjoy walking at ease, with such attractions as delicious food at reasonable prices— sometimes just 1,000 yen affords you three meals a day—and everyone is safe to stroll late at night. There are a number of cinemas and numerous anime and manga joints you can enjoy. People often speak English and Chinese OK, and everyone is generally friendly. I invite you to spend a day in Shinjuku to enjoy its urban charms and experience its varied attractions.

This modern, two-story wood store built in 1947 had an art gallery reached by stairs.

建于1947年的2层木造楼，店内前卫现代。从照片中前面的楼梯上楼即可看到画廊。



BIOGRAPHY

Born in Tokyo, 1947. After graduating from Seikei University, Faculty of Law, Masashi Takai joined Kinokuniya in 1971. In 2008, he assumed the post of President and Representative Director after taking various leadership positions. He additionally serves as Chairman of the Publishing Health Insurance Association, Managing Director of the Japan Publishing Industry Foundation for Culture, and Director-at-Large at the Booksellers Association of Tokyo.

1947年出生于东京。成蹊大学法学部毕业后，于1971年加入纪伊国屋书店。在担任过各地区的营业所长、常务、专务等职务后，于2008年就任董事长兼总经理。同时还是出版健康保险协会的理事长、财团法人出版文化产业振兴财团常务理事、以及东京都书店商业协会特任理事。

纪伊国屋书店创立于1927年，创始人田边茂一21岁的时候，结束了自江户时代起就一直经营的新发批发店的家业，在现在的新宿三丁目开设了几时开始就梦寐以求的书店，那是纪伊国屋书店的开始。

现在纪伊国屋书店所在的大楼竣工于1964年，当时书店里还开设了剧院厅和美术画廊。这体现了创始人“将书店打造成为文化传播中心”的热切期望。此后书店主办了纪伊国屋话剧大赛，自剧院厅启用后演出了650多场纪伊国屋寄席（落语的表演单场），登上舞台不仅有日本的代表性剧团，还有新锐作家带领的年轻剧团。那时，为了买票一睹现场演出，购票的龙长将大楼团团围起，盛况空前。

我进公司的时候还是70年代初，求知欲旺盛，带着学生帽穿着学生装的学生挤满了店内，好似拥挤的车厢一样。而川端康成、三岛由

纪夫、司马辽太郎等日本著名文学作家辈出，堪称群星荟萃的时代。

近年来随着数字化时代的发展，看书的人越来越少了。而过度使用手机也让人担忧。不论是什么时代，书都有着培养心灵、改变人生的力量。我坚信书不会消失，读书文化也一定会复兴。

在零售业还很少进军海外的1969年，我们在旧金山开设了书店，一步一个脚印拓展海外市场，至今已有50年。36年前在新加坡开设的书店被大家爱称为“KINO”，深受当地人的喜爱。此外，我们还在泰国、印度尼西亚、马来西亚，甚至书籍还比较昂贵的缅甸和柬埔寨等地开店。继阿联酋的经济中心迪拜之后，明年我们将在首都阿布扎比开设新店。经营书店离不开和平。通过书籍推动教育和文化发展，为建设和平的国家做出贡献，这

就是我们的期望。

新宿是我们书店的“根”，也是相伴多年的“社区”。在这里，一天只要有1000日元，就可以满足三餐，价格便宜内容丰富，深夜走在街上也非常安全。有电影院，可以体验漫画文化。即便不怎么流畅，也有人可以说英语或者中文，对任何人都是热情亲切。请一定来新宿玩上一整天。届时您就会明白新宿的魅力。

Kinokuniya Shinjuku Main Store

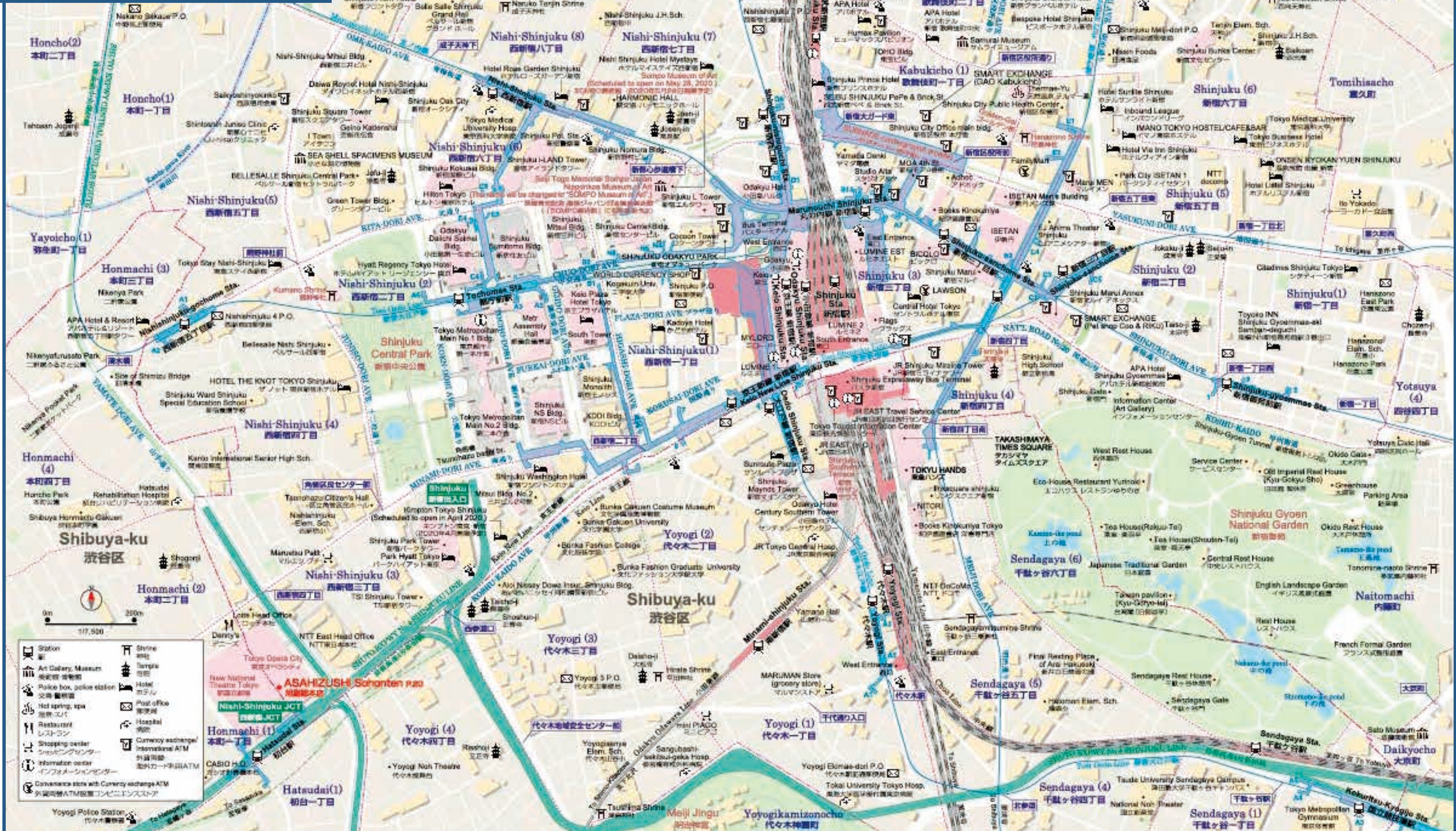
纪伊国屋书店 新宿总店
紀伊國屋書店 新宿本店

3-17-7 Shinjuku, Shinjuku-ku, Tokyo
东京都是新宿区新宿3-17-7

East Exit
東口
MAP P13

Around Shinjuku Station

新宿站周辺



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



东京都庁舍 東京都庁舍

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

This 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 and overall good fortune.

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，神社里曾有过大小两个池塘，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开运护身符深受大家的喜爱。





Noh Costumes, Kabuki Costumes
7 Oct. 2019 ~ 29 Nov. 2019

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Japan
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Admission: Adults ¥500
Closed: Sundays, national holidays,
year end & New Year holidays(12/27-1/5),
and during exhibition rotation.

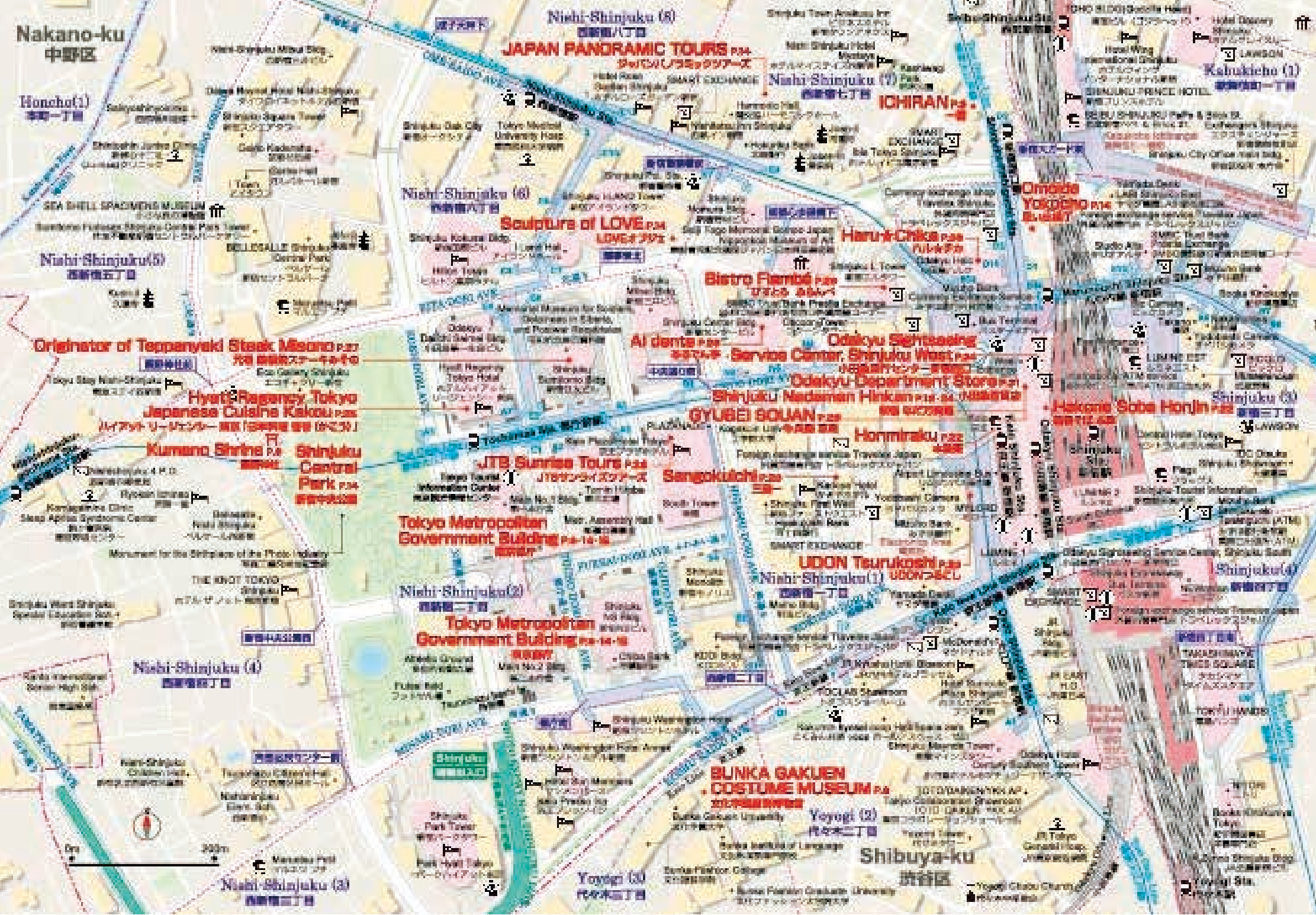


Pleats, gathers, shirring,
tucks, drapes, frills....
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BUNKA FASHION GRADUATE UNIVERSITY
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ICHIRAN

Nishi-Shinjuku

一蘭 西新宿店



20 Years Ramen

🏠 Otakibashi Pacifica Building 1F,
7-10-18 Nishi-Shinjuku, Shinjuku-ku

🪑 30 counter-seats ⌚ 24 hours

🚶 5 min. walk from the JR Shinjuku Station West Exit,
4 min. walk from the Seibu Shinjuku Station

🏠 新宿区西新宿 7丁目 10-18 小泷桥 PACIFIKA 大楼 1F

🪑 30 个 ⌚ 24 小时营业

🚶 JR 新宿站西口步行 5 分钟 西武新宿站步行 4 分钟

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。



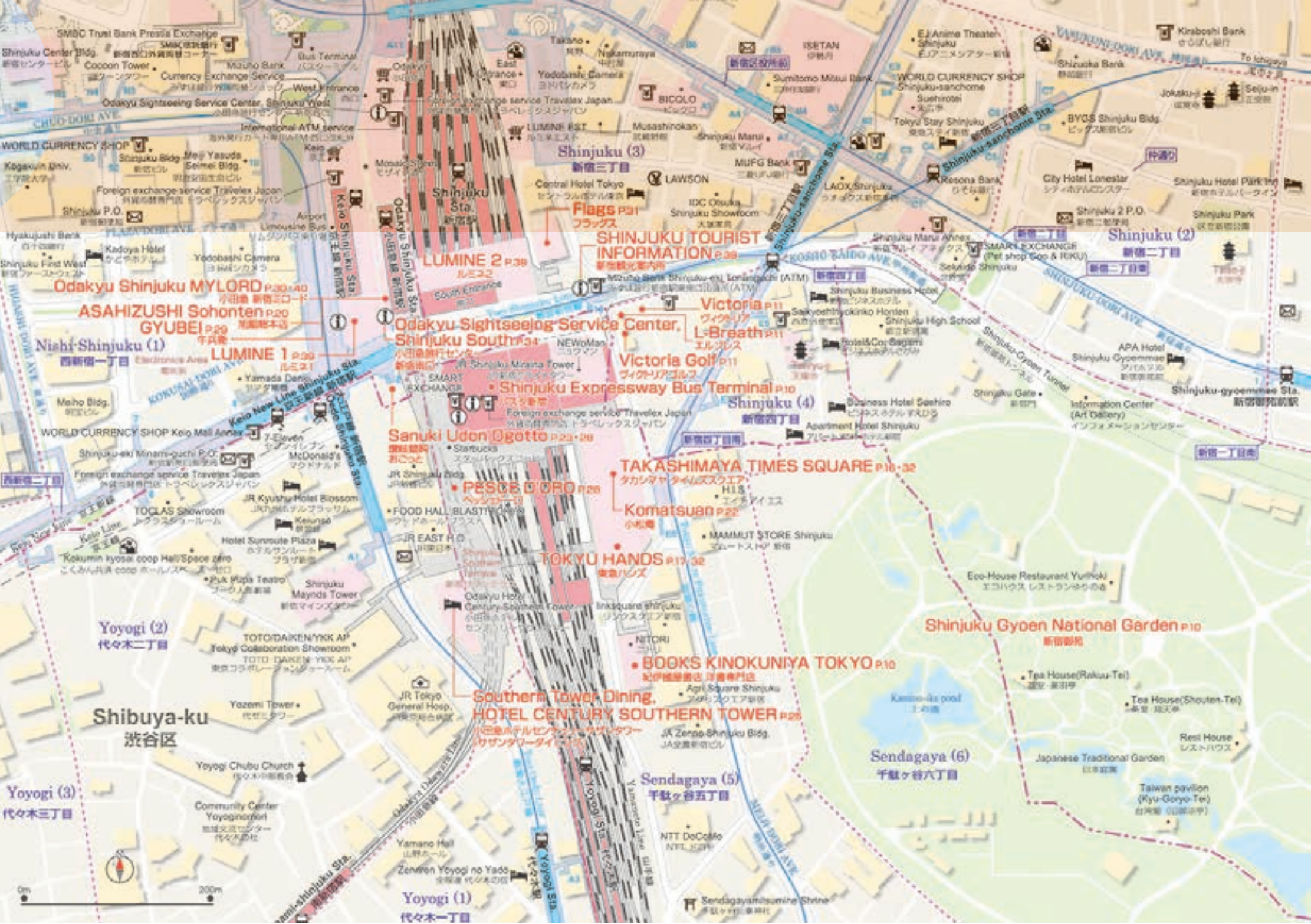
Shinjuku Gyoen National Garden


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.

江戸时代的旧宅邸在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。





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营业时间
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星期日、节假日
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Feel the earth, open air sports

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星期日、节假日
Sun & Holidays 11:00-20:30

TAX FREE

FREE Wi-Fi Available

Victoria
Golf
Feel the earth, open air sports

Victoria Golf 新宿店

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JR新宿站东南口步行3分钟
Tel 03-3352-5281

营业时间
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星期日、节假日
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ACCESS MAP



Victoria Shinjuku store
L-Breath Shinjuku store
Victoria Golf Shinjuku store

This coupon is not available anywhere except Victoria Shinjuku, L-Breath Shinjuku and Victoria Golf Shinjuku.

此优惠券仅适用于维多利亚新宿店、L-Breath新宿店和维多利亚高尔夫新宿店。

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

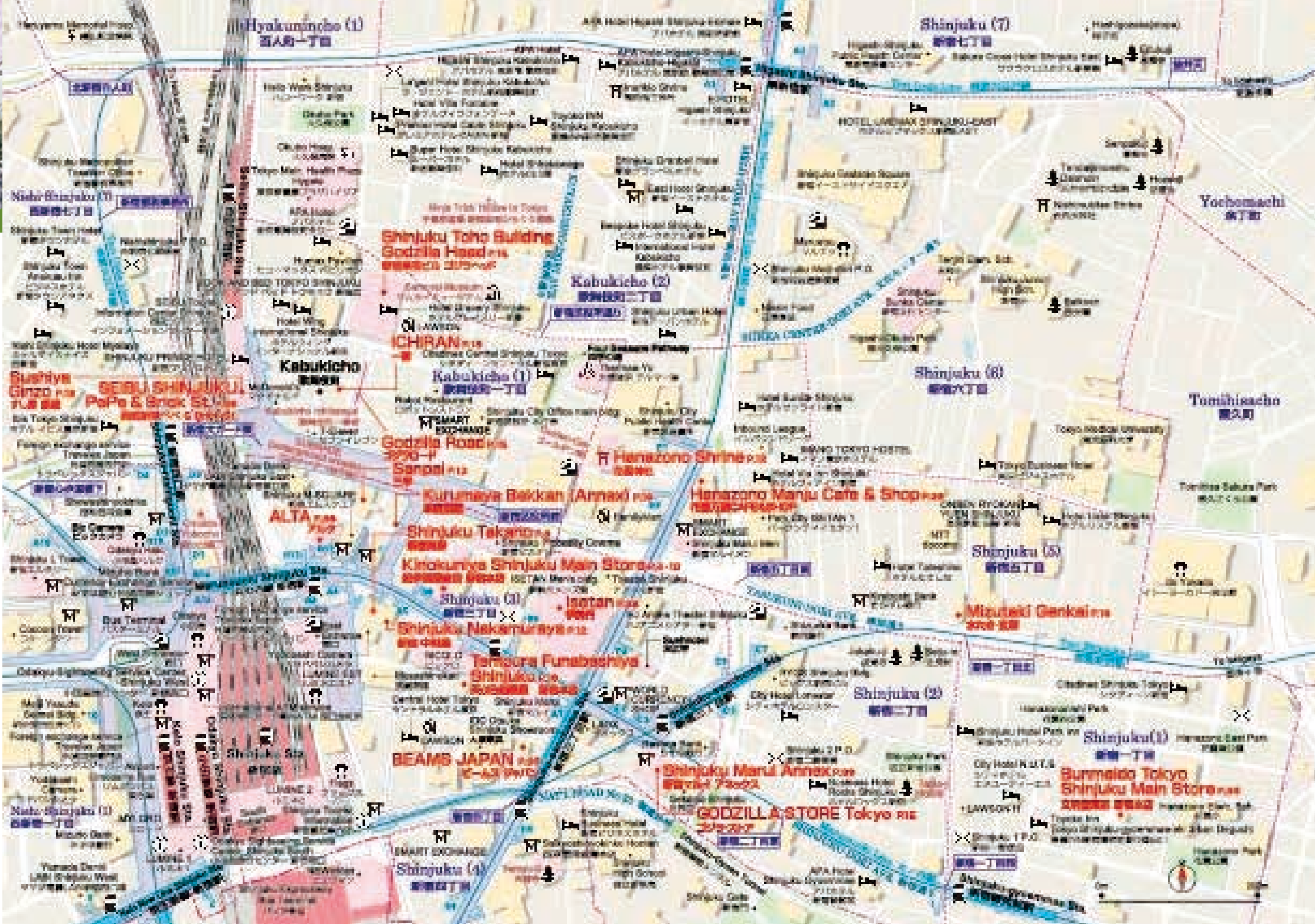
花园神社

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。



 Restaurant & Cafe Manna Restaurant representing Nakamuraya 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	B2	
 Sweets & Deli Bonna A shopping floor for food, including Japanese and Westernsweets 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	B1	
Shinjuku Nakamuraya Bldg. 3-26-13 Shinjuku, Shinjuku-ku, Tokyo https://www.nakamuraya.co.jp/		
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		8F
Nakamuraya Salon Museum of Art 3F Contemporary art here showcases artists who met at Shinjuku Nakamuraya 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		3F

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

遊 PLAY

1-4F

Pool or billiards, darts, & more
新宿スポルン
Shinjuku Spolan

Game Center
SHINJUKU SPORTS LAND GAME

Food, play, and Shopping

Close to the station!
Go to Nostalgic Sanpei

Thanks & Services

三 軍
Sanpei

3-22-12, Shinjuku, Shinjuku-ku Tokyo
《Directly connected with Shinjuku Subnade》
03-3352-0003

5F&6F

Restaurant

Enjoy a tasty lineup of Showa-era menu choices like omuraisu (omelet with fried-rice filling topped with ketchup garnish) as well as sake (including daiginjo) and wine.

はやしや
Hayashiya
Japanese Cuisine
三 軍
Sanpei

紬穂齋
Capone
Japanese restaurant

B2F

Superstore Sanpei Store

sonPei store
Fresh food market

B1F

100YEN SHOP
100-yen shop

Watson's

SHOPPING

Recommended Plan

Shinjuku Skyscraper Walking Tour

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。



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 15min.

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 8min.



4 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。

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) *South Observation Deck is closed on the 1st and 3rd Tuesdays (the following day when Tues. is a holiday); North Observation Deck is closed until mid-January 2020.

45层的展望室是可将新宿街景尽收眼底的最佳景点(开放时间9:30~23:00、最晚入室时间为结束时间前30分钟)。*南展望室 每月第1和第3个星期二休息(节假日时替换至第二天) 北展望室至2020年1月中旬为止休业不开放

walk 5min.

walk 10min.



5 Omoide Yokochi

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。

Walk in the City of Godzilla 巡礼哥斯拉之城

Since first produced in 1954, the monster movie of Godzilla became a series of Japanese films that made the fictional monster (kaiju) a worldwide pop culture icon appearing also in Hollywood films, video games, and other media. There are places in Shinjuku related to the renowned kaiju, so there's no finer place to walk the trail of this urban legend than here in the city of Godzilla.

怪兽电影《哥斯拉》自1954年制作第一部以来不断推出续篇，不仅在日本大受欢迎，甚至还诞生了好莱坞版。新宿各地有很多与哥斯拉相关的景点。让我们沿着这些景点来一场哥斯拉巡礼吧。

Godzilla Road

哥斯拉路 ゴジラロード

The former Central Road from Yasukuni-dori to Shinjuku Toho Building has been named Godzilla Road, commemorating the 2016 movie Shin Godzilla with a length of 118.5 meters: the same as Godzilla's in the movie.

位于靖国大道与新宿东宝大厦之间，曾经的中央大道被称为“哥斯拉路”。这一称呼是为了纪念2016年上映的电影《新·哥斯拉》，大道的长度为118.5米，与该电影中哥斯拉的体长相同。



walk 1min.

walk 10min.

walk 20min.



Shinjuku Station Area

新宿站周边 新宿駅周辺

In the 23rd serial movie of Godzilla 2000: Millennium, Godzilla appears in Tokyo Bay and destroys the Shinjuku Station area, defeating UFO (Monster Orga). Here is a key spot on the trail of this urban legend.

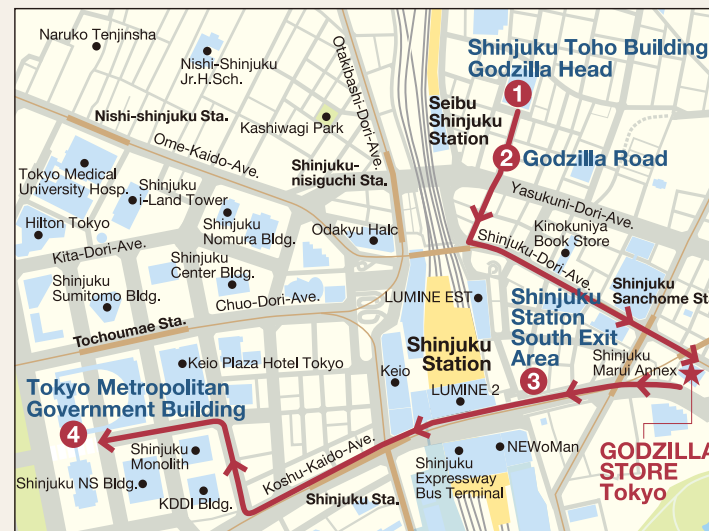
在哥斯拉系列第23部作品《哥斯拉2000千禧年》中，出现在东京湾的哥斯拉践踏摧毁了新宿站周边，并击败了UFO(怪兽奥尔加)。

Tokyo Metropolitan Government Building

东京都厅舍 東京都庁舎

The stage of the final battle in the 18th serial movie of Godzilla vs. King Ghidorah is set in the Tokyo Metropolitan Government Building. The miniature replica took over a month to build for use with special effects and is said to be over five meters high.

哥斯拉系列第18部作品《哥斯拉vs王者基多拉》最终决战的舞台就在当时刚刚建成的东京都厅。据说，为了特技需要，花费1个月时间建造的迷你都厅高达5米以上。



哥斯拉商店

Enjoy the one-and-only official Godzilla store, born in Japan, where you'll find various goods of the world-famed kaiju, including limited specialty items.

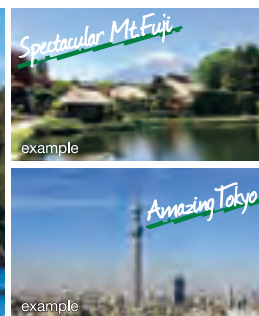
诞生于日本的“哥斯拉”官方专卖店。网罗了包括限定商品在内的各种哥斯拉商品。

3-1-26, Shinjuku, Shinjuku-ku, Tokyo Shinjuku Marui Annex 1F
TEL.03-6709-9652
Hours 11:00-21:00
(~20:30 Sun. and holidays)

<https://godzilla.store/tokyo/>

Explore the best places in Tokyo/Mt.Fuji/Hakone!!

One day English bus tour by Japan Panoramic Tours.



Multilingual Audio Guide is available.

English Spanish French Italian Russian Chinese Indonesian Thai

Reservation Please book it before coming to sculpture of Love.

Phone 03-6279-2988 Opening Time >> 7:00am to 10:00pm

Online

Coupon S5TYV6EB

Note: 5% discount when you book a tour on our website and enter the coupon number. Valid through June 30, 2020.





TAKASHIMAYA TIMES SQUARE

5-24-2, Sendagaya, Shibuya-ku, Tokyo Hours: Weekdays & Sun., 10:00–20:00; Fri. & Sat., 10:00–20:30 Open daily
Directly connected to New South Exit, Shinjuku Station
东京都涩谷区千駄谷5丁目24番2号 平日、周日: 10:00 ~ 20:00 / 周五、周六: 10:00 ~ 20:30 无休
新宿站新南口直通



Takashimaya Times Square is a large-scale commercial complex with everything from pearls to plush toys. All 15 floors are consubstantial with Takashimaya Shinjuku Department Store; Tokyu Hands, carrying convenient daily necessities; Takashimaya Duty Free Shop SHILLA & ANA; a restaurant area; and more.

高岛屋时代广场是大型综合性购物中心，商品种类丰富应有尽有。共15层，汇集了新宿高岛屋百货店、包罗各种便利日用杂货的东急Hands、高岛屋免税店SHILLA&ANA、美食街等各类设施。



4F Jewelry & Watches 4层 珠宝首饰、钟表

On the 1st to 3rd floors, luxury brands are featured, and there are many popular brands of jewelry and watches on the 4th floor. Enjoy shopping in a calm and spacious environment.

1层至3层是人人向往的奢侈品牌，4层则汇聚了丰富的热门珠宝和手表品牌。可以在放松的空间里享受购物的乐趣。

Shinjuku Takashimaya 新宿高岛屋



Takashimaya carries a wide variety of products from fashion goods to gourmet dining, and from famous brands to foods and art. Enjoy shopping in a spacious store.

高岛屋的商品丰富多彩，从时尚到美食，从名牌到食品和美术品，应有尽有。可以在宽敞的店内享受购物的乐趣。

BI Foods 地下1层 食品

A food floor is the perfect place to find gifts and souvenirs, including carefully selected confectionery from all over Japan as well as the confections of Ogura Sanso in Kyoto. 食品层有精选自日本各地的名牌点心和京都的“小仓山庄”等名牌点心，非常适合挑选特产。



1F Cosmetics 1层 化妆品

Abundant domestic and international brand cosmetics are available. Expert advisors are at hand to help you choose cosmetics, and the interpreters stationed near the cosmetics section will offer support as needed.

这里为您准备了各种来自日本国内和海外的名牌化妆品。有专属顾问可以提供咨询服务，助您挑选化妆品，在化妆品区附近还有翻译人员提供支持。

9F Babies and Children's Wear 9层 婴儿、儿童服装

Miki House, Disney Store, and other popular children's clothing brands, baby goods, and toys are available.

MIKI HOUSE和迪士尼商店等人气童装品牌和婴儿用品、玩具一应俱全。



Takashimaya Duty Free Shop SHILLA & ANA 高岛屋免税店 SHILLA&ANA

An airport-style downtown duty-free shop with the largest selection of cosmetics in Japan; in addition to Japanese confectionery and traditional crafts, there are home appliances, drugstore products, and more—goods that visitors to Japan want to buy today.

日本国内最大的化妆品齐全的机场型市内免税店。不仅有日本的点心和传统工艺品等，还精选了家电和药妆等“访日外国游客当下想在日本购买的商品”。

Hotel Delivery Service 酒店配送服务

Goods purchased at participating Shinjuku Takashimaya stores are delivered free of charge to designated hotels within metropolitan Tokyo. Applications are accepted until 5:00 P.M. Ask the staff at the 11F Tax-Refund Counter for details.

在新宿高岛屋店内购买的商品，可以免费配送到东京都内的指定酒店。受理时间截止到下午5点。详情请咨询11层免税专柜。

Airport Delivery Service 机场配送服务

Goods purchased at participating Shinjuku Takashimaya stores are delivered free of charge to Narita Airport and Haneda Airport. Ask the staff at the 11F Tax-Refund Counter for details.

在新宿高岛屋店内购买的商品，可以免费配送到成田机场和羽田机场。详情请咨询11层免税专柜。

Takashimaya Shopper's Card 高岛屋购物卡

Hello Kitty discount card is offered to travelers from overseas. In addition to duty exemption, 5% is discounted for purchase of designated items at Shinjuku Takashimaya stores. Show your passport at the 11F Tax-Refund Counter.

高岛屋为外国游客特别提供Hello Kitty折扣卡。在新宿高岛屋内购买指定商品，可以在免税之外额外享受5%的折扣。请在11层免税专柜出示护照。

Interpretation Service 口译服务

English and Chinese interpreters wearing red jackets are available to aid shoppers.

英语和中文口译人员可以为您的购物提供帮助。口译人员身着红外套，很容易识别。

Restaurants Park 餐厅花园

Enjoy food in the Restaurants Park.
在美食街尽享“美味”

Direct connection to Shinjuku Station (New South Exit).
34 restaurants under one roof!

新宿站（新南口）直通的便捷位置
34家店铺的丰富选择！

Restaurants Park

Takashimaya Times Square Main Bldg. 12F–14F
Hours: 11:00–23:00 (last order 22:00)



Restaurants Park with 34 establishments of a wide variety of genres, including Japanese, Western, and Chinese. Terrace seats are available on the 13th floor, a popular spot with charming illumination at night.

Note: Some times may be without illumination due to maintenance work.
※霓虹灯可能因维护而停止亮灯。



Tax Refund Procedure 退税手续(2F)



You can get the Tax Refund service at the information counter on the 2nd floor. The exemption procedure must be completed on the day of purchase, after paying full price, including the consumption tax (10%).

在2楼问讯柜台可办理退税手续。先支付含消费税(10%)的金额后,在购买当天完成退税手续。

Discount by presenting your passport 护照提示优惠



5% OFF

Please show this coupon together with your passport at our cashiers before making payment (non-Japanese nationality).

- 请在结账前,于收银台同时出示本券与护照(日本国籍以外)。
- This coupon can be used only in Shinjuku store.
- This coupon cannot be combined with other discount tickets or complimentary tickets.
- This coupon is not valid for some items.
- This coupon cannot be used for shipping fee / cash on delivery.
- 新宿店限定打折 ●不能与其他折扣券·优惠券同时使用。
- 部分商品不在本券优惠范围内。
- 运费·到付手续费均不在优惠范围内。

Payments below are available.
可利用以下软件支付



Tokyu Hands is “THE-ONE-STOP-SHOR” packed with all kinds of items, fun discoveries, and surprises in one store, including kitchen ware, beauty goods, stationery, bags and travel goods, tools and tools and tools.

在东急Hands,从厨房用品到美容用品、文具、包具、旅行用品、道具和工具等各类商品一应俱全,是融合愉快体验与惊喜发现的一站式购物商店。



Restaurants Park

Benefit
特惠活动

¥1,000 voucher



- Presented to those who spend more than ¥30,000 yen, including tax, in purchasing goods at Shinjuku Takashimaya or Takashimaya Duty Free Shop SHILLA & ANA from November 1 (Fri.) to 30 (Sat.), 2019 (period 1), or from Feb. 1 (Sat.) to 29 (Fri.), 2020 (period 2). (Receipts can be combined.)
- First-come-first-served customers (1,000 persons for each period)
- Show this booklet at the 11F Takashimaya Duty Free Shop SHILLA & ANA.

※2019年11/1(周五)~30(周六)、2020年2/1(周六)~29日(周六)期间,在新宿高岛屋或高岛屋免税店SHILLA & ANA购物满30,000日元(含税)的顾客(可合计购物小票)
※各活动期间前1000人
※在11层高岛屋免税店SHILLA&ANA出示本杂志

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。

Sushiya Ginzo Seibu Shinjuku Brick St. Shop
寿司屋 银藏 西武新宿Brick St. 店
すし屋 銀蔵 西武新宿Brick St. 店
tel.03-6457-6460
MAP P.12



Mizutaki 鸡肉汆锅

水炊き

Rich soup made by stewing young chicken and chicken bones is characteristic. Have ingredients like chicken meat with ponzu citrus soy sauce. A simple yet luxurious pot dish with chicken umami dissolved in.

特点是放入鸡肉和鸡骨炖煮而成的浓郁汤头。鸡肉等汤锅的材料蘸上柚子醋酱油后品尝。汤头浓缩鸡肉美味，是一款简单又奢侈的汤锅料理。



Mizutaki Genkai Main Shop
鸡肉汆锅 玄海 总店
水たき 玄海 本店
Tel.03-3352-3101
MAP P.13
※水たきは12月より提供
Note: Mizutaki served from December
※12月起开始提供鸡肉汆锅



Teppanyaki Steak 铁板烧

鉄板焼き

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。

Kurumaya Bekkan (Annex)
车屋别馆
車屋別館
Tel.03-3352-5566
MAP P.13

Sukiyaki 寿喜烧

すき焼き

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 滩万宾馆
新宿 なた万賓館
Tel.03-5381-0700
MAP P.9

Savory of Delights 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。



Tempura Funabashiya Shinjuku Main Shop
天妇罗船桥屋 新宿总店
天ぷら船橋屋 新宿本店
Tel.03-3354-2751
MAP P.13

Tempura 天妇罗

天ぷら

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

ラーメン

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、猪骨等为基底的特制汤头一起品尝。汤汁和面的种类丰富多样。



ICHIRAN
Shinjuku Kabukicho
一兰 新宿歌舞伎町店
一蘭 新宿歌舞伎町店
Tel.03-6233-7667
MAP P.12



Japanese Foods Sushi

【寿司】

Sushi, combining vinegared rice and the freshest seafood, is a traditional Japanese dish with a history of over 1,000 years. There are many varieties of sushi, such as sushi rolls (makizushi), scattered sushi (chirashizushi), fried bean-curd wrap (inarizushi); sushi is a wonderful world of amazing flavors and taste adventures, many unique to different regions. Nigirizushi (the style associated with the sushi image, of a piece of fresh fish riding atop a pillow of rice) was born in Edo (Tokyo) as an easy-to-eat food in the 19th century and spread across Japan as Edo-mae sushi. Originally, a bite-sized piece of fish was vinegared or pickled in soy sauce, but with the development of ice-making technology, fresh fish came to be increasingly the norm. In recent years, sushi-go-round (conveyor belt service) has become popular, but nothing can take the place of an authentic sushi restaurant experience, where the skill of master sushi craftsmen trained for many years happens right before your eyes. Sushi artisans are connoisseurs who know fish varieties and flavors intimately and are entertainers as well, with skills in everything from cooking to customer service. At a sushi counter, there are two ways to order: ask the sushi master to make as many rolls with your favorite toppings as you desire, or leave it to the sushi master to sculpture your sushi experience like a many-course meal. If you leave it up to the sushi master, understand that service starts with light-flavored seafood such as squid and white-fleshed fish, followed by a sequence of those with stronger flavor—red-fleshed fish such as tuna (maguro), silver-skinned fish, and shellfish. Silver-skinned fish such as middle-sized gizzard shad (kohada), mackerel, and sardines are recommended ingredients unique to

Edo-style sushi, hand-formed with skills cultivated over many years, featuring select fresh topping and high-quality sushi rice, captures the spirit of Japan's culinary finely traditions.

江户前寿司采用精选的新鲜材料和醋饭，采用多年积累的技巧握制而成。可以体验到日本料理的神髓。

Japan, where you can savor them fresh. Blowfish (fugu) becomes tasty from November to February, and sea bream (tai) in the spring. Don't hesitate to ask the sushi master for seasonal recommendations and enjoy the different fish varieties when their season is best.

A restaurant where you can fully savor the charm of sushi is Asahizushi Sohonten, which was founded in 1927 and has two shops in Shinjuku. They give minute considerations to all ingredients. For sushi rice (shari), the gentle flavor of Miyagi prefecture rice well brings out the flavor of toppings. Laver from different coastal areas is used, depending on the season. A sushi master who has created sushi for over 20 years offers this advice: "Sake, which is made from rice, goes well with sushi. With sake heated approximately to human body temperature (nurukan), you can enjoy the flavor of the sake itself and at the same time know that it interacts in a positive manner with [fatty elements of] the fish and that your sense of taste is enhanced. Sake has a role in washoku similar to wine in French cuisine." Asahizushi's Tokyo Opera City shop is located where diners can enjoy the night view from a very high floor, and its Shinjuku Mylord shop has a fine, casual atmosphere. Choose either one according to your desire and mood.



Fresh seafood such as squid, shrimp, silver-skinned fish, tuna, and shellfish bought every morning from the market are carefully prepared with highly skilled knife handling.

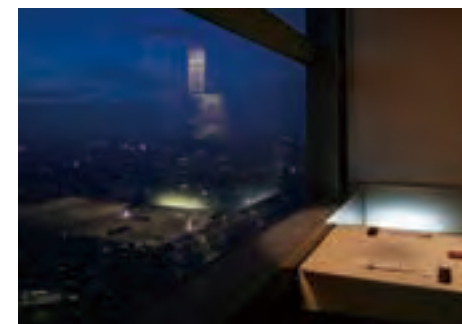
每天早上在市场采购鱿鱼、虾、亮皮鱼、金枪鱼和贝类等新鲜海鲜，通过熟练的刀工精心预处理。



Tuna (maguro) is very popular and is categorized as red meat, medium-fatty tuna (chutoro), and rich tuna (ohitoro). There are also other varieties, such as soy-sauce pickled tuna and broiled tuna.

人气的金枪鱼分为红肉、中鱼腩和脂肪最丰富的大鱼腩等。还有酱油腌制口味和烧烤口味等特色寿司。

还可以冲洗掉口中多余的鱼脂，使味觉更加清爽”。新宿有两家旭鮨店，分别是在高楼上一边欣赏夜景一边消磨时光的歌剧城店，以及氛围休闲的新宿MyLord店，可以根据需要进行选择。



At Asahizushi's Tokyo Opera City shop, spend an elegant time enjoying the night view of Tokyo. A course menu centered around sushi is also available.

在旭鮨的东京歌剧院店，您可以伴着东京的夜景度过一段优雅的时光。以寿司为主的菜品也非常丰富。



Shimotakaido Asahizushi Sohonten

下高井戸 旭鮨總本店

Tokyo Opera City 53F Store

☎ 03-5353-0470

MAP P.6

Tokyo Opera City 53F, 3-20-2, Nishi-Shinjuku, Shinjuku-ku, Tokyo
Hours: Lunch, 11:30-15:00 (last order, 14:00);
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)
Closed according to building holidays and on Jan. 1-2

Shinjuku MYLORD 8F Store

☎ 03-3349-5812

MAP P.10

Shinjuku MYLORD 8F, 1-1-3, Nishi-Shinjuku, Shinjuku-ku, Tokyo
Hours: 11:00-23:00, (last order, 22:00)
No fixed holidays (according to MYLORD holidays)



Elegant Down-Home Washoku

Soba & Udon: Must-Try Noodles

荞麦面、乌冬面

SOBA

荞麦面

Make *soba* dough by mixing buckwheat flour, derived from finely ground buckwheat seeds, with a binder and then knead into a ball adding water as you go. Press the ball and roll flat and thin, cutting into long, thin pieces. Binder ingredients generally used are wheat, Japanese yam, or Chinese yam.

荞麦面是在荞麦果实细磨制成的荞麦粉中掺入面粉，再加水揉合成面团，展开摊平后细切（荞麦面条）。面粉一般使用小麦粉、芋头或山药。

Mori Soba

笼屉荞麦面

もりそば

Eating cold *soba* by dipping into soup stock is called *mori soba* to differentiate it from *soba* in soup stock (*bukkake soba*). *Mori soba* is also called *zaru soba* or *seiro soba*.

将凉的荞麦面沾上汤汁吃，就是“笼屉荞麦面”。这个称呼是为了有别于把汤汁浇在荞麦面上的“汤汁荞麦面”。“蒸笼荞麦面”也被称为苳蓐荞麦面、蒸笼荞麦面。

Komatsuan Sohonke,
Shinjuku Takashimaya Shop
小松庵 总本家 新宿高島屋店
小松庵 総本家 新宿高島屋店
Tel.03-5361-1865 MAP P11

Tempura Soba

天妇罗荞麦面

天ぷらそば



Rich noodles of buckwheat (*soba*) are served in hot soup stock with *tempura* toppings like prawns, whitefish, and vegetables.

荞麦面条浇上汤汁的热汤荞麦面，上面添加天妇罗。天妇罗的种类包括有虾肉、白身鱼、蔬菜等。

Nihon Soba Honmiraku, Keio Department Store, Shinjuku
日本荞麦面 本味乐 京王百货店 新宿店
日本そば 本味楽 京王百貨店 新宿店 Tel.03-5321-5963 MAP P9

日式大众美食的代表

精制面食

When it comes to Japanese soul food, *soba* and *udon* noodles are the must-try choices. Made with Eurasian buckwheat and wheat, these noodles were cultivated long ago in Japan and have become a simple, savory national food that is both elegant and down-home washoku cuisine.



Savor Soba a la Standing Bar-Style

站着享用正宗荞麦面



Hakone Soba Honjin
箱根荞麦面 本陣
箱根そば 本陣
Tel.03-3342-6863 MAP P9

Experience a genuine, casual style of dining where you can savor *soba* in the mode of a standing bar. Drop by and get drawn in by the scent of homemade stock that is the essence of Japanese taste and style. And be sure to top your *soba* with delicate deep-fried *kakiage* ingredients.

可随意、短时间享用的“立食荞麦面”。被出汁的香气所吸引，不知不觉中就点上一碗面，可谓最日式的平民风格。推荐另点一份炸什锦，和荞麦面一起享用。



“荞麦面”和“乌冬面”可以说是日本人最爱的大众美食。原料为荞麦与小麦，都是从欧亚大陆传入日本，自古就在日本进行栽培，成为深受广大国民喜爱的大众面食。



Nabeyaki Udon

锅烧乌冬面

鍋焼うどん

Nabeyaki is a classic winter menu in Japan that provides *udon* noodles in an earthenware pot that has been directly put on the stove [directly exposed to fire]. The ingredients vary depending on the shop, but it is common to have shrimp tempura.

“锅烧”是指土锅在直火加热的状态下提供的日本冬季家常菜。根据店铺，放入土锅的材料会不太一样，但一般都会放入鲜虾天妇罗。

Sangukuichi West Exit Shop
三国一 西口店
三国一 西口店 Tel.03-3344-3591 MAP P9



UDON

乌冬面

This wheat noodle, kneaded with salt water and cut into long, thin strips, is a particular favorite in West Japan, where Kagawa Prefecture's Sanuki Udon is renowned and beloved. Particularly favored in East Japan are Gunma Prefecture's Mizusawa Udon and Akita Prefecture's Inaniwa Udon.

乌冬面是在小麦粉中加入盐水揉合，搓成细条后切成面条。在西日本特别受欢迎，除了有名的香川县赞岐乌冬面外，群马县的水泽乌冬面以及秋田县的稻庭乌冬面也广为人知。

Kake Udon

清汤乌冬面

かけうどん

Tuck into a bowl of these plain yet scrumptious *udon* noodles, served in a hot soup stock and topped with green onions, and you'll savor the rich taste of *kake udon*. Other toppings include thin slices of *kamaboko* fish cake or shaved kelp.

乌冬面一般的吃法是浇上热汤头，然后撒点葱花搭配，可以品尝到乌冬面的原汁原味。也可以放上薄片的蒲鉾或山药泥昆布。

Sanuki Udon Ogotto
Shinjuku South Exit Shop
赞岐乌冬面 Ogotto 新宿南口店
讃岐饅頭 おごっと 新宿南口店
Tel.03-5358-3935 MAP P11

Kitsune Udon

狐狸乌冬面

きつねうどん

A noodle dish of *kake udon* is topped with seasoned fried tofu. Fried tofu is called *kitsune* (fox), in line with folk beliefs that the sacred guardian of the gods is a fox, a spirit animal who favors this toothsome form of tofu.

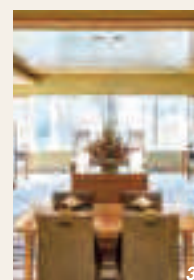
在热汤头的乌冬面上，放上煮的油豆腐。在日本，因为神仙的使者狐狸喜欢吃油豆腐，所以油豆腐也被称为“狐狸”。



UDON Tsurukoshi
Shinjuku Keio Mall Shop
UDON鹤越 新宿京王购物城店
UDONつるこし 新宿京王モール店
Tel.03-5322-2991 MAP P9

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1, 2 Selected ingredients are cooked into seasonal dishes for lunch (from ¥2,420) and dinner (from ¥7,865). **3** Calm space wrapped in a wall of soft light. Note: Images for display only.

1, 2 使用严选食材精制适合当季的美食料理。午餐时间2,420日元～、晚餐时间7,865日元～。 **3** 柔和光线构成的惬意空间。※照片皆为示例

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Hyatt Regency Tokyo Japanese Cuisine Kakou

日本料理 佳香

ハイアット リージェンシー 東京
「日本料理 佳香(かこう)」

West Exit
西口
MAP P9

☎03-3348-1234 (switchboard)

■2-7-2, Nishi-Shinjuku, Shinjuku-ku, Tokyo ■11:30-14:00; 17:30-21:00 ■Open daily ■Parking available
■Credit cards accepted ■9-min. walk from West Exit, Shinjuku Station



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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”。
2 坐在天妇罗桌台前，还能与厨师聊天。**3** 提供品牌牛肉“米泽牛”的寿喜烧套餐。
※照片仅供参考

Shinjuku Nadaman Hinkan

新宿 滩万宾馆

新宿 なだ万賓館

West Exit
西口
MAP P9

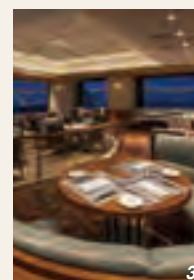
☎03-5381-0700

■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://www.nadaman.co.jp/restaurant/shinjuku/>



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宽敞舒适的座位，可一览新宿的夜景。



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。

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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 ■6:30-10:00, 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/>

Restaurants



Dining Restaurant

Estaji Grill & Beer

Hours: 11:30 am–12:00 midnight
tel.03-6457-3818





Cafe & Diner

HangOut HangOver

Hours: 11:30 am–12:00 midnight
tel.03-6302-1690





Sushi

Sushiya Ginzo

Hours: weekday lunch, 11:30 am–3:00 pm;
weekday dinner, 5:00 pm–11:00 pm;
Sat., Sun., & holidays, 11:30 am–11:00 pm
tel.03-6457-6460





Bakery

R Baker

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Onigiri (Rice Balls)

Omusubi Gonbei

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Cafe



Café

Pier's Cafe

Hours: 7:00 am–11:00 pm
tel.03-6205-5391






Café

Saint Marc Café

Hours: 10:00 am–10:00 pm
tel.03-5155-1316






Italian Bar

Segafredo Zanetti

Hours: Mon.–Thu., 7:00 am–11:00 pm;
Fri., 7:00 am–12:00 am; Sat., Sun., holidays, 8:00 am–11:00 pm
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Café

Starbucks Coffee

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tel.03-5155-3826



Shops & Restaurants



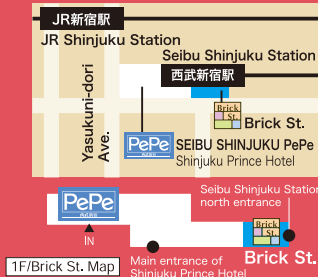
Seibu Shinjuku PePe & Brick St.

西武新宿 PePe & Brick St.

11:00 am–22:00 pm B2 10:00 am–22:00 pm 1-30-1, Kabukicho, Shinjuku-ku, Tokyo
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The Originator of
Teppanyaki Steak Misono
Shinjuku store



The restaurant, famous for Kobe's original Teppan-yaki menus,
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(Choose from a glass of beer, wine or soft drink.)
Please present it at the time of entry or order.
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- 51F Shinjuku Sumitomo Bldg., 2-6-1 Nishishinjuku, Shinjuku-ku, Tokyo, 163-0251
- Lunch 11:30 - 14:30 (Last order is at 13:30)
Dinner 17:00 - 22:00 (Last order is at 21:00)
- No holidays (Closed from December 30 to January 3)

- Credit card is accepted. No-smoking at all seats. No age limit.
Foreign language menu is available: English / Chinese (Traditional / Simplified), Korean
Other prices Service fee: 10% only for the dinner time
Other charge: 1,000yen (excluding tax) only for the dinner time

The Originator of Teppanyaki Steak Misono Shinjuku store

TEL 03-3344-6351

We can provide you our service without reservation if seats are available on that day.
But please note that it may take time to prepare

<https://misono.org/en/shop/shinjuku/>

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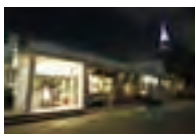
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*Udon by Day, Japanese Sake
and More at Night*

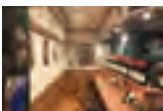
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讃岐鰻 におごと 新宿南口店
Sanuki Udon Ogotto
Shinjuku South Exit Shop
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■Hours: 11:00-15:00/17:00-23:00, weekdays; 11:00-23:00, Sat./Sun./holidays ■Open daily



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■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



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For high-quality Italian, go to Ristorante Machiavelli, Odakyu Department Store Shinjuku Store Main Bldg.13F

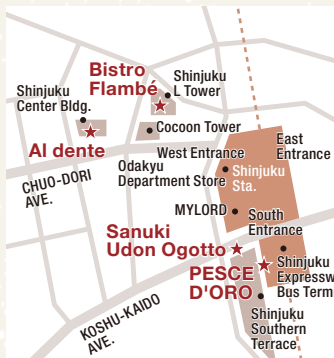
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薄煎饼 新宿MYLORD M2F “Hawaiian Pancake Factory”

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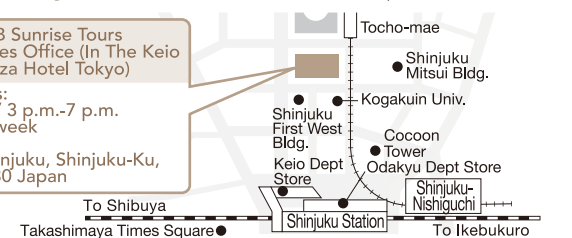
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2. Store » Shinjuku

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[Menu]
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Assorted Premium Beef



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

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和牛一頭焼肉 牛兵衛草庵
Private Room for up to 16 people
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 May 31, 2020
Note: 10% discount is not available for dining until 15:00, or for
combined use with other services.

焼肉ダイニング
GYUBEI
牛兵衛
GYUBEI
烤肉 Dining GYUBEI
Private Room for up to 14 people
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)

Handy Travel Tips | 行程信息

Discount Passes and one-day tours leaving from Shinjuku!

从新宿出发！实惠的巴士&当天来回游

■ Hakone 箱根

Enjoy Japan's hot springs and spectacular views of Mt. Fuji
享受日本的温泉与富士的绝美景

Approx. 80 minutes from Shinjuku by Odakyu Line
从新宿搭乘小田急线约80分钟

Hakone Freepass 箱根周游券

Valid for 2 days from Shinjuku
Adults ¥5,700
Children: (ages 6-11) ¥1,500
有效期为2天 从新宿出发
成人¥5,700日元
儿童(6~11岁)1,500日元

Hakone 1 Day Trip 箱根一日游

Roundtrip the Limited Express Romancecar ticket from Shinjuku
从新宿出发的浪漫特快往返车票

Hakone Freepass 箱根周游券

Hot spring ticket 温泉券

Adults: ¥9,400
Children: (ages 6-11) ¥3,500
成人¥9,400日元
儿童(6~11岁)3,500日元

Hakone Kamakura Pass 箱根镰仓周游券

Valid for 3 days
Adults ¥7,000
Children: (ages 6-11) ¥2,250

有效期为3天
成人¥7,000日元
儿童¥2,250日元(6~11岁)

Be sure to come to Odakyu Sightseeing Service Center when visiting Shinjuku! 来到新宿后的首选之地！

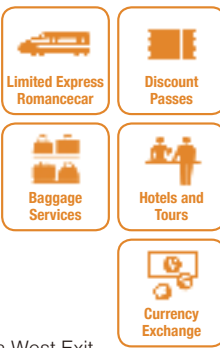
Full of handy information you can use! You can also purchase above discount passes.

除了各种实惠资讯外，还可以购买上述的折扣票券。

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



8:00~19:00, 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



8:00~18:00, 365 days a year
Baggage Services: 8:00~21:00
(Languages spoken) EN・CN
(Location) Odakyu Line Shinjuku Station South Exit



► Sightseeing information sites about Shinjuku

新宿相关观光信息网

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

简体中文 <https://www.shinjuku-guide.com/cn/>

English



简体中文



Information published is as of October 3, 2019. 截至2019年10月3日的最新信息。

■ Sanrio Puroland 三丽鸥彩虹乐园

Meet and have fun with Kitty in our indoor theme park.

在室内型主题公园中与Hello Kitty亲密接触

Approx. 35 minutes from Shinjuku by Odakyu Line 从新宿搭乘小田急线约35分钟



©'76,'19 SANRIO APPROVAL No.P1104121

Recommended even on rainy days
下雨天也没关系

Odakyu Sanrio Puroland Tour 小田急三丽鸥彩虹乐园之旅

Roundtrip fares from Shinjuku and admission are as follows: Adults ¥3,200; children (ages 6-17), ¥2,400; inquire about children ages 6 & under from Shinjuku
从新宿出发的往返车票、入场券 成人¥3,200日元、儿童(6~17岁)2,400日元、未滿6岁可咨询确认费用

■ Enoshima-Kamakura 江之岛/镰仓

Experience samurai history and culture in Kamakura. Enjoy superb views at the beach in Enoshima.

在镰仓体验武士历史与文化，游江之岛享受海边美景

Approx. 65 minutes from Shinjuku by Odakyu Line
从新宿搭乘小田急线约65分钟

Enoshima-Kamakura Freepass 江之岛・镰仓周游券



Valid for 1 day from Shinjuku
Adults ¥1,520
Children: (ages 6-11) ¥770

有效期为1天 从新宿出发
成人¥1,520日元
儿童¥770日元(6~11岁)

On Sunday, December 15, 2019, a day trip hot spring facility, Konohana no Yu and HOTEL CLAD, will open at the Gotemba Premium Outlets®.



A relaxing resort hotel overlooking Mt. Fuji.

HOTEL CLAD

2019 12.15 NEW OPEN

HOTEL CLAD is a convenient place to stay with great access to the Gotemba Premium Outlets® and other sightseeing spots. You can relax your body and mind in the natural hot spring baths at next-door day trip hot spring facility Konohana no Yu.

<https://www.gotemba-hotelclad.jp/en/> (Partially open)



Location 2839-1 Fukasawa, Gotemba City, Shizuoka Prefecture

Inquiry & Reservations

0550-81-0321

(Reception: 10:00 am-6:00 pm)
December, 15- (10:00 am-7:00 pm)

odakyu

A day trip hot spring facility



2019 12.15 NEW OPEN

The building evokes the atmosphere of an old-style Japanese house.

Opening Hours 10:30 am-last admission 10:00 pm (closed at 11:00 pm) (tentative)

Admission Weekdays Adults ¥1,600 Children(3-12 years old) ¥800

Weekends and Holidays Adults ¥1,900 Children(3-12 years old) ¥950

*Children under 3 years old are not allowed in the public bath.

*Admission is for one person and includes taxes, bath towel and face towel.

<https://www.gotemba-konohananyu.jp/en/> (Partially open)



Dining "Hanagoromo"

It so relaxing that you feel like you are in a forest.

A restaurant where you can enjoy vibrant dishes that incorporate Japanese cooking methods with a focus on traditional Gotemba mikuriya soba.

Let's enjoy unique spas!! YUNESSUN Spa Resort

YUNESSUN (swimsuit area)

Inspiring Views in Mixed Swimsuit Bathing at Hakone Hot Springs!



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.

Restaurants



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

Rental Shop



Relax and bathe at leisure, as we rent or sell swimsuits for one and all. OPEN 10:00~ CLOSE 18:00

Hot Spring Amusement Park and Spa Resort

Hakone Kowakien YUNESSUN Spa Resort has many kinds of spas where you'll find lots of fun baths, here in this all-weather facility, even on rainy days. For added pleasure to your visit are shops and restaurants galore to be enjoyed all day long.

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)

YUNESSUN(swimsuit area)	
Adult	Child
¥2,500 ▶ ¥1,700	¥1,400 ▶ ¥1,100

This is discount ticket, please show this at the front desk.

Valid till: 2020/12/31

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 10:00~18:00 Note: Hours may be extended on Saturdays, Sundays, holidays, etc. Parking fee ¥1,300/day Seniors (120 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

Tel.0460-82-4126

YUNESSUN Spa Resort

1297, Ninotaira, Hakone-machi, Ashigarashimo-gun, Kanagawa-Japan 250-0407

Closed: Dec. 3(Tue.)-6(Fri.)

Free shuttle bus service from Gora Station (excluding 12:15-13:45)

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



Shopping Spots 购物景点



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，更换不同花纹图案，亦是其乐趣所在。

1F Mosaic Street 马赛克街
Koiki 小粋
小粋

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: Melty Gold-Leaf Mask Set (1 bag, with 1 full-face sheet; 4 bags, with 2 partial-face sheets) ¥12,500 (tax excluded) Left: Gold Leaf Gel Splash ¥12,000 (tax excluded), Gold Leaf Charge Serum ¥10,000 (tax excluded)
右: 可融化金箔面膜(全脸用1片装×1袋、局部用2片装×4袋) 12,500日元(不含税) 左: 金箔啫喱喷雾 12,000日元(不含税)、金箔赋活精华液: 10,000日元(不含税)

For Japanese cosmetics from a longstanding Kanazawa maker of gold-leaf, natural ingredients are a must for a skincare lineup containing it. This mask of pure gold-leaf, coated with hyaluronan and squalene, brings new meaning and sensation to the marriage of gold-leaf and beauty.

发源于金泽的老字号金箔店的日式化妆品。精选天然成分的带金箔护肤系列。采用可融化的金箔和美容成分的金箔面膜，由纯金箔和玻尿酸、深海鲛鱼油调配而成，带来全新的体验。

1F Mosaic Street 马赛克街

Makanai Cosme MAKANAI化妆品

まかないコスメ



Fruit beads pierced earrings ¥2,860 (tax included)
Fruits beads 耳坠/耳环 2,860日元(含税)

Accessories come in autumnal fruit images like grapes or Muscat. 以代表秋天的葡萄和麝香葡萄为原型的饰品。

1F Mosaic Street 马赛克街

Emarble

Emarble

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。

Matcha Horai-no-mukashi 20g can

¥1,100 (tax excluded)

抹茶 蓬莱之昔 20g罐 1,100日元(不含税)

Easy to savor taste for matcha beginners.

初尝抹茶也不觉苦涩的清新口感。

B2F

Ippodo Tea 一保堂茶铺

一保堂茶铺



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.
- No fixed holidays ■ Credit cards accepted
- Parking available
- Direct connection to Shinjuku Station West Exit
- <http://www.odakyu-dept.co.jp/shinjuku/>



Transmitting Japanese Fashion and Culture

传播日本的时尚与文化

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

Flags是从各种角度提供时尚、音乐、体育等最新流行元素的时尚大楼。从新宿站南口出站步行3分钟即可抵达。

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)
- No fixed holidays
- Parking available
- 3-min. walk from South Exit, Shinjuku Station
- <https://www.flagsweb.jp/>



2F

JOURNAL STANDARD

A forward-looking eyewear specialty shop, capable of timely proposition of items that could be standard.

解读时代潮流，适时推出可能引领时尚的商品，是眼镜用品的专业精选店。

2F

EYETHINK HIROB



Appealing is its unique selection of items—standard fashion items and currently hot brand items.

融合正统时尚与当季流行品牌的选择独具魅力。



Ladies sports fashion brand proposing a new active lifestyle under the concept of sports x fashion.

以体育×时尚概念为基础，提倡“积极生活方式”的女性运动品牌。

3F

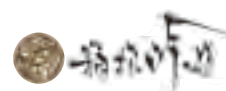
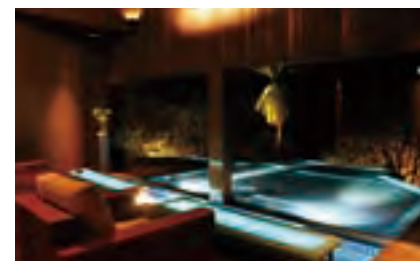
NERGY

HAKONE GINYU



連山を見渡し
山紫水明の
境に遊ぶ

*The guest feel 5 senses in scenery and find so many impression,
This is our Ryokan concept.*



TEL. 0460-82-3355



SHINJUKU
新宿

IKEBUKURO
池袋



LAVIEW & RED ARROW
[THE NEW LIMITED EXPRESS]

45 min: Seibu Shinjuku Station
to Hon-Kawagoe Station

43 min: Ikebukuro Station
to Hanno Station



KAWAGOE
川越



1Day Pass
Unlimited Ride
for Seibu Line



Kawagoe Pass
1 round trip to
Hon-Kawagoe Station

MOOMINVALLEY PARK
IN HANNO 飯能



MOOMINVALLEY PARK Ticket & Travel Pass:
All the Seibu Line + One Round Trip on Bus + Admission Ticket
ADULT ¥2,700 | CHILD ¥1,600



Appealing Isetan Fashion

充满魅力的伊势丹时尚

Dubbed Isetan for Fashions, this lineup enjoys huge popularity, ranging from clothing and lifestyle goods to foodstuff. Just spending time window-shopping is the height of city fun. No day in Tokyo is complete without a visit to lower-level galleries of food, known as depa-chika, and Men's Building, packed with items especially for men.

有着“时尚就在伊势丹”的美誉，衣着服饰非常受欢迎。也有生活日用杂货、食品等其他商品，品牌种类丰富。只是逛街也会觉得很开心。特别推荐地下食品商场，以及汇集了各类绅士用精品的男士馆。

Isetan Shinjuku Store

伊势丹 新宿店 伊勢丹 新宿店

☎03-3352-1111

■3-14-1, Shinjuku, Shinjuku-ku, Tokyo ■10:00-20:00
■Open daily ■5-min. walk from East Exit, Shinjuku Station
■https://www.isetan.co.jp/int



Making Japanese Sweets Since 1834

1834年创业的老字号和式点心店

Our long-established Japanese confectionery shop offers renowned and beloved sweets by highly skilled artisans like Hanazono Manju (bean-jam-filled buns), Nure Amanatto (sugar-glazed azuki beans), and Kuri Kintsuba (chestnut pieces kneaded into azuki bean paste). Relax in the adjoining cafe with your choice of signature confection and drink.

作为老字号和式点心店，除了招牌点心“花园万头”，还有“甘纳豆”、“栗金饼”等由手艺熟练的点心师手工制作的各种名点。附设咖啡区，可以在悠闲的环境中品尝使用招牌名点制作的甜点。

Hanazono Manju Cafe & Shop

花园万头CAFE&SHOP 花園万頭CAFE&SHOP

☎0120-014870

■5-16-11, Shinjuku, Shinjuku-ku, Tokyo ■10:00-19:00
■Open daily ■9-min. walk from East Exit, Shinjuku Station
■http://www.tokyo-hanaman.co.jp



Bastion of Cool Japanese Culture

聚集当下流行的日本文化

Here is a shopping mall with Japanese cultural goods attracting worldwide attention, like Japanese anime, Lolita-fashion brands, 100-yen shop items, etc. You'll also find goods ranging from trendy fashion and Japanese knick-knacks to character goods suitable as memorable souvenirs and gifts.

动漫、萝莉塔服饰品牌、百元店等，当下备受瞩目的日本文化都聚集于此商业设施。从时尚小商品，到日式杂货、卡通杂货等，适合您馈赠亲友。

Shinjuku Marui Annex

新宿丸井ANNEX 新宿マルイ アネックス

☎03-3354-0101

■3-1-26 Shinjuku, Shinjuku-ku, Tokyo ■Hours: shops, 11:00-21:00, Mon.-Sat. (-20:30, Sun./holidays); restaurants, 11:00-23:00, Mon.-Sat. (-22:30, Sun./holidays); inquiries, 11:00-19:00.
■8-min. walk from East Exit, Shinjuku Station



Large Collection of Brands from All Over Japan

汇集日本全国名品！

A store of BEAMS “Team Japan,” a project to “curate” Japan's charms, with special contents—food, brand items, fashion, craft and other exclusive items. In the basement is a restaurant.

宣传日本魅力的BEAMS“TEAM JAPAN”活动的实体店商店。汇集了“食”、“名品”、“时尚”、“工艺品”等主题的各类商品。地下层还设有餐厅。

BEAMS JAPAN

BEAMS JAPAN ビームス ジャパン

☎03-5368-7300

■3-32-6, Shinjuku, Shinjuku-ku, Tokyo (B1F-5F) ■Hours: 1F-5F, 11:00-20:00; B1F, Mon.-Fri. 11:30-15:00 (lunch), 17:00-23:00 (dinner), Sat., Sun., holidays, 11:30-23:00 ■No fixed holidays ■5-min. walk from South Exit, Shinjuku Station



Latest Trends in Hot Fashion

引领时尚潮流

This top hot shopping spot in Shinjuku is always crowded, thanks to direct connection to Shinjuku Station's South Exit. Several varied shops for cool fashion, cosmetics, chic sundries, cafes and restaurants, and more make the perfect shopping day.

新宿的代表性购物中心。从新宿站南口出站即可抵达，十分便捷，来客络绎不绝。除了热点时尚外，也有各种化妆品和时髦日用杂货，咖啡馆和餐厅的选择也非常多。

LUMINE

LUMINE ルミネ

☎03-3348-5211

■LUMINE 1: 1-1-5, Nishi-Shinjuku, Shinjuku-ku, Tokyo;
LUMINE 2: 3-38-2, Shinjuku, Shinjuku-ku, Tokyo ■11:00-21:30;
10:30-21:30, Sat., Sun., holidays (restaurants, 11:00-22:30).
Note: Hours differ by store. ■No fixed holidays ■Directly connected to South Exit, Shinjuku Station

Information

信息



Enjoy a Glass of Drink Freely in an Alley-Style Mall

横丁STYLE, 轻松喝一杯

Eatery mall in the 3rd basement mezzanine floor of Shinjuku West Exit HALC. Variety-rich eateries line in an alley style. You can savor dishes served with pride as well as a “pub” crawl day or night, thanks to closing time at 24:00. Enjoy the added convenience of access even on rainy days, as the building is connected indoors to Shinjuku Station West Exit.

位于“新宿西口 HALC”的地下夹层3楼美食街。店铺依次排开，种类丰富，典型的横丁STYLE。午餐自不必说，营业至深夜零点，日夜均可享用精品美食，还能依次喝遍各家美酒。直通新宿站西口，刮风下雨也不用担心。

Restaurants & Cafes Haru★Chika

食堂酒场 Haru★Chika 食堂酒場 ハル★チカ

☎03-5325-2245

■1-5-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo ■11:00-24:00 (last order, 23:00; Munchen, open11:00-23:00, last order 22:15) ■1-min. walk from West Exit, Shinjuku Station



Coca Cola x Shinjuku = New Shinjuku Souvenir

“可口可乐”×新宿的新特产

Welcome to Shinjuku is a box set containing two original packages with special edition Coca-Cola, each with one Sakura and two City Design slim bottles inside. Placing the two packages side-by-side forms Shinjuku's compelling skyline. Find this exciting new Shinjuku souvenir at the Shinjuku Tourist Information center located in the underpass of Koshu Kaido highway near the JR Shinjuku Station Southeast exit.

JR新宿站东南口附近的甲州街道高架桥下的新宿旅游问询中心，目前正在销售铝瓶装“可口可乐”新宿原创BOX。BOX有2种类型。排列后可以排成新宿的街景！是最受瞩目的新宿新特产。

Coca-Cola Bottlers Japan Inc.

可口可乐日本公司 コカ・コーラ ボトラーズジャパン

☎0120-308509

■9-7-1 Akasaka, Minato-ku, Tokyo



Enjoy Shopping Direct Connection to East Exit, Shinjuku Station

新宿站东口直通的便捷购物

This landmark of Shinjuku Station East Exit is famous for one of the largest full-vision street screen in Japan. It has a wide variety of shops from brand fashions, to sundries, cultural goods like CDs, as well as various types of fabrics in Okadayama Kijikan.

作为新宿站东口的地标建筑，以日本最大的街头全高清大屏幕而闻名。从流行时尚，到杂货日用品、CD等文化用品，商品应有尽有。在okadayama布料馆还有种类丰富的各式布料可供选择。入驻商家类型丰富。

Shinjuku ALTA

新宿ALTA 新宿アルタ

☎03-3350-5500

■3-24-3, Shinjuku, Shinjuku-ku, Tokyo ■Hours: 11:00-20:30 (differ by shop) ■No fixed holidays ■2-min. walk from East Exit, Shinjuku Station ■https://www.altastyle.com/



Castella with a History of Artisanal Creation

精湛手艺制作的老字号鸡蛋糕

Bunmeido is confectionery store established in 1900. Each piece of castella is a signature product of artisanal creation hand-baked with select eggs and wheat. Such fine quality is palpable not only in the taste but also in store development and customer service. Visit our main store to savor the feeling and flavor of this unique treat.

1900年创业的老字号点心专门店。招牌商品鸡蛋糕使用严格挑选的鸡蛋和小麦，每个都经由糕点师之手精心烤制而成。这份心意，可以在点心的味道和品质，店面的维护，以及待客等各方面感受到。不如来总店，亲自品尝一下吧。

Bunmeido Tokyo Shinjuku Main Store

文明堂东京 新宿总店 文明堂東京 新宿本店

☎03-3352-2222

■1-19-4, Shinjuku, Shinjuku-ku, Tokyo ■9:30-18:00 (-17:00 Sat.) ■Closed Sun. & holidays ■2-min. walk from Shinjuku-Gyoenmae Station, Tokyo Metro Marunouchi Line



Before Sightseeing Shinjuku

在观光新宿之前

To make your Shinjuku sightseeing convenient and fun, come here first. Information on the ward attractions, sightseeing spots, events and more are available. Free Wi-Fi, computers for Net search, and currency exchange are available. Adjacent to Southeast Exit of JR Shinjuku Station.

想要体验便利愉快的新宿观光之旅，就请先来这里。全面提供区内热点和观光景点、活动等资讯。可使用免费Wi-Fi、搜索用电脑，还有外币兑换服务。从JR新宿站东南口出站即可抵达。

SHINJUKU TOURIST INFORMATION

新宿观光问讯处 新宿観光案内所

■3-37-2, Shinjuku, Shinjuku-ku, Tokyo
■Hours: 10:00-19:00 ■Open daily
■1-min. walk from South Exit, Shinjuku Station

MiSMO Shinjuku vol.3

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Direct Connection to Shinjuku Station South Exit!
新宿站南出口直达!

扫码了解详情!

Visit the site
for details.

English / 简体 / 繁体 / 한글



Savory Array of Choices 选择丰富 /
Lunch, Cafes, and Drinks 午餐、咖啡馆、美酒
Shinjuku MYLORD

Restaurant Floor is open till 23:00

美食层营业至23点

Yakiniku (Japanese-style BBQ)

烤肉

焼肉ダイニング
GYUBEI
牛兵衛

Yakiniku Gyubei

— 9 F —



Sushi

寿司

下島サトウ 丸物総本店
SHIMOTAKAIDO ASAHIZUSHI SOHONTEN

Asahizushi

— 8 F —



Tonkatsu

炸猪排

TONKATSU
WAKO

Tonkatsu Wako

— 8 F —



Grilled steak • Okonomiyaki

御好烧、铁板烧

焼肉ステーキ
御好焼 **ばすたかん**

Pasuta-kan

— 8 F —



Japanese Cafe

日式咖啡

COTO-COTO 茶寮

Coto-Coto Saryo

— 8 F —



Taiwanese Cafe

台湾咖啡



Sao Dou Hua

— 7 F —



Fashion, Cosmetics, Gifts, Cafés, Restaurants

服饰、化妆品、礼品、咖啡馆、餐厅



※Note: Excluding some shops
※部分店铺除外



1-1-3, Nishi-Shinjuku, Shinjuku-ku

※Adjacent to JR and Odakyu Shinjuku Station, South Exit



Information Counter
问询处



Free Wi-Fi

