

JAPAN TOKYO



2020
Summer/
Autumn
夏秋刊

vol.4

FREE
免费

English 简体中文

SHINJUKU

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

新宿必去! 美食 & 购物景点

Due to the effects from the spread of the novel coronavirus disease (COVID-19) infection, advertisements, event information, and contents of articles in this booklet are subject to change. For details, check each establishment's website or phone establishments.

受新型冠状病毒感染扩散的影响, 本杂志刊登的广告、活动资讯以及报导内容可能发生变动。详细情况请访问各店家等的主页或电话洽询进行确认。

M♡i♡s♡-♡M♡o♡
【ミスモ*しんじゅく】

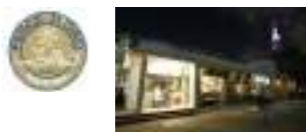
Welcome to Shinjuku 欢迎来到新宿



Authentic Italian in a Serene Setting

在雅致沉稳的氛围中享受正宗的意大利菜

ベッシードーロ 新宿店
PESCE D'ORO Shinjuku shop
 PESCE D'ORO 新宿店
 03-3375-0510
 ■Hours: 11:00-23:00 ■Open daily



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

讃岐饅頭 おごっと 新宿南口店
Sanuki Udon Ogotto
 Shinjuku South Exit Shop
 讃岐乌冬面Ogotto 新宿南口店
 03-5358-3935
 ■Hours: 11:00-15:00/17:00-23:00, weekdays; 11:00-23:00, Sat./Sun./holidays ■Open daily



Savor Superb Al Dente of Great Pasta
 品尝特制意大利面 体验绝妙口感

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
 ■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

French & Italian Relaxed Bistro
 法式&意式的休闲小餐馆

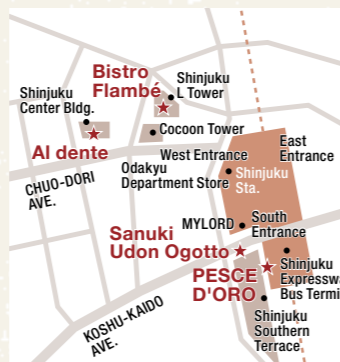
びすとろ ふうらんべ 新宿エルプラザ店
Bistro Flambé
 Shinjuku L Plaza Shop
 Bistro Flambé 新宿L广场店
 03-3340-5025
 ■Hours: 11:00-23:00, weekdays (closed 15:00-17:00); 11:30-23:00, Sat. (closed 15:00-17:00); 11:30-22:00, Sun./holidays ■ Closed according to building holidays

Don't miss! 其他推荐!

For high-quality Italian, go to Ristorante Machiavelli, Odakyu Department Store Shinjuku Store Main Bldg.13F
 高品质的意大利菜 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”



Bonus Discount 特惠活动
10% OFF
 charges on your bill 结账时享受

• Usable at the 7 restaurants on this page
 • Show this ad for special discount. Note that it cannot be combined with other discount offers.
 • Valid through October 31, 2020
 • 可本真中刊载的7家店铺使用
 • 手持本杂志的读者，不可与其他折扣券一起使用。
 • 截至2020年10月31日有效

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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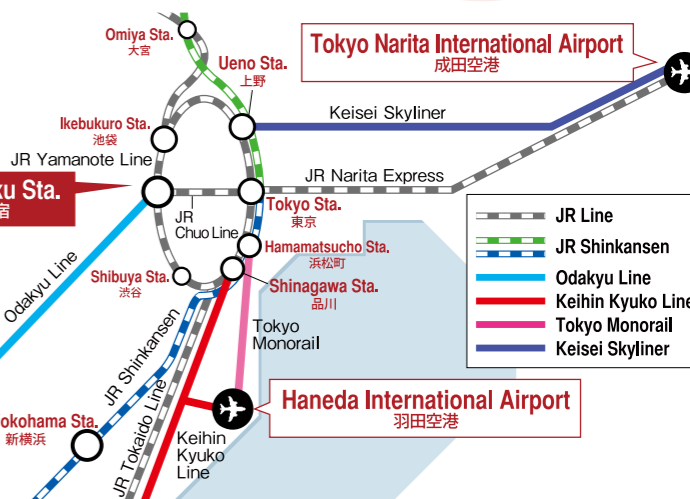
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Notes
 • Information published in this magazine is as of April 9, 2020. There may be cases of prices having been changed since then, due to consumption tax rate revision and other reasons, so please check with the stores before use. And there are instances 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.
注意
 • 本杂志刊登的信息为截至2020年4月9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。
 • 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。
 • 本杂志刊登的设施和店铺的开放及营业时间、价格、定期休息日、活动举办时间、菜单的内容等如有变动，恕不另行通知。敬请谅解。
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Delight in exquisite Shinjuku fruits

TAKANO
 SHINJUKU TOKYO
 SINCE 1885



Toshihiko Sugie 杉江 俊彦

Shinjuku is filled with creativity and continues to develop. I would like to increase the fans of this city. 充满创造性，不断发展新宿。我想让更多的人成为这个城区的粉丝。

The Bureau carries out operations from five perspectives of “collecting and promoting tourism information”, “hosting tourism-related events”, “cooperating and supporting tourism-related organizations/individuals”, “developing and creating tourism resources”, and “training and utilizing human resources who contribute to community planning through tourism”.

We also focus on disseminating information for foreign tourists, regularly updating our English Facebook page, offering information about seasonal highlights, etc., and when holding events at the Shinjuku Tourist Information Center or in the Ward, we also distribute English-language information pamphlets.

Many people who visit Shinjuku mainly sightsee the area around Shinjuku Station, Shinjuku Gyoen National Garden, and Okubo, but if one goes a little further, one will see a Shinjuku different from preconceptions. Yotsuya retains the feel of an Edo-period temple town; Kagurazaka conveys the chic sophistication of Japan; Waseda and Takadanobaba is where literary scholar Soseki Natsume lived and

are now crowded with students; and greenery-rich Ochiai, is an area that continues the traditional craft of dyeing. Please enjoy walking about Shinjuku with our sightseeing information pamphlet.

One of the events that have pleased many people is the traditional performing event “Shinjuku Gyoen Mori no Takigi Noh” held every fall.

Performances of noh and kyogen in the subtle and profound ambience lit by bonfire in Shinjuku Gyoen, an oasis amid crowds and skyscrapers, are filled with mysterious charm that invites viewers to the ancient world. The event used to be held outdoors, and we had to worry about the weather, but from 2018, with the cooperation of various parties, we set up a system that allows us to hold the event at the Shinjuku Bunka Center during rainy weather, and we have received high praise.

Shinjuku Tourist Information always tries to provide courteous hospitality to each and every one and is thus dubbed the “information center that never says no”. For the Tokyo Olympics and Paralympics,

we will work to increase the number of Shinjuku admirers by using the resources of our accumulated information and hospitality.

Shinjuku is full of vibrant vitality that attracts many people with its mingling of rich memories of the land and town with today’s advanced culture. In the future, in order to continue to develop as a city full of creativity, we will further enhance the appeal of Shinjuku and work to realize an international tourist city.



Shinjuku Tourist Information is a major source of information about Shinjuku Ward, including sightseeing spots and events.

作为新宿观光咨询处，为来访新宿的游客介绍新宿区的魅力以及提供观光景点等各种资讯。

Chairman, Shinjuku Convention & Visitors Bureau 一般社団法人新宿旅游振兴协会 理事长

The Shinjuku Convention & Visitors Bureau is committed to the development of the community in the public-private goal of “ALL Shinjuku” beyond the regional and corporate frameworks. We asked Chairman Toshihiko Sugie about the attractions and initiatives of Shinjuku, an international tourist city.

在超越了地域和企业框架的官民一体化“ALL新宿”，新宿旅游振兴协会全力致力于城市发展。我们向担任理事长的杉江俊彦先生请教了国际旅游城市·新宿的魅力和举措。

PROFILE

Born in Tokyo, 1961. After graduating from Keio University, Faculty of Law in 1983, Toshihiko Sugie joined Isetan Co., Ltd. In April 2017, he assumes the post of President and CEO of Isetan Mitsukoshi Holdings Ltd. and in July assumes the post of Chairman of Shinjuku Convention & Visitors Bureau.

1961年出生于东京都。1983年从庆应义塾大学法学部毕业后，进入株式会社伊势丹。2017年4月就任株式会社三越伊势丹控股的董事兼社长。同年7月就任一般社団法人新宿旅游振兴协会理事长。

本协会从“收集并发布旅游信息”、“举办旅游活动”、“与旅游团体的合作与支援”、“开发、创造旅游资源”、“培养和活用对旅游有贡献的人才”这5个角度来开展事业。致力于向外国游客发送信息、定期更新英文版的脸书、宣传各个时令的看点等，同时，在新宿旅游信息介绍处或在区内举办活动时，也会分发英文版的旅游指南。到新宿的不少游客都会游览新宿站周边、新宿御苑、大久保地区，其实如果再多走几步的话，可以邂逅不同于大家想象中的新宿别样风情。让人感受江户时代寺町余韵的四谷、将日本精华传承至今的风情神乐坂、文豪夏目漱石曾经生活过的、如今学生们熙熙攘攘的早稻田·高田马场，以及将日本传统流传至今的染色与绿意盎然的落合。欢迎您带着本协会的旅游指南，享受漫步新宿街道的乐趣。而且，每年秋天举办的传统艺术“新宿御苑

森之薪能”也是深受大家喜爱的活动之一。坐落在高楼林立的都市中的新宿绿洲——“新宿御苑”内，在篝火照亮了幽玄的世界中上演的能剧与狂言，洋溢着将观众带入古老世界的不可思议的魅力。因为活动的会场在户外，有时候因为天公不作美只能遗憾作罢。但在各方人士的帮助下，2018年起我们调整了体制，雨天便在新宿文化中心上演，得到了大家的高度好评。另外，新宿旅游问讯处也被誉为“不说NO的旅游问讯处”，所有工作人员对任何人都热情以待。为了迎接即将到来的东京奥运会和残奥会，我们将充分利用至今为止积累的发声和款待之心，努力让更多的人成为新宿的粉丝。新宿将丰富的土地记忆、城市记忆和最先进的文化交织在一起，洋溢着吸引大量游客的热闹和活力。作为一个充满创造性的城市，为了实现未来的可持续发展，我们将进一步

提高新宿的魅力，努力实现将新宿打造成国际旅游城市的梦想。

Shinjuku Convention & Visitors Bureau

一般社団法人
新宿旅游振兴协会
一般社団法人
新宿観光振興協会

BIZ Shinjuku 3F, 6-8-2 Nishi-Shinjuku,
Shinjuku-ku, Tokyo
東京都新宿区西新宿6-8-2 BIZ新宿3F



Around Shinjuku Station

新宿站周辺



- | | | | |
|--|----------------------------|--|--|
| | Station | | Shrine |
| | Art Gallery, Museum | | Temple |
| | Police box, police station | | Hotel |
| | Post office | | Hospital |
| | Hot spring, spa | | Currency exchange/International ATM |
| | Restaurant | | Information center |
| | Shopping center | | Convenience store with Currency exchange ATM |
| | Information center | | |

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. Note: Check website, twitter, etc. about opening days and hours.

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。※需要在主页、twitter上确认开放安排

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。



i
SHINJUKU
TOURIST
INFORMATION
新宿観光案内所

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

Located near the Southeast Exit of JR Shinjuku Station.
 ■Address : 3-37-2 Shinjuku, Shinjuku-ku, Tokyo
 ■Service hours: 10:00 ~ 19:00
 ■Open daily Note: Opening hours subject to change.

文化学園服飾博物館 BUNKA GAKUEN COSTUME MUSEUM

Shinjuku Bunka Quint Bldg., 3-22-7 Yoyogi
 Shibuya-ku, Tokyo 151-8529
 Japan
 TEL (+81) 03-3299-2387
 Hours: 10:00 a.m. - 4:30 p.m. (enter by 4:00 p.m.)
 Admission: Adults ¥500
 Closed: Sundays, national holidays, summer holidays (8/7-16),
 11/4-5, and during exhibition rotation.



European Mode
~ 20 May 2020



Masterpieces of Japanese Dress
from the Bunka Gakuen Costume Museum
18 Jul. 2020 ~ 8 Sep. 2020

World Class Comprehensive Fashion Education Institute
 BUNKA GAKUEN EDUCATIONAL FOUNDATION
 BUNKA GAKUEN UNIVERSITY
 BUNKA FASHION GRADUATE UNIVERSITY
 BUNKA FASHION COLLEGE
 BUNKA INSTITUTE OF LANGUAGE

Indigo Blue
— Costume and Textiles
from Around the World
2 Oct. 2020 ~ 18 Dec. 2020



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，西侧是新宿南步庭(Southern Terrace)，簇拥在铁路沿线周围。

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

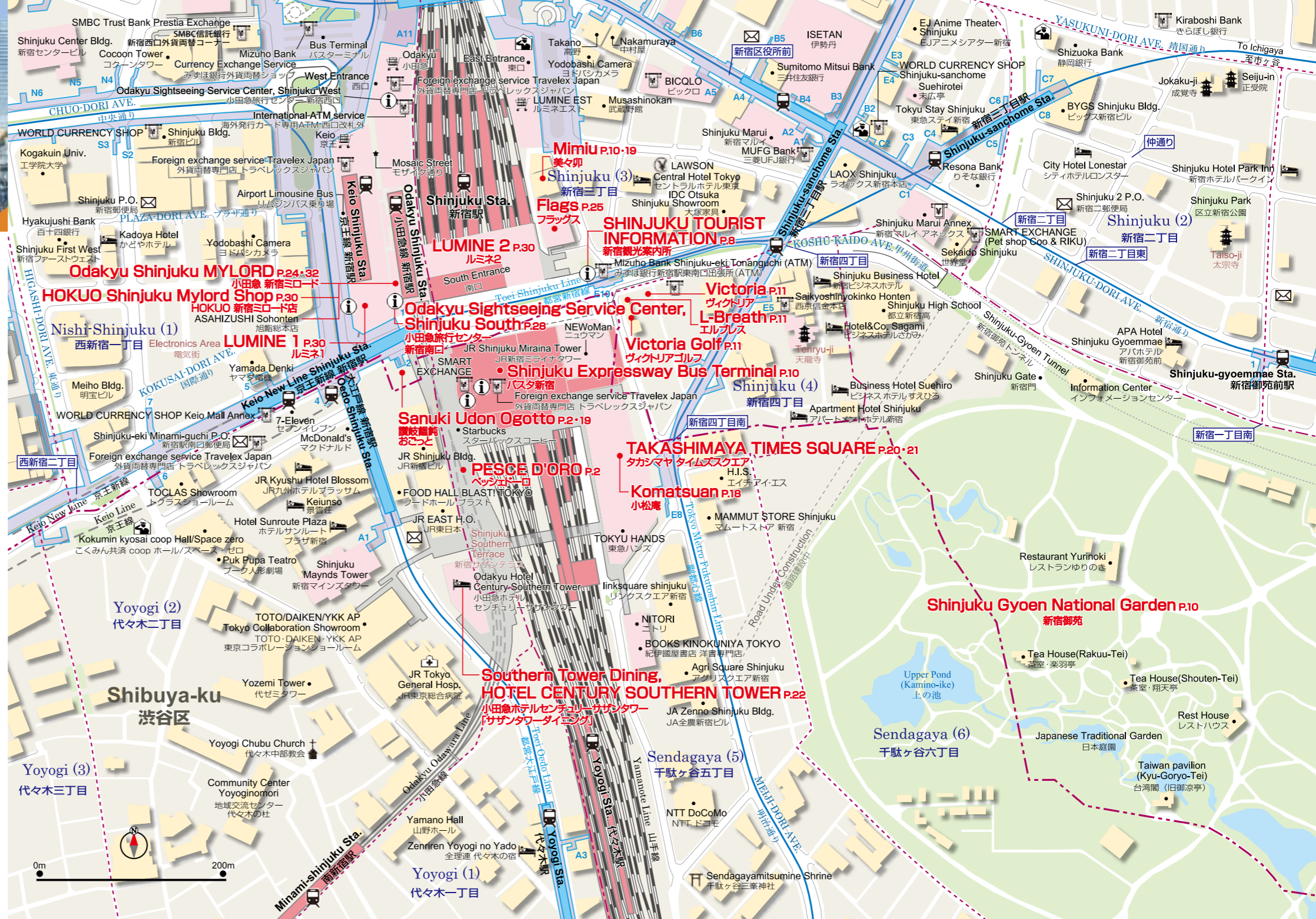
新宿御苑 **新宿御苑**



Shinjuku Gyoen Management Office

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 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. Drinking alcohol, using sports equipment and musical instrument in the garden are prohibited.

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。园内除了整形庭院、风景式庭院、日本庭院、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。



Enjoy Mimiu dishes with frozen sake!
Original sherbet-like sake is made by flash-freezing the raw liquor.

Savory Dashi Broth

— Mimiu's Signature Dish

Dashi
Traditional soup stock indispensable for Japanese cuisine. It is made by boiling dried bonito (katsuo), dried kelp (kombu), and other ingredients. Transparent and clear, golden stock is the heart of the flavor at Mimiu.

Enjoy shabu-shabu and flavor-determining dashi broth.

美々卯 (mimiu)
Shinjuku NOWA Bldg, 6F, 3-37-2, Shinjuku, Shinjuku-ku, Tokyo
[1-min. walk from JR Shinjuku Station Southeast Exit] Note: Check p.11.

<http://www.mimiu.co.jp/restaurant/shinjuku/>

Victoria 新宿店

新宿区新宿4-1-14
JR新宿站东南口步行3分钟
Tel 03-3354-8311

营业时间: Mon to Sat 11:00-20:30
星期日、节假日
Sun & Holidays 10:30-20:00

TAX FREE
FREE Wi-Fi Available

L-Breath 新宿店

新宿区新宿4-1-11
JR新宿站东南口步行3分钟
Tel 03-3354-8951

营业时间: 星期一~星期六
Mon to Sat 11:00-21:00
星期日、节假日
Sun & Holidays 11:00-20:30

TAX FREE
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Victoria Golf 新宿店

新宿区新宿4-1-10
JR新宿站东南口步行3分钟
Tel 03-3352-5281

营业时间: 星期一~星期六
Mon to Sat 10:30-20:30
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ACCESS MAP

This coupon is not available anywhere except Victoria Shinjuku, L-Breath Shinjuku and Victoria Golf Shinjuku. 此優惠券僅限用於維多利亞新宿店、L-Breath新宿店和維多利亞高爾夫新宿店。

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, yakimiku 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.

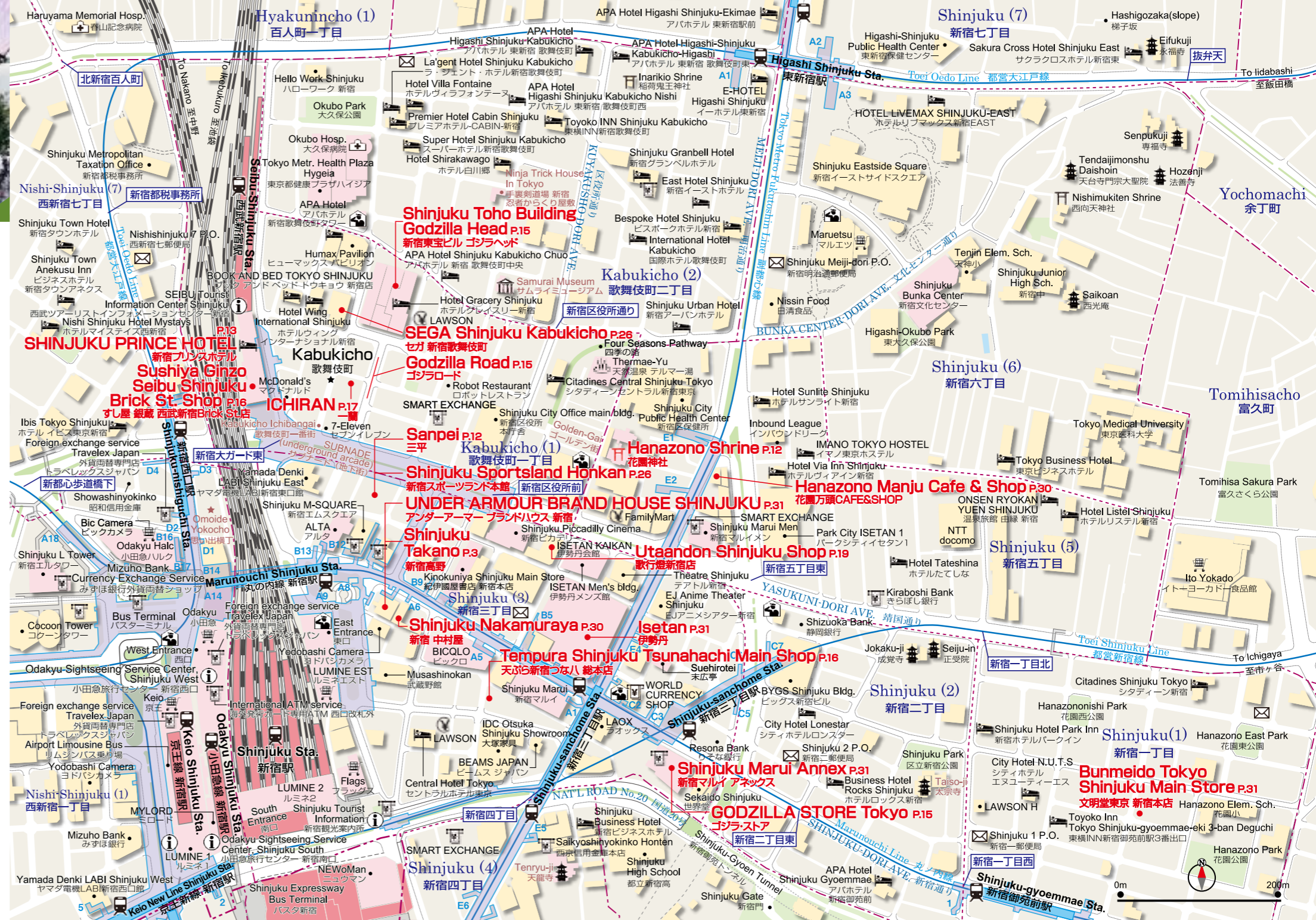
新宿大街经由衔接JR线东口、购物街的新宿三丁目，直通新宿御苑前站。大街两旁坐落着家电商城、大型书店、商场、名牌专卖店。

Hanazono Shrine

花园神社 花园神社

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。



PLAY Game Center

1-4F SHINJUKU SPORTS LAND GAME

SHOPPING B1F 100YEN SHOP 100-yen shop

B2F Superstore Sanpei Store

Food, Play, and Shopping

Close to the station!
Go to Nostalgic Sanpei

Thanks & Services

三平

Sanpei

3-22-12, Shinjuku, Shinjuku-ku Tokyo
(Directly connected with Shinjuku Subnade)
03-3352-0003

5F&6F Restaurant **FOOD**

味和和 Hayashiya

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.

御穂音 Capone

三平 Sanpei

Seibu Group
Smiles ahead

JAPANESE DINING & BAR

FUGA

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.

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

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 Observatories, Tokyo Metropolitan Government Building 东京都厅展望室 東京都庁展望室

Observatories on 45F offer a commanding view of Shinjuku. (Hours: South Observatory 9:30-23:00; North Observatory 9:30-17:30; last admission 30 minutes before closing time) The South Observatory is closed on the 1st and 3rd Tuesdays. The North Observatory is closed on the 2nd and 4th Mondays. When one of the days listed above falls on a holiday, the observatory will be open on the holiday but closed the following day; closed on October 24 (Sat.) Note: Check website, twitter, etc. about opening days and hours.

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 南展望室9:30~23:00、北展望室9:30~17:30、入馆截止时间为闭馆前30分钟)。※南展望室每月第1和第3个星期二休息 北展望室 每月第2和第4个星期一休息 (节假日时替换至第二天、10/24 (星期六)休息)※需要在主页、twitter上确认开放时间

Naruko Tenjinsha 成子天神社 成子天神社

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。



Omoide Yokocho 回忆小巷 思い出横丁

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 新宿駅西口周边

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。

3 Shinjuku Central Park 新宿中央公园 新宿中央公園



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 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

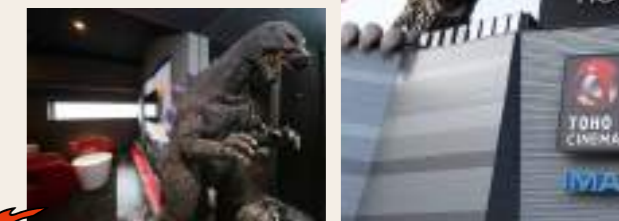
The former Central Road from Yasukuni-dori to Shinjuku Toho Building has been named Godzilla Road, commemorating the 2016 movie Shin Godzilla with a length of 118.5 meters: the same as Godzilla's in the movie.

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。



1 Shinjuku Toho Building Godzilla Head Alive and Well 新宿东宝大厦 哥斯拉头部雕像

新宿東宝ビル ゴジラヘッド



A new attraction within the Shinjuku area of Kabukicho is the head of Godzilla, located in the Shinjuku Toho Building (8F). The reproduction is the same size as the one appearing in the early movies, roaring several times a day and emitting rainbow-colored smoke, effects that stop people in their tracks.

哥斯拉头部雕像是新宿歌舞伎町的新景点，设置于TOHO电影院新宿大厦的8层。制作尺寸与早期电影中一样，每隔一段时间就会一边吐出七彩烟雾一边发出吼叫，一日数次，吸引人们驻足观看。



3 Shinjuku Station Area 新宿站周边 新宿駅周辺

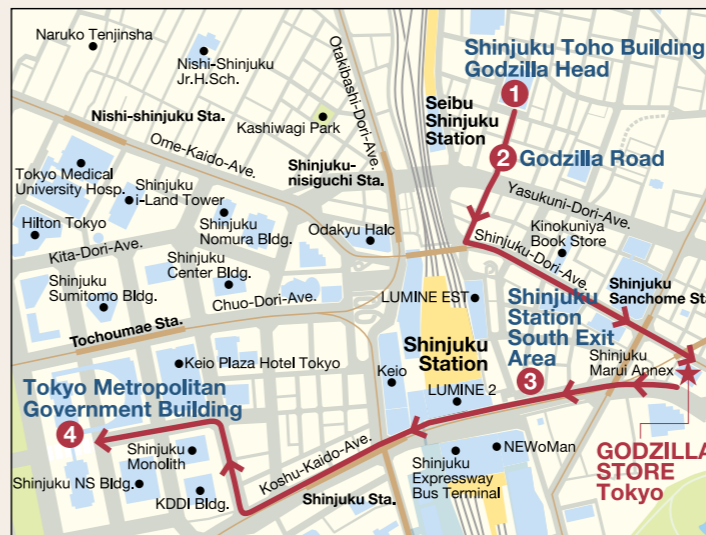
In the 23rd serial movie of Godzilla 2000: Millennium, Godzilla appears in Tokyo Bay and destroys the Shinjuku Station area, defeating UFO (Monster Orga). Here is a key spot on the trail of this urban legend.

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)。

4 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。



ゴジラストア GODZILLA STORE Tokyo 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/>

Sushi 寿司

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



Originator of Teppanyaki Steak
 Misono Shinjuku Store
 元祖 鉄板焼牛排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 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 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 sautéés 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，必能令您饱享味蕾盛宴。

Tonkatsu

炸猪排

とんかつ

Seasoned pork loin or filet sliced to 1-2 cm thickness with salt and pepper, dredged in flour, dipped into egg, dredged in panko bread crumbs, then deep-fried in cooking oil until golden and crispy. Delicious with sauce and Japanese mustard.

将猪里脊或牛里脊肉切成1~2厘米左右的薄片，依次裹上椒盐、小麦粉、蛋液、面包粉，之后下油锅炸至酥脆的一道料理。佐以酱汁或芥末，美味无限。



Tonkatsu Shinjuku Saboten
 Main Shop, Odakyu Ace South Building Shop
 新宿Saboten炸猪排
 总店小田急Ace南馆店
 とんかつ新宿さぼてん
 本店小田急エース南館店
 Tel.03-3343-3807
 MAP P.9

Tempura Shinjuku Tsunahachi Main Shop
 天妇罗新宿綱八 总本店
 天ぷら新宿つな八 総本店
 Tel.03-3352-1012
 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

Elegant Down-Home Washoku Soba &

日式大众美食的代表 精制面食

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”也被称为筑篱荞麦面、蒸笼荞麦面。

Komatsuan Sohonke,
Shinjuku Takashimaya Shop
小松庵 总本家 新宿高岛屋店
小松庵 总本家 新宿高岛屋店
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

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。



Udon: Must-Try Noodles

荞麦面、乌冬面

UDON

乌冬面

“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。

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，搓成细条后切成的面条。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笋或山药泥昆布。

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



Kayaku Udon

加药乌冬面

かやくうどん

Udon noodles topped with various simmered ingredients like chicken, conger eel, *yuba* (thin layer of soy bean curd) and vegetables. It's called *kayaku* since *udon* ingredients are dubbed *kayaku* in Kansai dialect.

将鸡肉、星鳗、腐竹（一种豆腐）、蔬菜等煮好的食材覆盖在上方的乌冬面。在关西话中，乌冬的食材叫做“加药”，故被称为“加药乌冬面”。

Mimiu Shinjuku Shop
美美卯 新宿店
美々卯 新宿店 Tel.03-5379-7241 MAP P11



Kuwana Clam(Hamaguri) Udon

桑名产蛤蜊乌冬面

桑名産 蛤うどん

The soup stock is *dashi* broth with rich umami from Kuwana clams. Fine-grained udon noodles are cooked in the soup.

酱汁的底料是由伊势路桑名产蛤蜊浓缩而成的美味醇厚的“汤汁”。放入有嚼劲的面条，充分炖煮。



Utaandon Shinjuku Store
歌行灯新宿店
歌行燈新宿店 Tel.03-3341-1116
MAP P13

Direct Connection to Shinjuku Station (New South Exit)!

Restaurant Mall with 34 Eateries

Restaurant mall with 34 stores of various genres, including Japanese, Western, and Chinese cuisines.
Terrace tables outside are surrounded by greenery, providing an unusual sense of openness in the metropolitan center.

34家店铺齐聚美食街 新宿站(新南口)直通! 日式、西式和中式餐厅为主的34家种类丰富的餐厅齐聚美食街。绿意盎然的露台席打造出令人无法想象是市中心的开放感。

Restaurants Park

Takashimaya Times Square Main Bldg. 12F-14F
高岛屋时代广场主楼12F-14F

Notes: Hours are subject to change.
Notes: Check Takashimaya Times Square website about the latest opening hours.

※营业时间可能会有所变更。
※最新的营业时间, 请确认高岛屋时代广场网页。



English

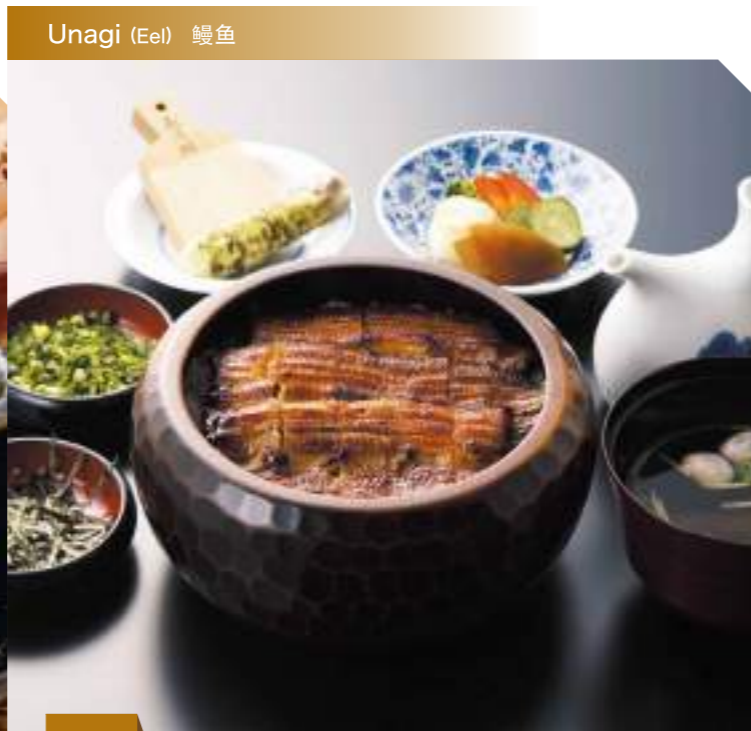


简体中文



Tonkatsu (Pork Cutlet) 炸猪排

14 F Meidai Tonkatsu Katsukura
Kyoto Sanjo 名代炸猪排 胜仓 京都三条



Unagi (Eel) 鳗鱼

14 F Akasaka Fukinuki
赤坂 FUKINUKI



Ise-Shima Original Washoku 伊势志摩 创作和食

14 F Ise-Shima no Megumi Ise Kadoya
伊势志摩的恩惠 伊势角屋



Sushi 寿司

13 F Tsukiji Tamasushi
筑地玉寿司



Yakiniku (Japanese-style BBQ)
烤肉

14 F Yakiniku Toraji
烤肉 TORAJI



Kyo-ryori (Kyoto Cuisine)
京都菜

14 F Kyo-ryori
Fukurokuju 京都菜 福禄寿



European-Style Cuisine
欧式料理

13 F Tsubame Grill
TSUBAME GRILL



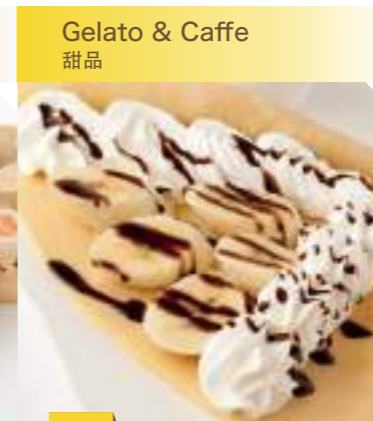
Galette Dishes
法式薄饼料理

13 F Breizh Café
Crêperie BREIZH Café Creperie



Dim Sum
点心

12 F Din Tai Fung
鼎泰丰



Gelato & Caffe
甜品

12 F Donatello's
Donatello



Tempura
天妇罗

13 F Shinjuku
Tsunahachi 新宿纲八



Meibutsu Sukiyaki
名物寿喜锅

14 F Ningyocho
Imahan 人形町 今半

Note: Photos are for display only. *照片仅供参考。

TAKASHIMAYA TIMES SQUARE 高岛屋时代广场

5-24-2, Sendagaya, Shibuya-ku, Tokyo Directly connected to New South Exit, Shinjuku Station 东京都涩谷区千駄谷5丁目24番2号 新宿站新南口直通

Notes: Hours are subject to change. Check Takashimaya Times Square website about the latest opening hours.

※营业时间可能会有所变更。最新的营业时间, 请确认高岛屋时代广场网页。

▶See p.11 for the location. ▶详细地点请确认P.11



The Ideal Chance to Savor Japan's Select Ingredients



享用日本精选食材的幸福时刻
The concept of Vicky's, a brasserie that opened in February, is a shop where you can spend fun time with friends. Enjoy the variety of attractive dishes created by the chef, who specializes in cooking that maximizes the characteristics of ingredients.

2月开业的日式餐厅“Vicky's”的理念是可以和伙伴们轻松度过一段热闹时光的店。厨师擅长最大限度地发挥食材原本的味道，各种菜品魅力十足，敬请品尝。

Hyatt Regency Tokyo Brasserie Vicky's

东京凯悦酒店 法式餐厅 Vicky's

ハイアットリージェンシー東京
ブラスリー「Vicky's」



☎03-3348-1234 (switchboard)

- 2-7-2 1F, Nishi-Shinjuku, Shinjuku-ku, Tokyo
- Lunch 11:30-14:30; Tea 14:30-17:00; Dinner 17:30-23:00 (last order: 22:00 for food, 22:30 for drinks)
- Open daily ■ Parking available ■ Credit cards accepted ■ 9-min. walk from Shinjuku Station West Exit

1. A number of dishes use ingredients carefully selected from throughout Japan and maximizing their characteristics. (photo is display only) 2. 3. Conversation becomes lively in the calm and sunshine-bright shop.

1. 各种料理采用从日本各地精选的食材，最大限度地发挥食材原本的味道(图片为示意图)。2. 3. 店内阳光明媚，舒适放松，对话氛围也会非常活跃。



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。给您带来闲遐惬意的时光。

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」



☎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/>

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。



The Originator of Teppanyaki Steak Misono Shinjuku store



The restaurant, famous for Kobe's original Teppan-yaki menus, has been patronized by generations of customers. Enjoy the sweeping nightscape of Kobe from the 51st floor while savoring supreme Kobe beef and premium Wagyu beef. Indulge yourself to a truly memorable trip.

COUPON VALID TILL THE END OF OCTOBER 2021

Take a picture of this page and present it to the restaurant to enjoy a free glass of drink (valid for entry after 5pm only). (Choose from a glass of beer, wine or soft drink.) Please present it at the time of entry or order. The special discount is not accepted at the time of payment.

- ① 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

Access

- 10-min. walk from the west gate of JR Shinjuku sta.
- 5-min. walk from Tochomae sta. on Toei Oedo line
- 10-min. walk from Nishishinjuku sta. on subway Marunouchi line

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/>

Safety Measures During Travel in Japan 旅行安全对策

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... Japan is prone to earthquakes. Even a minor earthquake can cause injury. It is important to be prepared for earthquakes at all times.
如果感到地震的摇晃..... 日本是一个地震多发的国家。再小的地震，也有受伤的可能。平时就需要做好地震的防护准备。

Outdoors 外出时	Indoors 在屋里时
<p>Protect your head with your bag. 用包或手中的物品保护头部。</p>	<p>Seek shelter under a sturdy table or desk to protect yourself. 躲到桌子等下面，保护身体。</p>
<p>Stay signboards away from and the concrete like block walls, glass windows, etc. 切勿靠近砌块墙、玻璃或广告牌等。</p>	<p>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。</p>

Point your finger at the message you want to convey and show it to a Japanese person.
【遇到麻烦时，与日本人交流的语句】请通过手指指示的方式表达。

<p>I am injured. 受伤了。 けがをしています。</p>	<p>I feel unwell. 身体不舒服。 体調が悪いです。</p>	<p>Is there someone here who speaks English? 请问有哪位会讲中文？ 外国語の話せる人はいますか？</p>	<p>Please help me. 救命。 助けてください。</p>	<p>Where can I find a telephone? 哪里可以打电话？ 電話はどこでかけられますか？</p>
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Let's learn Japanese in order to report danger! 记住告知危险的日语!

<p>Get away from here! 快逃! 逃げて! NIGETE!</p>	<p>Watch out! It's dangerous! 危险! 危ない! ABUNAI!</p>	<p>Please evacuate (from here). 请紧急避难。 避難してください! HINANSHITE KUDASAI!</p>
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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" 东京都保险医疗机构介绍 (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 新宿御苑 map P.11
■ Shinjuku Central Park 新宿中央公园 map P.8
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



Above: Tenugui (hand towel), from ¥800 ea. (tax excluded) Right: Tenori Kinchaku (palm-size drawing 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南馆,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、深海鲑鱼油调配而成,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



TOKYO MATCH Keyholder ¥715
TOKYO MATCH 钥匙圈 715日元

An array of goods ranging from unique, new-sense Tokyo souvenirs to exclusive sundries that make fine gifts.

从独特又新颖的“东京特产”到适合作为礼品的精选杂货,品类繁多,一应俱全。

1F Mosaic Street 马赛克街
Tokyo Meiten 东京明店
東京明店

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

汇集优质商品, 地铁站旁方便的百货店

A department store carries an array of goods from luxury brands and cosmetics to women's wear, men's apparel, children's wear, sporting goods, foodstuff, and restaurants. Free delivery to 14 designated hotels in the Shinjuku area. Check website for details. WeChat Payment and Alipay are accepted.

从奢侈品牌到化妆品、女装、男装、童装、运动用品、食品、餐厅等应有尽有的百货店。还可以免费配送到新宿地区14家指定酒店。详情请参见官网。可以使用微信支付和支付宝。

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)

Taste even matcha beginners can easily enjoy. 味道柔和,非常适合第一次喝抹茶的人。

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/>



Amplitude Long-Lasting Liquid Foundation ¥9,900
Amplitude长效粉底液 9,900日元

Weightless liquid foundation that creates a natural-looking veil with a seamless buildable coverage. “通透的遮瑕能力”,如同穿上一层面纱般的美丽妆效。

2F
Amplitude
アンプリチュード

Akoya Pearl Necklace and Earrings Set ¥165,000
阿古屋珍珠项链 耳环套装 165,000日元

A set of pearl jewelry selected by Odakyu Department Store. Necklace (Silver & about 7.0-7.5 mm pearls), Earrings (14K white gold & about 7.5 mm pearls). 小田急百货店精选的珍珠套装。项链 银/7.0~7.5mm以下、耳环 14K白金/约7.5mm。

5F
Jewelry Section 珠宝首饰卖场

宝飾売場 (小田急パールコレクション) (Odakyu Pearl Collection) (小田急珍珠卖场)

Mount Fuji On-the-Rocks Glass ¥5,000 (tax excluded)
富士山玻璃杯 威士忌杯 5,000日元(不含税)

A glass that entertains as it reveals a variety of expressions in the colors of drinks poured. 玻璃杯会根据倒入饮品的颜色而产生各种变化,值得玩味。

8F
TAJIMA GLASS 田島硝子
田島硝子



A shop with carefully handmade fragrant soaps and more, made with 100% pure essential oils and natural ingredients. 使用100%纯正精油和天然原料精心制成。店内摆放着各种手工制作过的香皂,香味丰富。皂,香味丰富。



2F
Soaptopia Shinjuku Flags
Soaptopia 新宿flags
Soaptopia新宿flags

TOWER RECORDS Oshikatsu Amulet ¥700 (tax excluded)
TOWER RECORDS 追星护身符700日元(不含税)

TOWER RECORDS' amulets purified at Kyoto's Kurumazaki Shrine. 在京都车折神社开光的TOWER RECORDS护身符。

7~10F
TOWER RECORDS Shinjuku Store
TOWER RECORDS 新宿店
TOWER RECORDS 新宿店



Amusement

SEGA 世嘉

セガ

The game center for all-out fun

尽情玩转“游戏中心”!

SEGA Shinjuku Kabukicho 世嘉新宿歌舞伎町

セガ新宿歌舞伎町



The VR games at SEGA Shinjuku Kabukicho offer different themes of the unusual. You can compete for scores with friends or try for a taste of horror experience. The claw crane game has a wide variety of prizes such as large stuffed animals and figures.

“世嘉新宿歌舞伎町”的“VR游戏”带您体验非同寻常的感觉。可以和伙伴们比拼分数，也可以尝试恐怖体验。“抓娃娃”机即可以抓到玩偶，还可以抓到手办等，种类丰富。

East Exit
東口
MAP P13

- Claw cranes
- Print stickers
- Carnival games
- Music games
- And more
- 抓娃娃
- 大头贴
- 狂欢游戏
- 音乐游戏
- 其他

☎03-3208-0571

- Daini Toa Kaikan 1F & 2F 1-21-1 Kabukicho, Shinjuku-ku, Tokyo
- 10:00-01:00 the next day
- 8-min. walk from Shinjuku Station

The VR games here are doors into fantasy worlds 在VR游戏中尽情享受不同寻常的感觉

CLUB SEGA Shinjuku Nishiguchi 新宿西口世嘉俱乐部

クラブセガ新宿西口



West Exit
西口
MAP P9

- Claw cranes
- Print stickers
- Video game
- Music games
- And more
- 抓娃娃
- 大头贴
- 视频游戏
- 音乐游戏
- 其他

☎03-3349-0257

- B1~2F, 1-12-5 Nishi-Shinjuku, Shinjuku-ku, Tokyo
- 10:00-24:00
- 3-min. walk from Shinjuku Station

Get “cute” prizes at the claw crane 抓娃娃机里的“可爱”娃娃

Shinjuku Sportsland Honkan 新宿运动公园本馆

新宿スポーツランド本館



East Exit
東口
MAP P13

- Claw cranes
- Print stickers
- Hands-on (racing, etc) games
- Fighting games
- And more
- 抓娃娃
- 大头贴
- 体感·竞赛游戏
- 格斗游戏
- 其他

☎03-3352-5489

- 3-22-12 Shinjuku, Shinjuku-ku, Tokyo
- 10:00-24:00
- 2-min. walk from Shinjuku Station

Shinjuku Sportsland Honkan is one of Shinjuku's largest game center arcades. There are about 400 game machines of various kinds. On the last Saturday of the month, a game tournament is held with over 100 participants.

“新宿运动公园本馆”是新宿最大的游戏中心，游戏机种类齐全，大约有400台。每个月的最后一个星期六，会举办100多人参加的游戏大会。

YOMIURILAND

35min from Shinjuku by train
Check the calendar date on the website

43 attractions

Five pools and three sliders are very popular!

Yomiuriland is a representative amusement park in Tokyo with as many as 43 attractions to enjoy. Various events are organized throughout the year while “Pool WAI”, the huge swimming pool opens in summer is a summer icon of Tokyo- you can't miss it! With as many as 5 pools and 3 water sliders, along with the daily event “Entertainment pool”, it's the perfect spot to chill out in summer!

Splash Roller coaster

SPECIAL Coupon MAX 30% OFF Please bring this coupon and passport to the ticket counter to buy the ticket. For ticket office

One day pass			Pool admission fee			One day pass & Pool admission		
Age	Original	Discounted	Age	Original	Discounted	Age	Original	Discounted
18-64 (Adult)	5500yen	→ 3900yen	18-64 (Adult)	3300yen	→ 2300yen	18-64 (Adult)	6100yen	→ 4300yen
12-17 (Mid-High)	4400yen	→ 3000yen	12-17 (Mid-High)	2600yen	→ 1800yen	12-17 (Mid-High)	4900yen	→ 3400yen
6-11 (Child), 65over	3900yen	→ 2700yen	6-11 (Child), 65over	2200yen	→ 1500yen	6-11 (Child), 65over	4500yen	→ 3100yen
3-5	3400yen	→ 2400yen	3-5	2200yen	→ 1500yen	3-5	4000yen	→ 2800yen

* 日本国籍の方は、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。
* Valid for up to 5 people. * Valid until **Oct 31, 2020**.

NO! TATTOO

Tattoos are not permitted in Yomiuriland Pool WAI. Anyone with tattoos will be refused entry. Furthermore, those who are refused entry or ejected from the park will not be refunded or compensated.

Access Yomiuriland is a 30 min train ride from Shinjuku via that Keio line. From the Yomiuriland station take the Gondola Sky Shuttle (300 yen) to the park gate. ☎ 4015-1 Yanokuchi, Inagi-shi, Tokyo ☎ 044-966-1111

Every Day Special Price!

MITSUI OUTLET PARK TAMA MINAMI OSAWA

Get special discounts and perks!

Present your passport for a gift of special coupons!

[Location] A Block 1F Information Desk
* Coupons cannot be used at certain times and stores.
* Coupons can only be used at MITSUI OUTLET PARK TAMA MINAMI OSAWA

Shop 120 stores, including sports and outdoor gear and major fashion brands, at low outlet prices!

POLO RALPH LAUREN

kate spade NEW YORK

MICHAEL KORS

NIKE

adidas Reebok

le coq sportif

asics

Eddie Bauer

TaylorMade

COLE HAAN

TUMI

BROOKS BROTHERS

PUMA

new balance

Lee

SOMEYING

GAP

CITIZEN

clickbrjck

...and more!

Shinjuku Sta. Approx. 35 min by train from Shinjuku Station to MITSUI OUTLET PARK TAMA MINAMI OSAWA!

Approx. 35 min

2 min walk from Minami-Osawa Sta. on the Keio-Sagamihara Line. Special Express / Semi-Special Express / Express trains will stop at this station.

* Time required includes transfers and varies depending on the line taken.
* All images are for illustrative purposes. * Subject to change or cancellation without notice due to weather or other circumstances.

MITSUI OUTLET PARK TAMA MINAMI OSAWA

1-600 Minamiosawa, Hachioji City, Tokyo
☎ MITSUI FUDOSAN Shopping Information Center 10-Free 0120-355-231
● Shops 10:00~20:00 ● Restaurants 11:00~22:00 ● Supermarket 10:00~21:00
* Before your visit, please check the website for the latest information.

Destinations Ideal for a Day Trip from Shinjuku

新宿周边游的推荐景点

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

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



Enoshima-Kamakura 江之岛/镰仓
Approx. 65 minutes from Shinjuku by Odakyu Line
从新宿搭乘小田急线约65分钟

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



Sanrio Puroland 三丽鸥彩虹乐园
Approx. 35 minutes from Shinjuku by Odakyu Line
从新宿搭乘小田急线约35分钟

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

Recommended even on rainy days
下雨天也没关系



© '76, '20 SANRIO APPROVAL No.P1103232



Discount Passes and Vouchers to Enjoy Recommended Destinations

可以享受景点折扣的优惠券

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 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)

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)

SANRIO PUROLAND TRAVEL COUPON 三丽鸥彩虹乐园旅行套票

Roundtrip fares from Shinjuku and admission are as follows: Adults ¥3,200; 中·高中生 (ages 12-17) ¥2,700; children (ages 6-11), ¥2,400

从新宿出发的往返车票、入场券/成人3,200日元、中·高中生(12~17岁)2,700日元、儿童(6~11岁)2,400日元

Sales Locations 销售网点

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

8:00-19:00, 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



- Limited Express Romancecar
- Discount Passes
- Baggage Services

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

Due to the effects of COVID-19, the sales of the above Discount Passes and Vouchers, business hours of each Odakyu Sightseeing Service Center, and the contents of services may be cancelled or changed. For the latest information, please check Odakyu's website URL on the right.

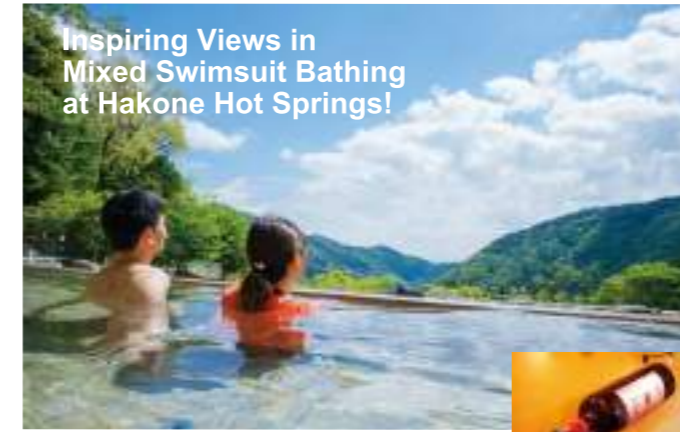
受新型冠状病毒的影响, 上述折扣的优惠券的发售以及各小田急旅行中心的营业时间、服务内容可能会中止或发生变动。最新资讯请访问右述网址进行确认。

English <https://www.odakyu.jp/english/>
简体中文 <https://www.odakyu.jp/sc/>



Let's enjoy unique spas!! YUNESSUN Spa Resort

YUNESSUN (swimsuit area)



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.

SPECIAL COUPON 1931

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

You can rent a swimsuit 50% OFF
You can use free towels (1 set for 1 person) [Valid till: 2020/12/31]
This is discount ticket, please show this at the front desk.

Customers with tattoos can enter all parts of the Yunessun area if all tattoos are covered with swimwear or a rash guard (available for rent), but they can only use reserved rooms in the Mori no Yu area.

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.

A robotayaki grill has opened; here you grill foods at your table.



Robotayaki MOMIJI [Hours] 17:00-21:00 (last order 20:30)

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 Spa Resort
Tel. 0460-82-4126

1297, Ninotaira, Hakone-machi, Ashigarashimo-gun, Kanagawa-Japan 250-0407
Closed: 6/2(Tue.)-6/5(Fri.), 12/1(Tue.)-12/4(Fri.)
Free shuttle bus service from Gora Station (excluding 12:15-13:45)

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



Tour Hakone with this ticket! Ride and enjoy Lake Ashi and Owakudani!
1张票周游箱根!! 乘着载具尽情观赏芦之湖和大涌谷!

Sightseeing Cruise (Pirate Ships) & Ropeway 海盗船、索道

One-Day Ticket 一日票

Save ¥1,060! 可优惠1,060日元!

Unlimited rides for one day for 一天随便坐 **¥4,530**

Roundtrip pirate-ship cruise 海盗船往返 **¥1,930**

Roundtrip ropeway 索道全线往返 **¥2,600**

Adult (junior high-school students and older) 优惠价成人(中学生以上) **¥3,470**

Children (elementary schoolers) 儿童(小学生) **¥980**

Tickets are sold at Pirate Ship and Ropeway counters. 在海盗船和索道的各乘坐点有售

74min. in the shortest! 最短74分钟!

Shinjuku Sta. 新宿站 → Odakyu Hakone Highway Bus 小田急箱根高速巴士 → Togendai 桃源台
Odakyu Line, Hakone Tozan Railway 小田急线·箱根登山铁道 → Hakone-Yumoto 箱根汤本

Notes: Hakone Tozan Railway service between Hakone Yumoto Sta. and Gora Sta. is suspended due to effects from Typhoon Hagibis. Cablecar rides cannot be made with one-day ticket. ※受19号台风的影响, 箱根登山铁道箱根汤本站至强罗站目前停运。 ※一日票不能乘坐有轨索道

TEL 0460-83-7722 TEL 0465-32-2205

箱根海贼船 Hakone Sightseeing Cruise 箱根ロープウェイ Hakone Ropeway



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

横丁STYLE, 轻松喝一杯

Eatery mall in the B3 mezzanine and B3 floors 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”地下中3层和地下3层的美食街。店铺依次排开，种类丰富，典型的横丁STYLE。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

☎03-3342-0586
■ 1-5-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo ■ 11:00-24:00 (last order, 23:00; Munchen, open 11:00-23:00, last order 22:15) Hakata Motsunabe Oyama 11:00-23:30 (last order, 22:30) ■ 1-min. walk from West Exit, Shinjuku Station



Latest Trends in Hot Fashion

引领时尚潮流

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

新宿代表性的购物中心。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，还有各种化妆品和时髦日用杂货，商品丰富多彩，咖啡店和餐厅等设施也很完善。

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 ■ Hours: 11:00-21:30; 10:30-21:30, Sat., Sun., holidays (restaurants & cafes, 11:00-22:30) Note: Hours differ by store. ■ No fixed holidays
■ Directly connected to Shinjuku Station South Exit



Matcha Cream Bun Recommended!

推荐抹茶奶油面包

The bakery, with four shops in Shinjuku, carries a rich variety of bread made with focus on ingredients. To be noted is their Matcha Cream Bun, which is made of soft and fluffy matcha-flavored dough wrapping an ample amount of slightly bitter matcha-flavored custard cream. It also serves as an ideal gift item.

本面包店在新宿有4家店铺，材料讲究，种类丰富。备受瞩目的是“抹茶奶油面包”。在抹茶飘香的松软面团中裹上满满的卡士达酱，其中加入了略带苦味的抹茶，然后烘焙而成。非常适合作为礼物！

HOKUO, Handmade Bread Specialty Shop

手工面包专卖店 HOKUO 手づくりパン専門店 HOKUO

■ the Garden Shinjuku Nishiguchi Shop ■ Shinjuku Ace Minami Shop ■ Shinjuku Ace North Shop ■ Shinjuku Mylord Shop
■ https://www.hokuo-tokyo.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



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 depachika, 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品的男士馆。

Isetan Shinjuku Store

伊势丹 新宿店 伊势丹 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/fint

MiSMO Shinjuku vol.4

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Information 情報



Pub Crawls in a Tasteful Alley

在充满风情的横丁里串酒馆

This is an alley-style dining area made of eight completely renovated old houses. From Japanese-style dishes such as yakitori, beef tongue, and eel, to champagne and gyoza dumplings, Spanish Italian, and Asian dishes, you can enjoy pub crawls. The illumination at night is spectacular.

由8栋旧民房全面改造而成的横丁风格美食街，享受串酒馆的乐趣，从烤鸡肉、牛舌、鳗鱼等日本特色菜品到香橙配饺子、西班牙意大利料理和亚洲料理等全球美食，一次吃个遍。夜间的灯光非常上镜。

Hobo Shinjuku Norengei

HOBO新宿NOREN商业街 ほほ新宿のれん街

■ 5-20-10 Sendagaya, Shibuya-ku ■ 1-min. walk from Yoyogi Station; 5-min. walk from Shinjuku Station South Exit
■ https://www.hobo-shinjuku.com/



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”、“栗金锣”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



Long-Established Store Founded in 1901

始于1901年的老字号 新宿 中村屋

Enjoy dining and shopping in a pleasant and relaxed atmosphere. Nakamuraya's Restaurant & Cafe Manna was the first in Japan to serve authentic Indian curry; Casual Dining Granna, and Sweets & Deli Bonna, complete Nakamuraya's family of fine shops.

旗下包括日本第一家销售正宗印度咖喱的“餐厅&咖啡馆Manna”，以及“休闲餐厅Granna”、“甜点&熟食Bonna”等餐厅均可让您在舒适轻松的氛围中享受美食和购物乐趣。

Shinjuku Nakamuraya

新宿 中村屋 新宿 中村屋

■ 3-26-13 Shinjuku, Shinjuku-ku
■ 2-min. walk from Shinjuku Station East Exit
■ https://www.nakamuraya.co.jp



Castella with a History of Artisanal Creation

精湛手工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粉，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



UNDER ARMOUR Global Flagship Store

UNDER ARMOUR的旗舰店

The world's first global flagship store of the U.S. Under Armour company. The sales floor is about 1,500 sq. m, one of the largest in Asia. It is a sports community hub that has received much popularity with everyone from beginners to top athletes who hope to be better, for the quality of its game-changing sports apparel and so forth.

美国品牌“UNDER ARMOUR”的全球首家旗舰店。门店面积为亚洲最大级别的约1,500平方米。作为令人瞩目的体育交流的据点，旨在帮助体育新手乃至顶尖运动员实现自我突破不断进化，体现更快更高更强的体育精神。

UNDER ARMOUR BRAND HOUSE SHINJUKU

UNDER ARMOUR BRAND HOUSE 新宿

アンダーアーマー ブランドハウス 新宿

☎03-6384-2550

■ Shinjuku Takano Bldg. 1f, M2, 2F, 3F, 3-26-11, Shinjuku, Shinjuku-ku ■ No fixed holidays ■ 2-min. walk from Shinjuku Station East Exit ■ Hours: 11:00-22:00
■ https://shop.underarmour.co.jp/uabh-shinjuku.php

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



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

下島町丸鮎本店
SHIMOTAKADO 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
お好み焼 **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

shinjuku
MYLORD

1-1-3, Nishi-Shinjuku, Shinjuku-ku
※Adjacent to JR and Odakyu Shinjuku Station, South Exit



※Note: Excluding some shops
※部分店铺除外

Information Counter
问询处



Free Wi-Fi

