

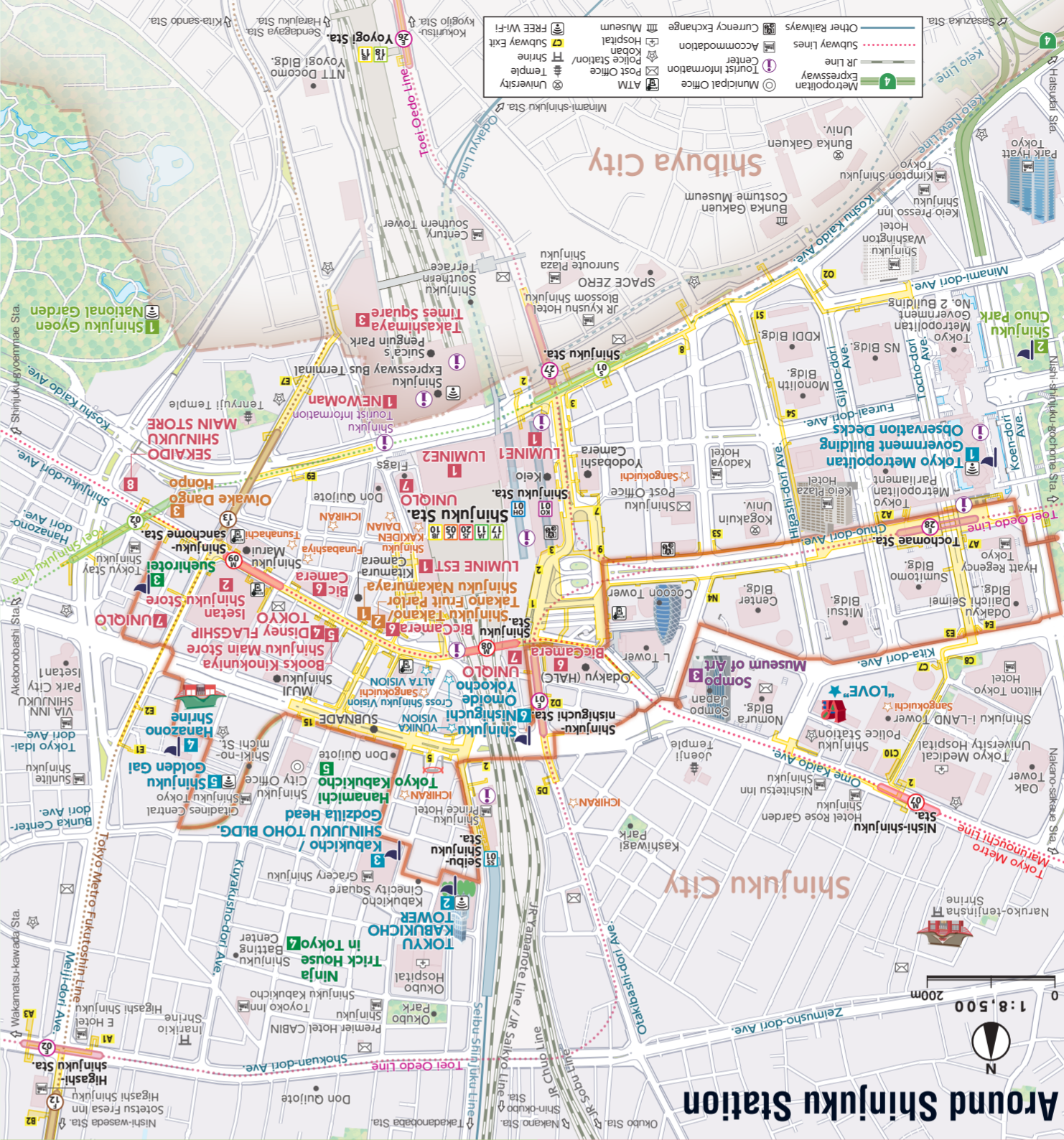


# SHINJUKU

英語 / ENGLISH

The best places & top things to do

MAP & GUIDE



## Shinjuku City Recommended Routes

**1 Around Shinjuku Station: Shinjuku Must-see Spots Route** (8 hours)

- 1 min. walk: Shinjuku-sanshome Sta.
- 3 min. walk: Suehitei 3 蕎麦亭
- 5 min. walk: Hanazono Shrine 花園神社
- 2 min. walk: TOKYU KABUKICHO TOWER 東京歌舞伎町タワー
- 2 min. walk: Kabukicho 歌舞伎町
- 15 min. walk: Kakubicho 歌舞伎町
- 2 min. walk: TOKYU KABUKICHO TOWER 東京歌舞伎町タワー
- 6 min. walk: Akagi Shrine 赤塚神社
- 3 min. walk: In la Kagu 大英能楽堂
- 3 min. walk: Yaeai Nohgakudo 大英能楽堂
- 15 min. walk: Shinjuku Nishiguchi Omoide Yokochi 新宿西口思い出横丁

**2 Around Kagurazaka: The History Lover's Route** (5 hours)

- 1 min. walk: Iidabashi Sta.
- 3 min. walk: Kagurazaka-dori Ave. 神楽坂通り
- 3 min. walk: Bishamonzen 比叟門天國寺
- 3 min. walk: Zenkoji Temple 善光寺
- 3 min. walk: Kakurambo Yokochi Alley かつらぎ横丁
- 3 min. walk: Hyogo Yokochi Alley 兵庫横丁
- 6 min. walk: Akagi Shrine 赤塚神社
- 3 min. walk: In la Kagu 大英能楽堂
- 3 min. walk: Yaeai Nohgakudo 大英能楽堂
- 6 min. walk: Shinjuku Nishiguchi Omoide Yokochi 新宿西口思い出横丁

## Getting to Shinjuku

Shinjuku is here!

Shinjuku Tourist Information

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

SHINJUKU TOURIST INFORMATION

Please check our multilingual website and social media!

Website: <https://www.kankou-shinjuku.jp/>

Facebook: <https://www.facebook.com/shinjuku.kankou>

Instagram: [https://www.instagram.com/shinjuku\\_kankou](https://www.instagram.com/shinjuku_kankou)

Shinjuku Convention & Visitors Bureau

3-37-2 Shinjuku, Shinjuku-ku  
1000-1100  
Open 365 days (excluding Dec. 29 to Jan. 3)

1 min. walk from JR Shinjuku Sta. South-east exit / next to E10 exit of Shinjuku Station  
Special groceries and food-related goods from all over Japan and a restaurant with delicious food.

## Best Places to Visit

- 1 Tokyo Metropolitan Government Building Observation Decks** 東京都庁展望室
 

Even in Shinjuku, which is crowded with numerous skyscrapers, there are one of the best observation spots. From the observatory on the 45th floor of the Tokyo Metropolitan Government Building No. 1, which is admission-free, you can enjoy a great view from 202 meters above ground.

☑ South Observatory 9:30AM-10:00PM (Admission until 9:30PM)  
North Observatory 9:30AM- 5:30PM (Admission until 5:00PM)  
\*When South Observatory is closed, observation hours are 9:30AM-10:00PM (Admission until 9:30PM)

☒ South Observatory is closed on the first and third Tuesday of every month  
North Observatory is closed on the second and fourth Monday of every month  
\*When one of the days listed above falls on a holiday, the observatory will be open on the holiday but closed the following day.  
\*The observatory will be closed during the New Year's holiday season and inspection days of the Tokyo Metropolitan Government Building.
- 2 TOKYU KABUKICHO TOWER** 東京歌舞伎町タワー
 

Opened on April 14, 2023, this entertainment facility in Kabukicho has two hotels, a movie theater, a theater, a live music venue, a night club, and an entertainment food hall with the theme of "festival," attracting many visitors.

☑☒ Varies according to the facility
- 3 Kabukicho** 歌舞伎町
 

As one of the biggest entertainment districts in Japan, Kabukicho has many restaurants, bars, theaters, movie theaters, and amusement arcades. The Godzilla Head, which appears on the top of the SHINJUKU TOHO BLDG. at the end of "Kabukicho Ichibangai," has become a symbol of the town.

\* As of August 2024, access to the Godzilla Terrace is not allowed.
- 4 Hanazono Shrine** 花園神社
 

Located close to Kabukicho, this shrine has been watching over Shinjuku since the mid-17th century. "The Otori Festival" (Shinjuku Tori no Ichi fair) is held in November every year. During the festival, in addition to food stalls, many stalls selling *kumade*, a good luck charm in the shape of a rake for business prosperity, are set up on the grounds, attracting many visitors.
- 5 Shinjuku Golden Gai** 新宿ゴールデン街
 

A corner of Kabukicho crowded with about 300 small eating and drinking establishments. With many unique places, this area serves as one of the originating places of subculture and underground art in Tokyo.
- 6 Shinjuku Nishiguchi Omoide Yokochi (memories Alley)** 新宿西口思い出横丁
 

With a history of more than 70 years, this eating and drinking area has an impressive retro scene. Lined with unique izakayas and restaurants, the alley is always crowded with visitors.
- 7 Kagurazaka** 神楽坂
 

This area has a sophisticated and nostalgic atmosphere. In addition to historic spots, such as Zenkokuji Temple and Akagi Shrine, there are many narrow stone-paved alleys throughout the area, which are lined with restaurants and drinking places with a calm atmosphere, making it a perfect place for strolling.

## Must see photo spots!

Large screens around Shinjuku Station 駅前大型ビジョン

The area around Shinjuku Station has several large screens. The famous one with the Shinjuku East Exit Cat is called "Cross Shinjuku Vision" and it is located near the East Exit.

"LOVE" "LOVE" オブジェ

This is a world-famous statue in front of Shinjuku i-LAND Tower. Created by Robert Indiana, an American artist, this object d'art is a popular meeting place.

## Gourmet

- 1 Shinjuku Nakamuraya** 新宿中村屋
 

Famous for curry, Chinese dumplings, and confectionery, this venerable food manufacturer has a history of over 120 years. At Nakamuraya's own restaurant & cafe "Manna" in the Shinjuku Nakamuraya Building, you can enjoy various delicious dishes, including the perennially popular dish, "Pure Indian curry."

☑ 11:00AM-10:00PM (L.O. 9:30PM)  
Sundays, national holidays 11:00AM-9:00PM (L.O. 8:30PM)  
☒ January 1, No fixed holiday
- 2 Shinjuku Takano/Takano Fruit Parlor** 新宿高野本店・タカノフルーツパーラー
 

This popular parlor is run by a fruit shop carrying a variety of fresh fruits, and offers delicious, gorgeous-looking parfaits made with seasonal fruits. At the shop, you can find not only various fruits but also cakes and salads with fruits, as well as chocolates.

☑ 11:00AM-8:00PM (L.O. 7:30PM)  
☒ January 1, No fixed holiday
- 3 Oiwake Dango Honpo** 新宿道分だんご本舗
 

This long-established *dango* rice flour dumplings shop near the East Exit of Shinjuku Station offers wagashi items including the *dango* and *daifuku* small round rice cake stuffed with a sweet bean filling on the morning of each day, which are just delicious with a nice and smooth texture! In addition to the standard *mitarashi* *dango* and *macha*, various unique wagashi are offered. The cafe serves *dango* and other kinds of sweets.

☑ Store: 10:30AM-7:00PM  
Cafe: 12:00AM-6:00PM (L.O. 5:30PM), Saturdays, Sundays, national holidays 11:30AM-  
☒ January 1, 2

## Nature

- 1 Shinjuku Gyoen National Garden** 新宿御苑
 

This is a great garden consisting of three different types of gardens combined in a fine balance in the huge grounds. Completed in 1906 as a garden for the Imperial Household, it became open to the public in 1949. It is a nature-rich spot where you can enjoy seasonal beautiful flowers, such as cherry blossoms in spring, and autumn foliage in fall.

\* Drinking alcohol, smoking cigarettes and using sports equipment (except in the Kids Area) in the garden are prohibited.

☑ 10/1-3/14: 9:00AM-4:00PM (Gates close at 4:30PM)  
3/15-6/30/8/21-9/30: 9:00AM-5:30PM (Gates close at 6:00PM)  
7/1-8/20: 9:00AM-6:30PM (Gates close at 7:00PM)  
☒ Mondays (If Monday is a national holiday, closed on the next weekday)  
New Year's holidays (Dec.29 to Jan.3)  
Special Open Periods (Open 7 days a week during the period)  
Spring Mar.25 to Apr.24, Autumn Nov.1 to 15
- 2 Shinjuku Chuo Park** 新宿中央公園
 

Located in Nishi-Shinjuku with the Tokyo Metropolitan Government Buildings, high-rise office buildings, and hotels, this park serves as an oasis in an urban area, attracting many people especially during the cherry blossom season. The park has a restaurant, cafe, and a terrace open to everyone for a rest.
- 3 Kansen-en Park** 甘泉園公園
 

With a long history dating back to the Edo period (1603-1868), this park started as *haiyochi*, a chartered domain of the *daimyo* feudal lord. It is a *kaiyu-shiki* stroll garden, featuring a circular promenade around the pond. Surrounded by lots of trees, this place is perfect for enjoying beautiful seasonal scenery.

☑ 3/1-10/31 7:00AM-7:00PM  
11/1-2/28 7:00AM-5:00PM

## Shopping

- 1 LUMINE SHINJUKU I-2 / LUMINE EST SHINJUKU / NEWoMan SHINJUKU** ルミネ新宿 / ルミネエスト新宿 / ニュウマン新宿
 

These are shopping facilities offering a large variety of fashion cosmetics, and other general goods and items. As several stores are located near Shinjuku Station, they are good places to spend a relaxing time shopping and eating.

☑☒ Varies according to the store
- 2 Isetan Shinjuku Store** 伊勢丹 新宿店
 

This long-established department store with the impressive Art Deco-style building offers a wide selection of fashion items. In addition to the Main Building, there is the Men's Building, carrying men's fashion items exclusively. Don't forget to visit the food sections on the underground floors, where you can find all kinds of delicious food from Japan and around the world.

☑ 10:00AM-8:00PM, Restaurant floor (7F) 11:00AM-10:00PM  
☒ No fixed holiday
- 3 Takashimaya Times Square** タカシマヤ タイムスクエア
 

Conveniently located a short walk from JR Shinjuku Station, this large-scale commercial facility has a large variety of tenants related to clothing, food, and living, from high-end fashion brand stores to "HANDS," which carrying attractive home improvement and lifestyle goods. The terrace on the 13th floor offers fine views.

☑☒ Varies according to the store
- 4 Disney FLAGSHIP TOKYO** ディズニーフラッグシップ東京
 

This is Disney store's flagship shop located on the Shinjuku-dori Ave. Once you step inside the store, you will find a space not only for shopping but also with lots of fun, with the interior which allows you to immerse yourself into the world of Disney along with photo spots with Disney art designs.

☑ 10:00AM-9:00PM  
☒ No fixed holiday

- 5 Books Kinokuniya Shinjuku Main Store** 紀伊國屋書店 新宿本店
 

This is the flagship store of Books Kinokuniya and one of the largest bookstores in Japan. It deals with a large selection of products, including books, magazines, comic books, and DVDs, from the 1st to 8th floors. The building also has a theater.

☑ 10:30AM-9:00PM  
☒ No fixed holiday
- 6 BicCamera** ビックカメラ
 

This large-scale home electronics mass retailer has three stores around Shinjuku Station, offering not only cameras and electronic goods but also sports gear and toys. You can also find SIM cards.

☑☒ Varies according to the store
- 7 UNIQLO** ユニクロ
 

With the four UNIQLO stores around Shinjuku Station, the area is convenient for shopping. You can find original goods only available at the stores in the Shinjuku area.

☑☒ Varies according to the store
- 8 SEKAIIDO SHINJUKU MAIN STORE** 世界堂 新宿本店
 

This is the main store of Japan's biggest specialty store chain carrying items such as stationery, painting materials, and frames. You can find a variety of high-quality Japanese stationery. If you are interested in unique stationery and/or art production, it is a must-visit place.

☑ 9:30AM-8:00PM  
☒ New Year holidays

Public Transportation Information

**● SHINJUKU WE BUS**  
 Fare: 100 yen, One-day pass: 300 yen  
 On an open skylit bus, you can visit famous spots around Shinjuku Station comfortably.  
<https://www.keio-bus.com/en/info/webus.html>

**● SKYHOP BUS**  
 Same-day ticket: Adult 4,500 yen, Child 2,200 yen  
 On an open-top double-decker bus, you can freely get on and off at any designated bus stop to visit landmarks in Tokyo, mainly Shinjuku.  
<https://skyhopbus.com/>

**● Tokyo Subway Ticket**  
 24-hour ticket: Adult 800 yen, 48-hour ticket: Adult 1,200 yen, 72-hour ticket: Adult 1,500 yen  
 These time-limited passes allow you to freely get on and off trains on all the subway lines in Tokyo (Tokyo Metro and Toei Subway Lines) within the designated time window.  
<https://www.tokymetro.jp/tst/en/index.html>

**Useful Information**

**● Shinjuku Free Wi-Fi**  
 This public Wi-Fi service offers unlimited use of free Wi-Fi per day, with a limitation of 60 minutes per session, within Shinjuku City. The service is available at places with this mark.

**● Shinjuku Terminal Map**  
 A map clearly displaying the complex area around the station can be downloaded from the 2D code.

**● Various Restaurant Information**  
 Shinjuku has many restaurants and accommodation facilities that offer services supporting the needs of Muslims, vegans, and vegetarians. Scan this to access the digital guide books.

**● Japan Visitor Hotline**  
 This is a 24-hour/365 days a year hotline service for foreign visitors. In cases of accidents or emergencies, it can provide support in English, Chinese, and Korean.  
<https://www.japan.travel/en/plan/hotline/>

Map of Shinjuku City

**Legend:**  
 Metropolitan Expressway  
 JR Line  
 Subway Lines  
 Tokyo Sakura Tram  
 Other Railways  
 Municipal Office  
 Post Office  
 Police Station  
 Hospital  
 Museum  
 Temple  
 Shrine  
 University  
 Cherry Blossom Spot

**Ochiai, a town of the dyeing industry**  
 染のまち・落合  
 Until around the 1950s, there were more than 300 dyeing-related manufacturers along the Myoshoji River and Kanda River, making the area one of the three biggest producers of dyeing along with Kyoto and Kanazawa. There are still dyeing shops here and there in the Ochiai/Nakai area. The area organizes an event called "Some no Komichi" (Fabric Dyeing Festival) in late February every year, offering "the River Gallery" in which long pieces of dyed *tanmono* (kimono cloth) are displayed over the Myoshoji River.

**A town with many sloped streets with atmosphere**  
 風情ある坂のまち  
 The area around Nakai/Ochiai area has many sloped paths, as it has eight slopes on the north side of Nakai Station numbered from one to eight, such as "Ichi no Saka" (Slope 1) and "Hachi no Saka" (Slope 8). This area consists of highlands and lowlands connected with hilly streets. When you walk around the area, you can see how each street has a different atmosphere with a different view, making the area unique and attractive.

**The tallest skyscrapers in Tokyo**  
 東京屈指の摩天楼  
 The skyscraper buildings in the Nishi-Shinjuku area form one of the symbolic landscapes in Tokyo. While this area has many business people during daytime, it serves as a popular spot for adults enjoying a night view at restaurants and bars on higher floors in the evening.

**Tram: Tokyo Sakura Tram (Toden Arakawa Line)**  
 路面電車・東京さくらトラム(都電荒川線)  
 In Tokyo in the past, there used to be many tram lines called "toden" running throughout the city. Tokyo Sakura Tram (Toden Arakawa Line) is the only existing toden, running for 12.2 km. Taking time travel by toden may become one of your good memories from your trip!

**Meiji Jingu Gaien Garden**  
 明治神宮外苑  
 Centering around Meiji Memorial Picture Gallery with a history of nearly 100 years, various types of sport facilities, including Meiji Jingu Stadium, are located in this area. There is a famous street lined with gingko trees, which is often used for shooting movies and TV dramas, attracting many visitors with beautiful yellow leaves in fall.

Experience & Entertainment

**1 Some no Sato OCHIAI**  
 染の里おちあい(二葉苑)  
 Shinjuku still has several traditional dye shops, including this one with a history of over 100 years. This dye shop offers a hands-on program to dye your original table runner or bag.  
 ☑ 11:00AM-5:00PM  
 ☒ Mondays

**2 Yarai Nohgakudo**  
 矢来能楽堂  
 Noh is one of the traditional forms of Japanese theater, which was established in the 14th century. It is a dance-based dramatic performance on a special Noh stage using masks and costumes. The Yarai Nohgakudo is the only Noh theater in Shinjuku, located in Kagurazaka. It holds a regular performance on the 2nd Sunday of every month.  
 ☒ No fixed holiday

**3 Suehirotei**  
 末廣亭  
 Built in 1946, this yose theater is a place for performances of *rakugo* (traditional verbal entertainment) and *manzai* (Japanese version of stand-up comedy usually involving two performers) held on a regular basis. This quaint wooden building has tatami seats and chair seats. The programs and casts for the performances are changed every 10 days.  
 ☒ No fixed holiday

**4 Ninja Trick House in Tokyo**  
 手裏剣道場 新宿忍者からくり展覧  
 This hands-on facility in Kabukicho offers an opportunity to try various kinds of ninja experience, making it a must-see spot for ninja fans. In this house filled with the vibes of Japan, you can enjoy *shinken* ninja stars throwing, *kenjutsu* sword fighting, *karakuri* mechanisms-hunting, and photo taking with ninjas!  
 ☑ 10:00AM-5:00PM (Admission until 4:00PM)  
 ☒ Tuesdays, Wednesdays

**5 Hanamichi Tokyo Kabukicho**  
 ハナミチ東京歌舞伎町  
 This new facility is scheduled to be open in October 2023. It aims to deliver various types of information on Japanese culture emanating from Kabukicho. It will serve as a complex facility with different types of tenants, including *taihu engeki* (a genre of popular theater in Japan), kimono rental shop, Coffee Seibu Main Store, and various Japanese restaurants.  
 ☒ Varies according to the facility

Gallery & Museum

**1 JAPAN NATIONAL STADIUM**  
 国立競技場  
 This served as one of the venues for the 2020 Summer Olympics and Paralympics. Incorporating elements of Japan's traditional architecture, this building using wooden materials gives a warm impression. A stadium tour is offered, which allows you to go inside and look around.  
 ☒ Varies according to the facility

**2 JAPAN OLYMPIC MUSEUM**  
 日本オリンピックミュージアム  
 Located in the immediate vicinity of Japan National Stadium, this museum is a place where you can learn the history and significance of the Olympics through the exhibitions and videos. There is a corner where you can try to match the physical abilities of Olympians.  
 ☑ 10:00AM-5:00PM (Admission until 4:30PM)  
 ☒ Mondays (If Monday is a national/substitute holiday, the museum will close the following weekday), exhibition renewal period, New Year holidays

**3 Sompō Museum of Art**  
 SOMPO美術館  
 Located only five minutes on foot from the West Exit of Shinjuku Station, this museum is one of the art landmarks of Shinjuku. It has one of the six paintings of Sunflowers by Vincent van Gogh, which is exhibited in the permanent installation.  
 ☑ 10:00AM-6:00PM (Admission until 5:30PM)  
 Fridays 10:00AM-8:00PM (Admission until 7:30PM)  
 ☒ Mondays (If Monday is a national/substitute holiday, the museum will open), exhibition renewal period, New Year holidays

**4 The Waseda International House of Literature (The Haruki Murakami Library)**  
 早稲田大学国際文学館 (村上春樹777-1)  
 Designed by Kengo Kuma, a renowned Japanese architect, this facility on the campus of Waseda University is serving as an international hub for literary study, based on the writings of Haruki Murakami, a world-class novelist. There is a cafe run by Waseda students.  
 ☑ 10:00AM-5:00PM  
 \* Please see the official website to confirm when WiFi will be open.