

TIPS FOR TRAVELERS

Tourist Information Centers with their multi-language staffs are invaluable places for obtaining detailed information on just about any subject. Visit certified local Tourist Information Centers. <http://www.jnto.go.jp/eng/arrange/travel/guide/tic.html>
Visas are required for some nationalities. Check with a Japanese embassy/consulate.

The currency is Yen (¥), convertible at the airport, international hotels and major banks. A 8% consumption tax is added to most goods and services.

Cash and Credit Cards Cash can be carried in Tokyo without anxiety. You will need cash for train/bus/taxi fares, admission to museums, and smaller dining spots and stores. Major credit cards are widely accepted in Tokyo.

ATM Service Major foreign credit, debit and cash cards can be used at some 26,000 Post Office ATMs marked with the 'International ATM Service', some 20,000 Seven Bank ATMs that can be found in Seven-Eleven convenience stores and some 5,000 AEON Bank ATMs.

Exchange currency Most banks are closed at 3 pm, weekends and on national holidays. Money Exchange Shops are located in major shopping areas, and services are available till the evening.

Climate Tokyo has 4 distinct seasons. Summer is hot and humid (25.2°C/77.4°F), autumn is comfortable (17.6°C/63.7°F), winter is cold, sunny and dry with occasional light snowfalls (5.2°C/41.4°F) and spring is mild with scattered showers (14.1°C/57.4°F). Mid-June to mid-July is the rainy season and September/October brings typhoons.

Electricity 100 volts AC. 50 Hz in Tokyo and eastern Japan, 60 Hz in Osaka and western Japan. Sockets take a two-prong plug with flat-sided prongs.

Emergency calls
 Police: Tel.110
 Fire and Ambulance: Tel.119
 Police in English & Several Other Foreign Languages: Tel.03-3503-8484
 AMDA International Medical Information Center: Tel.03-5285-8088
 Tokyo Metropolitan Health & Medical Information Center: Tel.03-5285-8181



Tourist Information Center

Free Travel Information and Language Assistance

Tourist Information Center (TIC) of Japan National Tourism Organization is your helping hand while in Japan. Its services range from providing travel information and free literature on Japan to offering suggestions on tour itineraries.

Shin Tokyo Building 1F, 3-3-1 Marunouchi, Chiyoda-ku, Tokyo 100-0005
 Tel. 03-3201-3331
 Open from 9 am to 5 pm (Closed: Jan. 1)



Tourist Information Centers (Narita International Airport):
Terminal 1:
 Arrival Fl., Passenger Terminal 1 Bldg., Narita International Airport, Chiba 282-0011
 Tel. 0476-30-3383
 Open from 8 am to 8 pm every day year-round
Terminal 2:
 Arrival Fl., Passenger Terminal 2 Bldg., Narita International Airport, Chiba 282-0004
 Tel. 0476-34-5877
 Open from 8 am to 8 pm every day year-round

JNTO Japan National Tourism Organization
日本政府観光局 (JNTO)
<http://www.jnto.go.jp>
<http://m.japan.travel> (Smart Devices)

Overseas Offices

Toronto:	481 University Avenue, Suite 306, Toronto, ON M5G 2E9, Canada	Tel: 416-966-7140
Los Angeles:	340 E. 2nd Street, Little Tokyo Plaza, Suite 302, Los Angeles, CA 90012 U.S.A.	Tel: 213-623-1952
New York:	One Grand Central Place, 60 East 42nd Street, Suite 448, New York, NY 10165 U.S.A.	Tel: 212-757-5640
Paris:	4, rue de Valenciennes 75001 Paris, France	Tel: 01-43-96-20-29
Frankfurt:	Kaiserstrasse 11, 60311 Frankfurt am Main, Germany	Tel: 069-20353
Moscow:	3rd Floor, 5, Bryanskaya Street, Moscow, Russia	Tel: 495-995-0120
London:	1st Floor, 28 Leaman Street, London, E1 8ER, U.K.	Tel: 020-7398-5670
Sydney:	Suite 1, Level 4, 58 Clarence Street, Sydney NSW 2000 Australia	Tel: 02-9279-2177
Beijing:	Beijing Fortune Bldg., Suite 410 5 Dong San Huan Bei Lu Chao Yang District, Beijing 100004 China	Tel: 010-6590-8568
Hong Kong:	Unit 807-809, 8/F., Prosperity Millennium Plaza, 663 King's Road, North Point, Hong Kong	Tel: 2968-5688
Shanghai:	Room 211, Shanghai International Trade Centre, 2201, West Yan An Road, Shanghai 200026, China	Tel: 021-5466-2808
Jakarta:	Summitas 1, 2F, Jalan Jenderal Sudirman, Kav. 61-62, Jakarta 12190, Indonesia	Tel: 21-252-0742
Seoul:	Hotel President 2F 188-3, Eulcho-ro 1-ga, Jung-gu, Seoul, Korea	Tel: 02-777-8601
Singapore:	16 Raffles Quay, #15-09 Hong Leong Building, Singapore 048581	Tel: 6223-8205
Bangkok:	10th Floor Unit 1016, Gem-M Tower, 159 Sukhumvit 21Rd, Bangkok 10110, Thailand	Tel: 02-261-3525

ENTERTAINMENT

Never happened a lack of something to do is in Tokyo even during the evening. Movie theaters feature the latest films, both imported and domestic, and some theaters specialize in revival and 'classic' films. Listings can usually be found in one of the English-language daily newspapers.

Classical concerts and recitals, rock and jazz sessions by both visiting and local musicians are performed regularly at the many theaters, halls and clubs around town. Several resident symphony orchestras have full schedules. Tickets are sold at ticket agency in the city.

Theaters presenting local and touring plays, operas and ballets abound and range from the stately National Theatre to the Globe Tokyo, a reproduction of Shakespeare's original. Well-attended Kabuki productions run for most of the year and the various schools of Noh offer frequent demonstrations of their art at their various specialized theaters. The all-women Takarazuka Revue, too, often puts on spectacular performance.

For the thirsty, the number of drinking establishments is infinite. Small 'red lantern' places which usually have one hanging beside the door, cater mainly to a regular clientele and serve mostly traditional snacks. "Izakaya" (Japanese-style pub) are popular with young business people and university students. Rock clubs, 'Karaoke' singing bars, beer halls and clubs abound. Clubs are mainly concentrated in the Roppongi area.

There are various types of family entertainment including Ueno Zoological Gardens, which is the oldest zoo in Japan, several aquariums, many amusement and theme parks, such as Toshimaen, Tokyo Dome City, Tokyo Disneyland, DisneySea, and Sanrio Puroland which is an indoor theme park where you can meet the world-famous Hello Kitty and other Sanrio characters.



Ueno Zoological Gardens

SPORTS

Sumo wrestling, with Tokyo tournaments in January, May and September, baseball (the season is from Apr-Oct.) and football are the most popular spectator sports in the country. Sumo dates back some 1,500 years and baseball and football only just over a hundred, but it is difficult to tell which has the more avid fans.

The martial arts such as Judo, Kendo, Karate, Kyudo and Aikido are mostly practiced at schools, with exhibitions only occasionally open to the public. Joggers mostly favor the route around the Imperial Palace moat.

CULTURAL EXPERIENCES

A range of cultural experiences in English is available.
■ Institute for Japanese Culture Experience and Education (IJCEE):
<http://www.ijcee.com/e.html>

Ikebana, the art of flower arrangements, emphasizes simplicity and precision of form with the aim of symbolizing the various aspects of nature.

■ Sogetsu: Tel. 03-3408-1209
<http://www.sogetsu.or.jp/e/>
■ Ohara School: Tel. 03-5774-5097
<http://www.ohararyu.or.jp/english/index.html>

The art of tea ceremony, or **Chanoyu**, is an aesthetic form of spiritual refinement that was originally very popular among the ruling samurai.

■ Happo-en (Muan): Tel. 03-3443-3775
■ Imperial Hotel (Toko-an): Tel. 03-3504-1111

Tour Operators offers very unique tours to experience Japanese culture.
■ JTB Sunrise tour: <http://www.jtb-sunrisetours.jp/>
■ Club Tourism Yokoso Japan Tour: <http://www.yokoso-japan.jp/en/>



Tea ceremony at Happo-en

Ikebana

SHOPPING

Shopping in Tokyo is an experience to remember. The sheer volume of merchandise and the endless variety of constantly changing goods attractively displayed have created a consumer's paradise.

The department store chains offer a bewildering array of products both Japanese and Western style, from flowers and food to Kimono and brand name designer clothes. They also frequently sponsor a variety of art exhibitions and cultural events. They usually have English-speaking assistants, and packing and shipping services. The Ginza, traditionally the most exclusive shopping area with a number of department stores and specialty shops, is being challenged by the Aoyama, Shibuya, Harajuku and Shinjuku areas where the young, trendy and affluent gather during the day.



Discount shopping is also to be found in the larger super-markets and in the wholesale Asakusabashi (for traditional goods) and Kappabashi (for any kind of restaurant/dining/tableware; plastic food display) districts. At the other end of the spectrum are the arcades in or near the major hotels. For that special souvenir, try one of the flea markets held once or twice a month at certain temple and shrine compounds, where everything from genuine antiques to yesterday's bric-a-brac are offered for sale.

100-yen (1 coin) shops offer a wide variety of miscellaneous daily goods as well as small souvenirs, and can be found throughout the city.

Electronics enthusiasts find contentment in Akihabara, where electronics and parts for any conceivable appliance or audio-visual equipment are stocked in abundance. Shinjuku and Ikebukuro are also famous place for shopping. Tax-free shops are plentiful in Tokyo.

For the fashion-conscious, whether haute couture or the latest fad, the connecting Harajuku, Omotesando, Aoyama, Shibuya area is where you will more than likely find that special boutique with just what you wanted. Tokyoites are discriminating shoppers, and this is reflected in the shopping scene.

Shopping © Shinkenshusha

ANNUAL EVENTS IN TOKYO

The festivals of Japan are perhaps one of the country's greatest sources of enjoyment.

Listed here are only some of the major festivals in Tokyo. If you want to visit a festival during your stay, contact Tourist Information Centers.

January 1: New Year's Day. From the first to third, many companies and businesses are closed. Many people visit temples and shrines to pray for good health and happiness in the coming year.

January 6: *Dezomeshiki* or New Year's Fire Review with acrobatic stunts on top of tall ladders at Tokyo Big Site.

Mid-January (for 15 days) First Sumo Tournament
February 3 or 4: *Setsubun* or bean-throwing festival is observed at leading temples across the country.

Mid-May (for 15 days) Third Sumo Tournament
Mid-May Kanda Matsuri (Festival) of Kanda Myojin Shrine (held every odd-year). Dozens of *Mikoshi* (portable shrines) are on parade.

3rd Fri., Sat. & Sun. of May: Sanja Matsuri (Festival) of Asakusa-jinja Shrine, featuring a parade of 3 large portable shrines and more than 100 small ones.

Mid-June: Sanno Matsuri (Festival) of Hie-jinja Shrine features a procession of portable shrines through the busy streets of Akasaka District, every other year.

Last Sat. of July: Sumida River Fireworks Festival
Mid-September (for 15 days): 5th Sumo Tournament
Muji-October - Mid-November: Chrysanthemum Exhibitions at Yushima-tenjin Shrine and Sensoji Temple (Asakusa Kannon).

November 15: *Shichi-Go-San* is the shrine visiting day for children aged 3, 5 and 7 in appreciation of their good health given them by the guardian gods.

December 17-19: *Hagoita-Ichi* (Battledore Fair) of Sensoji Temple (Asakusa Kannon).

SIDE TRIPS FROM TOKYO

Mt. Takao is 599 meters high and located in western Tokyo. It is rich in nature and is designated as a national park. About an hour from the center of Tokyo, it is a popular spot for mountain hiking.

The autumn leaves in November and the plum blossom in February are particularly beautiful, attracting many people to the mountain. There is also a famous temple near the peak.
Kawagoe, 1 hr. by rail from Tokyo, flourished as a castle town in the 17th century during the Edo Period. The city has been designated an important preservation district for groups of historic buildings where rows of magnificent merchants' houses in the traditional storehouse-style stand side-by-side. It is called 'Ko-edo,' or 'Little Edo,' because of its city architecture. The feudal lord of Kawagoe Castle ordered a bell tolling the time he built in the 17th century. The bell has been rebuilt several times, and the present 4th-generation bell is a symbol of Kawagoe, together with the streets lined with these traditional houses.

Yokohama, 30 min. by rail from Tokyo, is the foremost port in Japan. A city with a colorful past, it has a long list of sites worth seeing. Among them are the Silk Center and the Yokohama Doll Museum. Yamashita Park is the oldest park in Japan to be laid out along the sea, and has a historic ship

permanently docked. The restaurants in Chinatown are legendary for their cuisine. The Landmark Tower has observation deck on the 69th floor.

Shin-Yokohama Raumen Museum is a unique museum on ramen noodles as well as a small theme park that recreates a town of the Showa period (about 50 years ago). You can taste selected ramen restaurants from across the nation.

Kamakura, 1 hr. by rail from Tokyo, is an ancient city of some 121 temples and 41 shrines set in a semi-circle of protective hills. The administrative and military center of Japan from the 12th to 14th centuries, it retains a great deal of the charm of old Japan. It is also the home of the Great Buddha, considered one of the most beautiful statue in the world.

Hakone, 1 hr. 30 min. by rail from Tokyo, is a famous hot spring resort area set in the beautiful mountains which comprise the Fuji-Hakone-Izu National Park. Among the variety of attractions the area has to offer is the outstanding Open-Air Museum of sculptures by noted artists from around the world. A small Picasso Museum is also on the grounds. On fine days magnificent views of Mt. Fuji are possible.

Mt. Fuji & the Five Lakes can be reached in 2 hrs. from Shinjuku. Mt. Fuji is Japan's highest mountain at 3,776 meters and is one of the world's most symmetrical cones. Around its broad base can be found many lakes, waterfalls, virgin forests, ice caves and various alpine plants. The region is an ideal recreation area year-round.

Fuji-Q Highland is a huge amusement park at the foot of Mt. Fuji. The park is popular for having many intense thrilling rides.

Gotema Premium Outlets® can be reached in 90 min. by bus from Shinjuku.

Nikko, 2 hrs. by rail from Tokyo, is the shrine complex that inspired the saying, 'Never say splendid until you've seen Nikko'. Set in a lush cryptomeria forest, the magnificent Nikko Toshogu Shrine complex dedicated to Tokugawa Ieyasu, the founder of the Tokugawa Shogunate, demonstrates the superb skill of the Edo period artisans. Carved, lacquered, painted and gilded, the buildings are inclined to dazzle one with the wealth of finely worked detail. Be sure to look for the famous 'See no evil, say no evil, hear no evil' monkeys. Nearby is 'Sicate, dramatic Kegon Falls that descend in a pure line from the indigo waters of Lake Chuzenji. Another interesting side trip is **Edo Wonderland** at Kinugawa Onsen, where the life style of old Edo, present-day Tokyo, is re-created.



View from Mt. Takao © Yasufumi Nishi

Great Buddha in Kamakura

Tokyo is a dynamically modern metropolis that nearly 13 million people call home. Exciting, stimulating and safe, Tokyo offers a treasure trove of ever-unfolding surprises and discoveries that beguile the resident and visitor alike. Covering more than 800 square miles (2,000 square kilometers), it is an enormous, fascinating entity unto itself.

Although it has been the official capital since 1868 when the youthful Emperor Meiji moved the capital from the court in Kyoto to the castle town of Edo — then renamed Tokyo, or Eastern Capital — it had been the administration center of the country since the opening years of the 17th century when Tokugawa Ieyasu unified the nation, built Edo Castle and established the Tokugawa Shogunate.

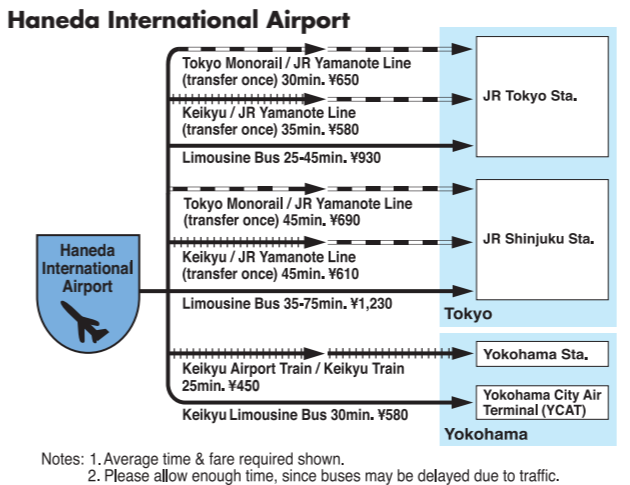
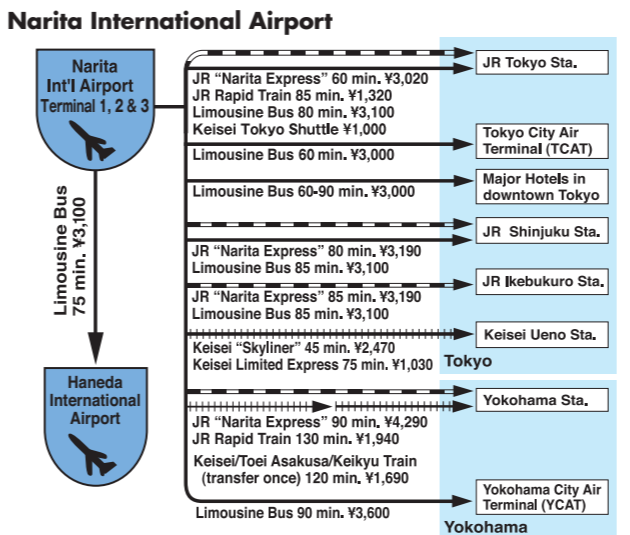
Already a city of over a million inhabitants by the mid-18th century, the large, bustling city continued to thrive, expand and embrace all that was new, unique and exciting — much as it does today. Fires and earthquakes have taken their toll but never deterred Tokyoites, like the proverbial phoenix, from rising vigorously from the ruins.

Fast-paced, energetic and busy, the city rarely seems to rest, and this is especially true of Tokyo's many centers. Shinjuku, Shibuya, Ikebukuro, Ueno, Nihombashi, Shimbashi and the famed Ginza, each center has its own special flavor and its enthusiastic adherents. Exclusive boutiques, enormous department stores and innumerable specialty shops entice the browser and window shopper as much as the serious buyer.

Art lovers are drawn to the many fine museums and art galleries, and the superb exhibits from around the world that are constantly on display. Music fanciers also have a wide selection of concert halls that have full schedules of both local and visiting musicians performing all types of music. Theater is extremely active as well, whether for local adaptations from the European and American stage or the spectacular Kabuki and highly refined Noh.

From traditional Buddhist temples and Shinto shrines to high-tech and shopping, Tokyo is an unforgettable experience to savor and enjoy the year-round.

GETTING THERE



Notes: 1. Average time & fare required shown.
 2. Please allow enough time, since buses may be delayed due to traffic.

Useful web sites

- **Japan Railways (JR) : Narita Express**
 Tel.050-2016-1603 (JR East)
<http://www.jreast.co.jp/e/index.html>
- **Keisei Railways : Skyliner/Limited express**
<http://www.keisei.co.jp/keisei/tetudou/skyliner/us/index.html>
- **Limousine Bus**
 Tel.03-3665-7220
<http://www.limousinebus.co.jp/en/>
- **Tokyo Metro**
 Tel.0120-104106
<http://www.tokyoMetro.jp/en/index.html>

ACCOMMODATIONS

Accommodations range from the best world-class hotels (¥20,000 — ¥40,000, excluding tax and service charge, for a single room) that offer a multitude of services to more moderate 'business' hotels (¥8,500 — ¥10,000, excluding tax and service charge, for a single room).

Traditional-style inns, Ryokan, let you experience some of the graciousness of old Japan; and your bedding is folded up and stored away during the day. Fresh tatami mats, softly sliding doors and luxurious Japanese baths (¥12,000 — ¥40,000 per person including two meals, tax and service charge extra).

All hotels are clean, safe and comfortable. Budget accommodations such as youth hostels (¥2,500 — ¥4,000 excluding meals, plus tax) are also available.

Useful web sites

- You can find every kind of accommodations.
- **Japan Hotel Association**
<http://www.j-hotel.or.jp/english>
 - **Japan Ryokan & Hotel Association**
<http://www.ryokan.or.jp/english/>
 - **Japan City Hotel Association**
<http://www.jcha.or.jp/english/>
 - **Japanese Inn Group**
<http://www.japaneseinngrp.com>
 - **Japan Youth Hostels Inc.**
<http://www.jyh.or.jp/e/>

DINING

People in Tokyo are known for their preference for eating out and there are more than enough restaurants to satisfy them. Almost every kind of cuisine in the world is available, and eating establishments range from 5-star quality to modest vendors in stalls around the stations.

Fast food chains are also represented in force, both local and international ones. Most moderately-priced restaurants still have plastic models of what they serve in the window, and most traditional-style Japanese restaurants still specialize in one kind of cuisine.

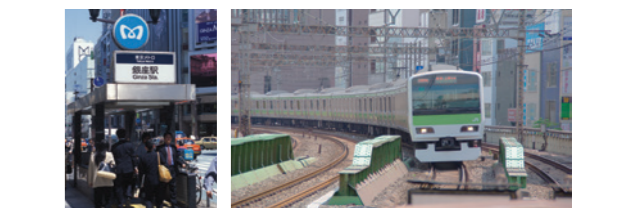
Many coffee shops serve 'set' breakfasts and lunches, while standard restaurants, which serve dishes with elements of both Western and Japanese foods, have reasonably-priced luncheon 'sets'.

Department stores invariably have a restaurant floor with a variety of Western, Asian and Japanese restaurants — usually toward the top — and their basement food floors and larger supermarkets have prepared foods 'to go'.

Truly fine restaurants are now plentiful and several world-renowned restaurants have opened up branches in Tokyo, although the smaller 'bistro' type can be equally as delicious.



© HVCB



Tokyo Metro

JR Yamanote Line © Yasufumi Nishi

Guided Tours

It is not surprising that Tokyo, given its size and history, has more than its share of attractions to intrigue the visitor of every persuasion—from the imposing and grand to the subtle and poignant.

Tour companies offer fine morning, afternoon, day and night or special interest tours, with English-speaking guides. These are particularly convenient for the visitor pressed for time or for a first overall view of Tokyo.

JTB Sunrise Tours
http://www.jtb-sunrisetours.jp
Tel.03-5796-5454 (8:00-20:00)

Hato Bus Tour
http://www.hatobus.com/en/
Tel.03-3435-6081 (9:00-17:30)

Club Tourism YOKOSO Japan Tour
http://www.yokoso-japan.jp/en/
Tel.03-6734-5115 (9:15-17:30)

Japan Gray Line Tour
http://www.jgl.co.jp/inbound/
Tel.03-5275-6525

AREAS FOR STROLLING

The Imperial Palace Area (皇居) D, E4

Formerly Edo Castle, it is still surrounded by the innermost moat. Handsome gates and old guard towers are set at intervals around the site. The main entrance is approached by the elegant Nijubashi Bridge and is occasionally open to the public.

► The East Gardens

The East Gardens (Higashi Gyoen), where the donjon once stood.

Hours: 9:00 - 16:30 (enter by 16:00 Mar-Apr.14 & Sep-Oct.) /17:00(enter by 16:30 Apr.15-Aug.) / - 16:00 (enter by 15:30 Nov-Feb.) Closed: Mon., Fri., Dec.23 & from Dec.28-Jan.3. It may close without notice in circumstances due to court functions or other occasions. Admission: Free

Marunouchi (丸の内) E4

Marunouchi spreading out on the west side of Tokyo Station is the largest office town in Japan. The construction of replacements for old buildings is presently being promoted, and compound buildings with offices, shops and first-class hotels are going up one after another.



Imperial Palace

Asakusa (浅草) G2

With the Sensoji Temple at its center, this lively area personifies the atmosphere of old 'downtown' Edo and offers glimpses into a more traditional life style. Kappabashi, which sells wholesale anything you would possibly want in the way of dishes, is within easy walking distance.

Tokyo Sky Tree is the tallest self-standing broadcasting tower in the world at 634 meters tall. (as of Aug, 2014) There is the glass-walled observatory deck at 450 meters tall offer panoramic view of the city.



Tokyo Sky Tree

Ueno (上野) F2

The highlight of Ueno is Ueno Park which is a concentration of cultural institutions such as the first zoo in Japan, Ueno Zoological Gardens, Tokyo Metropolitan Art Museum, Tokyo Bunka Kaikan (Cultural Hall), National Museum of Western Art, National Museum of Nature and Science and Tokyo National Museum, all offering recreation and relaxation for the citizens. The park is particularly crowded in early April when people gather to enjoy the view of the evanescent cherry blossoms.

There is Ameyokocho Market, or Ameyoko in the area under the elevated railway from Ueno Station to Okachimachi Station. There are over 500 shops that sell everything from basic foods to high-class imported goods at reasonable prices, and thus it is always crowded with shoppers.



Tokyo National Museum

Akihabara (秋葉原) F3

Akihabara, the world's largest and most famous electronics district has recently gained a new reputation as a mecca for *Otaku*, or fanatics of anime, computer games or so-called "Cosplay." There are many anime related stores where you can find animation figures, costumes and manga.

GINZA (銀座) E5

GINZA is one of the most famous downtowns of Japan. Ginza means a silver mint, and its name derives from establishment of the silver coin mint in the 1600's. There are large department stores such as Mitsukoshi, Matsuya and many large-size store buildings dotted around 4-chome in particular, where the street meets the intersection of Harumi-dori Avenue. In the whole area of Ginza, there are art galleries, innumerable restaurants and boutiques all competing each other of their styles, and every store boasts the tradition and its culture unique to Ginza. Recently, many of world famous brand boutiques have opened their shops in Ginza which cast the town as an internationally noted area of top-fashion trend.



Ginza © Yasufumi Nishi

Tsukiji (築地) E6

Tsukiji located along the Sumida River lies next to the famous downtown area of Ginza in Tokyo. For most people, what springs to mind first when they hear the name 'Tsukiji' is the Tsukiji Market, also called 'Uogashi (fish market)'. This market handles the largest volume of fishery products in Japan, and the 480 kinds of products handled around-the-clock make this market globally unique.

Hama-rikyu Onshi Garden (浜離宮恩賜公園) E6

The Garden is a public park of Tokyo located at the mouth of the Sumida River in Chuo-ku. It is called Hama-rikyu for short and cherished by all citizens. It is a landscape garden in the go-round style around the Shioirino-ike Pond, a pond of the tidal reach. It was remodeled as a public garden park on the site of a villa of the Shogun Tokugawa family in the 17th century. The garden has the atmosphere of utter tranquility where visitors can forget the passage of time. Visitors can also enjoy refreshment at a teashop in Nakashima located in the middle of the pond in the garden that offers Maccha green tea and Japanese sweets in a tea-ceremony style.

Hours: 9:00 - 17:00 (enter by 16:30)

Closed: Dec.29 - Jan.1

Admission: 300 yen

Ikebukuro (池袋) B1

It is a prominent downtown rivaling with the Ginza, Shinjuku, Shibuya and Asakusa. As it has often been selected as the scene for TV dramas and novels in recent years, the young people who are keen on the trend cast eager eyes on Ikebukuro. Sunshine City is the shopping and entertainment complex including an observatory 240 meters from the ground, NAMCO NAMJA TOWN which is the indoor theme park, aquarium, KONICA MINOLTA planetarium and the Ancient Orient Museum.

Shinjuku (新宿) A, B4

A high-rise shopping and entertainment hub. JR Shinjuku Station is an immense terminal, which serves the most passengers in Japan a day.

► Tokyo Metropolitan Government

One of Tokyo's landmarks with an observatory on the 45th floor. Hours: 9:30 - 23:00 (enter by 22:30) Admission: Free

► Shinjuku Gyoen National Garden

This garden park covers a large area of 58.3 hectares and offers rich greenery and tranquility, completely secluded from the hustle and bustle of Metropolitan Tokyo. It is renowned as an excellent place to see flowers and wild birds.

Hours: 9:00 - 16:00
Closed: Mon. & Dec.29-Jan.3

Admission: 200 yen

Shibuya (渋谷) B6

Shibuya is a popular shopping and entertainment paradise, particularly for the younger generation. Every street and area in the district has a completely different atmosphere. The Shibuya Center Street is crowded with a multitude of shops, including youth fashion shops, fast food restaurants and game centers, and it is famous as the place where new trends are born that quickly spread among the youth nationwide. Koen-dori Street, which extends to Yoyogi Park, is a shopping street with a row of department stores and fashionable buildings that attract families in particular. This is a trendsetting place for youth culture.

Harajuku (原宿) B5

Harajuku is a collective term for the area that stretches from the Harajuku Station to Omotesando. On the west side of JR Harajuku Station, there is a wood of the Meiji-jingu Shrine that is famous for a Japanese iris field where irises bloom in profusion in the rainy season and a treasury that stores the articles Emperor Meiji cherished in the late 19th century. The east side of the station is known nationwide as the young people's town in recent years. On Takeshita-dori Street, in particular, this narrow pedestrian packed with young teenager in weekends.



Hama-Rikyu Garden © Yasufumi Nishi

Odaiba (お台場) F8

Odaiba, one exciting part of Tokyo Bay Development Area, also known as Rinkai Fukutoshin, is built on reclaimed land in the Port of Tokyo. The main access to Odaiba is via Yurikamome, a computerized unmanned transit system that crosses Rainbow Bridge at its entrance and runs through the area. Decks Tokyo Beach features Sega's Tokyo Joypolis (indoor theme park), many shops and restaurants. Sony's Mediage is an entertainment complex (large cinema theaters) adjacent to Aqua City Odaiba. Diver City Tokyo Plaza, newly opened shopping complex adjacent to the 18-meter-high Gundam statue.

Other places of interest include Odaiba Kaihin Park, Miraikan(National Museum of Emerging Science and Innovation), Museum of Maritime Science, Telecom Center Observatory, Fuji Television, Tokyo Big Sight (exhibition hall) and Panasonic Center. Oedo-Onsen Monogatari is a hot springs theme park where you can enjoy a variety of hot springs as well as the traditional lifestyle and culture of the earlier Edo Period.



Tokyo Bay Grand Fireworks

Omotesando/Aoyama (表参道 / 青山) B, C5

In Omotesando and its adjacent Aoyama, fashion designers began to set up their offices and studios after the Tokyo Olympics in 1964. Since then, more and more fashion stores for adults, fashionable coffee shops and restaurants have been built in this area. Aoyama with its zelkova tree lined avenue has the atmosphere that resemble those in European streets.



Omotesando © Akimasa Yuasa

Roppongi/Akasaka (六本木 / 赤坂) C5, 6

The town of Roppongi is filled with popular nightspots with visitors from abroad. There are many international shops and restaurants, so it should be easy to find something to suit your taste. This area is now developing into an artistic and cultural center with two major entertainment complexes. *Roppongi Hills* houses a cinema complex, restaurants, and the Mori Art Museum and on the 52nd floor is "Tokyo City View" where a glass-walled observatory offers stunning 360-degree views of the city. *Tokyo Midtown* includes the Suntory Museum of Arts, 21_21 DESIGN SIGHT as well as international restaurants and boutiques.



Roppongi Hills Tokyo City View © Mori Building Co., Ltd.

MUSEUMS

The list of museums in and around Tokyo is long, and many specialize in one particular area. If your field of interest is not represented in the selection below, consult with Tourist Information Centers. Admission prices vary. Generally closed Monday (or the day after if it is a national holiday) and the New Year's holidays. Enter 30 min. before closing time.

Tokyo National Museum (東京国立博物館) F2 is the largest museum in Japan with an extensive collection of over 110,000 pieces associated with the fine arts and history of Japan and neighboring countries. Hours: 9:30-17:00/18:00 (Sat., Sun. & national holidays of Apr.-Sept.) Closed: Mon. & the year end through New Year's holiday Access: 10-min. walk from JR or subway Ueno Sta.

The National Museum of Modern Art, Tokyo (東京国立近代美術館) E4 houses Japanese art since the Meiji period on the three upper floors, visiting collections on the ground floor. Hours: 10:00-17:00/20:00 (Fri) Closed: Mon., Dec. 28 - Jan. 1 & during changing exhibition Access: 3-min. walk from subway Takebashi Sta.

The National Art Center, Tokyo (国立新美術館) C5 has Japan's largest exhibition space as a venue for various art exhibitions. Hours: 10:00-18:00 Closed: Tue. & the year end through New Year's holiday Access: 1 - min. walk from Nogisaka Sta. or 5 - min. walk from Roppongi Sta.

The National Museum of Western Art (国立西洋美術館) F2 was designed by Le Corbusier and holds an impressive collection of Western art from the Renaissance to the present. Hours: 9:30-17:30/20:00 (Fri.) Closed: Mon., Dec. 28 - Jan. 1 & during changing exhibition Access: 1-min. walk from JR or subway Ueno Sta.

National Museum of Nature and Science (国立科学博物館) F2 houses both international and Japanese achievements in biology, earth science and zoology. Hours: 9:00-17:00/20:00 (Fri)

Closed: Mon. & Dec. 28 - Jan. 1 Access: 5-min. walk from JR or subway Ueno Sta.

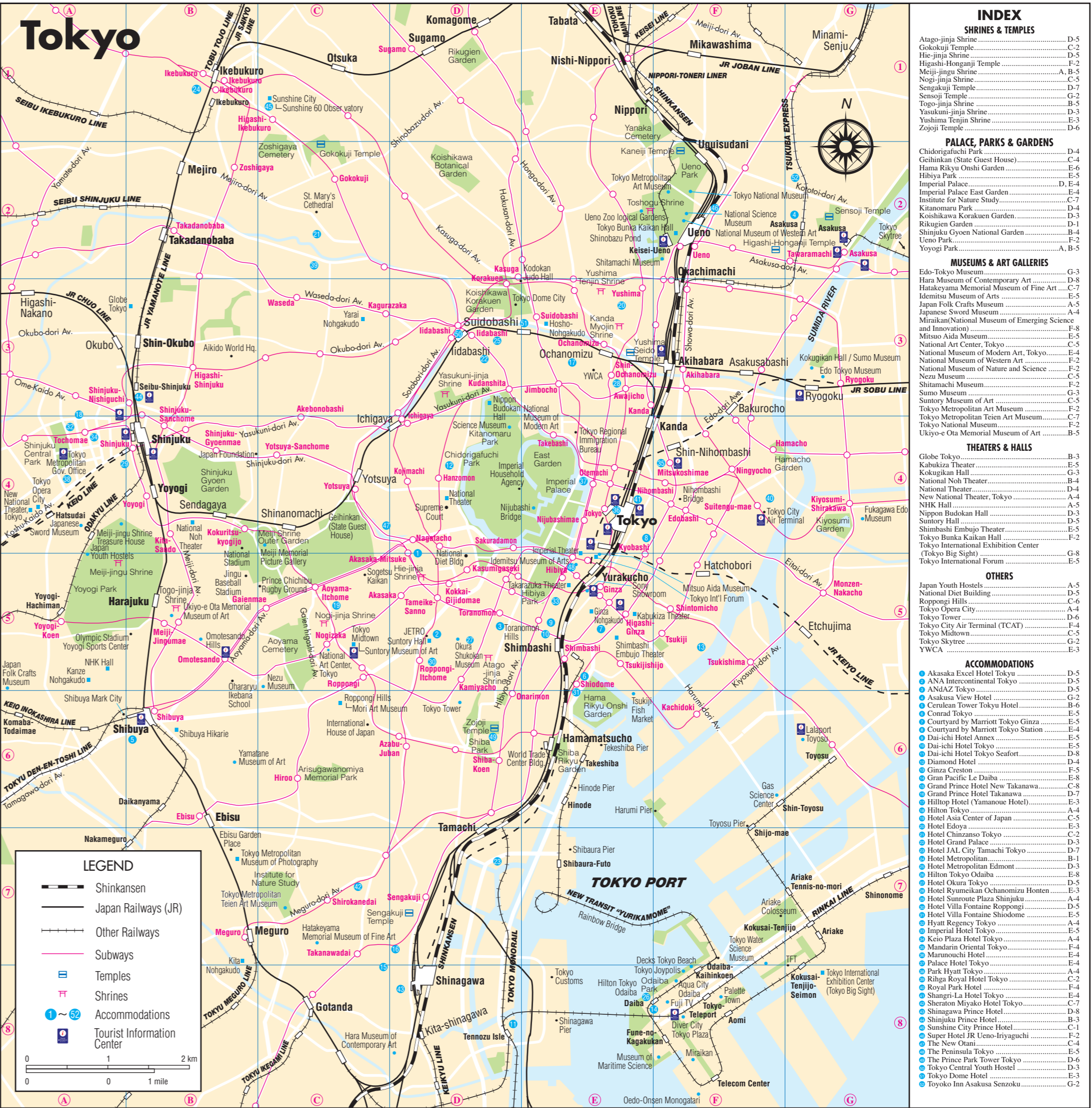
Miraikan National Museum of Emerging Science and Innovation (日本科学未来館) F8 allows visitors of all ages to interact with its exhibits in order to come away with a greater understanding of the recent scientific discoveries that are changing the way we view the world. Hours: 10:00-17:00 Closed: Tue., Dec. 28 - Jan. 1 & during facility maintenance Access: 4-min. walk from Telecom Center Sta. on Yurikamome Line

Edo-Tokyo Museum (江戸東京博物館) G3 houses various displays which enable visitors to learn the history, life styles and culture of Tokyo, including those in the Edo period. Hours: 9:30-17:30/19:30 (Sat.) Closed: Mon. & the year end through New Year's holiday Access: 3-min. walk from JR Ryogoku Sta.

Edo-Tokyo Open Air Architectural Museum (江戸東京たてもの園), the branch of the Edo-Tokyo Museum, preserves restored farm houses, residences, public bath house, Japanese-style pub, soy sauce store and other buildings of periods from the 19th to early 20th centuries. Hours: 9:30-16:30 (Oct.-Mar.)/17:30 (Apr.-Sep.) Closed: Mon. & Dec. 28 - Jan. 4 Access: 5 min. from JR Musashi-Koganei Sta. by bus.

Idemitsu Museum of Arts (出光美術館) E5 has an excellent collection of calligraphy, woodblock prints and ceramics. Hours: 10:00-17:00/19:00 (Fri.) Closed: Mon., the year end through New Year's holiday & during changing exhibition Access: Near subway Hibiya Sta. or 5-min. walk from JR Yurakucho Sta.

The Japan Folk Crafts Museum (日本民藝館) A5 features a collection of furniture, textiles and ceramics by unknown craftsmen in the former home of a folk art enthusiast, Yanagi Soetsu. Hours: 10:00-17:00 Closed: Mon., the year end through New Year's holiday & during changing exhibition Access: 5-min. walk from Komaba-Todaimae Sta. on Keio Inokashira Line



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