

渋谷・原宿・表参道

# Shibuya・Harajuku Omotesando

A fashionable area that continues to set the latest trends.

From Omotesando Subway Station, and you are on the beautiful Omotesando Boulevard lined up with trees. At its corner with Meiji Dori is Laforet Harajuku, the area's pioneering fashion building in its 25th anniversary. Low teen's favorite Takeshita Dori is crowded with shops of Japanese pop singers groups and garment shops for teenagers. The atmosphere is totally different and serene in Meiji Jingu Shrine. On Yoyogi Park you can find abundance of nature; and in Shibuya where the Japanese young culture is concentrated, you can feel Tokyo's today.



**Recommended Route through Shibuya/Harajuku/Omotesando**

Half-day course to refresh yourself with the vitality of the hottest town as well as the serenity of nature

- 1 Omotesando Sta.**  
2-min. ▼ walk
- 2 Omotesando**  
5-min. ▼ walk
- 3 LAFORET HARAJUKU**  
9-min. ▼ walk
- 4 Takeshita Dori**  
20-min. ▼ walk
- 5 Meiji Jingu Shrine**  
30-min. ▼ walk
- 6 Yoyogi Park**  
17-min. ▼ walk
- 7 NHK Studio Park**  
5-min. ▼ walk
- 8 Koen Dori**  
12-min. ▼ walk
- 9 Shibuya Center Town/SHIBUYA 109**  
5-min. ▼ walk
- 10 Shibuya Sta.**

\*The estimated time is based on the route indicated by the dotted line on the map.



Koen Dori

Legend				

\* Not exclusively for the disabled. Please ask for details.

# Recommended Spots in Shibuya/Harajuku/Omotesando

## D-2 SHIBUYA109 SHIBUYA 109



The fashion building is hugely popular among young women. It has many clothing and other miscellaneous goods stores, as well as restaurants.

- DATA**
- 3-min. walk from JR/Subway Shibuya Sta.(Z01), (G01) on Hanzo-mon/Ginza Line Exit 1/2/3a
  - Stores:10:00-21:00
  - Restaurants/bars:11:00-22:30
  - 1.1
  - 03-3477-5111

<http://www.shibuya109.jp/>

## A-1 Yoyogi Park 代々木公園



This spacious park has a central square with a beautiful lawn, fountains and bird sanctuaries.

- DATA**
- 3-min. walk from Yoyogikoen Subway Sta.(C02) on Chiyoda Line Exit A4, 3-min. walk from Meijijingumae Subway Sta.(C03) Exit 2, 3-min. walk from JR Harajuku Sta., 6-min. walk from Odakyu Yoyogihachiman Sta.
  - 5:00-20:00
  - Open 365 days
  - 03-3469-6081

## D-2 Shibuya Center Town 渋谷センター街



Foreign affiliated music stores and drug stores can be found here on a street less than 1 km long.

- DATA**
- 3-min. walk from JR/Subway Shibuya Sta.(G01), (Z01) on Ginza/Hanzomon Line Hachiko Exit
  - Varies according to the facilities
  - Varies according to the facilities

## B-3 Takeshita Dori 竹下通り



Stores containing miscellaneous character and idol goods popular among teens are lined up along the street.

- DATA**
- 3-min. walk from JR Harajuku Sta. Takeshita Exit, 5-min. walk from Meijijingumae Subway Sta.(C03) on Chiyoda Line
  - Varies according to the store
  - Varies according to the store

## B-4 Omotesando 表参道



The boulevard lined with street trees offers brand shops, cafes and nice restaurants.

- DATA**
- Short walk from Omotesando Subway Sta.(C04), (G02),(Z02) on Chiyoda/Ginza/Hanzomon Line A1-3, B4, Meijijingumae Subway Sta.(C03) on Chiyoda Line Exit 1/3-5
  - Varies according to the store
  - Varies according to the store

## A-2 Meiji Jingu Shrine (Shinto Shrine) 明治神宮



The shrine for the Emperor and Empress of Meiji. The original main buildings were lost in a fire. It is today constructed of wood donated by the public.

- DATA**
- 1-min. walk from JR Harajuku Sta., 1-min. walk from Meijijingumae Subway Sta.(C03) on Chiyoda Line Exit 1/2, 5-min. walk from Odakyu Sangubashi Sta.
  - From sunrise to sunset (varies according to the time of the year)
  - Open 365 days
  - 03-3379-5511

## Tokyo Tourist Information Center

We provide information for tourist spots, access specs, and recommended accommodations. You need a map? It's all here!

### TMG Building Headquarters:

Tokyo Metropolitan Main Building No.1,1F

2-8-1 Nishi Shinjuku Shinjuku-ku  
9:30-18:30 Closed New Year holiday  
TEL.03-5321-3077



### Haneda Airport Branch:

Haneda Airport Terminal 1 1F

3-3-2 Hanedakuko Ota-ku  
9:00-22:00 Open all Year  
TEL.03-5757-9345



### Keisei Ueno Branch:

In front of ticket gate Keisei Ueno Station

1-60 Uenokoen Taito-ku  
9:30-18:30 Open all Year  
TEL.03-3836-3471



## Tokyo Tourism Website

All the hottest tourist info. Just check it!  
<http://www.tourism.metro.tokyo.jp>

**TOKYO METROPOLITAN GOVERNMENT**  
Tourism Division, Bureau of Industrial and Labor Affairs  
2-8-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo, 163-8001, JAPAN

## Useful Numbers

### Emergency

Police 110  
Police (calls answered in English) 03-3501-0110  
Fire/Emergency/Ambulance 119

### Tourist Information Center

Tokyo Tourist Information Center: 03-5321-3077  
TMG Building Headquarters: 03-5321-3077  
Tokyo Tourist Information Center:  
Haneda Airport Branch: 03-5757-9345  
Tokyo Tourist Information Center:  
Keisei Ueno Branch: 03-3836-3471  
Tokyo TIC: 03-3201-3331  
TCVB Tourist Information Center: 03-3287-7024

### Transportation

●Flight Information  
Tokyo International Airport (Haneda): 03-5757-8111  
New Tokyo International Airport (Narita): 0476-34-5000  
Kansai International Airport: 0724-55-2500  
●JR East: 03-3423-0111  
●Tokyo Metro information: 03-3941-2004

### Lost and Found Offices

Tokyo Metro: 03-3834-5577  
JR: 03-3231-1880  
Taxi: 03-3648-0300  
Toei Transportation (bus and subway): 03-3812-2011

### Health-care Information

Tokyo Metropolitan Health and Medical Information Center (Himawari): 03-5285-8181

### AMDA International Medical Information

Center, Tokyo: 03-5285-8088  
Fire Station Telephone Service  
(Guidance for medical institutions): 03-3212-2323

### Accommodations operated by the Tokyo Metropolis

Tokyo International Youth Hostel: 03-3235-1107

### Currency exchange

World Currency Shop  
(Exchange of foreign currency): 03-5275-7610

### International Telephone

Japan Telecom: 0088-41  
IDC: 0120-03-0061  
KDDI: 0057

### Mobile Phone

NTT DoCoMo: 0120-005-250

### Earthquake Survival Manual

<http://www.kanko.metro.tokyo.jp/survivalmanual.pdf>

### Business Hours

●Bank  
09:00-15:00 Closed: Saturdays, Sundays and public holidays  
●Post office  
09:00-17:00 Closed: Saturdays, Sundays and public holidays  
●Department store  
10:00-19:00 (With regular holidays) Open Saturdays, Sundays  
●Government organization  
09:00-17:00 Closed: Saturdays, Sundays and public holidays

※Free dial calls: 0120(NTT)

■A hotel tax is levied when staying at hotels in Tokyo.  
The tax is used for the promotion of tourism in Tokyo, such as the issuing of this publication, and the enhancement of the quality of tourist information services.

Room charge(one night per person)	Amount of tax
Less than ¥10,000	none
¥10,000 to less than ¥15,000	¥100
¥15,000 or more	¥200

Photo: Courtesy of Tokyo Convention & Visitors Bureau  
Advice on barrier free information: Barrier Free Company  
This map is based on the topographical map of 1:10,000 scale and the geographic map of 1:200,000 scale both issued by the Geographical Survey Institute with approval of the President of the Institute. (Certificate #129, 2003 Kanshi).