

新宿

Shinjuku

Full of energy and power, flourishing as the core of the Tokyo Metropolis.

Skyscrapers including the Tokyo Metropolitan Government line up the west side of Shinjuku Station. Shinjuku is the new core of the city, and people come here for business offices, hotels, show rooms, and restaurants. The area around the station is one big shopping district including major department stores. Shinjuku Gyoen National Garden is the oasis of Tokyo with beautiful flowers and trees throughout the four seasons. And Kabukicho, the entertainment area, is awake round the clock. Shinjuku is an impressive area with many different aspects.



Recommended Route through Shinjuku

One-day course to visit the observatory of the Tokyo Metropolitan Government, to look out across the entire city of Tokyo as well as the flourishing, energetic streets

- 1 Shinjuku Sta.
11-min. ▼ walk
- 2 Tokyo Metropolitan Government
(Tokyo Tourist Information Center)
15-min. ▼ walk
- 3 Shinjuku Southern Terrace/Takashimaya Times Square
16-min. ▼ walk
- 4 East Shopping Area
10-min. ▼ walk
- 5 Kabukicho
7-min. ▼ walk
- 6 Shinjuku Sta.

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



Tokyo Metropolitan Government



Around the East Exit of Shinjuku Station

Legend					
Tokyo Tourist Information Center	Accommodations	Kindergarten	Hospital	Toilet for the disabled	Toilet for the disabled
Recommended spots on the back	Police/Koban	Post office	Book store	Parking exclusively for the disabled	Parking available for the disabled
Tourist spot Recommended by the municipal government!	Fire department	Church	Shopping spot	Toilet for the disabled	Toilet for the disabled
	School	Temple	Embassy/Consulate	* Not exclusively for the disabled. Please ask for details.	

Recommended Spots in Shinjuku

C-1 Tokyo Metropolitan Government 東京都庁



One of Tokyo's landmarks with an observatory on the 45th floor. Tokyo Tourist Information Center on the 1st floor of the Main Bldg. #1 offers volunteer tours (English, Chinese, Korean).

DATA Short walk from Tochomae Subway Sta.(E28) on Oedo Line Exit A4, 10-min. walk from JR Shinjuku Sta. West Exit
☎03-5321-1111

Tokyo Tourist Information Center
Metropolitan Government Building Headquarters

☎9:30-18:30 ☒ New Year's holidays
☎03-5321-3077

<http://www.metro.tokyo.jp/>
<http://www.tourism.metro.tokyo.jp/>

C-3 Shinjuku Southern Terrace 新宿サザンテラス



Consisting of a 350 m long promenade and the building complex of the "Odakyu Southern Tower," Various shops are scattered along it.

DATA Short walk from JR Shinjuku Sta. South Exit/New South Exit, Odakyu Shinjuku Sta. South Exit.
☒ Varies according to the facilities or the shop
☒ Varies according to the facilities or the shop

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

A-4 Kabukicho 歌舞伎町



The major entertainment town in Shinjuku. There are many restaurants, theaters, movie theaters, and game arcades.

DATA 3-min. walk from Seibu Shinjuku Sta., 5-min. walk from Shinjuku Subway Sta.(M08) on Marunouchi Line Exit B10-13, 8-min. walk from JR Shinjuku Sta. East Exit, 10-min. walk from Keio/Odakyu Shinjuku Sta.

☒ Varies according to the facilities/store
☒ Varies according to the facilities/store

*The access times are based on Shinjuku KOMA Theater.

C-2 Nishi Shinjuku Skyscrapers 西新宿高層ビル群



Numerous tall buildings housing the Metropolitan Government, corporate offices, restaurants and hotels.

DATA Short walk from Tochomae Subway Sta.(E28) on Oedo Line, 10-min. walk from JR Shinjuku Sta. West Exit
☒ Varies according to the facilities/store
☒ Varies according to the facilities/store

*The access times are based on Tokyo Metropolitan Government

D-4 Shinjuku Gyoen National Garden 新宿御苑



Originally created as a garden for the royal family, it is currently a national park, harmonizing both European and Japanese styles.

DATA 5-min. walk from Shinjuku-gyoenmae Subway Sta.(M10) on Marunouchi Line, 5-min. walk from JR Sendagaya Sta., 5-min. walk from Shinjuku 3-chome Subway Sta.(S02) on Shinjuku Line, 5-min. walk from Kokuritsukyogijo Subway Sta.(E25) on Oedo Line, 10-min. walk from JR Shinjuku Sta. South Exit

☎9:00-16:00

☒ Mondays (following day when it falls on a national holiday), 12.29-1.3

☒ Adult ¥200, elementary/junior high school student ¥50

☎03-3350-0151

<http://www.shinjukugyoen.go.jp/>

Electric Street 電気街



Crowded with large electric stores including 9 Sakuraya stores, as well as Bic Camera and Yodobashi Camera.

DATA Walk from JR/Odakyu/Keio/Subway Shinjuku Sta. (M08), (S01),(E27) on Marunouchi/Shinjuku/Oedo Line, or from Seibu Shinjuku Sta. on Seibu Shinjuku Line

☒ Varies according to the store

☒ Varies according to the store

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 Uenokoan Taito-ku
9:30-18:30 Open all Year
TEL.03-3836-3471



Useful Numbers

Emergency

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

Tourist Information Center

Tokyo Tourist Information Center:
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)-

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

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 Kanishi).

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