



YOUR MINI GUIDE TO TOKYO

A B T A t o k y o





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KONNICHIWA!

“

When we heard that ABTA was coming to Tokyo, we couldn't wait to get involved. Japan is our turf. As soon as we moved to Japan to teach back in 1997, we both fell in love with this place. It was so completely different to anywhere else in the world and we couldn't leave it alone.

In 2000, we set up InsideJapan Tours, both to channel our own passion for the country and culture, and to introduce other people to this wonderful place, thought to be so inaccessible by most. We set up HQ in Bristol and our operations offices in Nagoya with the help of our friend and now-Nagoya Operations Director, Ayako Koide. Nineteen years on, InsideJapan has over 200 staff, a further operations office in Tokyo and sales branches in the US and Australia. We now send around 15,000 people a year to Japan, working with agents throughout the UK and offering wholesale trips to some of the UK's big travel companies.

We've had an amazing year, and we expect that 2020 will bring yet more interest in Japan. Visitor numbers have gone through the roof over the last few

years, and InsideJapan has become the UK's leading Japan travel specialist. We always go beyond the typical tourist spots when building our clients' itineraries, adding 'get beneath the surface' experiences that, though little known, are completely immersive, often unique and invariably a highlight.

We are very happy that The Travel Convention picked Tokyo for 2019, and after your time in this country, we know you'll understand why Japan holds an enduring fascination for so many people.

Enjoy, and as they say in Japan, 'yoroshiku onegai shimasu'.

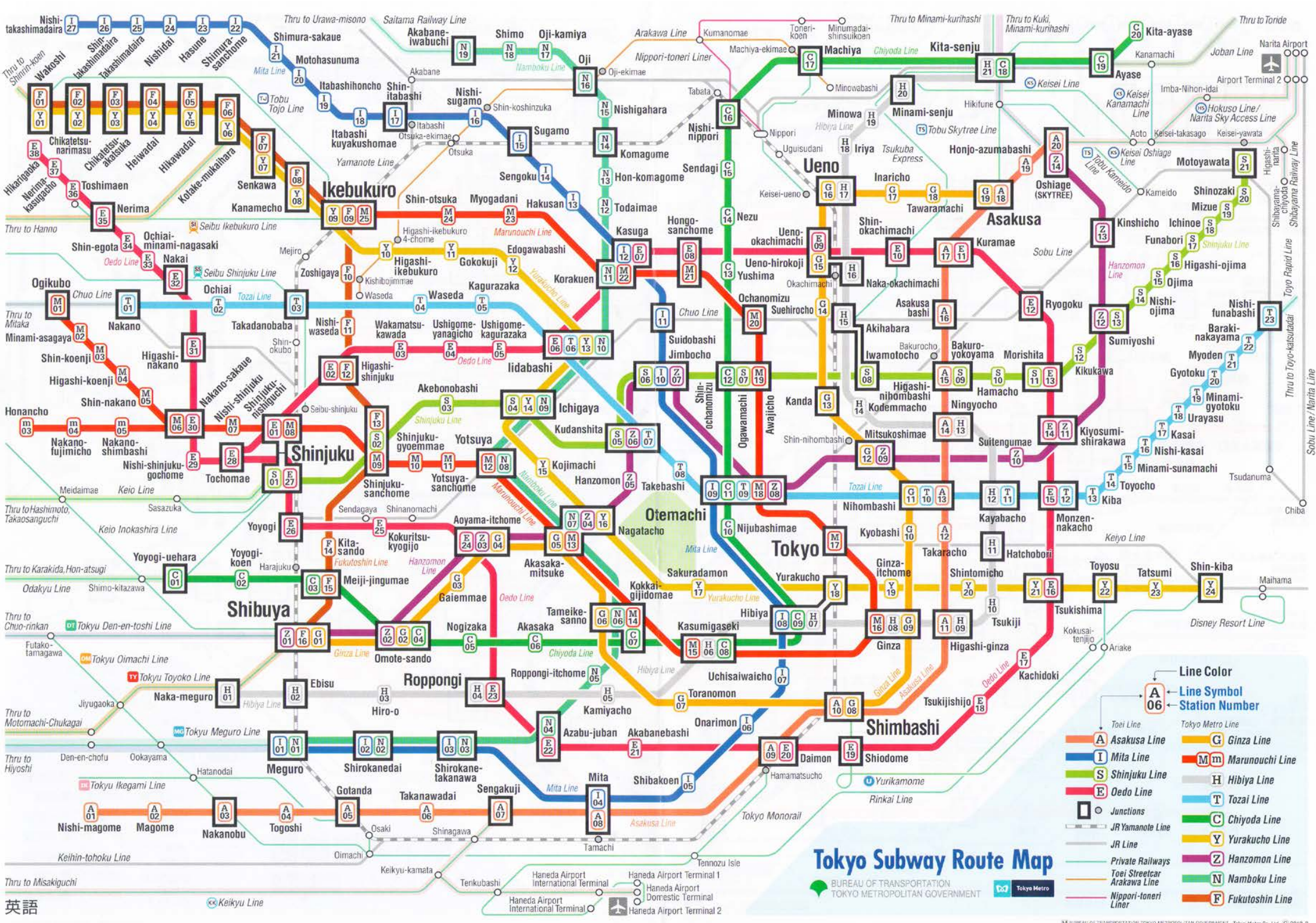
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Simon King & Alastair Donnelly

Co-founders & Directors

InsideJapan Tours & Inside Travel Group





英語

Tokyo Subway Route Map

BUREAU OF TRANSPORTATION
TOKYO METROPOLITAN GOVERNMENT

- Line Color**
- Asakusa Line
 - Mita Line
 - Shinjuku Line
 - Oedo Line
 - Ginza Line
 - Marunouchi Line
 - Hibiya Line
 - Tozai Line
 - Chiyoda Line
 - Yurakucho Line
 - Hanzomon Line
 - Namboku Line
 - Fukutoshin Line
- Line Symbol**
- Line Symbol
 - Station Number
- Station Number**
- Station Number
 - Station Number
- Other Lines**
- Toei Line
 - Tokyo Metro Line
 - JR Yamanote Line
 - JR Line
 - Private Railways
 - Toei Streetcar
 - Arakawa Line
 - Nippori-toneri Liner

GETTING AROUND

Tokyo is big. Very big. The Tokyo subway map can be pretty daunting when you first lay eyes on it (and even more so when you realise that there are overland trains too). However, it is efficient, reliable, cheap and the best way to tackle the metropolis.



TIPS FOR THE TRAIN



Just the ticket

Train journeys cost from 160 yen (approx. £1.20). If you are buying individual journey tickets, take a look at the charts near ticket machines at the station to determine the cost of your journey.



Better by card

You'll likely use a combination of JR trains and subway trains. If intending to travel around Tokyo for a few days, we recommend buying a PASMO or SUICA card at one of the stations. There is a refundable 500 yen fee, and you can top up credit by increments of 1000 yen as you go.



More than trains

Cards can be used across the train networks, and even on vending machines to buy drinks and snacks; just tap in and tap out.



Travel Tech

If you do buy a SUICA card, link your SUICA account to your iPhone or Apple Watch for ease.



Press the button

Press the 'English' button on the ticket machine for translated instructions.



Help on hand

If you get confused, almost all stations have helpful, friendly attendants who can be summoned by pressing a button to call for assistance.



If in doubt...

Shinagawa is one of Tokyo's major train stations. If in doubt, the Yamanote (circle) line (light green) will get you to or near where you want to be.





EXPLORING THE NEIGHBOURHOOD

InsideJapan's Tokyo office manager, Tyler Palma was asked for his tips for things to see and do in Tokyo's Shinagawa district. He knew exactly what to recommend...



Head to the trendy Bond Street area over the canal from Shinagawa station to enjoy choice views of the neighbourhood's canals and a burgeoning street art scene. While here, pop into the [IMA gallery](#) for some contemporary art and design. Souvenir-hunters can head to [Pigment](#) in the Tennozu area for Japanese paper, pens, brushes and more. For lunch, I'd recommend calling in for tasty local food and fresh beer at [TY Harbour](#).

A 15-minute walk from here will take you back in time to Kita Shinagawa and the 'Shotengai' shopping streets packed with traditional shops; most of these are locally owned and managed by families in the area.

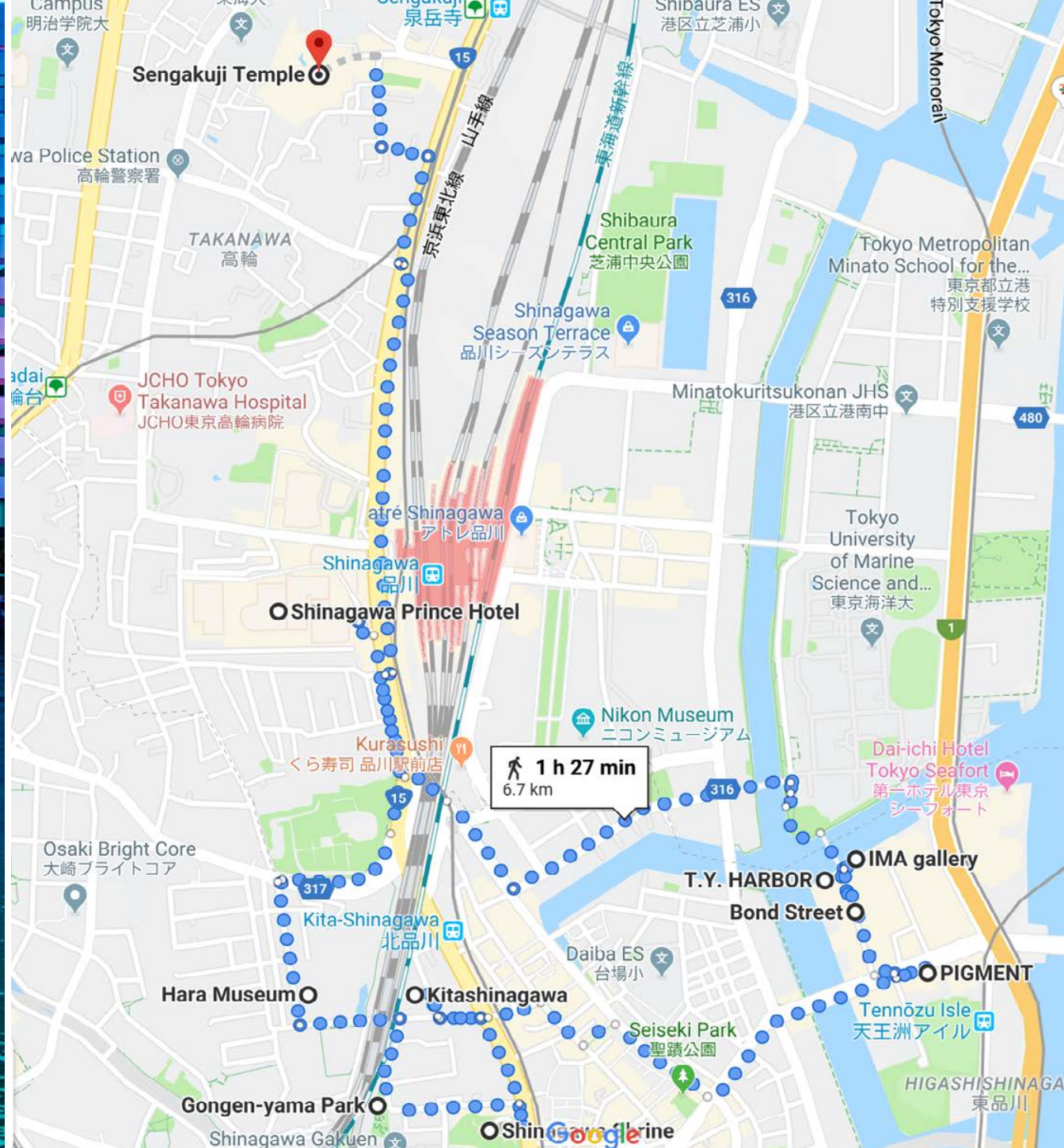
Walk down through Shinagawa Shrine and Gogen-yama park for some greenery, then head on to one of Tokyo's best contemporary art museums. The

[Hara Museum](#) is home to an incredible collection including works from Andy Warhol and Yayoi Kusama, to name but a few (1000 yen entry).

To round out your day, it's a 25 minute walk or short subway ride to Sengakuji station, where you can visit Sengakuji temple. This temple is best known for being home to the grave of the legendary 47 Ronin (which has inspired a number of films). Aside from seeing the famous burial sites, the temple grounds are charming and quaint. Handily, Sengakuji Temple is a minute's walk from Sengakuji train station which can whisk you to any corner of Tokyo in no time at all.



Shinagawa



EXPLORING TOKYO

This is a city of over 13 million people (35 million in if you include greater Tokyo). But where do you start?! Tokyo is not necessarily about the tick-box sights, but also absorbing the sounds, smells, people and experiences found across each of its many districts.



Ueno

Ueno Park is one of Tokyo's largest open spaces and contains a host of museums including the National Museum, which is well worth visiting. Just south of Ueno station, you will find Ameyoko-cho, with tightly packed market stalls selling food, clothes, gadgets and – well, pretty much everything.

Yamanote line, Ginza line and others



Asakusa

Not far from Ueno, Asakusa was the old Edo period entertainments district in the 19th century and still retains some of its atmosphere. By far the most popular draw and one of Tokyo's most important temples is Sensoji, marked by the impressive 'Kaminarimon', or Thunder Gate, and a line of market stalls selling lucky charms, rice biscuits, kimono and more.

Asakusa line, Ginza line and Toei Asakusa line



Shinjuku



Shinjuku

Arguably the beating heart of Tokyo, East Shinjuku is home the neon-lit Kabuki-cho entertainments district and nightlife. West Shinjuku is known for lively nightlife, a huge Yodobashi Camera building (a tech lover's dream) and food. Omoide Yokocho or 'Yakitori Alley' is a narrow alley full of little eateries selling yakitori, ramen and other tasty treats. Head to Shinjuku in the day time and pay a visit to the Metropolitan Government building for a free view across the city from the 202 metre high observation deck (open 9am-11pm, closed first and third Tuesday of the month).

Yamanote line, Marunouchi line, Toei Oedo line and others



Harajuku

The home of youth 'kawaii' culture in Tokyo. Outside the station at the far end of Takeshita Dori, opposite the main road, discover a network of second-hand clothing stalls. Take in the nearby Meji Jingu shrine then head to Yoyogi Park around the corner, where on weekends you can admire rockabillys, dancers, performers and more.

Yamanote line and Chiyoda line



Shibuya

You've seen the pictures of the huge pedestrian crossing in Shibuya. It's as intense as you might imagine. For full impact, head there as sun begins to set, leave the station from the Hachiko exit and prepare for Bladerunner-esque scenes.

Yamanote line, Ginza line, Hanzomon line and others



Koenji

West of Shinjuku, Koenji ranks with Harajuku and Shimokitazawa as one of the city's best second-hand shopping districts. Turn left out of the south exit of Koenji Station, walk along the covered Pal Arcade, and you'll find yourself in the second-hand shopping area centred on "Look Street", where stores sell used clothing, records, and other retro goods. This is low rise Tokyo.

Chuo Soby line



Akihabara

The aptly nick-named, 'Electronics Town'; there are hundreds of thousands of square metres of retail space dedicated to nothing but the latest in gadgets. As well as electronics, Akihabara is famous for its 'otaku', or mega-nerds. Whatever line of video games, comics, anime, manga, cosplay (costume-play) they're into, this is where they come to get their fix.

Yamanote line, Hibiya line, and others

Want to get away from the crowds but don't want to miss out on Tokyo? Ask one of the InsideJapan team for their tips to the city.



TOKYO INSIDER'S PERFECT DAY

When you don't have much time to spare in the one of the biggest cities in the world, how can you make the most out of it? We put together the 'Insider's perfect day' to give you a good taster of Tokyo.

SHINAGAWA



Right on the hotel doorstep, head to Shinagawa station.

SHIMBASHI



Take a Yamanote line train to Japan's oldest train station, Shimbashi.
(Trains are 160 yen, running every few minutes and take approx. 8 mins)

HAMARIKYU



Walk 15 minutes via the Ghibli clock and sleek skyscrapers of the Shiodome area, to Hamarikyu Gardens and have tea overlooking the pond.
(Hamarikyu Gardens is 300 yen, open 09:00 to 17:00)

ASAKUSA



Catch the waterbus for a 35 minute trip up the Sumida River to Asakusa to enjoy the vibrant back streets and visit Sensoji temple.
(Water bus is 740 yen, 40-50 min intervals).

GINZA



Take a train from Asakusa subway station on the Ginza line to Ginza and enjoy a Ramen lunch.
(Trains cost 200 yen, run every few minutes and take approx. 18mins)

OMOTESANDO



Ginza Line to Omotesando and take in the architecture and a bit of shopping.
(Trains are 170 yen, running every few minutes. They take approx. 18 mins)

HARAJUKU



A 15 minute stroll from Omotesando will bring you to Harajuku for youth culture and quirky fashions.

MEIJI JINGU



A 5 minute walk from lively Takeshita Dori, brings you to Meiji Jingu shrine set amongst a peaceful forest behind Harajuku station.
(No entrance fee, 500 yen for inner gardens)

SHIBUYA



Head on to Shibuya by foot via Yoyogi Park (20 minutes). Marvel at the iconic crossroads before heading back to Shinagawa on the Yamanote line (12 mins and 200 yen) or head to Cat Street for the nightlife.

UPGRADE THOSE LANGUAGE SKILLS

Don't be afraid to give Japanese a try. No matter how good or bad, it will be appreciated, break down barriers and even open doors.

VOWEL PRONUNCIATION

a – 'apple'

e – 'egg'

i – 'spaghetti'

o – 'orange'

u – 'boot'

ei – pronounced 'ay' as in 'play'

oi – as in 'voice'

oo – this is a long sound, like 'cool'

THE BASICS

Hello – **Konnichiwa**

Goodbye – **Sayonara**

Thank you – **Arigato**

Yes – Hai | No – **lie** (like 'ee-eh')

How are you? – **Genki desu ka?**

Excuse me – **Sumimasen**

Please – **Kudasai**

Where? – **Doko?**

Where is the train station? – **Eki wa doko desu ka?**

Where is the subway? – **Chikatetsu wa doko desu ka?**

How much is this? – **Ikura desu ka?**

Is there an English menu? – **Eigo no menyū wa arimasu ka?**

Draught beer, please – **Nama biiru kudasai**

What do you recommend? – **O-susume wa nan desu ka?**

I am a vegetarian – **Watashi wa bejitarian desu**

Without meat please – **Niku nuki de kudasai**

I don't need a bag – **Fukuro wa irimasen**

Top tip: There are many foreign words adopted into the Japanese language. This helps a lot for basic understanding, especially for ordering food and drinks. Just give it a go.



WHERE CAN I GET A BITE TO EAT AROUND HERE?

Japanese cuisine is about so much more than just the -admittedly delicious - sushi. Tokyo is the Michelin-star capital of the world, and there are thousands of places to eat suiting every budget. You will certainly not go hungry...

CHEAP AND CHEERFUL AND FOUND ALL OVER TOKYO

If you're hungry in Tokyo, chances are that you're not too far from one of these affordable, tasty chains.



Katsuya

かつや

Cheap tonkatsu (fried port cutlet) specialist. Top choice is the 'hire' (fillet), with a choice of 'teishoku' (main dish with rice, soup, salad and pickles on the side).



Tenya

天井てんや

Budget tempura specialist. Picture menu, cheap, fast and cheerful. Look out for the giant prawn tempura.



Yoshinoya

吉野家

Possibly the cheapest restaurant in Japan. A variety of meals on the topping-over-rice theme, with prices from just 300 yen. The house special is 'gyudon', thinly sliced beef over a bowl of rice.



Kappa Sushi

かつぱ寿司

Cheap conveyor belt (kaiten) sushi chain. Pick what you like from the conveyor belt or consult the touch-screen TV menus for special requests.

SOMETHING A BIT SPECIAL

Here are a few special places. Be sure to get a reservation.



Offering grilled chicken on sticks, but Michelin standards at affordable prices.

Building Basement,
Tsukamotosozan
4-2-15, Ginza, Chuo-Ku, Tokyo
104-0061
Tel: 03-5250-1081

銀座バードランド
〒104-0061
東京都
中央区
銀座4-2-15
塚本素山ビルB1F

Hours: Tuesdays to Saturdays: 17:00-21:30 Closed on Sundays, Mondays and Public Holidays

Average price: Courses: 6,300 yen or 8,400 yen per head



Zen Buddhist 'Shojin' cuisine. This is simple, vegetarian and beautiful dining.

Fucha Bon
1-2-11 Ryusen
Taito-Ku
Tokyo 110-0012
Tel: 03-3872-0375

普茶料理 梵
〒110-0012
東京都台東区
竜泉1-2-11

Hours: (Weekday). Lunch: 12:00-15:00 (last orders: 13:30) Dinner: 17:30-21:00 (Weekend) Saturday: 12:00-21:00 Sunday: 12:00-20:00. Closed Wednesday

Average price: Lunch: 6,000 yen per head. Dinner Course is available from 6,000 yen up to 10,000 yen per head



Sushiya Ichibanagi is one of the top sushi restaurants in Tokyo. Two chefs service the ten counter seats with the most exquisite sushi piece by piece.

1F Ginza Cosmion Bldg.
1-5-14 Ginza
Chuo-ku
Tokyo
104-0061

〒104-0061
東京都中央区
銀座1-5-14
銀座
コシモビル1階

Hours: Lunch: 11:00-14:00 Dinner: 17:00-22:00

Average price: Lunch: 15,000-20,000 yen Dinner: 20,000-30,000 yen

CAN'T LEAVE TOKYO WITHOUT...

That's down to you, but we can certainly recommend a few shops worth a visit – pick the right gifts to bring home and you might even be forgiven for travelling to Tokyo without the 'other half'!



BINGOYA

Head to the traditional craft shop in front of Wakamatsu Kawada station (Toei Oeido subway line) to buy ceramics, paper, crafts and more.



TOKYU HANDS

These days, there are stores all over the city. Head to Shinjuku for the flagship store and floor-upon-floor of stationary, gadgets, toys and knick-knacks.



BEAMS

The Shinjuku store offers contemporary Japanese clothing, Japan-only arts and crafts. A very cool shop.



DON QUIOTE

Donki for short, this shop offers from food to practical goods to the bizarre. There are stores all over Tokyo, but the flagship is in Shinjuku.

WHO'S ATTENDING THE TRAVEL CONVENTION...

Six of InsideJapan's finest will be at The Travel Convention, so if you need help getting to grips with the city (or just fancy a beer), let us know.



Alastair Donnelly
Co-founder and Director



Simon King
Co-founder and Director



Ayako Koide
Nagoya Office Director



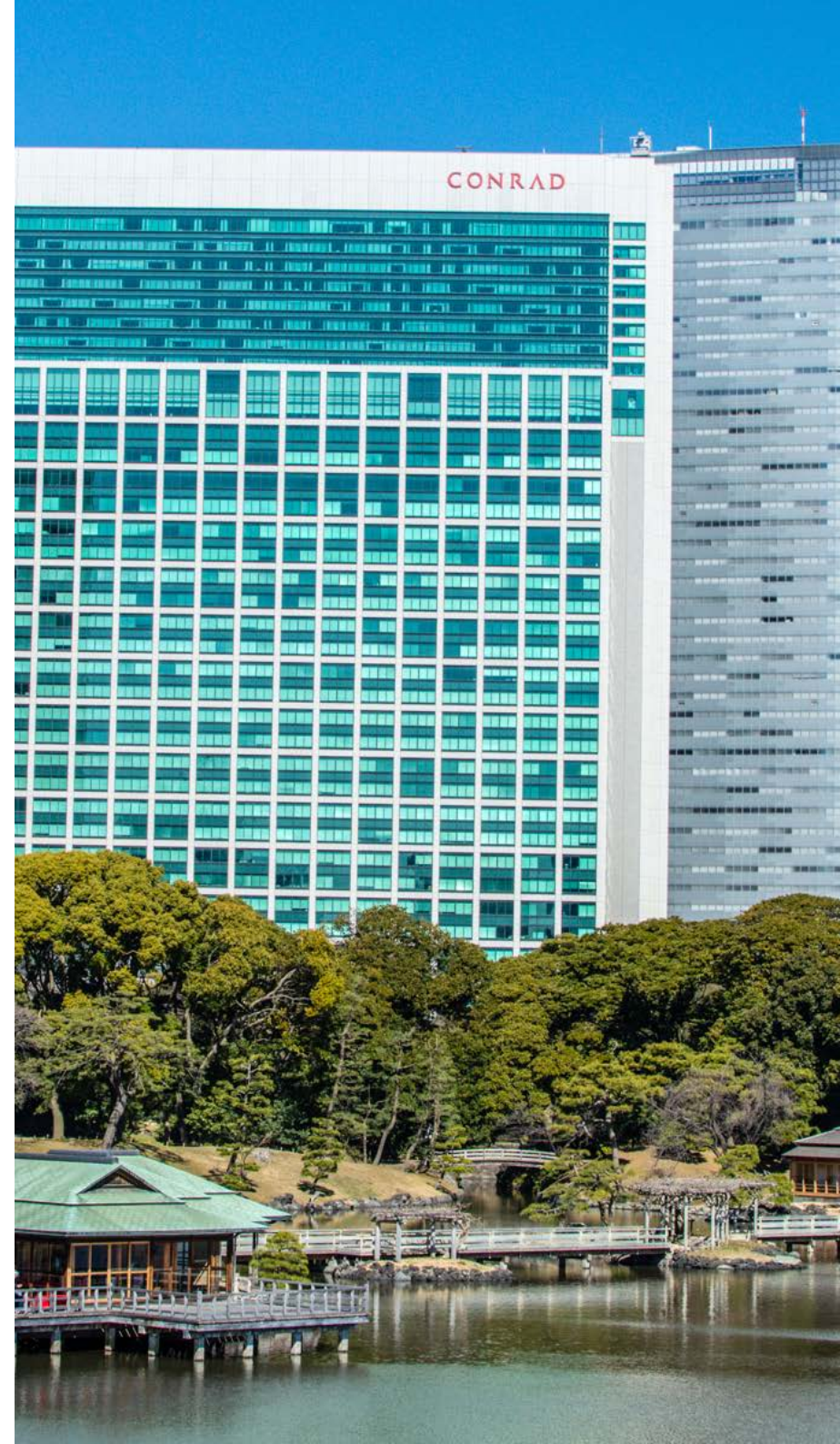
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