

## The 5 best places for JAPANESE NOODLES

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- 31 **KANDA MATSUYA**  
**1-13 Kanda-Sudacho**  
**Chiyoda-ku** ㊤  
**+81 (0)3-3251-1556**  
**[kanda-matsuya.jp](http://kanda-matsuya.jp)**
- They have been serving hand-kneaded *soba* (buckwheat noodle) here since the Meiji period. *Goma* (sesame) *soba* is the owner's recommended menu and also the most popular one for women. The *Sobagaki* (a dumpling made of buckwheat and water) and *Ten-Nanban* (tempura *soba*) are also very good.
- 32 **SARASHINA HORII**  
**3-11-4 Moto-Azabu**  
**Minato-ku** ㊤  
**+81 (0)3-3403-3401**  
**[sarashina-horii.com](http://sarashina-horii.com)**
- This restaurant is said to have opened over 200 years ago. Their signature menu of *Sarashina Soba* consists of white noodles that are made of buckwheat kernels. The seasonal *soba* is prepared with *Sarashina Soba* mixed with an ingredient. You can also choose between two types of dipping sauces.
- 33 **MATSUO**  
**2-1-7 Sarugaku-cho**  
**Chiyoda-ku** ㊤  
**+81 (0)3-3291-3529**
- The menu has plenty of options but if you can't decide then order *Nishoku-mori*, or two different flavours on one plate. They also have a variety of side dishes, including tempura and *yaki-miso* (grilled miso). Try *sobagaki* with red bean paste if you still have some room for dessert.



カキモリ

kakimori

KAKIMORI

# 5 STALLS and FOOD TRUCKS at the UNU Farmer's Market

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Farmer's Market at United Nations University  
5-53-70 Jingumae  
Shibuya-ku ③  
[farmersmarkets.jp](http://farmersmarkets.jp)

## 241 **BUGRASS FARMERS** [bugrassfarmers.jp](http://bugrassfarmers.jp)

Their name 'Bugrass' is a combination of bug and grass. They supply natural, organic vegetables and fruits. Chefs from nearby restaurants and cafes visit to buy seasonal vegetables every weekend.

## 242 **MIKANYA HIROSHI**

Hiroshi Matsumoto sells a range of amazingly sweet and juicy citrus fruits from Wakayama prefecture. He often offers people a taster, so go ahead and try some of his lovely citrus. During the summer months, he also stocks gorgeously sweet peaches.



## 5 beautiful GARDENS

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- 301 **RIKUGIEN GARDENS**  
6-16-3 Hon-  
Komagome  
Bunkyo-ku ⑩  
+81 (0)3-3941-2222
- One of the best spots to see weeping cherry trees. Every year at the end of March, the mesmerising blossoms attract huge crowds. But spring is not the only season to enjoy this garden. Visit it in late November and you will be amazed by the bright red autumn leaves.
- 302 **HAPPO-EN**  
1-1-1 Shirokanedai  
Minato-ku ⑭  
+81 (0)570-064-128  
[happo-en.com](http://happo-en.com)
- People often book Happo-en for wedding ceremonies. You can also visit their garden, which has a tearoom where you can enjoy a cup of *matcha* with a seasonal Japanese sweet. Part of their building was apparently used as a model for Hayao Miyazaki's *Spirited Way*.
- 303 **HAMARIKYU GARDENS**  
1-1 Hamarikyū Teien  
Chuo-ku ⑮  
+81 (0)3-3541-0200
- One of the gardens used to be owned by a feudal lord during the Edo period. It is listed as a Japanese site of historic relevance and a place of scenic beauty. The water that runs through and around the garden comes directly from the sea. You may even spot jellyfish and other sea creatures swimming in it.

- 304 **HANAHATA KINEN TEIEN**  
4-40-1 Hanahata  
Adachi-ku

This garden was built to teach visitors about traditional Japanese culture. The rooms at Oukatei, the building in the garden, can be hired for a wedding, ikebana, and many other purposes. It has a surface area of over 9000 square metres, and somehow reminds us of a castle in the Edo period.

- 305 **SHINJUKU GYOEN NATIONAL GARDEN**  
11 Naitomachi  
Shinjuku-ku ⑦  
+81 (0)3-3350-0151  
[env.go.jp/garden/shinjukugyoen](http://env.go.jp/garden/shinjukugyoen)

A place where you can see flowers throughout the year, including cherry blossoms in spring, crape myrtles in summer, autumn leaves in hues of red and gold, and plum blossoms in winter. There are a restaurant and a tearoom inside the garden to satisfy those hunger pangs. Neither serves alcohol, however, as consuming alcohol in the garden is prohibited.



## 5 SPOTS you may have seen in FILMS

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371 **JOUGANJI TEMPLE**  
2-26-6 Honcho  
Nakano-ku ㉔  
+81 (0)3-3372-2711  
[nakanojouganji.jp](http://nakanojouganji.jp)

This is the temple Charlotte, played by Scarlett Johansson, visits when wandering around Tokyo in Sofia Coppola's *Lost in Translation*. This photogenic temple was built approximately 650 years ago. Spring is probably the best season to visit as there are weeping cherry trees on either side of the gate.



372 **UENO PEDESTRIAN DECK**  
NEAR UENO STATION  
Taito-ku ㉔

This place was featured in James Mangold's *The Wolverine*. Logan, played by Hugh Jackman, and Mariko, played by TAO, catch the bullet train to Osaka here. In reality, the trains to Osaka depart from Tokyo Station, not Ueno.

373 **THE CREST TOWER**  
2-11-6 Tsukuda  
Chuo-ku ㉔

In Alejandro González Iñárritu's *Babel*, Chieko Wataya, a deaf Japanese teenage girl played by Rinko Kikuchi, lives in a high-rise apartment with her father. Their apartment was in this building. Many similar high-rise buildings were built in this area in recent years.

374 **SUGA SHRINE**  
5 Sugacho  
Shinjuku-ku ㉔  
+81 (0)3-3351-7023  
[sugajinja.org](http://sugajinja.org)

*Seichi junrei*, literally meaning 'pilgrimage', is a term that is mainly used by anime fans who like to visit the places that are featured in their favourite manga. This shrine was shown in an anime called *Your Name*. (Japanese title: *Kimi no Na wa*) by Makoto Shinkai. As the film became a blockbuster hit, many people have since visited the place to 'worship' it.

375 **YANAGIBASHI BRIDGE**  
NEAR ASAKUSABASHI STATION  
Higashi-Nihonbashi,  
Chuo-ku ㉔  
Yanagibashi, Taito-ku

Yanagibashi is a bridge over the Kanda River, just before its confluence with the Sumida River. This bridge was featured in the Japanese horror film *The Grudge* by Takashi Shimizu. The university professor Peter sees it from the balcony. This bridge is also a familiar feature in TV dramas.

## 5 great children's BOOKSHOPS

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- 401 **BOOK HOUSE CAFE** They call themselves a wonderland of picture books. Located in Jinbocho, or 'book town', they stock over 10,000 children's books. They also sell a selection of book-related goods for children, such as cuddly toys and stationary, and organise exhibitions of original artworks. They also have a cafe so you can spend all day here without having to worry about lunch.
- 2-5-3 Kanda Jinbocho  
Chiyoda-ku ㊟  
+81 (0)3-6261-6177  
[bookhousecafe.jp](http://bookhousecafe.jp)
- 402 **BOOKS KYOBUNKWAN** This bookshop opened 120 years ago. In 1998, they added a children's section, called Narnia. The shop offers a range of around 15,000 titles, including popular older books and recent publications. They organise panel discussions and events. A cosy place for small children.
- 4-5-1 Ginza  
Chuo-ku ㊟  
+81 (0)3-3561-8446  
[kyobunkwan.co.jp](http://kyobunkwan.co.jp)

- 403 **EHON HOUSE**  
1-7-14 Mejiro  
Toshima-ku ㊟  
+81 (0)3-3985-3350  
[ehon-house.co.jp](http://ehon-house.co.jp)

This shop sells imported picture books, mainly from European countries, including Germany, France, Italy, the Netherlands, and Sweden as well as English language learning materials for children. They also have a range of products inspired by children's books, like Moomin and Pippi Longstocking.

- 404 **CHIE NO KI NO MI**  
2-3-14 Ebisu-Nishi  
Shibuya-ku ㊟  
+81 (0)3-5428-4611  
[chienokinomi-books.jp](http://chienokinomi-books.jp)

The idea behind this bookshop's range is that parents want their children to read and love books. In addition to books, they also sell wooden toys that are child-proof. Parents and children can read together in the reading area on the second floor.

- 405 **MIWA SHOBO**  
2-3 Kanda Jinbocho  
Chiyoda-ku ㊟  
+81 (0)3-3261-2348  
[miwa-shobo.com](http://miwa-shobo.com)

This secondhand bookshop specialises in children's books. They have a wide range of picture books and children's literature, from Japan and other countries. They also sell a range of children's magazines from the 1950s and colouring books.

## 5 CYCLING TRAILS

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461 **EDOGAWA  
CYCLING ROAD**  
BY THE EDOGAWA RIVER  
Edogawa-ku  
[edogawacr.com](http://edogawacr.com)

A 60-kilometre trail from the inlet of the Edo River to the point where it splits from the Tone River. Most of the trail is paved, so it is relatively easy for everyone. Please note the road is not for cyclists only, meaning you must always make way for pedestrians.



462 **WAKASU  
SEASIDE PARK**  
3-1-2 Wakasu  
Koto-ku ㊟  
+81 (0)3-3522-3225  
[tptc.co.jp/en/  
c\\_park/03\\_07](http://tptc.co.jp/en/c_park/03_07)

This six-kilometre trail along Tokyo Bay is almost flat, making it the ideal course if you want to bike with your children. Rental bikes (26 inches and 20 inches) and tandem bikes are available. They also have animal-shaped bicycles and tricycles for children.

463 **YOYOGI  
CYCLING CENTRE**  
2-1 Yoyogi  
Kamizonocho  
Shibuya-ku ㊟  
+81 (0)3-3465-6855

Yoyogi Cycling Centre is located in Yoyogi Park. You can rent bicycles for adults and children as well as tandem bikes for two. There is an area where children can practise riding bikes with training wheels.

464 **TAMAGAWA  
CYCLING ROAD**  
BY THE TAMA RIVER  
Ota-ku ㊟

A 60-kilometre scenic trail along the Tama River. If you want to enjoy great views while cycling, this is a good choice. The trail runs past residential areas and public transport stations, so you can easily find toilets, vending machines, and convenience stores.

465 **SHOWA  
MEMORIAL PARK**  
3173 Midoricho  
Tachikawa-shi  
[showakinen.jp](http://showakinen-koen.jp)

This park has a 14-kilometre cycling trail, and three 'cycling centres' where you can rent a bike. You can choose from 18 to 26-inches or rent a tandem bike. And naturally, you can also bring your own. This course is for cyclists only, no pedestrians allowed.

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## POPULAR MEETING SPOTS

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### 486 HACHIKO STATUE

OUTSIDE SHIBUYA  
STATION (JR, TOKYO METRO)  
1-2 Dogenzaka  
Shibuya-ku ①

This is the statue of a legendary dog who was so loyal to his master that he used to wait for his master to come home in front of Shibuya Station even after he died. You might have seen Hachi in the film *Hachi: A Dog's Tale*, which was inspired by this dog's tale.

### 487 MOYAI STATUE

AT: SOUTH GATE SHIBUYA  
STATION (JR, TOKYO METRO)  
1-1 Dogenzaka  
Shibuya-ku ①

While this may remind you of the statues on Easter Island, this statue comes from the Isle of Niijima which is a part of Tokyo. The name 'Moyai' comes from *moyau*, which is the island's dialect and means 'to cooperate'. The statues on the island were created about 50 years ago.

### 488 GIN NO SUZU SQUARE / SILVER BELL

AT: TOKYO STATION  
Underground central  
passage  
Chiyoda-ku ③

This is supposed to be one of the popular meeting places at Tokyo Station, but you may find it very difficult to find as there are so many shops inside the station. Download the East Japan Railway app to your smartphone so you won't get lost.

### 489 GODZILLA

AT: HIBIYA CHANTER  
1-2-2 Yurakucho  
Chiyoda-ku ③

This three-metre Godzilla statue can be found in Hibiya Godzilla Square, which is in front of Hibiya Chanter. A convenient place to meet if you plan to visit Hibiya and Ginza areas. If you are a big fan of Godzilla, check out the other statue in the lobby of TOHO Cinema in Tokyo Midtown Hibiya.

### 490 IKEFUKURO STATUE

OUTSIDE IKEBUKURO  
STATION (JR, TOKYO METRO,  
SEIBU IKEBUKURO LINE,  
TOBU TOJO LINE)  
Toshima-ku ①

*Fukuro* means 'owl' in Japanese but also sounds like *fu* (which is a prefix meaning 'no') and *kuro* (trouble). So *fukuro* is considered as a symbol of being free of trouble, without a hassle. *Fukuro* also rhymes with Ikebukuro. Ikebukuro is located near Kita-kaisatsu (the north ticket barrier).

