

25/25 Tokyo Japan

With no discernible centre, Tokyo's vast urban sprawl can overwhelm on your first visit. The neon-lit, densely populated city of stereotype is there if you want it, but go behind the concrete and Tokyo reveals itself to be a city of small back streets and quiet spaces. It also offers the visitor impeccable service, knock-out food and great shopping. It's no wonder Tokyo leaves other cities in its wake.

Essentials

- 01 Lunch is a bargain in Tokyo. Even the best restaurants offer a good value set lunch.
- 02 Cash-starved travellers looking for an ATM should head for the nearest post office or 7-11 store.
- 03 Invest in a few fresh pairs of socks. You need to be shoe-less in many restaurants and offices.
- 04 Don't be late, don't open and shut taxi doors (leave that to the driver) and handle any business cards received with care.
- 05 Tokyo Hands sells everything from rucksacks to paper underwear.

Guide/Info

Hotels

Independent and easy

Marunouchi Hotel
1-6-3 Marunouchi,
Chiyoda-ku
+ 81 3 3215 2151
marunouchi-hotel.co.jp

Dependable chain

**Cerulean Tower
Tokyu Hotel**
26-1 Sakuragaoka-cho,
Shibuya-ku
+ 81 3 3476 3000
ceruleantower-hotel.com/en

Premium

Park Hyatt Tokyo
3-7-1-2 Nishi Shinjuku,
Shinjuku-ku
+ 81 3 5322 1234
tokyo.park.hyatt.com

Dining

Fast breakfast

Royal Host
All over Tokyo.
Try Harajuku.
royal.co.jp

Business breakfast

French Kitchen
Grand Hyatt Hotel
6-10-3 Roppongi,
Minato-ku
+ 81 3 4333 1234

Mid-morning coffee

Dragonfly Café
2f, 3-3-14 Minami
Aoyama, Minato-ku
and 2-3-2 Marunouchi,
Chiyoda-ku

Lunch on your own

Cinagro
5-10-1 Jingumae, B1f,
Shibuya-ku
+ 81 3 3400 4796

Working lunch with colleagues

Mus Mus
Shin Marunouchi
Building 7F
1-5-1 Marunouchi,
Chiyoda-ku
+ 81 3 5218 5200

Need-to-impress- clients lunch

Kitcho
8-17-4 Ginza, Chuo-Ku
+ 81 3 3542 1515
kitcho.com

Dinner with colleagues

Cujorl
22-8 Sakuragaoka-cho,
Shibuya-ku
+ 81 3 5784 5818

Private Dinner

Maru
Aoyama KT Building B1F,
5-50-8 Jingumae,
Shibuya-ku
+ 81 3 6418 5572

Big dinner with partner/clients

New York Grill
3-7-1-2 Nishi Shinjuku,
Shinjuku-ku
+ 81 3 5322 1234

Drink after dinner

Bluestone
6-4-14 Minami-Aoyama,
Minato-ku
+ 81 3 5485 0818

Late drinks

Montoak
6-1-9 Jingumae,
Shibuya-ku
+ 81 3 5468 5928
montoak.com

On the tiles

**Le Baron de Paris and
Amour Karaoke**
1F/B1F Aoyama Center
3-8-40 Minami Aoyama,
Minato-ku
+ 81 3 3408 3665
lebaron.jp

Reading

Bookshop

Maruzen
B1F-4F Marunouchi Oazo,
1-6-4 Marunouchi,
Chiyoda-ku
+ 81 3 5288 8881
maruzen.co.jp

Shopping

Something you can't get anywhere else

Gallery and Shop 'Do'
Claska Hotel, 1-3-18
Chuo-ku, Meguro-ku
+ 81 3 3719 8121
claska.com

Lost luggage – where to buy shirts, socks and underwear

**Shinjuku Isetan
Men's Building**
3-14-1 Shinjuku,
Shinjuku-ku
isetan.co.jp

Something for the kids

Kodomo Beams
19-7 Sarugaku-cho,
Shibuya-ku
beams.co.jp

Something for someone you love

Sfera
Tokyo Midtown, 9-7-4
Akasaka, Minato-ku
ricordi-sfera.com

Something for yourself

Spiral Records
Spiral Market
Spiral Building, 5-6-23
Minami Aoyama,
Minato-ku
spiral.co.jp

Two-hour tour

- 01 **Meiji Jingu Shrine**
Shrine to the late
Emperor Meiji.
meijijingu.or.jp
- 02 **Ota Woodblock Museum**
Outstanding private
collection of
woodblock prints.
ukiyoe-ota-muse.jp
- 03 **Kenzo Tange's
Olympic Arena**
Architectural classic built
for the 1964 Tokyo
Olympics.

Limousine/car

Nihon Kotsu
+ 81 3 5755 2336
nihon-kotsu.co.jp/en

Transport

Buy a pass

Pasmo pass
¥1,000 (€7.5) in subway
stations. Valid on buses,
subway and JR Lines. It
can also be used to buy
goods in shops and
convenience stores.

Rent a bike

Rent from the Muji in
Yurakucho. Bicycles cost
¥525 (€3) and electrically-
assisted bicycles ¥1575 a
day during the week and
¥1,050 (€6) and ¥2,100 on
weekends and on holidays.
¥3,000 deposit.
10.00 to 20.00

Fitness

Good gym

**Tokyo Metropolitan
Gymnasium**
1-17-1 Sendagaya,
Shibuya-ku
+ 81 3 5474 2111
tef.or.jp/tmg
50m pool and gym.

Good running route

Imperial Palace
5km circuit.



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