

THE Monocle guide to Tokyo

Tokyo is an ever-changing city that never ceases to surprise. The capital is filled with a dazzling mix of old and new, tradition and innovation in everything from food to architecture and art to fashion.



TokyoTokyo

1. YANAKA

This Tokyo downtown area still retains its charming, old-fashioned cityscape.

2. HARAJUKU

The pop-culture epicentre sits next to a shrine and a national gymnasium.

3. AOYAMA

Tokyo's fashion capital also has museums, greenery, food and more.

4. KANDA

This northeast neighbourhood is attracting design and fashion businesses.

5. KURAMAE/ RYOGOKU

Take a deep dive into the old Tokyo.

6. GINZA

Japan's premium district is home to big businesses and cultural institutions.

7. NIHONBASHI

Young talent in hospitality and retail is moving in.

TRAVEL ETIQUETTE

Beyond Tokyo's delights lies a network of clean streets and warm hospitality. Amid the changing landscape of 2020, the city is drawing on its strengths with an eye to welcoming visitors to the city. Initiatives include a guide to good manners while on the move, dining out or staying overnight. From a smart safety app to handy tips, Tokyo is supporting responsible travel.

For more information about Tokyo's prevention measures and updates on coronavirus, visit: www.gotokyo.org/en/plan/coronavirus-information



5. TRAVEL OFF-PEAK AND ENJOY THE RIDE

No one looks forward to an overcrowded bus or train. Plan ahead to avoid the bustle and be rewarded with a peaceful journey.

6. WASHING YOUR HANDS MAKES FOR A HEALTHY TRAVEL HABIT

Responsible travel means taking your best manners with you. Throughout the journey, make clean hands part of your daily routine.



1. SUITCASE, PASSPORT, COCOA - LET'S GO!

Designed with safe travel in mind, the COCOA app sends notifications about possible contact with coronavirus. Download it before take-off.

2. PATIENCE PROVIDES PEACE OF MIND

Don't forget to wait for the next connection at a safe distance. The extra space provides a chance to relax, putting the mind at ease.



7. KEEP AN EYE OUT FOR THIS BADGE OF HONOUR

Tokyo's Covid-19 safety stickers are a sign that businesses of all types have taken measures to protect staff and customers.



8. RESERVING YOUR SPOT MAKES ENTRY A BREEZE

Booking systems are being rolled out across the board for events and exhibitions so attendance numbers are well managed and trip planning is all the more convenient.



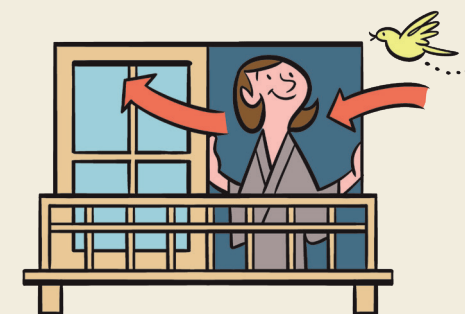
3. WISE ADDITION TO YOUR MORNING ROUTINE

A temperature check might only take a moment but it helps ensure you start the day off on the right foot.



4. MASKS ARE A SMART APPROACH TO SAFETY

Face coverings play an important role, putting you at ease in the company of others, while reassuring those around you.



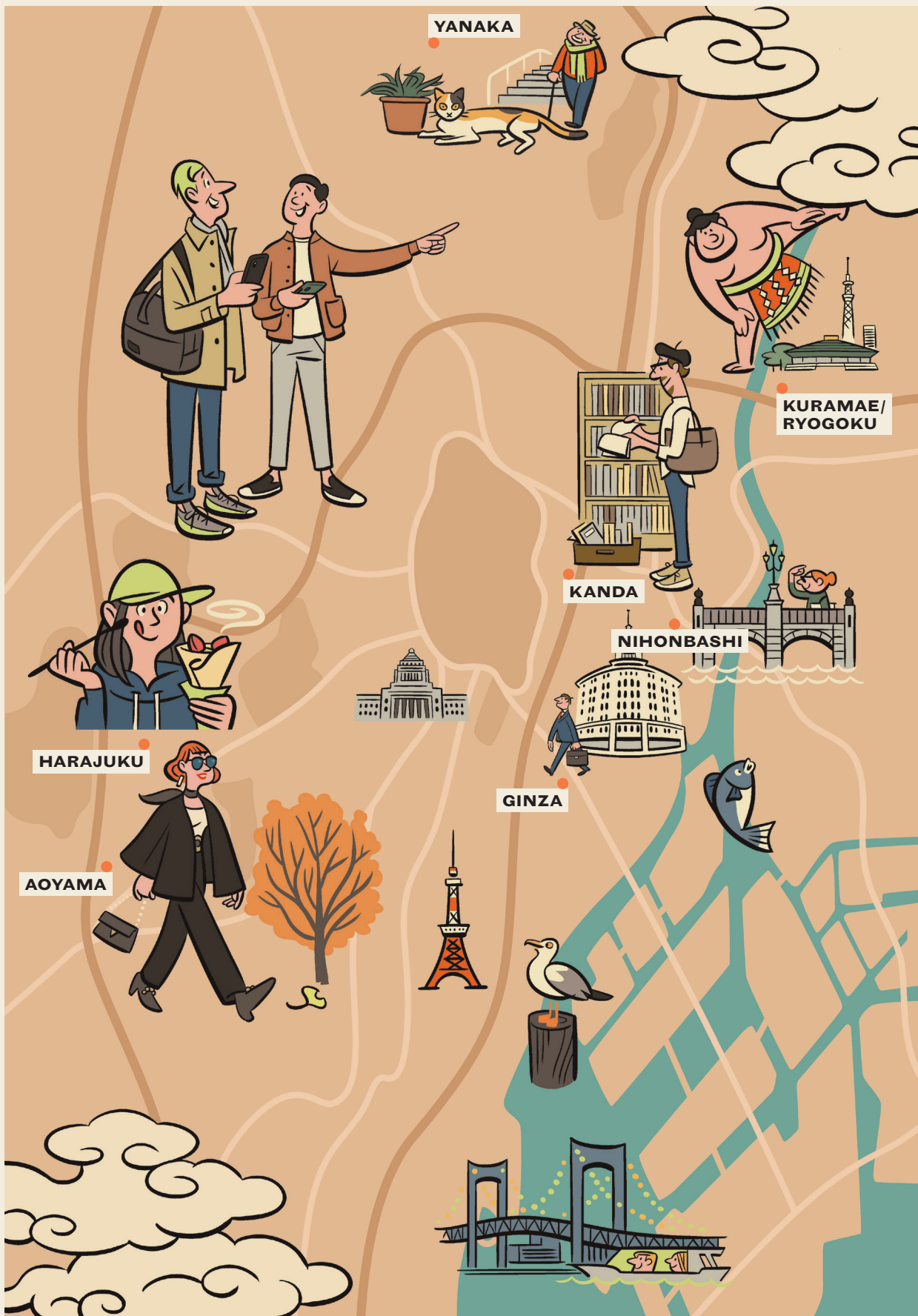
9. BREATH OF FRESH AIR

Ventilation need not be a pain. Take the chance to appreciate a different side of your destination, whether it be fresh city views, sea breezes or the rhythms of nature.



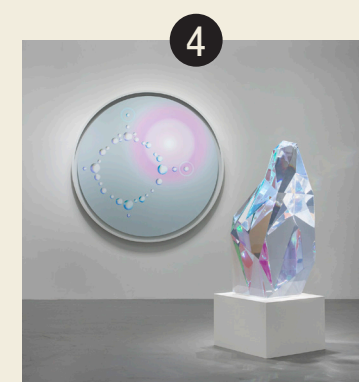
10. BROWSE WITH YOUR EYES, NOT YOUR HANDS

Japanese shops are known for their pleasing displays. Take in these aesthetic arrangements as you ponder your next purchase.



1. YANAKA

Yanaka moves at a different pace from much of Tokyo. Maybe it's the presence of so many temples; Tennoji, the oldest in the area, was founded in 1274 and sits alongside the famous cemetery where Japan's last shogun is buried. As the city has changed around it, Yanaka has retained its old-fashioned atmosphere. Vacant wooden buildings have been brought back to life with new businesses finding fresh purpose as cafés, noodle shops and galleries.



3. VANER
Tuck in
The scent of freshly baked bread is a sign that Vaner is near. Located inside the Ueno Sakuragi Atari complex, the Scandinavian-style bakery has attracted a following for its sourdough bread and cinnamon and cardamom rolls.
2-15-6 Ueno Sakuragi, Taito-ku
03-5834-8137

4. SCAI THE BATHHOUSE
Art scene
Scai the Bathhouse is a one-of-a-kind venue for contemporary art. Formerly a public bathhouse, the minimalist space hosts a range of exhibitions by leading artists, such as Lee Ufan, Kohei Nawa and Mariko Mori.
6-1-23 Yanaka, Taito-ku
03-3821-1144
scaithebathhouse.com

5. YANAKA CEMETERY
A moment to reflect
Covering about 10 hectares, this scenic cemetery is the resting place of important cultural figures, including writers, painters and other luminaries. The sakura-lined avenue makes for a peaceful stroll through Yanaka.
7-5-24 Yanaka, Taito-ku
03-3821-4456
tokyo-park.or.jp

2. HARAJUKU

Harajuku is a neighbourhood of contrasts, home to the Meiji Shrine, which is surrounded by one of Tokyo's largest green spaces, and a dense network of small streets packed with shops and cafés. Harajuku is a magnet for fashion followers, while Omotesando pulls in tourists and shoppers who come to enjoy the dazzling array of designer outlets.

1. MEIJI SHRINE Pay your respects

This Shinto shrine is dedicated to the deified souls of Emperor Meiji and Empress Shoken. Arriving is a journey in itself: the route to the shrine passes through towering gates and a 100-year-old forest.
1-1 Yoyogi Kamizono-cho, Shibuya-ku
03-3379-5511
meijijingu.or.jp

2. SNOW PEAK LAND STATION HARAJUKU Made in Japan

Snow Peak's concept shop and café is deeply rooted in the land, highlighting lesser-known places, outdoor wares and products and flavours from around Japan.
With Harajuku, 1-14 Jingumae, Shibuya-ku
03-5843-1794
snowpeak.co.jp/landstation/harajuku



3. YOYOGI NATIONAL GYMNASIUM Design vision

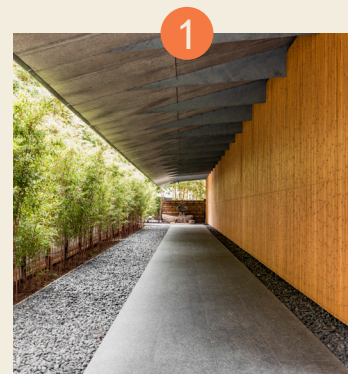
The Kenzo Tange-designed gymnasium has been a prominent feature of the Yoyogi Park area since 1964. With its signature suspension roof, its influence on architecture can be seen around the world.
2-1-1 Jinnan, Shibuya-ku
03-3468-1171
jpnspport.go.jp/yoyogi

4. AFURI RAMEN Yuzu does it

Just a short stroll from Harajuku Station, Afuri is renowned for its *yuzu shio ramen*. The tiny yellow citrus plays a starring role here, adding a refreshing touch to the signature dish.
3-63-1 Sendagaya, Shibuya-ku
03-6438-1910
afuri.com

5. THINK OF THINGS Pen pals

Stationery, notebooks and office supplies take centre-stage here. Stationery-maker Kokuyo curates some much-loved classics and also develops new releases for the shop. Browse with a coffee from the in-store café.
3-62-1 Sendagaya, Shibuya-ku
03-6447-1113
think-of-things.com



1. NEZU MUSEUM Culture highlight

Designed by Kengo Kuma, this museum is home to an impressive collection of pre-modern art from Japan, China and East Asia. The garden is also a highlight: its winding paths are ideal for a post-exhibition wander.
6-5-1 Minami Aoyama, Minato-ku
03-3400-2536
nezu-muse.or.jp



2. MIYAGAWA Taste of tradition

Isao Kanemasa has been at Miyagawa for 50 years. The chef prepares lightly battered prawns, seasonal vegetables and other delights with precision, delivering them straight to the plates of waiting diners.
6-1-6 Minami Aoyama, Minato-ku
03-3400-5541



3. AURALEE Clarity of design

Ryota Iwai combines high-quality fabrics with clean silhouettes – see them at the brand's flagship, where minimalist spaces and contrasting textures provide the backdrop to seasonal collections.
6-3-2 Minami Aoyama, Minato-ku
03-6427-6336
auralee.jp



3. AOYAMA

This residential neighbourhood also hosts upmarket fashion shops. Chic boutiques sit alongside one of the city's most exquisite museums and the Tessen-kai Noh theatre, where actors perform centuries-old dance-dramas. Aoyama Cemetery is a green pocket that in spring puts on one of Tokyo's finest cherry blossom displays.



4. BLAMINK Timeless appeal

The brand's Bauhaus-inspired flagship features Blamink design team's refined men's and womenswear. High ceilings and clean lines complement the brand's luxurious wares.
6-3-16 Minami Aoyama, Minato-ku
03-5774-9899
store.united-arrows.co.jp/shop/bl

5. TARO OKAMOTO MEMORIAL MUSEUM Surreal sculptures

Hidden in the Aoyama back streets, the residence of the late Taro Okamoto is now home to a museum providing an insight into the renowned artist's works.
6-1-19 Minami Aoyama, Minato-ku
03-3406-0801
taro-okamoto.or.jp



1. Y & SONS Tailor made

Alongside Kanda Myoujin is Y & Sons, a bespoke tailor that offers a fresh take on the kimono. A seasonal line-up of kimono is joined by outerwear, shirts and accessories. For inspiration look no further than the staff's daily ensembles. 2-17-2 Sotokanda, Chiyoda-ku 03-5294-7521 yandsons.com

2. YABU SOBA Soba so good

While the restaurant was rebuilt in 2014, its culinary heritage lives on through classic *seiro* soba, while seasonal highlights include soba with grilled *matsutake* mushrooms in autumn and oysters in winter. 2-10 Kanda Awajicho, Chiyoda-ku 03-3251-0287 yabusoba.net

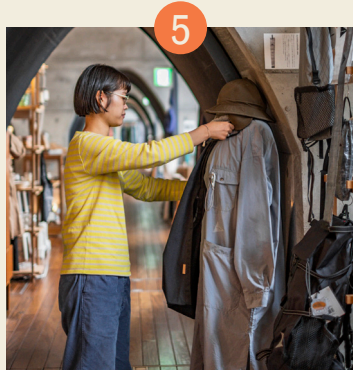


3. MINÄ PERHONEN ELÄVÄ I AND II Well crafted

These two homeware shops capture the world of designer Akira Minagawa. Start at *elävä I*, before moving on to *elävä II*, where vintage furniture and pieces from the label's archive await. *Elävä I*, 1-3-9 Higashi Kanda, Chiyoda-ku 03-6825-3037 mina-perhonen.jp/elava

4. KANDA

This historic corner of northeast Tokyo was once described as a place for “universities, bookshops and intellectuals”. Academic institutions are still there, along with the Holy Resurrection Cathedral, but Kanda is home to electronics district Akihabara, a huge shrine and dozens of Japanese curry restaurants too.



4. KANDA MYOUJIN Count your blessings

Prosperity, good luck and marriage are at the heart of prayers at Kanda Myoujin. Constructed in the style of *gongen-zukuri*, the main Shinto shrine also serves as the focal point of the biannual Kanda festival. 2-16-2 Sotokanda, Chiyoda-ku 03-3254-0753 kandamyoujin.or.jp

5. MAACH ECUTE KANDA MANSEIBASHI Under the arches

The former Manseibashi Station has found new life as a retail destination. Shops and cafés fill the restored building, where weaving under the viaduct arches is half the fun. 1-25-4 Kanda Sudacho, Chiyoda-ku 03-3257-8910 ecute.jp/maach

5. KURAMAE/ RYOGOKU

With any luck you'll spot a sumo wrestler out and about in Ryogoku, the riverside neighbourhood that is home to Kokugikan, Tokyo's distinctive sumo stadium. Across the water is Kuramae, another old neighbourhood close to busy Asakusa and Tokyo Skytree, the city's tallest structure. Kuramae has long been famous for its craft workshops and still hums with industry.

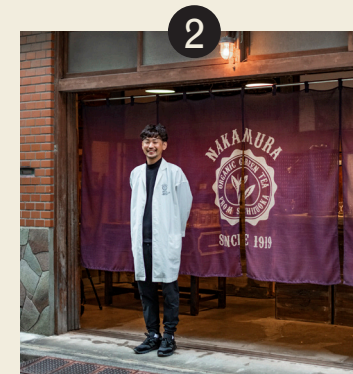
1. SUMIDA HOKUSAI MUSEUM Going with the grain

This museum traces the life and work of *ukiyo-e* artist Katsushika Hokusai. Beyond the aluminium façade, the museum explores Hokusai's links to the local area, shining new light on his famous woodblock prints. 2-7-2 Kamezawa, Sumida-ku 03-6658-8936 hokusai-museum.jp



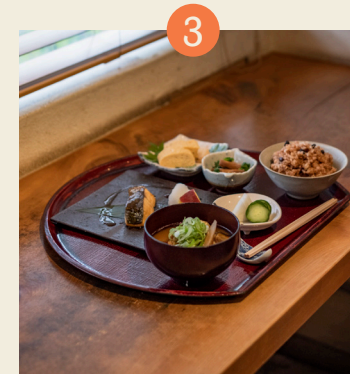
2. NAKAMURA TEA LIFE STORE Take a sip

The Nakamura family has been growing tea in Shizuoka for four generations. This shop sells their organic produce, plus a selection of teaware. Take a seat at the counter to learn the story behind each brew. 4-20-4 Kuramae, Taito-ku 03-5843-8744 tea-nakamura.com



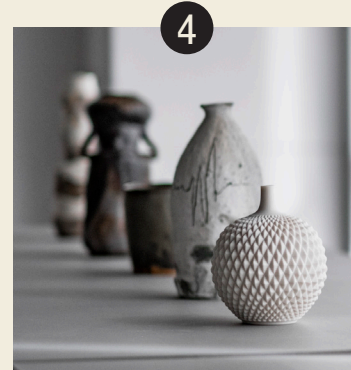
3. YUWAERU Nature's bounty

Known for its wholesome *nekase-genmai* rice, Yuwaeru draws on Japan's ancient food culture. The restaurant bustles through lunch and dinner, while the adjacent grocery store stocks natural ingredients and kitchen essentials. 2-14-14 Kuramae, Taito-ku 03-5829-9929 yuwaeru.co.jp



4. MIZUSAI Shapely number

Ceramics are the main attraction at this craft shop and gallery. The minimal interior is home to a mix of sculptures and other works from artists across Japan. Regular solo exhibitions are a highlight. 3F, 1-6-2 Misuji, Taito-ku 03-5846-9118 mizusai.jp



5. RYOGOKU KOKUGIKAN Sumo mania

Sumo wrestling is a battle of strength, wits and finesse. This 11,000-seat stadium is the sport's spiritual home and hosts three major tournaments per year. The on-site museum provides a further taste of its rich history. 1-3-28 Yokoami, Sumida-ku 03-3623-5111 sumo.or.jp/kokugikan



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**1. TORAYA GINZA
Hats off**

Toraya has been selling hats for more than a century. The Ginza branch channels this wealth of knowledge, with personalised service to help you navigate a space filled to the brim with European classics and seasonal styles.

2-6-5 Ginza, Chuo-ku
03-3535-5201
ginza-toraya.com



2

**2. GINZA SIX
Retail therapy**

Ginza Six brings together luxury maisons, retailers and cultural offerings under one roof. The retail complex also has some surprises, from a traditional Noh theatre to art installations and a tea-inspired cocktail bar.

6-10-1 Ginza, Chuo-ku
03-6891-3390
ginza6.tokyo



3

**3. KABUKI-ZA THEATRE
Dramatic tension**

This Ginza landmark has been hosting kabuki for more than 130 years. The theatre combines tradition and modernity, retaining the classic tiled roof and other signature elements. Performances are held on most days.

4-12-15 Ginza, Chuo-ku
03-3545-6800
kabukiweb.net

6. GINZA

First-timers to Ginza will be struck by its crowded pavements, impressive department stores and line-up of glossy luxury labels. But head to the back streets and this area offers a riveting mix of exceptional bars, galleries and small shops that have attracted visitors for decades. This was where Tokyo's westernisation began in the 19th century and a Ginza stroll – once known as Ginbura – is as popular as ever.

**4. ITOYA
Paper trail**

Itoya's flagship shop is an essential stop for lovers of stationery. Spread across two buildings, themed floors are staffed by teams of specialists, while bespoke services allow you to add personal touches to selected items.

2-7-15 Ginza, Chuo-ku
03-3561-8311
ito-ya.co.jp

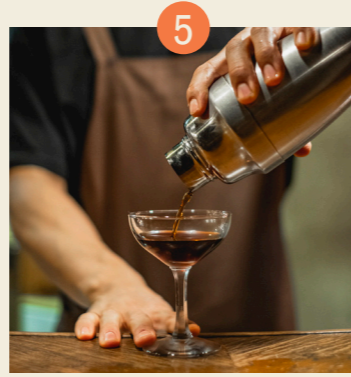


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**5. CAFÉ DE L'AMBRE
Counter culture**

A coffee at Café de L'ambre is a moment worth savouring. Founded in 1948, this backstreet *kissaten* serves a range of in-house specialty roasts. Soak up the atmosphere as your order is hand-dripped at the counter.

8-10-15 Ginza, Chuo-ku
03-3571-1551
cafedelambre.com



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7. NIHONBASHI

Nihonbashi has deep roots in business: the Tokyo Stock Exchange and Japan's first banks were founded there. The bridge that gives the area its name was first built more than 400 years ago but Nihonbashi has had a recent makeover. The old flavour persists, though, and department stores Mitsukoshi and Takashimaya are still landmarks.

**1. K5
Multiple functions**

The K5 complex is breathing new life into a former bank, sparking fresh interest in the Kabutocho area. The 1920s building is now home to a 20-room boutique hotel, Caveman restaurant and a beer hall called B.

3-5 Nihonbashi Kabutocho, Chuo-ku
03-5962-3485
k5-tokyo.com

**2. T-HOUSE NEW BALANCE
Kicking things off**

Overseen by the brand's Tokyo Design Studio, a rolling programme of sneaker releases, free-form installations and art exhibitions gives the space a dynamic nature. No two visits are alike.

3-9-2 Nihonbashi Hamacho, Chuo-ku
03-6231-1991

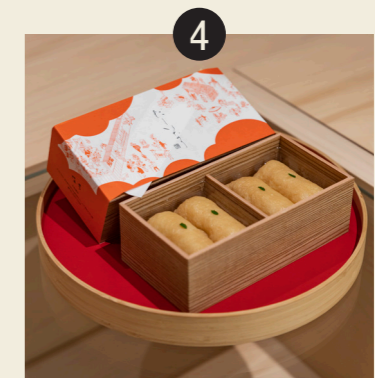


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**3. HUMAN NATURE
Bottle shop**

Human Nature was born from Shinichi Takahashi's passion for wine culture. With a selection of 300 natural wines, the shop is perfect for a handpicked recommendation or a casual chat with a glass in hand.

9-5 Nihonbashi Kabutocho, Chuo-ku
03-6434-0353
humannature.jp



4

**4. KAIBOKU NIHONBASHI
Local delicacy**

Founded in Fukuoka, Kaiboku specialises in the art of *dashi inari*. Slices of tofu skin are fried, simmered in broth and wrapped around sweetened rice. Enjoy the flavourful treats at the counter or order some to go.

Coredo Muromachi Terrace, 1F, 3-2-1 Nihonbashi Muromachi, Chuo-ku
kaiboku.jp

**5. HAIBARA
In fine form**

Haibara has been supplying high-quality paper since 1806. From *gampi* papers to celebratory *mizuhiki* envelopes and stationery adorned with woodblock prints, its products are deeply intertwined with Japanese customs.

2-7-1-Nihonbashi, Chuo-ku
03-3272-3801
haibara.co.jp



5

THE LAST WORD IN CITY LIVING

Tokyo performs a miracle every day. The clean metropolis runs flawlessly in the most organised manner possible, defying all expectations of what it feels like to live in and move around a densely populated city.



TOKYO METROPOLITAN GOVERNMENT

TokyoTokyo

For more information visit:
tokyotokyo.jp