

# SHRINES & PARKS

## SHINJUKU GYOEN NATIONAL GARDEN



Once an imperial garden, Shinjuku Gyoen is a Meiji-era classic blending formal, landscape, and traditional Japanese gardens. Step inside to slow down and wander, from spring cherry blossoms to elegant camellias.

Hours: Seasonal 9:00–16:30 / 9:00–18:00 / 9:00–19:00 (last entry: 30 min before closing) (closed; Mondays or next weekday if Monday is a public holiday & Dec 29–Jan 3)

## SHINJUKU CHUO PARK



A green oasis tucked between Shinjuku's skyscrapers beside the Tokyo Metropolitan Government Building. Perfect for a coffee break or picnic, with a sunny terrace, wide lawns to stretch out on, seasonal flowers, and a relaxed local feel.

## JUNISO KUMANO JINJA (SHRINE)



A 400-year-old Shinto shrine tucked right in the heart of Shinjuku. Drop by in November for its lively 'Tori no ichi' festival and lucky charms, and keep an eye out for seasonal matsuri (traditional festivals) and avant-garde performances beneath red theatre tents.

## HANAZONO JINJA (SHRINE)



A 400-year-old Shinto shrine tucked right in the heart of Shinjuku. Drop by in November for its lively festival and lucky charms, and keep an eye out for seasonal matsuri (traditional festivals) and avant-garde performances beneath red theatre tents.

# FASHION HEADLINE JAPAN

curated by

# SHINJUKU MAP & CITY GUIDE

PUBLISHER: FASHION HEADLINE EDITORIAL TEAM / CONTENT CURRENT AS OF FEBRUARY 2026

# Everyday JAPANESE WORDS

yes / no  
hai / iie  
(はい) / (いいえ)



I don't understand  
wakarimasen  
(わかりません)

What is this?  
kore wa nan desu ka  
(これは何ですか)

What do you recommend?  
osusume wa nandesuka  
(おすすめは何ですか?)

This one, please  
kore o kudasai  
(これをください)



How much does it cost?  
kore wa ikura desu ka  
(これはいくらですか)

Thank you  
arigato  
ありがとう

# Must-see MONUMENTS & LANDMARKS

## TOKYO METROPOLITAN GOVERNMENT BUILDING



Step into Kenzo Tange's Tokyo government headquarters for free 45th-floor views over Shinjuku. After dark, watch one of the world's largest projection-mapping shows on the tower façade, from Godzilla to Edo scenes.

Observatory Hours: South 9:30–22:00 (closed 1st & 3rd Tue) / North 9:30–17:30 (closed 2nd & 4th Mon)  
Holiday rule: closes the next weekday.

## KABUKICHO GODZILLA HEAD



Once dubbed "the largest entertainment district in the Orient," Kabuki-cho comes alive with bars, cinemas, and arcades. Look up as Godzilla watches over you from Hotel Gracery's 8th-floor terrace.

## THE GIANT 3D CAT



Meow, meow, meow. Stop by this popular photo spot where Shinjuku's mascot calico cat comes to life on a curved screen. Clever optics make it look 3D, appearing between ads with new shows every 15 minutes.

Showtimes: 7:00–1:00 AM (every 15 min: 00, 15, 30, 45)

## GOLDEN GAI OMOIDE YOKOCHO



For a classic Shinjuku night, don't miss slipping into these atmospheric alleys of tiny bars and counter eateries. Explore Golden Gai's 300 spots in Kabuki-cho and Omoide Yokochō on the west side, a nostalgic local favorite since the 1940s.

# Our Selection FOOD & DRINK

## MATCHA AND ONIGIRI CAFE NIGICHA



NIGICHA is a matcha-and-onigiri café offering a simple, nourishing breakfast you can enjoy any time of day. Just steps from the greenery of Shinjuku Gyoen, perfect for a quick break, with a calm, local feel.

Hours: Tue–Fri 8:00–16:00; Sat–Sun & holidays 8:00–18:00 (closed Mondays (or Tuesday if Monday is a public holiday))

## ISETAN SHINJUKU 'DEPACHIKA'



From colorful bento and artisan sweets to classic Western favorites, it's a feast for the eyes with something for every appetite. 'Depachika,' Japan's celebrated department-store food floors, are a true food wonderland!

Hours: 10:00–20:00 daily (hours may vary during new year holidays)

## SHINJUKU STUNAHACHI MAIN STORE



Founded in 1923, this Shinjuku tempura classic has been a local favorite since 1964. Sit at the counter, watch each piece fried to order, and enjoy crisp tempura served piping hot.

Hours: 10:00–22:00 daily (closed during New Year holidays)

## TAJIMAYA COFFEE HOUSE



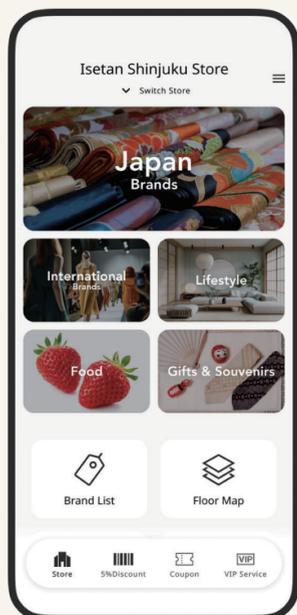
Tajimaya is a lovely stop for old-school Japanese coffeehouse culture. Settle into its Taishō–Showa wooden interior, sip from classic china, and enjoy the nostalgic aroma. Smoking is still allowed.

Hours: 10:00–23:00 (last order 22:30, closed January 1)

App for international tourists

## MITSUKOSHI ISETAN JAPAN

Join our "REWARDS" !



Get 5% Discount coupon  
激活95折优惠券  
5% 할인 쿠폰 활성화

Select the coupon  
使用超值优惠券  
특가 쿠폰 사용

VIP Service  
尊享VIP服务  
VIP 서비스 이용

Scan the code with your smartphone!



请使用微信内的扫一扫功能读取二维码

居住在中国大陆、香港或澳门的顾客可通过微信小程序领取三城伊势丹REWARDS，享受折扣优惠券。  
Customers residing in Mainland China, Hong Kong, or Macau can enjoy discounts and coupons by using the WeChat MiniProgram to get Mitsukoshi Isetan REWARDS.

# FASHION HEADLINE JAPAN

## WELCOME TO JAPAN !

Fashion Headline is a magazine exploring style and culture through design, art, craft, fashion, food, beauty, and travel. Our carefully curated editorial stories capture the modern sensibilities of contemporary Japan, spotlight what matters now, and map the country through its culture, places, and people.

fashion-headline.com →



# Our Top 4 SHOPPING SPOTS

## ISETAN SHINJUKU



For 140 years, ISETAN has been Japan's iconic department store. Step inside for its famous 'depachika' food halls, refined fashion and craftsmanship, curated design goods, and a dedicated men's store.

Hours: 10:00–20:00 daily (hours may vary during New Year holidays)

## SEKAIDO



Looking for inspiration in Shinjuku? Founded here in 1940, SEKAIDO is Japan's largest art-supply store, now spanning five floors of Japanese materials, niche stationery, and calm creativity.

Hours: 9:30–20:00 daily (closed for New Year)

## UNIQLO SHINJUKU HONTEN



Need something comfortable for the road? This beloved Japanese brand's Shinjuku flagship, one of its biggest stores, offers affordable LifeWear essentials for travel days and everyday wear.

Hours: 10:00–22:00 daily (hours may vary during New Year holidays)

## BEAMS JAPAN



To experience "Made in Japan" at its coolest, visit BEAMS JAPAN. This curated store blends pop culture, fashion, and goods, from modern design finds to traditional crafts.

Hours: 11:00–20:00 (closed on select days)