

THE CREW FIELD GUIDE / OCTOBER 2026

Tokyo, on location.

Places, walks and habits we like
and would send friends to.



A few good places.

A small, personal guide for the crew. Not the best of Tokyo, not a checklist - just places, walks and habits we like and would send friends to.

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Our Tokyo map
More places, food and drink, including picks beyond this guide.

[Open the full Tokyo map](#)



Open the live crew guide

Opening hours and reservations change. Check before making a special trip. Atmosphere images are illustrative editorial visuals, not venue photography.

Understanding Shibuya

lyf is next to PARCO. Think of Shibuya as several small worlds rather than one giant crossing.

Walk & explore

SHOP / WALK

Jinnan

The hotel's own neighbourhood: fashion, streetwear, cafes and calmer side streets. Good aimless shopping.

[Open map](#)

WALK / NIGHT

Center-gai

Classic neon Shibuya: crowds, karaoke, arcades, chains and youthful chaos. See it once and you understand the postcard.

[Open map](#)

RESET

Sakuragaoka

Quieter Shibuya. Shibuya SAUNAS is here, and it is an easy reset from the hotel.

[Open map](#)

Eat & drink

FOOD / DRINK

Dogenzaka

Izakaya, yakitori, nightlife and small streets. Better discovered than researched - wander and walk into somewhere that looks good.

[Open map](#)

FOOD / VIEW

Shibuya Scramble Square

Food halls, delis and the Shibuya Sky observation deck.

[Open map](#)

Shop & browse

SHOP

Shibuya PARCO

Fashion / design / pop culture.

[Open map](#)

SHOP / FOOD

Miyashita Park

Shopping and food in one easy stop on the way from Shibuya toward Harajuku.

[Open map](#)

[Open the full Tokyo map](#)

Shibuya > Harajuku

Miyashita Park > Cat Street > Omotesando > Kiddy Land. Add Takeshita-dori and Meiji Jingu if you have the energy.

Shop & browse

SHOP / COFFEE

Cat Street

The pleasant way between Shibuya and Harajuku: fashion, vintage, sneakers, cafes and side streets. Browse rather than optimise.

[Open map](#)

SHOP / DESIGN

Omotesando

Tokyo at its polished end: broad avenue, flagship stores and architecture.

[Open map](#)

SHOP

Kiddy Land

Five floors of character goods and Japanese pop culture. Very efficient if you have kids - or need presents for them.

[Open map](#)

Eat & drink

FOOD / DRINK

Friend in Hand

Hard to find, which is part of the fun: rooftop terrace, sandwiches and drinks.

[Open map](#)

CURRY

Curry Up

Really good Japanese curry in Harajuku.

[Open map](#)

RESTAURANT / TERRACE

Eataly Harajuku

A restaurant stop with a lovely terrace - a nice break from exploring Harajuku.

[Open map](#)

Walk & explore

WALK / FOOD

Miyashita Park

A useful starting point on the Shibuya side.

[Open map](#)

WALK

Takeshita-dori

Touristy, crowded, teenage, kawaii, crepes and sensory overload. We would not spend half a day there, but a first-timer should know what it is.

[Open map](#)

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Meiji Jingu + Yoyogi

One of the best reminders that Tokyo can switch from noise to forest in a few minutes.



Walk, run & reset

WALK / CULTURE

Meiji Jingu

Walk through the forest to the shrine. Obvious, yes - but genuinely beautiful and an excellent first Tokyo morning.

[Open map](#)

RUN / RESET

Yoyogi Park - morning run

Easy from the hotel. Run through Jinnan toward Yoyogi, do a loop and come back. Do not underestimate how much walking you will already do.

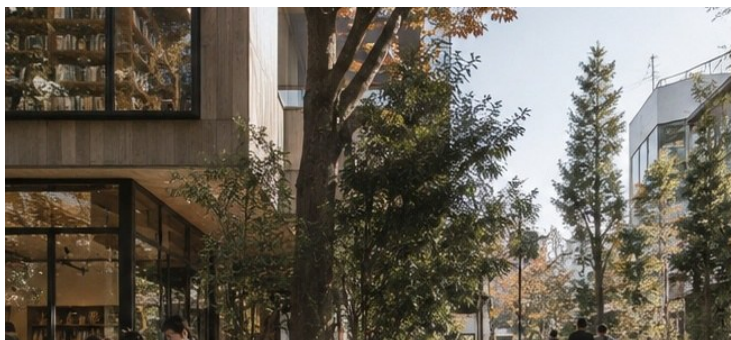
[Open map](#)

PRODUCTION WEEK SURVIVAL Konbini breakfast · Yoyogi run · Shibuya SAUNAS · Pocari Sweat · a cheap konbini umbrella · sleep whenever the schedule allows.

[Open the full Tokyo map](#)

Slow morning in Daikanyama

Quieter, greener and more design-y than Shibuya. Easy on foot and a very good decompression neighbourhood.



Shop & browse

BOOKS / DESIGN / COFFEE

Daikanyama T-SITE / Tsutaya Books

Books, magazines, music, design and coffee in one of Tokyo's nicest retail complexes. Worth going even if you do not need a book.

[Open map](#)

Eat & drink

COFFEE / DESIGN

Forestgate Daikanyama / Blue Bottle

The newer station-side development is an easy coffee / browse stop.

[Open map](#)

LUNCH

Urara

A good lunch option from our list.

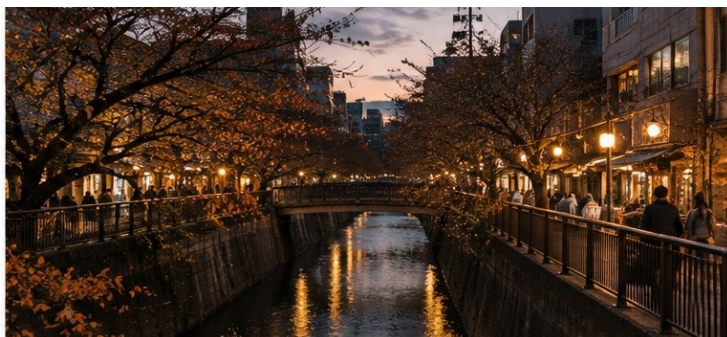
[Open map](#)

THE MOVE Coffee > T-SITE > residential side streets > lunch > walk downhill toward Nakameguro and continue along the river.

[Open the full Tokyo map](#)

Nakameguro

One of the easiest escapes from central Shibuya. River walk, small shops, dinner and drinks. Particularly nice toward evening.



Walk & explore

WALK

Meguro River

The walk is the point.

[Open map](#)

Eat & drink

BREAKFAST

Breakfast Club

Relaxed diner breakfast.

[Open map](#)

BREAKFAST

Tractor Morning

Another good breakfast option.

[Open map](#)

FOOD / DRINK

HATOSBAR

Legendary pulled pork / smokehouse food and a very cool little place.

[Open map](#)

THE MOVE Go without a strict destination. Walk the river, browse, then eat when something looks right.

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Shimokitazawa

Vintage, records, curry, cafes and small bars. Different Tokyo again - and very easy from Shibuya.



Explore the neighbourhood

SHOP / FOOD / MUSIC

Shimokitazawa

Take the train here, then stop navigating for a while.

[Open map](#)

SHOP / FOOD

BONUS TRACK

A good anchor at the edge of Shimokita: low-rise shops, food, books and a neighbourhood feel.

[Open map](#)

Do not over-plan this one. Give yourself three hours and wander. The point is the neighbourhood, not the pin.

[Open the full Tokyo map](#)

Places we actually like

A personal shortlist around Shibuya and the neighbourhoods you are likely to visit.
Deliberately not a 'best restaurants in Tokyo' list.

RAMEN

Sakura Ramen

A small neighbourhood ramen spot - simple, local and an easy casual meal.

[Open map](#)

TEISHOKU

The Teisyoku Shop

Really good Japanese teishoku set meals - an easy way to get a classic everyday Japanese meal.

[Open map](#)

YAKITORI

Toritake

Classic yakitori in Shibuya.

[Open map](#)

IZAKAYA / BEER

Maribana Izakaya

Craft beer and a proper basement izakaya atmosphere.

[Open map](#)

SUSHI

Izumizushi

One of our neighbourhood sushi favourites. Small, local and close to Shibuya.

[Open map](#)

CURRY

Curry Up

Really good Japanese curry in Harajuku.

[Open map](#)

[Open the full Tokyo map](#)

A few deliberate destinations

Art & design

DESIGN / MUSEUM

21_21 DESIGN SIGHT

Compact design museum. Easy with Aoyama / Roppongi.

[Open map](#) | [Website](#)

ART / GARDEN

Nezu Museum

Art, architecture and garden in Aoyama. An antidote to Shibuya intensity.

[Open map](#) | [Website](#)

ART / VIEW

Tokyo Node

Contemporary exhibitions high above Toranomon Hills.

[Open map](#) | [Website](#)

Views & after dark

VIEW

Shibuya Sky

The easy first-night 'we are in Tokyo' moment. Go around sunset if you can.

[Open map](#)

DRINK / VIEW

Bellovisto - Cerulean Tower

Lost in Translation, Shibuya edition: an old-school hotel bar, a drink above the city and almost no logistical effort.

[Open map](#)

Food halls & delis

BENTO / SWEETS / FOOD GIFTS

Food halls & delis - Scramble Square

A depachika is a Japanese department-store basement food hall - beautiful bento, sushi, sweets, fruit and boxed omiyage gifts all in one place. Great for browsing, gifts or an easy meal.

[Open map](#)

[Open the full Tokyo map](#)

Shopping, from calm to chaos

Jinnan and Cat Street are for browsing. These are for when you actually need to bring something home.

Shop & browse

SHOP / DESIGN

Shibuya Loft

Stationery, household design, odd little objects and genuinely useful Japanese things.

[Open map](#)

SHOP

Hands Shibuya

A huge practical/design rabbit hole. Open during our October trip; the store's final trading day is 15 November 2026.

[Open map](#) | [Closure notice](#)

SHOP / KIDS

Kiddy Land

Character goods and presents for kids. Efficient and dangerously easy.

[Open map](#)

SHOP / CHAOS

MEGA Don Quijote Shibuya

We find it pretty exhausting, but everyone should probably experience it once. Maximum sensory overload and an extremely efficient place to buy ridiculous Japanese souvenirs at 11 PM.

[Open map](#)

Edible gifts

BENTO / SWEETS / FOOD GIFTS

Food halls & delis - Japanese depachika

The basement food floor of a Japanese department store: bento, sushi, sweets, fruit and beautifully boxed gifts. One of the easiest places to understand Japan's omiyage culture.

[Open map](#)

OUR RULE If the sensory overload at Don Quijote makes us want to leave Japan, we go back to Jinnan and have a coffee.

[Open the full Tokyo map](#)

Things locals forget to explain

Everyday essentials

BASICS

Tap water

Yes. Tokyo tap water is safe to drink.

BASICS

Konbini

7-Eleven, FamilyMart and Lawson: food, coffee, ATM, printing, umbrellas, chargers, toiletries and late-night salvation.

BASICS

Drugstores

Matsumoto Kiyoshi, Welcia etc. are part pharmacy, part cosmetics store, part mini-market. OTC medicine lives here rather than in the konbini.

BASICS

Trash

Public bins are surprisingly rare. You may end up carrying your rubbish for a while.

Getting around

TRANSPORT

Suica / IC card

The easiest way to use trains and buses. Add one to Apple Wallet if your phone/card setup allows it.

TRANSPORT

Station exits

They matter. Follow the exit number Google Maps gives you - 'Shibuya Station' is not a useful destination by itself.

Local etiquette & language

ETIQUETTE

Restaurants

No tipping. An oshibori is the wet hand towel. Small places may prefer that you eat, drink and move on rather than occupy the table all evening.

ETIQUETTE

Trains

Quiet. Phone calls are generally avoided.

LANGUAGE

Sumimasen

Possibly the single most useful word: excuse me / sorry / a polite way to get someone's attention.

Medication: Japan restricts some medicines that are ordinary elsewhere. If you travel with prescription medication, check the Japanese rules for your specific medicine before departure.

Saunas & sento baths



SAUNA / RESET

Shibuya SAUNAS

Very close to the hotel and excellent after a long day.

[Open map](#) | [Website](#)

SENTU / RESET

KOSUGIYU HARAJUKU

Modern neighbourhood sento and an easy introduction to Japanese bath culture.

[Open map](#)

Sento basics: wash before entering the bath; no swimsuit; keep the small towel out of the water; tattoo rules vary by venue.

[Open the full Tokyo map](#)

Good to have. Hopefully not to need.

Emergency contacts and a few essentials for our time in Japan.

AMBULANCE / FIRE

119

Tap to call

POLICE EMERGENCY

110

Tap to call

Dial these short numbers directly in Japan, without a country code. Give your location and say what has happened. Ask hotel staff or someone nearby to help if needed. In immediate danger, call emergency services first.

JNTO

24/7 / ENGLISH SUPPORT

Japan Visitor Hotline

Help with illness, accidents and travel disruption. English, Chinese and Korean support, around the clock. This is an assistance line, not emergency dispatch.

+81 50 3816 2787 | [JNTO details](#)

ILLNESS / INJURY

Finding medical care

Ask the hotel or your travel insurer for help. JNTO's directory lets you search by area, language and speciality. Call the clinic before visiting to confirm availability and language support.

[Find medical care](#)

FINNISH CITIZENS / 24/7

Consular assistance

Finland's Ministry for Foreign Affairs assists Finnish nationals in distress abroad. For a lost passport or another consular emergency, use the 24/7 service. Local emergency services come first in immediate danger.

+358 9 1605 5555 | [Finland in Japan](#)

Good to have. Hopefully not to need.

EARTHQUAKES

During the shaking

Protect your head and take cover under a sturdy table if available. Stay away from glass and things that can fall. Do not rush outside. In public buildings, follow staff instructions; outdoors, watch for falling signs, glass and walls.

JMA earthquake guidance

COASTAL DAYS / TSUNAMI

If you are by the sea

After strong or prolonged shaking near the coast, move immediately to high ground or a designated tsunami evacuation building. Do not wait for an alert. Follow tsunami warnings and stay away until authorities give the all-clear.

JMA tsunami guidance

ALERTS / PREPARATION

Safety tips app

Install the Japan Tourism Agency's Safety tips app and enable alerts for where you are staying. It provides earthquake, tsunami and weather warnings in English. Check your hotel's evacuation route and keep its address saved on your phone.

Get Safety tips | JMA alerts

Contacts and official guidance checked 24 September 2026. Follow current local instructions during an incident.