We understand that you might be hesitant at first. However, don’t be, as everyone else is naked in the Sento; it’s perfectly normal, so give it a go! In the large bath, you will be able to relax physically and mentally. In this way, you can relieve your travel weariness in Tokyo even when you cannot go to provincial hot springs.

USEFUL SENTO ETIQUETTE

1. Before entering the bath, sit on the bath stalls or on your knees and wash, then rinse your body thoroughly. While you are doing that, you can hold your towel with your free hand, or wrap it around your waist.

2. Don’t enter the bath with your towel on or soak it in the bath water. If you want, soak your towel with cold water from the tap at the washing area, and keep it on your head. This will help to stop you feeling faint or dizzy from the hot water.

3. Before going back to the changing area, wring the water out of your towel and dry your body with it. Don’t forget to rehydrate with a drink afterwards!

Unfortunately, at some Sento (public bath), due to certain social constraints that have their roots in history, individuals with tattoos/body art are not permitted to bathe. Please accept our apologies and understanding with this cultural difference.

KOSUGIYU 小杉湯

This long-established public bath wears its retro look with pride. The exterior hasn’t changed much since it opened in 1933. However, they’re enthusiastic for trying new things including special baths, such as a milk soak and renting out the space as a venue for events. It’s also popular with bathers who like to take alternate hot and cold dips.

3-32-2 Koenji-kita, Suginami-ku
03-3337-6198
3:30pm - 1:45am (Sun: 8:00am - 1:45am)
WELCOME TO SUGINAMI WARD
东京23区の西端、杉並区へようこそ。

Koenji, Asagaya, Ogikubo and Nishi-Ogikubo...which town do you have in mind?
Suginami is situated close to the center of Tokyo, and yet it has lots of green spaces and peaceful locations. It’s a very popular suburb, with many people wanting to live there. You can find many different things to see and do here, from touristy pursuits to more down-to-earth activities enjoyed by visitors and locals alike. The reason for the inclusion of the places in this guide, is not necessarily because they speak and/or provide services in foreign languages, but due to the effort in welcoming tourists from overseas. Even though there might be a language barrier, they try their best to provide a service to visitors. We hope that you find somewhere, or something that you’d like to try while visiting in Suginami ward.

1 A VARIETY OF TASTY LOCAL FOOD
いろんな“美味しい”に出会える
Lots of choices for dining including good old-style Japanese cafes, very popular ramen shops, and a Taiyaki shop, which serves crispy-coated Taiyaki. Great for eat-on-the-go options and/or souvenirs for your family and friends.

2 LIVELY SHOPPING AREAS
元気な商店街
There are several shopping streets at each station, and each one has their own distinctive features, such as shopping arcades, restaurants, cafes, bars and antique stores. Some of them are old districts whereas others are rather new. This makes Suginami popular with the old & old alike.

Not only does Suginami have the larger Tokyo Koenji Awaodori (traditional dancing festival) and Asagaya Tanabata festival (star festival), but also morning markets and bar hopping events. You can always find some kind of festival or event on every week somewhere in Suginami.

3 PLENTY OF FESTIVALS AND EVENTS
おまつり・イベントが盛りたくさん

ANIME TOWN
アニメーションの街
Suginami has more than 130 animation companies, which is much more than any other city! Many Japanese Anime have originated in Suginami, such as “Mobile Suit Gundam” by Sunrise Inc.

4 FRIENDLY SHOP OWNERS
ユニクで優しい店主たち
There are many privately owned shops, and those owners are unique and friendly characters. You might be able to strike up an interesting conversation with them!

5 10 COOL FACTS ABOUT SUGINAMI
杉並区の10箇所

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品川区

1) Tomoean (TAIYAKI SHOP)
2) Kamaju Kamaboko Shop
3) Kamikaze Shop
4) Kamui Incense Shop
5) Kamui Washi Shop
6) Kamui Ukiyo-e Art Museum
7) Kamui Animation Museum
8) Kamui Animation Anime
9) Kamui Animation Anime
10) Kamui Animation Anime
LOTS OF GREENERY
緑あふれる神社や公園

There are a lot of green spaces at shrines and in the parks. During cherry blossom and fall season, many people visit them. Enjoy every season in Japan strolling around these spaces.

神社や公園があり、緑が多く咲き乱れる。春には色づいた桜が楽しめる
ので、散歩しながら日本の四季を味わっている払いですね。

7 EACH STATION HAS ITS OWN CHARACTER
各駅がユニーク

Koenji for subculture, Asagaya for a more cultural atmosphere, Ogikubo for ramen and Nishi-Ogikubo for antiques. They line up along the Chuo line close to one another, and yet each place imubes a totally different charm.

チルとチャネルの道行く人々。文化の渦巻くの都心・下、ラーメン街道の都心・高、個性の街並み。都心でも、駅ごとにそれぞれ違った顔を持っています。

8 ENJOYABLE NIGHTLIFE
夜も楽しい

Restaurants and bars near each of Suginami’s stations are bustling at night. Enjoy visiting live music venues and jazz bars, as well as bar hopping around "Akachochin". The literal meaning of "Akachochin" is ‘red lantern’, which is the term used to describe casual & affordable bars. Red lanterns would often hang out the front of these downtown establishments.

駅近くの飲食店は、夜もにぎわいます。「赤ちょうちん」の愛称通りではじめましてでした。ライブハウスやジャズバーに日中まで楽しめます。

9 COSMOPOLITAN
多国籍お店が多い

Even though Suginami is a good example of a traditional Tokyo suburb, it also caters for foreigners that live in Japan. There are many shops handling multinational foods and products with multinational staff or well-travelled Japanese who speak English and other languages. Suginami has a welcoming atmosphere for visitors.

海外の方が集まっていると、海外様の日本モノが崽ありました。英語を話すスタッフも多いので、脱日語行
を通じて交流するための言語が通じています。

10 EXPERIENCE EVERYDAY LIFE IN TOKYO
見所の多い街歩き

Suginami is a mixture of old and new. Take a walk around the town and enjoy the scenery of its residents & its down-to-earth charm, such as old signs, historical & traditional buildings, the Jizo Deity statues, and the common sight of the street cats relaxing on the walls.

既存のものと新しいもののほどが混ざる街。散歩をし
ながら観光に入り、古い看板やもの市の目をくらべる風
など、日常に滲み出る風景を見ことができます。

TRANSPORTATION TO SUGINAMI AREA

Airport Bus
J.R. Shinjuku Station → Narita 35 min
Airport Bus
J.R. Shinjuku Station → Narita Skyliner 35 min
Narita Skyliner
J.R. Shinjuku Station → Narita 40 min
Narita Express
J.R. Shinjuku Station → Narita 80 min
Nippon Sta.
Shinkansen Line
J.R. Yamanote Line
8 min
15 min
10 min
31 min
10 min
31 min

Attention: Transfer at Shinjuku Station.

*J.R. Chuo Line Express Akihabara
*The schedule may change depending on weekends & holidays.

注意: 転換は新宿駅で。
※土休」「祝祭日は運行時間、時刻が異なります。
*JR Chuo-Sobu Line Limited Seat
*Do not enter the Shinagawa Line・Asakusa Line in the Akihabara Station.
A home of many subcultures. Full of unique shops; it’s lively throughout the day and night.

The goal of bonsai is to maintain the beauty in miniature. Bonsai of various sizes and shapes are displayed at the shop, inside and out front. Japanese-style pottery and fabrics are also available. There’s café section inside the shop. Tourists from overseas are welcome.

Koenshi is famous for its many shops, but there are also many shops in an area of “kawaii” shops, which is called “Koenji street”.

TO ASAGAYA

Cute cuppa

KOENJI STREET

This old school shopping street is under the elevated Koenji station. At night, many shops including Yakitori bars and Gyoza dumpling shops light up their signs and red lanterns to welcome bar hoppers.

Koenshi shopping street has many souvenir shops as well. You can buy famous souvenirs like traditional Japanese pottery and fabrics sizes and shapes are displayed a container. It’s attempting to replicate the natural vegetation of the wilds of nature in miniature. Koenshi is also famous for its various curios, such as tiny doors and unique pictures on the wall.

To give guests a chance to escape from their busy everyday lives there are English. Why don’t you take advantage of it and ask about English. On Instagram: @marcopolo_pal

The shop owner used to work in the tourism industry and speaks English, so you can take advantage of it and ask about Koenshi, and not just bonsai?

Enjoy this micro-brewery’s original brews at its bar. If you are planning to have more than three, then the “all-you-can-drink” option is better value.

To welcome tourists from overseas, the entrance fee will be dropped to ¥500 if you present your passport.

Daiichi Ichiba

A variety of worldwide cuisine is available to try, such as hotel food served in Toshoku, high-grade Chinese food in Shabu, and French food served in Poppings.

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Daiichi Ichiba
Asagaya

A quiet residential area and lively shopping streets coexist. A comfortable place with lots of reasonably priced shops and cozy cafes.

Asagaya Pearl Center

This shopping arcade stretches out for about 700m with 250 shops, and is located at the south exit of Asagaya station. It’s always crowded with local people and therefore a good place to get an idea of ordinary life in Japan. There are so many shops and restaurants you can enjoy as you eat on the go, checking out things for souvenirs, or dropping in a café for a break. Every year in August, the Tanabata Festival (the Star Festival) is held in this arcade, and lots of tourists come and celebrate it. The arcade is covered, so you can enjoy shopping on a rainy day too.

Asagaya Pearl Center is home to 700+ stores, and 230 vendors, as well as a variety of cafes, restaurants, and bars. Located at the entrance of Asagaya Station, you can easily access many of the city’s major landmarks and sightseeing spots.

Shop Info

- **营业时间**
  - Weekdays: 11:30am - 10:30pm
  - Saturdays & National Holidays: 11:30am - 8:00pm

- **地址**
  1F Kawasome Bldg., 1-3-3 Asagaya-kita, Suginami-ku, Tokyo 162-0841

- **电话**
  - 03-3314-6151

- **可接受的信用卡**
  - Credit Cards are accepted

- **官网**
  - [Official Website](http://www.asagayapearl.center)

Tamanee

They make Taiyaki, which is a fish shaped pancake stuffed, traditionally with a sweet filling. They use a special method called “ichigojirai”, which gives a nice crispy coating. They only sell the Taiyaki made within 20 min, so they’re always fresh!

Shop Info

- **营业时间**
  - 10:00am - 11:00pm

- **地址**
  - 5-7-11 Asagaya-mirai, Suginami-ku, Tokyo 162-0841

- **电话**
  - 03-3314-8484

- **可接受的信用卡**
  - Credit Cards are accepted

Kamajuu Kamaboko Shop

They have been providing ingredients for Oden (fishcakes and vegetable broth), since 1936. Every ingredient is selected carefully for the best quality. They also provide fresh Oden, so you can try it right after purchase beside the shop.

Shop Info

- **营业时间**
  - 11:00am - 7:00pm

- **地址**
  - 5-7-11 Asagaya-mirai, Suginami-ku, Tokyo 162-0841

- **电话**
  - 03-3314-8484

- **可接受的信用卡**
  - Credit Cards are accepted

Mitsuya's Liquor

The local liquor store has a wide range of alcohol from Sake to wine. Enjoy a glass at the bar on the far side of the store. A wash chef comes to serve occasionally. **Twitter**: @KawaseToy0328

Shop Info

- **营业时间**
  - 10:00am - 7:00pm

- **地址**
  - 5-7-11 Asagaya-mirai, Suginami-ku, Tokyo 162-0841

- **电话**
  - 03-3314-8484

- **可接受的信用卡**
  - Credit Cards are accepted

Souvenir & Momentoes

- **Irorado**
  - 大黒堂
  - You can purchase second-hand Kinmonos from around ¥500. Many tourists overseas get a Haori short coat for their everyday use. Other traditional Japanese items are also available.
  - **营业时间**
    - 11:00am - 7:00pm
  - **地址**
    - 5-7-11 Asagaya-mirai, Suginami-ku, Tokyo 162-0841
  - **电话**
    - 03-3314-8484

- **Mitsuya no KI & Kamakura**
  - びどうの木の美術館
  - If you are looking for souvenirs, then this shop is your best bet. It makes many types of wafers that are suitable gifts. The most famous being “Tokyo Banana”, which is often sold at train stations in Tokyo. For souvenirs from a long trip, “Kamakuraangels” and “Sugar Butter no KI” are recommended because they have a long shelf life.
  - **营业时间**
    - 10:00am - 7:00pm
  - **地址**
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  - **电话**
    - 03-3314-8484

- **Sukuzien**
  - 酒大批
  - A goldfish pond is located in this residential area. The fee is ¥600 per hour, and you can take away up to 3 goldfish if you can catch them. Don’t worry, you can release them as well. Be patient as it normally takes around half an hour to catch one fish. Relax while watching the goldfish swim around in the water.
  - **营业时间**
    - 11:00am - 8:00pm
  - **地址**
    - 5-7-11 Asagaya-mirai, Suginami-ku, Tokyo 162-0841
  - **电话**
    - 03-3314-8484

- **Manpuku Honpo**
  - 山福本店
  - The most famous being “Tokyo Banana”, which is often sold at train stations in Tokyo. For souvenirs from a long trip, “Kamakuraangels” and “Sugar Butter no KI” are recommended because they have a long shelf life.
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  - **地址**
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  - **电话**
    - 03-3314-8484
Otaguro Park

Walking from nearby Ogikubo station for about 10 minutes will bring you to a place of interest. Upon arrival, you will see the understated, but elegant gate. This is the entrance to the grounds of the former mansion belonging to Mr. Motoo Otaguro. Mr. Otaguro was a music critic. It’s open to everyone from 9am to 5pm. A subtle feat of landscaping has allowed for a beautiful stream to feed into the pond. Here, you can sit and relax in the arbor, and take in the enchanting scenery. Food and drinks is allowed in certain areas of the park. It’s lit up at sunset from the end of November until the beginning of December for viewing the autumnal foliage.

Neiroya

Not only can you enjoy classic Shoyu and Shio raman, but also very unique seasonal raman, such as Lemon ramen (winter only). On top of those, you can have shaved ice all year around. Delicate shavings of ice topped with sauces made from carefully selected fruits. If you’d like to have shaved ice only, visit them from 2pm onwards on weekdays, and from 4pm onwards on weekend.

Otaguro Park

The best way to enjoy the food is to sit in one of the lovely arbors that are spread over the grounds of the former mansion. Mr. Otaguro’s western-style workspace, which was a rarity when built, has been repurposed as a museum. It is registered as a Tangible Cultural Property.

Sato Croquette Shop

It’s a small shop situated on a back alley, so don’t miss it! They sell Menchikatsu (minced meat cutlet), Kushikatsu (cutlet on a skewer) and other items as well as their iconic croquette. The best way to enjoy these treats is straight after you purchase them beside the shop.

Neiroya

This shops flagship store is located in Ginza with another branches in Kyoto. Fragrant wood, such as sandal wood is often purchased by tourists from overseas. People come to get incense sticks from here because they say that Japanese incense has a wonderfully unique aroma. It’s worth checking out the considerate way in which they gift wrap them.

This town is famous for its ramen, but there are many other delicious options, such as a bakery and deli. Takeout and enjoy the food in the local parks!

Takeout & Enjoy

Onigiri no Sankaku Yama

You can buy Onigiri rice balls with popular fillings, such as Umeboshi pickle, cooked salmon etc. You can dine-in from midday onwards.

Otaguro Park

Mr. Otaguro’s western-style workspace, which was a rarity when built, has been repurposed as a museum. It is registered as a Tangible Cultural Property.

Boulangerie brun

Their savory buns and pastries are all cute and bite size. There’s a wide variety of choice from mini-burgers to little tarts. It’s situated at the south exit of Ogikubo station.

Onigiri no Sankaku Yama

You can buy Onigiri rice balls with popular fillings, such as Umeboshi pickle, cooked salmon etc. You can dine-in from midday onwards.

Otaguro Park

Mr. Otaguro’s western-style workspace, which was a rarity when built, has been repurposed as a museum. It is registered as a Tangible Cultural Property.

ZENPUKUJI RIVER

This shops flagship store is located in Ginza with another branches in Kyoto. Fragrant wood, such as sandal wood is often purchased by tourists from overseas. People come to get incense sticks from here because they say that Japanese incense has a wonderfully unique aroma. It’s worth checking out the considerate way in which they gift wrap them.

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Mr. Otaguro’s western-style workspace, which was a rarity when built, has been repurposed as a museum. It is registered as a Tangible Cultural Property.
NISHI-OGIKUBO 西荻窪

Curios, antiques, second-hand books...this town is full of things that were previously cherished and still have life left to give. You will find that time goes by slowly and leisurely amongst these things.

Kidoairaku

Pronounced “ki-do-eye (I)-raku”, the owner is often impressed by their ideas on how to use Japanese antiques and curios that were previously cherished and still have life left to give. You will find that time goes by slowly and leisurely amongst these things.

SHOP INFO
- 2-3-12-22 Shoan, Suginami-ku
- 03-3301-2460
- Open: Mon - Thu: 1:00pm - 9:30pm; Fri & Sat: 1:00pm - 9:00pm

Kanagawa Prefecture to purchase various antiques, from artistic pieces back to his hometown in Yamagata every other month the owner goes to daily use items. Prints are a popular purchase among visitors.

You will find tableware and folk craft goods selected by the owner. Feel free to take the scenery of the garden. In the general store section, the owner carefully selected by the owner.

A café & general store located in a residential area, a little off from the station. You can have a set Japanese meal and seasonal atmosphere. In the general store section, you will find tableware and folk craft goods carefully selected by the owner.

有安本町

The owner is often impressed by their ideas on how to use Japanese antiques and curios that were previously cherished and still have life left to give.

初めは昔ながら木製の長机に、別れの時までに書き込むことになったものです。ジャパニーズデザインにオーナーことわりの食器や雑貨品揃い。

Antiques Jikoh (ANTIQUE SHOP)

A very popular Yakitori bar located at both south and north exits. The south west shop is rather photogenic with its storefront red lantern, but when you visit them for the first time the north exit store is more suitable, as you can order from counter or table easily.

The combination of craft beer and second-hand books makes this place unique. It’s a relaxing space with Tatami mats upstairs that you can enjoy for ¥1000 per hour (one glass of beer or soft drink included).

BREW BOOKS

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Antiques Jikoh (ANTIQUE SHOP)
SUGINAMI ARTISAN MARKETS

マシラージャくめんりーむ！

KOENJI APARTMENT

高円寺アパートメント

INTERVIEW WITH SUGINAMI LOCALS

Small lawn open to everyone みんなに開かれた芝生広場

"KOenji apartment is a new style of rental apartment with a mixture of accommodation, shops, and ateliers. I live in an accommodation/shop here and work as a manager of "Mamekurashi kankiyou". I also represent and manage the community of the residents of this apartment block. I can carry out my duty as a community manager even though I live somewhere else. However, I thought it would be more helpful to create a better community if I live here. One of the greatest features here is that non-residents are able to come and visit the shops and not just the residents. I’d like tourists from overseas to visit our shops, sit and relax on the lawn with food and drinks from the café and bar here. A lot of people come to our market events, and beer festival held once a year.

Sara Miyata 三屋紗里

A member of "Mamekurashi", which is a company managing the rental apartments called "KOenji Apartment". She is a resident community manager. Visiting residents and non-residents (to whom you can ask for a rental apartment) are welcome to use the lawn in front of the building regularly all year round.

Facebook: https://www.facebook.com/koenjapartment/

Please be aware that this map is not to scale, nor does it include every feature of this area.

Suginami locals love their food and festivals! You will spot artisan markets and morning fairs almost every weekend. It's a good chance to have conversation with the local residents.

KOENJI MAP P07-

ZA-KOENJI Za no Ichi 座・高円寺 座の市

ZA-KOENJI Public Theatre has a food market in the open space at the front of the building once a month. You can find various delicious cuisine gathered from all over Japan, such as fresh vegetables, buns and pastries, and specialties from each district. Enjoy seasonal events such as the first rice crop tasting in autumn and "Mochitsuki" at the beginning of the year.

"the process of pounding steamed rice into Mochi"

Sugimaru

Ko-enji station. Iogi-kaikan hall will appear in front of you. It's a two story wooden building that's been over 80 years old. Handmade craft market is held once a month here.

Various shops and organizations join this market and make it merry, resembling the very nature of Nishi-Ogikubo itself.

After this market ends at 11am, another market called "Hin-ichi" is held at the restaurants around the south exit area of Nishi-Ogikubo station.

NISHIOGIKUBO MAP P13-

Nishi Ogikubo Shinmeidori St. Asaichi 西荻神明通りさいち

Take a stroll along Kotto-dori street (antique street) for about 12 min from Nishi-Ogikubo station. Logi-kaikan hall will appear in front of you. It's a two story wooden building that's been over 80 years old. Handmade craft market is held once a month here.

Various shops and organizations join this market and make it merry, resembling the very nature of Nishi-Ogikubo itself.

After this market ends at 11am, another market called "Hin-ichi" is held at the restaurants around the south exit area of Nishi-Ogikubo station.

NISHIOGIKUBO MAP P12-

Nishi Ogikubo Teshigotoichi 西荻手しごと町

Take a stroll along Kotto-dori street (antique street) for about 12 min from Nishi-Ogikubo station. Logi-kaikan hall will appear in front of you. It's a two story wooden building that's been over 80 years old. Handmade craft market is held once a month here.

Various shops and organizations join this market and make it merry, resembling the very nature of Nishi-Ogikubo itself.

After this market ends at 11am, another market called "Hin-ichi" is held at the restaurants around the south exit area of Nishi-Ogikubo station.

NISHIOGIKUBO MAP P13-

Nishi Ogikubo Shinmeidori St. Asaichi 西荻神明通りさいち

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NISHIOGIKUBO MAP P12-

Nishi Ogikubo Teshigotoichi 西荻手しごと町

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Nishi Ogikubo Shinmeidori St. Asaichi 西荻神明通りさいち

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While you are traveling, your schedule maybe pretty hectic. Even so, you don’t want to give up having nice local food, do you? Ramen that you can eat quickly, or breakfast sets that are offered by cafés open from early morning are always an option. Which shop are you interested in?

**Asagaya: Tontosu Tonkotsu Ramen House**

This shop’s breakfast set has a lot to offer, such as jam and toast, a vegetable side, potato salad and fruit. Their aromatic coffee is highly recommended to have with their breakfast. They have lots of options to chose from.

**Nish-Ogikubo: Menya Someiyoshino**

You can order a variety of ramen including “Shoyu ramen”, “Tsuke men” (dipping noodle) and popular “Shio ramen” which has a delicious chicken and seafood stock base. It’s not only the noodles that are tasty, but also “Char-siu don”, which is stewed pork over rice. Even big groups can be accommodated at this shop due to it offering table service as well as counter dining.

**Ogikubo: Tabibito no Ki**

This is a “Mazesoba” style noodle shop in the ramen hotspot, Ogikubo. They serve 3 types of Mazesoba, the classic “Abura soba”, the spicy “Taiwan mazesoba” and the curry flavoured “Indo (Indian) mazesoba”. Mix well before you eat!

Enjoy changing the flavor of your ramen by adding seasonings, such as garlic and ginger.

**Ogikubo: Cafe CLAIR**

This cafe, which is situated a nostalgic shopping street, has four breakfast sets to choose from. You can have just toast, toast with a fried egg, toast with bacon & egg, or a grilled sandwich. The last choice has “Tamagoyaki” (Egg roll) inside, and it’s a long-time best seller.

Enjoy changing the flavor of your ramen by adding seasonings, such as garlic and ginger.

**Okanji: Poppins**

This long-established cafe serves a breakfast set consisting of toast, salad, a boiled egg, vegetable juice and a drink of your choice. You can choose the spread for your toast from butter, honey, jam, or cinnamon sugar. The friendly owner serves hot drinks in beautiful antique cups. Smoking is allowed.

**Ogikubo: Manpuku Honpo**

Genuine Hakata style Tonkotsu (pork bone broth) ramen, which includes extremely thin noodles, braised pork belly, wood ear mushrooms and chopped spring onions. Curry made from Tonkotsu ramen soup is popular, too. If you’d like to have your noodles cooked a little firmer, then tell them you want “Hangan”, which literally means “wire”.

**Ogikubo: Morish!**

This long-established cafe serves a breakfast set consisting of toast, salad, a boiled egg, vegetable juice and a drink of your choice. You can choose the spread for your toast from butter, honey, jam, or cinnamon sugar. The friendly owner serves hot drinks in beautiful antique cups. Smoking is allowed.

**Nishi-Ogikubo: Nish-Ogikubo**

This long-established cafe serves a breakfast set consisting of toast, salad, a boiled egg, vegetable juice and a drink of your choice. You can choose the spread for your toast from butter, honey, jam, or cinnamon sugar. The friendly owner serves hot drinks in beautiful antique cups. Smoking is allowed.