A FOREIGNERS GUIDE TO THE TOKYO MARATHON
About the Guide

This guide has been created to address the questions of a first time runner of the amazing Tokyo Marathon. This unofficial guide also aims to encourage visitors to maximize enjoyment of their time visiting Japan.

* None of the information is intended to replace or supersede any official material provided by the Tokyo Marathon foundation.
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PLAN BEFORE YOU LAND
Flights & Arrival

NARITA AIRPORT

Narita Airport, which is located 60 km to the east of central Tokyo, is the main entry point for international arrivals to Japan. The airport has three terminals: 1, 2, and 3. You can access transportation to Tokyo from all the terminals. While taxis and buses can transport passengers into Tokyo, the quickest way is the JR Narita Express train, which transports you in only 1 hour to Tokyo Station.

TRANSPORT

Narita Express (Train)

Trains run to Tokyo Station, Shinjuku, and Yokohama every 30 minutes during most of the day. You can get a round-trip ticket (Narita-Tokyo) at the station for 4,000 Yen. You can find more information on the JR East Railway website: http://www.jreast.co.jp/e/pass/nex_round.html

Limousine Buses

These buses operate every day, leaving every 5 to 30 minutes. You can purchase tickets from the 1st Floor Arrival Lobby. If you are heading to Shinjuku, it takes around 85 minutes to reach there from the Narita airport. One-way tickets cost 3,100 Yen. You can find more information here: http://www.narita-airport.jp/en/access/bus/

Taxis

Taking a taxi from/to the airport is not recommended due to the high cost. However, there are taxis available 24 hours a day and the price is around 22,000 Yen for a ride to Shinjuku from the Narita Airport.

OTHER SERVICES

Tourist Information Centre

The Tourist Information Centers are located in the arrival lobby of Passenger Terminal 1 and Passenger Terminal 2.

Luggage Delivery Service

These door-to-door baggage services are fast, cheap, and a secure way to get your luggage delivered to its destination. If you are traveling with a lot of luggage, the delivery service (Takuhaibin in Japanese) can save you time and hassle. You can find the many delivery service counters in the terminal lobbies.

Money Exchange

There are more than 16 banks at the airport where you can exchange currency.
Flights & Arrival

HANEDA AIRPORT

Haneda Airport, formally known as Tokyo International Airport, is located less than 30 minutes south of central Tokyo.

TRANSPORT

Keikyu Line (Train)

You can get to Tokyo Station in 20 minutes (580 Yen) and Shinjuku in 30 minutes (610 Yen) with the Keikyu Line train.

Keikyu Limousine (Bus)

The Keikyu Limo Bus might be a good option for those who are heading to Odaiba (520 Yen) or Yokohama (580 Yen), as both destinations take approximately 40 minutes. Of course, you can access other locations as well. Find more information on the official website: http://hnd-bus.com/

Taxis

If it is late night or early morning, you might want to consider catching a taxi. The taxi fare from Haneda to Shinjuku is around 6,800 Yen.

OTHER SERVICES

Tourist Information

You can find a tourist information at the international terminal 2F (24 hours) and Keikyu Tourist Information Center (7:00-22:00) at the Haneda train station. Both have free Wi-Fi and personnel speaking English, Chinese, and Korean languages.

Luggage Delivery Service

You can find luggage delivery service in the arrival lobby on the second floor. If you are departing, you can collect the delivered luggage in the departure lobby on the third floor.

Money Exchange

You can find 24-hour currency exchanges in the arrival and departure lobbies.
Accommodation

Most commonly, marathoners will want to choose between staying in the Ariake Bay area or Shinjuku / Central area. Both have a strategic value, with Shinjuku being close to the marathon starting point at the Tokyo Metropolitan Office and Ariake Bay area being where the marathon finishes.

**ARIAKE BAY**

If you like the idea of getting over the finish line and heading straight to a hot shower (or small bathtub) and a laydown, then Ariake is a great choice. It’s also right next to the Tokyo Big Sight where the marathon expo and race pack collection is. There are buses organized by the hotels that can get you to the start line on race day or you can also take the train. The downside to staying here for the whole stay is it is a little far out of the ‘happening’ areas of Tokyo. Many people who stay here find it a bit of a remote base for exploring Tokyo.

**SHINJUKU**

Shinjuku is a vibrant suburb of Tokyo and offers some of the quirkiest elements of Tokyo along with the sobriety of the Tokyo Metropolitan Government district. Staying around Shinjuku means only a short train ride or a short walk to the start line.

**OTHER OPTIONS**

With both the above recommendations stated, you can choose to stay in any area of Tokyo you like, as the train system in Japan is among the best in the world. Just be sure you know your route for getting to the race in the morning, and plan how you will get back after the marathon – do this and you will be fine!

**JR RAIL PASS**

JR Rail Pass is an offer from the Tokyo Government providing an incentive for foreigners to visit the broader Japanese countryside. You must purchase this in advance of your arrival, and you can collect the JR pass at one of the counters available at major train stations.

The JR Pass can be used for unlimited train travel in Japan for one, two or three weeks at a reasonable cost, but the JR Pass can be used by foreign tourists only.

*Note: In order to obtain the JR Pass you must purchase an exchange order from an authorized sales agent or sales office before coming to Japan.*

JAPANRAILPASS

If you have already purchased the exchange order and need to obtain your JR Pass, you can find all the JR Pass office locations at the link below: http://www.japanrailpass.net/img/purchase/file/exchange_station.pdf
Portable Wi-Fi/Data

Google Maps, and other navigation apps, comes in handy when traveling to different places, especially Tokyo, but before you can access your maps, you need an Internet connection.

Portable Wi-Fi, a mobile rental or a SIM card can be arranged at the airport in advance of your arriving in Tokyo, or you can simply sign up at the airport. BIG Camera (major household goods retailer in Japan) also provide SIM cards and portable Wi-Fi for purchase, if you decide you need to purchase later, after arriving in the city of Tokyo.

**WI-FI PROVIDERS**

GlobalAdvancedComm is a reliable portable Wi-Fi provider with reliable network coverage and fast speeds. Their pricing starts from 870 Yen / day.


**RENTAL SIM CARDS**

If you need to make international phone calls while visiting Japan, then you might want to consider renting a SIM card. Starting from (24 Yen / minute)


**FREE WI-FI HOTSPOTS**

In Tokyo, there is also a growing number of locations that offer free Wi-Fi hotspots. Japan Connected-free Wi-Fi connects to all Wi-Fi hotspots in Japan free of charge.

The Tokyo Marathon Expo is located at Tokyo Big Sight, which can be accessed via the Rinakai Line, Kokusai-Tenjijjo station or the Yurikamome line, Kokusai-Tenjijjo-Seimon stations. The Tokyo Big Sight is aptly named, as it’s big and when the expo is on, there is plenty to see!

To really soak up everything you should plan to spend the bulk of a day here. Navigating the stores, promotional stands, and the crowds of people is like a mini marathon in itself, and, as there isn’t much in terms of seating, we highly recommend avoiding peak times. Best you turn up early on the Thursday or the Friday ahead of the race, as the Saturday is massively crowded.

As with most major marathon exhibitions, you can load up on supplies for the race, if you need them. In terms of clothing, don’t rely on finding what you need, unless you fit into a standard smaller size range, as they don’t stock a lot of clothing / shoes catering to larger western sizes.

There will also be the usual race stands detailing the route, other marathons you might choose to participate in, the chance to take a photo keepsake, as well as booths with reading material about the race route, history, and other such things. Do note that most of the information sessions with famous local athletes are in Japanese only, so unless you have brushed up impressively on your Nihongo, much of it will be merely a visual spectacle.
RACE DAY PREPARATIONS
HYDRATION

The hydration stations are well equipped; clean water is used and stations are frequently, and evenly, spaced throughout the course. You should note the restrictions regarding your own hydration, which can be confusing - I suggest just relying on the very well-equipped hydration stations.

FOOD

So far, as official stands go, there are plenty of food sources; you can expect bananas, buns, plums, and even tomatoes to be supplied along the race.

The crowd very often brings plenty of goodies to the sidelines and offers them freely to runners as they cheer you along (fighto!!!). Some have chocolates, some have plums, some have miso soup... Don't be shy and be sure to say arigatou!

Of course, pack your favorite brand of fuel, but just be careful about travel restrictions on fluids.

CLOTHING

PONCHO

Whatever you are wearing for the race itself, it is highly recommended that you pack a poncho for the start line as wind, rain or light snow is likely.

THROW AWAY COTTONS

On top of that, some old warm clothing that you don't mind disposing of will go a long way. You can quickly whip these extra layers off a few minutes before the gun fires and carefully toss them over the sidelines or hold onto them and drop them into a trash bag along the side of the course.

Of course, you can be a penguin, and huddle in the crowd and try to keep warm by jumping around, but trust us on this, you are much better off packing a pair of warm sweatpants and a cotton jumper to wear while waiting at the start line. When the cold wind rushes through the crowd, you will be thankful.

LONG PANTS

If you don't tolerate the cold well, consider compression pants for your legs and a long sleeve shirt or even two layers for your top.

GLOVES

I strongly recommend gloves for the entire race.

BEANIE / BUFF / EAR WARMERS

This one is optional but something to keep your ears and head warm, especially at the start of the race, is worthwhile. Depending on the conditions of the day, you probably can wear this item for the whole race. Again, something you don't mind tossing away is smarter if you don't want to end up carrying it the entirety of the race.

GLASSES

Transition sunglasses, they help with keeping rain and wind out of your eyes and the sun when it does shine can be quite bright.
Oh, the excitement of race day!!! This is when it all comes together: the culmination of your training, your planning, and the fortune (or misfortune) of the mysterious randomness of your human biorhythms that will tell if today is going to be a day to remember with happiness or a day of a somewhat less pleasant recall. No matter the outcome of your own personal hopes for the day, we are sure you are going to find plenty to be delighted about by this marathon experience.
ARRIVAL TIME

Be sure to arrive with plenty of time up your sleeve - it’s crowded, a bit chaotic, and you have a few tasks...

A. PASS THROUGH SECURITY
A slow process with long lines.

B. FIND YOUR TRUCK, DROP YOUR BAG!
Not too difficult; it’s busy in the crowd, but the trucks are well marked by signs.

C. FIND YOUR STARTING GATE
Study the entrance gates map provided in the race kit to get a sense of where you are headed before you arrive. They are spread over a large area and it can take some time to get there.

D. NATURE CALLS?
Lots of portable toilet stations are provided but still the lines are long. Expect a wait. There are no toilets after you pass through the gate.

Once you are in your gated area, it’s a wait. There is the usual fanfare of speeches (all in Japanese), and while this is happening, enjoy looking at some of the crazy costumes, clap the elite runners off, embrace the cold, and get ready for your start!

THE START

With 35,000 people participating in the marathon event, you can expect congestion at the start of the race. So if you are out for a PB you want to be up at the front of the pack. Despite the wide-open roads and well-organized route, there will be elbow-to-elbow situations in the early stages, which can lead to some frustration navigating through the herd for the first 5km or so. Generally, the Japanese are extremely polite runners and will make way for you if you are outpacing them, but sometimes, you will just have to wait for the right opportunity to make a pass. Please be patient and considerate of your fellow participants.

Also at the start of the race, be careful with the debris under your feet. A lot of people abandon their clothing, ponchos, etc., and don’t manage to toss them over the sidelines, so this can be a bit of a hazard. Also, be careful with the road dividers that are large and prominent, but obscured by the crowded conditions.

RACE TERRAIN

Delightfully, the race starts with a gentle downhill for the first few kilometers, and only has gentle undulations during the route. The steepest (not steep at all) climbs are the onramps towards the end of the race, where you run along the highway for a period. It’s the last 10k of the race when these come up, but don’t be daunted, just lean in and enjoy the push – or walk over them. 😊

The entire course is road tarmac that is very well maintained for the most part.

RACE SUPPORT

Race support is incredible at the event, with an estimated 1.7 million supporters braving the cold and heading to the streets to cheer you along the way. Dotted all along the way, you will find plenty of runner entertainment with Hawaiian dancers, traditional drums, and cheer squad groups. Not to mention the sheer enjoyment of running through the heart of Tokyo city.

At what other time of your life, do you have 1.7 million people you don’t know cheering you on to succeed and wanting to hi five you along the way? Soak it up.

Aid stations are extremely well organized, but as with any marathon event, please be careful when crossing to take hydration or fluids. With the human traffic changing direction and the slippery surface of spilled fluids, there are plenty of bumps and falls that happen around the stands. Take care and be patient.

START LOCATION

The event starts right on top of Shinjuku station under the Tokyo Metropolitan office. Shinjuku station is a major hub, so you should be able to find your way here from most of the rail lines with relative ease.

The main event marathon kicks off at 9:05 a.m. and they do not tolerate late attempts to get to your gated area. If you arrive after the gates close, you will be asked to join the back of the event or will not be allowed to join at all.

THE FINISH

The finishing area of the Tokyo marathon might be the pinnacle of Japanese organization capability. Not crowded, wide-open space, cheered and congratulated by the support staff, you will be given supplies to hydrate, eat, and ease your sore muscles. Not to mention the cool Tokyo Marathon Towel and the never disappointing prize, the Tokyo Marathon finishers medal!

The bag collection process is efficient and there is plenty of space for you to change, rest, and recover ahead of making your way home or back to the hotel. This is about as good as it gets folks.
FAQ
WHAT WILL THE WEATHER BE LIKE?

Cold! 5.14 degrees Celsius is the average at 9 a.m. in Tokyo on Marathon day over the past 5 years.

It can be a bit of a mix, but do expect it to be cold with the likelihood of rain/drizzle conditions. You can expect some gusts of wind, bright sunshine, snow, and/or light rain throughout the race, especially from the start until the sun rises and things warm up a little.

CAN I BRING MY OWN HYDRATION?

Not really. Plastic bottles are forbidden at the race, as a protection measure against chemical attacks. The only exception is represented by unopened paper packages of drinks and plastic pouches of energy supplements, limited to a total volume to 200 milliliters per bottle and 400 milliliters in total.

ARE THERE ANY STEEP CLIMBS / DECLINES?

Nope. It’s a very flat course with gentle undulations. At a few points, you will take an onramp as the route takes you onto a highway area, but that is about as steep as it gets.
GENERAL INFORMATION
**TOKYO RAILWAY SYSTEM**

Tokyo’s public transportation is the most convenient way to travel around the city. On weekdays, it is good to avoid the morning rush hour from around 7 a.m. to 9 a.m. In general, the trains and subways in Tokyo run from around 5 a.m. to 12:30 a.m.

More general information on Tokyo public transportation is on the website:

It is recommended to buy a prepaid fare card (Suica and Pasmo), which you can use on trains, subways, and buses in Tokyo and Yokohama. You can buy these prepaid fare cards at every train station. You can either buy them directly from the vending machine or from the station’s ticket counter.

For more information see website http://www.jrpass.com/blogs/benefits-of-prepaid-travelcards

**WEATHER**

February in Tokyo is considered winter. Temperatures do not usually fall below freezing, though snow showers do occur from time to time in the center of the city. Days are short with sunset around 5:00 p.m. Temperatures during February range from -1°C to 9°C (29°F to 48°F).

**TOKYO METROPOLITAN DISTRICT PASS**

The Tokyo Metropolitan District Pass allows unlimited rides on local and rapid JR East trains (excluding reserved seats) within the 23 Special Wards of Tokyo. What a convenient way to travel around Tokyo for shopping, eating, and even business.

Price is 750 Yen / Adult. You can purchase these tickets at JR ticket offices in most Tokyo train stations.

More information here:
http://www.jreast.co.jp/e/pass/tokunai_pass.html

Also, check out the Tokyo Tour Ticket that allows unlimited rides on local and rapid JR east trains as well as on the subways, streetcars, and bus lines within Tokyo’s 23-wards.

More information here:
http://www.jreast.co.jp/e/pass/tokyo_free.html

Tokyo Metro 1-day Open Tickets are another option. Valid for one day of unlimited rides on all Tokyo Metro lines. These can be purchased on the day of use or in advance. Price is 600 Yen / Adult. You can purchase tickets from any metro station.

Also, you can see other options on the Tokyo Metro website:

**FINDING FREE WIFI**

You can find many locations in Tokyo that have free Wi-Fi hotspots. For example, most of the convenience stores (7-Eleven, Lawson...) have free Wi-Fi. In addition, all the Starbucks coffee shops have free Wi-Fi.

Find more information on their website: https://www.gotokyo.org/en/tourists/info/wifi.html

**TAXI SERVICES**

Taxi fares start at ¥710 for the first 2km (1 1/4 miles) and increase ¥90 for each additional 288m (950 ft.) or 40 seconds of waiting time. Fares between 11 p.m. – 5 a.m. are generally 20% more.

Catching a taxi in Tokyo is just like in any other big city. You can wave or raise a hand to get a taxi driver’s attention on the street. When you see these letters lit up in red “空車” on the taxi’s windshield, this means the taxi is vacant.

You can also find taxi stands at most of the stations and shopping malls.

Don’t be surprised when the taxi doors are opened and closed automatically for you; the taxi driver can control the doors from the driver’s seat. Always get in the back seat after the driver opens the door. All taxis in Tokyo are non-smoking.

If you need to call a taxi, there is an English speaking service available at 03-5755-2336.

You can find out more on their website: http://www.nihon-kotsu.co.jp/en/
CURRENCY
You can withdraw Japanese Yen from many of the bank ATMs, although, some might not accept foreign bank cards.
But if you see a Post Office ATM or the 7 Eleven ATM you can always withdraw from these with foreign bank cards.
Note that the airport exchange points do not have very favorable rates. If you need to exchange money look for the Japan Post exchange points, they keep the same rates across Japan.
It also is advisable to exchange some money before you arrive in Japan.
You can also exchange currency at any bank. Most of the banks operate from 9 a.m. to 3 p.m. on weekdays and closed on public holidays. If you exchange currency in a bank, it is advisable to bring your passport with you as they often require it.

MEDICAL CENTERS

TOKYO MEDICAL UNIVERSITY HOSPITAL
Address: 6-7-1, Nishi-Shinjuku, Shinjuku-ku, Tokyo
 Telephone: 03-3342-6111
 Website: http://hospinfo.tokyo-med.ac.jp/english/index.shtml

SANNO HOSPITAL
Address: 8-10-16, Akasaka, Minato-ku, Tokyo
 Telephone: 03-3402-3151
 Website: http://www.sannocl.or.jp/english/index.php

THE JIKEI UNIVERSITY HOSPITAL
Address: 3-19-18, Nishi-Shinbashi, Minato-ku, Tokyo
 Telephone: 03-3433-1111
 Website: http://www.jikei.ac.jp/hospital/honin/index.html

SAISEIKAI CENTRAL HOSPITAL
Address: 1-4-17, Mita, Minato-ku, Tokyo
 Telephone: 03-3451-8211
 Website: http://www.saichu.jp/

EMERGENCY NUMBERS
An emergency phone call can be made free of charge from any phone including public pay phones.

Traffic accident, theft, lost and found – Call 110
If you become involved in or witness a traffic accident or crime, make an emergency call to the police by calling 110. No area code is necessary to call from anywhere in Japan.

Sudden illness and injury – Call 119
Make an emergency call by calling 119 (the same number in case of fire) to ask for an ambulance in case of sudden illness or injury.

Japan Helpline – Call 0570 000 911
Japan Helpline, Japan’s only 24-hour non-profit, nationwide emergency assistance service. Call 24 hours a day, from anywhere about anything, from a simple question to emergency assistance.
Website: http://www.jhelp.com/en/jhlp.html
POST-MARATHON FUN

Assuming you have a day or two post-marathon to stay and enjoy Tokyo, here are a few suggestions for post-marathon entertainment. Of course, the country has a phenomenal amount of things to do and see, this is my short list:
Visit Onsen

Known as hot spring in English, Japanese onsen encompass much more than simply the spring themselves. Tokyo city isn’t really the best destination to enjoy an onsen, although there are some available throughout the city. My advice is you save the day after the Marathon for a trip to Hakone, which is accessible via the Shinkansen (Tokyo station) or by the bus from Shinjuku.

Hakone has an extensive assortment of onsen where you can rest and recover your tired legs post-marathon.

SOUNKAKU

SOUNKAKU is a Traditional Japanese Hotel called Ryokan. Relax in your traditional Japanese style room and enjoy the delicious seasonal dishes served when you stay at Sounkaku overnight. It is very easy to access by Hakone Tozan train line.
Address: Hakone Machi Gora 1300-492, Ashigarashimo-gun, Kanagawa, 250-0408

GORA KADAN

Gora Kadan is a modern onsen-ryokan just outside Hakone. The Ryokan is surrounded by hills, mountain streams, and groves of bamboo trees. Short walk from Gora train station.
Address: 1300 Gora, Ashigarashimo-gun, Hakone-machi 250-0408, Kanagawa
English website: http://www.gorakadan.com/index_english.html

FUKUZUMIRO RYOKAN

A very nice traditional ryokan that is easily accessible from Tokyo. If you want to experience traditional Japanese accommodation, then this is a good place to come.
Address: 74 Tounosawa Hakone-machi 250-0315, Kanagawa

HAKONE GINYU

The location overlooking the mountains is breathtaking, and you can expect to have a truly relaxing experience in this Japanese ryokan. Just a few steps from the closest train station (Miyanoshita).
Address: 100-1 Miyanoshita, Ashigarashimo-gun, Hakone-machi 250-0404, Kanagawa
English website: http://www.hakoneginyu.co.jp/english/
Do you need help finding a karaoke destination in Tokyo? No, you don’t. But this is certainly a great way to relax and experience some authentic Tokyo lifestyle. All you can drink options, along with as many tunes as you can belt out for the duration of your session for a set fee.

UTAHIROBA

One of the most popular karaoke in Tokyo, Utahiroba is easily identified by its logo—a big smiling pink face, usually wearing yellow gloves. Utahiroba is known as one of the cheapest, major chain karaoke in Tokyo and many of their stores stay open 24hrs depending on the location. They also offer an online reservation system—but only in Japanese. Their food menu is quite extensive as well, and you can expect the usual fried snacks and dishes that you can easily get at any low-end izakaya.

KARAOKE NO TETSUJIN

Also known as Karatetsu for short, Karaoke no Tetsujin also has branches all over Tokyo. If you want to have some fun, and/or to sing karaoke in style, Karatetsu also has some fancy rooms for kids, ladies, and VIPs (among others), as well as party plans. It also has costumes that you can put on while singing, as well as occasional tie-ups with anime series.

Prices start from 152 Yen / 30 mins
English website: http://www.karatetsu.com/e/

SHIDAX

The booths are a little classier than most, with leather armchairs and neon lighting in place of the standard uncomfortable bench and 70s wallpaper. But most don’t linger in this branch, starting the night here before venturing into Roppongi, a bar-riddled district that has been attracting party people since the 1970s, when locals and amorous American soldiers from the nearby barracks would collide into the small hours. These days watch out for hustlers looking to push the gullible into their bars and alpha-male expat executives called Victor with money to burn.

Japanese website: http://www.shidax.co.jp/sc/5-2-4 Roppongi, Minato-ku

LOVENET

Home to Tokyo’s most surreal booths, Lovenet is a Roppongi favorite offering karaoke with a twist. Need a room for 100 people? They’ve got one. Feel like singing while submerged in a hot tub? They’ve got that too. Other rooms include Heaven, complete with crystals underneath a glass floor and brilliant white decor reminiscent of the Milk Bar in Kubrick’s Clockwork Orange; Attic, with an elevated platform from which to take photos; and Monaco, where the decor and stage resemble a set from a David Lynch movie. Be warned: such novelty doesn’t come cheap: it’s about £220 for an hour of karaoke in the bath, or £350 for you and 40 friends to recreate your favorite Lynchian moment.

Hotel Ibis 3F-4F, 7-14-4 Roppongi, Minato-ku
Mon-Wed 6 p.m. - 11 p.m., Thurs-Sat 6 p.m. - 2 a.m.

KARAOKE-KAN

Famous for the film “Lost in Translation,” this large chain is quite ubiquitous, and has branches all over Japan, from Hokkaido to Kyushu. Karaoke-Kan also has special rates for members, so go sign up for a membership if you think you’ll be visiting your nearest Karaoke-Kan pretty often.

Shibuya branch: 30-8 Udagawa-cho, Shibuya-ku.
Open from 11 a.m. to 6 a.m.
Craft Beers

Craft beer scene in Japan has taken a serious upturn in recent years with a number of dedicated establishments to offer you some of the best local and international brews on the market. A great way to celebrate the greatest Japanese marathon with a brew (or three) of Japan’s finest beers!

**BUKASHU CLUB POPEYE**

This legendary and popular bar has the widest tap list in town. It is located near the Edo-Tokyo Museum, go there early and enjoy happy hour (free snack with most beers). Popeye has the widest tap list in town.

2-18-7 Ryogoku, Sumida-ku Tokyo

**BAIRD TAPROOM NAKAMEGURO**

This place has around 20 varieties of Japanese beer on tap and few from U.S. breweries. The food menu includes delicious pizzas and salads.

Kami-Meguro 2-1-3, Naka-Meguro GT Plaza C-Tower 2F

**CRAFT BEER MARKET**

Craft Beer Market has 30 brews on draft. It is also one of the least expensive craft beer bars, with prices starting from 780 Yen a pint and 480 Yen a glass (300 Yen table charge). You can also find a good variety of pub food at Craft Beer Market.

http://www.craftbeermarket.jp/home.html
1-23-3 Nishi-Shinbashi, Minato-ku Tokyo

**DEVILCRAFT**

DevilCraft is another great craft beer bar where you can enjoy over 14 draft beers with some Chicago-style pizza.

http://en.devilcraft.jp/4-2-3 Nihonbashi-Muromachi, Chuo-ku, Tokyo

**BAIRD TAPROOM HARAJUKU**

Taproom Harajuku is great if you are looking to enjoy draft beer with Japanese food. The food consists of traditional light “izakaya” fare and an assortment of meat & vegetable skewers (“kushiyaki”) grilled right before your eyes.

No-surrender Bldg. 2F,1-20-13 Jingumae, Shibuya-ku, Tokyo
Tokyo has a vast array of interesting and excellent cafés serving some world class coffee, and some decent breakfasts to boot. And that statement is coming from a Melbourne coffee snob, so you know it’s true!

**BILLS**

This restaurant, originally from Sydney, is known to serve the “best breakfast in the world.” The Tokyo branch is located in Harajuku where you can enjoy the amazing scrambled eggs.

7F Tokyu Plaza Omotesando Harajuku 4-30-3 Jingumae, Tokyo

**STREAMER COFFEE COMPANY HARAJUKU**

The Seattle-style café run by champion latte artist Hiroshi Sawada – chose an unusual location for its first sister shop.

http://streamercoffee.com/harajuku

3-28-19 Jingumae, Shibuya-ku, Tokyo

**L’OCCITANE CAFE**

Perfect place for a coffee and dessert while enjoying the view of the famous Shibuya crossing.

2-3-1 Dogenzaka Shibuya Tokyo

**RAINBOW PANCAKE CAFE**

Rainbow Pancake Café is a Hawaiian-style pancake café located in the heart of Harajuku.

http://www.rainbowpancake.net/

4-28-4 Jingumae, Shibuya, Tokyo
Non-Smoking Restaurants

GONPACHI
This restaurant is very popular among overseas tourists and is located in the heart of Ginza. Gonpachi is a perfect place for those who are looking for a traditional old style Japanese restaurant. You can watch from the counter while chefs prepare Sushi and Yakitori (chicken) is broiled on charcoal. The lunch menu also includes Shrimp tempura. If you would like privacy, you can also request a Japanese-style private room.

Hours: Weekday 11:30-15:00 (LO 14:30) 17:00-25:00 (LO 24:30)
Holiday 11:30-25:00 (LO 24:30)
Address: 1-2-3, Ginza, Chuo-ku, Tokyo
English website: http://www.gonpachi.jp/gzone/?lang=en

KURI - SHIMBASHI
Kuri is a Sake restaurant and has only a limited menu. However, this is a must-visit place for Sake (Nihonshu) lovers. If you are not familiar with Sake, the Sake sommeliers will guide you through the different selections available. Another branch is located in Ginza.

Hours: Monday - Saturday, 16:00-23:30
Address: 2/F, Sakurai Bldg, 3-9-14 Shimbashi, Minato-ku, Tokyo; 2/F Tony Bldg, 6-4-15 Ginza, Chuo-ku
Website: http://www7a.biglobe.ne.jp/~kurisake/

KYOCHABANA - SHINJUKU
Okonomiyaki and Yakisoba are the specialties in this friendly and reasonable restaurant. This location is also a good choice if you are a vegetarian as there are several vegetarian dishes available.

Hours: 17:00 - 22:30 (LO) daily.
Address: 3-6-9 Shinjuku | Yamaguchi Bldg. B1, Shinjuku 160-0022, Tokyo

TSUNAHACHI - SHINJUKU
Tsunahachi restaurant is a traditional Japanese Tempura restaurant. You might have to wait in line for 30 minutes or so, but it is totally worth it. The place has a history of over 80 years and is said to be one of the best Tempura restaurants in Tokyo.

Hours: 11:00 – 22:30 daily
Address: 3-31-8, Shinjuku, Shinjuku-ku, Tokyo 160-0022
English website: https://www.tunahachi.co.jp/en/
Shopping!

I hope your legs have recovered quickly, as the retail experience in Tokyo is absolutely second to none. The service is simply outstanding, and wandering the streets of Tokyo from Shibuya to Ginza, the range of quality Japan-made products will be enough to keep you window shopping for days. If you wanted to check out some sports supplies, head over to Okeigamachi for the big department store ‘Art Sports,’ which has a wide selection of sporting goods you can pick up duty-free.

SHOPPING DISTRICTS

Akihabara

One the biggest shopping districts in the world to buy electronics. You can get anything from computers, laptops, smartphones, digital cameras, televisions, music systems, CD and DVD players, to secondhand items, electronic parts, and other tools.

You may come across a few anime and manga shops as well, Akihabara is well known for its Otaku culture.

Access: Akihabara Station

Opening Hours: Shops open around 10 a.m. and biggest stores stay open until 10 p.m.

If you are looking for sports gear and equipment, then Art Sport shops are located in many districts including Shinjuku and Shibuya. They have a good variety of running shoes. Find more information on their website: http://art-sports.jp.e.su.hp.transer.com/storelist/

Shinjuku Station

Shinjuku is one of the busiest train stations in the world, and there are at least half a dozen major department stores in the station itself. In addition, the streets are packed with small shops and boutiques. If you are staying around Shinjuku and do not have much time, you can most likely find all you need here.

Access: Shinjuku Station

Venus Fort, Odaiba

Venus Fort is worth visiting not only because of the outlet shops but also because of the magical feeling that you get when you visit this location designed to resemble a medieval European city.

In Venus Fort, you can find a good variety of stores focused on fashion and lifestyle. You might also want to visit the Giant Sky Wheel in Odaiba, which boasts 100 meters in diameter rising 115 meters off the ground.

Venus Fort Odaiba is only 15 minutes from Haneda by train and a 10-minute walk from Akihabara.

Address: 1-3-15 Aomi, Koto-ku, Tokyo 135-0064

Opening Hours: 11:00 a.m. - 9:00 p.m.

Website: http://www.venusfort.co.jp/multi/index_e.html
More Questions?

If you have any questions that have not been answered or would like more details on anything regarding your Tokyo marathon experience, please feel free to visit us at https://www.fitjapan.com or email us at contact@fitjapan.com and we will do our best to provide you with the information you are looking for.