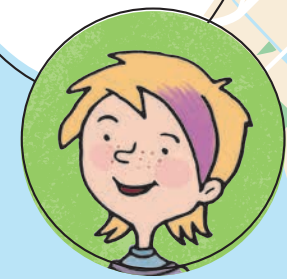


Hi... we're Amelia and Marco and we've created 19 awesome themed trails for you to follow.

The pins on this map mark the starting points, and each trail is packed with insider secrets and loads of cool stuff. So whether you are a culture vulture, a sports fanatic or a history buff, this book has got something for you!



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FISHY CITY

Japan is a nation of islands, surrounded by fish-filled seas. Tokyo, its capital, is a seaside city, built around Tokyo Bay - a huge natural harbour. So it's no surprise that fish are incredibly important here - in folklore, culture, art and on the dinner table!



PET SHOP

PAUPAU AQUA GARDEN

If you prefer your sea creatures alive, so you can keep them as pets, stop off at the PauPau Aqua Garden. They have all the tanks, fish food and other gear you need to keep fish at home. There's also a range of amazing animals to buy - from colourful tropical fish and shrimp, to more unusual nautilus, seahorses and jellyfish.

SEAHORSES ARE VERY POPULAR AMONG FISH-KEEPERS - PARTLY BECAUSE PEOPLE THINK THEY LOOK LIKE DRAGONS, AND DRAGONS ARE A BIG PART OF JAPANESE FOLKLORE. IN FACT, THE JAPANESE NAME FOR SEAHORSE IS *TATSUNOKO* (BABY DRAGON). AWWW!



PAUPAU AQUA GARDEN



TSUKIJI FISH MARKET



FANCY SOME FISH?

TSUKIJI FISH MARKET

In Tokyo, the place to go to buy the finest fresh fish is the famous Tsukiji Market, near the harbour. Some parts of the market are only for business customers, who bid at auction for seafood such as enormous whole tuna. But tourists and shoppers can visit the 400 stalls and cafés of the Tsukiji Outer Market. Here they can buy fruit, vegetables and cookware, as well as endless varieties of seafood such as fish, shellfish, roe (fish eggs), sea urchins, jellyfish and squid. If it comes from the sea, it's here!



TO KEEP THE MARKET AND ITS SPARKLING FRESH FISH AS CLEAN AS CAN BE, THE RULES FOR VISITORS ARE STRICT. NO SMOKING, NO PETS, NO BABIES, AND NO OPEN-TOED SANDALS!

PEOPLE OFTEN THINK SUSHI MEANS RAW FISH. IN FACT, IT'S A FOOD MADE OF RICE COMBINED WITH FISH (OFTEN RAW), MEAT OR VEGETABLES, AND SOMETIMES WRAPPED IN SEAWEED. INVENTED IN JAPAN, IT HAS BECOME A HUGE HIT AROUND THE WORLD.

SUSHI SKILLS

TOKYO SUSHI ACADEMY

Sushi is prized for its beautiful appearance as well as its taste, and making it is a skilled job. Students from around the world come to study the art of sushi-making at the Tokyo Sushi Academy. A professional course lasts eight weeks, but tourists and locals can learn the basics in a speedy 90-minute sushi session.



KAITENZUSHI NEMURO HANAMARU

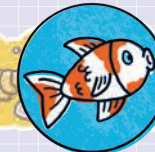
SUSHI-GO-ROUND

KAITENZUSHI NEMURO HANAMARU

At lunchtime, thousands of busy workers need to grab a quick bite to eat. To make serving as quick and easy as possible, the Japanese invented *kaitenzushi* (conveyor-belt sushi). A long conveyor belt winds around the room past all the tables, carrying plates of food. All you need to do is pick up your favourites, then pay when you've finished eating! This *kaitenzushi* restaurant in downtown Tokyo is one of the city's most popular conveyor-belt eateries.



TOKYO SUSHI ACADEMY





KATSUSHIKA HOKUSAI



THE GREAT MASTER

KATSUSHIKA HOKUSAI

There's one work of Japanese art that's famous around the world, and is better-known than any other. It's this picture – *The Great Wave off Kanagawa*. It's a woodblock print made around 1830 by the great Tokyo artist Katsushika Hokusai. In the image, a terrifying wave towers over open boats as their crews huddle inside, with majestic Mount Fuji on the shore in the distance.

PEOPLE OFTEN JUST CALL THE PICTURE 'THE GREAT WAVE' OR 'THE WAVE'!

RESTING PLACE

Hokusai is buried in Tokyo, at the small Seikyo-ji temple in Asakusa. His grave has a statue of him on top, and is inscribed with the last name he used, Gakyo Rojin Manji. It roughly translates as 'The old man who's crazy about art'.



WHO AM I?

Like many artists of his time, Hokusai often changed his own name to reflect his stage of life and what he was working on. As a child, he was called Tokitaro, and during his lifetime, he had over 30 other names! The one we use today is made up of Katsushika, the local area he was born in, and Hokusai, which means 'north studio'.

HOKUSAI MUSEUM

For Hokusai fans, and anyone who wants to find out more about him, the Sumida Hokusai Museum is a must-see. It opened in 2016 in Sumida, Tokyo, where Hokusai was born in 1760. Besides *The Great Wave* and many other artworks, the museum has exhibits showing what Tokyo was like in Hokusai's lifetime. There's also a recreation of his workshop, with robot versions of Hokusai and his daughter Oei, who was also an artist.



70-YEAR CAREER

THOUGH HE'S BEST-KNOWN FOR ONE GREAT WORK, HOKUSAI DID A LOT MORE BESIDES. FROM THE AGE OF 18 UNTIL HIS DEATH AGED 88, HE WORKED ALMOST CONSTANTLY, MAKING PRINTS, PAINTING, DRAWING AND WRITING BOOKS ABOUT ART. HE WAS NEVER QUITE HAPPY WITH HIS WORK, AND ALWAYS WANTED TO IMPROVE. WHEN HE WAS ABOUT TO DIE, HE REPORTEDLY MOANED: 'IF ONLY HEAVEN WILL GIVE ME JUST ANOTHER TEN YEARS... JUST FIVE MORE YEARS, THEN I COULD BECOME A REAL PAINTER!'





24-HOUR TOKYO

They say New York is 'the city that never sleeps', but Tokyo has an equally good claim to that title. There's so much going on at night, people never run out of things to do... even if they can't get to sleep!



KARAOKE KAN, SHIBUYA



SING YOUR HEART OUT

KARAOKE KAN, SHIBUYA

Karaoke is a Japanese invention that's spread all over the world. It involves singing along to a pop music track with the vocals removed, to show off your own performance skills.

Tokyo is full of karaoke bars, where groups of friends can book a special room and a karaoke machine, and take turns to sing late into the night. Karaoke Kan is one of the most famous (it featured in the film *Lost in Translation*) and it stays open until 6.00am. Don't worry if you're out of tune... no one minds!

THE WORD KARAOKE MEANS 'EMPTY ORCHESTRA'!

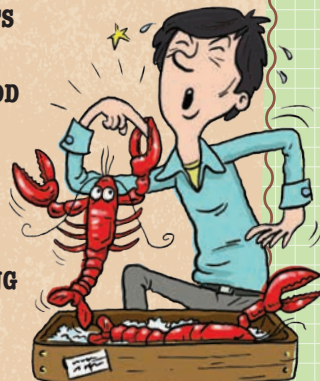


SHINJUKU

BUY ANYTHING

SHINJUKU

Many areas of Tokyo are busy at night, but Shinjuku is the most wide awake of them all. Here you'll find cafés, restaurants, bookshops, theatres and clubs that stay open all hours, and streets almost as busy as they are during the day. If you need anything (and we mean ANYTHING) head to a branch of the variety store Don Quijote, also known as Donki. It's piled high with everything you can think of - snacks, clothes, make-up, electronic gadgets, tools... or even a new suitcase to put your purchases in.



- SOCKS
- T-SHIRTS
- TIES
- SHOES
- CAMERAS
- PET FOOD
- BREAD
- EGGS
- UMBRELLAS
- FRESH FLOWERS
- FRUIT AND VEG
- MAGGOTS FOR FISHING
- LIVE LOBSTERS

SO, WHAT DO YOU FANCY?



NEED A BATH?

SPA LAQUA

Another popular all-night activity is visiting an *onsen*, or hot spring spa. Super-posh Spa LaQua, for example, is open almost 24 hours a day, from 11am to 9am. You can bathe in the indoor and outdoor mineral pools, swelter in the saunas and steam rooms, enjoy a body scrub, then snooze in a special nap room.



TAKE IN A SHOW

SHIN-BUNGEIZA

It may be very late, but as long as it's a Saturday night, you can still go and watch a movie. Legendary cinema Shin-Bungeiza shows a wide choice of films, and there are screenings all night long on a Saturday.

SHIN-BUNGEIZA





TICKET TO RIDE

Tokyo is a massive place with millions of people, and it takes a LOT of trains, trams, buses and boats to get everyone around. This being Japan, they happen to include some of the fastest and most futuristic vehicles on the planet.

4,000+ TRAINS SET OFF FROM TOKYO STATION EVERY SINGLE DAY

3 BILLION+ PASSENGERS PER YEAR USE TOKYO'S RAIL AND SUBWAY SYSTEMS

2,000+ KM (1,243+ MILES) OF TRACK CRISS-CROSS THE GREATER TOKYO AREA



NIHONBASHI

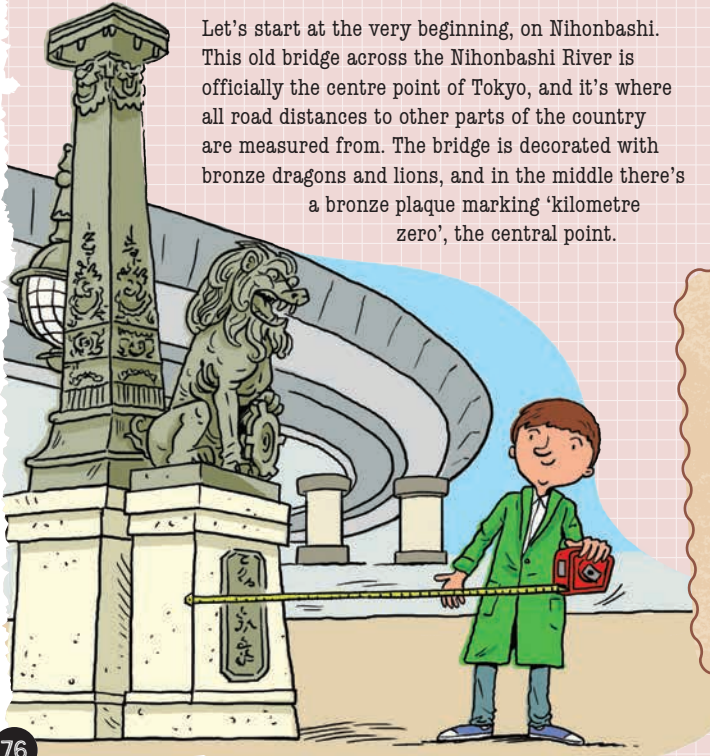
TOKYO STATION



POINT ZERO

NIHONBASHI

Let's start at the very beginning, on Nihonbashi. This old bridge across the Nihonbashi River is officially the centre point of Tokyo, and it's where all road distances to other parts of the country are measured from. The bridge is decorated with bronze dragons and lions, and in the middle there's a bronze plaque marking 'kilometre zero', the central point.



AT RUSH HOUR, TOKYO TRAINS GET SO BUSY THAT STATIONS EMPLOY OSHIYA (TRAIN PUSHERS). THEIR JOB IS TO PUSH PASSENGERS TIGHTLY INTO THE TRAINS SO THAT THE DOORS CAN CLOSE AND THE TRAIN CAN LEAVE ON TIME.



ZOOM AWAY

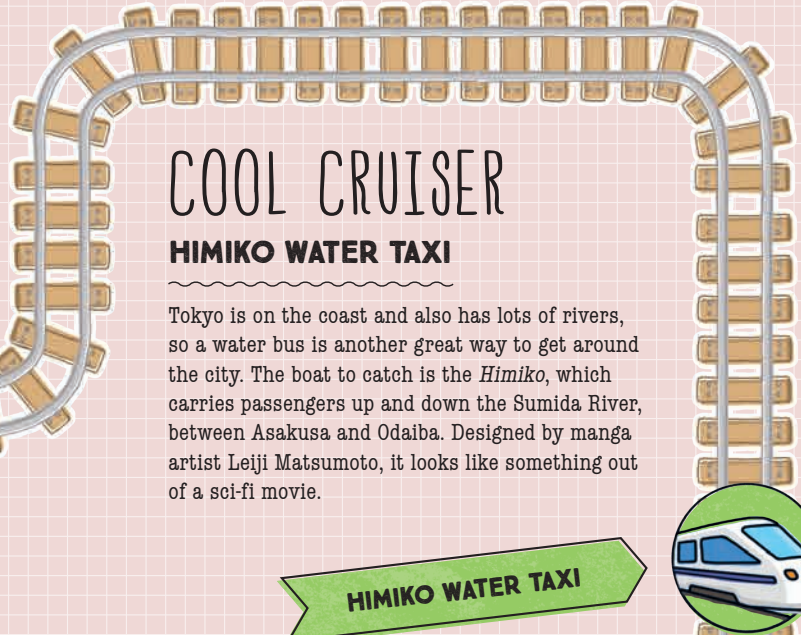
TOKYO STATION

Not far away from Nihonbashi district is Tokyo's main train station. Although Shinjuku station has the most passengers, Tokyo station has more trains, linking the city to all the other parts of Japan. The roof garden of the Kitte Shopping Mall next door is a good place to watch the trains from. Not into trainspotting? You'll still want to catch a glimpse of a *shinkansen*, or bullet train - an ultra-sleek, ultra-fast intercity train.

COOL CRUISER

HIMIKO WATER TAXI

Tokyo is on the coast and also has lots of rivers, so a water bus is another great way to get around the city. The boat to catch is the *Himiko*, which carries passengers up and down the Sumida River, between Asakusa and Odaiba. Designed by manga artist Leiji Matsumoto, it looks like something out of a sci-fi movie.



HIMIKO WATER TAXI



A VIEW FROM THE BRIDGE

RAINBOW BRIDGE

Connecting mainland Tokyo to the many offshore islands in Tokyo Bay is the beautiful Rainbow Bridge. It was built to multi-task, with an eight-lane expressway road on the top, a railway line underneath that, and two passenger walkways, one on each side.

798M TOTAL LENGTH
126M HEIGHT
1987 CONSTRUCTION BEGAN
26 AUGUST 1993 BRIDGE OPENED



RAINBOW BRIDGE





FUN AND GAMES

Like plenty of other nations, the people of Japan love playing and watching sports and games. Some of these are well-known and popular around the world, while others are uniquely Japanese...



RYŌGOKU SUMO STADIUM



SPECTACULAR SUMO

RYŌGOKU SUMO STADIUM

This is the place to go in Tokyo to watch top-level sumo wrestling. It's a huge, purpose-built stadium with space for up to 10,000 spectators. In the middle is the ring, or *dohyō*, with a temple-like roof suspended over it, so that it seems to be floating in mid-air. Bouts of sumo don't take very long. To win, one wrestler must push the other over or out of the ring, which often happens in a few seconds. The crowds also come to see the ritual exercises and parades in between the matches. After an especially exciting match, or if a top wrestler is defeated, everyone throws their seat cushions into the ring.

ARASHIO-BEYA SUMO STABLE

SEE INSIDE A STABLE

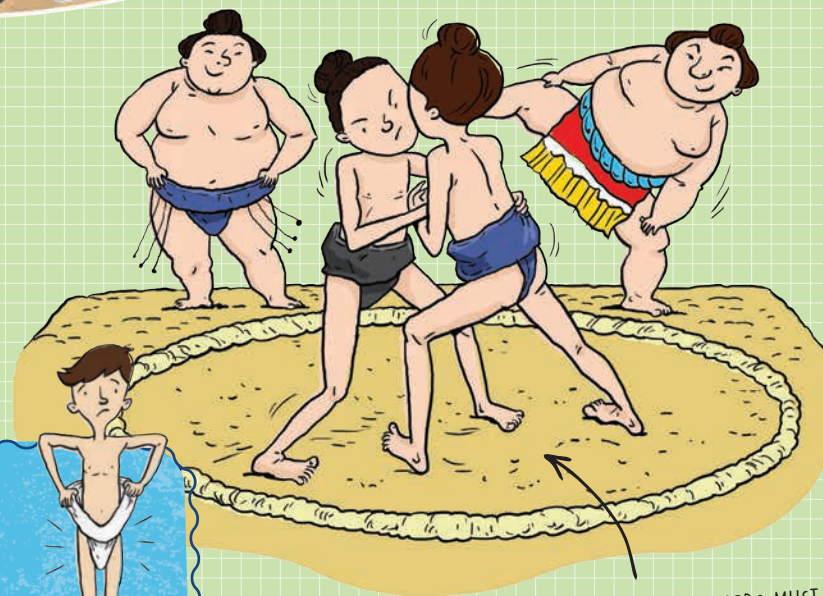
ARASHIO-BEYA SUMO STABLE

Sumo wrestlers don't live normal lives – they have to live, eat, sleep and train in a special sumo stable, or *beya*. Some *beya*, such as Arashio-Beya, let tourists watch the morning training session or *keiko*. But visitors must treat the *beya* with great respect – no snacking, chatting or waving selfie sticks is allowed!

Sumo has existed for over **1,000 YEARS**, and started off as a Shintō religious ritual.

For fighting, wrestlers wear just a **MAWASHI**, which is like a thick belt combined with underpants.

There are **NO FEMALE** professional **SUMO WRESTLERS** – in fact, women are not allowed into the ring at all.



STRICT RULES MEAN THE WRESTLERS MUST WEAR TRADITIONAL CLOTHES AND HAVE LONG HAIR IN A CHONMAGE, OR TOPKNOT.

JUDO

SIMILAR TO WRESTLING, THIS MARTIAL ART WAS INVENTED IN 1882.

AIKIDO

IN THIS FORM OF SELF-DEFENCE, YOU USE YOUR OPPONENT'S STRENGTH TO DEFEAT THEM.

KARATE

THIS MARTIAL ART USES PUNCHING, KICKING AND 'KNIFE-HAND' (CHOPPING) TECHNIQUES.

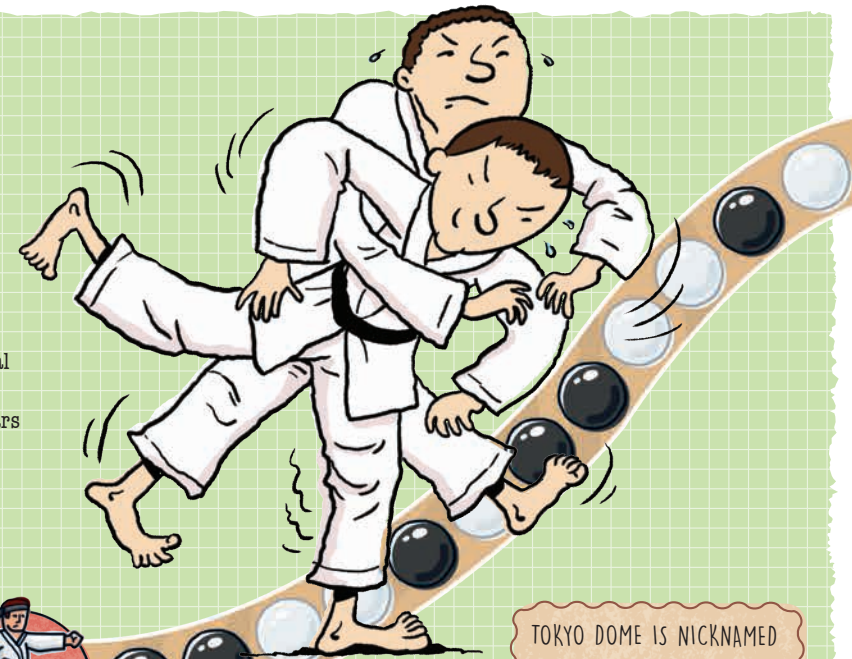
KENDO

KENDO IS SIMILAR TO FENCING, USING SPECIAL ARMOUR AND BAMBOO SWORDS.

MARTIAL ARTS AND MUSIC STARS

NIPPON BUDOKAN

Japan is famous for martial arts such as judo and karate, which combine fighting skills with mental focus. The Budokan is Tokyo's arena for the country's many martial arts championships. Its bowl-like shape also means it makes a brilliant concert hall, and it's famous for hosting music stars such as the Beatles, Bob Dylan and Mariah Carey.



TOKYO DOME IS NICKNAMED 'THE BIG EGG'!

NIPPON BUDOKAN

TOKYO DOME

BASEBALL BANANAS!

TOKYO DOME

In the late 1800s, Japanese society began to be strongly influenced by the USA. One of the biggest imports of all was the sport of baseball. The Japanese LOVE baseball and see it as their national sport. Schools, businesses, towns and cities all have teams, and tournaments are must-see TV. As well as being used for festivals and concerts, Tokyo Dome is the home ground for the famous Yomiuri Giants. It also has a baseball museum inside, recording the rise of the sport in Japan.

