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!
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!

**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 nautiluses, seahorses and jellyfish.

**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.

**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.

**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!
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.

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.

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!’

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’.

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’.

KATSUSHIKA HOKUSAI

The Great Master

70-Year Career

Who Am I?

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JAPAN HAS VENDING MACHINES FOR ALMOST EVERYTHING, AND IN TOKYO THEY’RE EVERYWHERE. IF YOU CAN’T FIND A SHOP THAT’S STILL OPEN, A MACHINE MAY HAVE JUST WHAT YOU NEED. STUFF YOU CAN BUY FROM THEM INCLUDES:

- 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?

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!

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!

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.

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 sauna 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.
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.

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.

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.

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.

A View from the 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.
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...

**SPECTACULAR SUMO**

**RYOGENKI 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**

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!

**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.

**SEE INSIDE A STABLE**

**ARASHIO-BEYA SUMO STABLE**

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.

**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.

**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.

**NIPPON BUDOKAN**

TOKYO DOME IS NICKNAMED ‘THE BIG EGG’!