



Also available via the Internet!



Time for a Picnic!

Three Recommended Spots

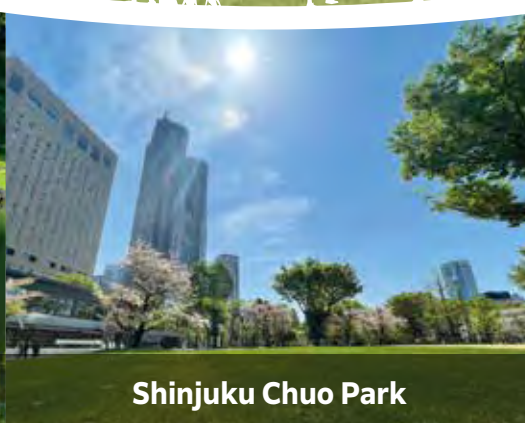
From March through June is the best time of year to be outside. Why not enjoy a leisurely stroll and a picnic while feeling the warm sunshine and refreshing breeze?



© Shinjuku Gyoen Management Office



Shinjuku Gyoen National Garden



Shinjuku Chuo Park



Toyama Park

Shinjuku Gyoen National Garden is a popular picnic spot full of stunning natural scenery. The gorgeous Japanese traditional garden there is also worth exploring.

Caution: Drinking alcohol, smoking cigarettes, and using sports equipment (except for the Kids Area) and musical instruments in the garden are prohibited.



Shinjuku Chuo Park features Chibikko Hiroba Plaza, which has play equipment, and various facilities such as a café and restaurant. The lawn area is particularly spacious and perfect for a picnic.



With beautiful natural scenery in the midst of the city, this popular park is just right for a picnic or a leisurely stroll. Since there are many cherry trees, the park is crowded with flower-viewing visitors in the spring.



Point



Parks are for everyone to enjoy. For this reason, it is essential to follow the rules of common courtesy so that everyone who visits the park can feel comfortable. On the next page, we introduce rules of common courtesy in the park and in everyday living.

Shinjuku News is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries. The next issue of Shinjuku News will be published in July 2024.

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Are You Familiar with ...

the Rules for Everyday Living?

At the park



Do not litter

Please throw your trash in a trash bin in the park, and do not throw away household garbage there.



The use of fire is strictly prohibited

Campfires, playing with matches, and fireworks may cause a fire. DO NOT use fire in the park.



Smoking is prohibited

Smoking in the park is prohibited to prevent damage caused by cigarette smoke as well as the littering of cigarette butts. Smoking on the roads outside a park is also prohibited.

Note: Some parks have a designated smoking area.



Playing with a ball

Playing with a ball, such as playing catch or soccer, is prohibited outside of the sports corner. Please take turns using the sports corner, with fifteen minutes as a rough guideline.



Bicycles

Since bicycles are categorized as vehicles, you must obey the same traffic rules as car drivers.

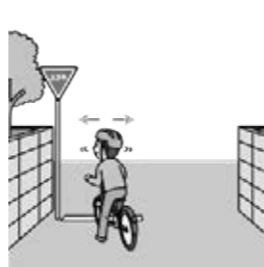
Five rules

1



Ride on the left side of the road.

2



Come to a complete stop at intersections; check left, right and backward for safety before proceeding.

3



Turn on your headlight at night.

4



Both adults and children should wear helmets while riding.

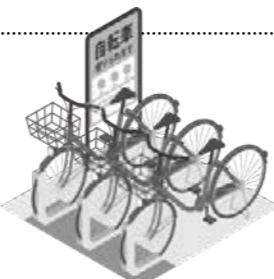
5



Riding a bicycle under the influence of alcohol is prohibited.

Park your bicycle in a bicycle parking lot

Leaving bicycles on a sidewalk or on the street is dangerous because they block the way for pedestrians. Please do not leave your bicycle unattended, even for a short period of time, and please use a bicycle parking lot.



For more information, please scan this.

Everyday living

Starting in April, the sorting method for plastic items will change



For more information, please scan this.

Sort your recyclable resources/garbage properly!

Shinjuku City has sorting rules for recyclable resources and garbage. By sorting these properly, some items can even be reborn into new items. PET bottles, for example, can be recycled to make food trays and clothes. Please obey the rules and dispose of your recyclable resources/garbage properly.



For more information, please scan this.

Beware of loud voices and noise pollution

Behavior such as yelling may lead to trouble with your neighbors. Please be careful about this, especially in the early morning and late at night.



If you have a problem, ask for help

If you have any questions or problems related to everyday life in Japan, please feel free to ask the Foreign Resident Advisory Corner for help. Consultants can help you solve your problems.

Consultation is free



For more information, please scan this.



Discover Shinjuku's Most Attractive Qualities Fifteenth in the Series

Going to a Sento

(Public Bath)

Atami-yu
The entire wall is a mural of Mount Fuji!



What are *sento* ?

Sento are a type of spacious public bath where you can soak freely. They are also known as "town baths," and serve as places where people can have friendly exchanges. In the spacious bath of a *sento*, you can stretch out your legs, unlike the bath at home. *Sento* are relaxing for the body and soul.

Why not experience the traditional bath culture of Japan?

Minowa-yu



Unique bathing area murals are also part of the enjoyment of the public bath



Since everyone from children to adults can go into public baths, we can all enjoy a comfortable bath. Just be sure to follow the rules!

Official mascot for the Shinjuku-ku Public Bath Association

Yugejii

Mannen-yu



Take off your clothes in this area.

The bath water is about 42°C.



The temperature varies depending on the public bath.

Bath fees

Adult (twelve years of age or older)	¥520
Elementary school age (between six and eleven years of age)	¥200
Preschooler (under six years of age)	¥100

(As of March 1, 2024)

The rules of common courtesy at public baths

① Wash your body outside the bathtub. Get in the bath after washing your body clean of dirt and/or perspiration.



② Be careful not to splash any hot water or soap suds on anyone else.



③ Washing your clothes in the bathing area is prohibited.



④ Do not put your towel in the bathtub.



⑤ Do not raise your voice or cause a commotion.



⑥ Towel dry your body before returning to the dressing area.



There were seventeen public baths in Shinjuku City as of March 1, 2024.

Enjoy the unique qualities of various public baths, such as those with an outdoor bath or sauna, and public baths with a retro atmosphere.



Shinjuku Sento Association official website