

内藤新宿の誕生 The Birth of Naito Shinjuku



甲州街道の起点となる日本橋と最初の宿場町である高井戸宿まで距離が遠かったことから、その間に新しい宿場として設けられたのが「内藤新宿」です。1697年、浅草の名主・高松喜兵衛(後の喜六)が同志の4人とともに内藤家下屋敷の一部(現在の新宿御苑北側)への宿場開設を幕府へ願い出て、1699年に開設されました。村が伝馬宿になるのではなく、宿場を設置するために武家地を土地し新たに開発したという他の宿場にはない性格を持っていました。

Naito Shinjuku was built as a new post town between the starting point of Koshu-kaido Highway, Nihonbashi and the first post town, Takaido-shuku since there was a long distance between them. In 1697, Takamatsu Kihei (who later took the name of Kiroku), the headman of Asakusa, together with four like-minded others petitioned the shogunate government to open a post town on a part of the Naito family's land (currently, the north side of Shinjuku Gyoen National Garden), and Naito Shinjuku was established in 1699. Rather than the village becoming a post station where travelers changed horses, the samurai family land was appropriated by the government and newly developed to establish the post town, which was distinctive from other post towns.

名前の由来 The Origin of the Name



信濃高遠藩の藩主だった内藤氏が幕府に返上した屋敷地に宿場が置かれたこと、また甲州街道に新しく設けられた宿という意味から「内藤新宿」と呼ばれるようになり、現在の新宿という地名の由来ともなりました。新宿御苑付近には内藤町という町名があり、今も内藤氏の名前が残っています。

The new post town was called Naito Shinjuku because it was built on land returned to the shogunate government by the Naito family, who was the feudal lord of the Takato Domain in Shinano Province. The name also reflects that it was newly constructed on the Koshu-kaido Highway ("shinjuku" means new post town). This is the origin of the current place name, Shinjuku, as well. The name of Naito remains even today in the area called Naitomachi, located near Shinjuku Gyoen National Garden.

宿場廃止と再開 The Closure and Re-opening of the Post Town

1718年、内藤新宿は宿場廃止の決定を受けます。廃止の原因として「甲州街道の利用者が少ないから」「享保の改革の一環で風紀取り締まりの対象となったから」などさまざまな説があります。その後、たびたびの嘆願のうえで、廃止から54年後の1772年に宿場再興が認められました。

In 1718, the decision was made to close down Naito Shinjuku. Various theories on the reason for its closure include that few people were using the Koshu-kaido Highway, and that it was subject to the policing of public morals as a part of the Kyoho Reforms. Later, in 1772 restoration of the post town was approved 54 years after its closure following repeated appeals.



新宿へのアクセス | Getting to Shinjuku



新宿の文化・観光についての情報が盛りだくさん!
Get lots of information about culture and sightseeing in Shinjuku!

温故知しん!じゅく散歩
新宿文化観光資源案内サイト



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INFORMATION
新宿観光案内所

新宿観光案内所 Shinjuku Tourist Information

新宿を訪れる人々に新宿区の魅力や、観光スポット、イベントなどの各種情報をご提供する新宿観光案内所です。

The Shinjuku Tourist Information offers comprehensive information to visitors about the many attractions of Shinjuku, as well as on sightseeing spots and events taking place in the area.

ACCESS

JR新宿駅東南口徒歩1分、または新宿東南口地下歩道「E10」出口すぐ
1-min. walk from JR Shinjuku Sta. Southeast Exit / next to E10 Exit of Shinjuku Southeast gate underground walkway

10:00 ~ 19:00
無休(12月29日~1月3日は除く)
Open year-round
(excluding Dec. 29 to Jan. 3)



甲州街道御宿場印プロジェクト

The Koshu-kaido Highway Goshukuba-in Project

その土地ならではの御宿場印を集めて、甲州街道の魅力を再発見してみましょう!

Collect ink stamps unique to each site and discover the appeal of Koshu-kaido Highway!

1枚
300円
300 yen
per
sheet



1冊
3,000円
Stamp
book
3,000 yen

内藤新宿の訪宿記念にぜひ!新宿観光案内所で販売中
Collect them all to commemorate your visit to Naito Shinjuku! On sale now at Shinjuku Tourist Information.

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協力 新宿区立新宿歴史博物館 | Shinjuku Historical Museum
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甲州街道を行く



NAITO SHINJUKU

内藤新宿 さんぽ絵図

Walking Map

Travel the Koshu-kaido Highway



一般社団法人
新宿観光振興協会
Shinjuku Convention & Visitors Bureau

甲州街道とは

What is the Koshu-kaido Highway?



甲州街道は江戸時代に整備された五街道のひとつで、5番目に完成しました。江戸日本橋から中山道の下諏訪宿までを結ぶ53里2町余り(約210km)の街道です。当初は江戸城と甲府城を結ぶ軍事目的を主としていましたが、江戸城が危機に瀕した際の避難路だったという説もあります。江戸中・後期になると旅人や文化人が行き交っただけでなく、甲州・信州から江戸へ農産物を運ぶ流通の道として重要性が増し、江戸の生活を支える動脈として発展しました。

The Koshu-kaido Highway is one of the Five Highways developed in the Edo period (1603-1867) and was the fifth to be completed. The approximately 210-kilometer road connected Nihonbashi in Edo (currently Tokyo) to the post town of Shimosuwashuku on Nakasendo Highway. Initially, it primarily served as a road for the military linking Edo Castle and Kofu Castle, but there is also a theory that it was an evacuation route for when Edo Castle was in danger.

During the middle and later years of the Edo period, the road was not only frequented by travelers and intellectuals, but it also gained importance as a distribution route for transporting agricultural products from the Koshu (currently Yamanashi) and Shinshu (currently Nagano) to Edo. The road developed as a major route supporting the lives of people in Edo.



内藤新宿の賑わい

The Bustle of Naito Shinjuku



内藤新宿の宿場町は、四谷大木戸(現在の四谷四丁目交差点)の西側にある新宿一丁目交差点付近から追分(現在の新宿三丁目交差点)の周辺までの間に形成されていました。その光景は浮世絵師・歌川広重が名所江戸百景の1枚『四ツ谷内藤新宿』に描いています。内藤新宿は甲州街道・青梅街道の分岐点であったことから、多くの牛馬が行き交い、物流の拠点として活況を呈していた様子が見て取れます。

The post town of Naito Shinjuku was developed from around the Shinjuku 1-chome intersection on the west side of Yotsuya Okido (currently, the Yotsuya 4-chome intersection) to the Oiwake area (currently, the Shinjuku 3-chome intersection).

That scene is depicted in "Yotsuya Naito Shinjuku," one of the One Hundred Famous Views of Edo drawn by the ukiyo-e artist, Utagawa Hiroshige. Many horses and cattle passed through Naito Shinjuku because it was situated at the junction of the Koshu-kaido and Ome-kaido highways, and the vitality of this distribution hub is evident in the illustration.





内藤新宿さんぽ絵図 Naito Shinjuku Walking Map

7 愛染院 Aizen-in Temple

弘法大師が関東を巡り歩いたときに麻布に善福寺を開き、愛染院はその奥之院と伝えられています。1634年に現在の地に移転しました。内藤新宿生みの親とも言われている、内藤新宿の開設を計画した高松喜六の墓標が建立されています。

When Kobo Daishi was traveling on foot around the Kanto region, he established Zenpukuji Temple in Azabu. Aizen-in Temple is said to be its inner sanctuary. It was moved to the current site in 1634. There is a gravestone for Takamatsu Kiroku, who planned the establishment of Naito Shinjuku and is said to be the father of Naito Shinjuku.

6 新宿歴史博物館 Shinjuku Historical Museum

古代から近現代まで、新宿の移り変わりを紹介。常設展では、江戸市中の武家屋敷・町屋、近郊の農村など、さまざまな特徴をもつ新宿地域の歴史と生活文化を知ることができます。内藤新宿の様子を再現した模型は必見です。

See the transformation of Shinjuku from ancient times to the modern era. The exhibitions show the history and culture of daily life in the Shinjuku area and its diverse characteristics, including samurai residences and townhouses in Edo, and farming villages on the outskirts. The model recreation of Naito Shinjuku is a must-see.

4 消防博物館 Fire Museum

江戸時代から現代までの消防の歴史に触れながら、防火や防災について学べます。5階の「江戸の火消し」フロアでは、江戸時代の錦絵や互版、古文書や消火道具など、消防のはじまりともいえる火消しの資料が展示されています。

Learn about fire prevention and disaster preparedness while seeing the history of firefighting from the Edo period to today. The 5th floor "Firefighting in the Edo Period" area displays materials on extinguishing fires, which can be said to be the start of fire prevention. These include colored woodblock prints, "kawaraban" (single-page newspapers), old texts, and firefighting tools.

2 多武峯内藤神社 Tonomine Naito-jinja Shrine

もとは江戸幕府初期の重臣・内藤清成の邸内社で、新宿御苑成り立ちの伝承(駿馬伝説)の名残が感じられる神社。徳川家康より拝領した現在の新宿御苑一帯に江戸屋敷を設け、藤原鎌足に分霊を勧請し祀ったことが始まりと言われています。

Originally built at the residence of early Edo shogunate chief vassal Naito Kiyonari, this shrine holds traces of the legend of the swift horse explaining the origin of Shinjuku Gyoen National Garden. It is said the Edo residence was built on land in the present-day Shinjuku Gyoen area given by Tokugawa Ieyasu, and the shrine was built there to enshrine the spirit of Fujiwara no Kamatari.

おすすめスポット | Recommended Sites

1 四谷大木戸跡碑 Yotsuya Okido Site Marker

大木戸とは、江戸時代に都市の出入りに設置された簡易的な関所のこと。この碑は1959年に地下鉄丸ノ内線の工事で出土した玉川上水の石樋を利用して造られた記念碑で、実際の四谷大木戸は現在の四谷四丁目交差点の場所にありました。

Okido refers to a simple checkpoint established at entrances/exits to the city in the Edo period. This monument is made from a stone trough from the Tamagawa Aqueduct and was discovered when the Subway Marunouchi Line was constructed in 1959. Yotsuya Okido was actually located where the Yotsuya 4-chome intersection is today.

3 新宿御苑 Shinjuku Gyoen National Garden

新宿御苑の敷地は、1590年に徳川家康が家臣・内藤清成に授けた屋敷地の一部で、内藤家の江戸屋敷がルーツと言えます。1906年に皇室庭園として誕生。現在は一般公開され、四季折々の植物や特色あふれる庭園が楽しめます。

The grounds of Shinjuku Gyoen National Garden were a part of the estate granted by Tokugawa Ieyasu to his vassal, Naito Kiyonari in 1590. Its origins can be traced back to the Naito family's residence in Edo. In 1906, it was created as an Imperial Garden. Today, it is open to the public and enjoyed for its plants and distinctive gardens throughout the four seasons.

5 太宗寺 Taisoji Temple

正式名は霞関山本覚院太宗寺で、創建は1596年頃までさかのぼります。内藤家の菩提寺であり、内藤家の墓所があります。ほかにも江戸時代から信仰を集めた閻魔大王像や奪衣婆像など、様々な文化財を見ることができます。

The temple's official name is Kakanzan Hongakuin Taisoji, and its establishment stretches back to around 1596. It was the temple of the Naito family and is where the family graves are located. Various cultural properties can also be seen, including statues of Enma Daio and Datsueba, deities that have been worshiped here since the Edo period.

6 成覚寺 Jokakuji Temple

1594年創建の浄土宗の寺で、江戸時代には内藤新宿の飯盛女(遊女)が亡くなると成覚寺に葬られたことから、「投げ込み寺」とも呼ばれていました。境内には飯盛女たちの共同墓があり、「子供合埋碑」という供養塔も建てられています。

This Jodo sect temple was founded in 1594. In the Edo period, it was also called the "throw away temple" because the maidservants of Naito Shinjuku, who were often engaged in prostitution, were buried in this temple when they died. There is a common graveyard for them with a monument called the "Kodomo Gomaihi" on the temple grounds.

Recommended Course おすすめコース 新宿駅方面 コース Walk towards Shinjuku Station 3.6 km 55 min.

1 四谷大木戸跡碑 Yotsuya Okido Site Marker

2 多武峯内藤神社 Tonomine Naito-jinja Shrine

3 新宿御苑 Shinjuku Gyoen National Garden

4 胡麻油の関根 Goma Abura no Sekine

昔ながらの圧搾法による一番搾りのごま油。This first-press sesame oil is produced using the traditional pressing process.

7 花園神社 Hanazono-jinja Shrine

江戸時代から現在まで新宿の人々を見守る総鎮守。This guardian shrine has been watching over the people of Shinjuku since the Edo period.

8 ハナミチ東京歌舞伎町 Hanamichi Tokyo Kabukicho

日本文化を堪能できる新宿の新しいランドマーク。Fully enjoy Japanese culture at this new Shinjuku landmark.

9 新宿追分 Shinjuku Oiwake

江戸時代からにぎわう街道の分岐点は道標にも注目！ Pay attention to the signposts at the junction of the road that has been busy since the Edo period!

10 新宿追分だんご本舗 Shinjuku Oiwake Dango Shop

熟練の職人が朝作ったできたて団子をおやつに。Treat yourself to rice dumplings freshly prepared in the morning by skilled professionals.

Recommended Course おすすめコース 四ツ谷駅方面 コース Walk towards Yotsuya Station 3.9 km 60 min.

1 四谷大木戸跡碑 Yotsuya Okido Site Marker

2 文明堂東京新宿本店 Bunmeido Tokyo Shinjuku Main Store

素材にこだわったカステラは贈答にもぴったり。Castella cakes baked with select ingredients make perfect gifts.

3 笹寺長善寺 Chosenji Temple (Sasadera)

二代将軍・徳川秀忠ゆかりの寺。This temple is associated with Tokugawa Hidetada, the second shogun.

4 消防博物館 Fire Museum

5 策の池(津の守弁財天) Muchi Pond (Tsunokami Benzaiten Shrine)

徳川家康が鷹狩りの帰りに策を洗ったとされる。Tokugawa Ieyasu is said to have washed his whip ("muchu") here on his way back from hawking.

6 新宿歴史博物館 Shinjuku Historical Museum

7 愛染院 Aizen-in Temple

8 西念寺 Sainenji Temple

家康の息子・信康の供養のために服部半蔵が開基。Hattori Hanzo founded this temple to memorialize Ieyasu's son, Nobuyasu.

9 たいやきわかば Taiyaki Wakaba

しっばまで餡がたっぷり！行列が絶えない人気店。The generous filling reaches all the way to the tail! There is always a line at this popular sweets shop.

10 江戸城外堀史跡展示広場 Edo Castle Outer Moat History Plaza

JR四ツ谷駅に史跡を紹介するパネルを展示。A panel display in JR Yotsuya Station introduces historic sites.