



Photo: f11photo/Shutterstock.com



Andre Benz/Unsplash.com

Tokyo's technological leaps and passion for everything new has made the rest of the world sit up and take notice. A city made of smaller cities, Tokyo's neighbourhoods are individual and unique in what each can offer, from cultural sights to vast shopping malls. Get ready for a whirlwind of modernity and tradition in the neon-lit Japanese capital.



f11photo/Shutterstock.com



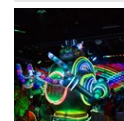
ANURAK PONGPATIMET/Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



Robot Restaurant
Shinjuku's Robot Restaurant is an over-the-top cabaret-dance-robot crossover...



Meiji-jingu
This nationally recognised Shinto shrine is considered one of Japan's primar...



Tsukiji Market
Getting to Tsukiji Fish Market early is essential in order to make the most ...



Tokyo National Museum
For a taste of Japanese history this is where you'll find Japan's largest co...



Kabuki-za
This stylised theatre performance consists of elaborate choreography and



THE CITY



siriwat sriphojaroen/Shutterstock.com

Before you set your foot outside the hotel door, be aware of Tokyo's complicated address system. Very few streets have names and instead are identified by numbers indicating building, block and area. 1-11-18, Shibuya, Shibuya-ku would therefore translate as the 18th building of the 11th block of the 1st area of Shibuya in Shibuya ward. Invest in a bilingual map of Tokyo and don't hesitate to ask police for directions, as even the locals can get confused.

Once you have grasped the navigation system, Tokyo is a delight to get around. The metro is super efficient, the city is clean and people are courteous and friendly. Though addresses may be confusing, Tokyo is divided neatly into 23 wards, each with a certain distinctive characteristic. Visit Asakusa for old-town charm and temples, Ginza for shopping, Mecca and Akihabara for electronics galore. Blend old and new to get a taste of Tokyo's great diversity.

Variety is Tokyo's key. Few other world cities are as wonderfully idiosyncratic. International and local influences intertwine in cuisine, festivals, music, galleries, shopping and even accommodation. Bizarre and fast-moving, yet peaceful and intrinsically religious, Tokyo's identity is above all, distinctly Japanese, despite existing as a world of its own.

DO & SEE



oneinchpunch/Shutterstock.com

Whether you're a techno buff or want to take in some more traditional Japanese sights and sounds, this city can offer it all. Visit splendid Shinto shrines or indulge in some shopping on Tokyo's equivalent of Fifth Avenue.

Robot Restaurant



Shinjuku's Robot Restaurant is an over-the-top cabaret-dance-robot crossover, a show unlike anything you've seen before. It has loud music, flashing neon lights, skimpily clad dancers and giant robots, all mixed up in a parade of extravagant pageantry, making this an experience unlike any other in the world.

Photo: Daniel Valenzuela / Arrivalguides

Address: Kabukicho, 1-7-1, Tokyo

Opening hours: Daily 5pm-11pm

Phone: +81 3 3200 5500

Internet: www.shinjuku-robot.com/pc/

Meiji-jingu



This nationally recognised Shinto shrine is considered one of Japan's primary symbols of the country's major religion. Take in the huge

11 metre cypress tree torii (gate) before wandering peacefully along winding paths to the wonderful inner buildings.

Photo: Nattee Chalermtiragool/Shutterstock.com
Address: 1-1, Yoyogikamizonochō, Shibuya, Tokyo
Public Transport: Exit 2, Harajuku Tokyo Metro Station
Opening hours: Varies throughout the year. Visit their website to check the opening hours.
Phone: +81 3 3379 5511
Internet: www.meijijingu.or.jp/english/index.html

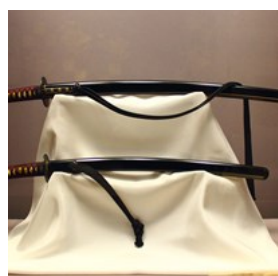
Tsukiji Market



Getting to Tsukiji Fish Market early is essential in order to make the most of this memorable sight. At Tokyo's biggest and noisiest market, tuna auctions start at 5am followed swiftly by fruit and veg, all sold by some 50,000 workers and wholesalers.

Photo: iamlukyeee/Shutterstock.com
Address: 5-2-1, Tsukiji, Chuo-ku, Tokyo
Public Transport: Exit A1, Hibiya Line, Tsukiji Toei Subway Station
Internet: www.tsukiji-market.or.jp/tukiji_e.htm

Tokyo National Museum



For a taste of Japanese history this is where you'll find Japan's largest collection of Asian artifacts. The main gallery, Honkan, displays an impressive assortment of swords, masks, wood-block prints and kimonos while other "don't miss" features include the 7th-century bronze-seated Buddhas in the Horyu-ji Homotusukan.

Photo: thebunwangs/Shutterstock.com
Address: 13-9 Ueno Park, Taito-ku, Tokyo

Public Transport: Ueno or Uguisudani JR Station
Opening hours: Tuesday to Sunday: 9.30am-5pm
Phone: +81 3 5777 8600
Internet: www.tnm.go.jp

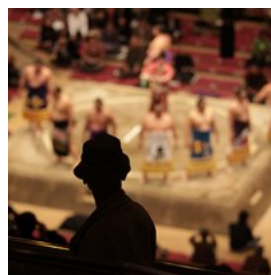
Kabuki-za



This stylised theatre performance consists of elaborate choreography and make-up combined with colourful traditional nagauta music. The plays are dramatic and exciting, though, in the 17th century, female kabuki performers were banned - men now play the roles of both genders most convincingly.

Photo: LO Kin-hei/Shutterstock.com
Address: Ginza 4-12-15, Chuo-ku, Tokyo
Public Transport: Higashi Ginza Tokyo Metro/Toei Subway Station.
Phone: +81 3 3545 6800
Internet: www.kabukiweb.net/theatres/kabukiza/information/index.html

Sumo Wrestling



Sumo wrestling is possibly Japan's most recognised cultural event, you'd be mad to miss this spectacle. Dating back 2,000 years, Sumo is Japan's national sport and as such combines religious, athletic and traditional features. There are several places to watch, check the tour schedule on their website to find out which suits you best.

There is also a Sumo museum.

Photo: J. Henning Buchholz/Shutterstock.com
Address: 1-3-28 Yokoami, Sumida-ku, Tokyo
Public Transport: Exit A4, Sobu Line, Ryogoku JR Station. Or Oedo Line, Ryogoku Toei Subway Station.

Opening hours: Monday to Friday: 10am-4.30pm
Phone: Museum: +81 3 3622 0366
Tickets: Free admission to the museum
Internet: www.sumo.or.jp/En/

Senso-ji



The Senso-ji temple is an old-town Buddhism institution. Though a major tourist attraction, this is primarily a traditional, local site

where worshippers cast coins, clap ceremoniously and bow in respect to an image of Kannon, the Goddess of Compassion.

Photo: IM_photo/Shutterstock.com
Address: 2-3-1 Asakusa, Taito-ku, Tokyo
Public Transport: Exit 1, Asakusa Tokyo Metro Station
Opening hours: Monday to Sunday: 6am-5pm
Phone: +81 3 3842 0181
Internet: www.senso-ji.jp

Mori Art Museum



At the top of Mori Tower in the vast Roppongi Hills, this one of the major contemporary art museums in Tokyo combines breathtaking

views with fresh artistic talent. Of particular note are the visual projections allowing guests to traverse through virtual imagery and environments. Also includes The Sun cafe, The Moon restaurant, a gift shop and a panoramic observation deck.

Photo: J. Henning Buchholz/Shutterstock.com
Address: 52 & 53F, Roppongi Hills Mori Tower, 6-10-1 Roppongi, Minato-ku, Tokyo
Public Transport: Exit 1C, Hibiya Line, Roppongi Tokyo Metro Station
Opening hours: Monday, Wednesday to Sunday: 10am-10pm.
Tuesday: 10am-5pm.

Phone: +81 3 5777 8600
Internet: www.mori.art.museum/eng/
Email: info-mam@mori.co.jp

Edo-tokyo Museum



The museum is situated close to the sumo stables so there's a chance you bump into the odd wrestling professional on your way to the Edo.

Inside, a more thorough glimpse of Tokyo's history is revealed, with exhibits depicting events like the 1923 Great Kanto earthquake and traditional scenes from everyday life.

Photo: jumooob/Shutterstock.com
Address: 1-4-1 Yokoami, Sumida-ku, Tokyo
Public Transport: Sobu Line, Ryogoku JR Station. Or Exit A4, Oedo Line, Ryogoku Toei Subway Station.
Opening hours: Tuesday to Friday, Sunday: 9.30am-5.30pm.
Saturday: 9.30am-7.30pm.
Phone: +81 3 3626 9974
Internet: www.edo-tokyo-museum.or.jp/en/

Shinjuku Gyoen National Garden



Shinjuku Gyoen is a popular park among tourist and locals alike and no wonder why - it is one of Tokyo's largest parks. With the large

number of cherry (Sakura) trees and amazing greenhouses with tropical and subtropical flowers. This traditional Japanese landscape garden is the ultimate escape for relaxation.

Photo: Patryk Kosmider/Shutterstock.com
Address: 11 Naito-machi, Shinjuku-ku, Tokyo
Public Transport: Sendagaya Gate: Sobu Line, Sendagaya JR Station. Or A5 Exit, Oedo Line, Kokuritsu-Kyogijo Toei Subway Station.
Opening hours: Tuesday to Sunday. Garden: 9am-4pm.
Greenhouse: 9.30am-3.30pm.

Phone: +81 3 3350 0151

Internet:

www.env.go.jp/garden/shinjukugyoen/english/index.html

Email: shinjuku@env.go.jp

Ueno Zoo



Ueno Zoo is the oldest zoo in Japan. It was founded in 1882 and today it holds 3000 animals, more than 400 different species and

provides all visitors a learning experience. In the East area, you will find pandas, animals in Japan, mammal, and ocean creatures. In the West area, you will find African animals, reptiles, small mammal, and a children zoo.

Photo: Satit Soithongcharoen/Shutterstock.com

Address: 9-83, Ueno Park, Taito-ku, Tokyo

Public Transport: Ueno JR Station, Nezu Tokyo Metro Station, or Ueno Tokyo Metro Station

Opening hours: Tuesday to Sunday: 9.30am-5pm

Phone: +81 3 3828 5171

Internet: www.tokyo-zoo.net/english/ueno/index.html

Tokyo Great Cycling Tour



If you would like to discover the city in a different way, this might be something for you - explore the city with a bike. Tokyo Great Cycling

Tour is a guided tour which will take you to the major tourist spots in Tokyo. This will definitely be a fun way to see Tokyo.

Photo: maroke/Shutterstock.com

Address: 1-3-2, Shinkawa, Chuo-ku, Tokyo

Phone: +81 3 4590 2995

Internet: www.tokyocycling.jp

Email: info@tokyocycling.jp

Tokyo Disneyland



This amazing fantasyland also exists in Tokyo; a paradise for young and old. Tokyo Disneyland offers seven themed lands like the Adventureland where you can enjoy a jungle cruise or why not explore the Westernland and go on the roller-coaster called Mine Train. There is also the area called Fantasyland where you can wander around at Prince Charming and Cinderella's castle.

In addition, there is Tokyo DisneySea which is located in Tokyo Disney Resort. It also provides seven themed ports with lots of fun for all ages.

Photo: SweetLeMontea/Shutterstock.com

Address: 1-1 Maihama, Urayasu-Shi, Chiba, Tokyo

Public Transport: Maihama JR Station

Opening hours: Disneyland: 9am-10pm. DisneySea: 8.30am-10pm.

Phone: +81 45 330 5211

Internet: www.tokyodisneyresort.jp/en/tdl/

National Museum of Nature and Science



National Museum of Nature and Science covers both science and natural history. Here you can learn more about the history of Japan's science

technology and about the history of earth. The dinosaur displays are especially popular among children. Be sure not to miss the 360 degree theatre.

Photo: Sarunyu L/Shutterstock.com

Address: 7-20 Ueno Park, Taito-ku, Tokyo

Public Transport: Park Exit, Ueno JR Station. Or Exit 7, Ueno Tokyo Metro Station.

Opening hours: Tuesday to Thursday: 9am-5pm. Friday to Saturday: 9am-8pm.

Phone: +81 3 5777 8600
Internet: www.kahaku.go.jp/english/

Rainbow Bridge



For a stunning view over the Tokyo's harbour you should head over to Rainbow Bridge. It is 798-meter long. There are some lookouts at

various locations where you can take beautiful pictures. During the night time the bridge is lit up with colourful lights - very romantic! Be sure not to forget your camera!

Photo: [Travel mania/Shutterstock.com](https://www.shutterstock.com)
Address: Tokyo Bay, 3-33 Kaigan, Minato, Tokyo
Opening hours: Walkways: January to March, November to December: 10am-6pm. April to October: 9am-9pm.
More Info: No bicycles are permitted.

Kabukicho



Shinjuku's red-light district, Kabukicho, is worth visiting even only for the spectacle of neon signs that brighten its alleys when the sun sets.

From a roaring Godzilla head to a robot-themed restaurant, this bizarre location doesn't hold back in giving a unique experience to its visitors.

Photo: [Kakidai/www.commonswikimedia.org](https://www.wikimedia.org) (image cropped)
Address: Kabukicho, Shinjuku, Tokyo

Japanese Cooking Classes



If you really want to dive into the Japanese culture, you can't miss out on getting to know local cuisine and culinary traditions that go back

centuries.

There are several locations for Japanese cooking classes across Tokyo, some of which include:

Maikoya - Kimono Tea Ceremony (& cooking lessons)
Kabukicho 9F, Tokyo
+81 362 738 818

Nobu Restaurant
located in the Toranomon Towers Office
+81 357 330 070

Photo: [Orest Drozda/Shutterstock.com](https://www.shutterstock.com)

Shibuya crossing



Crossing the streets in front of the Shibuya Station is an experience on its own. Approximately 2,500 people are crossing the road here at a time which justifies the frequent comparison to New York's Times Square and London's Piccadilly Circus intersection. Many street artists gather in this area to show their performances and moreover, can you find the statue of the famous and loyal dog Hachikō between station and intersection.

Photo: [f11photo/Shutterstock.com](https://www.shutterstock.com)
Address: 2 Chome-24 Shibuya, Tokyo

Yebisu Beer Museum



In this museum you will learn history about the Yebisu beer, which was first produced in 1890 in the namesake neighborhood in Tokyo.

Partake in a guided tour or stroll through the

museum on your own and end the tour in the tasting corner, where you can purchase 6 different kinds of brews, produced in the Yebisu halls

Photo: View Apart/Shutterstock.com

Address: 4 Chome-20-1 Ebisu, Tokyo

Opening hours: Daily 11:00am - 7:00pm.

Phone: +81 03 542 372 55

Internet: www.sapporobeer.jp/english/brewery/y_museum/

DINING



cowardlion/Shutterstock.com

Boasting more than 300.000 restaurants, cafés and food stalls, the only problem when going for dinner in Tokyo, is too much choice. Japanese food is famous for its clean and fresh taste, but here you can really delve into the depths of this oriental cuisine. Sample the best sushi before moving on to more adventurous fare in an izakaya or yatai street stall.

High-end dining can be expensive but in restaurants such as the New York Grill, there is no doubt that you are paying for the very best in terms of cuisine and, in the former, spectacular views. Many of the more pricey venues offer great deals for lunch, so it is worth making the most of these culinary delights earlier in the day. Book ahead for most places, especially during the weekends and watch out for a particular eating etiquette. Sticking your chopsticks into your rice vertically is a funerary custom!

Tsukiji Market



Getting to Tsukiji Fish Market early is essential in order to make the most of this memorable sight. At Tokyo's biggest and noisiest market, tuna auctions start at 5am followed swiftly by fruit and veg, all sold by some 50.000 workers and wholesalers.

Photo: iamlukyeee/Shutterstock.com

Address: 5-2-1, Tsukiji, Chuo-ku, Tokyo

Public Transport: Exit A1, Hibiya Line, Tsukiji Toei Subway Station

Internet: www.tsukiji-market.or.jp/tukiji_e.htm

Chinese Café Eight



Café Eight's Peking Duck has become legendary with 6 branches in Tokyo. Overflowing with expats and Japanese patrons, this restaurant has won people over with its irresistible combination of unbeatable prices and a wide range of delicious Chinese food.

Photo: vsl/Shutterstock.com

Address: 3-2-13 Nishi-azabu, Minato-ku, Tokyo

Public Transport: Roppongi Tokyo Metro and Toei Subway Station

Opening hours: 24 hours

Phone: +81 3 5414 5708

Internet: en.cceight.com

Email: welcome@cceight.com

More Info: 2nd floor, Court Annex Roppongi

Teshigotoya Seigetsu



Dinner at a traditional izakaya is not to be missed. Primarily serving as bar space, these 'sake places' are also renowned for their tapas-style

Japanese food. Seigetsu is a large izakaya but has been cleverly divided with delicate bamboo screens to give it a cosy feel. Relax in the comfortable surroundings under subdued lighting in an interior that is pure Tokyo.

Photo: Ria Herlia/Shutterstock.com

Address: 6-77, Kagurazaka, Shinjuku-ku, Tokyo

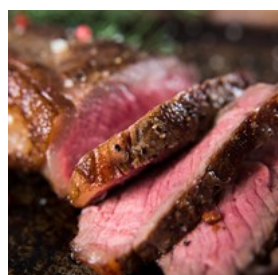
Public Transport: Tozai Line, Kagurazaka Tokyo Metro Station. Or Iidabashi JR Station.

Opening hours: Monday to Friday: 5pm-11.30pm. Saturday: 5pm-11m. Sunday: 4pm-11pm.

Phone: +81 3 3269 4320

More Info: 2/F, Kamiya Building

New York Grill



Dine with the stars at the top of the Park Hyatt hotel, where the modern seafood and meat dishes easily match the standard of the restaurant's

location. Dinner on a weeknight is a pleasure, but the Grill is particularly famous for its Sunday brunch, when expats take over the dining room.

Photo: Anna Hoychuk/Shutterstock.com

Address: 3-7-1-2 Nishi-Shinjuku, Shinjuku-ku, Tokyo

Public Transport: Shinjuku JR/Tokyo Metro/Toei Station

Opening hours: Monday to Sunday: 11.30am-2.30pm, 5.30pm-10pm.

Phone: +81 3 5323 3458

Internet:

tokyo.park.hyatt.com/en/hotel/dining/NewYorkGrill.html

Email: tokyo.park@hyatt.com

More Info: Located on the 52th floor of Park Hyatt Tokyo

Elio Locanda Italiana



Elio lies off the beaten track just enough to convince people they're eating in one of Tokyo's hidden treasures.

Receiving rave reviews from its many regulars, steaming bowls of pasta are served up amidst noisy chatter from local residents. Service is polished, and the atmosphere is Mediterranean in attitude.

Photo: darqdesign/Shutterstock.com

Address: 2-5-2, Kojimachi, Chiyoda-ku, Tokyo

Public Transport: Exit 1, Hanzomon Tokyo Metro Station. Or Exit 1, Kojimachi Tokyo Metro Station.

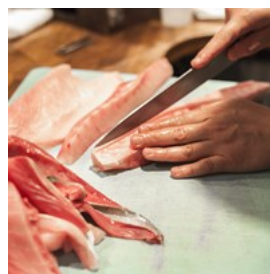
Opening hours: Monday to Saturday: 11.45am-2.15pm, 5.45pm-10.15pm.

Phone: +81 3 3239 6771

Internet: www.elio.co.jp/en/

Email: info@elio.co.jp

Sushi Bun



Take your cue from the Tokyo's fishermen, who still choose Sushi Bun for the freshest raw fish in the city. Opened 150

years ago, located at the heart of the Tsukiji Fish Market, you can be sure you're eating tuna, eel and sea urchin that has been hauled in only hours ago. The tiny restaurant is cramped but cheery - grab your place at the 12-seat counter to experience the best sushi Tokyo has to offer.

Photo: DouglasRome/Shutterstock.com

Address: 5-2-1 Tsukiji, Chuo-ku, Tokyo

Public Transport: Exit A1, Hibiya Line, Tsukiji Toei Subway Station

Opening hours: Monday to Saturday: 6am-2.30pm

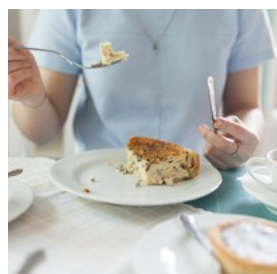
Phone: +81 3 3541 3860

Internet: www.tsukijinet.com/tsukiji/kanren/susibun/eng.html

Email: Maki69sea@aol.com

More Info: Chuo Shijo Bldg No. 8

Brasserie Aux Amis



Country-style French cooking at this Parisian bistro in Tokyo's business district. The menu - consisting of juicy steaks and the ubiquitous 'frites'

- is written in chalk on large wall mirrors and prepared by the celebrated chef Masashi Hadachi. A casual crowd relax on red leather banquettes indulging in hearty sandwiches at lunchtime and more serious 4-course dinners in the evening.

Photo: Kenya and Igor/Shutterstock.com

Address: 1/F, Shintokyo Building, 3-3-1 Marunouchi, Chiyoda-ku, Tokyo

Public Transport: Hibiya Tokyo Metro/Toei Station

Opening hours: Monday to Friday: 11.30am-2pm(Lunch), 2pm-6pm(Cafe). Saturday to Sunday: 11am-2.30pm(Lunch), 2.30pm-5.30pm(Cafe), 5.30pm-11pm(Dinner & Bar)

Phone: +81 3 6212 1566

Internet: www.auxamis.com

More Info: Reservation is required for prix fixe lunch meal.

Pizzakaya Roppongi



This is a popular pizza joint where you can relish in California Gourmet premium pizza with an American beer. The chef prepares the food with

fresh ingredients and serves only high quality food. Half-and-half pizza option is available, so there is always something for everyone.

Photo: CatchaSnap/Shutterstock.com

Address: 2/F Koyama Building, 3-1-19, Nishi Azabu, Minato, Tokyo

Public Transport: Exit 1C, Roppongi Toei Subway Station. Or Roppongi Tokyo Metro Station.

Opening hours: Monday to Friday: 11.30am-2pm, 5pm-11pm.

Saturday: 5pm-11pm. Sunday: 5pm-10pm.

Phone: +81 3 3479 8383

Internet: www.pizzakaya.com/en/

Email: info@pizzakaya.com

Toh-Ka-Lin



Toh-Ka-Lin has been serving some of the finest Chinese cuisine in Tokyo since Hotel Okura opened in 1962. At this stylish restaurant, located on the

12th floor, you can enjoy food such as Peking duck or authentic Cantonese dim sum, prepared by Chinese dumpling masters, while looking out over Tokyo's skyline. The restaurant also has one of the most extensive wine lists in the town.

Photo: Kumpol Chuansakul/Shutterstock.com

Address: 2-10-4 Toranomom, Minato-ku, Tokyo

Public Transport: Exit 4B, Hibiya Line, Kamiyacho Tokyo Metro Station. Or Ticket Gate Exit, Nanboku Line, Roppongi 1-chome Tokyo Metro Station.

Opening hours: Monday to Sunday: 11.30am-2:30pm (lunch), 1.30pm-3.30pm (Dimsum), 5.30pm-9.30pm (Dinner).

Phone: +81 3 3505 6068

Internet: www.hotelokura.co.jp/tokyo/en/restaurant/tohkalin/

More Info: Located on 12/F of Hotel Okura Tokyo

Nirvanam



Nirvanam or Nirvana in English has many meanings but in a simple way it can be described as "bliss" - highest state of satisfaction and

happiness. This is exactly what the restaurant strives to achieve by offering appropriate ambience, friendly service and authentic Indian food. You will find this Indian restaurant in the heart of Tokyo, close to Tokyo Tower.

Photo: PI/Shutterstock.com

Address: 1-1-20 Toranomom, MinatoKu, Tokyo

Public Transport: Exit 7, Ginza Line, Toranomon Tokyo Metro Station. Exit A12, Chiyoda/Marunochi/Hibiya Line, Kasumigaseki Tokyo Metro Station
Opening hours: Monday to Saturday: 11.15am-2.30pm (Lunch Buffet), 6pm - 10pm (Dinner).
Phone: +81 3 5510 7875
Internet: www.nirvanam.jp
Email: info@nirvanam.jp
More Info: Located on B1F of Toranomon Jitsugyo Kaikan

Aronia de Takazawa



This intimate restaurant is run by a married couple who welcomes their guest with a big smile. This French-Japanese restaurant serves fusion food which is mostly prepared right in front of you with a creative touch. You should book in advance since this tiny venue only seats ten people.

Photo: prakarnchumjinda/Shutterstock.com
Address: 2/F, 3-5-2 Akasaka, Minato, Tokyo
Public Transport: Asakusa or Asakusa Mitsuke Tokyo Metro Station
Opening hours: Monday to Saturday: 6pm-9pm
Phone: +81 3 3505 5052
Internet: www.takazawa-y.co.jp
Email: reservation@takazawa-y.co.jp

Burger Mania



As the name suggests this restaurant serves burgers and it serves burgers with every delicious filling. The interior design gives a fresh feeling and if the weather permits there is an outdoor terrace where you can enjoy your food. Be sure to get here with an empty stomach since the staff serves generously sized burgers.

Photo: christyclow/Shutterstock.com

Address: 2F, 5-15-25, Minamiazabu, Minato-ku, Tokyo
Public Transport: Exit 1, Hirro Tokyo Metro Station
Opening hours: Monday to Friday: 11.30am-11pm. Saturday: 11am-11pm. Sunday: 11am-10pm. Close on 3rd Monday.
Phone: +81 3 5422 7899
Internet: www.burger-mania.com/
Email: burgermania2008@gmail.com

Kobe Beef Kaiseki 511



The name of the restaurant 511 comes from the fact it only uses meat of the highest quality"- A5 grade beef with a beef marbling standard value of 11." At this renowned restaurant you can relish the finest Kobe beef. With your tasty food, choose a glass of wine from the extensive wine list, all served by the attentive staff.

Photo: [Kulit Na Nakorn/Shutterstock.com](http://KulitNaNakorn/Shutterstock.com)
Address: Akasaka 4-3-28, Minato Ward, Tokyo
Public Transport: Exit 1, Asakusa Tokyo Metro Station.
Opening hours: Monday to Saturday: 11.30am-2.30pm, 6pm-11pm.
Phone: +81 3 6685 0511
Internet: www.a511.tokyo/en/
Email: info@a511.tokyo
More Info: Located on B1 of Dear Plaza Akasaka

Salsita Mexican Restaurant & Bar

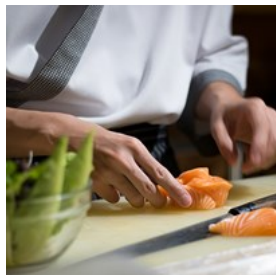


Salsita is a small charming restaurant with authentic Mexican food. The chef offers mid-sized portions of food which is only prepared from fresh and high-quality ingredients. What would a Mexican restaurant be without its tequila? On the menu you will find a wonderful selection of this Mexican beverage.

Photo: [David Franklin/Shutterstock.com](http://DavidFranklin/Shutterstock.com)

Address: 4-5-65 Minamiazabu, Minato, Tokyo
Public Transport: Hiroo Tokyo Metro Station
Opening hours: Tuesday to Sunday: 11.45am-2.15pm,
5.30pm-11pm.
Phone: +81 3 3280 1145
Internet: salsita-tokyo.com/en/
Email: info@salsita-tokyo.com
More Info: Located on B1F of Hiroo Urban Building

Ise Sueyoshi



Highly acclaimed restaurant, praised by locals and tourists alike, and many overseas visitors are falling over themselves to get a table

at this petite spot. Ise Sueyoshi truly offers a unique dining experience by serving traditional "Kaiseki" (a traditional Japanese multi-course dinner). Chef Yuuki-san is passionate about his craft and has a deep understanding of the ingredients and the flavours of Japan.

Photo: one photo/Shutterstock.com
Address: 4-2-15 Nishiazabu, Minato, Tokyo
Opening hours: Monday to Saturday: 5.30pm-11.00pm (Last entry 8.30pm)
Phone: +81 3 6427 2314
Internet: isesueyoshi.blog.fc2.com
More Info: 3F Mizuno Bldg.

Tsuta



The first Michelin-starred Ramen eatery, Tsuta aims to serve the best bowls of noodles. They're mostly known for their Shoyu

Soba, featuring dashi, the traditional fish broth, coupled with soy and black truffle sauces. Side dishes include salmon salads, edamame and meat or vegetable-filled ravioli.

Photo: TMON/Shutterstock.com

Address: 1 Chome-14-1 Sugamo, Toshima City, Tokyo
Opening hours: Thu-Tue 11am-4pm
Phone: +81 3 3943 1007
Internet: www.tsuta.com
Email: tsuta0126@gmail.com

Matsuya



Matsuya is a beef bowl restaurant chain that can be found all over Tokyo. They mainly offer gyudon, their beef on rice plates, but you can also order

Japanese curry and grilled chicken, in varying sizes. Every order comes with your choice of soup and salad dressing, as well as miso soup.

Photo: YDG/Shutterstock.com
Address: 4-9-5 Ueno, Ishii Building, Taito, Tokyo
Opening hours: Daily 24 hours
Phone: +81 3 5817 3466
Internet: www.matsuyafoods.co.jp/english

Ikinari Steak



Aiming to offer high quality steak at a reasonable cost, Ikinari Steak is a chain restaurant that lets you choose the weight of your

meal, to be enjoyed either seated at a table or standing at one of the counters. The menu focuses entirely on beef, with options including black Angus but also the traditional Wagyu.

Photo: HikoPhotography/Shutterstock.com
Address: 2-5-11 Shinjuku, Tokyo
Opening hours: Daily 11am-11.45pm
Phone: +81 3 6273 2929

CAFÉS

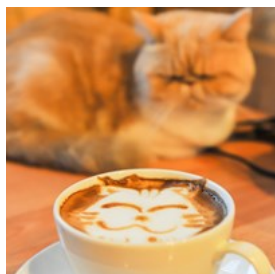


oneinchpunch/Shutterstock.com

Café culture is thriving in Tokyo, where novelties such as the manga craze have taken over many venues. In addition, the Japanese are caffeine fanatics and kissaten (coffee shops) have been set up on every corner to cater to this demand.

During the past decade, Tokyo has seen the emergence of the 24-hour manga kissaten which offer comic books, internet access and even a place to sleep for cartoon addicted night owls. Manga, literally translated as 'crazy drawings,' total almost 40 percent of everything published in Japan. Magazines can amount to 5 or 6 hours of reading time each, which perhaps indicates the need for around the clock access in manga cafés.

Cat Café Nekorobi



If you're looking for an unusual experience, you have to visit a Cat Café! The inhabitants of Tokyo work long hours and live in small apartments, and it is not easy to keep a pet. The cat cafés bring these people an opportunity to snuggle up with a furry friend without having to own it. There is a fee to enter, and then you can use everything inside free of charge like cat toys, Wii, iPad, books etc.

Photo: shutter_o/Shutterstock.com

Address: 1-28-1, Higashi-Ikebukuro, Toyoshima-ku, Tokyo

Public Transport: Higashi-Ikebukuro Tokyo Metro Station

Opening hours: Monday to Sunday: 11am-10pm

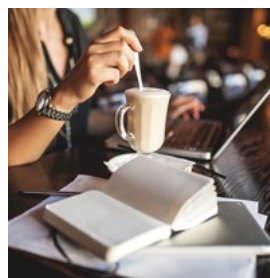
Phone: +81 3 6228 0646

Internet: www.nekorobi.jp/english

Email: info@nekorobi.jp

More Info: 3F Tact T.O Building

Zarigani Café



With a varied interior and an easy going atmosphere, this is a good place to sit down and relax. Try their Japanese curry with rice and the fancy apple pie. Read a book, plan the next part of your trip or catch up with old friends. Note though that smoking is allowed here.

Photo: Katsiaryna Pakhomava/Shutterstock.com

Address: 1F Suite C, 6-11 Udagawacho, Shibuya-ku, Tokyo

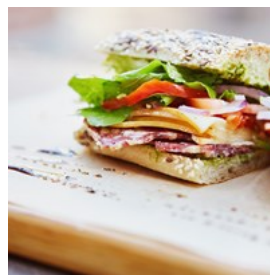
Public Transport: Shibuya Tokyo Metro Station

Opening hours: Monday to Saturday: 12nn-11.30pm. Sunday: 12nn-11pm.

Phone: +81 3 5459 0655

Email: zariganicafe.2000.09.25@gmail.com

Dean & DeLuca



This is a coffee chain that offers nice coffee and tea. If you are hungry they serve freshly made food or packaged bakery products, like cake and pie, and tasty salads. The one at Marunouchi is a café with a Espresso Bar and both indoor and outdoor terrace seating.

Photo: mavo/Shutterstock.com

Address: 1F, 1-4-5 Marunouchi, Chiyoda-ku, Tokyo

Public Transport: Otemachi Tokyo Metro / Toei Station. Or Tokyo JR/Tokyo Metro Station.

Opening hours: Monday to Friday: 11am-2pm, 5pm-11pm.

Saturday: 10am-9pm. Sunday: 10am-6pm.
Phone: +81 3 3284 7071
Internet: www.deandeluca.co.jp

Sakurai Japanese Tea Experience



Run by tea master Shinya Sakurai, this distinctive spot where past and present beautifully melts together is situated right outside Omotesando

station. A place where the guests are invited to discover and enjoy a great variety of top-quality Japanese teas. Shinya Sakurai dedicated 14 years of his life to become a tea master, pop in and enjoy an ultimate experience and taste of this hot beverages.

Photo: Nishihama/Shutterstock.com
Address: 5-6-23 Minami Aoyama, Minato, Tokyo
Opening hours: Monday to Friday: 11am-11pm
Phone: +81 3 6451 1539
Internet: www.sakurai-tea.jp
Email: info@sakurai-tea.jp
More Info: 5th Floor of The Spiral Bldg.

BARS & NIGHTLIFE



DisobeyArt/Shutterstock.com

Most socialising done in Tokyo is away from home, hence the infinite number of venues that offer alcohol in the city, from the ubiquitous izakaya, to the more exclusive glitzy bars. The nightlife in Tokyo has something to offer everyone. Whether you're looking for a

hedonistic party, superclub sounds or chilled out beats it's all here for the taking. Lounge about or dance the night away at Tokyo's best clubs.

Robot Restaurant



Shinjuku's Robot Restaurant is an over-the-top cabaret-dance-robot crossover, a show unlike anything you've seen

before. It has loud music, flashing neon lights, skimpily clad dancers and giant robots, all mixed up in a parade of extravagant pageantry, making this an experience unlike any other in the world.

Photo: Daniel Valenzuela / Arrivalguides
Address: Kabukicho, 1-7-1, Tokyo
Opening hours: Daily 5pm-11pm
Phone: +81 3 3200 5500
Internet: www.shinjuku-robot.com/pc/

New York Bar

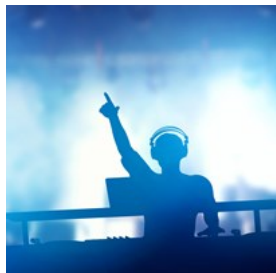


On the 52nd floor of the Park Hyatt Hotel it is easy to see why Sofia Coppola filmed part of "Lost in Translation" here. It serves a wide

range of drinks, from cocktail, mocktail, draft beer, Bourbon, Scotch, or wine to sake. Listen to top-notch jazz musicians whilst checking out the Tokyo skyline.

Photo: Kondor83/Shutterstock.com
Address: 52F, 3-7-1-2 Nishi-Shinjuku, Shinjuku-ku, Tokyo
Public Transport: Shinjuku JR/Tokyo Metro/Toei Station
Opening hours: Monday to Wednesday, Sunday: 5pm-0.00am.
Thursday to Saturday: 5pm-1am
Phone: +81 3 5323 3458
Internet: restaurants.tokyo.park.hyatt.co.jp/en/nyb.html
Email: tokyo.park@hyatt.com
More Info: There is a cover charge from Monday to Saturday from 8pm, Sunday from 7pm.

Age-ha



The Daddy of clubs in Tokyo, Age-Ha is a warehouse superclub that holds more than 4.000 partygoers, with four bars and a beach. A mixture of gangsta-rap and urban hip hop keep the Tokyo kids happy.

Events featuring hard dance music, EDM, house, or bass are usually available on Fridays and Saturdays. A ticket is needed for the events.

Photo: PHOTOCREO Michal Bednarek/Shutterstock.com
Address: 2-2-10 Shinkiba, Koto-ku, Tokyo
Public Transport: Shin-Kiba Tokyo Metro / JR Station
Opening hours: Monday to Thursday: 11am-8pm
Phone: +81 3 5534 2525
Internet: www.ageha.com
Email: info@ageha.com

The Room



One of the smallest exclusive clubs in the area, still, 200 people can fit into this venue. Gathering with your friends, enjoy your drinks with live music in The Room. Remember to check the monthly schedule on their website to see what is in the air.

Look out for a red street light indicating the basement entrance.

Photo: Arina P Habich/Shutterstock.com
Address: 15-19 Sakuragaoka, Shibuya-ku, Tokyo
Public Transport: South Exit, Shibuya JR Station
Opening hours: Depends on the event each day.
Phone: +81 3 3461 7167
Internet: www.theroom.jp
Email: schedule@theroom.jp
More Info: Located on B1F of Daihachi Tohto Building

H2 International Bar



Get connected and mingle with both Japanese and travellers, H2 International Bar is a cosy bar with a friendly and fun atmosphere. Sip a cocktail or a beer while listening to music from the 70s, 80s and 90s, including soul, pop, RnB, and rock. If you like singing, then you have arrived at the right place, they have Karaoke too.

Photo: Syda Productions/Shutterstock.com
Address: 3-6-7 Yotsuya, Shinjuku, Tokyo
Opening hours: Monday to Sunday: from 7pm
Phone: +81 3 5315 4531
Internet: h2jazzbar.bizweb.jp/
More Info: Kaida Bldg 2F

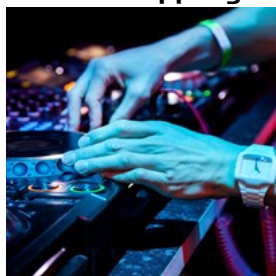
Odeon Tokyo



One of the most famous and after-hours party spots in Tokyo, Odeon Tokyo is a stylish and sophisticated venue, a rendezvous for models, dancers and partygoers. Chill out in the V.I.P area on the comfy sofas or dance the night away to all genres of music, either way you will have the ultimate club experience.

Photo: bbernard/Shutterstock.com
Address: 3-15-23 Roppongi, Minato, Tokyo
Opening hours: Monday to Wednesday: 9pm - 8am, Thursday: 9pm - 10am, Friday to Saturday: 9pm - 12pm
Phone: +81 3 3478 4555
Internet: www.odeon-bar.com
Email: info@odeon-bar.com
More Info: Hana Tsubaki Bldg 3F

Lineclub Roppongi



Located in Roppongi district, Lineclub Roppongi is a night club where the DJs are playing some of the best hip hop and R&B music including

Reggae, Latin and Top40. And for the ladies, Friday is the Ladies night which means happy hour the whole evening.

Photo: Maxim Blinkov/Shutterstock.com
Address: 3-15-24 Roppongi, Minato, Tokyo
Opening hours: Thursday to Sunday from 10pm
Phone: +81 3 5785 1885
Tickets: Entry is free!
Internet: www.lineclub.jp
Email: info@lineclub.jp
More Info: 1f-b1f

Mogambo Tokyo



In the heart of Roppongi, Mogambo Tokyo attracts a good mix of expats, tourists and locals, making it a fun place either for a drink or a date on the weekends, and on the weekends, it turns into a vibrant party hangout as the night falls. A place where friendships are formed, and unforgettable nights out are guaranteed.

Photo: Pressmaster/Shutterstock.com
Address: 7-14-5 Roppongi, Minato-ku, Tokyo
Phone: +81 3 6447 4844
Internet: www.mogambo.net
Email: chief@mogambo-asia.com
More Info: 2F Yamato Bldg

Geronimo Shot Bar

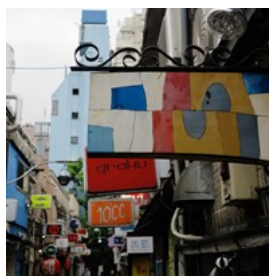


With a North American Indian theme, this small bar has an intriguing collection of Native American artefacts on the walls and ceiling.

Running its business for 24 years, Geronimo Shot Bar is still going strong with its lively and party ambience. From the speakers, a wide range of music selection is played to keep everyone happy. Pop in and see what the fuss is all about.

Photo: astarot/Shutterstock.com
Address: 7-14-10 Roppongi, Minato-ku, Tokyo
Opening hours: Monday to Friday: 6pm - late, Saturday to Sunday: 7pm - late
Phone: +81 3 3478 7449
Internet: www.geronimoshotbar.com
Email: Chief@geronimoshotbar.com
More Info: Yamamuro Bldg 2F

Golden Gai



Made of six narrow alleys filled to the brim with bars, Golden Gai is a secluded area of Shinjuku that offers multiple options for either bar

hopping or spending the night in a single, quiet environment. Every joint has its own visual or musical theme, so you'll struggle to find something that doesn't suit you.

Photo: MIKI Yoshihito/Shutterstock.com
Address: 1-1-6 Kabukicho, Shinjuku, Tokyo
Opening hours: Bars are usually open from 8pm until late.
Phone: +81 3 3209 6418

Kabukicho



Shinjuku's red-light district, Kabukicho, is worth visiting even only for the spectacle of neon signs that brighten its alleys when the sun sets.

Every bar has its own quirk to it: Deathmatch in Hell is decorated with horror movies memorabilia for example, but others may come equipped with karaoke machines or all-you-can-drink sake.

Photo: Kakidai/www.commonswikimedia.org (image cropped)

Address: Kabukicho, Shinjuku, Tokyo

SHOPPING



siriwat sriphojaroen/Shutterstock.com

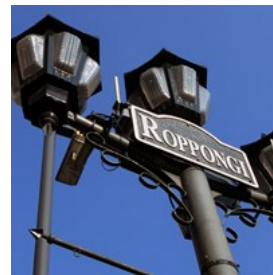
Shopping in this city has become more of an art than a simple pleasure. If you've got cash to spend then this is the paradise of all shopping paradises. Shopping malls and department stores abound and specific areas are often devoted to certain wares to make life easier.

Roppongi is more than just hundreds of shops - it is a mini city of restaurants, clubs, cafés, cinemas, hotels and museums. It is where the expat crowd in particular, party, eat, drink, shop and hang out and is about as far from traditional Japan as is possible. Roppongi Hills, a mall comprising most of the above, is at the centre of

this hive of activity and attracts a good percentage of Tokyo's serious shoppers. Housing high street, boutique and designer brands, you can safely expect to find everything you're looking for. .

If you want to avoid more mainstream bookstores and spend some time looking for some hidden literary treasures, Kanda is where to go. Browse among the second-hand shops that line Yasukuni Dori and you're bound to stumble upon a few gems. Good Day Books is Tokyo's oldest and most famous used English book store and you can spend hours here among the 40.000 second hand and new copies.

Roppongi Hills



There is something for everyone happening in Roppongi. You could get caught here for a day with such an array of activities. There are more than 200 shops, restaurants and cafés present at this area that also has an intriguing architecture and impressive design gardens.

Photo: northsan/Shutterstock.com

Address: 6-10-1, Roppongi, Minato-ku, Tokyo

Public Transport: Exit 1C, Hibiya, Roppongi Tokyo Metro Station. Or Exit 3, Oedo Line, Roppongi Toei Subway Station.

Opening hours: Monday to Sunday: 11am-9pm (shops), 11am-11pm (restaurants).

Phone: +81 3 6406 6000

Internet: www.roppongihills.com.e.nt.hp.transer.com

Isetan Shinjuku Store



This enormous shopping enterprise, located in the busiest part of Tokyo, aims to be the world's greatest fashion museum. It covers departments for

cosmetics, household goods, food, fashion and electronics, regardless of traditional or cutting-edge products.

Photo: Maridav/Shutterstock.com

Address: 3-14-1 Shinjuku, Shinjuku-ku, Tokyo

Public Transport: Exit B3, Marunouchi Line, Shinjuku-sanchome Tokyo Metro Station.

Opening hours: Monday to Sunday: 10.30am-8pm

Phone: +81 3 3352 1111

Internet: www.isetan.co.jp/iclub

Ginza Mitsukoshi



Japan's oldest department store has stores in Ginza and Nihonbashi.

Womenswear, accessories, menswear,

toys, childrenswear and restaurants from fourth basement floor to the 12th floor. Mitsukoshi welcomes visitors from all around the world, with free Wifi, a Tax Free Counter and Foreign Tourist Information Centre.

Photo: imtmphoto/Shutterstock.com

Address: 4-6-16 Ginza, Chuo-ku, Tokyo

Public Transport: Exit A7, Tokyo Metro Ginza Station

Opening hours: Monday to Sunday: 10.30am-8pm

Phone: +81 3 3562 1111

Internet: www.mitsukoshi.co.jp

Shibuya 109



If you want to have a cue on Japanese fashion trend: keep up with Shibuya 109. Shibuya 109 is the synonym of stylishness: chic clothes

and dresses, fancy but comfy shoes, accessories, purses and more. Take your spoils to the highest level to have a tea break, and then, shop till you drop!

Photo: imtmphoto/Shutterstock.com

Address: 2-29-1 Dogenzaka, Shibuya-ku, Tokyo

Public Transport: Shibuya JR/Tokyo Metro Station.

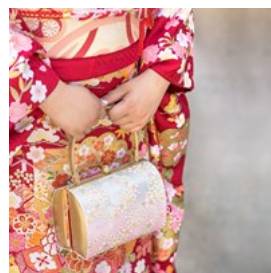
Opening hours: Monday to Sunday: 10am-9pm

Phone: +81 3 3477 5111

Internet: www.shibuya109.jp

Email: netshop@shibuya109.jp

Oriental Bazaar



Visit Tokyo's best known gift shop to stock up on trinkets for friends back home. Get a kimono, washi paper, Japanese patterned fabric, sensu

fans, or a tea set. There are English-speaking staff on each floor. They also offer gift-wrapping and overseas shipping service.

Photo: taka1022/Shutterstock.com

Address: 5-9-13 Jingumae, Shibuya-ku, Tokyo

Public Transport: Exit 4, Meiji-jingumae Tokyo Metro Station. Or Omotesando Exit, Harajuku JR Station.

Opening hours: Monday to Wednesday, Friday to Sunday: 10am-7pm

Phone: +81 3 3400 3933

Internet: www.orientalbazaar.co.jp/en/index.html

Laox: Duty Free Flagship at Akihabara



The largest comprehensive duty-free store in Tokyo with 7-storey sells electric household appliances, electrical beauty supply, video games, fashion items, cosmetics, baby goods and sports goods. A good place to shop cheaply and get some travel souvenirs.

Photo: petrunjela/Shutterstock.com

Address: 1-2-9 Sotokanda, Chiyoda-Ku, Tokyo

Public Transport: Electronic Town Exit, Akihabara JR Station

Opening hours: Monday to Sunday 10am-7pm

Phone: +81 03 3253 7111

Internet: www.laox.co.jp

Ginza



For label lovers, the district Ginza is a retail heaven. The Japanese adore their fashion items and clothes from big designers. This is where you'll find the usual suspects - Chanel, Hermes and even Barney's of New York have all set up shop in this upmarket location. Well-established brands heave with equally well-dressed customers who can afford the clothes and the art in the surrounding Ginza galleries. For trendier labels, head to Harajuku and Shibuya.

Photo: oneinchpunch/Shutterstock.com

Address: Ginza, Chuo, Tokyo

Harajuku



Catering for a similar crowd to Ginza, the colorful street Harajuku has more of an edge. As well as the familiar Prada, Dior and Burberry,

if you walk just round the corner you'll find the funky teen stores of Shibuya. One of these, the 109 store (2-29-1 Dogenzaka), is said to inspire the mad and consistently madder styles seen on the Shibuya streets. At 109 and others like Laforet Harajuku (1-11-6 Jingumae), young women's wear is packed to the rafters.

Photo: noina/Shutterstock.com

Address: Harajuku, Shibuya-ku, Tokyo

Aoyama



Aoyama, one of the wealthiest neighborhoods in the city offers a world of Japanese and international upmarket brands. The newly

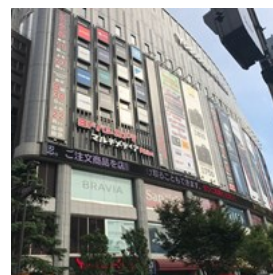
designed Prada building here stands for everything this neighbourhood is about - sleek sophistication is the name of the game. Well-recognised Japanese designers including Yohji Yamamoto, and Issey Miyake stand side by side with Prada and Louis Vuitton.

Photo: KPG_Payless/Shutterstock.com

Address: Aoyama, Tokyo

Public Transport: Station: Omotesando

Akihabara



Welcome to neon land. Akihabara is the electronics capital of Japan and walking through its streets you can barely see in front of you for the amount of flashing shop signs and video screens. Street stalls sell the latest high-tech computer devices, while huge electronic retailers flog televisions at duty-free prices. Head for the duty-free stores if you want to speak to English staff, and bring your passport

with you to qualify for tax exempt goods. Akky (1-12-1 Soto Kanda) is one of the best shops for this. Come out of Akihabara station and look for the glaringly obvious Electric Town exit.

Photo: Areep J/Shutterstock.com

Address: Akihabara, Tokyo

Kappabashi Dori



Kappabashi Dori is where you'll find more than a hundred shops specialising in kitchenware and home goods. Perfect for presents and stocking up on wonderful Japanese lacquer, ceramics, pottery and decorated chopsticks, this is an area for the house proud.

Photo: gori910/Shutterstock.com

Address: Kappabashi Dori, Tokyo

Don Quijote



Don Quijote is a chain of stores known for selling pretty much everything, from sake-flavoured Kit Kat to whimsical crab-shaped head gear. This particular location in Shibuya is the largest one in Tokyo, where you'll be able to purchase clothes, food, beauty products and toys. If you're looking for a souvenir to bring back home, this would be the ideal place to get something truly memorable.

Photo: PR Image Factory/Shutterstock.com

Address: 28-6 Udagawacho, Shibuya, Tokyo

Opening hours: Daily 24 hours

Phone: +81 3-5428-4086

TOURIST INFORMATION



noina/Shutterstock.com

Narita International Airport



Two airports serve Tokyo: Narita International Airport and Haneda International Airport (mainly internal flights). Narita Airport is

accessible by the Narita Express Train (N'EX) which is the fastest way to get from the city centre to the airport. It takes approx. 60 minutes to Tokyo Station and 41 minutes to Ueno Station. Trains depart approx. every half hour. You may consider getting a N'EX TOKYO Round Trip Ticket in the JR EAST Travel Service Centers and from JR Ticket Offices at Terminal 1 or 2. This ticket allows you to transfer to any other JR stations within Tokyo once. Narita Express Trains: www.jreast.co.jp

The Keisei Skyliner trains go from Narita to Ueno/Nippori station in approx. 45 minutes. Skyliner: www.keisei.co.jp/keisei/tetudou/skyliner/us/ae_outline/index.php

For a cheaper choice, the Access Express goes to Higashi-Ginza station in approx. 65 minutes. Access Express: www.keisei.co.jp/keisei/tetudou/skyliner/us/nrt_access/index.php

Limousine buses run regularly from Narite airport to key points in the city in approx. 75-125 minutes.

Limousine Bus: www.limousinebus.co.jp/en/

Taxis are available for the 70 km journey but fares are astronomical.

Photo: Juan Garces

Address: Narita International Airport, Tokyo

Internet: www.narita-airport.jp/en

Haneda Airport



Haneda Airport is served by the Tokyo Monorail in approx. 20 minutes to Hamamatsucho Station leaving every 10 minutes almost around the clock.

You may consider getting a 24/48/72 hours Welcome! Tokyo Subway Ticket to travel with Tokyo Metro and Toei Subway in the Keikyu Tourist Information Centre.

Tokyo Monorail: www.tokyo-monorail.co.jp

Keikyu: www.haneda-tokyo-access.com/en/

Buses run regularly from Haneda airport to key points in the city. For Tokyo city centre, it takes approx. 40 minutes.

Keikyu Bus: hnd-bus.com/

Limousine Bus: www.limousinebus.co.jp/en/

Photo: Juan Garces

Address: Haneda Airport, Tokyo

Internet: www.haneda-airport.jp/inter/en/

Passport / Visa



Japan may be visited visa-free for up to 90 days by citizens of all European Union member states, Australia, Canada, the USA, as well as

several other world countries. The up-to-date list of visa exemptions by country may be found at: https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

Citizens of countries not listed as not requiring visa will need to apply in advance via a Japanese mission or consulate closest to them.

Special visa requirements apply to citizens of China and the Philippines, as well as travellers visiting Japan as part of a cruise journey.

Photo: TukTuk Design/Shutterstock.com

Public transport



Tokyo has one of the most efficient train and subway systems in the world. Trains are clean and fast and all stations have signs in English. The

major train and subway systems are : East Japan Railway (JR), Tokyo Metro, and Toei Subway. There are other railway companies. Each company has its own ticket. A variety of tickets and passes are on offer to make it easier than buying individual tickets for every trip. You can also consider getting a prepaid Suica Travel pass to travel on JR , subways, and buses. These can be purchased at JR 'Green Window' areas or at ticket machines.

www.tokyometro.jp/en/ticket/types/pass/index.html

www.jreast.co.jp/e/pass/index.html?src=gnavi

The East Japan Railway (JR) is represented by green letters "JR" logo, offering the fastest service but in a higher price. It operated overland train lines are colour-coded, the most frequently used line in Tokyo municipality is the Yamanote line (green).

Tokyo Metro runs by a private company. The subway consists of 9 lines with the light blue letter "M" logo. Subways and trains operate from 5am-midnight.

Toei Subway operates 4 subway lines by the Bureau of Transportation with a green shape logo.

Buses in Tokyo are run by several different companies. It is less confusing to take the subway or train around the city, but bus routes are efficient. Nevertheless, few signs are in English which makes navigation difficult. Bus route guides in English are available at Toei subway stations and hotels.

www.tokyobus.or.jp

Cycling is one of the most common ways to get around in Tokyo, if you're feeling energetic. Some hotels will hire out bikes, but most will have further information on where to hire elsewhere.

Photo: Pierre-Luc Auclair

Taxi



Taxis are expensive but convenient in Tokyo. Weekend rates are even more expensive, as are rides between 11pm and 5am. Taxi stands are located in almost all busy areas and tipping is not expected.

Photo: ArrivalGuides

Post



Post boxes are red in Tokyo and the slot on the left is for domestic mail, the right one for international. English script is acceptable when writing addresses and stamps can be purchased at convenience stores. Post offices are indicated by a red and white 'T' and are located everywhere. Post office ATMs accept foreign bank cards. The fare for postcards in irregular shapes is different from the regular ones.

Photo: Andy Fuchs

Opening hours: 9am-5pm Mon-Fri (some larger branches open till 7pm), closed at weekends

Pharmacy



Pharmacy in Japanese is "Yakkyoku". Generally, pharmacies are open from 9am to 6pm on weekdays and Saturdays, and closed on Sundays, while drugstores are usually open 7days a week and sometimes 24/24.

One of the biggest and popular pharmacy chains is Matsumoto Kiyoshi. They have stores

scattered around the whole island and offer original brands of drugs and medicines including cosmetics and beauty products. Other chains in Japan are: SunDrug, Sugi Drug Group and Tsuruha Drug.

Here are some English-speaking pharmacies:

National Azabu Supermarket's pharmacy
4-5-2 Minami-azabu, Minato-Ku, Tokyo
Opening hours: 8.30am - 9pm (7days a week)
www.national-azabu.com

Yakuju pharmacy
Roppongi Izumi Garden, 1-6-1 Roppongi,
Minato-Ku, Tokyo
Monday - Friday: 9am - 7pm, Saturday:
9.30am-2pm, 3pm-5pm

Photo: Gemma Garner
Address: 4-5-2 Minami-azabu, Minato-Ku, Tokyo
Opening hours: Monday - Sunday: 8.30am - 9pm
Internet: www.national-azabu.com

Electricity



Japan's current is 100V
AC. Plugs have two
flat-sided prongs.

Photo: Stirling Tschan

Telephone



Country code: +81 Area
code: 03

Photo: Jardson Almeida

Population
13,500,000

Currency
Japanese Yen (JPY)
¥100 ~ US\$0,90

Opening hours
Banks are open Monday-Friday between 9am-3pm, major banks/branches are closed on Saturday and Sunday and closed national holidays. Shops are generally open Monday-Sunday between 10am-8pm.

Newspapers
Japan Times, The Daily Yomiuri
Asahi/International Herald Tribune
Tokyo Journal
Metropolis magazine

Emergency numbers
110 Police
119 Fire & Ambulance

Tourist information
Tokyo TIC
Marunouchi Trust Tower North 1F, 1-8-1 Marunouchi,
Chiyoda-ku, Tokyo
+81 3 5220 7055
Open daily from 10am to 7pm

JR EAST Travel Service Center (Tokyo Station)
1-9-1 Marunouchi, Chiyoda-ku, Tokyo
Open daily from 7.30am-8.30pm

