7 Day Tokyo Itinerary

In This Itinerary, You'll Know:

✔️ Must visit attractions in Tokyo
✔️ Recommended time to spend at each attraction
✔️ How to visit Mt Fuji from Tokyo
✔️ What to eat in Tokyo
✔️ How to go to Tokyo’s attractions

Resources:

➤ For my detailed Tokyo itinerary, you can find it here: https://preparetravelplans.com/tokyo-itinerary/
➤ For Tokyo 7-day itinerary map, you can find it here: https://preparetravelplans.com/go/tokyo-itinerary-map/
➤ For all my Tokyo articles, you can find it here: https://preparetravelplans.com/tokyo/
Below, I have gathered the lists on:

1. Where to buy discounted attraction tickets to save you money
2. Reliable and safe bus transportation for Mount Fuji day trip
3. Where to rent reliable and unlimited high-speed portable WiFi device and Japan SIM Card
4. Where you can book transfers to or from Haneda and Narita Airports
5. My most recommended Tokyo accommodation for easy access to Tokyo’s attractions

<table>
<thead>
<tr>
<th>Discounted Attraction Ticket/ Other</th>
<th>Where to Buy?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tokyo Disneyland</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>DisneySea</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Kimono Rental Asakusa</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Rickshaw Ride in Asakusa</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Shibuya Scramble Square</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Tokyo Skytree</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Tokyo Tower</td>
<td>Check Out Here</td>
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<tr>
<td>teamLab Planets TOKYO</td>
<td>Check Out Here</td>
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<tr>
<td>Tokyo Joyopolis</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>JR Whole Japan Rail Pass</td>
<td>Check Out Here</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Transportation Service</th>
<th>Where to Book?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount Fuji Day Tour from Tokyo (Option 1)</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Mount Fuji Day Tour from Tokyo (Option 2)</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Mount Fuji Day Tour from Tokyo (Option 3)</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Mount Fuji Day Tour from Tokyo (Option 4)</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Keisei Skyliner Train</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Private Haneda International Airport Transfers</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Private Narita International Airport Transfers</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Airport Luggage Delivery Service between Narita or Haneda Airport and Tokyo</td>
<td>Check Out Here</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Private Car Charter</th>
<th>Where to Book?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mount Fuji Private Car Charter from Tokyo</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Private Car or Van with Professional English-speaking Driver</td>
<td>Check Out Here</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rent a Pocket WiFi/ Japan SIM Card</th>
<th>Where to Book?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unlimited High-Speed Portable WiFi Device</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Unlimited Data 4G SIM Card</td>
<td>Check Out Here</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Airport Transfer</th>
<th>Where to Book?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limousine Bus Transfers between Narita or Haneda Airport and Tokyo</td>
<td>Check Out Here</td>
</tr>
<tr>
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<td>Check Out Here</td>
</tr>
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</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Highly Recommended Hotel in Shinjuku</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citadines Central</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>Tokyu Stay Shinjuku</td>
<td>Check Out Here</td>
</tr>
<tr>
<td>JR KYUSHU HOTEL Blossom Shinjuku</td>
<td>Check Out Here</td>
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<tr>
<td>Hotel Sunroute Plaza</td>
<td>Check Out Here</td>
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Day 1 in Tokyo

1. Shinjuku Gyoen National Garden
   🕒 10:00 AM to 1:00 PM | 3 Hours
   - **Option 1:** Take the Yamanote Line to Shinjuku Station. From there, you go out of South East Exit and follow by 8 minutes' walk to the garden.
   - **Option 2:** Take the Marunouchi Line to Shinjuku-Gyoemmae Station. From there, you go out of Exit 1 and follow by 2 minutes' walk to the garden.

   💰 Lunch | Ichiran Ramen

2. Matsumoto Kiyoshi
   🕒 1:00 PM to 1:30 PM | 30 Minutes
   - 8 minutes' walk to Matsumoto Kiyoshi from Shinjuku Gyoen National Garden.

3. BICQLO
   🕒 1:30 PM to 2:30 PM | 1 Hour
   - 1 minute's walk to BICQLO from Matsumoto Kiyoshi.

4. Tokyo Metropolitan Government Building
   🕒 2:30 PM to 5:00 PM | 2.5 Hours
   - Take the Oedo Line from Shinjuku Station to Tochomae Station. From there, you go out of Exit A4 and follow by 1 minute's walk to Tokyo Metropolitan Government Building.
5. Hanazono Shrine
🎉 5:00 PM to 5:30 PM | 30 Minutes
- Take the Oedo Line from Tochomae Station to Shinjuku-nishiguchi Station. From there, you go out of Exit D2 and follow by 11 minutes' walk to Hanazono Shrine.

6. Don Quijote
🎉 5:30 PM to 7:00 PM | 1.5 Hours
- 5 minutes' walk to Don Quijote from Hanazono Shrine.

Dinner
Sushi Zanmai Shinjuku Higashiguchi | Torikizoku | Hakata Tenjin Ramen

5 min. 🔽

7. Omoide Yokocho
🎉 7:00 PM to 8:00 PM | 1 Hour
- 5 minutes' walk to Omoide Yokocho from Don Quijote.

6 min. 🔽

8. Kabukicho
🎉 8:00 PM to 9:00 PM | 1 Hour
- 6 minutes' walk to Kabukicho from Omoide Yokocho.

1 min. 🔽

9. Godzilla Head
🎉 9:00 PM to 9:10 PM | 10 Minutes
- 1 minute's walk to Godzilla Head from Kabukicho.
Day 2 in Tokyo

1. Meiji Shrine
   - **Option 1:** Take the Yamanote Line to Harajuku Station. From there, you go out of Omotesando Exit and follow by 6 minutes' walk to Meiji Shrine.
   - **Option 2:** Take the Chiyoda Line/ Fukutoshin Line to Meiji-jingumae Station. From there, you go out of Exit 2 and follow by 6 minutes' walk to Meiji Shrine.

   - **9:00 AM to 11:00 AM | 2 Hours**

2. Harajuku’s Takeshita Street
   - **11:00 AM to 1:00 PM | 2 Hours**
   - 7 minutes' walk to Harajuku’s Takeshita Street from Meiji Shrine.
   - **See page 6 for more details.**

3. Shibuya
   - **1:00 PM to 9:00 PM | 8 Hours**
   - Take the Yamanote Line from Harajuku Station to Shibuya Station.
   - **See page 7 for more details.**
Day 2 in Tokyo - Takeshita Street

2 (a.) Paris Kid's
11:00 AM to 11:30 AM | 30 Minutes
- 7 minutes' walk to Paris Kid's from Meiji Shrine.

2 (b.) Daiso
11:30 AM to 12:00 PM | 30 Minutes
- 1 minute's walk to Daiso from Paris Kid's.

2 (c.) Totti Candy Factory
12:00 PM to 12:15 PM | 15 Minutes
- 1 minute's walk to Totti Candy Factory from Daiso.

2 (d.) Marion Crepes
12:15 PM to 12:30 PM | 15 Minutes
- 1 minute's walk to Marion Crepes from Totti Candy Factory.

2 (e.) Zakuzaku
12:30 PM to 12:45 PM | 15 Minutes
- 1 minute's walk to Zakuzaku from Marion Crepes.

2 (f.) Eiswelt Gelato
12:45 PM to 1:00 PM | 15 Minutes
- 1 minute's walk to Eiswelt Gelato from Zakuzaku.

Lunch
- McDonald's
- Yoshinoya
- Gyukatsu Motomura Harajuku

Photo by @eisweltgelato
Day 2 in Tokyo - Shibuya

3 (a.) Hachiko Statue
1:00 PM to 1:15 PM | 15 minutes
Take the Yamanote Line from Harajuku Station to Shibuya Station. From there, you go out of Hachiko Exit and follow by 1 minute’s walk to Hachiko Statue.

3 (b.) Shibuya Crossing
1:15 PM to 1:30 PM | 15 Minutes
1 minute’s walk to Shibuya Crossing from Hachiko Statue.

3 (c.) Disney Store
1:30 PM to 2:00 PM | 30 Minutes
3 minutes’ walk to Disney Store from Shibuya Crossing.

3 (d.) Shibuya Center-gai
2:00 PM to 4:00 PM | 2 Hours
3 minutes’ walk to Shibuya Center-gai from Disney Store.

3 (e.) Mega Don Quijote
4:00 PM to 5:30 PM | 1.5 Hours
1 minute’s walk to Mega Don Quijote from Shibuya Center-gai.

3 (f.) Shibuya 109
5:30 PM to 7:00 PM | 1.5 Hours
1 minute’s walk to Shibuya 109 from Mega Don Quijote.

3 (g.) Shibuya Scramble Square
7:00 PM to 9:00 PM | 2 Hours
Book your Shibuya Scramble Square tickets [here](#) and get up to 10% extra discount!
7 minutes’ walk to Shibuya Scramble Square from Shibuya 109.

Dinner
Uobei Shibuya Dogenzaka
Day 3 in Tokyo

Tokyo Disneyland

⏰ Full Day

Book your Disneyland tickets here before you kick off your trip. Buying tickets online allows you to bypass the long queues and enter the park directly. You simply scan your e-ticket at the entry gate and start your Disneyland adventure in no time!

- For the best attractions and rides at Tokyo Disneyland, you can find it here:
  https://preparetravelplans.com/tokyo-disneyland-guide/

- To know how to get there, you can find it here:
  https://preparetravelplans.com/how-to-go-to-tokyo-disneyland-and-disneysea/

There are many restaurants in Tokyo Disneyland. Therefore, you just choose where you would like to take your lunch or dinner within the theme park to save time.
Day 4 in Tokyo

1. Ueno
   🌸 9:00 AM to 11:30 AM | 2.5 Hours
   - Take the Yamanote Line to Ueno Station.
   - See page 10 for more details.

2. Ameya Yokocho
   🌶 11:30 AM to 12:30 PM | 1 Hour
   - 5 minutes' walk to Ameya Yokocho from Ueno.
   🍜 Hakata Furyu | Menya Musashi Bukotsu Soden | Matsuya | Lunch Gyukatsu Motomura

3. Asakusa
   🌵 12:30 PM to 6:30 PM | 6 Hours
   - Take the Ginza Line from Ueno Station to Asakusa Station.
   - See page 11 and 12 for more details.

4. Tokyo Skytree
   🛡 6:30 PM to 8:30 PM | 2 Hours
   - Book your Tokyo Skytree tickets here and get up to 15% extra discount!
   - Option 1: Take the Asakusa Line from Asakusa Station to Oshiage Station. From there, you go out of Exit B3 and follow by 3 minutes' walk to Tokyo Skytree.
   - Option 2: Take the Tobu Skytree Line from Asakusa Station to Tokyo Skytree Station. From there, you go out of Main Exit and follow by 2 minutes' walk to Tokyo Skytree.
Day 4 in Tokyo - Ueno

1 (a.) Ueno Park
⏰ 9:00 AM to 10:00 AM | 1 Hour
- Take the Yamanote Line to Ueno Station. From there, you go out of Park Exit and follow by 3 minutes' walk to Ueno Park.

1 (b.) Kiyomizu Kannon-do Temple
⏰ 10:00 AM to 10:30 AM | 30 Minutes
- 3 minutes' walk to Kiyomizu Kannon-do Temple from Ueno Park.

1 (c.) Shinobazu Pond
⏰ 10:30 AM to 11:00 AM | 30 Minutes
- 2 minutes' walk to Shinobazu Pond from Kiyomizu Kannon-do Temple.

1 (d.) Bentendo Temple
⏰ 11:00 AM to 11:30 AM | 30 Minutes
- 1 minute's walk to Bentendo Temple from Shinobazu Pond.

Photos by Usodesita, dconvertini, Kabacchi and Gary Todd
Day 4 in Tokyo - Asakusa

3 (a.) Dress Kimono
⏰ 12:30 PM to 1:30 PM | 1 Hour
- Take the Ginza Line from Ueno Station to Asakusa Station. From there, you go out of Exit 7 and follow by 1 minute's walk to Kimono rental shop.
- Check out this shop that offers excellent Kimono rental service. On top of that, they also provide hairstyling for women.

3 (b.) Sensoji Temple
⏰ 1:30 PM to 2:00 PM | 30 Minutes
- 5 minutes' walk to Sensoji Temple from Kimono rental shop.

3 (c.) Suzukien Asakusa
⏰ 2:00 PM to 2:30 PM | 30 Minutes
- 4 minutes' walk to Suzukien Asakusa from Sensoji Temple.

3 (d.) Asakusa Denboin-Dori
⏰ 2:30 PM to 3:00 PM | 30 Minutes
- 7 minutes' walk to Asakusa Denboin-Dori from Suzukien Asakusa.

Photos by Klook and @tokyotocha
Day 4 in Tokyo - Asakusa

3 (e.) Nakamise Shopping Street
⏰ 3:00 PM to 4:00 PM | 1 Hour
• 2 minutes' walk to Nakamise Shopping Street from Asakusa Denboin-Dori.

3 (f.) Rickshaw Ride
⏰ 4:00 PM to 4:30 PM | 30 Minutes
• 2 minutes' walk to Kaminarimon Gate (The location where you can take a rickshaw) from Nakamise Shopping Street.
• There are several rickshaw tour packages on offer—30 minutes tour, 1-hour tour, and 2 hours tour. Check out here for the rickshaw tour packages.

3 (g.) Shin-Nakamise Shopping Street
⏰ 4:30 PM to 5:30 PM | 1 Hour
• 3 minutes' walk to Shin-Nakamise Shopping Street from Kaminarimon Gate.

3 (h.) Asakusa Culture Tourist Information Center
⏰ 5:30 PM to 6:30 PM | 1 Hour
• 3 minutes' walk to Asakusa Culture Tourist Information Center from Shin-Nakamise Shopping Street.

Dinner
- Tendon Tenya
- Unatoto
- Sushi Zanmai Asakusa
- Gyukatsu

Photo by Klook
Day 5 in Tokyo

Take a Day Trip to Mt Fuji from Tokyo

⏰ Full Day

- Know more about Mt Fuji and how to go there in my article:
  https://preparetravelplans.com/tokyo-to-mount-fuji-day-trip/

The easy way to visit Mount Fuji from Tokyo is to join one of these bus tours - Bus Tour 1 | Bus Tour 2 | Bus Tour 3 | Bus Tour 4

You can book a private car charter service here, which will take you to visit the Mount Fuji area directly from Tokyo.

Day 6 in Tokyo

Tokyo DisneySea

⏰ Full Day

- Book your DisneySea tickets here before you kick off your trip. Buying tickets online allows you to bypass the long queues and enter the park directly. You simply scan your e-ticket at the entry gate and start your DisneySea adventure in no time!

- For the best attractions and rides at Tokyo DisneySea, you can find it here:
  https://preparetravelplans.com/tokyo-disneysea-guide/

- To know how to get there, you can find it here:
  https://preparetravelplans.com/how-to-go-to-tokyo-disneyland-and-disneysea/

There are many restaurants inside DisneySea so nothing to worry about during your trip. You can choose from a variety of options and conveniently take your lunch and dinner in the park.
Day 7 in Tokyo

1. Tokyo Tower

⏰ 9:00 AM to 10:30 AM | 1.5 Hours

- **Option 1:** Take the Marunouchi Line from Shinjuku Station to Kasumigaseki Station. At Kasumigaseki Station, you transfer to Hibiya Line and go to Kamiyacho Station. From there, you go out of Exit 1 and follow by 10 minutes' walk to Tokyo Tower.

- **Option 2:** Take the Shinjuku Line from Shinjuku-sanchome Station to Jimbocho Station. At Jimbocho Station, you transfer to Mita Line and go to Onarimon Station. From there, you go out of Exit A1 and follow by 10 minutes' walk to Tokyo Tower.

2. Ginza Shopping Street

⏰ 10:50 AM to 1:00 PM | 2 Hours and 10 Minutes

- Take the Hibiya Line from Kamiyacho Station to Ginza Station.

- See page 15 for more details.

3. Odaiba

⏰ 1:20 PM to 8:50 PM | 7.5 Hours

- Take the Yurakucho Line from Ginza-itchome Station to Toyosu Station. At Toyosu Station, you transfer to Yurikamome Line and go to Shin-Toyosu Station.

- See page 16 and 17 for more details.
Day 7 in Tokyo - Ginza

1 (a.) Fujiya Candy Shop
⏰ 10:50 AM to 10:55 AM | 5 Minutes
- Take the Hibiya Line from Kamiyacho Station to Ginza Station. From there, you go out of Exit B10 and take a u-turn, you will see Fujiya Candy Shop.

2 min.

1 (b.) Manneken
⏰ 10:55 AM to 11:00 AM | 5 Minutes
- 2 minutes' walk to Manneken from Fujiya Candy Shop.

2 min.

1 (c.) GU
⏰ 11:00 AM to 12:00 PM | 1 Hour
- 2 minutes' walk to GU from Manneken.

1 min.

1 (d.) Uniqlo
⏰ 12:00 PM to 1:00 PM | 1 Hour
- 1 minute's walk to Uniqlo from GU.

Lunch
- Ippudo | Sushi no Midori Ginza | Wagokoro Tonkatsu Anzu
Day 7 in Tokyo - Odaiba

3 (a.) teamLab Planets TOKYO
⏰ 1:20 PM to 3:20 PM | 2 Hours
- Book your teamLab Planets tickets [here](#) before you go, because the tickets to the museum sold out almost every day.
- Take the Yurakucho Line from Ginza-itchome Station to Toyosu Station. At Toyosu Station, you transfer to Yurikamome Line and go to Shin-Toyosu Station. From there, you go out of Exit 1A and follow by 1 minute's walk to teamLab Planets TOKYO.

3 (b.) Unicorn Gundam Statue
⏰ 3:20 PM to 3:25 PM | 5 Minutes
- Take the Yurikamome Line from Shin-Toyosu Station to Daiba Station. From there, you go out of Exit 1A and follow by 5 minutes' walk to Unicorn Gundam Statue.

3 (c.) Fuji Television Building
⏰ 3:25 PM to 4:25 PM | 1 Hour
- 5 minutes' walk to Fuji Television Building from Unicorn Gundam Statue.

3 (d.) Odaiba Statue of Liberty
⏰ 4:25 PM to 4:30 PM | 5 Minutes
- 5 minutes' walk to Odaiba Statue of Liberty from Fuji Television Building.

Photo by klook
Day 7 in Tokyo - Odaiba

3 (e.) Odaiba Takoyaki Museum
⏰ 4:30 PM to 5:00 PM | 30 Minutes
- 6 minutes' walk to Odaiba Takoyaki Museum from Odaiba Statue of Liberty.

3 min.

3 (f.) Odaiba Seaside Park
⏰ 5:00 PM to 6:00 PM | 1 Hour
- 2 minutes' walk to Odaiba Seaside Park from Odaiba Takoyaki Museum.

3 min.

3 (g.) Tokyo Joypolis
⏰ 6:00 PM to 8:00 PM | 2 Hours
Book your Tokyo Joypolis tickets here and get up to 20% extra discount!
- 3 minutes' walk to Tokyo Joypolis from Odaiba Seaside Park.

3 min.

3 (h.) Eggs 'n Things
⏰ 8:00 PM to 8:50 PM | 50 Minutes
- 3 minutes' walk to Eggs 'n Things from Tokyo Joypolis.

Dinner

Eggs 'n Things | Kua Aina Aqua City

Photo by klook

The number of hours and minutes noted above correspond to the recommended time duration to be spent on each attraction.

Wishing you a fun and wonderful trip to Tokyo!