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Currency

Japanese Yen, 1 ¥ = 100 sen

Opening hours

Banks 9am-3pm Mon-Fri, major banks/branches are closed also on Sat. and Sun. Closed national holidays. Shops generally open 10am-8pm Mon-Sun.

Internet

www.jnto.go.jp
www.tcvb.or.jp
www.kanko.metro.tokyo.jp

Newspapers

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

Emergency numbers

110 Police
119 Fire & Ambulance

Tourist information

Tokyo TIC
Tokyo Kotsu Kaikan 10F, 2-10-1 Yurakucho, Chiyoda-ku
Open: 9am-5pm daily
Tel: +81 3 3201 3331

TOKYO

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Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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Previously a relatively hidden destination, Tokyo's technological leaps and passion for everything new has made the rest of the world sit up and take notice. A city 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 - this is Tokyo!

THE CITY



© Dom Pates

Before you set foot out the door of your hotel, 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.

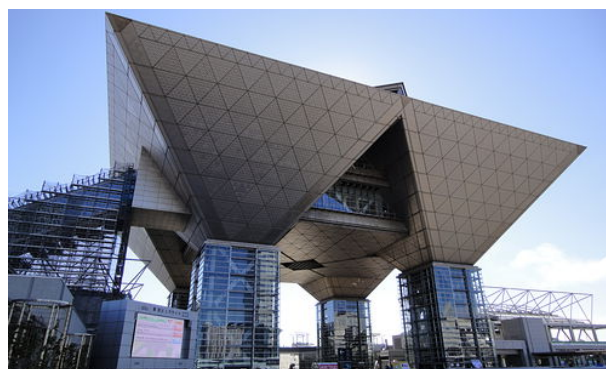


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DO & SEE



© Dick Johnson

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. Here are the highlights:

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.

Address: Meiji-jingu
Internet: www.meijijingu.or.jp

Tsukiji Produce and Fish 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.

Address: 5-2 Tsukiji, Chuo-ku
Internet: www.tsukiji-market.or.jp

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.

Address: 13-9 Ueno-koen, Taito-ku
Subway: Ueno (Park exit)
Phone: +81 3 3822 1111 / +81 3 5405 8686
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.

Address: 4-12-5 Ginza, Chuo-ku
Subway: Higashi-Ginza (exit 3)
Phone: +81 3 3541 3131

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.

Address: 1-3-28 Yokoami, Sumida-ku
Subway: Ryogoku
Internet: www.sumo.or.jp

Senso-ji

The Senso-ji temple is an old-town 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.

Address: 2-3-1 Asakusa, Taito-ku
Subway: Asakusa (exit 1)
Tickets: Free

Mori Art Museum

At the top of Mori Tower in the vast Roppongi Hills, this contemporary art museum combines breathtaking views with fresh artistic talent.

Address: 52 & 53F, Roppongi Hills Mori Tower, 6-10-1 Roppongi, Minato-ku
Subway: Roppongi (Hibiya line, Roppongi Hills exit)
Phone: +81 3 5777 8600
Internet: www.mori.art.museum

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.

Address: 1-4-1 Yokoami, Sumida-ku
Subway: Ryogoku (Sobu line)
Phone: +81 3 3626 9974
Internet: www.edo-tokyo-museum.or.jp

EATING



© Evan Blaser

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 and Luxor, 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!

Chinese Café Eight

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

Address: 3-2-13 Nishi Azabu, Minato-ku
Subway: Roppongi
Phone: +81 3 5414 5708
Internet: www.cceight.com

Seigetsu

Dinner at a traditional izakaya is not to be missed. Primarily serving as bar space (see Bars), 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.

Address: 6-77-1 Kagurazaka, Izakaya
Subway: Kagurazaka
Phone: +81 3 3269 4320

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.

Address: Park Hyatt Tokyo 52F, 3-7-1-2 Nishi-Shinjuku, Shinjuku-ku
Subway: Shinjuku (west exit)

Phone: +81 3 5322 1234
Internet: www.tokyo.park.hyatt.com

Elio

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.

Address: Kojimachi 2-5-2
Phone: +81 3 3239 6771
Internet: www.elio.co.jp

Sushi Bun

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

Address: Chuo Shijo Bldg No. 8, 5-2-1 Tsukiji, Chuo-ku
Subway: Tsukiji (exit A1)
Phone: +81 3 3541 3860

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.

Address: Shin-Tokyo Bldg 1F, 3-3-1 Marunouchi, Chiyoda-ku
Phone: +81 3 6212 1566
Internet: www.auxamis.com

CAFES



© CLF

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.

Bon

For caffeine addicts in Tokyo, Bon is a local Mecca. Choose something adventurous from the extensive coffee menu.

Address: Toriichi Bldg B1, 3-23-1 Shinjuku, Shinjuku-ku

Geragera

An experience of café culture in Tokyo would not be complete without stopping at a Manga coffee shop. Japanese comic books are the order of the day.

Address: B1&B2, 3-17-4 Shinjuku, Shinjuku-ku
Internet: www.geragera.co.jp

Ef

The small art gallery at Ef is the main attraction, a welcome break if you're all templed-out in Asakusa. Decorated in retro-style, this is a cool hang out for local trendsetters. Cultural exchange is in focus and apart from art exhibitions, you can also find concerts and performances here.

Address: 2-19-18 Kaminarimon, Taito-ku
Phone: +81 3 3841 0442
Internet: www.gallery-ef.com

Bonus Box

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 of ¥ 1.000 yen to enter, and then you can use everything inside free of charge. Cat toys, Wii, iPad, books etc.

Address: 3F Tact T.O Building Higashi-Ikebukuro, Toyoshima-ku, Tokyo
Phone: +81 3 6228 0646
Internet: www.nekorobi.jp

Zarigani Café

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

Address: Harajuku Park Mansion 1F 6-11 Udagawa-cho Shibuya-ku □
150-0042 Tokyo
Phone: +81 3 5459 0655

BARS & NIGHTLIFE



© OiMax

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.

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. Listen to top-notch jazz musicians whilst checking out the Tokyo skyline.

Address: Park Hyatt Tokyo 52F, 3-7-1-2 Nishi-Shinjuku, Shinjuku-ku
Subway: Shinjuku (west exit, Yamanote line)
Phone: +81 3 5322 1234
Internet: www.tokyo.park.hyatt.com

Majestic

Fall into Majestic at the end of a heavy night, when lounging on one of its velvet bedspreads will relieve tired feet. This bar is the latest addition to Tokyo's sultry bed-bar scene.

Address: B1F, 1-14-17 Nishi Azabu, Minato-ku
Subway: Nogizaka

Sekirei

Kimono-clad dancers perform nightly in Sekirei's opulent and historical surroundings. Emperor Meiji signed the Japanese constitution here and this grand bar now plays host to a high-class clientele.

Address: Meiji Kinenkan, 2-2-23 Moto-Akasaka, Minato-ku
Subway: Shinanomachi
Internet: www.meijikinenkan.gr.jp

Age-ha

The Daddy of clubs in Tokyo, Age-Ha is a warehouse superclub that holds more than 4,000 partygoers. A mixture of gangsta-rap and urban hip hop keep the Tokyo kids happy.

Address: 2-2-10 Shinkiba, Koto-ku
Subway: Shin-Kiba
Internet: www.ageha.com

The Room

One of the smallest exclusive clubs in the area, still, 200 people can fit into this venue. Look out for a red street light indicating the basement entrance.

Address: Daihachi Tohto Bldg B1F, 15-19 Sakuragaoka, Shibuya-ku
Subway: Shibuya (Yamanote line, south exit)
Internet: www.theroom.jp

La Fabrique

Gauloises tobacco sponsor many signature nights at this French-themed club. Japanese customers show their enthusiasm by sporting berets in the spirit of all things Gallic.

Address: Zero Gate B1F, 16-9 Udagawacho, Shibuya-ku
Subway: Shibuya (Yamanote line, Hachiko exit)
Internet: www.lafabrique.jp

Bullet's

For a friendlier club experience, head to Bullet's. Sink into one of the many sofas or mattresses and listen to the abstract sounds of experimental DJs.

Address: Kasumi Bldg, B1F, 1-7-11 Nishi-Azabu, Minato-ku
Subway: Roppongi (Hibiya line, exit 2)
Internet: www.bul-lets.com

SHOPPING



© Everjean

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.

For label lovers, Ginza is retail heaven. The Japanese adore their fashion items and clothes from big designers is what it's all about. 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 Harajaku and Shibuya.

Catering for a similar crowd to Ginza, Harajaku 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.

Aoyama (station: Omotesando) is 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.

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.

Kappabashi Dori is where you'll find 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.

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 in happening 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.

Address: 6-10 Roppongi, Minato-ku
Subway: Roppongi (Hibiya line, exit 1C)
Phone: +81 3 6406 6000
Internet: www.roppongihills.com

Isetan

This enormous shopping enterprise is split into 8 buildings covering departments for cosmetics, household goods, clothing and electronics.

Address: 3-14-1 Shinjuku, Shinjuku-ku
Subway: Shinjuku-Sanchome (Marunouchi, exit B3)
Phone: +81 3 3352 1111
Internet: www.isetan.co.jp/iclub

Mitsukoshi

Japan's oldest department store has stores in Ginza and Nihonbashi. Womenswear, accessories, menswear, toys and childrenswear fill the seven floors.

Address: 4-6-16 Ginza, Chuo-ku
Subway: Ginza (Ginza line, exit A7)
Phone: +81 3 3562 1111
Internet: www.mitsukoshi.co.jp

109

Keep up with the trends at Shibuya's 109. The name of this department store, 109, comes from the Japanese characters "to" and "kyu", that mean ten and nine.

Address: 2-29-1 Dogenzaka, Shibuya-ku
Subway: Shibuya (Yamanote line, Hachiko exit)
Phone: +81 3 3477 5111
Internet: www.shibuya109.jp

Oriental Bazaar

Visit Tokyo's best known gift shop to stock up on trinkets for friends back home. Kimonos and chinaware are among the souvenirs.

Address: 5-9-13 Jingumae, Shibuya-ku
Subway: Harajuku (Yamanote line, Omotesando exit)
Phone: +81 3 3400 3933
Internet: www.tokyo-bazaar.com

Laox: Duty Free Akihabara

Akihabara's biggest supplier of electronic and

technological devices at duty-free prices.

Address: 1-15-3 Soto-Kanda, Chiyoda-ku
Subway: Akihabara (Yamanote Line, Electric Town exit)
Phone: +81 3 3255 5301
Internet: www.laox.co.jp

SLEEPING



© Yoshikazu Takada

Tokyo's assortment of weird and wonderful places to sleep includes the bizarre capsule hotel and the risqué love hotels. If neither of these options appeal, below are some more mainstream alternatives:

Park Hyatt Tokyo

A deluxe hotel best known for its role in "Lost in Translation," the Park Hyatt caters to every whim. In addition to immaculate service and well-equipped rooms, the reception has views only rivalled by the 52nd-floor bar, and the beauty and fitness centre is second to none.

Address: 3-7-1-2 Nishi Shinjuku, Shinjuku-ku
Subway: Shinjuku (Yamanote line, west exit)
Phone: +81 3 5322 1234
Internet: www.tokyo.park.hyatt.com

Hilltop Hotel

The Hilltop is incongruously old-fashioned in the midst of Tokyo's technological metropolis. Antique furniture fills this spacious and airy hotel, where suites have their own private gardens.

Address: 1-1 Kanda-Surugadai, Chiyoda-ku
Subway: Ochanomizu (Chuo line, Ochanomizubashi exit)
Phone: +81 3 3293 2311
Internet: www.yamanoue-hotel.co.jp

Hotel Villa Fontaine Shiodome

Essentially a design hotel where considerable effort has been put into unusual lighting, artwork and furniture. The lobby introduces the resounding funky theme, an eye-catching atrium stretching up into the centre of the hotel.

Address: 1-9-2 Higashi-Shinbashi, Minato-ku
Subway: Shiodome (Oedo line, exit 10)
Phone: +81 3 3569 2220
Internet: www.villa-fontaine.co.jp

Homeikan Honkan

Traditional Japanese ryokans are the perfect option to save pennies on accommodation and provide a glimpse into the authentic Japanese hotel experience.

Homeikan Honkan fulfills all expectations, featuring a wooden exterior, ornamental garden and futon-filled rooms. Tatami (straw) mats line the floors and guests must remove their shoes before being welcomed in.

Address: 5-10-5 Hongo, Bunkyo-ku
Subway: Kasuga (Mita line, exit A5)
Phone: +81 3 3811 1187
Internet: www.homeikan.com

Hotel New Koyo

With unbeatable prices, New Koyo also offers unusually extravagant facilities. There are kitchens and laundry rooms on each floor which more than make up for the small rooms.

Address: 2-26-13 Nihonzutumi, Taito-ku
Subway: Minowa (Hibiya Line, exit 3)
Phone: +81 3 3873 0343
Internet: www.newkoyo.jp

Kimi Ryokan

Popular with tourists, Kimi Ryokan is a great place to meet fellow travellers. Bathrooms are communal but immaculately clean, with a Japanese bath available for use. Rooms are exclusively Japanese style.

Address: 2-36-8 Ikebukuro, Toshima-ku
Subway: Ikebukuro (Yamanote line, exit west)
Phone: +81 3 3971 3766
Internet: www.kimi-ryokan.jp

ESSENTIAL INFORMATION



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Exchange Office

There are more fun things to do on your holiday than look for exchange offices or ATMs. Exchange your currency before you leave and get time to do things that you really want. At Forex Bank you can always buy foreign currency free of charge, at hours that suits you. For more info about Forex Bank visit our website or click:

<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airports

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

Narita Airport is accessible by the Narita Express Train which is the fastest way to get from the city centre to the airport. Trains depart approx. every half hour.

Web: www.narita-airport.or.jp

Narita Express Trains

Web: www.jreast.co.jp

The Keisei Skyliner trains go from Narita to Ueno/Nippori station in approx. 1 hour. Limousine buses run regularly from the airport to key points in the city. Taxis are available for the 70 km journey but fares are astronomical.

Web: www.keisei.co.jp

Haneda Airport is served by the Tokyo Monorail leaving every 10 minutes almost around the clock.

Web: www.tokyo-airport-bldg.co.jp

Tokyo Monorail

Web: www.tokyo-monorail.co.jp

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 Japan Railways operated overland train lines are colour-coded, the most frequently used line being the Yamanote line.

Tokyo Metro runs the subway which consists of 12 lines. Subways and trains operate from 5am-midnight. A variety of tickets and passes are on offer to make it easier than buying individual tickets for every trip.

Buy a prepaid Suica travel pass to travel on all JR lines. These can be purchased at JR 'Green Window' areas or at ticket machines. A card costs ¥ 2.000. The Pasma ticket (¥ 1.000/3.000/5.000) is similar to the Suica but cannot be used on JR lines. To transfer from the Tokyo Metro network to the JR network a transfer ticket is required which is available at the transfer point.

Web: www.tokyometro.jp and www.jreast.co.jp

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. Fares are approx. ¥ 200 and fare machines accept most coins. Bus route guides in English are available at Toei subway stations and hotels.

Web: 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.

Taxi

Taxis are expensive but convenient in Tokyo, fares start at approx. ¥ 720 and rise by about ¥ 100 every 350 metres after the first two kilometres. Weekend rates are more expensive, as are rides between 11pm and 5am. Taxi stands are located in almost all busy areas and tipping is not expected.

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.

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

Pharmacy

Roppongi Pharmacy is the closest to a 24-hour chemist in Tokyo. No credit cards are accepted.

Address: 6-8-8 RoppongiMinato-ku
Subway: Roppongi station, exit 3
Opening hours: 10-1am, closed 2nd Sun of month
Phone: +81 3 3403 8879

Dentist

Tokyo Clinic Dental Office have English speaking-staff.

Phone: +81 3 3431 4225

Telephone

Country code: +81

Area code: 03

Electricity

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

