

ACROSS THE BLUE

COMPLETE TRAVEL GUIDE

Japan — 14 Days

The essential route through Tokyo, Mount Fuji, Kyoto, Nara, Osaka, Hiroshima and Miyajima — more compact, just as complete.

DURATION	ESTIMATED BUDGET	STYLE
14 days	€2,200–€3,500 (excluding flights, depending on travel style)	Cultural · Foodie · Nature · Adventure

ABOUT THIS ITINERARY

Japan — 14 Days

A trip designed to discover the best of Japan, combining vibrant cities, ancient temples and landscapes that look straight out of a movie.

Over 14 days you'll travel through Tokyo, Kyoto, Osaka and unique spots like Miyajima or Mount Fuji.

Estimated budget: €2,200 – €3,500 (excluding flights, depending on travel style)

Who this trip is for

Ideal if it's your first time in Japan and you want to see the essentials without missing anything important, but also discover special places off the beaten path. Perfect if you want an organized, optimized, stress-free trip.

This itinerary is designed so you don't have to spend hours researching or wondering what to do each day.

Includes:

Planning a trip to Japan can easily take more than 15 hours of research between blogs, videos and unclear websites. Here you have everything organized, filtered and optimized so all you have to do is enjoy it.

> **This trip is for you if...**
> - First time in Japan
> - Travelers who want an organized, stress-free itinerary
> - Anyone who prefers a more compact trip, centered on Tokyo, Kyoto and Osaka
> - Foodies, from street food to high-end omakase

WHAT THIS DOCUMENT INCLUDES

- ✓ Day-by-day itinerary, optimized
- ✓ Hotel recommendations
- ✓ Activities
- ✓ Practical travel information
- ✓ Travel checklist
- ✓ Visa and entry information
- ✓ Interactive maps
- ✓ Restaurant recommendations
- ✓ Transport information
- ✓ Budget breakdown
- ✓ Useful apps & eSIM info

01 DAY

Tokyo (Central/South Area + Shibuya + Shinjuku)

Recommended area to stay: Shinjuku (best connections and atmosphere)

Goal for the day: Start with energy and visit iconic spots.

☀️ MORNING

Start the trip at Tsukiji Outer Market, one of the most authentic places for your first contact with Japan. Here everything revolves around food: small stalls, fresh fish, intense aromas and constant movement.

Personal recommendation: try sushi or tamagoyaki (sweet eggs). There are tons of options for traditional food and desserts. Here I tried the best piece of wagyu I've ever had in my life.

Ideal time: 9:00 – 11:30. How to get there: Subway → Tsukiji Station.

Then head to Zojo-ji temple (20 minutes by subway). It's one of those places that surprises you without expecting it: a traditional temple with Tokyo Tower right behind it. From there you can walk to the tower.

🌤️ AFTERNOON

Shibuya, the famous crossing, is one of those experiences you have to live. Thousands of people crossing at once, giant screens, noise, energy.

What to do: Shibuya Crossing, Hachiko statue and Shops and cafés.

How to get there: JR Yamanote Line

🌙 EVENING

Shinjuku (neon lights and nightlife area). Here begins the most chaotic and fun side of Japan.

- Omoide Yokocho - a narrow alley, small restaurants, local atmosphere
- Golden Gai - tiny bars. Very authentic



Shinjuku



Tsukiji



Shinjuku

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01 DAY — FOR REFERENCE

🍴 RECOMMENDED RESTAURANTS

Tsukiji (morning)

- Sushi Daiwa. Fresh market sushi, very good quality
- Yamazaki Tamagoyaki. To try the typical sweet Japanese egg

Shibuya (afternoon)

- Uobei Sushi. Cheap, fast and fun sushi (ideal first time)
- Kaiten Sushi Ginza Onodera. Top-class sushi, very affordable
- Gyukatsu Motomura. Breaded meat you finish cooking yourself
- Ginza Steak. All you can eat wagyu (€50)
- Mukai. One of the best kaisendon spots in Tokyo
- Goryonsan. A favorite kushiyaki spot.
- SG Low. The best izakaya in Tokyo.
- Katsudon-ya Zuicho. The line is worth it.
- Rokuetei Hitsumabushi.
- Hirokiya Shibuya. The best wagyu.
- Ikura Shibuya.
- Udon Shimbori. Carbonara udon.

Shinjuku (night)

- Ichiran Ramen. An individual ramen experience, very iconic
- Ushigoro S. Shinjuku
- Tofu Cuisine Sorano. A unique experience, the perfect spot.
- Omoide Yokocho (several spots). Ideal for dinner with no plan → yakitori, local food

If you feel like going a bit further to eat: **Toriyoshi - Kichijoji**. A super authentic spot.

Personal recommendation: Don't obsess over finding "the best restaurant." In Japan, the average quality is incredibly high, even at small, little-known places. Let yourself go: walk around, notice the places that catch your eye and walk in without overthinking it. Often, the best meals of the trip happen exactly that way, unplanned. Trust the process, because wherever you eat, it's very likely to be spectacular.

ACROSS THE BLUE

This is just the beginning.

You've seen Day 1 of the 14 days of Japan — 14 Days. All of this is waiting for you in the full version:

BEFORE YOU TRAVEL

- The route, city by city
- Visas and documentation
- Vaccines
- Mandatory forms
- Money and cards
- Travel insurance
- Internet

ALSO INCLUDES

- Where to stay
- Activities & experiences
- Iconic restaurants
- Realistic budget
- Mistakes to avoid
- Conclusion

REMAINING DAYS

- Day 2 — Tokyo (Ueno + Skytree) (North + Skytree + Views)
- Day 3 — Tokyo (Harajuku + Asakusa)
- Day 4 — Day Trip to Kamakura
- Day 5 — Fuji - Fujikawaguchiko (Nature + Calm)
- Day 6 — Fuji → Tokyo → Kyoto (Transition to Cultural Japan)
- Day 7 — Kyoto (Fushimi Inari + Arashiyama)
- + 7 more days

Get it at
https://acrossthebluetrips.com/en/itineraries/japan-14-days