Three days in Tokyo: an itinerary that walks, not rides

A concrete three-day Tokyo itinerary built on pairs of neighboring districts, with mornings, afternoons and evenings that connect on foot.

By the Tokyopin editorial team · Updated October 5, 2026
4 min read

Traditional | Food & izakaya | Fashion & streetwear | Nightlife

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Pick your base

FIRST TRIP

Shinjuku

Every train line, airport buses, food at all hours.

NIGHTLIFE

Shibuya

Like Shinjuku, but you

▼ **At a glance: 8 places**

Place	Nearest station	Price
Asakusa Shrine Asakusa	Asakusa · 6 min walk	Free
Ueno Park Ueno	Ueno · 5 min walk	Free

Place	Nearest station	Price
Tokyo National Museum Ueno	Uguisudani · 6 min walk	¥¥
Shinobazu Pond Ueno	Keisei-Ueno · 5 min walk	Free
Meiji Jingu Harajuku	Sangubashi · 9 min walk	Free
Omotesando Harajuku	Omote-sando · 5 min walk	Free entry
Cat Street Harajuku	Meiji-jingumae 'Harajuku' · 5 min walk	Free entry
Shibuya Sky Shibuya	Shibuya · 1 min walk	¥¥

See these 8 places on the map →

Three days is enough to understand Tokyo if you refuse to cross the city twice a day. This itinerary pairs adjacent neighborhoods and saves the trains for the ride home.

How the days are built

Each day sticks to one side of the Yamanote ring and pairs two districts that touch. Mornings are for the things that open early and quieten late (temples, parks, markets); afternoons for shops and museums; evenings for food and alleys. Stay near Shinjuku or Shibuya and every evening ends within a short ride of bed. Budget around **¥8,000–12,000** a day per person for food, entries and trains, more if you shop.

Day 1: Asakusa and Ueno, the old east side

Morning. Take the Ginza line to Asakusa and leave by exit 1, which puts you steps from Kaminarimon. Walk Nakamise-dori before the shutters go up at nine or ten: the temple grounds are open around the clock and the main hall of **Senso-ji**

from six. Loop behind the temple to **Asakusa Shrine**, then cross to the Sumida riverside promenade for the view of Tokyo Skytree. Breakfast at a kissaten off Kokusai-dori: toast, egg and coffee for around **¥700**.

Asakusa · Photo: Kakidai, CC BY-SA 3.0

Afternoon. Walk west along Kappabashi, the kitchen-supply street (knives, ceramics, plastic food samples; many shops shut on Sundays), and keep going twenty minutes to **Ueno Park**. Choose one museum: the **Tokyo National Museum** (**¥1,000,** closed Mondays) is the obvious pick, and its Honkan building alone fills two hours. If the weather is good, stay outside and circle **Shinobazu Pond** instead.

Evening. Dive into **Ameyoko**, the market street under the Yamanote tracks between Ueno and Okachimachi. The standing bars and open-fronted izakaya start filling at five. Order grilled skewers and a highball, move on after two rounds, repeat. Last Yamanote trains toward Shinjuku leave a little after midnight.

Free 3-day plan (PDF)

Our day-by-day itinerary, ready to print or keep offline.

Download →

Day 2: Harajuku and Shibuya, the young west side

Morning. Reach Harajuku station by 8:30 and walk straight into Meiji Jingu's forest, which opens at sunrise. Forty minutes in, forty minutes out, in near silence. Then cross the bridge to Takeshita-dori as the crêpe stands and sock shops open at ten, and keep going to Omotesando's zelkova avenue for the architecture.

Nonbei Yokocho · Photo: Rs1421, CC BY-SA 3.0

Afternoon. Drop into Ura-Harajuku's side streets for streetwear and vintage, then follow **Cat Street** south. It is a 20-minute stroll to Shibuya, with coffee counters and sneaker shops all the way. In Shibuya, do the crossing once from street level and once from above (the Starbucks window is free; **Shibuya Sky** is around

¥2,500 and needs a timed ticket). Then disappear into Udagawacho's record shops and Center-gai's game centers.

Evening. **Nonbei Yokocho**, the two short alleys of tiny bars squeezed against the tracks north of the station, is your aperitif: expect a cover of around **¥500** and six stools. Dinner is a short walk away in Dogenzaka or Sakuragaoka, where izakaya and ramen counters run late. Shibuya has the best last-train options in the city, so you can relax.

Day 3: Shinjuku and Shimokitazawa, scale then intimacy

Morning. Start calm. **Shinjuku Gyoen** (**¥500,** closed Mondays, open from nine) is the best-kept large garden in central Tokyo, and the Shinjuku-mon gate is ten minutes from the station's south exit. Afterwards, take in the free view from the **Tokyo Metropolitan Government Building** observation deck on the west side.

Tokyo Metropolitan Government Building · Photo: Kakidai, CC BY-SA 4.0

Afternoon. Ride the Odakyu line two express stops from Shinjuku to Shimokitazawa, a seven-minute trip. The town is a tangle of lanes on both sides of the station: secondhand clothing on the south side, curry houses and coffee on the north, small theatres and live houses everywhere. Buy a used jacket, eat a soup curry, browse the bookshops. There is nothing to tick off, which is the point.

Evening. Back to Shinjuku. Eat yakitori at **Omoide Yokocho** by the west exit, where skewers run around **¥200–400** each and the smoke does the advertising. Then cross to the east side for Golden Gai's two hundred bars, choosing one with a "no cover charge" sign if you want to keep it cheap, and one without if you want the real thing.

If you have a fourth day

Add Ginza and Tsukiji together: the outer market for breakfast sushi before nine, Ginza's department-store basements for lunch, Kabuki-za for a single-act ticket in the afternoon. Or go west again on the Chuo line for **Nakano Broadway** and Koenji. Either way, keep the rule: two neighbors, one side of the ring, and walk.

Nakano Broadway · Photo: Dick Thomas Johnson from Tokyo, Japan, CC BY 2.0

Places in this article

SHRINE & TEMPLE — Free

Asakusa Shrine

浅草神社

Asakusa·6 min walk

PARK & GARDEN — Free

Ueno Park

上野恩賜公園

Ueno·5 min walk

5:00–23:00

MUSEUM — ¥¥

Tokyo National Museum

東京国立博物館

Uguisudani·6 min walk

9:30–17:00, Fridays and Saturdays to 20:00, closed Monday

PARK & GARDEN — Free

Shinobazu Pond

不忍池

Keisei-Ueno·5 min walk

Always open

SHRINE & TEMPLE — Free

Meiji Jingu

明治神宮

Sangubashi·9 min walk

Sunrise to sunset (around 5:00–18:30 in summer, 6:40–16:20 in winter)

STREET — Free entry

Omotesando

表参道

Omote-sando·5 min walk

Shops 11:00–20:00

STREET — Free entry

Cat Street

キャットストリート

Meiji-jingumae 'Harajuku'·5 min walk

Shops 11:00–20:00

VIEWPOINT — ¥¥

Shibuya Sky

渋谷スカイ

Shibuya·1 min walk

10:00–22:30 (last entry 21:20)

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