

Ningen Dock Health & Travel

Thru Itinerary - 6 Days



United States —> Tokyo —> Kawasaki —> United States

DURATION

6 Days / 5 Nights

HIGHLIGHT

Ningen Dock Health Exam

CITIES

**Tokyo · Kawasaki ·
Yokohama**

EduAbroad



Journey to Tokyo

Your Adventure Begins



DAY 1 — DEPARTURE

Board your transpacific flight

From JFK (~14 hrs) or LAX (~11 hrs). Cross the International Date Line — you arrive the next calendar day.

JFK · New York

LAX · Los Angeles

SFO · San Francisco

ORD · Chicago

DAY 2 — ARRIVAL

Land at Narita (NRT) or Haneda (HND)

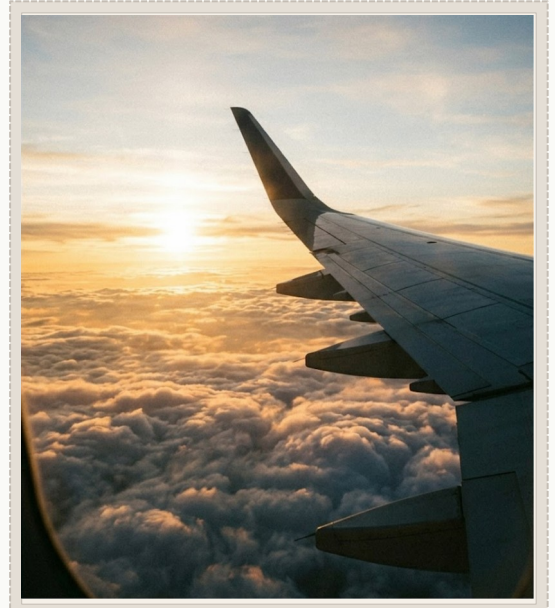
Narita Express → central Tokyo in ~60 min. Haneda monorail → 30 min.
Get your Suica IC card at the airport.

Check in to your hotel

Best bases: Shinjuku (nightlife), Shibuya (shopping), or Ginza (upscale). All superbly connected by subway.

✦ Jet Lag Tip

Stay awake until 9 PM local time on Day 2. A short ramen dinner and a stroll will help your body clock reset faster than any supplement.



Shinjuku

Shinjuku Highlights

9:00 AM

Shinjuku Gyoen

144 acres of tranquility in a city that never sleeps — a seamless blend of French parterre, English landscape, and classical Japanese gardens.

11:30 AM

Godzilla Head, Kabukichō

A 12-meter Godzilla head erupts from the roof of Toho Cinema. Free to photograph from street level — a beloved piece of Tokyo absurdity.

12:30 PM

Omoide Yokocho

Memory Lane — a narrow web of izakaya alleys from the 1950s, thick with charcoal smoke. Yakitori, cold Sapporo, and the ghosts of salarymen past.

Afternoon

Free time in Tokyo

Shopping & Sightseeing, some light activities to prepare for the examinations tomorrow.



◆ Afternoon & Evening — Ningen Dock Prep

Stroll La Cittadella (Italian-themed complex near the station). Eat a light early dinner, avoid alcohol, and review your clinic's fasting instructions — most Ningen Dock exams require fasting from midnight.

Ningen Dock · Kawasaki Daishi

NINGEN DOCK

Full Health Examination

~3-5 hours

Morning ~ Early Afternoon

Ningen Dock Health Examination

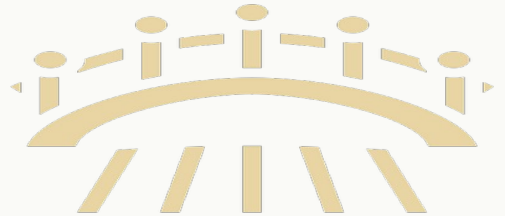
Full health examination — See our Ningen Dock Handbook for more info.



LATE AFTERNOON

Kawasaki Daishi Temple

Heiken-ji, founded in 1128, is one of Japan's great Fudo temples — famous for blessings against misfortune. Fragrant cedar incense, ancient stone lanterns, and a grand vermilion gate await.



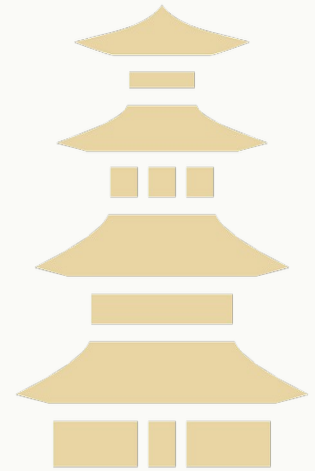
Japanese dinner ideas · go out on a high note

Kaiseki (multi-course) · Teppanyaki · Omakase sushi
Noge izakaya alley · Shabu-shabu or sukiyaki



See the Ningen Dock Handbook for more information about our Health Examination Package!

Asakusa & Ueno • Farewell



Highlights

8:30 AM

Sensō-ji Temple

Tokyo's oldest temple, founded in 628 AD. The thunderous Kaminarimon Gate opens to a 250m incense-lined approach — arrive before 9 AM for the quiet magic.

9:30 AM

Nakamise Shopping Street

90+ stalls selling ningyo-yaki sweets, traditional crafts, and Edo-period wares. Perfect for early souvenir hunting.

10:30 AM

Observation Terrace

Free 8th-floor rooftop at the Asakusa Culture Center. One frame: Sensō-ji's pagoda and Tokyo Skytree simultaneously.

12:00 PM

Ameyoko Market, Ueno

A postwar street market that grew under the Yamanote Line tracks — fresh tuna, dried fruit, cosmetics, and crowds. A vivid lunch detour.

AFTERNOON

Ueno Park & Museums

Home to five world-class museums. The Tokyo National Museum houses Japan's finest collection of samurai artifacts and ancient art.



 PROGRAM 1 • DAY 6 • RETURN HOME

Allow 3 hrs for Narita (N'EX) • 2.5 hrs for Haneda • Last duty-free at the airport

WANT MORE? See the Optional Extension → Kyoto • Osaka • 10 Days Total

Days 6–10 • Tokyo → Kyoto (shinkansen) → Osaka → Kansai Airport



OPTIONAL

Program 2 Extension



For those who want to go deeper into Japan

DAY 6

Tokyo → Kyoto

Shinkansen ~2h15

DAYS 7-8

Kyoto

Temples & gardens

DAY 9

Osaka

Food & culture

DAY 10

Return to US

Fly from KIX



Tokyo Morning → Kyoto by Shinkansen

Your Last Tokyo Morning

MORNING

Tsukiji Outer Market (Depending on the train schedule)

The outer market survived Tsukiji's move — tamagoyaki, fresh uni, and the best morning sushi in the world. The perfect final Tokyo breakfast before heading west.

AFTERNOON

Shinkansen to Kyoto

Nozomi from Shinagawa → Kyoto in just 2h15min. Window seat on the right side for a clear view of Mt. Fuji on clear days. Check in to your Kyoto hotel.

✦ Shinkansen tips

Book in advance via JR Pass or Shinkansen booking site. Reserve seats — don't just get unreserved. Ekiben (station bento) from Tokyo Station is a must.

EVENING

Gion — First Glimpse of Kyoto

Walk Hanamikoji Street at dusk. Wooden machiya townhouses line the stone lanes — Kyoto's geisha district is best experienced quietly, on foot, after 6 PM.

EVENING

Gion Hatanaka — Ozashiki Experience

A rare chance to witness an ozashiki, the private banquet tradition where geiko and maiko perform for guests. Watch the tea ceremony, seasonal dances, and playful drinking games up close — an evening that most visitors to Kyoto never get to see.



Kyoto — Ancient Capital



Two Days in Kyoto

DAY 7 — MORNING

Fushimi Inari Taisha

Thousands of vermilion torii gates wind up Mt. Inari, open 24 hours. Go before 8 AM for solitude among the tunnels of orange — one of Japan's most iconic sights.

DAY 7 — AFTERNOON

Arashiyama

The towering bamboo grove at Tenryu-ji is just a 20-minute walk. Combine with the temple's garden, a boat ride on the Oi River, and the covered Nishiki Market on the way back.

DAY 8 — MORNING

Kinkaku-ji Golden Pavilion

Zen temple coated in gold leaf, mirrored in its still pond. Japan's most photographed building — arrive at opening (9 AM) before tour groups arrive.

DAY 8 — AFTERNOON

Nijo Castle & Philosopher's Path

Nijo's 'nightingale floors' creak underfoot by design — a shogun's anti-assassination measure. Then walk the canal-side Philosopher's Path, lined with cherry trees.

DAY 8 Shipping Luggages to Airport

Ship Luggages to airport to travel lightly



Osaka · Japan's Kitchen

Day 9 — Osaka

MORNING

Osaka Castle

Built in 1583 by Toyotomi Hideyoshi, the castle presides over a 106-acre park. Climb to the 8th floor for panoramic city views — one of Japan's most iconic fortresses.

AFTERNOON

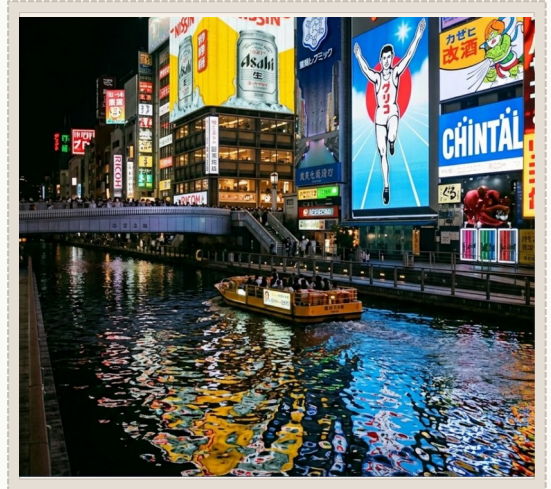
Dotonbori & Kuromon Market

Dotonbori's neon Glico Man sign anchors Osaka's most theatrical neighborhood. Eat takoyaki on the street, then browse Kuromon Ichiba — 'Osaka's Kitchen' — for fresh seafood.

EVENING

Shinsekai — Kushikatsu Capital

Osaka's retro 1930s neighborhood, rebuilt around the Tsutenkaku Tower. Kushikatsu (deep-fried skewers) is mandatory here — and the house rule: absolutely no double-dipping the sauce.



PROGRAM 2 · DAY 10 · RETURN HOME

Fly home from Kansai International (KIX) or Tokyo

KIX is 45 min from Osaka by JR Haruka or Nankai Rapi:t express. Alternatively, take the Shinkansen back to Tokyo (~2h30) and fly from NRT or HND.



10 Days · Tokyo · Kawasaki · Kyoto · Osaka · Home

いってらっしゃい — Have a wonderful journey

For a seamless Japan trip

Japan, 2025 · 東京・川崎の旅



IC Transit Card

Get a Suica or Pasma IC card at the airport. Tap in, tap out — works on every train, bus, and even vending machines.



Cash is King

Japan remains largely cash-based. Carry ¥10,000–¥30,000 daily. 7-Eleven ATMs reliably accept foreign cards.



Pocket Wi-Fi or eSIM

Rent a pocket Wi-Fi at the airport counter or pre-order an eSIM. Google Maps + translation are essential tools.



Konbini Culture

FamilyMart, 7-Eleven, and Lawson convenience stores serve genuinely excellent food — onigiri, hot buns, and fresh bento.



After Your Exam

Rest on Day 5 afternoon. Don't rush. Kawasaki Daishi and Yokohama are calm — the perfect decompression after the exam.



Luggage Forwarding

Use takuhaibin (takkyubin) — hotel-to-hotel delivery for heavy bags costs ~¥1,500 and is a game-changer for comfort.