
PRE-DEPARTURE BRIEFING

TOKYO

A Personalized Pre-Departure Briefing

PREPARED FOR

Alexander Bennett

TRAVEL DATES

**September 12–18,
2026**

STYLE

**Luxury Urban
Explorer**

Journey at a Glance

FLIGHT

British Airways

BA5

11:20

Departure



07:15 (+1)

Arrival

London Heathrow → Tokyo Haneda

ACCOMMODATION

Aman Tokyo

Otemachi, Tokyo

- Panoramic city views from the 33rd floor
- Aman Spa with traditional Japanese treatments
- Private onsen experience available
- Dedicated concierge for cultural experiences

AIRPORT TRANSFER

Private chauffeur arranged

KEY DETAILS

- 01 Direct flight from London Heathrow
- 02 Six nights at Aman Tokyo
- 03 September weather: 22–28°C, mild humidity
- 04 Timezone: JST (UTC+9), +8 hours from London
- 05 Confirmed reservations at Sushi Saito and Den

Pre-Departure Checklist

TRAVEL DOCUMENTS

- Passport valid for duration of stay
- UK citizens: visa-free entry for up to 90 days
- Hotel confirmation printed or accessible offline

PAYMENTS

- Notify bank of Japan travel dates
- Carry ¥30,000–50,000 in cash for smaller establishments
- Visa/Mastercard widely accepted in central Tokyo

TECHNOLOGY

- eSIM recommended: Ubigi or Airalo Japan plans
- Download: Suica app, Uber Japan, Google Translate
- Type A/B power adapter (same as US)

RESERVATIONS

- Sushi Saito: September 14, 18:00
- Den: September 16, 19:30
- TeamLab Borderless: September 15, 10:00



Destination Briefing

LOCAL ETIQUETTE

Train Conduct

Maintain silence on trains. Phone calls are considered highly impolite. Set devices to silent mode.

Temple Etiquette

Remove shoes when entering. Bow slightly at gates. Photography may be restricted in inner areas.

Dining Protocol

Wait to be seated. Say "itadakimasu" before eating. Never pass food chopstick-to-chopstick.

Gratuities

Tipping is not customary and may cause confusion. Service is included in all establishments.

SAFETY & AWARENESS

- Tokyo consistently ranks among the safest major cities globally
- Shinjuku and Roppongi nightlife districts: exercise standard urban awareness
- Last trains depart around midnight; taxis readily available thereafter
- Emergency services: 110 (police), 119 (ambulance/fire)

MONEY & PAYMENTS

- Major credit cards accepted in department stores and hotels
- Cash preferred in traditional restaurants and smaller shops
- ATMs at 7-Eleven and Japan Post accept international cards
- Tax-free shopping available for purchases over ¥5,000 with passport

CONNECTIVITY

- Ubiquiti or Airalo offer seamless eSIM activation
- Hotel WiFi: excellent throughout Aman Tokyo
- Free WiFi available at stations and convenience stores
- VPN recommended for accessing UK streaming services

TRANSPORTATION

- Suica card: essential for seamless transit on JR and Metro lines
- Taxi etiquette: doors open automatically, no tipping required
- Haneda to Otemachi: approximately 35 minutes by private transfer
- Walking is often the most pleasant way to explore neighborhoods

Weather & Packing Intelligence

22–28°C Expected Temperature Range

Late summer warmth with occasional humid evenings. Light rain possible.

PACKING RECOMMENDATIONS

- 1 Smart casual evening wear for fine dining
- 2 Comfortable walking shoes for urban exploration
- 3 Lightweight jacket for air-conditioned interiors
- 4 Compact umbrella for unexpected showers



Your Stay

Aman Tokyo

Otemachi, Tokyo

CHECK-IN

15:00

CHECK-OUT

12:00

HIGHLIGHTS

- Panoramic city views from the 33rd floor
- Aman Spa with traditional Japanese treatments
- Private onsen experience available
- Dedicated concierge for cultural experiences

NEIGHBORHOOD INTELLIGENCE

Coffee: Glitch Coffee Ginza — exceptional single-origin pour-overs

Breakfast: The Lounge at Aman Tokyo — serene morning experience

Cocktails: Gen Yamamoto — intimate, seasonal cocktail omakase

Shopping: Ginza Six — curated luxury with architectural interest

Wellness: Aman Spa — reserve evening slot for fewer guests

ARRIVAL GUIDANCE

- 01 Haneda immigration typically efficient; allow 45 minutes
- 02 Private transfer will meet you in arrivals with name signage
- 03 Transfer to Aman Tokyo: approximately 35 minutes
- 04 Early check-in subject to availability; spa access available immediately

Curated Recommendations

DINING

Sushi Saito

Reverent, focused, exceptional

Three Michelin stars. Intimate eight-seat counter with Chef Saito's legendary edomae sushi.

Reservations

Extremely difficult; confirmed for September 14

Dress Code

Smart casual, no strong fragrances

Best Timing

Evening seating allows unhurried experience

Den

Warm, engaging, sophisticated

Two Michelin stars. Chef Zaiyu Hasegawa's playful approach to kaiseki with signature creativity.

Reservations

Highly sought; confirmed for September 16

Dress Code

Smart casual

Best Timing

Dinner service begins at 18:00 and 20:30

Ginza Kojyu

Serene, traditional, meditative

Three Michelin stars. Masterful kaiseki in a refined setting with exceptional seasonal ingredients.

Reservations

Very difficult; concierge can assist

Dress Code

Business casual or above

Best Timing

Lunch offers slightly easier availability

The SG Club

Sophisticated, moody, artisanal

Legendary cocktail bar by Shingo Gokan. Ground floor speakeasy, upper floor refined lounge.

Reservations

Walk-in possible on weeknights

Dress Code

Smart casual

Best Timing

Arrive before 20:00 for seating

Experiences

01

Early Morning Meiji Shrine

Arrive at 06:00 for a meditative walk through the forested approach before crowds gather.

02

TeamLab Borderless

Immersive digital art museum. Pre-booked morning slot ensures contemplative viewing.

03

Ginza Evening Promenade

Weekend pedestrian hours transform the district. Visit Ginza Six rooftop garden at sunset.

04

Jazz at Blue Note Tokyo

World-class venue in Aoyama. Book first show for optimal acoustics and seating.

05

Minimalist Tea Ceremony

Aman concierge can arrange private ceremony with English-speaking tea master.



Contingency Intelligence

Preparation for the unexpected ensures peace of mind. The following guidance addresses common scenarios.

RAINY DAY ALTERNATIVES

Nezu Museum (architecture + gardens), National Art Center Tokyo, or extended spa time at Aman.

MEDICAL ASSISTANCE

Tokyo Medical and Surgical Clinic (Shibaura) — English-speaking physicians available.

FLIGHT DISRUPTION

British Airways Tokyo: +81 3 3570 8657. Aman concierge available 24/7 for rebooking assistance.

LATE-NIGHT DINING

Yoshinoya or Matsuya chains open 24 hours. Hotel room service available until 23:00.

Quick Access

Essential contacts and references for your journey. We recommend saving these to your phone for offline access.

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| HOTEL | Aman Tokyo, The Otemachi Tower, 1-5-6 Otemachi, Chiyoda-ku, Tokyo 100-0004 |
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| HOTEL PHONE | +81 3 5224 3333 |
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| BRITISH AIRWAYS JAPAN | +81 3 3570 8657 |
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| UK EMBASSY TOKYO | +81 3 5211 1100 |
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| EMERGENCY | 110 (Police) / 119 (Ambulance) |
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| SUSHI SAITO | September 14, 18:00 — Confirmed |
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| DEN | September 16, 19:30 — Confirmed |
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This briefing was prepared exclusively for Alexander Bennett. For assistance, contact your dedicated concierge.