



Have a Nice
WEEKEND TRIP!



TOKYO ISLANDS PERFECT GUIDE

ENGLISH EDITION

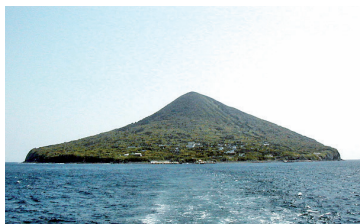
FROM:	HOME
TO:	<p>OSHIMA, TOSHIMA, NIIJIMA, SHIKINEJIMA, KOZUSHIMA, MIYAKEJIMA, MIKURASHIMA, HACHIJOJIMA, AOGASHIMA, CHICHIJIMA, HAHAJIMA</p> <p>大島・利島・新島・式根島・神津島 三宅島・御蔵島・八丈島・青ヶ島 父島・母島</p>
DATE:	AS SOON AS POSSIBLE
DURATION:	AS LONG AS YOU LIKE
GATE:	11T



meow!



MUST-SEE VIEWS *on the* ISLANDS



1	2	7	8
	3	9	
4	6	10	11
5			

- 1 Jinata Onsen / Shikinejima → P.18
- 2 Hego Forest / Hachijojima → P.22
- 3 Kurone Beach / Niijima → P.16
- 4 Entire Island View / Toshima → P.14



Oshima 大島
 Toshima 利島
 Niijima 新島
 Shikinejima 式根島
 Kozushima 神津島

See the
Moyai statues
in Niijima!

And in Shikinejima,
too!

Aogashima
has one
as well!



5 Coastline Cliffs / Aogashima → P.23

6 Minamijima Beach / Chichijima → P.24

7 Ura-Sabaku Desert / Oshima → P.12

8 Minamizaki / Hahajima → P.25

9 Akasaki Promenade / Kozushima → P.15

10 Izu-misaki Lighthouse / Miyakejima → P.20

11 Indo-Pacific bottlenose dolphin / Mikurashima → P.21

Short Weekend Getaway ♥

MODEL ITINERARY *by* **Number of Days**

The Tokyo Islands—excluding the Ogasawara Islands—can be visited in 2 to 3 days and are an attractive destination. Where do you want to go next weekend?

OSHIMA**SPOTS FOR BEAUTIFUL SOCIAL MEDIA POSTS**

2 days, 1 night

SATURDAY

- MORNING ▶** Depart Takeshiba Pier on high-speed jet ferry
- A.M. ▶▶▶▶** Go for a drive while taking in views of camellia
- P.M. ▶▶▶▶** Walk through Ura-Sabaku Desert
- EVENING ▶** View sunset at Sunset Palm Line
- NIGHT ▶▶▶** Enjoy local cuisine at an izakaya pub!

**SUNDAY**

- A.M. ▶▶▶▶** Hike around Mt. Mihara crater
- NOON ▶▶▶▶** Lunch made with plenty of island ingredients
- P.M. ▶▶▶▶** Look for souvenirs at the port gift shops
- Leave for Takeshiba Pier by high-speed jet ferry

**TOSHIMA****ENJOY THE LUXURY OF DOING NOTHING**

3 days, 2 nights

FRIDAY

- NIGHT ▶▶▶▶** Depart Takeshiba Pier on large passenger ship

SATURDAY

- MORNING ▶** Arrive on Toshima
- A.M. ▶▶▶▶** Walk up Mt. Miyatsuka to the observatory
- P.M. ▶▶▶▶** Walk from your accommodation to the surrounding village area
- NOON ▶▶▶▶** Dine at the island's only izakaya pub
- NIGHT ▶▶▶▶** Gaze at the starry sky at Minamigayama Park

SUNDAY

- A.M. ▶▶▶▶** Bowling at Kinro Fukushi Kaikan (Labor Welfare Hall)
- Fly to Oshima by helicopter
- P.M. ▶▶▶▶** Leave for Takeshiba Pier by large passenger ship

*Have a six-day holiday? Visit the Ogasawara Islands!*

The ferry ride on the Ogasawara-maru to the Ogasawara Islands takes 24 hours one-way. You will need at least six days, as the ferry sails once every six days in principle. Although you may recoil at the idea of spending two full days traveling, being able to take pleasure in the luxury of doing nothing on board is actually one of the attractions of visiting Ogasawara. Enjoy the voyage to Ogasawara feeling excited, and the return trip basking in the afterglow.



Chichijima's Futami Port where Ogasawara-maru arrives. Lively area with restaurants and souvenir shops.

MIKURASHIMA

SWIM WITH CUTE DOLPHINS

3 days, 2 nights

FRIDAY

NIGHT ▶▶▶ Depart Takeshiba Pier on large passenger ship



SATURDAY

MORNING ▶ Arrive on Mikurashima
A.M.-P.M. ▶ Swim with the dolphins twice
EVENING ▶ Leisurely stroll through village
NIGHT ▶▶▶ Gaze at the starlit sky in front of your accommodation

SUNDAY

A.M. ▶▶▶▶ Trek Mt. Nagataki
P.M. ▶▶▶▶ Leave for Takeshiba Pier by large passenger ship

MIYAKEJIMA

SCENIC DRIVE THAT RESONATES WITH THE HEART

3 days, 2 nights

FRIDAY

NIGHT ▶▶▶ Depart Takeshiba Pier on large passenger ship



SATURDAY

MORNING ▶ Arrive on Miyakejima
A.M. ▶▶▶▶ Visit scenic sites
P.M. ▶▶▶▶ Visit lava sites such as Ako Lava Flow Trail
NIGHT ▶▶▶ Gaze at the starry sky at Izu-misaki Lighthouse

SUNDAY

A.M. ▶▶▶▶ Leisurely stroll around Tairo Pond
NOON ▶▶▶▶ Lunch at cafe serving island cuisine
P.M. ▶▶▶▶ Fly to Chofu Airport by plane

NIIJIMA

SHIKINEJIMA

KOZUSHIMA

TOUR OF 3 UNIQUE ISLANDS

3 days, 2 nights

FRIDAY

A.M. ▶▶▶▶ Fly from Chofu Airport to Niijima by plane
Go to hot spring after swimming at the beach
P.M. ▶▶▶▶ Glassblowing

SATURDAY

MORNING ▶ Go to Shikinejima by ferry
A.M. ▶▶▶▶ Sightsee at beautiful spots by bicycle
P.M. ▶▶▶▶ Take a break at open-air hot spring
EVENING ▶ View sunset at Oura Beach

SUNDAY

MORNING ▶ Go to Kozushima by large passenger ship
A.M. ▶▶▶▶ Hike up Mt. Tenjo from Shiroshima mountain trail
NOON ▶▶▶▶ Trek down Akasaki walking path
P.M. ▶▶▶▶ Fly to Chofu Airport by plane

HACHIJOJIMA

AOGASHIMA

EXPERIENCE MAGNIFICENT NATURE

3 days, 2 nights

FRIDAY

MORNING ▶ Fly from Haneda Airport to Hachijojima by plane
Fly to Aogashima by helicopter
A.M. ▶▶▶▶ Visit sites with panoramic views
P.M. ▶▶▶▶ Walk along Mt. Maruyama walking trail
NIGHT ▶▶▶ Gaze at the starry sky at Oyama Observatory

SATURDAY

MORNING ▶ Fly to Hachijojima by helicopter
A.M. ▶▶▶▶ Drive along scenic sites
P.M. ▶▶▶▶ Relax at Miharashi-no-Yu



SUNDAY

A.M. ▶▶▶▶ Trek down Hego (tree fern) Forest trail
P.M. ▶▶▶▶ Fly to Haneda Airport by plane

Island Souvenirs You'll Want to Take Home

Great finds for souvenirs on the Tokyo Islands.
Which will you take home?

Hahajima

Passion Fruit Liqueur . 3

Refreshing
Sweetness



Niijima

"Kusaya" Strap . 1

See the
spine on
the back



Mikurashima

Uzumaki Tenugui . 2



Hachijojima

"Kihachijo" Wallet . 4



Aogashima

"Hingya" Salt . 5

Excellent
with raw
vegetables!



Miyakejima

Izu Thrush Card Stand . 6



Kozushima

Tokoroten (Agar Noodles) . 7



Has a chewy texture
unique to handmade foods

Chichijima

"Gyosan" Beach Sandals . 8



Oshima

Oshima Milk Pudding . 9

The creamy
texture is
irresistible!

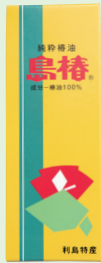


1. Yarn knit kusaya fish strap (700 yen / Isabaya)
2. Tenugui cloth with dolphin design (700 yen / Fukumaru-Shouten)
3. Liqueur combining passion fruit juice and rum (2,150 yen / Free Shop Maruhi)
4. Wallet made from Hachijojima's traditional fabric (2,150 yen / Kihachijo Meyu Kobo)
5. Salt made with Aogashima's volcanic steam and seawater (980 yen / Juichiya Saketen)
6. Card stand featuring bird in Miyakejima (1,728 yen / Miyake Nature Center Akakkoko Station)

Toshima

Island Camellia Oil .10

Shikinejima



"Yuttari Meguri"
(Bath Salt Set) .11



For a heavenly bath!

The Tokyo Islands are a Milk Cracker Paradise!

Milk crackers are made of simple ingredients:
milk, eggs, sugar, butter, and flour.

No water is added. The flavor and texture differ slightly by island.



Oshima 650 yen for 8 packages
(2 crackers per package) / Zen Kashiya



Shikinejima 300 yen for 5 / Sun Valley



Miyakejima 650 yen for 15 / Okataro Honpo



Hachiojojima 820 yen for 9 packages
(2 crackers per package) / Asanuma



Nijima 650 yen for 15 /
Ikemura Confectionery

- 7. Tokoroten made from Kozushima agar (600 yen for 3 packs / Kozushima Tourism Association)
- 8. Island sandals, slip resistant on boats and rocks (1,100 yen / Free Shop Maruhi)
- 9. Pudding made with 100% Oshima milk (330 yen / Patisserie Chalon)
- 10. Toshima camellia oil for hair and skin (100 ml 1,800 yen / JA Tokyo Islands Toshima Shop)
- 11. Shikinejima and Nijijima bath salts (540 yen for 3 packets / Shikinejima Tourism Association)

Information

Don't worry if you forget to buy souvenirs. Tokyo Islands products can also be purchased at the Tokyo Islands Cafe antenna shop at the Takeshiba Passenger Ship Terminal.

Must-Eat Island Food ♥

Savor dishes prepared using ingredients unique to the Tokyo Islands, including fresh fish, seaweed, ashitaba greens, and more.

Chichijima
Hahajima

Fried Akaba . 1



Niijima

**Fried "Tataki"
Minced Fish . 2**

Local Cuisine of
Niijima and Shikinejima



Oshima

Shima Shima Bento . 3



Niijima

**Kinmedai-no-
Negima . 4**



Hachijojima

Island Sushi . 5



Shikinejima

**Iwanori
Fried Rice . 6**



Shikinejima

Tatakimaru . 7

Satisfying
portions!



Aogashima

"Kusaya" Dried Fish . 8



Smelly
but
delicious!

- Whole fried akaba (rockfish: fine white fish) *Seasonal (1,500 yen / Nangoku Sakaba Como)
- Fried seasoned minced blue-backed fish (420 yen / Daisan)
- Lunch box containing Bekko sushi (sushi topped with fish pickled in soy sauce with chili peppers), an Oshima specialty (700 yen / Izushichimaru)
- Kinmedai (golden eye snapper) and green onions on skewers (260 yen for 1 skewer / Daisan)
- Sushi topped with white fish pickled in soy sauce (1,880 yen / Sushi-dokoro Ginpachi)
- Fried rice mixed with Shikinejima iwanori (rock seaweed) (800 yen / Daishi)
- Fried rice balls covered with Tataki minced fish (200 yen for 1 rice ball / Family Store Miyatora)
- Dried fish pickled in fermented liquid, made in Hachijojima (1,000 yen / Izakaya Monji)
- Fresh kinmedai sashimi (600 yen / Daisan)
- Braised sea turtle sinew and innards (950 yen / Boya)

MADE IN
THE TOKYO
ISLANDS

PAIR WITH
ISLAND SAKE!!

There is a brewery in Oshima, Niijima, Kozushima, Miyakejima, Aogashima, and Hahajima, and four breweries in Hachijojima.

Oshima
Gojinka



Toshima
Sakuyuri



Niijima
Shimajiman



Shikinejima
Kanbiki



Kozushima
Moriwaka



Niijima

Kinmedai Sashimi . 9



Chichijima
Hahajima

Braised Sea Turtle . 10



Kozushima

Simmered Kinmedai Set Meal . 11



Kozushima

Tricolor Soba . 12



Oshima

Mackerel Keema Curry . 13



Oshima

Ashitaba Tempura . 14

Freshly
Fried
and Crisp!



Chichijima
Hahajima

Island Tomato . 15



Sweet &

Miyakejima

Canon's Anmitsu . 16



Oshima

Oshima Milk Gelato and Soft-Serve . 17



11. Simmered kinmedai with rice, soup, and other small dishes (1,000 yen / Yochare Center)
12. Three types of buckwheat noodles: regular, ashitaba greens, and poppy seed (1,200 yen / Maitorii) 13. Curry with ground mackerel (700 yen / Hama no Kaachan Meshi) 14. Tempura of ashitaba picked in Oshima (750 yen / Sushiko) 15. Sweet tomatoes *Seasonal (900 yen / Nangoku Sakaba Como) 16. Anmitsu (Japanese dessert with agar jelly and azuki bean paste) topped with agar noodles and ashitaba ice cream (500 yen / Canon) 17. Gelato made with Oshima milk (380 yen for 2 scoops / Buratto House)

Miyakejima

Oyamaichi



Hachiojima

Yaetsubaki



Hachiojima

Nasakejima



Hachiojima

Shimanohana



Hachiojima

Kuroshio



Aogashima

Aochu



Hahajima

Ogasawara Rum



Information

On the Tokyo Islands, you can find many innovative culinary delights and drinks containing ashitaba greens: pasta, pizza, cheesecake, gelato...even craft beer!

When is the best season to visit?

Island Calendar *for* Planning

MAR.

Hachijojima

Mar. to Apr.

Hachijojima Freesia Festival

APR.

- Dolphin swim
- Scuba diving
- Whale watching
- Fishing / Bird watching

MAY

Chichijima

Bonin Bazar

Hahajima

Hahajima Festival

Hachijojima

Lap Around Hachijojima and Hachijo-Fuji
Eco Journey Marathon

JUN.

Chichijima / Hahajima

Returning Festival

Shikinejima

Shikinejima Marathon

JUL.

Miyakejima

Gozu-Tenno-sai Festival

Hachijojima

Hachijojima Summer Festival

Miyakejima

Marine Schole 21 Festival



AUG.

Toshima

Bon Odori Festival

Aogashima

Ushi Matsuri (annual summer festival)

Mikurashima

Inane Shrine Reitaisai (annual festival)

Mikurashima

Mikurashima Fireworks Festival

Niijima

Niijima O-odori (folk dance)

Kozushima

Nagisa Fireworks Festival

Oshima

Izu-Oshima Summer Festival

Hachijojima

Hachijojima Fireworks Festival

Chichijima / Hahajima

Summer Festival

Kozushima

Monoiminanomikoto Shrine Annual Festival



SPRING

On Hachijojima, the Hachijojima Freesia Festa is held from late March to early April. On Kozushima, the spring flowers of Mt. Tenjo are in full bloom. On Mikurashima, the season for swimming with dolphins begins in April. On Chichijima and Hahajima, swimming in swimsuits becomes comfortable from May. To enjoy bird watching on Miyakejima, go just before the start of the rainy season.

Island Flowers

- Mar. to Apr. **Freesia** (Hachijojima)
- Mar. to Apr. **Oshima cherry** (Oshima)
- May to Jun. **Oshima azalea** (Shikinejima / Kozushima)
- May to Jun. **Bigleaf hydrangea** (Miyakejima)

SUMMER

Many tourists visit the islands for beaches great for swimming and seashore activities. Dive into emerald green waters by the Akasaki Walking Path on Kozushima. Summer has a higher ratio of sunny days, and jet ferries run more frequently. Various events such as fireworks festivals are held on each island.

Island Flowers

- May to Nov. **Hibiscus** (Hachijojima / Chichijima / Hahajima)
- Jun. to Jul. **Gold band lily** (Toshima)
- Jun. to Jul. **Hydrangea and Hachijochidori hydrangea** (Hachijojima)
- Jul. to Sep. **Gold band lily** (Kozushima / Shikinejima / Oshima)

When to Visit

Each of the four seasons offers its own beauty and experiences on the respective islands.

SEP.	Niijima	Tomin Matsuri (Islander Festival)	
	Hahajima	Hahajima Canoe Festival	
OCT.			
NOV.	Niijima	Niijima International Glass Art Festival	
	Miyakejima	WERIDE Miyakejima Enduro Race	
DEC.	Oshima	Izu-Oshima Marathon	
JAN.	Hahajima	Jan. 1 Earliest sunrise on New Year's Day in Japan	
	Chichijima / Hahajima	Jan. 1 Umihiraki (Beach opening event)	
	Toshima	Jan. 1-3 New Year's mountain pilgrimage	
	Toshima / Kozushima	Jan. 2 Nori-zome (New Year's ritual to pray for large catch and safety at sea)	
	Miyakejima	Jan. 2 Funa-iwai (New Year's ritual to pray for large catch and safety at sea)	
	Oshima	End of Jan. until end of Mar. Tsubaki Matsuri (Camellia Festival)	
	Hachijojima	Hachijojima Public Road Race	
FEB.	Oshima	Camellia Marathon	

AUTUMN

With fewer visitors after October, you can discover the sights and beauty of the islands leisurely. Autumn is trekking season at Mt. Tenjo on Kozushima, Mt. Hachijo-Fuji on Hachijojima, and Mt. Mihara on Oshima. Autumn is also the best season for cycling. Cycling races such as Gojinka Ride are held on Oshima. Snorkeling and diving can be enjoyed on any island until late October.

Island Flowers

- Sep. to May **Strelitzia** (Hachijojima)
- Oct. to Dec. **Leopard plant** (Niijima / Shikinejima)
- Nov. to Jan. **Fortune saxifrage** (Oshima / Kozushima)

WINTER

Camellias bloom on Oshima and Toshima from late November. On Oshima, the Izu-Oshima Tsubaki Matsuri (Camellia Festival) is held from the end of January to the end of March. Winter is the season for experiencing the delights of onsen baths! There are onsen on 6 of the 11 islands: Oshima, Niijima, Shikinejima, Kozushima, Miyakejima, and Hachijojima. On Hachijojima, Chichijima, and Hahajima, you can see humpback whales that migrate northward to nurture their young between December and April.

Island Flowers

- Dec. to Feb. **Japanese camellia** (Oshima / Toshima / Kozushima)
- Dec. to Feb. **Aloe** (Hachijojima)
- Jan. **Daffodil** (Niijima)

大島



OSHIMA

Oshima (the Big Island) is the island that is closest to the Tokyo metropolitan area. This remote island can be visited easily, and still offers stunning scenery you can only see here.

POPULATION 7,880 people (2018)

AREA 90.73 km² **CIRCUMFERENCE** 52 km

ACCESS ✈️ **Approx. 25 minutes** from Chofu Airport

🚢 **Approx. 1 hour 45 minutes** from Takeshiba Pier

🚢 **Approx. 6 hours** from Takeshiba Pier



MAP

✓ What to do in **Oshima**

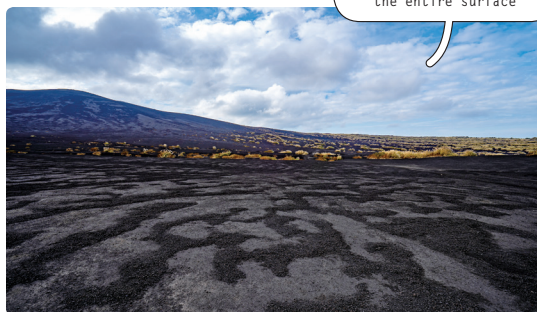
01

Walk on the dynamic Mt. Mihara and Ura-Sabaku Desert

The entire island of Oshima is an active volcano. Mt. Mihara, revered as “Gojinka” (fire of the gods) by the islanders, has many sites where you can feel the power of the earth.



Steam blows out from here near the crater



Black lava stones cover the entire surface

Ura-Sabaku Desert

裏砂漠 ● The only “desert” on the map of Japan issued by the Geospatial Information Authority. The uniquely barren and desolate landscape can be seen only here. You’ll feel like you are on a different planet.

🚗 Approx. 40-min. car ride from Motomachi Port and 10-min. walk



Mt. Mihara

三原山 ● It is possible to trek along two gentle trails: “Mountaintop Trail (paved road)” from Mihara-sanchoguchi near the bus stop to the crater; and the “Caldera Circuit Crater Route (gravel road)” around the crater. The trek takes around 2.5 hours.

🚗 Approx. 20-min. car ride from Motomachi Port to Mihara-sanchoguchi



✓ What to do in **Oshima**

02

Cycle on the Sunset Palm Line course

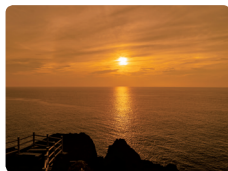
Oshima is a cycling paradise popular with cycling enthusiasts! The Sunset Palm Line road along the coast offers easy biking for cyclists of all levels.

Buratto House

ぶらっとハウス ● The island farmer's market. Their ice cream made with 100% Oshima milk is delicious!



- 🚗 Approx. 10-min. car ride from Motomachi Port
- 📍 Aza-Shinkai, Okata, Oshima-machi ☎ (04992) 2-9233
- 🕒 9 a.m.-4 p.m. 🗓 Open year-round



Akappage

赤禿 ● Small red hill formed by hardened lava.

- 🚲 Approx. 12-min. bicycle ride from Motomachi Port

approx. 12 min. by bicycle



approx. 6 min. by bicycle



Nodahama Lava Arch

野田浜 ● Nodahama is a famous diving spot as well.

- 🚲 Approx. 24-min. bicycle ride from Motomachi Port



Don't forget Bekko sushi, a delicacy of Oshima

✓ What to do in **Oshima**

03

Satisfy your stomach with Oshima cuisine

One of the best parts of traveling to an island is tasting foods made with unique local ingredients, such as fresh fish and ashitaba greens.

"Godzilla sushi" with Bermuda catfish



Must-eat!!!

Sushiko ● 寿司光

- 🚶 Approx. 2-min. walk from Motomachi Port 📍 1-4-7 Motomachi, Oshima-machi ☎ (04992) 2-0888
- 🕒 11 a.m.-3 p.m. (last order 2 p.m.), 5 p.m.-10 p.m. (last order 9 p.m.)
- 🗓 Open year-round

Tsubaki-hana Gareden

伊豆大島椿花ガーデン ● A privately-run camellia garden with many varieties of early blooming camellias. The lawn overlooking Mt. Fuji offers spectacular views on sunny days.

- 🚗 Approx. 20-min. car ride from Motomachi Port 📍 41-1 Aza-Tsubaitsuki, Motomachi, Oshima-machi ☎ (04992) 2-2543
- 🕒 9 a.m.-3:30 p.m. (until 4:30 p.m. in winter)
- 🗓 Wed. and Thu. (open on Wed. and Thu. during the Camellia Festival) 💰 830 yen



✓ What to do in **Oshima**

04

View camellias on the island of camellias

Oshima is known for camellias. At the island's several camellia gardens, you can see a range of camellias with different blooming periods, colors, and sizes.

Oshima High School Camellia Garden



都立大島高校椿園 ● Camellia garden managed by students of the high school's Agriculture and Forestry Program.

- 🚗 Approx. 5-min. car ride from Motomachi Port
- 📍 127, Aza-Yaenomizu, Motomachi, Oshima-machi ☎ (04992) 2-1431 🕒 & 🗓 According to the school's opening hours

Oshima Park Camellia Garden



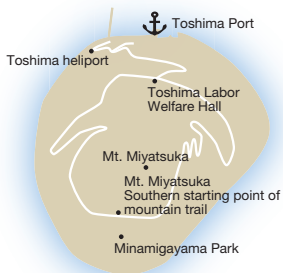
都立大島公園 椿園 ● The largest camellia garden in the world with an area of about 1.5 times the area of Tokyo Dome. The Camellia Festival is held to great acclaim every year from late January to late March. There is also a camellia pavilion.

- 🚗 Approx. 20-min. car ride from Motomachi Port 📍 2, Aza-Fukuju, Senzu, Oshima-machi ☎ (04992) 2-9111 🕒 8:30 a.m.-4:30 p.m. (Pavilion)
- 🗓 Open year-round

利島

TOSHIMA

Toshima produces the largest amount of Camellia oil in Japan. Around 80% of the island is covered with Japanese camellia. Enjoy a slow-paced getaway on this small island located between Oshima and Niijima.



MAP



POPULATION 321 people (2018)

AREA 4.12 km² **CIRCUMFERENCE** 8 km

ACCESS **Approx. 2 hours 25 minutes** from Takeshiba Pier

Approx. 7 hours 35 minutes from Takeshiba Pier

Most of the village has stone steps and steep slopes. You can give your lower body a workout!



利島の集落 ● Take a stroll through the harbor-side village and relax, feeling like one of the islanders.

You can see Mt. Fuji !!



Mt. Miyatsuka



宮塚山 ● This uniquely shaped mountain is iconic to the island. The wooden observatory near the summit commands a panoramic view of the village and sea. On sunny days you can see Mt. Fuji in the distance.

✓ What to do in **Toshima**

01

Enjoy the luxury of doing nothing

Toshima is less a sightseeing area than an island for catching a glimpse of the lives of the islanders. Spend the afternoon exploring the island by taking a stroll through the village and hiking Mt. Miyatsuka. In the evening, gaze at the stary sky at Minamigayama Park.



Walk down a "camellia carpet"

Terraced fields of camellia line mountain slopes on Toshima, the island of camellia. When camellia petals fall, the fields turn into "camellia carpets."



Natural planetarium!

Minamigayama Park

南ヶ山園地 ● Offering views of the Milky Way, the lawn at Minamigayama Park is Toshima's best stargazing spot.

Approx. 15-min. car ride from Toshima Port

Information

Toshima has seen continuous population growth over the last few years. It is actually an island of young people, with many people in their 20s and 30s moving in from outside the island.

神津島

KOZUSHIMA

According to legend, when the islands of Tokyo were created a long time ago, the deities of the islands gathered on Kozushima to discuss water allocation among the islands. Discover the mountains and sea of this island filled with a mystical atmosphere.

POPULATION 1,894 people (2018)
AREA 18.24 km² **CIRCUMFERENCE** 22 km

ACCESS ✈️ **Approx. 40 minutes** from Chofu Airport
🚢 **Approx. 5 hours 5 minutes** from Takeshiba Pier
🚗 **Approx. 9 hours 55 minutes** from Takeshiba Pier



MAP

✓ What to do in **Kozushima**

01

Dive into a natural pool with gorgeous clear water

One of the most famous attractions of Kozushima is the wooden suspension bridge and large and small diving platforms installed in a calm inlet.



Akasaki Promenade

赤崎遊歩道 ● A wooden walking path stretches along the coast at the northern end of the island offering stunning views. The inlet is installed with diving platforms.

🚗 Approx. 10-min. car ride from Kozushima Port and 5-min. walk

Mt. Tenjo is iconic to Kozushima. While it is a small mountain with a height of only 572 meters, it offers various scenic views near the mountain-top and is great for trekking.

Mt. Tenjo

天上山山頂 ● The views from the summit are breathtaking, including views overlooking the sea.



✓ What to do in **Kozushima**

02

Hike Mt. Tenjo and enjoy unique scenery

Tenku-no-oka (Hill Top)

天空の丘 ● "Tenku-no-oka" means "sky hill" in Japanese. As the name suggests, this spot offers 360° panoramic views that make you feel as though you're in the sky.



Information

The name of the center selling marine products at Kozushima Port, "Yochiare," means "feel free to stop by" in the island's dialect.

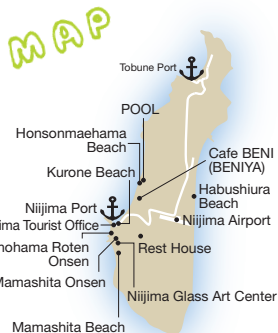
新島

NIIJIMA

Niijima is an island of koga stone, a type of pumice that is rare worldwide. With a combination of white stones and deep-blue ocean, the island's unique landscape is infused with an air of exoticism.

POPULATION 2,205 people (2018)
AREA 22.97 km² **CIRCUMFERENCE** 28 km

ACCESS ✈️ **Approx. 35 minutes** from Chofu Airport
 🚢 **Approx. 2 hour 20 minutes** from Takeshiba Pier
 🚗 **Approx. 8 hour 30 minutes** from Takeshiba Pier



✓ What to do in **Niijima**

01

Tour spectacular, magnificent white sand beaches

The sandy beaches in Niijima are translucent and milky white. Visit these beautiful beaches with many koga stones unique to Niijima.



Mamashita Beach

まましただ海岸 ● Beach on the southwest side of the island. Locals come here to watch the sunset and enjoy the evening scenery.

🚗 **Approx. 8-min. car ride** from Niijima Port

Kurone Beach

黒根海岸 ● This beach is right next to Niijima Port. With low and calm waves, it is popular with families.

🚗 **Approx. 1-min. walk** from Niijima Port



Habushiura Beach

ほぶしうら 羽伏浦海岸 ● A 7 km-long popular beach in Niijima. Having large waves, it is one of Japan's famous beaches for surfing.

🚗 **Approx. 10-min. car ride** from Niijima Port

A pure white main gate, the coast's iconic symbol



A huge rock projects out to the sea!

You can walk from your accommodation to the beach



Honsonmaehama Beach

本村前浜海岸 ● Easily accessible on foot from the Honmura area lined with minshuku (family-run lodgings) and eateries. In the summer, a floating island is set up to the great delight of children.

🚗 **Approx. 8-min. car ride** from Niijima Port

✓ What to do in **Nijijima**

01

Unwind at unique onsen

Experience unique onsen in Nijijima, including an open-air bath that looks like a Parthenon and a sand bath in steaming sand!

Mamashita Onsen

まました温泉 ● Famous for its steam sand bath. Sand from Habushiura Shore is warmed with heat from the hot spring.

📍 Approx. 12-min. walk from Nijijima Port
📍 Setoyama, Nijijima-mura ☎ (04992) 5-0830 🕒 10 a.m.-9:30 p.m. (sand bath 11 a.m.-8 p.m.) 🗓 Wed. 💰 300 yen (sand bath 700 yen)

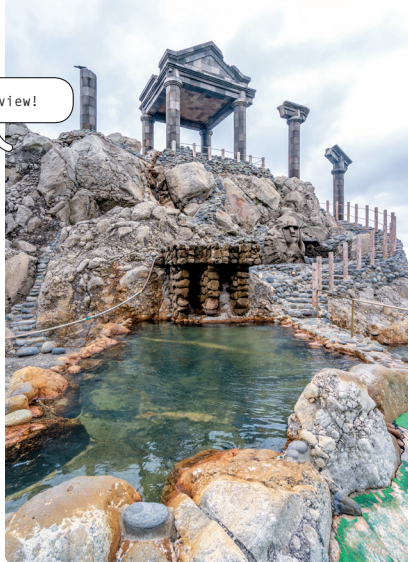


Yunohama Roten Onsen

湯の浜露天温泉 ● An open-air bath projecting out into the ocean. It is open 24 hours a day and is free to enter. You soak in a swimsuit.

📍 Approx. 7-min. walk from Nijijima Port

Nice view!



Nijijima Glass Art Center

新島ガラスアートセンター ●

📍 Approx. 10-min. walk from Nijijima Port 📍 Mamashita Kaigandori, Nijijima-mura ☎ (04992) 5-1540 🕒 10 a.m.-12 p.m., 1 p.m.-4:30 p.m. (glassblowing 1:30 p.m.-4:30 p.m., 30 min. per session) 🗓 Tue. 🆓 Free entry (glassblowing 2,620 yen, phone reservation required)



✓ What to do in **Nijijima**

02

Visit the world's only place for a hands-on experience with Nijijima glass!

Nijijima glass made from koga stones (volcanic stones) features a pale olive green color. Try glassblowing at the workshop.

✓ What to do in **Nijijima**

03

Relax at the island cafes

Island cafes you want to stop by in between your strolls of Nijijima. Food and drinks made using the island's ingredients will make you feel calm and relaxed.

Coffee goes well with Japanese confections



Cafe BENI

カフェベニ (紅谷) ● The corner of a Japanese confectionery shop with a 100-year heritage is a cafe. Along with your coffee, savor sweets such as homemade dorayaki (patties with red bean filling) and chestnut manju.

📍 Approx. 3-min. car ride from Nijijima Port 📍 6-1-6 Honmura, Nijijima-mura ☎ (04992) 5-0055 🕒 7:30 a.m.-around 7:30 p.m. 🗓 Wed.

Stylish and peaceful space



POOL

プール ● An old warehouse that has been renovated into a cafe. Popular dishes include daily set meals and chicken loco moco.

📍 About an 8-min. car ride from Nijijima Port 📍 2-9-23 Honmura, Nijijima-mura ☎ (04992) 5-0048 🕒 10 a.m.-5 p.m. (lunch 11:30 a.m.-3 p.m.) 🗓 Thu.

Many "rockin'" items!



Rest House

レストハウス ● A cafe restaurant in Nijijima Shinsui Park. It serves a range of dishes containing iwanori (rock seaweed) and ashitaba greens.

📍 Approx. 6-min. car ride from Nijijima Port 📍 Nijijima Shinsui Park, 120, Setoyama, Nijijima-mura ☎ (04992) 5-1772 🕒 11 a.m.-4 p.m. (last order 3:30 p.m.) 🗓 Irregular

Information

Nijijima has Moyai sculptures carved from large koga stones. Moyai means "to join forces" and "collaborative work" in the island's dialect.

式根島

SHIKINEJIMA

Shikinejima is famous for its outdoor onsen selected in onsen ranking guides. The island also offers spectacular scenery created by coastline reefs and calm beaches.

POPULATION 519 people (2018)

AREA 3.67 km² **CIRCUMFERENCE** 12 km

ACCESS 🚢 Approx. 2 hours 29 minutes from Takeshiba Pier

🚢 Approx. 9 hours from Takeshiba Pier



MAP



Jinata Onsen

Out of this world!

地鉈温泉 ● Believed to treat muscle and nerve pain, it is also known as the "Onsen of Internal Medicine." The terrain surrounded by rocky hills is a must-see. The hills appear as though they have been split by a hatchet.

🚗 Approx. 10-min. car ride from Nobushi Port and 7-min. walk



Matsugashita Miyabiyu

松が下雅湯 ● An open-air bath you can go in regardless of high or low tide, located right next to the harbor. Since you can get close to it by car, you won't have to worry at night.

🚗 Approx. 8-min. car ride from Nobushi Port



✓ What to do in **Shikinejima** 01

Visit open-air baths with ocean views

Compare the waters of different types of hot spring. All require swimsuits, are open 24 hours a day, and are free of charge.

According to legend, a sea lion with a foot injury soaked in this onsen!



The hot baths are heavenly

A place of relaxation for islanders ♡

Ashitsuki Onsen

足付温泉 ● Believed to treat scrapes and cuts, it is also known as the "Onsen of Surgery." Enjoy sweeping views of the vast sea.

🚗 Approx. 8-min. car ride from Nobushi Port and 3-min. walk

✓ What to do in **Shikinejima** **02**

Relax on beaches with beautiful views

This small island has a selection of unique beaches.

\\ Look at these beaches! //



Nakanoura Beach

● 中の浦海水浴場

🚗 Approx. 8-min. car ride from Nobushi Port



Ishjirogawa Beach

● 石白川海水浴場

🚗 Approx. 7-min. car ride from Nobushi Port



Tomari Beach

● 泊海水浴場

🚶 Approx. 6-min. walk from Nobushi Port



Oura Beach

大浦海水浴場 ● This is the place to see sunsets on the island! You'll be captivated by the picturesque beauty of the sunset off the coastline interweaved with jagged rocks.

🚗 Approx. 5-min. car ride from Nobushi Port

Konokuchi Park

小の口公園 ● A park with playground equipment where islanders can relax. Look for the large whale!

🚗 Approx. 5-min. car ride from Nobushi Port



A spot with a beautiful view of the morning sun

approx.
2 min.
by bicycle



Gunjiyama Observatory

ぐんじ山展望台 ● A wooden observatory in the depths of a forest with panoramic views.

🚗 Approx. 8-min. car ride from Nobushi Port

approx.
3 min.
by bicycle



Toyoji Temple

とよすじ 東要寺 ● The leaf of a nagi tree on the premises is a famous talisman for love and marriage. If you're lucky, you can receive a leaf which has been blessed by a sutra from the chief priest.



🚗 Approx. 10-min. car ride from Nobushi Port 📍 11-1, Shikinejima, Niijima-mura

approx.
30 min.
by bicycle



✓ What to do in **Shikinejima** **03**

Visit scenic spots by bicycle

Circle the island's scenic overlooks on a bicycle—an easy way to get around.



Kambiki Observatory

かんびき 神引展望台 ● The island's most scenic spot! It offers a view of the beautiful rugged coastline and Izu Peninsula in the distance.

🚗 Approx. 10-min. car ride from Nobushi Port

Information

Tomari Beach means "accommodation beach" in Japanese. The origin of the name is said to be connected to boats which carried people in exile to Hachijojima and Miyakejima and stayed overnight to wait for favorable wind.

三宅島

MIYAKEJIMA

Miyakejima is a circular-shaped island with the 775.1m high Mt. Oyama towering in the center. Lava fields formed from eruptions are scattered across the island.

- POPULATION** 2,538 people (2018)
- AREA** 55.50 km² **CIRCUMFERENCE** 38.3 km
- ACCESS**

- ✈️ **Approx. 50 minutes** from Chofu Airport
- ⚓ **Approx. 6 hours 30 minutes** from Takeshiba Pier



MAP

SUNSET



✓ What to do in **Miyakejima**

01

Discover the power of volcanoes on a driving route

Miyakejima is a volcanic island that has erupted four times in the last 100 years. Classic sightseeing tours include observations of black lava flows and other traces of volcanic eruption.

You may see a sea turtle ♥

© Miyakejima Tourist Association



Akabakkyo Eruption Site

赤場暎 ● Lava plateau formed from the eruptions in 1940 and 1962. The coastline with red-colored formations creates a unique atmosphere.

🚗 **Approx. 25-min. car ride** from Sabigahama Port

👟 **approx. 17 min. on foot**



🚗 **Approx. 18-min. car ride** from Sabigahama Port

Sacred site !!



🚗 **approx. 1 min. by car**

Shiitori Shrine

権取神社 ● The shrine building and torii gate that were covered in mudflow during the eruption in 2000 still remain beside the new shrine building and torii gate.

🚗 **Approx. 26-min. car ride** from Sabigahama Port

Shichito Observatory

七島展望台 ● Hill formed from volcanic cinder in ancient times. If the weather is nice, it offers a spectacular view stretching from Izu Oshima to Hachijojima.

🚗 **Approx. 30-min. car ride** from Sabigahama Port



© Miyakejima Tourist Association

🚗 **approx. 27 min. by car**

🚗 **approx. 30 min. by car**

Nippana Shinzan

新鼻新山 ● Pyroclastic cone formed from accumulated rocks and volcanic ashes during the 1983 eruption. A red cross section is revealed by the erosion of waves.

🚗 **Approx. 18-min. car ride** from Sabigahama Port

Ako Lava Flow Trail

火山体験遊歩道 ● A walking trail built over the lava flow from the 1983 eruption. Elementary and junior high schools buried under the lava still remain.



🚗 **Approx. 5-min. car ride** from Sabigahama Port

Information

The Miyake Village Recreation Center on the southeastern side of the island has Japan's largest rock climbing facility. Everyone from beginner to advanced climbers can enjoy.

御蔵島

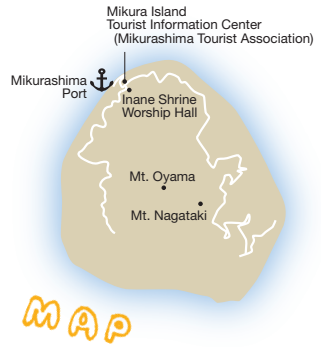
MIKURASHIMA

Mikurashima is a famous area for swimming with local dolphins. The island surrounded by precipitous cliffs receives significant rainfall and is also noteworthy for its lush native forest.

POPULATION 324 people (2018)

AREA 20.58 km² **CIRCUMFERENCE** 16.4 km

ACCESS 🚢 Approx. 7 hours 30 minutes from Takeshiba Pier



✓ What to do in **Mikurashima** **01**
Ride a small fishing boat to go see dolphins



The area around Mikurashima is a habitat for Indo-Pacific bottlenose dolphins. You can swim with them, but be sure to check the rules for protecting the dolphins.



© Mikurashima Tourist Information



2 Start the trek to the 850m high Mt. Nagataki!

1 Before entering the mountain, greet the “Kusa-matsuri no kamisama” (enshrined grass used to pray for safety).



3 Climb up the steps for a panoramic view of the deep-blue sea!

5

851m high Mt. Oyama

Iwaogahara commands dynamic views of verdant mountains, valleys and sea.



4

On Mt. Nagataki, there are many natural Japanese box trees that have been deformed by strong wind.

✓ What to do in **Mikurashima** **02**
Trek in untouched mountains and forests

There are ten routes, including mountain climbing with views and mystical forest walks. Most routes require a guide.

📍 Mikura Island Tourist Information Center
 ☎ (04994)8-2022 🕒 Half a day 4,000 yen (In the case of one person 7,000 yen) *Separate fees apply for longitudinal route, etc.



Information

Ferries may not operate due to inclement weather. If you must return home on time, be sure to pre-book a helicopter flight from Miyakejima to Hachijojima.

八丈島

HACHIJUJIMA

Rows of palm trees and blooming hibiscus and freesia are found in Hachijojima. Enjoy the onsen and breathtaking scenery of this spectacular location.

POPULATION 7,560 people (2018)

AREA 69.11 km² **CIRCUMFERENCE** 58.91 km

ACCESS ✈️ Approx. 55 minutes from Haneda Airport
 🚢 Approx. 10 hours 20 minutes from Takeshiba Pier



What to do in Hachijojima 01

Explore a spiny tree fern forest full of vitality!

Total Distance: Approx. 2km
Time Required: Approx. 90 minutes

Trek through Hego (tree fern) Forest where a variety of fern species flourish, including the tall spiny tree fern.

Trekking Tour of Hego Forest

ヘゴの森遊歩道 ●

📍 Nakanogo Hego Forest Club ☎️ 090-5779-7933 🕒 Starts at 10 a.m. and 2 p.m.
 💰 2,000 yen (free for elementary school students and younger)



What to do in Hachijojima 02

Learn the history of Kihachijo, one of Japan's three leading silk fabrics

Kihachijo silk fabric is one of the treasured specialties of the island. It is a fine fabric made by hand-weaving silk threads dyed yellow, brown, and black with plant dyes.



© Hachijojima Tourism Association

Kihachijo Meyu Kobo

黄八丈めゆ工房 ● This workshop where the sounds of the loom reverberate is open to visitors. It sells small items made with high quality kihachijo fabric.

🚗 Approx. 19-min. car ride from Sokodo Port
 📍 2542, Nakanogo, Hachijo-machi, Hachijojima
 ☎️ (04996) 7-0411 🕒 9 a.m.-12 p.m., 1 p.m.-5 p.m. (reservations required for a tour) 📅 No holidays

What to do in Hachijojima 03

Visit open-air hot spring with outstanding views



Hachijojima has seven onsen spas. Especially recommended is the open-air bath with spectacular views.

Sueyoshi Onsen, Miharashi-no-yu

末吉温泉「みはらしの湯」
 ● This hot spring, whose name means "bath with a view," offers magnificent views of the deep-blue ocean. It has a full open-air bath and a semi open-air bath. The men's and women's baths alternate on odd and even numbered days.



© Hachijojima Tourism Association

🚗 Approx. 30-min. car ride from Sokodo Port ☎️ 581-1 Sueyoshi, Hachijo-machi, Hachijojima ☎️ (04996) 8-1933
 🕒 10:30 a.m.-9:30 p.m. (last admission 9 p.m.) 📅 Tue. (open summer, national holidays, year-end and New Year's holiday) 💰 500 yen (elementary school students 200 yen)

Information

The high-grade fish to eat on Hachijojima are onagadai (long tail red snapper) and kinmedai (golden eye snapper). Both have red skin and a refined taste with a moderate amount of fat.

青 ヶ 島

AOGASHIMA

Surrounded by precipitous cliffs, Aogashima has the air of a secret island. It is a globally rare double caldera, and the geothermal steam released from the ground in Ikenosawa creates a magical atmosphere.

POPULATION 166 people (2018)

AREA 5.96 km² **CIRCUMFERENCE** 9 km

ACCESS  **Approx. 2 hours 30 minutes** from Hachijojima

 **Approx. 20 minutes** from Hachijojima



✓ What to do in **Aogashima**

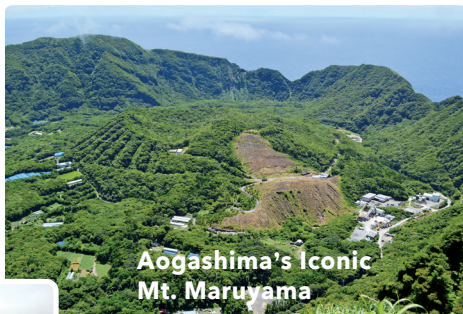
01

View stunning landscapes formed by precipitous cliffs

Aogashima, when viewed from the sea, is reminiscent of a fortress. The dynamic beautiful scenery created by volcanic eruptions and rain and wind erosion is absolutely stunning.

Dynamic Coastline

海岸線 ● From a helicopter bound for Aogashima, you can see the majestic landscape of this solitary island in the far-off sea. Steep cliffs surround the coastline.



Aogashima's Iconic Mt. Maruyama

丸山 ● Mt. Maruyama, the inner rim of a double caldera, is one of the famous sights of Aogashima. It can be viewed from Otonbu on the outer rim and from the observatory at the Oyama Observation Park.





Izakaya Monji

居酒屋もんじ ● This is a lively pub with many regulars. Villagers liven up the atmosphere by strutting their karaoke skills.

Kusaya!



 Approx. 10-min. walk from the heliport
 6 p.m.-11:30 p.m.  Sun., third Sat. of the month

✓ What to do in **Aogashima**

02

Check out the nightlife at the island's only two izakaya pubs





AO-
CHU



There are two izakaya pubs on Aogashima with a population of 166 people. Every night, islanders meet, and spend a fun evening together.

Ojare Suginosawa

おじゃれ杉の沢 ● An izakaya pub adjoined to the Suginosawa guesthouse. Guests eat meals here in the early evening.

 Approx. 10-min. walk from the heliport  (04996) 9-0137
 6 p.m.-11:30 p.m.  Mon.



Information

The Ikenosawa fumaroles of Mt. Maruyama emit white steam all year-round. These fumaroles which release geothermal steam are called "hingya" on Aogashima.

小笠原
父島

CHICHIJIMA

Ogasawara Islands

Chichijima, which is part of the Ogasawara Islands, is an oceanic island that is located about 1,000 km south of Tokyo, and can be reached only by a 24-hour ferry ride. It features a rich natural environment that has developed unique ecosystems.

POPULATION 2,140 people (2018)

AREA 23.80 km² **CIRCUMFERENCE** 52 km

ACCESS 🚢 Approx. 24 hours from Takeshiba Pier



MAP

✓ What to do in **Chichijima**

01

Join a popular tour for visiting Minamijima and swimming with dolphins

On the island's most popular tour, indulge in swimming with dolphins and visiting Minamijima—inscribed on the UNESCO World Heritage List.



Dolphin Swim

ドルフィンスイム ●

Swim with Indo-Pacific bottlenose dolphins, a species that displays great curiosity. If you have snorkeling experience, all the better!



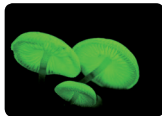
You can see whales in the winter



Minamijima

南島 ● Minamijima is an uninhabited island with a submerged karst terrain formed by sedimentation of limestone. In the winter, landing on the island is prohibited to protect the environment.

The Bonin fruit bat, Ogasawara's evening idol!



"Green pepe" glow-in-the-dark mushrooms can be seen from April to November

✓ What to do in **Chichijima**

02

Have a mystical evening on a night tour

Chichijima has a lively nightlife. Observe the ecology of its evening inhabitants.



Information

The beaches of Chichijima and Hahajima open on January 1, the earliest in Japan. Various events are held, including performances of folk entertainment.

小笠原 母島

HAHAJIMA

Ogasawara Islands

Hahajima, south of Chichijima, is an idyllic island home to 470 people. It has a forest inhabited by many endemic species as well as stretches of beaches with highly transparent water.

POPULATION 470 people (2018)

AREA 20.21 km² **CIRCUMFERENCE** 58 km

ACCESS 🚢 **Approx. 2 hours** from Chichijima



✓ What to do in **Hahajima**

01

Enjoy exhilarating strolls in Minamizaki and Mt. Kofuji

Total Distance: Approx. 4 km
Time Required: Approx. 2 hours

A walking course through beautiful sites to Mt. Kofuji, which towers over the south side of Hahajima, and the white sandy beach of Minamizaki.

approx.
75 min.
on foot



See spectacular views from the top of Mt. Kofuji

From the top of the 86m high Mt. Kofuji, enjoy a 360° panoramic view of beautiful scenery such as Mt. Chibusa and Hirashima.

approx.
60 min.
on foot



Snake-eyed skink!



approx.
30 min.
on foot



Start from the nature trail entrance

The nature trail entrance is at the southern most tip of Tokyo's metropolitan road. Since it's a flat course, you can walk leisurely.

Stroll in search of flora and fauna

Plants of the palm family grow along the pathway. See plants and animals unique to this location.

To the transparent waters of Minamizaki

Minamizaki, a small inlet covered with coral reefs, has excellent snorkeling.

The coral reefs are beautiful



Information

The Hahajima-maru connecting Chichijima and Hahajima is also known as the Whale Liner. You can frequently spot whales from the ferry between December and April.

TIPS FOR GETTING THE MOST OUT OF THE INFORMATION CENTERS



Get maps and brochures



Check for events!



Consult about concerns

Oshima Tourism Association

● 大島観光協会



The Tourism Association is the white building to your immediate right when you leave the Motomachi Port Terminal. It has cycling maps and a range of pamphlets for various purposes, including camellia information.



📍 1-3-3 Motomachi, Oshima-machi
 ☎ (04992) 2-2177
 🕒 8:30 a.m. -5 p.m.
 🗓 Open year-round
 🌐 www.izu-oshima.or.jp

Niijima Tourism Association

● 新島観光協会



Their original island maps are convenient for touring the sightseeing spots. Located inside the Passenger Waiting Area which is also attached to a shop and cafeteria.



📍 1F Niijima Port Passenger Waiting Area, Kurone, Niijima-mura
 ☎ (04992) 5-0001
 🕒 8:30 a.m. -5 p.m. (opens 7:30 a.m. during Japan's late-April/early-May holiday and summer)
 🗓 Open year-round
 🌐 niijima-info.jp

Shikinejima Tourism Association

● 式根島観光協会



A 5-min. walk from the Nobushi Port Wharf. Look out for a white one-story building. It has pamphlets as well as original goods. The Association also sells Nishiki ferry tickets.



📍 923 Shikinejima, Niijima-mura
 ☎ (04992) 7-0170
 🕒 8:30 a.m. -4:30 p.m.
 🗓 Open year-round
 🌐 shikinejima.tokyo

Kozushima Tourism Association

● 神津島観光協会



Located at Kozushima Port's Passenger Waiting Area. Distributes island maps, pamphlets, discount coupons, and more. Offers information on popular starry sky-gazing tours.



📍 At Macchare Center, 37-2 Kozushima-mura
 ☎ (04992) 8-0321
 🕒 8:30 a.m. -5:30 p.m.
 🗓 Open year-round
 🌐 kozushima.com

Miyakejima Tourism Association



● 三宅島観光協会

Has a large selection of information, including bird watching and volcano sightseeing tours. Their illustrated map is very cute! Electric bicycles are available for rent.



📍 At Ako Fishing Port Passenger Ship Waiting Area, 672-3 Ako, Miyake-mura, Miyakejima ☎ (04994)5-1144
 🕒 8:30 a.m. -5:30 p.m.
 🗓 Open year-round
 🌐 www.miyakejima.gr.jp

Mikurashima Tourist Information Center



● みくらしま観光案内所
 (御蔵島観光協会)

The Center can introduce you to mountain guides. You can also receive trekking maps for routes not requiring a guide and village maps. Stop by the attached Tourist Museum and Folk Museum.



📍 Mikurashima-mura ☎ (0499 4) 8-2022 🕒 8:30 a.m. -5 p.m.
 🗓 Open year-round except for Sat., Sun., and public holidays from Nov. 16 through Mar. 14
 🌐 mikura-isle.com

Hachiojima Tourism Association



● 八丈島観光協会

The Center can help you with anything, from directions on getting to sightseeing areas to finding accommodation. Stop by if you ever need help. There are also information centers at the airport and passenger ferry terminal.



📍 2345-1 Okago, Hachio-machi, Hachiojima ☎ (04996) 2-1377 🕒 8:30 a.m. -5:30 p.m.
 🗓 Open year-round 🌐 www.hachio.gr.jp

Ogasawara Village Tourism Association



● 小笠原村観光協会

Be sure to pick up a copy of the guide map with sightseeing areas and restaurants. The Whale Watching Association is attached to the Tourism Association.



📍 At B-Ship, Higashi-machi, Chichijima, Ogasawara-mura ☎ (04998) 2-2587 🕒 8:30 a.m. -12 p.m., 1:30 p.m. -5 p.m.
 🗓 Open year-round 🌐 www.ogasawaramura.com

Ogasawara Hahajima Tourism Association



● 小笠原母島観光協会

In addition to guide maps, there are detailed maps for each hiking route. The attached shop sells exclusive items, including bonin honeyeater pin badges.



📍 At Oki Port Passenger Waiting Area, Motochi, Hahajima, Ogasawara-mura ☎ (04998) 3-2300
 🕒 8 a.m. -12 p.m., 1 p.m. -5 p.m.
 🗓 Sat., Sun., and public holidays while OGASAWARA MARU is sailing 🌐 hahajima.com

More Information

Find information on Toshima at Kinro Fukushi Kaikan

Toshima does not have a tourist information center. Sightseeing pamphlets and other information are available in the lobby of the village's Kinro Fukushi Kaikan (Labor Welfare Hall).



📍 1351, Higashiyama, Toshima-mura ☎ (04992) 9-0046
 🕒 9 a.m. -9 p.m. 🗓 Mon.

It even has a bowling alley!

Things to know
before your visit

Basic Information



for Your Trip to the Tokyo Islands

STAY

Q. Where do I sleep?

A. Visitors generally stay at minshuku (family-run accommodation).

While there are also hotels and guesthouses, it is more common to stay at a minshuku. Accommodation fills up quickly over weekends and long weekends during peak travel season. Make sure you reserve a place to stay before planning your trip. Please note that camping is forbidden on Toshima, Mikurashima, Chichijima, and Hahajima. Accommodation must be pre-booked before arriving on the island.

Q. Where can I get lunch?

A. Watch out for restaurants' business hours.

Island bread is also good!



Few places operate non-stop from lunch through dinner, regardless of the island. Make sure you arrive by around 1 p.m. There are hardly any restaurants on Toshima and Aogashima. You will need to have lunch or a bento (packed lunch) prepared by your lodging, or purchase bread or other foods at a shop.

INFRASTRUCTURE



Q. Can I use credit cards?

A. Credit cards are not accepted at most places.

Credit cards may be used at the ticket counters of ports, airports, and heliports, as well as shops of airports and passenger ship waiting areas. Many shops and minshuku on the islands accept cash only. Be sure to have plenty of cash with you!

Q. Are there ATMs?

A. There are ATMs of Japan Post Bank.

ATMs of Japan Post Bank are on all islands except for Hahajima. There are also ATMs of Mizuho Bank (Oshima,

Hachiojima), Shichitou Credit Association (Oshima, Niijima, Kozushima, Miyakejima, Hachiojima, Chichijima), and JA (Oshima, Hachiojima, Chichijima, Hahajima).

Q. What are the business hours of convenience stores and shops?

A. They generally close between 5 p.m. and 9 p.m.

There are no convenience stores of major chains on the Tokyo Islands. Liquor and foods are sold at supermarkets, privately-run shops, and agricultural cooperatives. Since shops close early, you are advised to purchase necessities during the daytime.

Q. Is mobile phone service available everywhere?

A. You will have no problem in the villages.

Major carriers (docomo, SoftBank, au) provide service in the villages. Service may not be available in some areas along the beaches and in the mountains.

Q. Are there Wi-Fi spots?

Wi-Fi

A. Wi-Fi spots are not very common, although it depends on the island.

While more lodgings and facilities are offering Wi-Fi, it is still not common. You should check if there is Wi-Fi when you make your reservation. As for mobile Wi-Fi routers, only WiMAX currently does not provide coverage.

WHAT TO DO

Q. What activities are available?

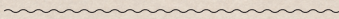
A. There are many outdoor activities.

There are water activities like diving and snorkeling. Dolphin swims are available on Toshima, Mikurashima, Chichijima, and Hahajima. Whale watching to see wild whales is available on Chichijima and Hahajima. In the spring and autumn, mountain trekking on the islands is popular. On Oshima and Miyakejima, you can enjoy dynamic volcano trekking.

Q. Do the activities require a reservation?

A. For local tours, you're better off reserving before your trip.

For popular tours like the dolphin swims, you are advised to book before your trip. Tours with nature guides on Oshima, Kozushima, Miyakejima, Mikurashima, Hachijojima, Chichijima, and Hahajima have a fixed capacity, and you should therefore book the tours before your trip. To go to the mountains on Mikurashima, most courses require a guide. If you plan to go on mountain treks, do not forget to reserve a guide.



GETTING AROUND



Q. Is there public transport?

A. Some islands have buses and taxis.

Bus services through major sights of the island is available on Oshima, Niijima, Kozushima, Miyakejima, Hachijojima, and Chichijima. Taxis are available on Oshima, Niijima, Kozushima, Miyakejima, Hachijojima, and Chichijima. You will need to call for a taxi, so have the telephone number with you.

Q. What is the best way to get around the island?

A. Renting a car, motorbike, or bicycle is most convenient.

If you want to get around the island's spots actively, renting a car, motorbike, or bicycle is recommended. The number of rentals available is limited on all islands. Be sure to reserve before your trip to ensure that you can rent one. There are no rental cars, motorbikes, and bicycles on Toshima and Mikurashima. Either ask your accommodation to take you around or make arrangements to rent the accommodation's vehicle at the time of reservation. *Rental bicycles are available on Aogashima and Hahajima.

Q. Is it true that ferries berth at different ports depending on the day?

A. The port changes according to the sea conditions on Oshima, Niijima, Kozushima, Miyakejima, and Hachijojima.

The berthing port is decided in the morning, and it is broadcast over the island's speakers. Do not worry. Lodging staff check the status every morning and will come pick you up or drop you off even if the arrival and departure port changes. If

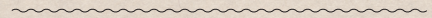
your lodging does not provide a shuttle service, take a bus or taxi operating between the lodging and the port.

Q. What should I do if my ferry is cancelled?



A. Helicopters and planes have high rates of operation!

Tokai Kisen announces if it will sail from Tokyo by 5 p.m. of the day of sailing for large ferries, and by 6 a.m. of the day of sailing for jet ferries. On the date of departure, please check the status of your ferry online. If you're on an island and your return ferry is cancelled, first check the status of planes and helicopters. If there are no seats available, put yourself on the waiting list, reserve a seat for the following day, and consult your lodging about extending your stay. If you're visiting Toshima, Mikurashima, or Aogashima which have particularly high ferry cancellation rates, you are better off reserving both a ferry and helicopter in advance.



WHAT TO BRING

Q. What clothing do you recommend for going outside?

A. Bring waterproof underwear.

Due to the effects of the Kuroshio Current, the Tokyo Islands are cool in the summer and warm in the winter. Hachijojima and Ogasawara in particular are warm throughout the year. However, the temperature on the islands can change easily, and there may be strong winds and/or rain. We recommend that you carry a waterproof underwear.

Q. What are convenient items to bring?

A. Swimwear is a must even if you won't be swimming!

Towel, washcloth

Towels are not provided at some guesthouses and minshuku.

Swimwear

Most open-air hot springs require swimwear.

Sunglasses, sunscreen, insect repellent

Necessities of summer travel.



Over-the-counter medicine

Especially if you are going to an island with no pharmacy.





Getting to the Tokyo Islands by Ferry

High-speed jet ferries (Jetfoil) and large overnight passenger ships go to the Tokyo Islands. Large passenger ships have a variety of cabins, from shared Japanese-style cabins to private cabins. Leisurely ferry rides are one of the enjoyments of traveling to the Tokyo Islands.



● Tokai Kisen 東海汽船

☎ (03) 5472-9999

URL www.tokaikisen.co.jp



Reserve online or by telephone. For online reservations, pay by credit card. On boarding day, present the reservation confirmation form to the ticket counter. For telephone reservations, tell the ticket counter your reservation number on boarding day to pay the fare.

● Ogasawara Kaiun

小笠原海運

☎ (03) 3451-5171

URL www.ogasawarakaiun.co.jp



Reserve online or by telephone. For online reservations, pay by credit card. For telephone reservations, pay by bank transfer. On boarding day, present the voucher to the ticket counter to exchange for a ticket. Tickets can also be purchased at Ogasawara Kaiun and Tokai Kisen's Takeshiba Branch.

● Shinshin Kisen 神新汽船

☎ (0558) 22-2626

URL shinshin-kisen.jp



Reserve by telephone. On boarding day, tell the ticket counter your reservation number to pay the fare.

● Ferry boat of Nijijima village

新島村村営連絡船

☎ (04992) 7-0825

URL www.nijijima.com/shoukai/access/nishiki



No reservations needed. Tickets can be purchased until 10 minutes before boarding: for Nijijima, at the waiting room for ferry Nishiki; for Shikinejima, at the Shikinejima Tourist Office.

● Izu Shoto Kaihatsu

伊豆諸島開発

☎ (03) 3455-3090

URL www.izu-syotou.jp

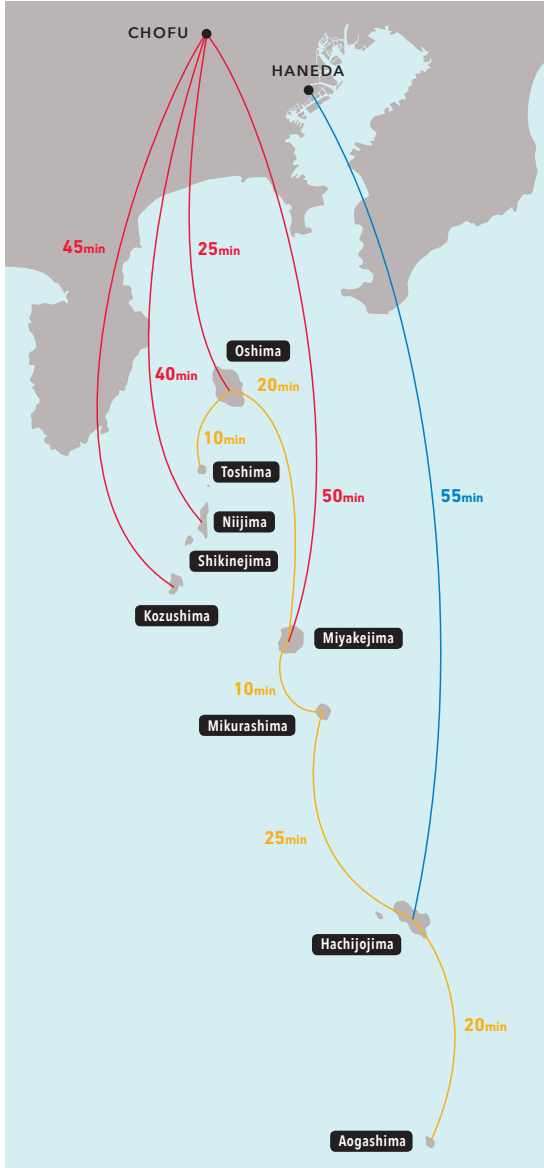


No reservations needed. Tickets can be purchased at the port's ticket counter on boarding day.



Getting to the Tokyo Islands by Plane & Helicopter

There is a domestic flight from Haneda to Hachijojima. The Dornier Do 228 flies between Chofu and Oshima, Niijima, Kozushima, and Miyakejima. In addition, the helicopter, Ai-land Shuttle, offers views of the islands from the sky and is one of the Tokyo Islands' famous attractions.



● All Nippon Airways

全日本空輸



☎ 0570-029-222

URL www.ana.co.jp

Tickets can be reserved online, and a variety of payment options are available. Tickets can also be purchased at domestic route ticket counters and self-service check-in machines at airports and in the city.

● New Central Airservice

新中央航空



☎ (0422) 31-4191

URL www.central-air.co.jp

Reserve online or by telephone. Payments can be made by credit card, at the airport ticket counter, and at convenience stores.

● Toho Air Service, Tokyo

Ai-land Shuttle - Heli-commuter

東邦航空ヘリコミューター
「東京愛らんどシャトル」



☎ (04996) 2-5200

URL tohoair.co.jp

Reserve online or by telephone. You can select from a variety of payment options, such as credit card and bank transfer. Phone if you would like to be put on the waiting list.



*Ferry routes not listed here are also operated depending on the season.

*Ferry and plane tickets can also be reserved at travel agencies.

Information

Due to flying at low altitude, one of the attractions of riding helicopters and propeller planes is the views of the beautiful ocean and islands.

ACCESS

LET YOUR JOURNEY BEGIN!!

YOUR GATEWAY TO THE TOKYO ISLANDS

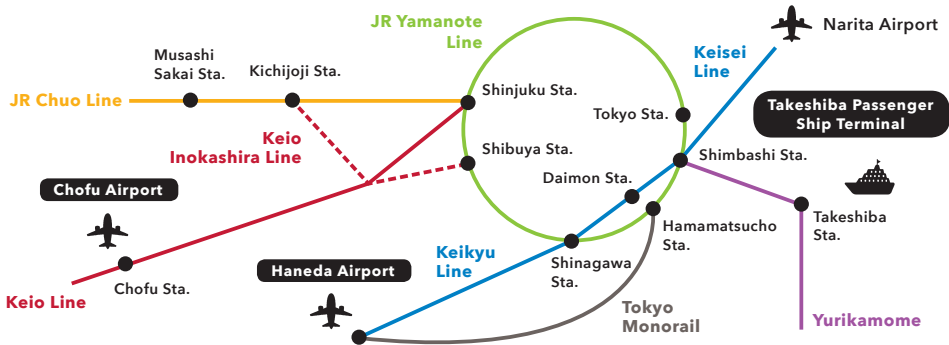
The Tokyo Islands can be reached by ferry or plane from central Tokyo.

Flights are available for five islands: Oshima; Niijima; Kozushima; Miyakejima; and Hachijojima. Non-stop ferry services are available for all islands except for Aogashima.

There are three departure points for all services:

Chofu Airport; Haneda Airport; and Takeshiba Passenger Ship Terminal (Takeshiba Pier).

Find out how you can get to the islands from central Tokyo!



✈️ Chofu Airport

New Central Airservice operates flights from Chofu Airport to Oshima, Niijima, Kozushima, and Miyakejima.

Access

- 15 min. by bus from the North Exit of Chofu Sta. on the Keio Line
- Approx. 15 min. by taxi from the South Entrance of Musashi-Sakai Sta. on the JR Chuo Line or the North Exit of Chofu Sta. on the Keio Line

✈️ Haneda Airport

ANA operates flights from Haneda Airport to Hachijojima.

Access

- Keikyū Haneda Airport Domestic Terminal Sta.
- Tokyo Monorail Haneda Airport Terminal 2 Sta.
- Limousine Bus, Keikyū Bus

🚢 Takeshiba Passenger Ship Terminal

The Takeshiba Passenger Ship Terminal is the starting point for all routes bound for the islands. Large passenger ships and high-speed jet ferries connecting the islands depart from here (There is no non-stop service to Aogashima). The Ship Terminal is easily accessible from central Tokyo. Access is from the closest station, Takeshiba Sta. on the Yurikamome, JR Hamamatsucho Sta. on the Yamanote and Keihin-Tohoku Lines, or Daimon Sta. on the Toei Asakusa and Oedo Lines. These services connect to non-stop trains to Haneda and Narita Airports.



Access

- Adjacent to Takeshiba Sta. on Yurikamome
- Approx. 8-min. walk from Hamamatsucho Sta. on JR Yamanote and Keihin-Tohoku Lines
- Approx. 11-min. walk from Daimon Sta. on Toei Asakusa and Oedo Lines

Tokyo Islands Tourist Association

☎ (03) 3436-6955 (Weekdays 9:30 a.m.-6 p.m.) URL tokyo-islands.com

