



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





MUST-SEE VIEWS *on the* ISLANDS



1	2	7	8
	3		
4		9	11
5	6	10	

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



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

Miyakejima 三宅島
Mikurashima 御蔵島

Hachijojima 八丈島

Aogashima 青ヶ島

Ogasawara Islands
 小笠原諸島

Chichijima 父島

Hahajima 母島



See the
 Mayai statues
 in Niiijima!

And in Shikinejima,
 too!

Aogashima
 has one
 as well!



5 Coastal 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

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

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

SUNDAY

- A.M. ▶▶▶▶** Hike around Mt. Mihara crater
- NOON ▶▶▶** Have a lunch made with plenty of island-grown 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 by cruise ship

SATURDAY

- EARLY MORNING ▶** Arrive on Toshima
- A.M. ▶▶▶▶** Walk up Mt. Miyatsuka to the observatory
- P.M. ▶▶▶▶** Take a walk from your accommodation to the surrounding village
- EVENING ▶** Dine at the island's only izakaya pub
- NIGHT ▶▶▶** Gaze at the starry sky from 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 cruise 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. It's a lively area with restaurants and souvenir shops.

MIKURASHIMA

SWIM WITH WILD DOLPHINS

3 days, 2 nights

FRIDAY

NIGHT ▶▶▶ Depart Takeshiba Pier by cruise ship



SATURDAY

EARLY MORNING ▶ Arrive on Mikurashima
A.M.~P.M. ▶ Swim with the dolphins twice
EVENING ▶ Take a 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 cruise ship

MIYAKEJIMA

A SCENIC DRIVE THAT RESONATES WITH THE HEART

3 days, 2 nights

FRIDAY

NIGHT ▶▶▶ Depart Takeshiba Pier by cruise ship



SATURDAY

EARLY 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 from Izu-misaki Lighthouse

SUNDAY

A.M. ▶▶▶▶ Take a leisurely stroll around Tairo Pond
NOON ▶▶▶▶ Enjoy lunch at cafe serving island cuisine
P.M. ▶▶▶▶ Fly to Chofu Airport by plane

NIIJIMA

SHIKINEJIMA

KOZUSHIMA

TOUR OF THREE UNIQUE ISLANDS

3 days, 2 nights

FRIDAY

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

SATURDAY

MORNING ▶ Go to Shikinejima by ferry
A.M. ▶▶▶▶ Go sightseeing around beautiful spots by bicycle
P.M. ▶▶▶▶ Take a break at an open-air hot spring
EVENING ▶ Watch the sunset at Oura Beach

SUNDAY

MORNING ▶ Go to Kozushima by cruise ship
A.M. ▶▶▶▶ Hike Mt. Tenjo from the Shiroshima mountain trail
NOON ▶▶▶ Trek down Akasaki Promenade
P.M. ▶▶▶▶ Fly to Chofu Airport by plane

HACHIJUJIMA

AOGASHIMA

EXPERIENCE MAGNIFICENT NATURE

3 days, 2 nights

FRIDAY

EARLY 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 the Mt. Maruyama walking trail
NIGHT ▶▶▶ Gaze at the starry sky from Oyama Observation Park

SATURDAY

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



SUNDAY

A.M. ▶▶▶▶ Trek along the 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?

Niijima

"Kusaya" Strap . 1

See the
spine on
the back



Mikurashima

Uzumaki (Whirlpool) Print Tenugui . 2



Chichijima · Hahajima

Passion Fruit Liqueur . 3

Refreshing
sweetness



Hachijojima

"Kihachijo" Wallet . 4



Aogashima

"Hingya" Salt . 5

Excellent
with raw
vegetables!



Miyakejima

Izu Thrush Card Stand . 6



Oshima

Oshima Milk Pudding . 7

The creamy
texture is
irresistible!



Chichijima

"Gyosan" Beach Sandals . 8



Kozushima

Passion Fruit Jam & Syrup . 9



1. Yarn knit kusaya fish strap (800 yen / Isabaya)
2. Tenugui cloth with dolphin design (700 yen / Fukumaru-Shouten)
3. Liqueur combining passion fruit juice and rum (1,100 yen / Free Shop Maruhi)
4. Wallet made from "Kihachijo," a traditional fabric from Hachijojima (2,200 yen / Kihachijo Meyu Kobo)
5. Salt produced by Aogashima's volcanic steam and sea water (100g 520 yen / Juichiya Saketen)
6. Card stand featuring native Miyakejima bird (1,980 yen / Miyake Nature Center Akakkoko Station)

Toshima

Kamiyotsubaki (Camellia Oil) .10



Shikinejima

"Yuttari Meguri" (Bath Powder 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

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



Shikinejima

300 yen for 5 / Sun Valley



Miyakejima

800 yen for 15 / Okataro Honpo



Hachijojima

1,134 yen for 9 packages
(2 crackers per package) / Super Asanuma



Nijijima

750 yen for 15 /
Ikemura Confectionery



7. Pudding made with 100% Oshima milk (450 yen / Patisserie Chalon) 8. Island sandals, slip resistant on boats and rocks (950 yen / Free Shop Maruhi) 9. A refreshing flavor of passion fruits from Kozushima (1,300 yen, 1,100 yen / JA Kozushima) 10. Toshima camellia oil for hair and skin (50 ml 1,980 yen / JA Tokyo Islands Toshima Shop) 11. Hot spring bath powders from Shikinejima's Jinata Onsen and Nijijima's Yunohama Onsen (400 yen for 2 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.

Niijima

**Fried "Tataki"
Minced Fish . 3**

Local cuisine of
Niijima and
Shikinejima

Oshima

**Bekko-don
(Italian Style) . 1**

Chichijima

Fried Akaba . 2

Oshima
specialties



arranged with
Italian flair



Kozushima

Hachijojima

Hachijojima

Island Sushi . 4

Zuke-don (Marinated Fish on Rice) . 5

Ashitaba Udon . 6



Shikinejima

Tatakimaru . 7

Niijima

Kinmedai-no-Negima . 8

Satisfying
portions!



1. Oshima's bekkō-don arranged in an Italian style (1,000 yen / Umi no Kitchen)
2. Whole fried akaba (rockfish: fine white fish) *seasonal (1,500 yen / Nangoku Sakaba Como)
3. Blue-backed fish that is seasoned, minced, then fried (540 yen / Daisan)
4. Sushi topped with white fish marinated in shoyu (1,880 yen / Temporally Closed)
5. A rice bowl generously topped with island fish marinated in a shoyu tare sauce (1,200 yen / Restaurant Sabusaki)
6. Shrimp and ashitaba tempura topped on udon kneaded with ashitaba (1,350 yen / Meidai Ikkyuan)
7. Fried rice balls covered with Tataki minced fish (200 yen for 1 rice ball / Family Store Miyatora)
8. Kinmedai (golden eye snapper) and green onions on skewers (350 yen for 1 skewer / Daisan)
9. Kusaya is a traditional fermented dish that has been prepared and eaten for 300 years (600 yen for one half / Daisan)

MADE IN
THE TOKYO
ISLANDS

PAIR WITH ISLAND SAKE!!

There is one brewery on each of Oshima, Niijima, Kozushima, Miyakejima, Aogashima, and Hahajima, and four breweries on Hachijojima.

Oshima
Gojinka

Toshima
Sakuyuri

Niijima
Shimajiman

Kozushima
Moriwaka

Hahajima
Ocean Aged Rum
Mother


Niijima

"Kusaya" Dried Fish . 9



Smelly
but
delicious!

Chichijima
Hahajima

Braised Sea Turtle . 10



Kozushima

Simmered Kinmedai Set Meal . 11



Kozushima

Ashitaba Pizza & Ashitaba Beer . 12



Oshima

Mackerel Keema Curry . 13



Oshima

Ashitaba Tempura . 14

Freshly
fried
and crispy



Chichijima
Hahajima

Island Tomatoes . 15



Sweet ☺

Miyakejima

Canon's Anmitsu . 16



Oshima

Oshima Milk Gelato and Soft-Serve . 17



10. Braised sea turtle tendon and innards (950 yen / Nangoku Sakaba Como) 11. Simmered kinmedai with rice, soup, and other small dishes (1,000 yen / Yocchare Center) 12. Ashitaba pizza and beer, both with a hint of bitterness (1,010 yen, 610 yen / Hyuga brewery) 13. Curry with minced mackerel (700 yen / Hama no Kaachan Meshi) 14. Tempura with ashitaba picked in Oshima (600 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 *seasonal (600 yen / Canon) 17. Gelato made with Oshima milk (550 yen for 2 scoops / Buratto House)

Shikinejima

Jinata



Shikinejima

Kanbiki



Miyakejima

Oyamaichi



Hachiojima

Yaetsubaki



Hachiojima

Nasakejima



Hachiojima

Shimanohana



Hachiojima

Kuroshio



Aogashima

Aochu



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.

- Swimming with dolphins
- Scuba diving
- Whale watching
- Fishing / Bird watching

MAY

Hahajima

Hahajima Festival

JUN.

Chichijima / Hahajima

Returning Festival

Shikinejima

Shikinejima Marathon

JUL.

Miyakejima

Gozu-Tenno-sai Festival

Hachijojima

Hachijojima Summer Festival

Miyakejima

Marine Schole 21 Festival



AUG.

Aogashima

Ushi Matsuri (annual summer festival)

Toshima

Bon Odori Festival

Mikurashima

Inane Shrine Reitaisai
(annual festival)

Mikurashima

**Mikurashima
Fireworks Festival**

Niijima

Niijima O-odori (folk dance)

Oshima

Izu-Oshima Summer Festival

Hachijojima

Hachijojima Fireworks Festival

Chichijima / Hahajima

Summer Festival

Kozushima

Monoiminanomikoto Shrine Annual Festival

Kozushima

Nagisa Fireworks Festival



SPRING

The Hachijojima Freesia Festa is held on Hachijojima from late March to early April. On Kozushima, the spring flowers of Mt. Tenjo are in full bloom. The season for swimming with dolphins in the waters of Mikurashima begins in April. On Chichijima and Hahajima, it is warm enough to swim in swimsuits 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 their beaches, which are great for swimming and seashore activities. Dive into emerald green waters by the Akasaki Promenade on Kozushima. Summer has a higher ratio of sunny days, and jet ferries run more frequently. Various events, such as fireworks festivals, are also held on each island.

Island
Flowers

- May to Jul. **Rosewood** (Chichijima / Hahajima)
- May to Nov. **Hibiscus** (Hachijojima)
- 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 Japan's earliest umibiraki
(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 catches and safety at sea)

Miyakejima

Jan. 2 Funa-iwai (New Year's ritual to pray for large catches 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 take your time in discovering the sights and beauty of the islands. 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 all of the islands 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. The Izu-Oshima Tsubaki Matsuri (Camellia Festival) is held on Oshima from the end of January to the end of March. Winter is the season for experiencing the delights of onsen (hot spring) bathing. 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 yet it offers stunning scenery that can only be seen here.

POPULATION 6,901 people (2024)

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



Black lava stones cover the entire surface

✓ What to do in **Oshima**

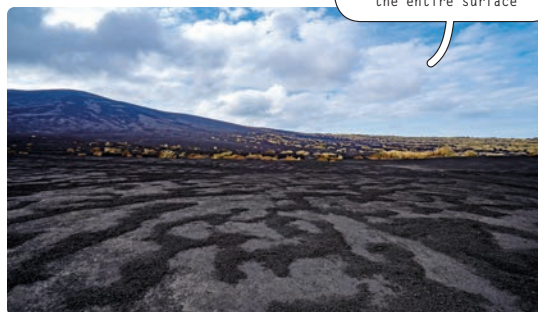
01

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



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 only be found 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 ● You can trek along two gentle trails: The "Mountaintop Trail (paved road)", which goes from Mihara-sanchoguchi near the bus stop to the crater; and the "Caldera Circuit Crater Route (gravel road)", which goes 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

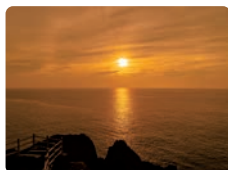
Cycle on the Sunset Palmline course

Oshima is a cycling paradise popular with cycling enthusiasts! The Sunset Palmline course 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 also famous for diving activities.

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



Don't forget Bekko sushi, a delicacy of Oshima

✓ What to do in **Oshima**

03

Fill your stomach with Oshima cuisine

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

"Godzilla sushi" with Bermuda catfish



Must-eat!!!

Sushiko ● 寿し光

- ⌚ 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.)
- 🗓 Wednesday

Tsubaki-hana Garden

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-Tsubaittsuki, Motomachi, Oshima-machi ☎ (04992) 2-2543
- 🕒 9 a.m.-3 p.m. 🗓 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 has been 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.-5 p.m. (Pavilion) 🗓 Open year-round

Icons

⌚

Access

📍

Address

☎

Phone number

🕒

Business hours

🗓

Closed

💰

Fee

📧

E-mail

利島

TOSHIMA

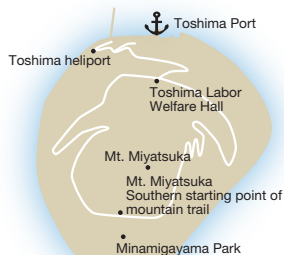
Toshima produces the largest amount of camellia oil in Japan. Around 80% of the island is covered with Japanese camellia. Enjoy a slow-paced getaway on this small island located between Oshima and Nijima.



POPULATION 312 people (2024)

AREA 4.12 km² **CIRCUMFERENCE** 8 km

ACCESS **Approx. 2 hours 25 minutes** from Takeshiba Pier
Approx. 7 hours 35 minutes from Takeshiba Pier



MAP

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



Toshima Village

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 an excellent 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 starry sky from 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

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, which are imbued with a mystical atmosphere.

POPULATION 1,739 people (2024)

AREA 18.24 km² **CIRCUMFERENCE** 22 km

ACCESS ✈️ Approx. 40 minutes from Chofu Airport

🚢 Approx. 3 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. Diving platforms have been installed in the inlet.

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

Look over the coastline from the highest point

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, "Yocchare," 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 across the world. With a combination of white stones and deep-blue ocean, the island's unique landscape is infused with an air of exoticism.

POPULATION 1,962 people (2024)
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 on Niijima are translucent and milky white. Visit these beautiful beaches with many koga stones unique to Niijima.



Mamashita Beach

間々下海岸 ● 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 its low and calm waves, it is popular with families.

🚗 Approx. 1-min. walk from Niijima Port

A huge rock projects out to sea!

You can walk from your accommodation to the beach

Habushiura Beach

はぶしうら 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



Honsonmaehama Beach

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

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



✓ What to do in **Niijima**

02

Unwind at a unique onsen

Experience a unique onsen in Niijima, including an open-air bath that looks like a Parthenon and a sand bath filled with 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.

- ④ Approx. 12-min. walk from Niijima Port
- ⑤ Setoyama, Niijima-mura ⑥ (04992) 5-0830
- ⑦ 1 p.m.-9:30 p.m. (sand bath 1 p.m.-8 p.m.)
- ⑧ Wed. ⑨ 300 yen (sand bath 700 yen)

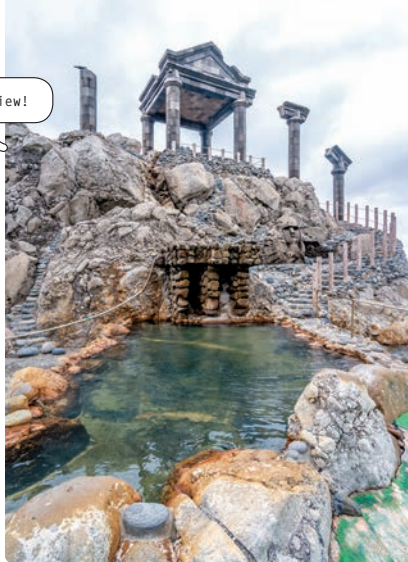


Yunohama Roten Onsen

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

- ④ Approx. 7-min. walk from Niijima Port

Nice view!



Niijima Glass Art Center

新島ガラスアートセンター ●

- ④ Approx. 10-min. walk from Niijima Port
- ⑤ Mamashita Kaigan-dori, Niijima-mura
- ⑥ (04992) 5-1540
- ⑦ 10 a.m.-12 p.m., 1 p.m.-4:30 p.m.
- ⑧ Tue. ⑨ Free entry
- ※ Glassblowing is currently unavailable.



✓ What to do in **Niijima**

03

Visit the only place in the world where you can get a hands-on experience with Niijima glass!

Niijima glass is made from koga stone (volcanic stone) and has a pale olive green color. Try glassblowing at the workshop.

✓ What to do in **Niijima**

04

Relax at the island cafes

Island cafes you want to stop by in between your strolls of Niijima. 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 has been turned into a cafe. Savor some sweets with your coffee, such as homemade dorayaki (patties with a red bean filling) and chestnut manju.

- ④ Approx. 3-min. car ride from Niijima Port
- ⑤ 6-1-6 Honson, Niijima-mura ⑥ (04992) 5-0055
- ⑦ 7:30 a.m.-around 7 p.m.
- ⑧ 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.

- ④ About an 8-min. car ride from Niijima Port
- ⑤ 2-9-23 Honson, Niijima-mura ⑥ (04992) 5-0048
- ⑦ 10 a.m.-5 p.m. (lunch 11:30 a.m.-3 p.m.)
- ⑧ Irregular

Many "rockin'" items!



Rest House

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

- ④ Approx. 6-min. car ride from Niijima Port
- ⑤ Niijima Shinsui Park, 120, Setoyama, Niijima-mura ⑥ (04992) 5-1772
- ⑦ 11 a.m.-4 p.m. (last order 3:30 p.m.)
- ⑧ Irregular

Information

Niijima 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, which are often ranked highly in onsen guides. The island also offers spectacular scenery created by coastal reefs and calm beaches.

POPULATION 469 people (2024)
AREA 3.67 km² **CIRCUMFERENCE** 12 km
ACCESS 🚢 Approx. 2 hours 20 minutes from Takeshiba Pier
 🚢 Approx. 9 hours from Takeshiba Pier



Jinata Onsen

じなた
地蛇温泉 ● 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 bathe in regardless of high or low tide, located right next to the harbor. Since you can drive up close by, you can get there safely 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 springs. 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

あしつぎ
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



Ishijirogawa 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

このくち公園 ● 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 located deep in a forest, with panoramic views.

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

approx.
3 min.
by bicycle



Toyoji Temple

とうようじ 東要寺 ● Leaves of a nagi tree on the premises are a well-known talisman for love and marriage. If you're lucky, you can receive a sutra from the chief priest.



⌚ Approx. 10-min. car ride from Nobushi Port ● 11-1, Shikinejima, Nijima-mura

✓ What to do in **Shikinejima**

03

Visit scenic spots by bicycle

Circle the island's scenic views 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

approx.
30 min.
by bicycle



Information

Tomari Beach means "accommodation beach" in Japanese. The origin of the name is said to be connected to boats carrying people in exile to Hachijojima and Miyakejima, who stayed here 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 spread out across the island.

POPULATION 2,223 people (2024)

AREA 55.50 km² **CIRCUMFERENCE** 38.3 km

ACCESS

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



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 observing black lava flows and other traces of volcanic eruption.

Nippana Shinzan

新鼻新山 ● A pyroclastic cone formed from the accumulation of rocks and volcanic ash during the 1983 eruption. Its red cross section is revealed by wave erosion.



⚡ Approx. 18-min. car ride from Sabigahama Port

approx. 10 min. by car



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

⚡ Approx. 5-min. car ride from Sabigahama Port

approx. 17 min. on foot

Sacred site!!



⚡ Approx. 26-min. car ride from Sabigahama Port

Akabakkyo Eruption Site

赤場峯 ● A lava plateau formed from eruptions in 1940 and 1962. The coastline creates a unique atmosphere with its red-colored formations.

⚡ Approx. 25-min. car ride from Sabigahama Port

Shiitori Shrine

椎取神社 ● 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.

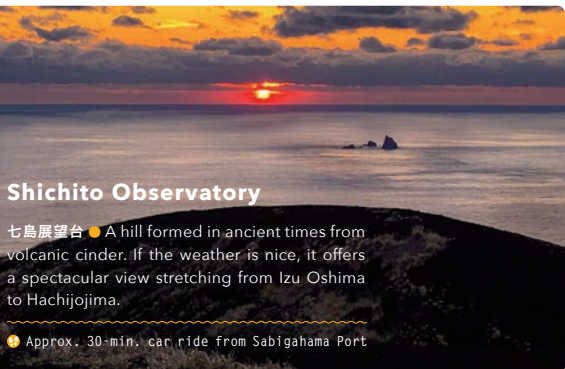
approx. 1 min. by car



© Miyakejima Tourist Association

You may see a sea turtle ♡

© Miyakejima Tourist Association



Shichito Observatory

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

⚡ Approx. 30-min. car ride from Sabigahama Port

御蔵島

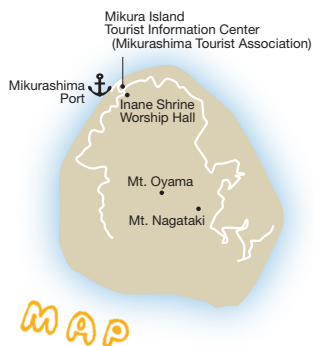
MIKURASHIMA

Mikurashima is a famous area for swimming with local dolphins. The island is surrounded by rocky cliffs. It also receives a significant amount of rain-fall, and is noteworthy for its lush native forest.

POPULATION 300 people (2024)

AREA 20.58 km² **CIRCUMFERENCE** 16.4 km

ACCESS Approx. 7 hours 25 minutes from Takeshiba Pier



✓ What to do in **Mikurashima**

01

Ride in a small fishing boat to go and 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 850 m 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

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

851 m high Mt. Oyama



4

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

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

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

① Mikura Island Tourist Information Center
② (04994)8-2022 ③ Half-day 4,000 yen (if one person only 7,000 yen) *Separate fees apply for traverse routes, 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 6,886 people (2024)

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 ●

① Hachijojima Recreational Organization
 ② 8jo.hegonomori@gmail.com ☎ 090-5779-7933
 ③ Starts at 10 a.m. and 1 p.m. 💰 5,000 yen per person, 4,000 yen for more than two



What to do in Hachijojima 02

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

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



© Hachijojima Tourism Association

Kihachijo Meyu Kobo

黄八丈めゆ工房 ● This workshop is open to visitors, and you can hear the sounds of looms reverberating. It sells small items made with high quality kihachijo fabric.

④ Approx. 19-min. car ride from Sokodo Port
 ⑤ 2542, Nakanogo, Hachijo-machi, Hachijojima
 ⑥ (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 an 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 both 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

④ Approx. 30-min. car ride from Sokodo Port ☎ 581-1 Sueyoshi, Hachijo-machi, Hachijojima ☎ (04996) 2-5570
 ⑤ 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)

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 163 people (2024)

AREA 5.96 km²

CIRCUMFERENCE 9 km

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

 **Approx. 20 minutes** from Hachiojijima



MAP

✓ What to do in **Aogashima**

01

View stunning landscapes formed by rocky cliffs

When viewed from the sea, Aogashima is reminiscent of a fortress. The dynamic and beautiful scenery created by volcanic eruptions, as well as 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.

Tori is Aogashima's way of saying hitori (one person)



Izakaya Tori

とり 居酒屋一人 ● A quiet, counter-style pub. Kick back and enjoy some alcoholic drinks along with dishes that make the most of the island's local fish and ingredients.

 Approx. 10-min. walk from the heliport  6 p.m.-10 p.m.  Irregular

✓ What to do in **Aogashima**

02

Check out the nightlife at the island's only one izakaya pub

There are one izakaya pub on Aogashima, an island with a population of 163 people. Every night, islanders meet up and spend a fun evening together.

Information

The Ikenosawa fumaroles of Mt. Maruyama emit white steam all year-round. These fumaroles release geothermal steam, and are known as "hinya" on Aogashima.

小笠原父島

CHICHIJIMA

Ogasawara Islands

Chichijima, 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 2,088 people (2024)

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, a designated Natural Monument of Japan.



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!



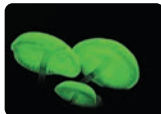
You can see whales in winter



Minamijima

南島 ● Minamijima is an uninhabited island with a submerged karst terrain formed by sedimentation of limestone. There is a no-entry period in the winter to protect vegetation.

The Bonin fruit bat, Ogasawara's evening idol



"Green Pepe" glow-in-the-dark mushrooms can be seen after rain from spring to autumn

✓ 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 folk entertainment performances.

HAHAJIMA

Ogasawara Islands

Hahajima, south of Chichijima, is an idyllic island home to about 450 people. There is a forest inhabited by many endemic species, as well as stretches of beaches with highly transparent water.

POPULATION 430 people (2024)

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



approx.
60 min.
on foot

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, offers excellent snorkeling.



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. Take a leisurely stroll along this trail that follows the gentle undulations.

The coral reefs are beautiful



Information

The Hahajima-maru, which connects Chichijima and Hahajima, is also known as the Whale Liner. Humpback whales can be seen during the ferry ride from December to April.

TIPS FOR GETTING THE MOST OUT OF THE INFORMATION CENTERS



Get maps and brochures



Check for events!



Discuss any concerns

Oshima Tourism Association

● 大島観光協会



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



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

Niijima Tourism Association

● 新島観光協会



Their original island maps are useful for touring the sightseeing spots. Located inside the passenger waiting area, which also has an adjoining shop and cafeteria.



○ 1F Niijima Port Passenger Waiting Area, Kurone 2-1, Niijima-mura
☎ (04992) 5-0001
🕒 8:30 a.m. -5 p.m.
🌐 Open year-round
URL niijima-info.jp

Shikinejima Tourism Association

● 式根島観光協会



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



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

Kozushima Tourism Association

● 神津島観光協会



Located at Kozushima Port's passenger waiting area. Distributes island maps, pamphlets, 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
URL kozushima.com

Miyakejima Tourism Association

● 三宅島観光協会

Has a large selection of information on bird watching and volcano sightseeing tours. Their illustrated map is very cute! Electric bikes 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
 URL 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 get trekking maps for routes not requiring a guide and village maps. Stop by the adjoining 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
 URL 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, Hachiojima-machi, Hachiojima ☎ (04996) 2-1377 ◎ 9 a.m.-5 p.m.
 ● Open year-round
 URL www.hachijo.gr.jp



Ogasawara Village Tourism Association

● 小笠原村観光協会

Be sure to pick up a copy of the guidebook with information on sightseeing areas, restaurants, and more. The same building also houses the Whale Watching Association, an organization that monitors local whales.



○ At B-Ship, Higashi-machi, Chichijima, Ogasawara-mura ☎ (04998) 2-2587 ◎ 8 a.m. - 5 p.m. (8 a.m. - 12 p.m., 1:30 p.m. - 5 p.m. while OGASAWARA MARU is sailing) ● Open year-round
 URL 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 of the hiking routes. The adjoining shop sells exclusive items, including Bonin white-eye 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 URL 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).



It even has a bowling alley!

○ 1351, Higashiyama, Toshima-mura ☎ (04992) 9-0046
 ◎ 9 a.m.-6 p.m.
 ● Mon.

Things to know
before your visit

Basic Information

for Your Trip to the Tokyo Islands



ACCOMMODATION

Q. Where can I stay?

A. **Various types of lodging** are available depending on the island.

Lodging types vary by area, ranging from hotels to traditional-style inns and guesthouses, as well as B&Bs. Accommodation fills up quickly over weekends and long weekends during peak travel seasons. Make sure you reserve a place to stay before planning your trip. Please note that camping is not allowed 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 food at a shop.

INFRASTRUCTURE



Q. Can I use credit cards?

A. **Some places accept credit cards, and some do not. It also depends on the island.**

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

Q. Are there ATMs?

A. **There are Japan Post Bank ATMs.**

Japan Post Bank ATMs are on all islands. There are also ATMs for Mizuho Bank (**Oshima**, **Hachijojima**), Shichitou

Credit Association (**Oshima**, **Nijijima**, **Kozushima**, **Miyakejima**, **Hachijojima**, **Chichijima**), and JA (**Hachijojima**, **Chichijima**).

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 operated by 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. Mobile Wi-Fi routers can be used but some areas are not covered. Please check in advance.

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**, and **Chichijima**. Whale watching 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 activities require a reservation?

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

For popular tours like swimming with dolphins, you are advised to book before your trip. Tours with nature guides on **Oshima**, **Kozushima**, **Miyakejima**, **Mikurashima**, **Hachijojima**, **Chichijima**, and **Hahajima** have a limit on the number of participants, so you should book the tours before your trip. To go into 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 that pass through the main sights on each island are 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. **Car, motorbike, or bicycle rental is most convenient.**

If you want to get around the island's spots efficiently, renting a car, motorbike, or bicycle is recommended. The number of rentals available is limited on all of the islands. Be sure to reserve before your trip to ensure that you can rent one. There are no rental cars, motorbikes, or 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 not available on **Mikurashima** and **Aogashima**.

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. Lodging staff check the situation every morning, so please rest assured that they will come and pick you up or drop you off, even if the port and/or time of arrival/departure 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 are very reliable.**

Tokai Kisen announces if it will sail from Tokyo by 5 p.m. on the day of departure for cruise ships and by 6 a.m. on the day of departure 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**, the ferry is more likely to be canceled, so 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 outerwear.**

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 waterproof outerwear.

Q. What are useful 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**

Essential for summer travel.

☒ **Over-the-counter medicine**

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



See you on the islands!!



Information

There are various transportation options for getting to the Tokyo Islands. If you want to shorten your travel time, go by plane or helicopter. If you want to save costs, take a cruise ship.



Getting to the Tokyo Islands by Ferry

High-speed jet ferries (Jetfoil) and overnight cruise ships go to the Tokyo Islands. Cruise 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. Prior to boarding, present the reservation confirmation form to the ticket counter. For telephone reservations, let the ticket counter know your reservation number prior to boarding 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. Prior to boarding, present the voucher to the ticket counter to exchange it 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. Prior to boarding, let the ticket counter know your reservation number to pay the fare.

● Ferryboat Nishiki 新島村営連絡船

☎ (04992) 7-0825

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



No reservations needed. Tickets can be purchased until 10 minutes before boarding: for Niijima, at the waiting room for Ferryboat 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

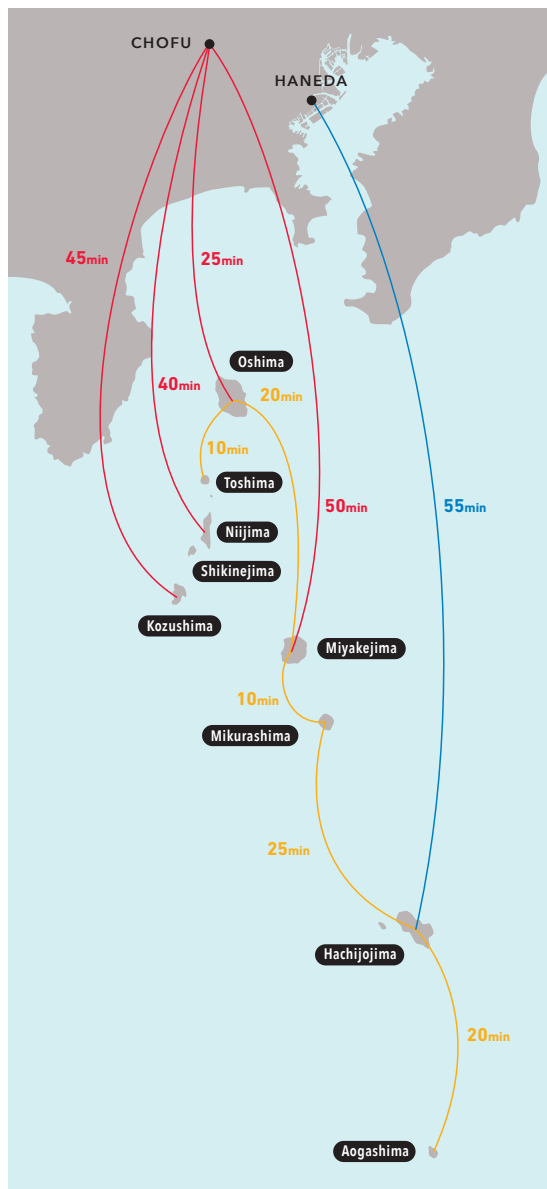


No reservations needed. Tickets can be purchased at the port's ticket counter on day of travel.



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 a well-known attraction of the Tokyo Islands.



● 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.

Easily look up transportation options to the islands!

URL www.islandaccess.metro.tokyo.lg.jp

The Tokyo Treasure Islands Traffic Information website, "UMISORA," allows you to look up all the ships, airplanes, and helicopters traveling between the mainland and the islands in one go. You can also check the same-day operating status in real time.



東京宝島うみそら便
伊豆・小笠原諸島交通情報
TOKYO TREASURE ISLANDS TRAFFIC INFORMATION

Information

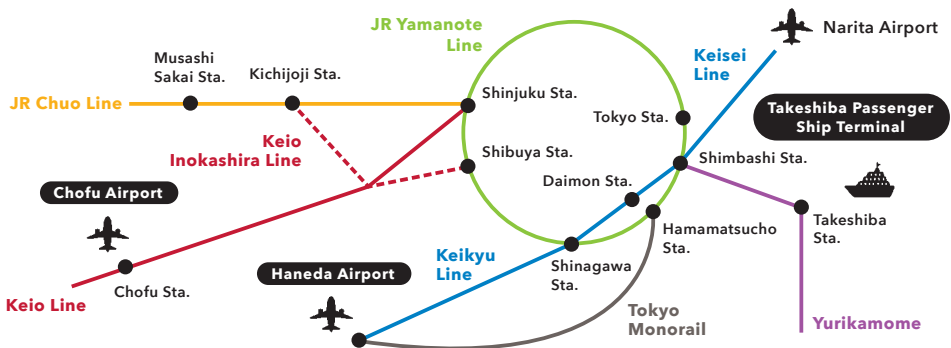
One of the attractions of riding helicopters and propeller planes is the views of the beautiful ocean and islands when flying at low altitudes.

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 and Hahajima. 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 Terminal 1-2 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. Cruise ships and high-speed jet ferries connecting the islands depart from here (There is no non-stop service to Aogashima and Hahajima). 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 the Yurikamome
- Approx. 8-min. walk from Hamamatsucho Sta. on the JR Yamanote and Keihin-Tohoku Lines
- Approx. 11-min. walk from Daimon Sta. on the Toei Asakusa and Oedo Lines

Tokyo Islands Tourist Association

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

