

Toshima

A small island with an outer circumference of 8 km. Toshima is one of the top producers of camellia oil in Japan in terms of volume.

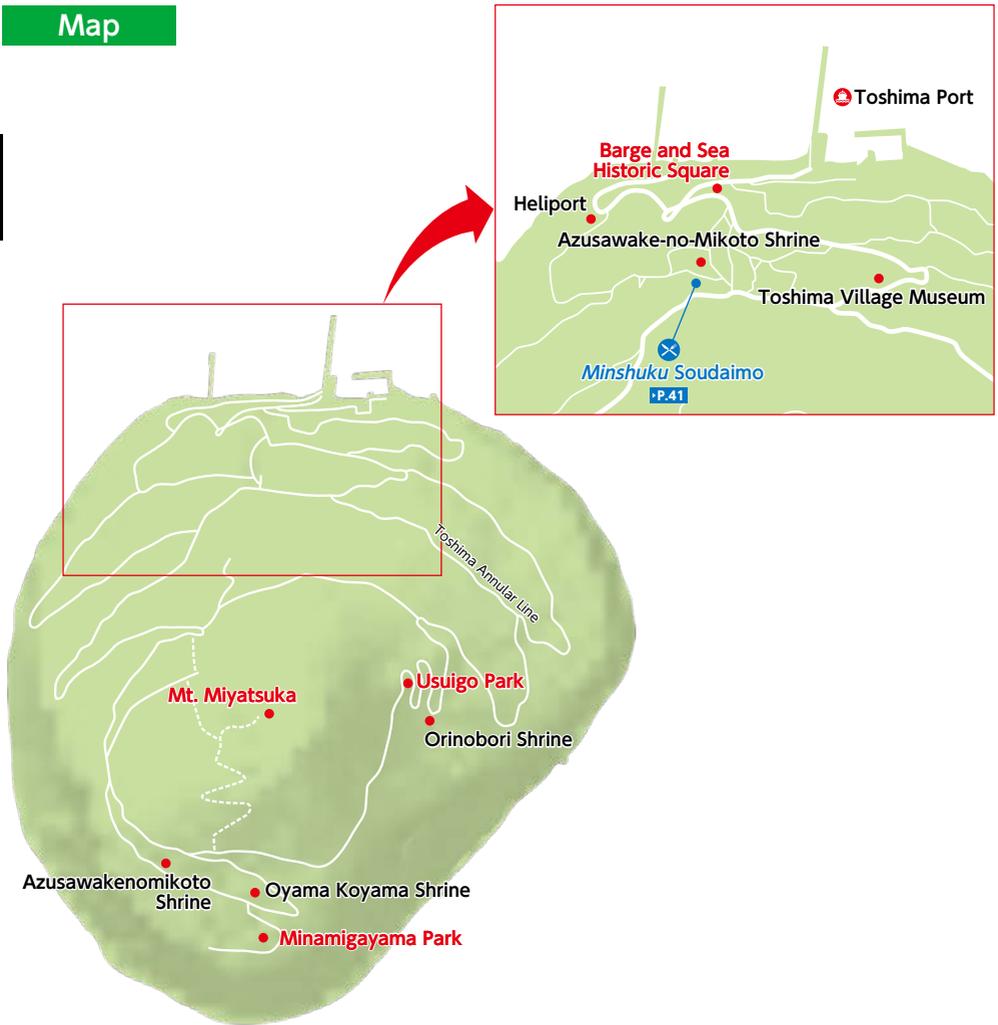
Toshima is located about 140 km from the central Tokyo, between Oshima and Niijima. It is the smallest island in Tokyo with an outer circumference of 8 km and area of 4 km². Mt. Miyatsuka rises in the center of the island, and it looks as if the entire Toshima is formed only by Mt. Miyatsuka. Camellias grow all over the island, and camellia oil which is produced by pressing their seeds is a popular product with high quality.



Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [2hour25minutes]	Toshima
	Large passenger ship [9hour40minutes]	
Oshima (Toho Air Service)	Helicopter [10minutes]	
<p>(Contact) Tokai Kisen Customer Center: 03-5472-9999 Toho Air Service Hachiojima Office: 04996-2-5200</p>		

Map



Main events

August 13: Bon Festival Dance August 14: Summer Fireworks Festival

Tourist information

Toshima Village Hall

URL <http://www.toshimamura.org/> TEL 04992-9-0011





Minshuku Soudaimo

<http://www13.plala.or.jp/soudaimo0039/index.htm>

Address: 21 Toshima-mura

ACCESS MAP



☎04992-9-0039

Toshima



Soudaimo is a new *minshuku* (guesthouse) which was opened in 2014.

The owner, a Toshima local with keen eyes of the ingredients, serves cuisine with carefully-selected ingredients for each season.

They offer a dolphin swim program and dolphin watching tour with Indo-Pacific bottlenose dolphins that inhabit in the surrounding area of Toshima.



Dinner at Soudaimo

Food used ▶ Seasonal local fish, seasonal vegetables

Available: Year-round

Included in the lodging charges

They serve various side dishes using seasonal seafood and vegetables and cook in a way which brings out the natural taste of the ingredients.

They make sure that the dinner is served in a cheerful and cozy atmosphere so that every customer will be satisfied.



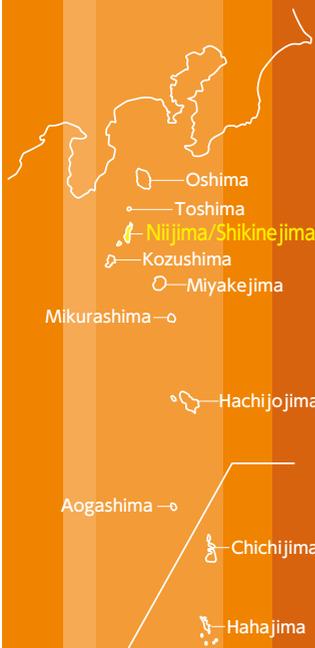


Niijima Shikinejima

You can enjoy two different attractions:
Niijima with shining white sand beach and
Shikinejima with full of nature
on a small island.

Niijima is an island located about 150 kilometers from the central Tokyo, in the middle of the Izu Islands. The east side of Niijima is a white sandy beach with the beautiful contrast between the sea and the sky, which is a popular area. It is also a world-famous beach with waves attracting many surfers.

Shikinejima, which belongs to the same Niijima-mura (village) is located 2.4 km from Niijima. There are spots including beachfront hot springs and beautiful swimming beaches where you can snorkel.



Access

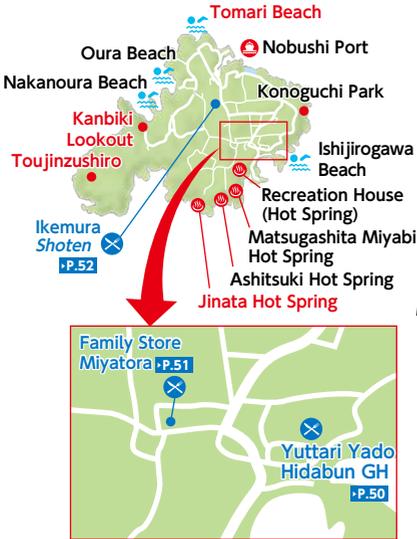
Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [2hour50minutes]	Niijima	High-speed jet ferry [15minutes]	Shikinejima
	Large passenger ship [10hour35minutes]		Large passenger ship [20minutes]	
Chofu Airport (New Central Airservice)	Airplane [35minutes]		Ferry Nishiki [10minutes]	

(Contact) Tokai Kisen Customer Center: 03-5472-9999
New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825

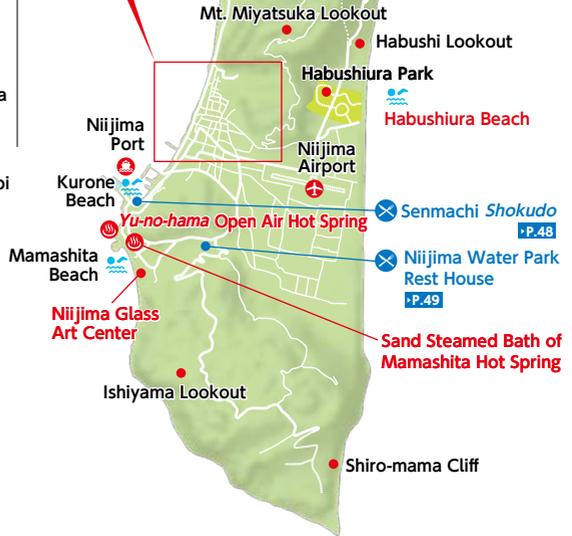
Map



Shikinejima



Niijima



Main events

Late May	Niijima Triathlon
Mid-June	JPBA Niijima Professional Bodyboard Tour
Mid-June	Shikinejima Marathon
Early July	Niijima Open Water Swimming Competition
Late July	Tokyo Governor's Cup / Seven Cross Tokyo Surfing Masters
Late August	JPSA Niijima Professional Surfing Competition
Late September	Niijima Village Islanders Festival
Late October	Niijima International Glass Art Festival

Tourist information

Niijima Tourism Association

URL <http://niijima-info.jp/> TEL 04992-5-0001



Shikinejima Tourism Association

URL <http://shikinejima.tokyo> TEL 04992-7-0170



Niijima

Izakaya **Nihonbashi**

Address: 1-3-6 Honson, Niijima-mura

Open hours: 18:00-24:00

Closed: Wednesdays

ACCESS MAP



☎04992-5-1890



Enjoy the local sake and *shochu* along with a variety of dishes made with fresh local fish and a generous amount of home grown vegetables in an at-home atmosphere.

Minced fried blue mackerel

Food used ▶ Blue mackerel

Available: Year-round

¥605

Ao Muroaji is favored as an appetizer when drinking alcohol for its protein rich flavor, and it is also dried and fermented for consumption as Kusaya on the island. The minced fish was prepared by carefully removing the bones, and the result is then deep fried.

**Whole boiled Akaika (local squid)**

Food used ▶ Akaika (local squid)

Available: Year-round (Depends on catch availability)

From ¥980

The Akaika, local squid (also known as neon flying squid), is a long squid with a bright red color. It's flesh is soft and slightly sweet to the taste. The whole squid is boiled to give it a nicely chewy texture, and it is served with green onions and ginger for flavoring.

Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round

¥660

This generous portion of Ashitaba Tempura makes ample use of Ashitaba leaves, a famous product of Niijima. Sprinkle salt to taste and enjoy.



Niijima

POOL island cafe • market

ACCESS MAP



<http://m.facebook.com/poolislandcafe>

Address: 2-9-23 Honson, Niijima-mura

Opening hours: 10:00 - 17:00 Closed: Thursdays

☎04992-5-0048



They use seasonal vegetables that they grow in behind the store and vegetables from Niijima. Everything from main dishes to dressing is homemade. This stylish and fashionable cafe is very comfortable and relaxing!

Freshly ground coffee for take-out is also popular as well as lunch!

They also sell many original souvenirs that are only available in the shop set up next to the store.

Island Poke-don

Food used ▶ *Akaika* (local squid), new onions, green chili, *tataki* (finely-chopped and seasoned fish), seasonal vegetables, *ashitaba*

Available: Golden Week holidays, summer season **¥1,500**

They arranged Hawaii's popular *poke* bowl into the Niijima style rice bowl. It is made from abundant ingredients including tuna as well as *akaika* squid, new onion, island laver, and seaweed from Niijima, marinated in a salty-sweet sauce with island chili. *miso* soup with *ashitaba* and finely-chopped and seasoned fish (*tataki*), pickles that uses seasonal vegetables, and drink are included in a set menu.



Gaprao, spicy minced chicken on rice with fried egg

Food used ▶ Green chili, red peppers, basil

Available: Year-round **¥1,000**

Ethnic cuisine made with minced chicken fried with island chili, basil, and oyster sauce. Comes with salad and drink. *Gaprao* is a spicy dish which is perfect for the hot summer! Popular lunch among locals and visitors alike.



Today's POOL plate

Food used ▶ Seasonal vegetables

Available: Year-round (weekly change) **¥1,200**

A weekly plate lunch that uses vegetables from Niijima. Enjoy the entirely-handmade lunch from the main dish, the side dish to the dressing.



Niijima

Yakitori Daisan

Address: 5-3-1 Honson, Niijima-mura
 Opening hours: 17:30 - 22:30 (Lo 21:30)
 Regular closing day: Not fixed

☎04992-5-0109

ACCESS MAP



A yakitori restaurant that serves local cuisine of Niijima.

They have charcoal-grilled *kusaya* (salted half-dried fish), served only at yakitori-ya restaurants.

In addition, the store owner, who is also a fisherman, serves dishes that use fresh fish caught in the vicinity of Niijima.



Skewered splendid alfonsino with scallions

Food used ▶ Splendid alfonsino

Available: Year-round **¥300** (1 piece)

Instead of chicken, splendid alfonsino and scallions are skewered and grilled and make it look like yakitori. The flavor of the charcoal grill is exquisite.



Splendid alfonsino sashimi

Food used ▶ Splendid alfonsino

Available: Year-round **¥650**

Sashimi of ocean-fresh splendid alfonsino of the island.



Kusaya pizza

Food used ▶ Kusaya, ashitaba

Available: Year-round **¥900**

Pizza topped with *kusaya*, a specialty of Niijima. It goes well with cheese and is very palatable. Recommended for people who don't like *kusaya*.

Ashitaba and tuna dressed in mayonnaise

Food used ▶ Ashitaba

Available: Year-round **¥350**

Ashitaba harvested in the island is boiled briefly and dressed with tuna in mayonnaise.

Niijima

Nagomidokoro Sunshine

ACCESS MAP



<https://www.facebook.com/新島-和み処-サンシャイン-1624831054431371>

Address: 6-1-3 Honson, Niijima-mura

Open hours: 11:30-13:30 (Summer) 18:00-22:00 Closed: No fixed



This izakaya located along Honson Chuo street operated by a transplant to Niijima serves *Kushiage* (deep fried skewered meat and vegetables), *Basashi* (horse sashimi), and home made Oden for most of the year except summer. They also serve such popular local cuisine as *Kusaya* (dried, fermented fish) and *Tatakiage* (deep fried minced fish).



Akaika Yakisoba (fried noodles with local squid)

Food used ▶ Akaika (local squid), island laver

Available: Year-round

¥800

This is a local dish on Niijima made with filling noodles and a special sauce.



Fried rice with salted Akaika

Food used ▶ Akaika (local squid)

Available: Year-round

¥850

This dish uses Akaika (local squid) that remains soft after cooking. The salty fragrance will excite your appetite.



Ashitaba Frappe

Food used ▶ Ashitaba, Ashitaba powder

Available: Year-round

¥650

This is a frozen smoothie made with made with the famed Ashitaba leaf of the Izu Islands. The drink goes down smoothly while keeping the clear taste of Ashitaba.

Niijima

Senmachi Shokudo

ACCESS MAP



Location: 2nd floor, Niijima Port Passenger Terminal, Azakurone, Niijima-mura
Open hours: 10:00-15:00 Closed: Tuesday and no fixed



This diner is located on the second floor of the Niijima Port Passenger Terminal. Enjoy the beautiful ocean view as you dine on your meal made with local Niijima ingredients as you wait for your ferry or playing by the seaside. Take out is also available.

Laver bento

Food used ▶ Laver

Available: Year-round **¥600**

Enjoy the fragrance of the sea in this dish that places *Karaage* fried chicken over deep-fried *Chikuwa* and fried eggs, topped with *Isonori* (seaweed) for a meal you can dig right into.



Tatakisoup

Food used ▶ Blue mackerel, laver

Available: Year-round **¥250**

Tataki, or minced and seasoned *Ao Muroaji* fish (a type of scad fish) is a popular local dish on Niijima. Many restaurants serve their own versions of *Tatakiage*, or deep fried *Tataki*, but *Tataki* soup is found almost nowhere else. Enjoy the soft texture of the *Tataki* with the rich *Umami* (or savory) flavor of seafood.

Nijijima

Nijijima Water Park Rest House

ACCESS MAP



Address: 120 Setoyama, Nijijima-mura
 Opening hours: 11:00 - 16:00 (10:00 - 17:00 in summer)
 Closed: No fixed

☎04992-5-1772



A restaurant located in Nijijima Water Park, whose trademark is artwork made from *koga* stone, mined here on Nijijima.

You can spend a relaxing afternoon here, enjoying lunch or the cafe, while taking in the park's greenery and fountains.



Pasta with ashitaba and island laver

Food used ▶ Ashitaba

Available: Year-round

¥980

Pasta noodles boiled to *al dente* then topped with *ashitaba*, island laver, and black pepper. The flavor, reminiscent of the ocean, is sure to stimulate your appetite.



Nijijima lunch

Food used ▶ Blue mackerel, *ashitaba*, *akaika* (local squid), island laver

Available: September to July **¥1,480**

(Reservation required: Available for 2 or more customers)

A set menu made from seasonal ingredients for those who want to taste the island's ingredients little by little.

Salad rice with Akaika (local squid)

Food used ▶ *Akaika* (local squid)

Available: Year-round **¥1,380**

Our salad rice uses seasonal *Akaika* (local squid) prepared with a special sweet soy sauce. The combination of delicate sweetness and rich *umami* spread throughout your mouth.



Shikinejima

Yuttari Yado Hidabun GH

ACCESS MAP


<http://hidabun.com>

Address: 9 Shikinejima, Nijima-mura
Open all year round

☎04992-7-0072



This is the only guest house on Shikinejima, located close walking distance from Ishijirogawa Beach. The dormitory rooms, perfect for a long term stay, were also just refurbished.

Dinners using local island produce are also available as an option.

Seasonal sashimi (reservation required)

Food used ▶ Seasonal finish

Available: Year-round

From **¥2,000**

This sashimi assortment is made using only seasonal fish, including such items as *Takabe* (yellowstriped butterfish) and *Ise-ebi* (Japanese spiny lobster) *Ikizukuri* (sashimi prepared while the fish is still alive) or *Akaika* (red flying squid) and *Tobiuo* (flying fish) sashimi.



Milk Kanten (agar jelly)

Food used ▶ *Tengusa* algae agar

Available: Year-round

Set price included (Sets from 1,200 Yen)

Meal sets include a dessert of milk Kanten jelly made with *Tengusa*, a type of seaweed collected on Shikine-jima rich in dietary fiber. Milk Kan is another dessert made by the elderly proprietor often requested by guests.



Sautéed summer vegetables

Food used ▶ Tomato, eggplant, paprika

Available: July to September

From **¥600**

Home grown summer vegetables such as tomatoes, eggplant, and paprikas are sautéed with olive oil and bacon.





<https://www.miyatora.com/>

Address: 283-2 Shikinejima, Niijima-mura

Open hours: 8:00-19:00 (open until 20:00 in summertime)

Closed: Sundays (open every day during summer and long holidays)

☎ 04992-7-0304



This shop offers *Bento* boxed lunches available only here featuring ingredients from Niijima and Shikinejima.

Their motto is to accommodate the needs of their customers as much as possible, and they're popular for the variety of the *Bentos* and other ready-made meals on the menu. They accept credit cards, QR payment, and electronic money payments.



Tataki Maru

Food used ▶ *Ashitaba, kusaya, Kajiki (Marlin)*

Available: Year-round

¥200

Tataki is a dish local to Shikinejima. It consists of minced fish with seasonings kneaded in, and this shop features its own original blend.

Ashitaba Tsukudani (*Ashitaba* leaves boiled in soy sauce), *Kusaya* (fermented dried fish), and ham and cheese are variously wrapped in rice and then wrapped in *Tataki* and fried in this island's famous recipe.



Kusaya Bento

Food used ▶ *Kusaya Ashitaba*

Available: Year-round
(Reservation required off season)

¥580

This *Bento* boxed lunch contains Shikinejima's own *Kusaya*. It also includes rice with soy sauce, red ginger, *Ashitaba tempura* from Shikinejima, and boiled spinach.

The *Kusaya* is vacuum packed so you don't have to worry about the unique smell until opened.

Akaika Yakisoba (fried noodles with local squid)

Food used ▶ *Akaika (local squid)*

Available: Year-round (Reservation required off season)
(Orders closed when the supply of *Akaika*, local squid runs out)

¥560

Akaika Yakisoba (fried noodles with red flying squid) is a local dish popular with gourmands that is true to the Niijima and Shikinejima brand.

The special extra thick noodles and special sauce, with the restaurant's own secret ingredient, is fried together with *Akaika* caught fresh by the fishermen of Shikinejima.



Shikinejima

Ikemura Shoten

ACCESS MAP



<http://shikinejima.net/ikemura/>

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 19:00 (7:30 - 21:00 in summer)

Closed: Not fixed (Open during the Golden Week holidays and summer)

☎04992-7-0016



It is a homey family-run store where grandpa catches fish, grandma grows vegetables, the store owner makes bento, mom bakes bread, and children show you around in the store.



Shikine bento

Food used ▶ Blue round scad, flying fish, *ashitaba*, green chili

Available: Year-round

¥650

A *bento* with not only the regular rice with laver on top but also the rice with island chili as a secret ingredient.



Laver bento

Food used ▶ Blue round scad, flying fish, *ashitaba*

Available: Year-round

¥540

A *bento* with deep-fried *tataki* fish and *ashitaba tempura* on rice covered with the laver.



Tataki fish burger

Food used ▶ Blue round scad, flying fish, *ashitaba*

Available: Year-round

¥220

Homemade deep-fried *tataki* (finely-chopped and seasoned fish) made from fresh island fish and *ashitaba*, which is stewed in a special sauce and sandwiched in between fluffy buns.



Ashitaba fried bread

Food used ▶ *Ashitaba*

Available: Year-round

¥150

A popular bread menu with freshly baked hot-dog buns that are then fried and dressed with *ashitaba* powder every morning.