



Miyakejima

Coexistence of the volcano and lives.
Force of eruption and regeneration.
Experience the power of the earth.

Miyakejima is an island located about 180 km from the central Tokyo. Mt. Oyama rises in the center of the island, and you can feel the great power of nature in the landscape formed by repeated eruptions. Visit and see the wild birds such as akacocco (Izu thrush), which is designated as a natural monument, around the island.

Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



Hachijojima

Aogashima

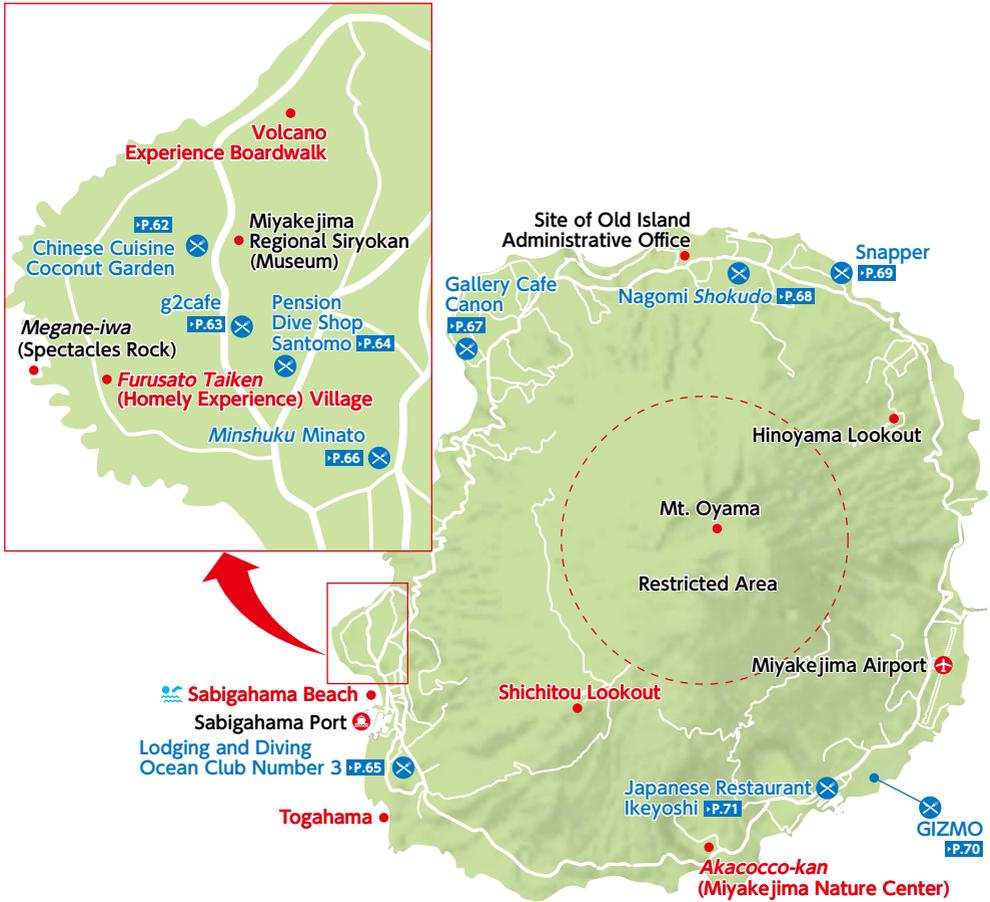
Chichijima

Hahajima

Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	Large passenger ship [6hour30minutes]	Miyakejima
	Airplane [50minutes]	
	Helicopter [20minutes]	
Chofu Airport (New Central Airservice)		
Oshima (Toho Air Service)		
Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Toho Air Service Hachijojima Office:04996-2-5200		
(Contact)		

Map



Main events

January 2	Ship Festival
July 3rd Sunday	Gozutenno Festival
Late July - early August	Marineschole 21 Festival
Early August (every other year)	Toga Shrine Festival
Late August to the end of October (planned)	Miyakejima Photo Contest
Late November (planned)	Miyakejima Industry Festival

Tourist information

Miyakejima Tourism Association

URL <http://www.miyakejima.gr.jp> TEL 04994-5-1144



Chinese Cuisine Coconut Garden

ACCESS MAP



Address: 531 Ako, Miyake-mura, Miyakejima

Opening hours: 11:00 - 21:00

Closed: Tuesdays

☎04994-5-0006



The restaurant was named Coconut Garden because it used to be open only in the summer. This is a unique Chinese restaurant where you can eat in their garden with tropical atmosphere. They have "A Complimentary Small Bowl of Hospitality" using leftover homegrown vegetables and bycatch (example: marinated deep-fried small horse mackerel; deep-fried small horse mackerel bones; stewed *habanori* laver paste).



Hamba fried rice

Food used ▶ *Habanori* (local laver)

Available: Year-round

¥850

It is fried rice with laver rooted in the waveside rock in the winter (*habanori*). A unique chewy texture, delicious and sea-scented "*habanori*," and scent of irresistible burnt soy sauce exquisitely match in the dish.

Tropical fried rice

Food used ▶ Island chili, island garlic

Available: Year-round

¥850

They add spiciness and flavor of the island chili based on the taste of garlic and broad bean chili paste. You'll be obsessed with its hotness, which can be changed as you like.



Carpaccio of largescale blackfish

Food used ▶ Largescale blackfish

Available: November to June
(reservation required)

¥1,200

A menu ranked up to one of the main menu. Used to be offered as a service menu and loved by people. After aging fresh largescale blackfish for several days, it is marinated with handmade dressing, crisp wonton, and chopped vegetables.



g2 cafe



Address: 568-38 Ako, Miyake-mura
Open hours: 11:30-23:30 Closed: Tuesday, Wednesday



This cafe is a welcome place to visit even alone, whether relaxing while watching the sea, enjoying a beer with lunch, or munching on *Ashitaba* while tasting the local island *Shochu*. Relax and enjoy the food cooked using seasonal ingredients from the island.

Kinmedai (splendid alfonsino) pasta

Food used ▶ Splendid alfonsino

Available: Year-round **¥950**

This is the cafe's most popular offering. The dish is accented with lemon or island chili peppers depending on the season.



Island vegetable salad

Food used ▶ Lettuce, potato, onion, Papaya, others

Available: April to September **¥900**

This is a salad of seasonal vegetables. The variety of vegetables will feast both your eyes and palate.



Ashitaba smoothy

Food used ▶ Ashitaba

Available: Year-round **¥600**

Enjoy the fresh taste of *Ashitaba* with this smoothie.





<http://santomo15.com>

Address: 575 Ako, Miyake-mura, Miyakejima Inquiry hours: 9:00-20:00
Closed: No fixed

☎04994-5-0532



Pension Dive Shop Santomo focuses on local production and local consumption in preparing their menu featuring a mix of East and West based on traditional local island cuisine. They use the optimal cooking methods for each fresh seasonal ingredient with a priority on fresh local produce from Miyake-jima.

The relaxing inn, or "pension" in Japan, is surrounded by seasonal flowers.



Kinmedai (splendid alfonsino) dishes

Food used ▶ Splendid alfonsino

Available: Year-round

Included in the lodging charges

The pension offers a variety of dishes using Kinmedai, one of the key foods of Miyake-jima. Enjoy the soft and crumbly meat of the fish.

Fresh spring roll with Ashitaba

Food used ▶ Ashitaba

Available: Year-round

Included in the lodging charges

This fresh spring roll contains vegetables such as Ashitaba. Enjoy it with a slightly sour sauce.



Kame-no-te miso soup

Food used ▶ Kame-no-te

Available: Year-round

Included in the lodging charges

Kame-no-te, or hand of the turtle, a type of local shellfish that attaches itself to seaside rocks, is so named because it looks similar to the foot of a turtle. Including it in the miso soup results in a delicious broth.

Lodging and Diving

Ocean Club Number 3

ACCESS MAP



<http://www.oceanclub3.com/>

Address: 759-2 Ako, Miyake-mura, Miyakejima

Open hours: 8:00-20:00 Closed: No fixed

☎04994-5-0050



This diving club provides tours of the beautiful seas around Miyake-jima.

They also operate an inn making it convenient in that visitors can travel straight from the inn to the sea and back again.

The food served uses fresh locally sourced ingredients. Visitors returning from a dive are served the inn's chiffon cake, a welcome treat after a strenuous dive.

Seafood salad

Food used ▶ Seasonal fish, Seasonal vegetables, others

Available: Year-round

Included in the lodging charges

This generous plate features seasonal island vegetables to go along with the fresh local seafood.



Chiffon cake

Food used ▶ Ashitaba, passion fruit, island lemon, others

Available: Year-round

From ¥280

Colorful green Ashitaba

Passion fruit with its tart seeds

Ingiving island lemon

These are just some of the seasonal ingredients used to bake this fluffy chiffon cake.



Hanba Takikomi rice

Food used ▶ *Hambanori* (local laver)

Available: April to June

Included in the lodging charges

Rice steamed with other ingredients is called *Takikomi*, and in this case, the added ingredients are soy sauce and *Hambanori* (local laver) gathered on the shore, giving it an ocean fragrance.



Miyakejima

Minshuku Minato

<https://www.facebook.com/Gest-House-Minato-Miyake-jima-536168019869855/>

Address: 2102 Ako, Miyake-mura, Miyakejima

Regular closing day: Not fixed

ACCESS MAP



☎04994-8-5688



You can enjoy the taste of each season in Miyakejima in a cozy atmosphere with menus that use seasonal fish and homegrown vegetables of the island.

Korean home-cooked dishes with island ingredients are also popular, and you can find new taste here.

Fried largescale blackfish

Food used ▶ Largescale blackfish, onion

Available: October to June

Market price

Fried largescale blackfish and large-tailed drummer, which are local fish. Taste deep-fried fish pre-seasoned with original flavor, with a slice of onion and kelp soup base.



Ashitaba Korean pancake

Food used ▶ Ashitaba, akaika (local squid)

Available: Year-round

¥800



A Korean pancake called *Buchimgae* mixed and baked with *akaika* squid, while leaving the taste of *ashitaba* as it is.

Very popular because the taste is similar to mixed *tempura*.

Island sushi

Food used ▶ Seasonal fish, island chili, yuzu wasabi

Available: Year-round as long as they have island fish

Market price

Island *sushi* of Hachijojima arranged into original one with *yuzu wasabi* and chilli from Miyakejima.

The refreshing flavor and taste of *yuzu* citrus and chili are popular.





<http://natu07miyake.blog28.fc2.com> <https://plus.google.com/100119917314305134338/posts>

Address: 36 Izu, Miyake-mura, Miyakejima, Tokyo

Opening hours: Tue, Wed & Thu 12:00 - 16:00, Fri / Sat 11:00-16:00

Closed: Mondays, Sundays

☎04994-2-1239



"A cafe that gives feeling of the wind and light of Miyakejima."

Why don't you spend a relaxing time while having lunch and desserts that make the most use of ingredients from Miyakejima with distinctive coffee in the cafe, which is surrounded by greenery with a fine view of the ocean.

The shop also has the function as the gallery that displays the paintings expressing the the scenery of the island.

Freshly made soufflé pancakes Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Year-round

¥750-1,200

The pancakes are only cooked after you order, ensuring you are served fluffy hot pancakes topped with rich homemade custard and seasonal fruit, and the homemade fruit sauce of your choice.

These pancakes earn a perfect score for volume and enjoyability.



Ashitaba buns and minced fish ball burger lunch set

Food used ▶ Amberstripe scad, vegetables (tomatoes, lettuce, etc.)

Available: Year-round

¥1,200

A burger set lunch menu of minced amberstripe scad ball made by *Seiryō Suisan*, sandwiched between buns with *ashitaba* in the dough. Served with seasonal island vegetables and drink.



Passion fruit cheesecake set

Food used ▶ Passion fruit

Available: Year-round

¥750

Passion fruits, including seeds, are mixed with cream cheese and baked to make this rich cheesecake. Also use passion fruit as topping sauce and served with drink.



Cookie cream puff (Passion fruit cream)

Food used ▶ Passion fruit

Available: Year-round
(only on Tuesdays)
(excluding summer)

From ¥300

A cream puff made from cookie dough with plenty of Canon's special rich milky custard. You can change the type of cream with additional 50 yen, and passion fruit custard is recommended among them.



Canon's special anmitsu with tokoroten jelly

Food used ▶ *Tengusa* seaweed, *ashitaba*

Available: Year-round

¥600

A bowl of sweets with *tokoroten* jelly made from high-quality *tengusa* seaweed, which was caught in Miyakejima and carefully dried in the sun. People love the firm jelly noodles because they taste so good on the way down. Enjoy the *ashitaba* ice cream, fruits, and sweet red bean paste as toppings.



Nagomi Shokudo



Address: 893 Kamitsuki, Miyake-mura, Miyakejima, Tokyo
 Opening hours: 7:00 - 22:00 (LO 21:30)

☎04994-8-5676



A restaurant you can enjoy Korean cuisine that uses ingredients from the island. Many visitors from Miyakejima island as well as tourists.

Stone-roasted *bibimbap* with *ashitaba*

Food used ▶ *Ashitaba*, bean sprouts, eggs

Available: Year-round **¥1,000**

A dish that uses island vegetable "*ashitaba*"
 You can relish authentic Korean cuisine with *ashitaba* instead of spinach.



Simmered largescale blackfish

Food used ▶ Largescale blackfish

Available: Year-round **¥1,500**

Simmered largescale blackfish that the owner caught at the seashore. The exquisite dish is cooked by the owner's wife who has absolute confidence in seasoning.

Snapper

ACCESS MAP



<http://www.snapper-d.com/>

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 7:00 - 21:00 Closing day: Not fixed

☎04994-2-1433



While managing accommodation facilities and diving facilities, they launched the "Mackerel Sandwich Club" to utilize blue mackerel from Miyakejima and promote mackerel sandwich as a Miyakejima's specialty. They also serve menus that use ingredients from the island as much as possible in the dinner for those who stay in the lodge.

Mackerel sandwich

Food used ▶ Blue mackerel, vegetables

Available: Year-round

¥600

A menu developed by utilizing mackerel which was not eaten much in the island, vegetables raised in the island, and bread baked in the island. The sandwich gained great popularity in Tokyo Islands Fair "Shima-Jiman 2014" held at Takeshiba, Tokyo.



Ashitaba mixed tempura

Food used ▶ Ashitaba, local fish such as greater amberjack

Available: Year-round

Included in lodging charges

A large mixed tempura that uses ashitaba and fish caught at Miyakejima comes No.1 dish of Snapper's.

Ashitaba namul

Food used ▶ Ashitaba

Available: Year-round

Included in lodging charges

Namul type dish made from ashitaba and carrots with sesame oil and seasoning.
A plain dish that brings out the deliciousness of ashitaba.



Miyakejima

Terrace cafe Restaurant **GIZMO**

ACCESS MAP



Address: 2891 Tsubota, Miyake-mura

Open hours: 12:00-16:00 (Last order 15:00)/18:00-22:00 (Last order 21:00)

Closed: No fixed

☎04994-8-5853



Listen to the sounds of the waves from the ocean spread out before you, and the singing of the birds in the trees around you. This cafe offers a comfortable and relaxing space where you can sip your tea on the lawn or enjoy a meal seated on the terrace.



Gizmo sandwich

Food used ▶ Local vegetables

Available: Year-round **¥1,000**

This sandwich makes generous use of vegetables grown on Miyake-jima.

Carpaccio of local Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,500**

This carpaccio is made with seasonal local fish and vegetables from Miyake-jima (the photo shows the Maguro, or tuna).



Photo by colorachi

Sautéed Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,200**

This dish features sautéed local fish and vegetables from Miyake-jima.

(The photo shows the Akahata, or blacktip grouper)



Photo by colorachi

Japanese Restaurant Ikeyoshi



Address: 3069 Tsubota, Miyake-mura, Miyakejima
 Opening hours: 11:00 - 21:00 (Reservation required)
 Open: 365 days of the year

☎04994-8-5743/04994-6-0118



Located 2 min. walk down hill from the Miyake Cultural Center next to the bouldering facility. In addition to the seats at tables and at the bar, they have a Japanese-style *tatami* room which can be used for occasions such as a private party. A must-visit restaurant for those who want to eat fresh fish.

The type of fish to be served will vary depending on the condition of the day's takings.

Nigiri sushi

Food used ▶

Bonito, *akaika* squid, splendid alfonfino and other seasonal fish

Available: Year-round

¥2,000

They have simmered/grilled fish on the menu, but this hand-formed *sushi* is for you if you are hungry for some raw fish.



Chirashi sushi

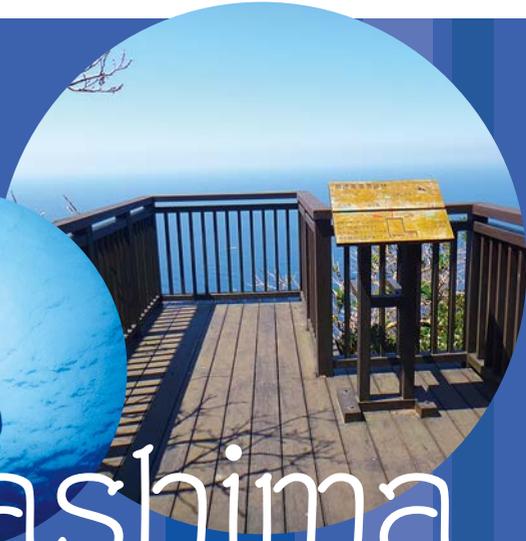
Food used ▶

Splendid alfonfino, bonito, *akaika* (local squid) and other seasonal fish

Available: Year-round

¥2,000

A bowl of vinegared *sushi* rice topped with several types of seafood. Comes with a small side dish and *miso* soup.

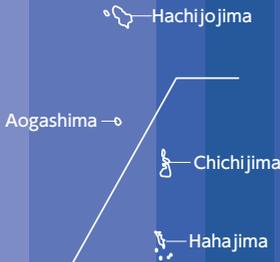


Mikurashima

A small island where sea, mountain and air creatures coexist harmoniously with humans under in spectacular nature.

Mikurashima is a small island located about 200 km off the central Tokyo with an outer circumference of 16 km. The island is surrounded by sea cliffs, and its 480m-height cliff is known as the highest cliff in Japan.

The local community promotes "Mikurashima Ecotourism" to achieve coexistence between nature and humans, which is why visitors must be accompanied by a professional guide in the mountain and the sea with some exceptions. Wildlife seem to like the island as the nature of the island is protected, and maybe that's why tourists have a high probability of encountering dolphins during a dolphin watching tour, which has become a popular tourist activity.



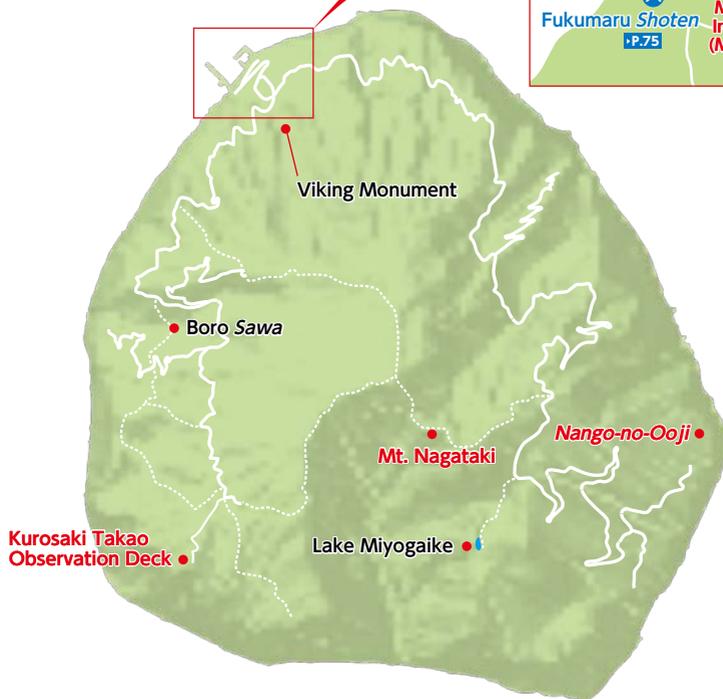
Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	Large passenger ship [7hours35minutes]	Mikurashima
	Helicopter [30minutes]	
Oshima (Toho Air Service)		
<p><Contact> Tokai Kisen Customer Center: 03-5472-9999 Toho Air Service Hachijojima Office: 04996-2-5200</p>		

Map

Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



Main events

Late July Mikurashima Summer Fireworks Festival
Late September to early October Spiny Lobster Festival

Tourist
information

Mikurashima Tourist Association

URL <http://mikura-isle.com> TEL 04994-8-2022





Minmin-an

<http://www.ab.auone-net.jp/~minminan/index.html>

Address: Mikurashima-mura

Opening hours: 10:30 - 14:00 Closed: Tuesdays

ACCESS MAP



☎04994-8-2108



Minmin-an is in a colorful, impressive building that stands along the sloping road leading out of the port.

Overlooking the beautiful ocean of Mikurashima, the restaurant has an open feeling that bring visitors comfort, and is highly rated for its menu that use fish and vegetables from the island.

Tokoroten jelly with azuki red beans Tokoroten jelly, plain ¥530 ¥580

Food used ▶ *Tengusa* seaweed (red algae)

Around May to October

A cooling and refreshing dessert made from *tengusa* seaweed from Mikurashima and served in a glass bowl. They have plain *tokoroten* of a simple, light flavor and *tokoroten* with azuki beans which is diced *tokoroten* jelly topped with sugar cane syrup and red bean jam which is made by boiling azuki beans with sugar.



Local fish set meal

Food used ▶ Seasonal local fish such as spanish mackerel, Japanese butterfish, mahi-mahi and tuna

Available: Year-round

¥1,050

From the takings of the day, seasonal local fish that is best suited to be fried is selected and cooked. A hearty set meal including the fish, steamed rice, miso soup, a small side dish, etc.



Sashimi set meal

Food used ▶ Seasonal local fish

Available: Year-round

¥1,400

Several kinds of fresh local fish, nurtured by the *Kuroshio* Current of the sea off Mikurashima, are served as *sashimi*.

The types of raw fish will vary depending on the catch of the day, so wait until you actually see what's on the plate.



Fukumaru Shoten

ACCESS MAP



<http://www.290.tokyo>

Address: 550 Mikurashima-mura

Opening hours: 11:00 - 14:00 (7:00 - 14:00 / 16:00 - 18:00 in summer)

Closed: Thursdays

☎04994-8-2292



In addition to serving light meals and drinks that use ingredients from Mikurashima, they sell original souvenirs such as T-shirts and tote bags. You can enjoy your meal on the terrace from which you can enjoy a superb view overlooking the sea. Time passes differently here than in central Tokyo.

Ashitaba curry and rice

Food used ▶ Ashitaba

Available: Year-round

¥750

Curry and rice that uses a whole *ashitaba* from Mikurashima.

The chicken keema made from minced chicken breast tastes mild and is suitable for children, too.



Mikurashima



Kabutsu sherbet Ashitaba gelato Sweet and salty milk gelato

Food used ▶ Kabutsu, *ashitaba*, sea salt

Available: Year-round

¥400

Sherbet and gelato, all homemade by the shop's owner, are the popular sweets in the shop, and there are three flavors using three different ingredients: juice of *Kabutsu*, the island's citrus fruit harvested during the winter and squeezed; dried and powdered *ashitaba* leaves; and sea salt extracted from seawater by boiling down the water.