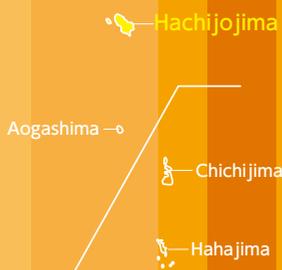


# Hachijojima

Hachijojima is located in the southern part of the Izu Islands. Take time to explore the island's unique culture and history.

Hachijojima is located in the southern part of the Izu Islands, about 290 km off central Tokyo. Subtropical palms, ferns, and hibiscus are thriving across the island. You can experience the island's culture and history through the sight of *Tama-Ishigaki* - round-stone walls which are said to have been built by exiled convicts - and through the textile weaving experience of *kihachijo* (silk fabric) which is one of the traditional crafts of the island. After enjoying marine leisure, trekking and other activities, you can relax and refresh your mind and body in a hot spring or a foot spa with a full view of the vast Pacific Ocean.

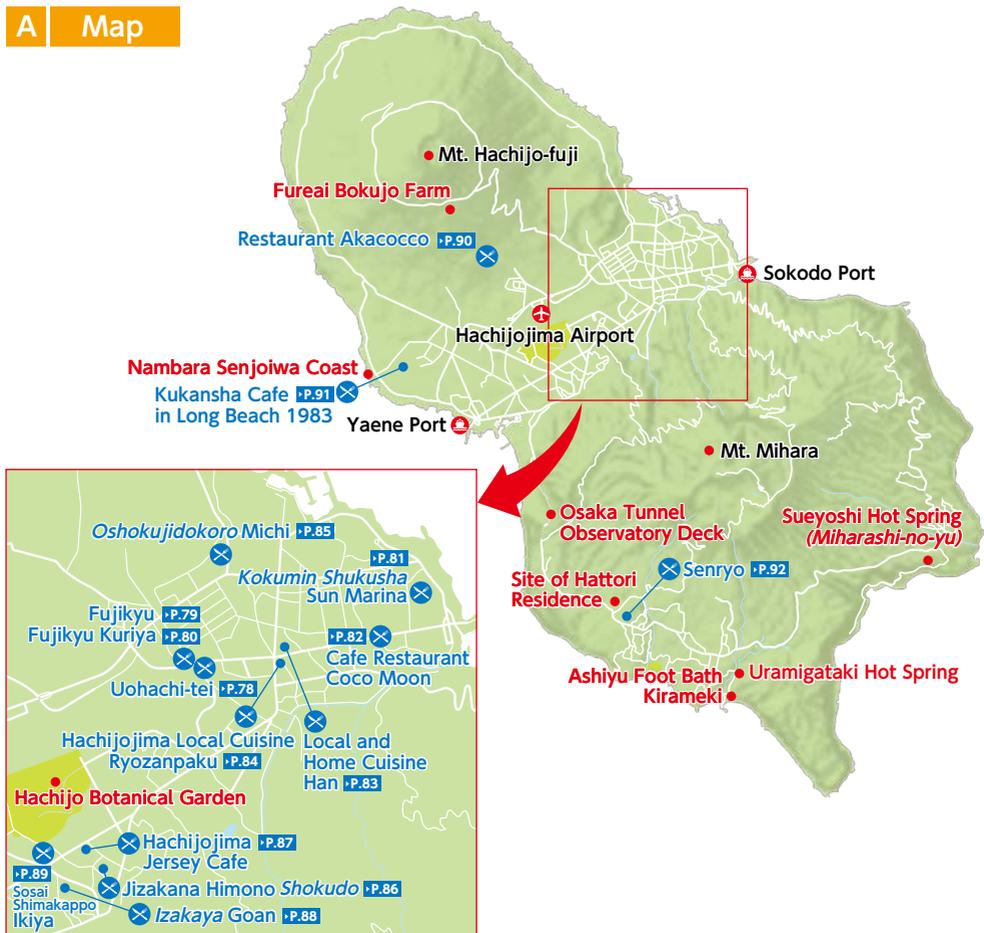


## Access

<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [10hours20minutes]	<b>Hachijojima</b>
	Airplane [55minutes]	
	Helicopter [55minutes]	
<b>Haneda airport</b> (ANA)		
<b>Oshima</b> (Toho Air Service)		

Tokai Kisen Customer Center: 03-5472-9999  
 ANA Domestic Reservation/Information Center: 0570-029-222  
 Toho Air Service Hachijojima Office: 04996-2-5200

**A** Map



Hachijojima

**B** Main events

January	Hachijojima Public Road Race
Late March - Early April	Hachijojima Freesia Festival
Late July	Hachijojima Summer Festival
July to August	Moonlight Mushroom Gazing Party
August	Hachijojima Beach Festival
	Hachijojima Summer Fireworks Festival
October	24-Hour Challenge Hachijo <i>Daiko</i>

**C** Tourist information

**Hachijojima Tourism Association**

URL <http://www.hachijo.gr.jp> TEL 04996-2-1377



# Uohachi-tei

ACCESS MAP



<http://uohachitei.com/>

Address: 198-1 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 18:00 - 3:00 (Last Order 3:00) Closed: Not fixed

☎04996-2-2807



Uohachi-tei serves local fish while it's still fresh. They take last orders at 3 a.m., so it's a perfect place for those who like to stay up late.

Their menu offers a good variety of choices, including dishes with local seafood and yakitori.



## Homemade dried-salted local fish

Food used ▶ Largescale blackfish

Available: Year-round

From **¥680**

A popular staple menu with largescale blackfish, surf casters' favorite fish, salted and dried.



## Fried mahi-mahi

Food used ▶ Mahi-mahi

Available: June to September

**¥700**

A hearty dish with thick-sliced and fried mahi-mahi caught at Hachijojima. It is a seasonal limited menu served from early summer to high summer.



## Assorted sashimi of 5 kinds of local fish

Food used ▶ Seasonal local fish

Available: Year-round

From **¥2,500**

A plate of seasonal local fish beautifully served. Luxurious assortment of sashimi. Enjoy the taste of the season that the island can offer.



Address: 203-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 8:00 - 19:00 Closed: Not fixed

☎04996-2-3047



A single-storied inn located close to the Hachijojima Airport.

They constantly improve menus and make dishes easier to eat by preparing *ashitaba*, seasonal vegetables and fish in a contemporary style.

The building looks a little ancient, but once inside, the friendly staff will greet you with hospitality.

## Dinner at *minshuku* (inn)

Food used ▶ *Ashitaba*,  
 seasonal local fish, etc.

Available: Year-round

Included in lodging charges

They plan a meal based on cuisine from the island with seasonal ingredients.

For those staying for more than one night, they will change the menu for every meal with different ingredients and recipes.



## Sashimi

Food used ▶ Seasonal local fish

Available: Year-round

Included in the lodging charges

They purchase local fish from the vicinity of Hachijojima and serve as sashimi while fresh.

Since they have keen eyes on seasonal ingredients, you can have delicious sashimi at any time of the year.

Hachijojima

# Fujikyū Kuriya

Address: 203-2 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 11:00 - 14:00 (13:30 LO)

Closed: Sundays

ACCESS MAP



☎04996-2-3047



A restaurant owned by a fishmonger where you can eat fresh fish.

A relaxed and cozy atmosphere will make you feel at home.

Jazz music is played in the background.

## Chef's choice

Food used ▶ Splendid alfonsino, greater amberjack, *ashitaba*, vegetables, etc.

Available: Year-round **¥1,800**

A popular menu in which you can enjoy small portions of various dishes made from island's ingredients, such as flying fish *satsuma-age* (deep-fried fishcake), *ashitaba tempura*, and *sashimi*. Their *ashitaba tempura* is very unique in that they try to use new sprouts as much as possible.



## Island *sushi*

Food used ▶ Blue fuziliner, Japanese butterfish, long-tailed red snapper, etc.

Available: Year-round **¥1,700**

*Island sushi* is made from tuna and seasonal fish marinated in soy sauce with Japanese mustard instead of *wasabi*. They take pride in their original *sushi* vinegar mix and the way they gently press the rice in to shape, which gives the *sushi* an excellent taste.

## Dipping *ashitaba* noodles

Food used ▶ *Ashitaba*, salt

Available: Year-round **¥1,600**

Enjoy the taste of carefully-selected *ashitaba* noodles sliding down your throat, with *ashitaba* and shrimp *tempura* on the side.





# Kokumin Shukusha Sunmarina

ACCESS MAP



<http://sunmarina2002.wix.com/sunmarina>

Address: 1291-9 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 24 hours (Telephone reservation: 7:00 - 21:00)

Closing day: Not fixed

☎04996-2-3010



Sunmarina is located a little way from the Hachijo Isshu Road. It's close to the sea, and there are ocean view rooms from which guests can enjoy a view of the ocean; there are also mountain view rooms overlooking Mt. Hachijo Fuji.

You can also have a nice view from the terrace and the garden, and you can fully enjoy Hachijojima with food made from local ingredients and the magnificent scenery.

## Sauteed chicken with Hachijo fruit lemon sauce

Food used ▶ Hachijo fruit lemon

Available: Year-round

### Included in the lodging charges

The mildly-acid and juicy Hachijo fruit lemon is a special produce from Hachijojima.

Hachijo fruit lemons, which can be eaten without peels as they don't have the typical bitterness, are used for the sauce, which makes the chicken meat tender and further improves the texture and flavor.



## Hachijo mackerel simmered in a ketchup sauce

Food used ▶ Largescale blackfish

Available: Year-round

### Included in the lodging charges

A blue mackerel simmered with ketchup and ginger. With its plain flavor, it can be a perfect side dish not only with rice but also with alcohol such as the island *shochu*.



## Hachijojima *sushi* of the inn

Food used ▶ Seasonal local fish

Available: Year-round

### Included in the lodging charges

The rice seasoned with a little sweeter-than-usual *sushi* vinegar is topped with fish marinated in special sauce.

Island *sushi*, the island's local cuisine of which seasoning differs from restaurant to restaurant, is characterized by Japanese *karashi* mustard.



Hachijojima

# Cafe Restaurant **Coco Moon**

ACCESS MAP



Address: 1440-2 Mitsune, Hachijo-machi, Hachijojima  
Opening hours: 11: 30 - 15:00, 18:00 - Closed: Thursdays

☎04996-2-0269



You can enjoy dishes with various ingredients including food from the island.  
*Ashitaba* menus are the most popular.

## **Ashitaba pasta**

Food used ▶ *Ashitaba* powder, shavings of *ashitaba*, bacon, pasta noodles, powdered cheese

Available: Year-round

¥1,540

Rich *ashitaba* pasta dish using pasta dough mixed with *ashitaba* powder, topped with fluffy *ashitaba* shavings.



## **Ashitaba soba salad**

Food used ▶ *Ashitaba* soba noodles, vegetables, duck

Available: Year-round

¥1,000

A salad with soba noodles made with *ashitaba* kneaded into the dough, topped with lots of vegetables. The salad dressing is also the restaurant's original, which gives the dish a distinctive taste.

## **Ashitaba chiffon cake**

Food used ▶ *Ashitaba* powder, milk, soft wheat flour, eggs

Available: Year-round (limited quantity)

From ¥430

A fluffy chiffon cake with a brilliant green color of *ashitaba*.



Local and Home Cuisine **Han**

ACCESS MAP



Address: 1636-5 Mitsune, Hachijo-machi, Hachijojima

Opening hours: Breakfast: 7:00 - 9:00, lunch 11:00 - 13:00, dinner 17:30 - 21:00

Closed: Thursdays

☎04996-2-7080



They serve both a la carte and set meals using ingredients from the island. They set as reasonable prices as possible, so that everyone from solo customers to families can visit casually. They are looking forward to your visit.

**Lunch set meal of your choice**

Food used ▶ *Ashitaba*, Japanese butterfish, island scallion, etc.

Available: Year-round

**¥1,500**

A lunch only available for with Island *sushi*, *ashitaba* *soba*, and another dish to choose from: *sashimi* of local fish; *kusaya* (salted-dried fish) side; or *ashitaba* *tempura*.

**Ashitaba-kusaya spring rolls**

Food used ▶ *Ashitaba*, *kusaya*

Available: Year-round (dinner time only)

**¥600**

They mix season *ashitaba* and *kusaya*, both of which have a unique flavor, to make them easier to eat. Recommended for people who don't care for *kusaya*, as it is deep-fried in wrappers.

**Omelette with island chili**

Food used ▶ Local eggs, island chili

Available: Year-round (dinner time only)

**¥700**

They use local eggs and add popular island chili, chopped, to make a fluffy omelette with a spicy taste.



# Hachijojima Local Cuisine Ryozanpaku

ACCESS MAP



<http://www.rzp.jp/>

Address: 1672 Mitsune, Hachijo-machi, Hachijojima, Tokyo

Opening hours: 17:30 - 23:00 (Last order 22:00) Closed: Sundays

☎04996-2-0631



They prepare dishes to traditional recipes using ingredients from the island as much as possible to make them match with island *shochu* and also taste even more delicious.



## Mozzarella cheese made from Hachijo milk and tomato

Food used ▶ mozzarella cheese

Available: Year-round

¥1,100

This premium mozzarella cheese is made from the rich and delicious milk of Hachijo-Jima's own Jersey cows.



## Assorted sashimi

Food used ▶ Seasonal fish only from Hachijojima

Available: Year-round

¥1,166

The menu may not be available depending on the weather, since it only uses ingredients from Hachijojima.

## Shiitake mushroom fry

Food used ▶ Shiitake mushrooms

Available: Year-round

¥880

This dish uses Hachijo-jima's *Umikaze shiitake* mushrooms known for being meaty, offering a pleasant after taste, lacking in the harsher taste typical of *shiitake*.



# Oshokujidokoro Michi

ACCESS MAP



<http://nttbj.itp.ne.jp/0499621002/smp-index.html>

Address: 4419-11 Mitsune, Hachijo-machi, Hachijojima

Opening hours: 7:00 - 9:30 / 11:00 - 14:00 / 17:00 - 24:00

Closed: Tuesdays

☎04996-2-1002



Izakaya (Japanese bar & grill), with various set meals that is open from early in the morning, during which they serve so-called "one-coin" breakfasts for just 500 yen.

They have a good selection of dishes using island's ingredients, such as simmered fish, broiled fish and *sushi*.

It's a place where you can have a lot of fun with a group of friends as well as family members.



## Russian-roulette island *sushi*

Food used ▶ Seasonal fish including Japanese butterfish, flying fish, bonnetmouth

Available: Year-round

¥980

Pieces of island *sushi*, which look like just another local cuisine, but one of them contains a lot of island chili.

Try your luck with friends and enjoy the night of the island.



## Hachijo fruit lemon *shochu* Hachijo salt lemon squash

Food used ▶ Hachijo fruit lemon, Hachijo *shochu*

Available: Year-round

¥600/¥300

Hachijo fruit lemon, which is a specialty in Hachijojima, is known for its mild acidity.

Adults can enjoy the taste of Hachijo fruit lemon with *shochu*, and kids with lemonade made with the salted lemons.



## Japanese-style omelette with island chili

Food used ▶ Island chili

Available: Year-round

¥380

A Japanese-style omelette called *dashimaki*, which at Oshokujidokoro Michi is made from eggs mixed with island chili.

You can put the chili as much/little as you like, so it's for everyone from those who want to enjoy just the scent of it to those who want to taste a strong spiciness.



Aigae Suisan

# Jizakana Himono Shokudo

ACCESS MAP



<http://across.co.jp/aigaesuisan/>

Address: 2333 Okago, Hachijo-machi

Open hours: Lunch 11:30-14:00/Dinner 17:00-20:30

Closed: Sundays (Open throughout during August)

☎04996-2-2745



This cafeteria serves *Kusaya* seafood prepared by a company specializing in *Kusaya* processing. The spacious concrete interior with its high ceiling gives an atmosphere of endless summer.

## Local fish *Dukedon* set

Food used ▶ Japanese butterfish, Splendid alfonsino etc.

Available: Year-round **¥1,848**

Fresh fish caught near the island is marinated in a home made sauce and placed over rice with a topping of *Shiso* for this *Donburi* dish. The accompanying miso soup is based on a broth made with *Kame-no-te* shellfish and generous portion of island *Nori* seaweed.



## Matured raw *Kusaya*

Food used ▶ Blue mackerel

Available: Year-round **¥1,045**

This *Kusaya* is so soft you can break it apart with your chopsticks because it is marinated in a secret traditional *Kusaya* sauce and matured without drying.

## Island *sushi* and *Aburi sushi* half and half set

Food used ▶ Japanese butterfish, Splendid alfonsino, etc.

Available: Year-round **¥1,760**

This is a traditional dish on Hachijo-jima in which the fish is marinated in a special sauce and made into *sushi* using *Karashi* mustard instead of *Wasabi*. The meal is served in the cafeteria's original style in which half of the *sushi* are lightly flame broiled on the outside, called *Aburi*, and eaten with *Yuzu* pepper. Flame broiling brings out the fat and makes the result go very well with the *sushi* rice.



# Hachijojima Jersey Cafe

ACCESS MAP



<http://www.hachijo-milk.co.jp/jerseycafe>

Address: 2370-1 Okago, Hachijo-machi, Hachijojima, Tokyo

Opening hours: 10:00 - 17:00 Closing day: Not fixed

☎04996-2-5922



A cafe where you can taste jersey milk and other dairy products produced by Hachijo Dairy Industry Inc. The chic and relaxing room is decorated by a female interior designer who lives on the island. You can enjoy drinks and sweets at 12 table seats and 6 seats at counter.

## Jersey soft serve ice cream

Food used ▶ Jersey milk

Available: Year-round

¥400

The Cafe's specialty dessert made from milk of Jersey cow grazing on the farm of Hachijo Dairy Industry Inc.



## Jersey cafe au lait

Food used ▶ Jersey milk

Available: Year-round

¥500

Cafe au lait with pasteurized non-homo jersey milk. Served at a slightly-lower temperature to enable visitors to get the flavor of the milk itself. Iced cafe au lait is also available.



## Hachijo Jersey yogurt drink

Food used ▶ Jersey milk

Available: Year-round

¥400

This yogurt is made from the slow fermentation of Hachijojima Jersey milk and lactic acid bacteria, selected to match it. Although rich, it is a yogurt drink whose defining characteristic is its simplicity.



## Ashitaba parfait with rice-flour dumplings and sweet azuki beans

Food used ▶ Jersey milk, ashitaba powder

Available: Year-round

¥600

Parfait with soft serve made from Jersey cow milk grazing on the farm of Hachijo Dairy Industry Inc. and Hachijojima's ashitaba powder. Rice-flour dumplings and sweet azuki beans match perfectly.



Hachijojima

# Izakaya Goan

<http://goan.o.oo7.jp/>

Address: 2403-4 Okago, Hachijo-machi, Hachijojima, Tokyo

Opening hours: 17:30 - 22:00 Closed: Mondays

ACCESS MAP



☎04996-2-0965



The manager goes to the port every day to purchase fish so that customers can enjoy fish caught in the island.

For those fish whose deliciousness can be enhanced by aging, preserved for a while at freezing temperature.

The manager serves fish that he himself would love to eat.

## Assorted sashimi

Food used ▶ Seasonal fish landed at Hachijojima Port

Available: Year-round

From ¥1,480

At times serve fish caught on that day depending on the day's catch. Their local sashimi, which you may never have heard of in Tokyo, is outstandingly fresh. Enjoy it as an assortment.

Use island green chili as you like.



## Fried local fish with Japanese leek and ponzu sauce

Food used ▶ White meat local fish (Japanese butterfish, mahi-mahi, etc.)

Available: Year-round

¥980

They fry white meat fish, which is fresh enough to serve as sashimi. Coating of fried fish soaked in special handmade Japanese leek and ponzu sauce makes the menu more addictive. It is also perfectly match with potterb.



## Ashitaba tsukudani fried rice

Food used ▶ Ashitaba, shochu

Available: Year-round

¥750

Ashitaba of Hachijojima made into tsukudani (food simmered in soy sauce and sugar with special recipe) with Hachijojima shochu is the key factor of this fried rice, and a slightly sweet taste is given to the rice.



## Salt-grilled splendid alfonsino collar

Food used ▶ Splendid alfonsino

Available: Year-round

¥980

Big eyes of splendid alfonsino contain "collagen". Recommended to eat with a bit of soy sauce! Please taste the whole fish, including even bones.





Address: 2434-3 Okago, Hachijo-machi  
 Open hours: 17:00-22:00 Closed: Wednesdays

☎04996-9-5611



The food at this restaurant is made from the produce of Hachijo-jima and fish caught in nearby seas based on the principles of valuing seasonal flavors and sincerity. Private booths are available, and the restaurant is popular with large groups and families as well.

## Sashimi and island sushi

Food used ▶ Seasonal fish

Available: Year-round

From ¥1,100/¥800

This assortment primarily uses seasonal local fish caught nearby Hachijo-jima. The sugar, vinegar, and salt flavors stand out in the island sushi.



## Island Tempura assortment

Food used ▶ Ashitaba, Umikaze Shiitake mushrooms, island bamboo shoots, island okra, and local fish

Available: Year-round ¥880-1080

This Tempura assortment includes Tempura made from local Hachijo-jima Ashitaba, the popular Umikaze Shiitake mushrooms, and other seasonal island ingredients.

## Kabutsu (citrus fruit) beer, fresh passion fruit sour

Food used ▶ Kabutsu citrus fruit, passion fruit, and island lemon

Available: Year-round

From ¥748

This beer made from the juice of a citrus fruit called Kabutsu on Hachijo-jima is quite popular. The fresh sour is made seasonally with passion fruit or island lemon.



# Restaurant Akacocco



<http://hachijoapo.net/>

Address: 2839-2 Okago, Hachijo-machi, Hachijojima (Inside Hachijojima Airport)

Opening hours: 8:00 - 17:00 Open: 365 days of the year

☎04996-2-3829



Situated in the airport, the gateway to Hachijojima, the restaurant was arranged and developed special menus that use specialty of the island to make both tourists and islanders enjoy themselves.

## Three brothers of flying fish

Food used ▶ Flying fish, *ashitaba*

Available: Year-round

¥1,400

They serve croquette, fried fish, deep-fried ball of fish paste, and minced fish soup made from flying fish caught at Hachijojima.

Enjoy the taste of the island with boiled *ashitaba* and laver rice.



## Island sushi set

Food used ▶ Japanese butterfish, *ashitaba*

Available: Year-round

¥1,800

A luxurious set menu of *sushi* with *ashitaba* *udon* or *soba*;

Pieces of *sushi* that use fish caught on the island and marinated with soy-based sauce.

You can choose either *ashitaba* *soba* or *ashitaba* *udon*.

## Island pizza

Food used ▶ Island laver, island chili peppers

Available: Year-round

¥1,020

A pizza sprinkled with island chili peppers from Hachijojima, covered in cheese, baked, and finally topped with island *nori*. Although simple, the heat and flavor of the island chili peppers make the pizza stand out.



# Kukansha Cafe in Long Beach 1983

ACCESS MAP



<http://w01.tp1.jp/a079783401/toiawase.html>

Address: 8144-1 Okago, Hachiyo-machi, Hachijojima, Tokyo

Open hours: 13:00-18:00 Closed: Tuesdays, Fridays (Open every day during the busy season) ☎04996-2-4154



This quiet cafe in a converted home hides quietly in a forest.

The interior and tableware at the cafe are carefully selected, creating a stylish and relaxing space where time passes slowly.

## Ashitaba Cheese cake set

Food used ▶ Ashitaba

Available: Year-round **¥800**

This cheese offers the essence of Ashitaba and rich cheese for a smooth taste to the palate.

Enjoy it with your drink included in the set. Also take notice of the carefully selected tableware.



## Ashitaba Adzuki Milk

Food used ▶ Ashitaba

Available: Year-round **¥800**

This tall pile of shaved ice is topped with Ashitaba powder, and the bitterness of the Ashitaba, slightly different from that of Matcha tea, goes perfectly with the sweetness of the milk syrup.





# Senryo

ACCESS MAP



Address: 2056 Kashitate, Hachijo-machi  
Open hours: 11:00-14:00/17:00-19:00 Closed: Mondays

☎04996-7-0040



This shop offers a menu featuring island ingredients such as home grown vegetables. The cook makes an effort so that you can enjoy the deliciousness of the Hachijo-jima produce as simply and directly as possible. The atmosphere of the single story house is inviting to visitors passing by on a walk.



## Tenzaru noodles

Food used ▶ *Ashitaba*

Available: Year-round

¥990

These refreshing chilled noodles are topped with *Ashitaba Tempura*. The new buds of the *Ashitaba* plant are used, providing a delicious and fresh flavor.



## Island Takuan pickles

Food used ▶ *Radish*

Available: Year-round

¥220

These island *Takuan* pickles are made by fermenting home grown *Daikon* radishes in salt and rice bran. The fermentation process takes between three and six years resulting in a deliciously deep fermented flavor.



## Gyoza dumplings

Food used ▶ *Garlic, Ginger*

Available: Year-round

¥550

These Gyoza dumplings that use ginger and Hachijo-jima's large and fresh garlic are the second most popular dish on the menu.