

Toshima

A small island with an outer circumference of 8 km. It is Japan's number-one producer of camellia oil.

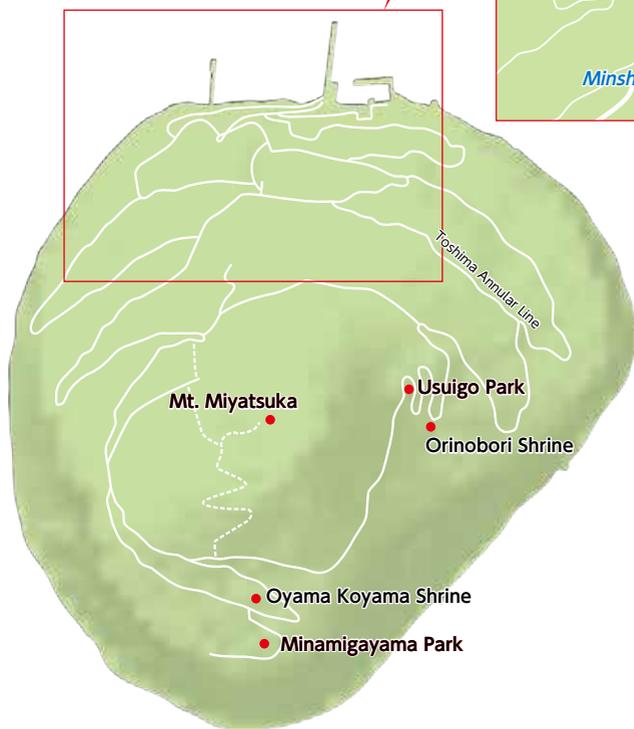
Toshima is located about 140 km from the central Tokyo, between Oshima and Niijima. It is the smallest island in Tokyo with an outer circumference of 8 km and area of 4 km². Mt. Miyatsuka rises in the center of the island, and it looks as if the entire Toshima is formed only by Mt. Miyatsuka. Camellias 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 Hachijojima Office: 04996-2-5200</p>		

A Map



B Main events

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

C 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.



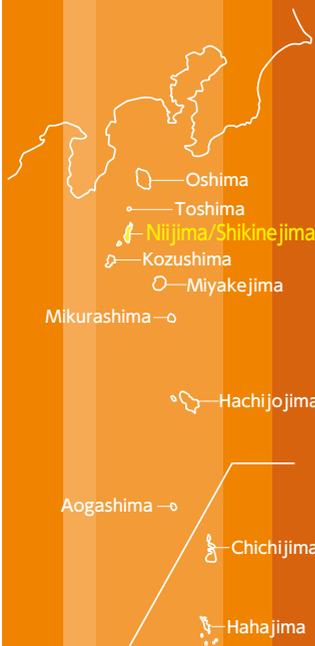


Niijima Shikinejima

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.



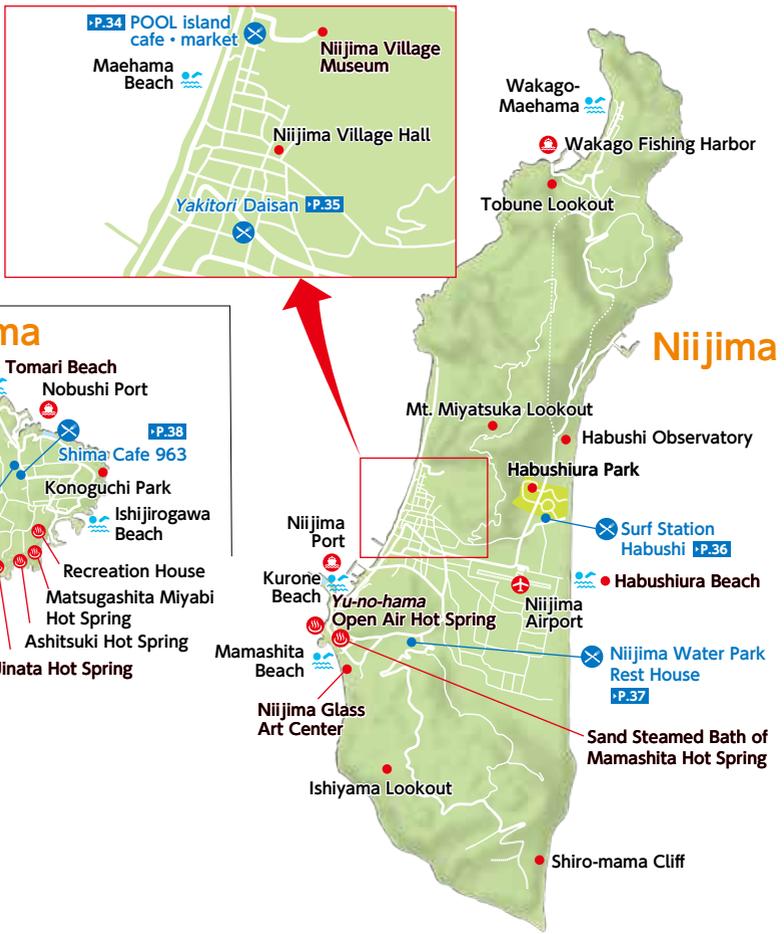
Access

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]	

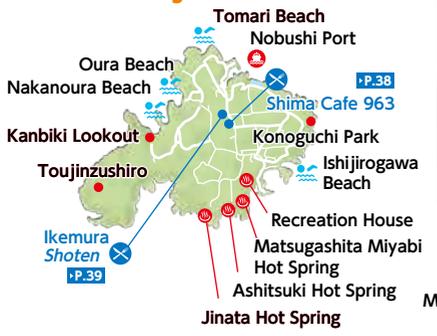
<Contact> Tokai Kisen Customer Center: 03-5472-9999

New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825

A Map



Shikinejima



B Main events

Early April	JPBA Niijima Professional Bodyboard Tour
Late May	Niijima Triathlon
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
Early September	Niijima Aquathlon
Late September	Niijima Village Islanders Festival
Late October	Niijima International Glass Art Festival

C 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

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 - 23:00

Regular closing day: Not fixed

ACCESS MAP



☎04992-5-0109



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

¥260 (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

¥600

Sashimi of ocean-fresh splendid alfonsino of the island.



Kusaya pizza

Food used ▶ *Kusaya*,
ashitaba

Available: Year-round

¥850

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

¥300

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

Niijima

Surf Station Habushi

ACCESS MAP



<http://www.surfstation.sakura.ne.jp/>

Address: 9-2 Minami-hinokiyama, Niijima-mura

Reception time for reservations 10:00 - 20:00

☎04992-5-1816



A cottage-type inn located nearest to the Habushiura Beach where the world surfing competitions are held. Only available for overnight guests.

It's a 2 minute-walk to the shore, where the white sand beach stretches for 6.5 km.

You can enjoy the natural beauty of Niijima to your heart's content by listening to the sound of waves and looking up at the sky full of stars.

Dinner with island fish

Food used ▶ Seasonal local fish

Available: Year-round

¥2,500 - 2,980
(for overnight guests only)

Dinner with seasonal fish such as splendid alfoncino, Japanese bluefish and greater amberjack, served either as sashimi or simmered fish.



Akaika pasta

Food used ▶ Akaika squid

Available: Year-round

¥980
(for overnight guests only)

Pasta with plenty of *akaika*. Available in two flavors: "tomato sauce" and "seasoned cod roe and laver." Additional toppings of island chilis and basil are also available.



Akaika (local squid) ramen

Food used ▶ Akaika squid

Available: Year-round

¥900
(for overnight guests only)

Savory, butter-flavored *ramen* topped with the finest *akaika* and sea-scented laver.

Niijima

Niijima Water Park Rest House

ACCESS MAP



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

☎04992-5-1772



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

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.



Niijima 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.





Shima Cafe 963

<https://jap.facebook.com/shimacafe963shikinejima/>

Address: 344-5 Shikinejima, Nijima-mura

Opening hours: 11:00 - 22:00 Regular closing day: Not fixed

ACCESS MAP



☎04992-7-0961



First cafe-style eatery in Shikinejima.

You can enjoy food and alcohol in a stylish atmosphere. It's open until 10 p.m., which is one of its main attractions. You cannot miss the Asian menus using island ingredients.

Island-style Gaprao

Food used ▶ *Ashitaba*

Available: Year-round

¥980

(excluding tax)

They transformed the popular *Gaprao* with rice into a brand-new *Gaprao* with very distinctive taste using the *ashitaba* from Shikinejima.

It's one of Shima Café 963's unique dishes that can only be eaten here.



Ashitaba fried rice

Food used ▶ *Ashitaba*

Available: Year-round

¥850

(excluding tax)

We combine the island's specially produced *ashitaba* and jasmine rice, boiled in our homemade chicken soup, into an amazing fried rice.

From children to adults, this popular menu item will leave you fully satisfied!

Ikemura Shoten

ACCESS MAP



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

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 20:00 (7:30 - 22:00 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 *bentos*, 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

¥580

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



Tataki fish burger

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

Available: Year-round

¥200

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.

Laver bento

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

Available: Year-round

¥530

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

