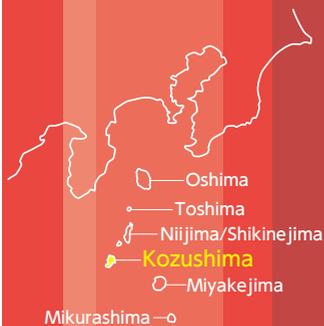




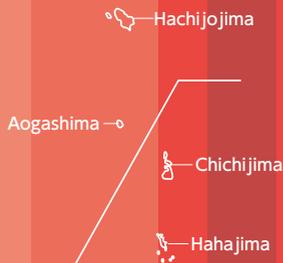
Kozushima

An island where gods gathered together.

With clear spring water and flowers blooming in the mountains, it is an island with unchanged scenery.



Kozushima is an island located about 180 km away from the central Tokyo, between Niijima and Miyakejima. Mt. Tenjo, which is a symbol of the island, rises in the center of the island. At the summit of the mountain, which has a popular hiking course, you can look over the Pacific Ocean and also enjoy the unusual scenery of stretched desert. There are plenty of attractions such as swimming beach with white sand and small bay and facility with big open-air bath. You may not have enough time to visit all the places!



Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [3hour40minutes]	Kozushima
	Large passenger ship [12hours]	
Chofu Airport (New Central Airservice)	Airplane [40minutes]	
<Contact> Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

A Map



Kozushima

B Main events

January 2	First Ride of the Year
April 15	Nagahama Festival
Mid April	Kozu Ebine Exhibition
Mid - Late May	Julia Festival
August 1 - 2	Monoiminanomikoto Shrine Festival
August 1	Kozushima Drum Festival
August 2	Nagisa Fireworks Festival
Mid-August	Bon Festival Dance
Late November	Commerce and Industry Festival

C Tourist information

Kozushima Tourism Association
 URL <http://www.kouzushima.org> TEL 04992-8-0321





Hyuga brewery

<http://ja-jp.facebook.com/Hyuga-brewery-1626260377681468>

Address: 142-2 Kozushima-mura

Opening hours: 18:00 - 23:30 (Last order: Food 22:30 / Drink 23:00)

Closed: Mondays

ACCESS MAP



☎04992-7-5335



Hyuga Brewery is the first and only brewery on the Izu Islands, where you can enjoy an abundant selection of island shochu liquors and original cocktails, as well as several local beers inspired by Kozushima.

Please ask us about our party plan and surprise parties, etc.

Ashitaba pizza

Food used ▶ Ashitaba

Available: November to July

¥900

Using plenty of the Izu Islands' specialty *ashitaba* this pizza with homemade crust is one of our popular menu items. Limited availability depending on the season.



Ashitaba ale beer

Food used ▶ Ashitaba

Available: Year-round

From ¥600

Brewed with clear spring water, this beer features a comforting finish with moderate bitterness and a gentle aroma of *ashitaba*.



Baguette with salted squid guts

Food used ▶ Salted *akaika* (local squid) guts

Available: Year-round

¥450

Kozushima's famous salted squid guts prepared in a western style to go well with beer.





Sawaya Cordon Bleu



Address: 676 Kozushima-mura
Opening hours: Lunch 12:00 - 14:00, Dinner 18: 30 - 20:00
Closed: Tuesdays (with irregular holidays)

☎090-3992-5241



Having managed a French restaurant in Kyoto for 28 years, the restaurant moved to Kozushima in September 2016. They study every day to make the most of island ingredients and to serve more delicious dishes. The building is used to be a Japanese-style inn. Enjoy cuisine with plenty choice of wine and whiskey. Can't miss the house roasted coffee!!

Kozushima

Lunch set

Food used ▶ Local fish, local vegetables

Available: Year-round

- Chicken ¥1,500
- Fish or pork ¥2,000
- Japanese beef ¥2,500

A lunch with salad, soup, main dish, and after-meal drink. They use plenty of fish and vegetables from the island (salad, soup, etc.).

Just a sample image ▶



Dinner set

Food used ▶ Local fish, local vegetables

Available: Year-round

- Pork ¥3,000
- Japanese beef ¥3,500

A dinner with hors d'oeuvres, soup, salad, fish dish, main dish, dessert, and after-dinner drink. The taste of the island is offered in various ways, including smoked island fish and salad of locally produced vegetables.

◀ Just a sample image



Hotel Kozukan

ACCESS MAP



<http://www.kozukan.info/>

Address: Kozushima-mura 1593

Opening hours: 8:00 - 22:00 Closed: Open everyday

☎04992-8-1321



Hotel Kozukan is the only hotel in Kozushima that has an ocean view for all rooms. The hotel has been popular with travelers visiting the island since the Meiji Period (1868-1912). We serve delicious dishes, filled with love and care, made with locally sourced fresh fish and vegetables.

We look forward to your visit!

Salt-grilled *takabe* fish, saikyo-grilled *takabe* fish

Food used ▶ *Takabe* fish

Available: Year-round

Included in the lodging charges

A plump *takabe* fish, prepared simply through salt grilling. We also offer *saikyo-yaki*, where the *takabe* fish is basted with *saikyo miso* and then grilled *saikyo*-style.

Akaika (local squid) shumai dumplings

Food used ▶ *Akaika* (local squid)

Available: Year-round

Included in the lodging charges

Akaika (local squid) is minced and mixed with vegetables, covered with shredded *shumai* dumpling skin, steamed, fried, and then served.



Sashimi

Food used ▶ Local fish

Available: Year-round

Market price

An assortment of local fish that can only be tasted on the island. Prices vary depending on the number of people, etc., so please contact us.



Restaurant Sabusaki

ACCESS MAP



Address: 1-1 Sabisaki, Kozushima-mura, inside Kozushima Hot Spring Recreation Center
(no admission fee for those who have meals only)

Opening hours: Lunch 11:30 - 14:00, Dinner 16:30 - 21:00
(It varies according to the season)

Closed: Wednesdays (no holidays in summer and in May)

☎04992-8-1211



Fish caught on that day is served. Since the menu and ingredients change according to the season, please ask the menu to the waiter when visiting.

Others are also menus unique to the island, such as ice cream with locally-produced *ashitaba* and passion fruit.

Kozushima

Kaisen-don

Food used ▶ Seasonal local fish

Available: Year-round

¥1,800

A bowl of delicious vinegared *sushi* rice topped with fresh *sashimi* just caught and sliced and local laver, which can only be tasted in the island.

Soy-marinated-style "*Zuke-don*" is also popular!



Ashitaba croquette

Food used ▶ *Ashitaba*, Potatoes

Available: Year-round

¥680

Homemade croquettes with a strong *ashitaba* flavor.



Island ten-don

Food used ▶ seasonal local fish, seasonal vegetables

Available: Year-round

¥1,200

A hearty plate with 4 kinds of vegetables (*ashitaba*, etc.) *tempura* and 2 kinds of fish (splendid alfonsino, etc.) *tempura*, all from the island.



ACCESS MAP



Kozushima

Guest House & cafe **Nora**

Address: 44-1 Chichibuyama, Kozushima
 Opening hours: 9:00 - 21:00 (Reception)
 (Reservation required for after 17:00) Closed: No fixed

☎090-4599-6216



A small guest house and cafe, a little way away from the village, we invite you to try our original menu, prepared from local ingredients. The nearby surroundings include Miura Bay and Mt. Chichibuyama. Recommended for those who enjoy a nice stroll.



Lunch

Food used ▶ Local fish, local vegetables

Available: Year-round

¥900

Our menu features dishes such as *iwanori* fried rice, seafood pasta, and others. The *zukeдон* rice bowl, which features local fish, is also popular. (Drinks sold separately)

Breakfast and Dinner

Food used ▶ Local fish, local vegetables

Available: Year-round

Included in the lodging charges

We hope you enjoy our home-style cooking, made with local ingredients.



Drink

Food used ▶ Locally gathered fruits

Available: Year-round

¥400

Original soft drinks such as passion soda and *yamabudo* grape yogurt, all made using locally gathered fruits.





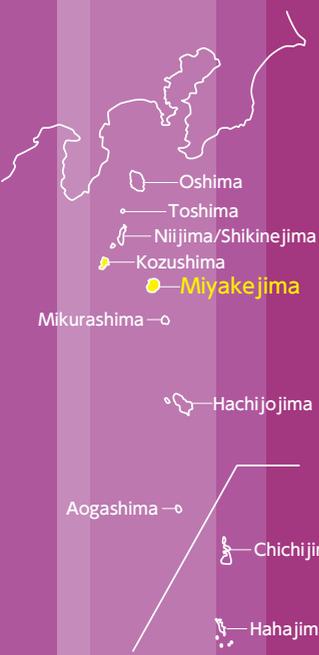
Miyakejima

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.

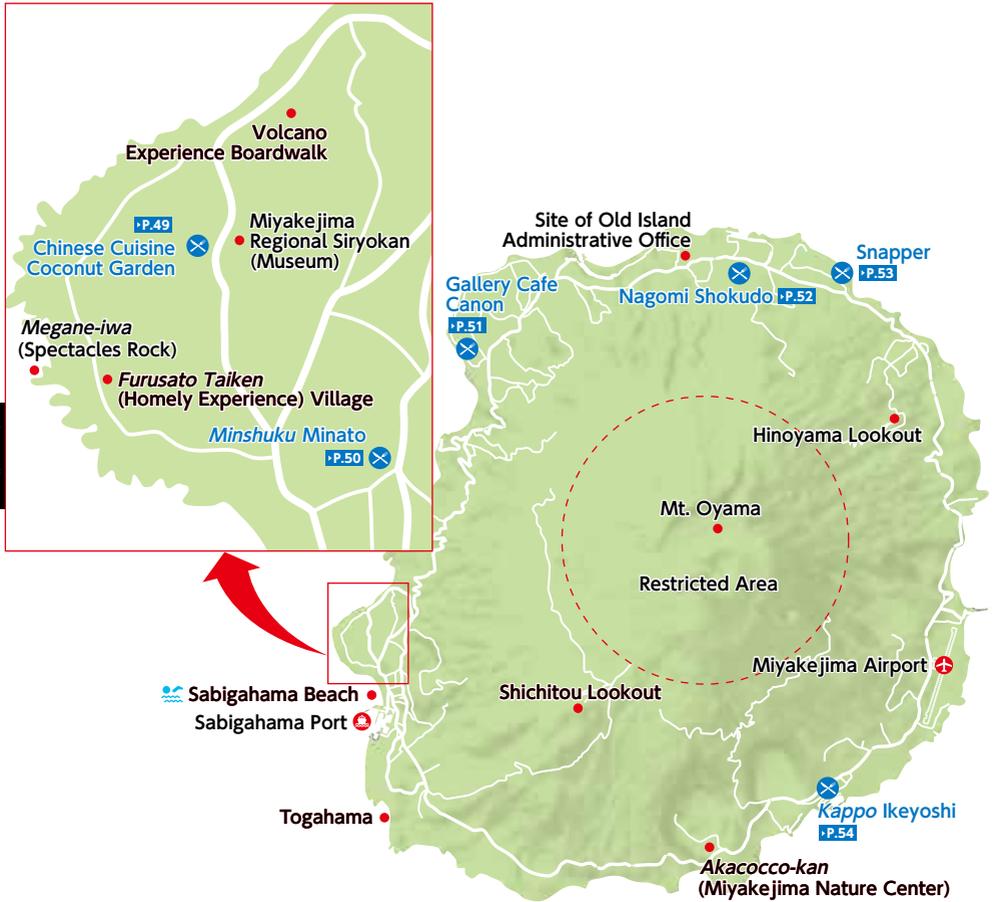
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.

Access



Miyakejima	Large passenger ship [6hour30minutes]	
	Airplane [50minutes]	
	Helicopter [20minutes]	
Takeshiba Passenger Ship Terminal (Tokai Kisen)	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)		

A Map



B 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

C Tourist information

Miyakejima Tourism Association

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





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.





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.

Ashitaba freshly-baked bread

Food used ▶ Ashitaba from Miyakejima

Available: Year-round

¥180/piece

Miyakejima's *ashitaba* is mixed into dough and bake them carefully one by one. Ingredients in the bread, including vegetables and fruits from the island, will vary from day to day. Offered only on the baked day, as no preservatives is used.



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 *Seiryuu 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

¥700

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)

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.

¥250 - ¥300



Canon's special anmitsu with tokoroten jelly

Food used ▶ *Tengusa* seaweed, *ashitaba*

Available: Year-round

¥500

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

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

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

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

ACCESS MAP



☎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

¥500

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

Kappo Ikeyoshi

ACCESS MAP



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

☎04994-8-5743



Go down the stairs as you see the signboard of "Kappo Ikeyoshi" along the street, and you will find the Japanese restaurant. Once inside, you will feel the peaceful, traditional Japanese atmosphere. 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 alfonsino and other seasonal fish

Available: Year-round

¥1,800

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

Available: Year-round

¥1,800

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