

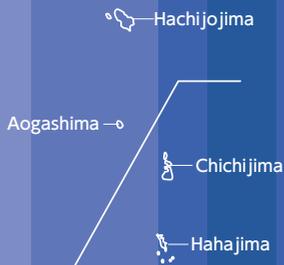


# Mikurashima

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.



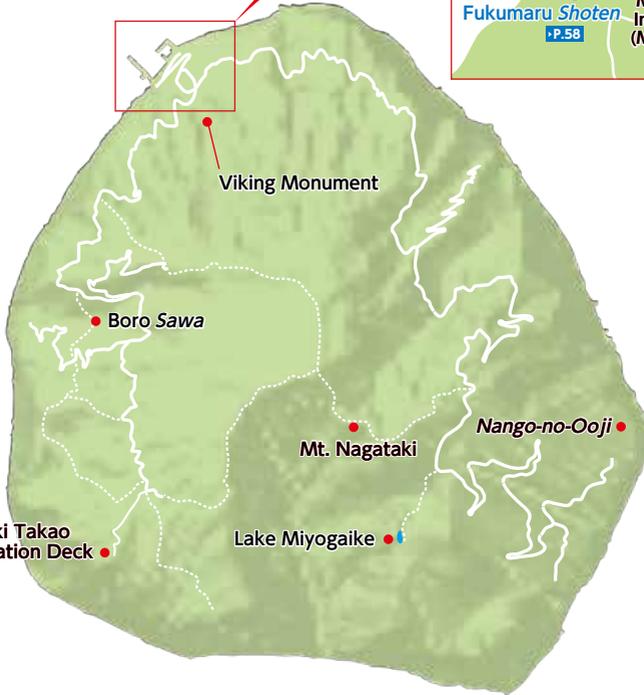
## Access

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

**A** Map

# Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



Mikurashima

**B** Main events

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

**C** 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 ¥430 ¥480

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

¥950

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

¥1,300

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



<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.



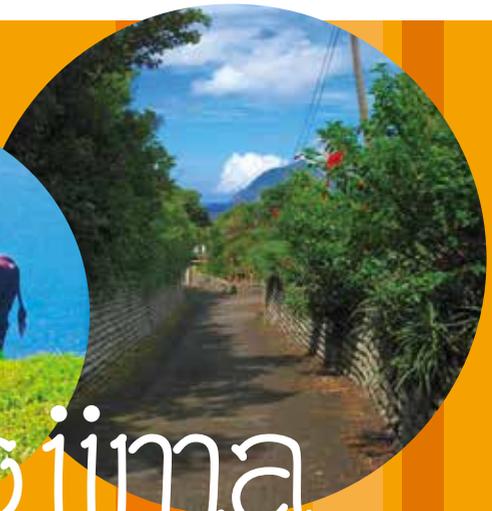
## Kabutsu sherbet Ashitaba gelato Sweet and salty milk gelato

Food used ▶ Kabutsu, *ashitaba*, sea salt

Available: Year-round

¥380

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.



# Hachijojima

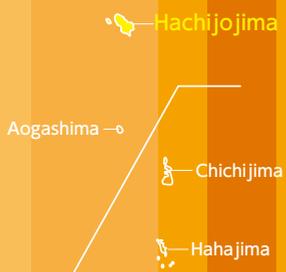
Hachijojima is located in the southern part of the Izu Islands. Take time to explore the island's unique culture and history.

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.

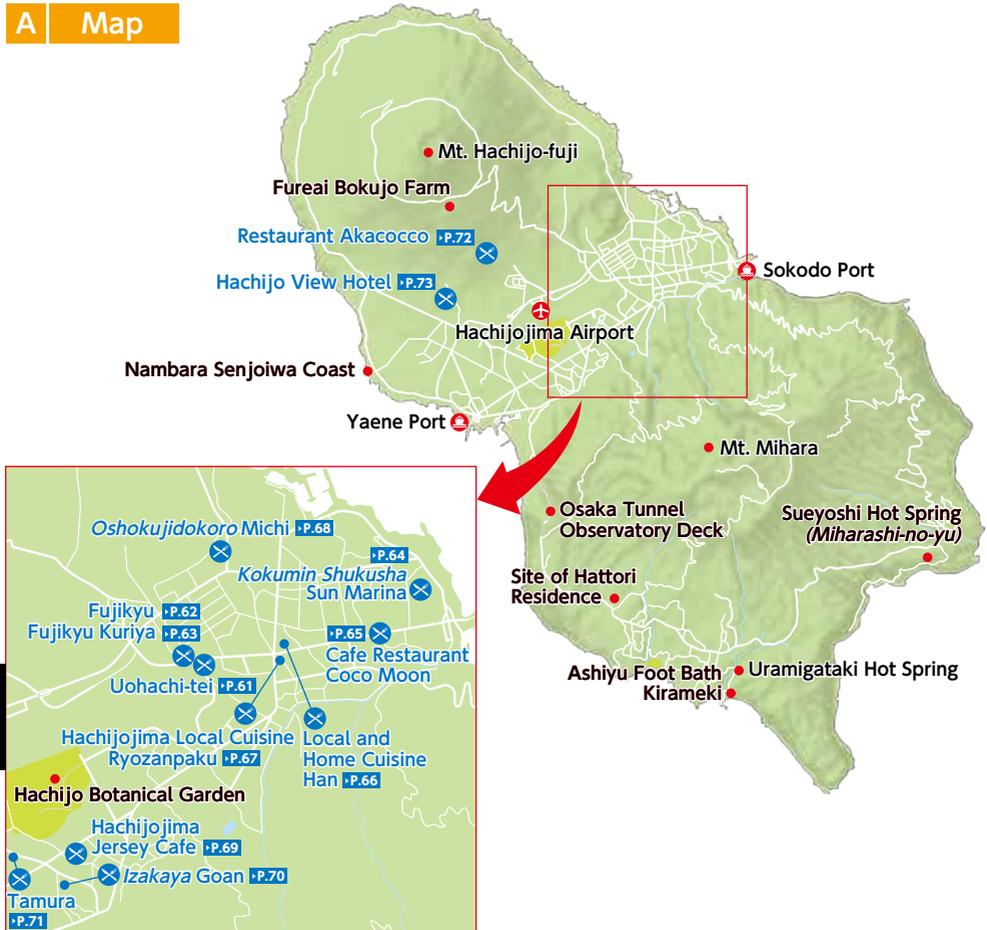


## Access

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



## B Main events

January	Hachijojima Public Road Race
Late March - Early April	Hachijojima Freesia Festival
Late July	Hachijojima Summer Festival
August	Hachijojima Beach Festival
	Hachijojima Summer Fireworks Festival
September	September: Surfing Competition
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, Hachiyo-machi, Hachijojima

Opening hours: 18:00 - 3:00 (Last Order 3:00) Closed: Tuesday

☎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 **¥2,000**

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

# Fujikyu Kuriya

Address: 203-2 Mitsune, Hachijo-machi, Hachijojima  
 Opening hours: 11:00 - 14:00 / 17:00 - 21:00 Closed: Sundays  
 (\*If you plan to visit after 13:30, please contact by phone in advance)

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 **¥1,600**

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.



## Dipping *ashitaba* noodles

Food used ▶ *Ashitaba*, salt

Available: Year-round **¥1,400**

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



## Island *sushi*

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

Available: Year-round **¥1,300**

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.





<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.





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

¥1,512

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



## 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*.



## Ashitaba soba salad

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

Available: Year-round

¥980

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.



# Local and Home Cuisine Han

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

ACCESS MAP



☎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 and 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

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.



## Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round **¥860 - ¥1,000**

Separate from other *tempuras*, it's fried with oil used exclusively for *ashitaba tempura*, making it free of taste of other food. In addition, they serve carefully-selected *ashitaba* only.

## Budo

Food used ▶ Japanese red alga

Available: Year-round **¥600**

Home cuisine of Hachijojima made from fish meat and Japanese red alga seaweed, seasoned in a unique way, cooled and jellied.



## Assorted sashimi

Food used ▶ Seasonal fish only from Hachijojima

Available: Year-round **¥1,060**

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



# 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*, 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.

# 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 - 23:00 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.



## 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.



## 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.



## 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: 2637-11 Okago, Hachijo-machi, Hachiojima, Tokyo  
 Opening hours: Bento Sales 6:30 - 12:30, *Izakaya* (Saturday only) 17:00 - 21:00  
 Closed: Sundays



☎04996-2-4003



They offer normal *bento* and rice balls with island laver, as well as wholesale of *ashitaba* roll *sushi*. You are always welcome to drop by. They also serve as *izakaya* only on Saturdays. Enjoy menu of the day that uses ingredients from the island, and have a wonderful time with friendly and local regular customers.

## Ashitaba roll sushi

Food used ▶ *Ashitaba*, shavings of dried round scad

Available: Year-round

¥650

It is outstanding and modest luxury menu that uses agrochemical-free *ashitaba*, shavings of dried round scad, and wine vinegar. It is perfect for souvenir as well as for lunch and dinner. Sold only at the following stores:

Retailers: Airport Restaurant Akacocco, Supermarket Asanuma, DOLCE NAKAMURA



\*Nominated for the 2018 Bento and Prepared Meal Awards

## Ashitaba roll sushi bento and noodle set bento

Food used ▶ *Ashitaba*, island laver

Available: Year-round

¥500

A noodle set *bento* with either *ashitaba* roll *sushi* or an island *nori* rice ball (changes daily). Available at Supermarket Asanuma and DOLCE NAKAMURA.



## Island laver rice ball

Food used ▶ Island laver

Available: Year-round

¥160

It is a rice ball of sea-scented island laver. It is a soy sauce-based menu stimulating nostalgic tastes.



# 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

¥1,200

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

¥1,600

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

Pieces of *sushi* that uses 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

¥950

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.



# Hachijo View Hotel

ACCESS MAP



<http://www.hachijo-v.co.jp/>

Address: 4422-1 Okago, Hachijo-machi, Hachijojima

Opening hours: Open all hours Closed: Open everyday

☎04996-2-3221



This *ryokan* hotel, centered around *washitsu* Japanese style rooms, has excellent views due to its location in the hills of Hachijo Fuji.

Our Japanese style dishes, using healthy ingredients and fresh local fish taken from Hachijojima's waters, are artfully prepared with our famous *ashitaba* and have been well received.

The menu may change depending on the season.

## Local fish assortment

Food used ▶ Seasonal local fish

Available: Year-round

¥3,240

We harvest many seasonal local fish, such as flying fish, and high class migratory fish from the waters around Hachijojima.

We *agariyare* and eat the fresh fish here on the island, where they are still their freshest.

(*agariyare* is our local way of saying "invite you to enjoy")



## Hachijojima traditional island sushi

Food used ▶ Seasonal local fish

Available: Year-round

¥2,160

Fresh local fish are served in Hachijojima's traditional sushi style, where sliced fish are picked in special soy sauce and then combined with a dab of *karashi* mustard, instead of *wasabi*, and sweeter *sushi* rice than normal. Best authentic island cuisine!

