



Izu Islands

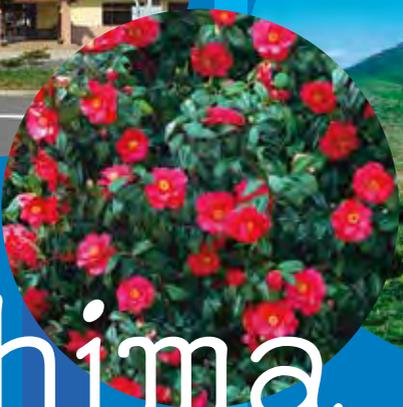
The Izu Islands, which are part of Tokyo, are a group of volcanic islands that runs from Izu Oshima off the coast of Sagami Nada and continues for about 600 km to the south.

Many of the volcano-made islands are shaped like mountains floating on the ocean, and volcanic activities are still continuing in Oshima and Miyakejima.

Fishery and seafood processing industries are thriving in each island, and delicious fish cuisine and unique souvenirs are abundant. For example, camellia oil was a popular item among the commoners of the Edo period.

In this chapter, we will introduce attractions and restaurants of Oshima, Toshima, Niijima, Shikinejima, Kozushima, Miyakejima, Mikurashima, Hachijojima, and Aogashima.





Oshima

The largest island of the Izu Islands where people and nature coexist around the grand Mt. Mihara.

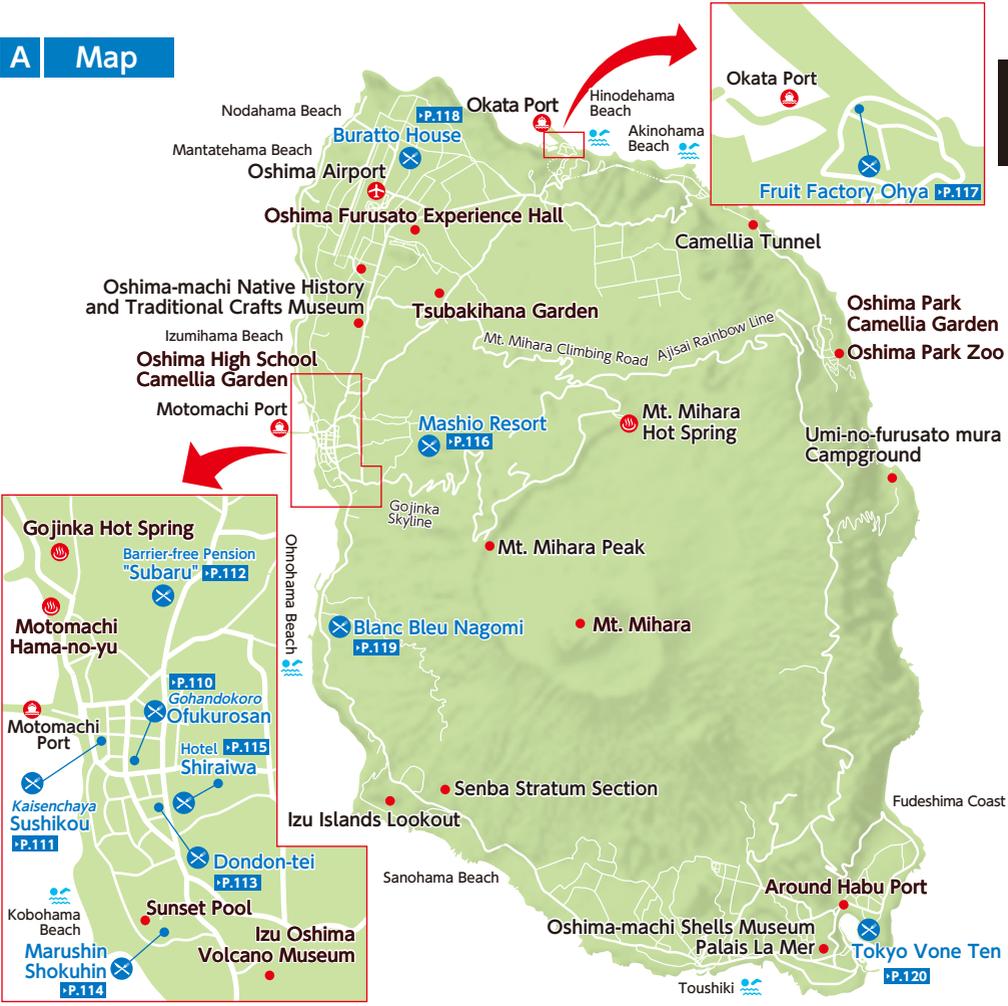
Oshima is the largest island of the Izu Islands located about 120 km from the central Tokyo. Mt. Mihara rises in the center of the island, and they have a very popular hiking course where the crater can be seen from the top of the mountain. The climate is warm and humid because of the Kuroshio Current, and the average annual temperature is around 16 °C (60.8 °F). As the closest Izu island to the central Tokyo, Oshima is crowded with many tourists during the period of camellia bloom and summer.



Access

Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [1hour45minutes]	Oshima
	High-speed jet ferries are also in service from Atami. (45 minutes)	
Chofu Airport (New Central Airservice)	Large passenger ship [8hours]	
	Airplane [25minutes]	
<Contact> Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191		

A Map



B Main events

Late January to late March	Izu Oshima Tsubaki Matsuri (Camellia Festival)
February	Camellia Queen Contest / Photo Session
	Izu Oshima Camellia Marathon
June	Izu Oshima Triathlon
August	Tokyo's Cup Yacht Festival
	Summer Festival
	Miss Oshima / Miss Anko Presentation
	Izu Oshima Goodwill Children's Baseball Tournament
October	Autumn Fair
	Izu Oshima Geopark Rogaining
December	Izu Oshima Marathon

C Tourist information

Oshima Tourism Association
 URL <http://www.izu-oshima.or.jp> TEL 04992-2-2177



Oshima. Gohandokoro Ofukurosan

ACCESS MAP



Address: 1-1-2 Motomachi, Oshima-machi
 Opening hours: 7:00-14:00 / 17:00-20:00
 Closed: Not fixed

☎04992-2-0296



A neat little Japanese restaurant in the central Motomachi area.

Enjoy the good old home cooking of the island that will make you feel at home.

The restaurant opens early at 7 a.m. and is particularly popular among visitors who arrive at Oshima early in the morning on a large passenger ship.



Fried chicken set meal of the "Island"

Food used ▶ Green chili

Available: Year-round

¥800

Chicken is marinated in a spicy sauce with green chili to make it "island" style. You'll love the juicy chicken softened with grated apples in the sauce and the spicy taste of the green chili.

Bekko-don

Food used ▶ Green chili, seasonal fish

Available: Year-round

¥1,000

Bekko is a traditional island cuisine made by immersing the local fish in green chili, soy sauce, sweet cooking sake, sake, and other seasonings. The spiciness of green chili is quite addictive. It is a hearty meal which is one of the popular menus along with "Fried chicken set meal of the 'Island'."



Oshima *Kaisenchaya* Sushikou

Address: 1-4-7 Motomachi, Oshima-machi
 Opening hours: 11:00-15:00 (LO 14:00) / 17:00-22:00 (LO 21:00)
 Closed: Wednesday

ACCESS MAP



☎04992-2-0888



Sushikou has a great view as it is located on the second floor of a building within a short walk from Motomachi Port. You can enjoy your food looking out at the sea.

Their menu consists mainly of fresh fish caught at Oshima.



12 pieces of Nigiri-sushi of the island

Food used ▶ Tuna, *bekko*, seasonal fish

Available: Year-round **¥2,200**

They serve hand-formed *sushi* using *bekko*, tuna, and other fresh local fish that every visitor should try.

The restaurant's original menu, *bekko-don* in the stone-roasted *bibimbap* style is popular for the taste of the scorched rice. Mix and taste with local laver and raw egg. You can also enjoy it in *ochazuke* (boiled rice in soup) style.



Stone-roasted *bekko-don*

Food used ▶ *bekko*, island laver

Available: Year-round **¥1,450**

Godzilla *sushi*

Food used ▶ Bermuda catfish

Available: Year-round

¥1,000

Godzilla *sushi* uses Bermuda catfish, which is a black purple fish like Godzilla of Izu Oshima that has a sharp tooth in a big mouth.

Although it is fatty, it is not heavy and has a great aftertaste. Great choice for a souvenir, too.



Shima-don

Food used ▶ Splendid alfonsino, tuna, *bekko*, seasonal local fish

Available: Year-round **¥1,600**

In addition to tuna and *bekko* (a local specialty of white-meat fish marinated in a soy and island chili pepper), three kinds of fresh local fish are served in a bowl.

Oshima Barrier-free Pension “Subaru”

ACCESS MAP



<http://userweb.www.fsinet.or.jp/subaru/>

Address: 1-23-6 Motomachi, Oshima-machi

Opening hours: 13:00 - 14:30 / 18:00- 21:00 Closing day: Not fixed

☎04992-2-1142



The owners started this small hotel because they wanted people to feel truly enriched by interacting with others and nature. They serve food hoping that customers say, "I want to go to Oshima because I want to eat delicious island cuisine in the barrier-free Subaru!"

On a warm, sunny day, you can also enjoy your meal on the lawn terrace.



Shima kaiseki

Food used ▶ Splendid alfonsino, yellowstriped butterfish, chicken grunt, abalone, *ashitaba*, green chili, etc.

Available: Year-round

From ¥4,320

They plan the menu every day based mainly on the fish caught on that day and serve dishes with a menu card.

(Example) *Ashitaba Namul*, *sashimi*, salt-grilled red sea bream head, *Magochazuke* (raw fish and boiled rice in a soup) of bonito, etc.

Seafood wappa-meshi set meal

Food used ▶ *Hambanori* (local laver), abalone, *ashitaba*

Available: Year-round

From ¥2,700

Based on the local cuisine "*hambanori* (local laver) and rice," it's the fish, abalone, and vegetables from Oshima such as *ashitaba* all steamed in "*wappa* (circular wooden container)." Enjoy while it's hot.

Camellia petal jam

Food used ▶ Camellia petals

Available: Year-round

¥756



Brilliant pink jam made by boiling "camellia petals" which can be used in various ways such as eating with bread and making a Russian tea by putting it in your tea and enjoy watching the petals floating in the tea.

Camellia Petal Jam is also produced and sold at a hotel in Tokyo as its private brand product.





Home Delivery Kitchen

Dondon-tei



Address: 2-11-13 Motomachi, Oshima-machi
 Opening hours: 6:00 - 8:30 / 11:00 - 14:00 / 17:00 - 22:00
 Open 365 days of the year; Closed at 14:00 on Sundays

☎090-3343-3001

Oshima



The store serves *donburi* (rice bowls) made from seafood and agricultural products in Oshima.

They pay a lot of attention to broth and sauce made by its own recipe, and pursue the taste unique to this store.

In addition to the dishes served in the store, they also offer takeout and delivery services.



Seared *bekko-don* of splendid alfonsino

Food used ▶ Splendid alfonsino, green chili

Available: Year-round **¥1,300**

This is their original *bekko-don* with seared fish of proprietary recipe marinated in *bekko* sauce which is richer than ordinary one.

You can enjoy splendid alfonsino which can only be tasted here.

Dondon-tei Special *Ashitaba-don*

Food used ▶ *Ashitaba*, island laver, seafood

Available: Year-round **¥680**

Kakiage tempura on hot rice along with *ashitaba*, Japanese leek, and rock laver sautéed with Dondon-tei's original broth and sesame oil.

Enjoy food from the mountains and the sea of Oshima in one bowl.



Oshima

Marushin Shokuhin

ACCESS MAP



Address: 2-20-2 Motomachi, Oshima-machi

Opening hours: Contact by the previous day (reservation required)

Closing day: Not fixed

* Accept orders from 5 people or more.

☎04992-2-2702



Marushin Shokuhin is a caterer of local gourmet *bento* which was developed more than 10 years ago under the concept of local production for local consumption.

They have worked together with the locals to develop great bentos that contain the best of everything by lavishly using seafood and agricultural products of Izu Oshima, hoping that visitors will love them.

Their bentos taste best eaten in the beautiful nature of Oshima.

Island *bento*

Food used ▶ Sazae shellfish, abalone, splendid alfonsino, *ashitaba*, minced smallfish, powdered smallfish

Available: Year-round
(excluding July and August)

¥1,200

A luxurious *bento* that lavishly uses fresh seafood and food from the mountains of Oshima.

It is a long-selling item that has survived without any changes for many years, full of local gourmet foodstuff and loved by many.



Island *bento* deluxe

Food used ▶ Japanese spiny lobster, sazae shellfish, abalone, splendid alfonsino, *ashitaba*, minced smallfish, powdered smallfish

Available: Year-round
(excluding July and August)

¥2,000

A luxurious version of *Island bento* with Japanese spiny lobster from the near waters. You can experience Oshima's delicious local food.

Enjoy the blessings of nature of Oshima that are pleasing to your eyes and palate.



Oshima Hotel Shiraiwa

<http://www.h-shiraiwa.com/>

Address: 3-3-3 Motomachi, Oshima-machi

Opening hours: 7:30 - 20:00 Open all year round

ACCESS MAP



☎04992-2-2571



This beautiful hotel is known for "Benitsubaki *-no-yu*," a hot spring generated by the eruption of Mt. Mihara in 1986. They put a lot of thought into the ways to make tourists enjoy food from the mountains such as *ashitaba* and various types of seafood by using camellia oil from Takada Seiyujo, the long-established refinery, and the *Umi-no-sei* salt made from seawater of Oshima.

Live abalone *sashimi*

Food used ▶ Abalone

Available: January to October **¥4,320**

You can savor the texture of abalone and smell of ocean as the *sashimi* is prepared from live abalone caught in the sea around Izu Oshima just before serving. It's usually eaten with regular *wasabi* soy sauce, but the Island's special green chili soy sauce is also recommended.



Simmered whole splendid alfonsino

Food used ▶ Splendid alfonsino

Available: Year-round **¥3,780**

They simmered whole splendid alfonsino caught in the vicinity of Izu Oshima with sweetened soy sauce. A large pot is used to cook, which makes it a gorgeous dish that you cannot taste in everyday life. You can taste all of splendid alfonsino, from the tip of the head to the base of the tail.



Live spiny lobster *sashimi*

Food used ▶ Japanese spiny lobster

Available: Mid-October to early May **¥7,560**

You can savor the sweet plump white meat of Japanese spiny lobster as the *sashimi* is prepared from live lobster caught in the sea around Izu Oshima just before serving. Upon request, *miso* soup using the lobster's shell and tomalley for broth will be served for breakfast the next morning.





Mashio Resort

ACCESS MAP



<http://www.mashio.com>

Address: 492-1 Ohora, Motomachi, Oshima-machi

Opening hours: 18:00 - 22:00 (reservation required) Open all year round

☎04992-2-7317



The hotel is located in the heart of nature's bounty on the hillside of a mountain. You can enjoy their original cuisine made from distinctive fresh local ingredients and the view of the Izu Peninsula and Mt. Fuji outspreading before you.

* We apologize in advance that the hotel does not accept pre-school children. However, this does not apply to the exclusive use of the entire hotel.



Mashio's special dinner

Food used ▶ Seasonal local fish, seasonal vegetables, Oshima milk, Oshima salt, etc.

Available: Year-round

¥6,480

(Course example) Appetizer, seasonal soup, carpaccio of local fish, frita of local shellfish, main dish of local fish, etc.

This special course is lavished with island vegetables and fish from which you can savor tastes of all four seasons.

The brilliant colors of the ingredients grown in the sea and the soil of Izu Oshima are filled with energy. The owner focuses on serving colorful dishes hoping that visitors will be more energetic tomorrow than today.



Oshima Fruit Factory Ohya

Address: 5 Okata, Oshima-machi

Opening hours: 10:00 - 16:00

Closed: Wednesdays, sailing days from Motomachi Port (excluding summer) ☎04992-2-8503

ACCESS MAP



Oshima



They make confiture, compote, smoothie, etc. from carefully- selected seasonal fresh fruit. Based on the concept of natural products, they pay attention to bringing out the natural taste of the fruit without using preservatives or artificial colors.

Compote/confiture of passion fruit and peach

Food used ▶ Passion fruit

Available: from July until the stock runs out

¥1,200 | ¥900 | ¥860
for Large | for Medium | for Small

Through the unique combination of passion fruit and peach from Oshima, the confiture was born with a brand-new taste.



Ashitaba green smoothie

Food used ▶ Ashitaba

Available: Year-round

¥400

They made the smoothie by mixing apple and lemon with *ashitaba* from Oshima. You can enjoy the refreshing flavor with a scent of *ashitaba*.



Passion fruit smoothie

Food used ▶ Passion fruit

Available: Year-round

¥500

A smoothie using very fragrant passion fruit from Oshima. You will taste the rich tropical flavor in your mouth.



Buratto House

ACCESS MAP



Address: 87-1 Shinkai, Okata, Oshima-machi

Opening hours: 9:00 - 16:00

Open all year round (excluding the Year-End / New Year holidays)

☎ 04992-2-9233



The town invited suggestions for its name from the public on its PR magazine and "Buratto House" was selected based on the image of a place where you can "drop in casually (i.e. buratto)". This is a farmers' market managed by farm producers on the island, where the farm/milk/dairy products from the island are sold and you can have hot coffee and gelato made with local ingredients.

Gelato

Food used ▶ Oshima milk and seasonal ingredients (ashitaba, Oshima salt, camellia petal jam, pumpkin, passion fruit, etc.)

Available: Year-round

¥220

Gelato made from 100% Oshima milk.

The producers insist on using fresh ingredients such as vegetables and fruits, and visitors can always choose from about 10 kinds of flavors. Island passion fruit flavor has been added recently, and you can enjoy the texture of pulp and seed.

They use fresh milk processed in the neighboring Izu Oshima Milk Plant.

Double scoops also available (¥370).



* Fresh vegetables sold in the market are also recommended.





Address: Owana Nomashi, Oshima-machi
 Opening hours: 7:30 - 20:00
 Open 365 days of the year

☎04992-2-0700



A Japanese inn built on a quiet hill of Nomashi in the style of a tea-ceremony house which evokes a feeling of calmness. They use ingredients produced in the island as much as possible for their menu, including their homegrown organic vegetables. They prepare the food in a way that matches the season, bringing out the good taste/flavor of the ingredients to the maximum.

Blanc Bleu Nagomi breakfast

Food used ▶ Ashitaba, eggplants, potatoes, eggs of silky fowl

Available: July to September

¥1,000-¥1,500

Healthy breakfast focusing on the island ingredients. Eggs of silky fowl and distinctive island tofu, which you usually don't get a chance to eat, are exquisite.



Blanc Bleu Nagomi lunch

*Reservation required before the noon of the previous day

Food used ▶ Seasonal local fish, seasonal vegetables, etc.

Available: Year-round

¥1,500

A generous portion of food from the island such as seasonal vegetables and fish is on a plate along with pasta, a cake, and coffee.

Japanese-style lunch (with dessert) also available on a monthly basis.





Tokyo Vone Ten

ACCESS MAP



<http://tokyovonetten.com>

Address: 6 Habu-minato, Oshima-machi

Opening hours: 11:00 - 17:00 Closed: Mondays, Tuesdays

☎04992-4-1567



A café with a characteristic building reminiscent of the good old *Showa* era.

In addition to serving shaved ice and fish-shaped pancakes (*Taiyaki*) made with Oshima's specialties such as *ashitaba*, eggs, ocean salt, and Oshima milk, they also sell handmade souvenirs by local artists.



Ashitaba shaved ice topped with sweet beans/ condensed milk made from Oshima milk

Food used ▶ *Ashitaba*, Oshima milk

Available: May to October

¥650

This is the original *ashitaba* shaved ice with sweet beans. Enjoy the taste of sweetened *Dainagon azuki* beans which pair wonderfully with *ashitaba* syrup. Topping of homemade condensed milk made from Oshima milk is also recommended.

Brown rice risotto in a fish-shaped *Taiyaki* pancake

Food used ▶ *Ashitaba*, Oshima milk, local eggs, ocean salt

Available: Year-round

¥300

Italian-inspired fish-shaped *Taiyaki* pancake with brown rice risotto inside which is cooked with *ashitaba*, carrots, potatoes, and hemp seed nuts in homemade tomato-miso sauce.



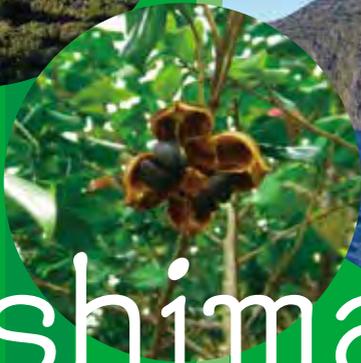
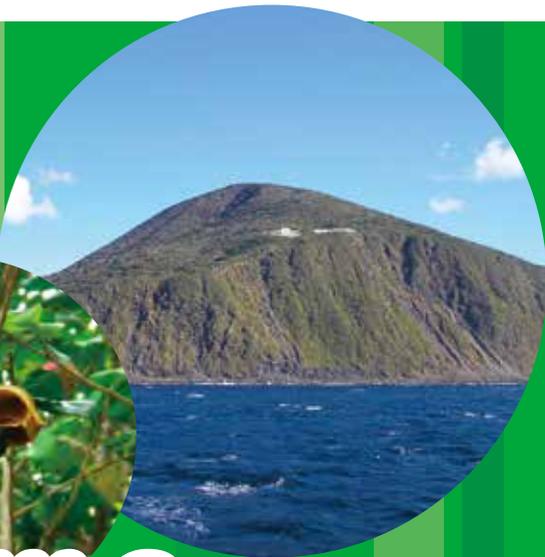
Cold fish-shaped *Taiyaki* pancake with *ashitaba* in the batter

Food used ▶ *Ashitaba*, Oshima milk

Available: Year-round

¥250

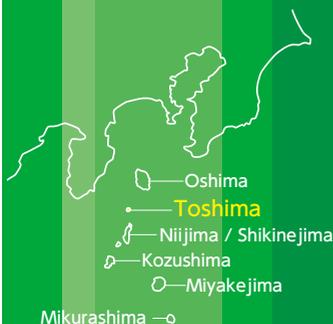
Bright-colored, chewy cold *Taiyaki* pancake with tapioca powder and *ashitaba* powder in the batter.



Toshima

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

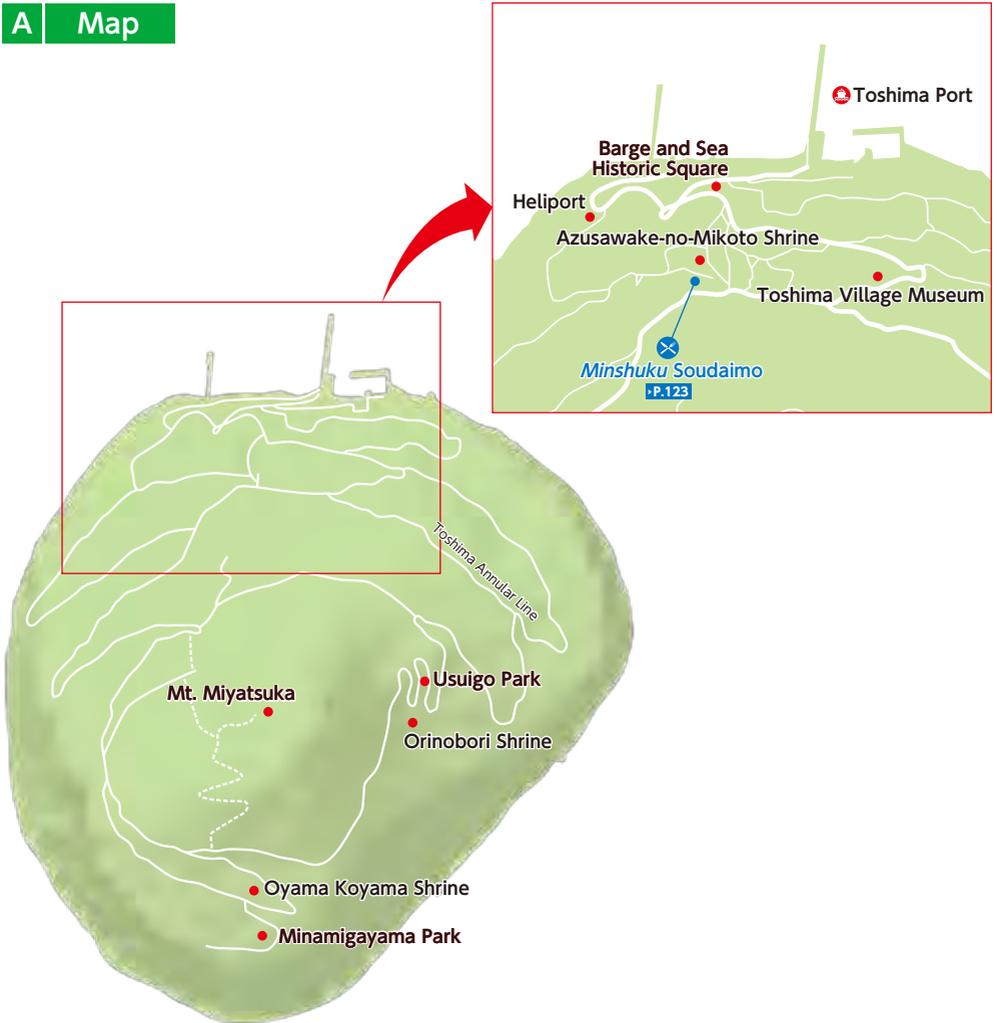
Toshima is located about 140 km from the central Tokyo, between Oshima and Niijima. It is the smallest island in Tokyo with an outer circumference of 8 km and area of 4 km². Mt. Miyatsuka rises in the center of the island, and it looks as if the entire Toshima is formed only by Mt. Miyatsuka. Camellias 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

Mid-August Bon Festival Dance / Summer Fireworks Festival

C Tourist information

Toshima Village Hall

URL <http://www.toshimamura.org/> TEL 04992-9-0011





Minshuku Soudaimo

<http://www.13.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.

