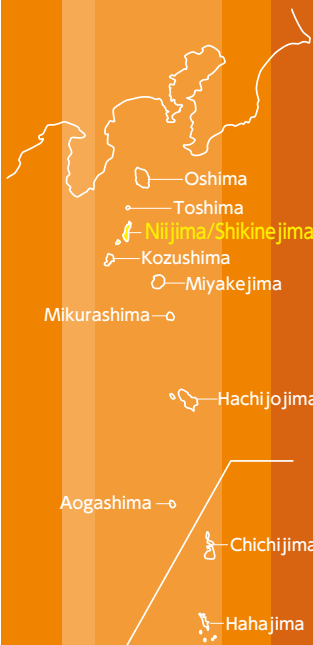




Niijima Shikinejima

You can enjoy two different attractions:
Niijima with shining white sand beach and
Shikinejima with full of nature
on a small island.

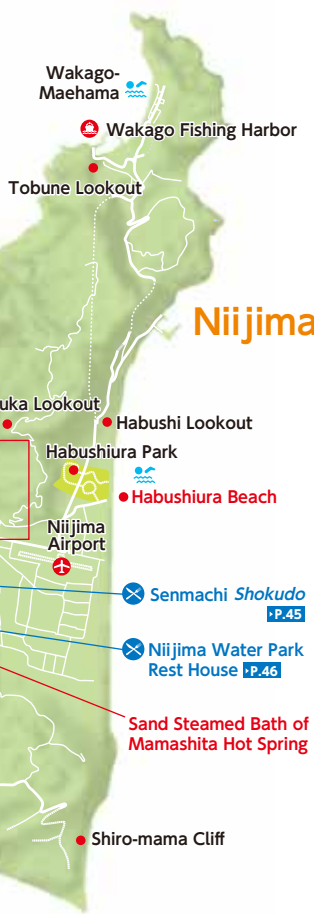
Niijima is an island located about 150 kilometers from the central Tokyo, in the middle of the Izu Islands. The east side of Niijima is a white sandy beach with the beautiful contrast between the sea and the sky, which is a popular area. It is also a world-famous beach with waves attracting many surfers. 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

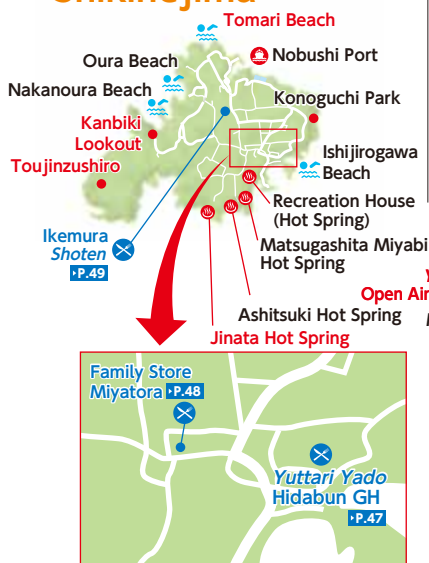
Takeshiba Passenger Ship Terminal (Tokai Kisen)	High-speed jet ferry [2hour50minutes]	Niijima	High-speed jet ferry [15minutes]	Shikinejima
	Large passenger ship [10hour35minutes]		Large passenger ship [20minutes]	
Chofu Airport (New Central Airservice)	Airplane [35minutes]		Ferry Nishiki [10minutes]	
<p><Contact> Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825</p>				

Map



Niijima

Shikinejima



Main events

May	Niijima Triathlon
June	Shikinejima Marathon
July	Niijima Open Water Swimming Competition
July	Tokyo Governor's Cup / Seven Cross Tokyo Surfing Masters
August	JPSA Niijima Professional Surfing Competition
October	Niijima International Glass Art Festival

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



Nijjima

Izakaya Nihonbashi

Address: 1-3-6 Honson, Nijjima-mura
 Opening hours: 18:00-24:00
 Closed: Wednesdays

ACCESS MAP



☎04992-5-1890



Enjoy the local sake and *shochu* along with a variety of dishes made with fresh local fish and a generous amount of home grown vegetables in an at-home atmosphere.

Minced fried blue mackerel scad

Food used ▶ Blue mackerel scad

Available: Year-round **¥605**

Blue mackerel scad is favored as an appetizer when drinking alcohol for its protein rich flavor, and it is also dried and fermented for consumption as *Kusaya* on the island. The minced fish was prepared by carefully removing the bones, and the result is then deep fried.



Whole boiled Akaika (local squid)

Food used ▶ Akaika (local squid)

Available: Year-round (Depends on catch availability)
 From **¥980**

The Akaika, local squid (also known as neon flying squid), is a long squid with a bright red color. It's flesh is soft and slightly sweet to the taste. The whole squid is boiled to give it a nicely chewy texture, and it is served with green onions and ginger for flavoring.

Ashitaba tempura

Food used ▶ Ashitaba

Available: Year-round **¥660**

This generous portion of *Ashitaba Tempura* makes ample use of *Ashitaba* leaves, a famous product of Nijjima. Sprinkle salt to taste and enjoy.



Niijima

Someimaru Inn

ACCESS MAP



<https://ja-jp.facebook.com/年間民宿-お宿-そうめいまる-325248914236809/>

Address: 2-6-12 Honson, Niijima-mura

Opening hours: Open all year Closed: No fixed days

☎ 04992-5-1085



The inn with the blue roof near Jyusansha Shrine on the eastern inland side of the Maehama coast. For a limited time, visitors can enjoy a barbecue in the garden using caught fish and vegetables harvested in the fields as ingredients. (Reservation required, please call and inquire)

Someimaru Dinner

Food used ▶ Seasonal local fish,
seasonal vegetables

Available: Year-round

Included in the lodging charges

Dinner consists of a variety of dishes that are prepared using local fish and vegetables from the island. The photo is an example dinner for two people, and, even though the dinner's ingredients change with the seasons, it is always delicious.



Sashimi with Local Fish

Food used ▶ Seasonal local fish

Available: Year-round

Included in the lodging charges

Fresh fish caught in the seas near Niijima are offered so that guests can enjoy the flavors of the season.



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

Sakae Zushi

ACCESS MAP



Address: 5-2-9 Honson, Niijima-mura

Opening hours: 11:30 - 13:30/18:00 - 22:00 Closed: No fixed days

☎04992-5-1539



Sakae *Zushi* has been offering island sushi on the island for many years, and in the evening there are a variety of dishes available that are made using island ingredients. The restaurant may be quite crowded, especially in the summer, so checking in advance by phone is recommended. Lunch reservations are not accepted.

Island Sushi

Food used ▶ Seasonal local fish

Available: Year-round

¥2,000 (excl. tax)

Niijima's traditional island *sushi*. Seasonal fish such as red seabream, Japanese butterfish, and greater amberjack are marinated in soy sauce then garnished with mustard. This large, filling meal has thick slices of fish (*sushi-neta*) that practically melts in your mouth and a plentiful volume of sushi rice.



Ashitaba and Chikuwa Tempura

Food used ▶ Ashitaba

Available: Year-round ¥550 (excl. tax)

Soft and easy-to-eat *ashitaba*, produced on Niijima, are made into *tempura* together with *chikuwa*. The fluffy texture of the *chikuwa* and the slight bitterness of the *ashitaba* make for an addictive combination. Arranged like a blooming flower, the dish is as beautiful as it is delicious.



Fish Carpaccio

Food used ▶ Seasonal local fish

Available: Year-round ¥900 (excl. tax)

Fish carpaccio made with seasonal fish caught in the waters around Niijima, such as red seabream, Japanese butterfish, and greater amberjack. Enjoyed together with seasonal vegetables in a tangy sauce.





P 1 vehicle



ACCESS MAP



Nagomidokoro Sunshine

<https://www.facebook.com/新島-和み処-サンシャイン-1624831054431371>

Address: 6-1-3 Honson, Niijima-mura

Open hours: 11:30-13:30 (Summer) 18:00-22:00 Closed: No fixed days



This *izakaya* located along Honson Chuo street operated by a transplant to Niijima serves *Kushiage* (deep fried skewered meat and vegetables), *Basashi* (horse *sashimi*), and home made Oden for most of the year except summer. They also serve such popular local cuisine as *Kusaya* (dried, fermented fish) and *Tatakiage* (deep fried minced fish).

Niijima
Shikineijima

Akaika Yakisoba (fried noodles with local squid)

Food used ▶ Akaika (local squid), island laver

Available: Year-round

¥800

This is a local dish on Niijima made with filling noodles and a special sauce.



Fried rice with salted Akaika

Food used ▶ Akaika (local squid)

Available: Year-round

¥850

This dish uses Akaika (local squid) that remains soft after cooking. The salty fragrance will excite your appetite.

Ashitaba Frappe

Food used ▶ Ashitaba, Ashitaba powder

Available: Year-round

¥650

This is a frozen smoothie made with made with the famed Ashitaba leaf of the Izu Islands. The drink goes down smoothly while keeping the clear taste of Ashitaba.

Niijima

Senmachi Shokudo

ACCESS MAP



Location: 2nd floor, Niijima Port Passenger Terminal, Azakurone, Niijima
 Opening hours: 10:00-15:00 Closed: Tuesdays and no fixed days



This diner is located on the second floor of the Niijima Port Passenger Terminal. Enjoy the beautiful ocean view as you dine on your meal made with local Niijima ingredients as you wait for your ferry or playing by the seaside. Take out is also available.

Laver bento

Food used ▶ Laver

Available: Year-round

¥600

Enjoy the fragrance of the sea in this dish that places Karaage fried chicken over deep-fried *Chikuwa* and fried eggs, topped with *Isonori* (seaweed) for a meal you can dig right into.



Ashitaba Pesto Pizza

Food used ▶ Ashitaba pesto (produced on Niijima)

Available: Year-round

¥1,500

An authentic pizza with *ashitaba* pesto layered on top of generous amounts of cheese and bacon. Sprinkling chili oil, made from island chili peppers, on top of the pizza will make it even more satisfying!

Tataki soup

Food used ▶ Blue mackerel, scad laver

Available: Year-round

¥250

Tataki, or minced and seasoned blue mackerel scad is a popular local dish on Niijima. Many restaurants serve their own versions of *Tatakiage*, or deep fried *Tataki*, but *Tataki* soup is found almost nowhere else. Enjoy the soft texture of the *Tataki* with the rich *Umami* (or savory) flavor of seafood.





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 days

☎04992-5-1772

Niijima
Shikanejima



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.

Taco Rice with Island Laver

Food used ▶ *Ashitaba*, island laver

Available: Year-round

¥1,080

The island laver and slightly sweet and sour salsa sauce make for an excellent combination in this dish, bright and vibrant from using lots of vegetables.



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.



Ashitaba Cream Soda

Food used ▶ *Ashitaba*

Available: Year-round

¥600

The image of *ashitaba* resting lightly on the cream soda brings to mind Niijima's blue sea and white waves, and when mixed, it changes to a beautiful hue closer in color to the Niijima's sea. Highly recommended.



Salad rice with *Akaika* (local squid)

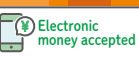
Food used ▶ *Akaika* (local squid)

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.





Yuttari Yado Hidabun GH



<http://hidabun.com>

Address: 9 Shikinejima, Niijima-mura

Open all year round

☎04992-7-0072



This is the only guest house on Shikinejima, located close walking distance from Ishijirogawa Beach. The dormitory rooms, perfect for a long term stay, were also just refurbished. Dinners using local island produce are also available as an option.

Niijima
Shikinejima

Seasonal sashimi (reservation required)

Food used ▶ Seasonal fish

Available: Year-round

From ¥2,000

This sashimi assortment is made using only seasonal fish, including such items as *Takabe* (yellowstriped butterflyfish) and *Ise-ebi* (Japanese spiny lobster) *Ikizukuri* (sashimi prepared while the fish is still alive) or *Akaika* (red flying squid) and *Tobiuo* (flying fish) sashimi.



Sautéed summer vegetables

Food used ▶ Tomato, eggplant, paprika

Available: July to September

From ¥600

Home grown summer vegetables such as tomatoes, eggplant, and paprikas are sautéed with olive oil and bacon.



Milk Kanten (agar jelly)

Food used ▶ *Tengusa* algae agar

Available: Year-round

Set price included (Sets from 1,200 Yen)

Meal sets include a dessert of milk *Kanten* jelly made with *Tengusa*, a type of seaweed collected on Shikine-jima rich in dietary fiber. Milk *Kan* is another dessert made by the elderly proprietor often requested by guests.



P 4 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted

ACCESS MAP



Shikinejima

Family Store Miyatora

<https://www.miyatora.com/>

Address: 283-2 Shikinejima, Niijima-mura

Opening hours: 8:00-19:00 (open until 20:00 in summertime)

Closed: Sundays(open every day during summer and long holidays)

☎04992-7-0304



This shop offers *Bento* boxed lunches available only here featuring ingredients from Niijima and Shikinejima.

Their motto is to accommodate the needs of their customers as much as possible, and they're popular for the variety of the *Bentos* and other ready made meals on the menu. They accept credit cards, QR payment, and electronic money payments.



Tataki Maru

Food used ▶ *Ashitaba, kusaya*

Available: Year-round

¥200

Tataki is a dish local to Shikinejima. It consists of minced fish with seasonings kneaded in, and this shop features its own original blend.

Ashitaba Tsukudani (*Ashitaba* leaves boiled in soy sauce), *Kusaya* (fermented dried fish), and ham and cheese are variously wrapped in rice and then wrapped in *Tataki* and fried in this island's famous recipe.



Island Laver Bento

Food used ▶ *Ashitaba*

Available: Year-round

¥560

The store's most popular *bento*, with Shikinejima-produced *ashitaba tempura* and homemade fried local dishes. The laver layered on top of the rice brings out an island feeling.

Akaika Yakisoba (fried noodles with local squid)

Food used ▶ *Akaika (local squid)*

Available: Year-round (Reservation required off season)
(Orders closed when the supply of *Akaika*, local squid runs out)

¥560

Akaika Yakisoba (fried noodles with red flying squid) is a local dish popular with gourmands that is true to the Niijima and Shikinejima brand.

The special extra thick noodles and special sauce, with the restaurant's own secret ingredient, is fried together with *Akaika* caught fresh by the fishermen of Shikinejima.



Niijima
Shikinejima



Shikinejima

Ikemura Shoten



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

Address: 348-1 Shikinejima, Niijima-mura

Opening hours: 7:30 - 19:00 (7:30 - 21:00 in summer)

Closed: No fixed days (Open during the Golden Week holidays and summer) ☎04992-7-0016



Popular items include *bento* lunchboxes, deli items, and various types of fresh-baked and fried breads, all made from island ingredients such as home-grown vegetables and fresh fish caught by the owner. Delivery to various locations on the island is also available for reservations of ¥1,000 or more. Please feel free to inquire. Also sold are beverages, island *shochu* liquor, and groceries.

Niijima
Shikinejima



Shikine bento

Food used ▶ Blue mackerel scad, flying fish, *ashitaba*, green chili

Available: Year-round **¥650**

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 mackerel scad, flying fish, *ashitaba*

Available: Year-round **¥220**

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.



Laver bento

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

Available: Year-round **¥540**

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

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.

