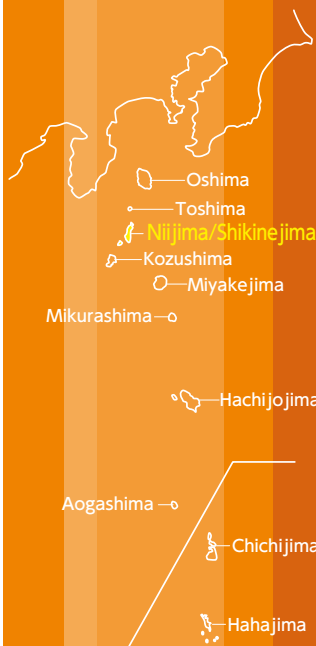




# Niijima Shikinejima

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.

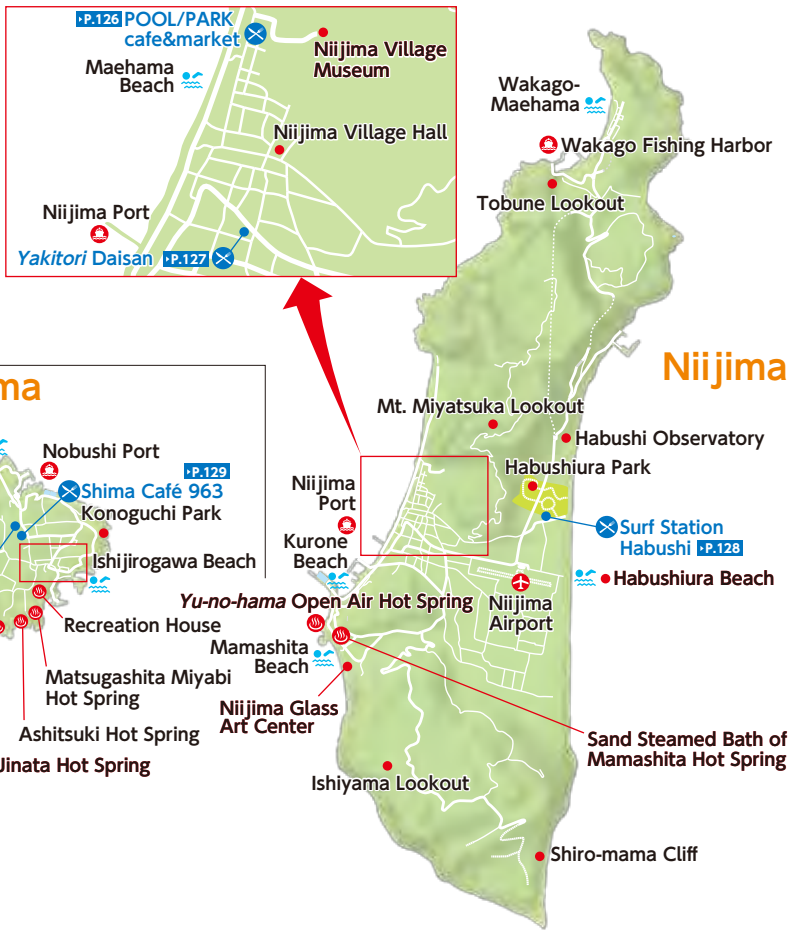


## Access

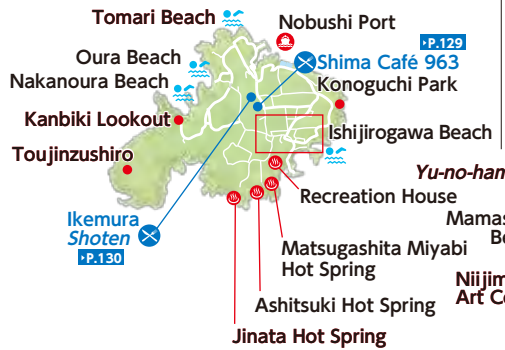
<b>Takeshiba Passenger Ship Terminal</b> (Tokai Kisen)	High-speed jet ferry [2hour50minutes]	<b>Niijima</b>	High-speed jet ferry [15minutes]	<b>Shikinejima</b>
	Large passenger ship [10hour35minutes]		Large passenger ship [20minutes]	
<b>Chofu Airport</b> (New Central Airservice)	Airplane [35minutes]		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/PARK cafe & market

ACCESS MAP



<http://m.facebook.com/poolandpark>

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 (from Niijima)

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-hiyama, Niijima-mura

Opening hours: 11:30 - 16:00 Closed: Tuesdays, Wednesdays

☎04992-5-1816



A cottage-type inn located nearest to the Habushi-ura Beach where the world surfing competitions are held.

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.



## Akaika pasta

Food used ▶ Akaika squid

Available: Year-round

¥980

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

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

## Dinner with island fish

Food used ▶ Seasonal local fish

Available: Year-round

¥2,500

Dinner with seasonal fish such as splendid alfonso, Japanese bluefish and greater amberjack, served either as *sashimi* or simmered fish. Only available to the inn guests.





# Shima Café 963

ACCESS MAP



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

Address: 344-5 Shikinejima, Niijima-mura

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

☎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.

Niijima  
Shikinejima

## Island-style *Gaprao*

Food used ▶ *Ashitaba*

Available: Year-round

¥980  
(excluding tax)

They transformed the popular *Gaprao* with rice into a brand-new *Gaparo* 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.



## Shikine lemon fried rice

Food used ▶ Lemongrass

Available: Year-round

¥898  
(excluding tax)

A plate of fried rice with locally-produced lemongrass seasoned with lemon juice and fish sauce. Dried shrimp brings out the umami taste of the dish.



# Ikemura Shoten

ACCESS MAP



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

Address: 348-1 Shikinejima, Nijjima-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 bento, 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.



## 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.



## 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.

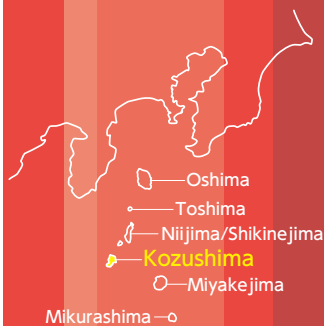


# Kozushima

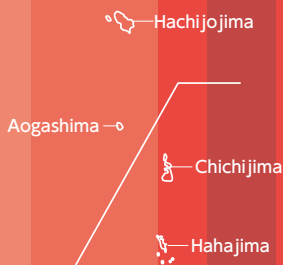
An island where gods gathered together.

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]	
<p>(Contact) Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191</p>		



## A Map



## 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



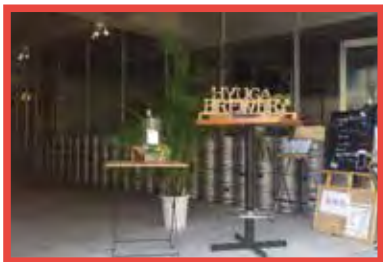
<http://ja-jp.facebook.com/Hyuga-brewery-1626260377681468>

Address: 142-2 Kozushima-mura

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

Closed: Mondays

**04992-7-5335**



You can leisurely enjoy local draft beer which can only be tasted here.

The Brewery's policy is "women friendly," i.e. female visitors can drop in casually even without a company. And their symbolic flower is sunflower. Have a pleasant time in a bright and fashionable space.

Kozushima

## Ashitaba pizza

Food used ▶ Ashitaba

Available: November to July

¥900

Homemade dough is baked to crispy texture, which adds to the deliciousness of the pizza.

Plenty of *ashitaba*, one of the healthiest vegetables, is used.



## Ashitaba ale beer

Food used ▶ Ashitaba

Available: Year-round

From ¥600

The first locally-made beer in Tokyo Islands with good-tasting spring water and *ashitaba* from the island.



## Baguette with salted squid guts

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

Available: Year-round

¥450

They arranged Kozushima specialty salted squid guts into western style. Why don't you try and be surprised at the new taste?





# 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!!

## 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



# Restaurant Sabusaki

ACCESS MAP



Address: 1-1 Sabusaki, 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.

## 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

¥530

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.



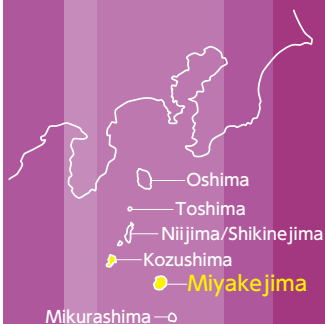


# Miyakejima

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.

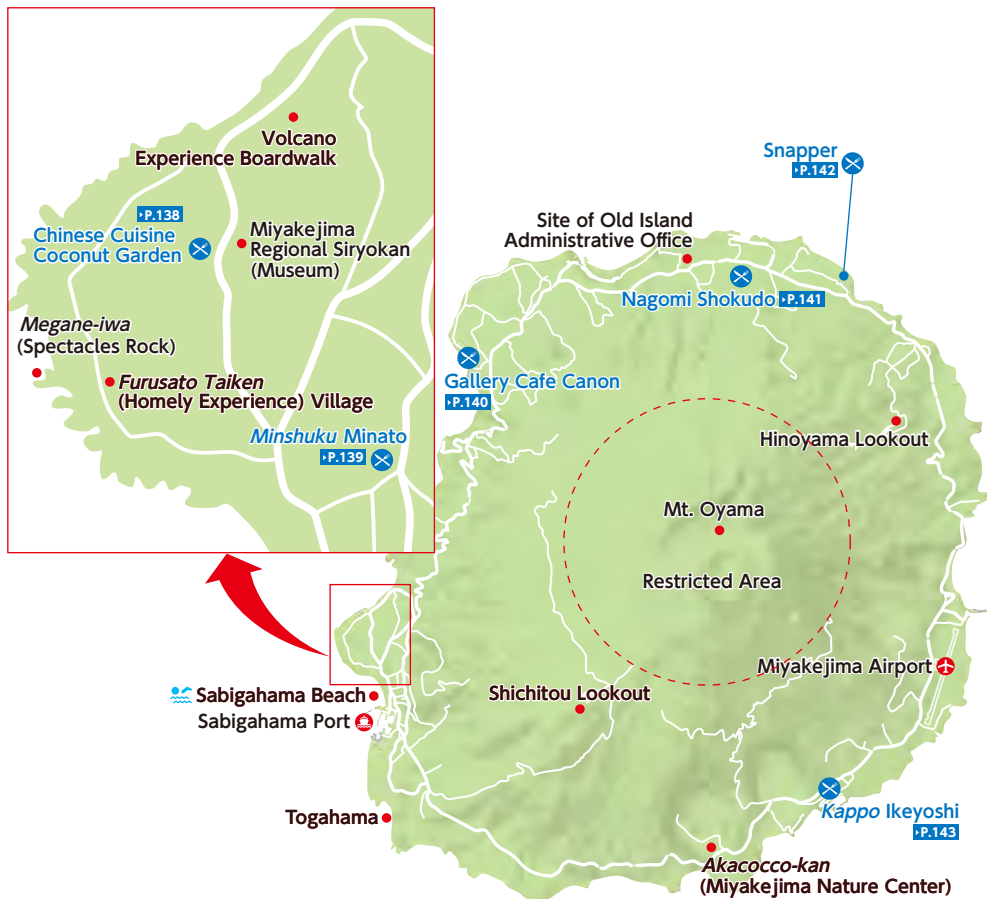
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



## Access

<b>Takehiba Passenger Ship Terminal</b> (Tokai Kisen)	Large passenger ship [6hour30minutes]	Miyakejima
<b>Chofu Airport</b> (New Central Airservice)	Airplane [50minutes]	
<b>Oshima</b> (Toho Air Service)	Helicopter [20minutes]	
Tokai Kisen Customer Center: 03-5472-9999 New Central Airservice: 0422-31-4191 Toho Air Service Hachijojima Office:04996-2-5200		
<b>(Contact)</b>		

**A** Map



Miyakejima

**B** Main events

January 2	Ship Festival
July 3rd Sunday	Gozutenno Festival
Late July - early August	Marineshole 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



Miyakejima

# Chinese Cuisine Coconut Garden

ACCESS MAP



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

ACCESS MAP



<https://www.facebook.com/Gest-House-Minato-Miyake-jima-536168019869855/>

Address: 2102 Ako, Miyake-mura, Miyakejima

Regular closing day: Not fixed

☎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 12:00 - 16:00, Fri / Sat 11:00-16:00

Closed: Mondays, Thursdays, 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 *Seiryō 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.



## 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.



## Cookie cream puff (Passion fruit cream)

Food used ▶ Passion fruit

Available: Year-round

(only on Tuesdays) (excluding summer)

¥250 - ¥300

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.





# Nagomi Shokudo

ACCESS MAP



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

ACCESS MAP



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

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima  
Opening hours: 7:00 - 21:00 Closing day: Not fixed

☎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: 3135-1 Tsubota, Miyake-mura, Miyakejima  
Opening hours: 11:00 - 21:00 Open: 365 days of the year

☎04994-6-0118



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.

### Chirashi sushi

Food used ▶ Splendid alfonso, bonito, *akaika* (local squid) and other seasonal fish

Available: Year-round

¥1,800

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



### Nigiri sushi

Food used ▶ Bonito, *akaika* squid, splendid alfonso 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.



### Bonito-don (lunch)

Food used ▶ Bonito

Available: March to June,  
September to November

¥800

They use slices of bonito marinated in a ginger soy sauce. It is recommended to eat with condiments such as *shiso* leaves, fine strips of Japanese green onion and Japanese ginger.



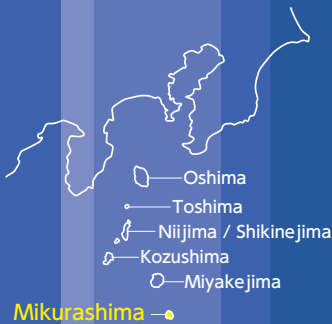


# Mikurashima

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

**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

ACCESS MAP



<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: Monday

☎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.



Mikurashima



## 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.