

Tokyo's Islands

# SHIMA

One city.  
Two worlds.



Tokyo Bay  
Tokyo

Mikurashima  
Tokyo

# Welcome to Tokyo's Islands!



Explore the scenery, warmth, and hot springs gifted to us by volcanic activity. A natural paradise where you can immerse yourself fully in nature.

Tokyo's islands, the Izu and Ogasawara Islands, formed when the Philippine Sea Plate, traveling north from the Pacific Ocean, collided with the Japanese mainland about a million years ago. Since then, volcanic activities have shaped the land, and today, 21 active volcanoes can be found, including those on islands and reefs. The islands continue to evolve as geological forces remain at work.

The closest island to central Tokyo, Oshima, is 120 kilometers away. You can reach it by ship or plane, with ship or helicopter services connecting the islands. Surrounded by the sea, the islands offer stunning panoramic views from observation points, where the blue ocean stretches as far as the eye can see. In addition to swimming and fishing, you can snorkel in the clear waters, where vibrant fish swim like those in an aquarium. It's also possible to

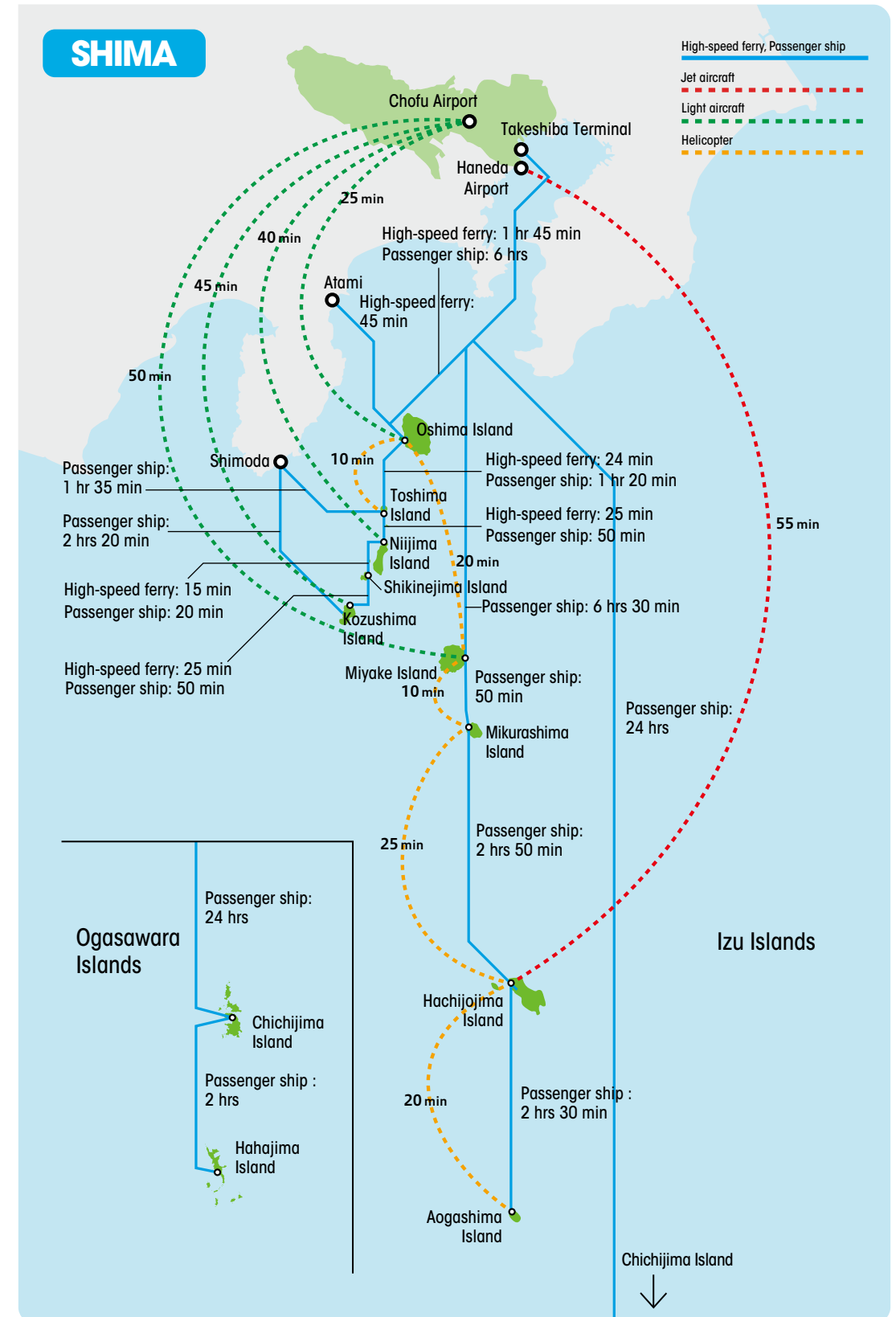
encounter majestic sea creatures such as whales, dolphins, and sea turtles, and sometimes, you might even get the chance to swim alongside them.

Ogasawara, a UNESCO World Natural Heritage Site since 2011, has been attracting more attention in recent years. However, it remains a hidden gem. With no airport, the only way to reach the island is by ship, departing Takeshiba Pier approximately 1,000 kilometers away. Only one or two 24-hour ship trips run each week, preserving its peaceful and remote charm. The islands are home to many unique species of plants and animals that have evolved in isolation, offering a serene escape from the hustle and bustle of daily life. Step away from your usual routine and immerse yourself in this extraordinary, tranquil world.



1. Swim alongside wild dolphins in the crystal-clear waters! (Chichijima, Ogasawara) 2. A stunning rock formation where layers of volcanic rock are revealed through road construction. (Oshima) 3. Kurone Beach, the perfect spot to relax and swim, is the gateway to Nii-jima. 4. On Chichijima in the Ogasawara Islands, islanders gather to bid farewell to the regular ferry's departure. 5. Shima-Zushi - a local delicacy of white fish marinated in soy sauce and served with mustard.

## How To Get To SHIMA



# Highlights

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## Majestic Mountains



1. A vibrant rainbow emerges after the rain at the [Osaka Tunnel Observation Site](#). (Hachijojima)
2. The striking cliffs of [Mount Nippon-shinzan](#), formed overnight by an eruption in 1983, stand in bold red and black. (Miyakejima)



3. [Urasabaku](#), with its vast expanse of scoria and volcanic ash, stretches to the east of [Mount Mihara](#). (Oshima)
4. Hike the [Chibusayama Trail](#) to discover endemic plants, birds, and insects. The 6-kilometer round trip takes about 4 hours. (Hahajima, Ogasawara)
5. The [Tamaishi Walls](#) shield houses from storms, while broadleaf trees atop it serve as a natural windbreak. (Hachijojima)

## Plants of Izu and Ogasawara



Camellia



Bougainvillea



Schima merfensiana



Chinese ixora



Hibiscus



Shima banana



[Fureai Farm](#) - a ranch where Kuroge Wagyu cattle graze on the mountain slopes. (Hachijojima)

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## Blue Seas

1. The [Akasaki Promenade](#) stretches about 500 meters along Akasaki Coast, with diving platform along the way for those who want to leap into the sea. (Kozushima)
2. The unique square-shaped [Izu-Misaki \("Izu Cape"\) Lighthouse](#) offers views of Niijima, Kozushima, and, on clear days, Mount Fuji. A perfect spot for evening views and stargazing. (Miyakejima)



The [Nanbara Senjojiki Beach](#), where lava from [Hachijo Fuji](#) volcano cooled to create striking rock formations, extends 500 meters long and 100 meters wide. (Hachijojima)



3. [Omura Coast](#), adjacent to [Futami Port](#), where the [Ogasawara Maru](#) ferry departs and arrives. Known for its early beach opening each New Year's Day. (Chichijima, Ogasawara)
4. [Ishijiro Coast](#), with its soft white sand and clear waters, is also an ideal spot for snorkeling. (Hahajima, Ogasawara)



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The long, emerald-green [Habushiura Coast](#) attracts surfers with its strong waves in spring and autumn. (Niijima)



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# Experience

Discover unforgettable moments on islands far from Central Tokyo, where nature's gifts from the sea, volcanoes, and diverse plant and animal life await.

1. Skin-dive or snorkel with dolphins on Mikurashima, Toshima, and in the Ogasawara Islands (please check the available seasons for this experience).



## The Kuroshio Current

The Kuroshio Current is a warm ocean current that branches off from the North Equatorial Current and flows along Japan's southern coast. Its warm waters and abundant nutrients support a diverse range of marine life and sustain a rich ecosystem. The Tokyo's islands benefit from the current's influence, enjoying warm sea temperatures that allow for coral reefs and a mild climate.



2. Watch for the spectacular surfacing of majestic humpback whales!

3. Humpback whales visit the Ogasawara Islands from November to May and Hachijojima from November to April. We recommend visiting from February to April for the best chance of sightings.



## Get up close with ocean friends!

Beyond the islands lies the vast Pacific Ocean, where large marine mammals like dolphins and whales migrate along the Kuroshio Current. Although encounters in open water are rare, local guides know these animals' patterns well, greatly increasing your chances of seeing them. Dolphins are found year-round, while whale season spans from winter to spring, so plan ahead for the best timing. The friendly Indo-Pacific bottlenose dolphins on Mikurashima and Ogasawara often swim alongside visitors, and playful spinner dolphins jump and frolic in the waves created by boats.

Japan's first whale watching tours began on Hahajima. Humpback whales, sometimes over 15 meters long, migrate from Ogasawara to Hachijojima, an area that's also a breeding ground, where you may spot mother-and-calf pairs.

## Land and sea adventures

The islands offer unique landscapes, flora, fauna, and marine life found nowhere else. Jump into the heart of nature and get active! Guided hikes reveal the island's hidden wonders, with passionate local guides making each step more meaningful. Want to feel the island breeze? Try cycling along scenic routes, some used in competitions. In the sea, dive to explore vibrant fish and coral, or try fishing. Discover dynamic experiences that can only be found on these islands.

Explore Ogasawara's terrain, plants, and animals with a guided forest and mountain tour. Courses are chosen to match the day's conditions. (Chichijima, Ogasawara)



1. *Alsophila pustulosa*, a natural monument, features aerial roots resembling a trunk and spreads its leaves like wings. (Hachijojima) 2. *Hachijo Fuji*, standing 854 meters above sea level, was formed by volcanic activity 10,000 years ago. It's a 1-hour, 20-minute hike from the trailhead to the summit. (Hachijojima) 3. The crystal-clear seas around the Izu and Ogasawara Islands offer incredible diving. Numerous diving schools provide license courses, too! 4. Meet colorful fish while snorkeling in the clear waters.



5. Enjoy rock fishing while watching the sunset. (Chichijima, Ogasawara) 6. You might catch impressive fish like this one at offshore fishing spots. (Chichijima, Ogasawara)



7-8. Biking is a great way to explore these compact islands. With few cars, you'll enjoy a relaxed, scenic ride. (Oshima)



# Traditions



Separated from the mainland by distance and with limited transportation options, the islands have developed unique cultures that make the most of nature. Discover a lifestyle woven from the sea, volcanoes, flowers, trees, and the island breeze.

## Experience the traditional craft of *kihachijo* textiles

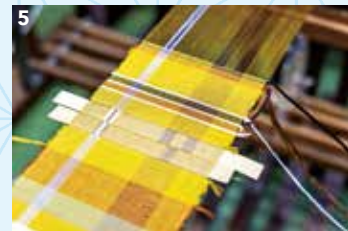
*Kihachijo* is a traditional textile crafted on Hachijojima for over 1,000 years. Silk threads are dyed using three distinctive colors—yellow, birch, and black—derived from plants found on Hachijojima, then woven with warp and weft threads to create unique striped patterns. You can purchase fabric rolls and accessories made from *kihachijo* cloth, and even try your hand at weaving or wearing a kimono made from it. It's a memorable way to bring a piece of Hachijojima home with you.



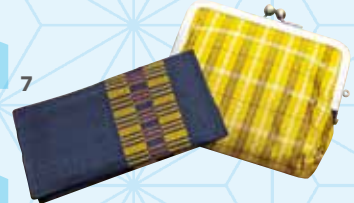
1. Traditional *kihachijo* cloth. Its versatile colors and patterns make it suitable for all ages. 2. The stripe pattern is created by changing the thread colors as they weave, line by line.



3. Threads dyed with natural, island-sourced materials. 4. Four looms are available for hands-on experience. 5. The experience takes 60 minutes, allowing you to weave 12-13 centimeters of *kihachijo* cloth. 6. Your woven cloth can be sent to you afterward. 7. Small items like *kihachijo* wallets and business card holders make perfect souvenirs.



*Hachijo Taiko* is a traditional local performing art where one person stands on each side of the drum, maintaining the rhythm, while the other plays the main phrase.



## Camellia oil: Nourishment for skin and body

On Oshima and Toshima, wild camellia fruit thrives in the ideal climate, producing an oil valued for cooking, lighting, medicinal use, and cosmetics. Camellia oil, rich in oleic acid, is known for its health and beauty benefits, and a wide range of products has been developed from it. At the [Oshima Furusato Experience Center](#), you can try the traditional oil-extraction process—crushing, steaming, squeezing the camellia fruit, and tasting the fresh oil.



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1. [Oshima Furusato Experience Center](#), where you can try hand-pressing camellia oil. 2. Camellia fruit packed with premium oil. 3. Camellia flowers decorating the island. 4. Organic camellia oil from Toshima, Japan's top camellia oil producer, for use on your skin and hair. 5. Naturally sourced camellia oil that keeps skin moisturized. 6. Camellia oil shampoo, a customer favorite. 7. Camellia oil soap, suitable for both face and body. 8. Hand cream, perfect for winter use. 9. [Oshima Park Camellia Pavillion](#), a dedicated camellia exhibition center near the Camellia Garden, featuring displays on camellia science and the history of its cultural use by the local community.

## Glass art from volcanic rock

Niijima's volcanic rock, called Koga stone, is unique to this island and the Italian island of Lipari. For nearly 40 years, the [Niijima Glass Art Center](#) has been transforming this rare rock into glass art—the only place in the world to do so. Its most striking feature is its mysterious greenish hue.



Glasswork crafted from Niijima's distinctive volcanic rock (Koga stone).

The [Niijima Glass Art Center](#) hosts a glass art festival and connects globally through the art of glass.



A stark view from the No.1 lookout point on the [Mount Mihara Hiking Course](#) in Oshima's Urasabaku. Shelters line the trail, adding a sense of tension to the rugged scenery.



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## Gifts from the volcanoes

The Izu Islands, made up of volcanic islands and reefs, are still geologically active. While major eruptions can cause damage, islanders have learned to harness lava, volcanic ash, and geothermal energy to shape their way of life.

10. [Jinata Onsen](#) on Shikinejima, where hot springs bubble up from rocky coastlines, as if split by an axe—a true blessing from the volcano. 11. The Tamaishi Walls, the orderly stone walls of Hachijojima, are built from volcanic rocks, showing how volcanoes are part of daily life.

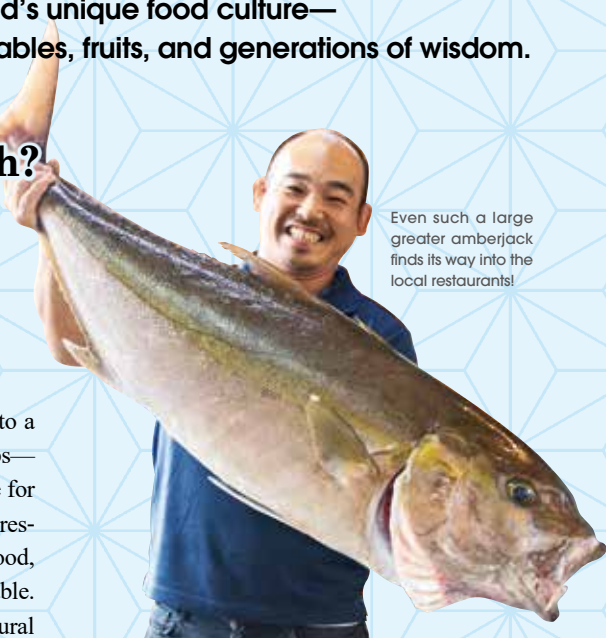
# Food & Cuisine

Experience the island's unique food culture—  
flavors shaped by local fish, vegetables, fruits, and generations of wisdom.

## How do you eat island fish?

On islands surrounded by the ocean, fresh seafood is a cornerstone of the diet. Depending on the season, different types of fish are caught, and it's common to enjoy them fresh as sashimi, salt-grilled, or stewed.

However, the island lifestyle also comes with challenges. When the sea becomes rough due to a typhoon, boats—including ferries and passenger ships—may be unable to go out for several days. To prepare for this, locals have long had to come up with various preservation methods such as pickling and drying seafood, well before refrigerators and freezers became available. These traditional methods actually enhance the natural flavors of the fish. Why not try the island fish dishes that are brimming with this culinary tradition?



Even such a large greater amberjack finds its way into the local restaurants!



2. **Bekko-don**: Fish marinated in chili soy sauce is placed on sushi rice, giving it a flavorful, spicy kick.



3. **Shima-Zushi**: A type of nigiri sushi made with white fish marinated in soy sauce and other ingredients. What sets it apart is the use of mustard instead of wasabi.



The sashimi platter features island fish known locally by unique names, carefully selected from the freshest catch of the day.



1. **Kusaya** set meal: Fish, traditionally considered a precious food, is soaked in a saltwater solution passed down from the restaurant's founding and then dried to preserve it.



4. **Sea turtle sashimi**: A rare dish outside of Ogasawara, though conservation efforts are also being made to protect the species while still offering this unique experience. 5. **Miyakejima's specialty teriyaki mackerel sandwich**: So popular that reservations are required. It features fried mackerel coated in a savory sauce. 6. **Oshima's Habuminato**: This harbor, shaped by volcanic activity, serves as the base for many fishing boats, offering both protection and easy access to the sea.



## Delicious and healthy *ashitaba* dishes

*Ashitaba*, a vibrant green leafy herb cultivated on Oshima, Hachijojima, and other islands, is known for its resilience—it's said that even if you pick it today, it will sprout again by tomorrow. Rich in vitamins, minerals, and dietary fiber, *ashitaba* is also prized for its immunity-boosting and antioxidant properties.



This vivid green herb is at its peak in spring and autumn.



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1. **Ashitaba udon**, made with *ashitaba* kneaded into the noodles, and crispy *ashitaba* tempura. 2. *Ashitaba* is available for purchase in supermarkets and other local shops.



Popular *ashitaba* dishes include *tempura* and *ohitashi*, in which the herb is gently boiled and immersed in a dashi-based sauce to enhance its delicate flavor.

## Tropical fruits and island-made *sake*

With its warm climate, scarce water sources, and limited rice paddies, the islands have developed a distinct food culture. Instead of rice-based *sake*, the islands produce *shochu*, a distilled spirit made from sweet potatoes and barley. Agriculture focuses on crops like potatoes, fruits, and flowers, and for decades, subtropical crops have also been cultivated. With limited transport access, locals create various processed foods, such as jams, noodles, and sweets, which capture the island's unique flavors.



Island-made spirits include *shochu* from the Izu Islands and Ogasawara Islands, with Ogasawara also producing rum distilled from sugarcane.



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3. Lemons thrive in the islands' warm climate, inspiring a range of lemon-based products. 4. **Hachijojima lemon jam**, packed with the flavor of the island's lemons.



7. **Rare Ogasawara coffee**, cultivated without pesticides to protect the island's unique ecosystem. 8. **Ogasawara** has a 150-year history of coffee cultivation, briefly halted during the Pacific War.



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5. **Passion fruit** is widely grown in Ogasawara, enjoyed fresh, processed, and as a liqueur. 6. **Gummy candies** filled with passion fruit and Ogasawara honey.



# Retreat



Immerse yourself in the earth's heat and the natural hot springs created by volcanic activity.  
Step into nature and let its power restore you.



1. Stroll along [Maruyama Walking Trail](#), breathing in the fresh Aogashima's air.
2. Aogashima, a volcanic island with a 9-kilometer circumference, floating in the Pacific Ocean.
3. The stunning, pudding-shaped [Maruyama](#).
4. [Ikenosawa Fumaroles](#), called *hingya* (meaning "fire's edge").



5. Steam-cooked dishes in geothermal pots heated by *hingya*.
6. *Hingya* salt, crafted by concentrating seawater with geothermal steam.

## Volcanic Islands

The Izu Peninsula, Izu Islands, and Ogasawara Islands have shifted from the Pacific coast on the Philippine Sea Plate toward the Japanese mainland on the Eurasian Plate. The Izu and Ogasawara Islands were formed by volcanic activities, and Izu Oshima has been officially recognized as a Japanese Geopark for its geological significance.

## Walk, eat, and warm yourself on the volcano

[Aogashima](#), a volcanic island known for its rare double caldera, offers the [Maruyama Walking Trail](#), a 20-minute trail around the caldera's inner rim, where seasonal flowers and birds thrive. Steam vents, or *hingya* in the local dialect, were traditionally used for cooking and heating before electricity. After a scenic walk, unwind in a sauna infused with natural geothermal steam from the *hingya*.

## Relax in open-air baths with breathtaking ocean views



1. [Yu-no-Hama Outdoor Spa](#) (Niijima), with an ancient Greek-inspired building.
2. [Jinata Onsen](#) (Shikinejima), reached via a long staircase, featuring rich brown iron sulfide springs.
3. [Oshima Onsen Motomachi Hamanoyu](#) (Oshima), sourced after Mount Mihara's eruption about 40 years ago, with views of Mount Fuji.



The night sky from [Minamigayama Park](#) on Toshima Island offers a stunning view, with the lights of nearby islands shimmering beneath the Milky Way.



4. [Sueyoshi Hot Spring Miharashi-no-yu](#) (Hachijojima), where the Pacific Ocean stretches out before you.
5. [Mamashita Onsen](#) (Niijima), with views of Shikinejima and Kozushima, plus a sand bath option.



Lie back at [Yotane Square](#), a hill overlooking a village on Kozushima, and bask in the glow of falling stars.

## Stargazing under vast island skies

On islands surrounded by deep, dark seas, the night sky dazzles even brighter. The abundance of stars can make finding constellations challenging. Wander beneath them on a quiet walk, or enjoy the view from an open-air bath.

# Three Itineraries to Embrace Island Time

Leaving Tokyo Bay and journeying into the vast Pacific Ocean, you'll feel your mind unwind. Explore these islands, surrounded by endless blue.

## Itinerary 1

### Explore Chichijima and Hahajima on Ogasawara. Adventure on the World Natural Heritage Islands.

#### Chichijima and Hahajima, Ogasawara

**Day 1** Leave Takeshiba at 11:00 AM  
24 hours



**Day 2** Arrive at Chichijima at 11:00 AM

Walk, bus, rental car, or shuttle  
Drop off luggage at your accommodation  
Walk, bus, rental car, or shuttle

#### Whale watching and sightseeing Page 6

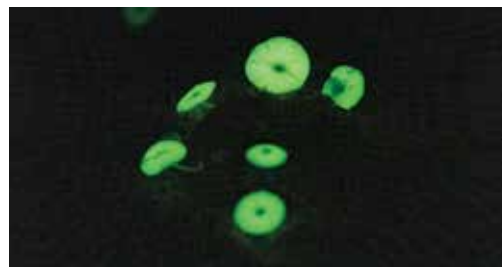
Sign up for a whale-watching excursion and board the ship to get an up-close look at these magnificent creatures. While whales can be spotted from November to May, the best viewing season is from February to April. Afterward, explore the island by car or bus, and for a deeper dive into local knowledge, visit the [Ogasawara Visitor Center](#). The [Ogasawara Marine Center](#) also offers a chance to see green sea turtles.



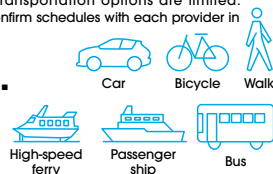
Walk, bus, rental car, or shuttle  
Check in at your accommodation  
Walk, bus, rental car, or shuttle

#### Explore nighttime nature

Experience Ogasawara's night nature on a guided [night tour](#). After dinner, join a tour that reveals the island's nocturnal wildlife, mycena chlorophos glowing mushrooms, and star-filled skies.



\*Public transportation options are limited. Please confirm schedules with each provider in advance.



**Day 3**

Walk, bus, rental car, or shuttle

#### Which marine activity would you like to try? Page 7

Choose an ocean sport that suits you, such as diving, snorkeling, or SUP. Bring your own swimsuit and reserve rentals for everything else.



**Day 4** Leave Chichijima at 7:30 AM

2 hours

Arrive at Hahajima at 9:30 AM

Shuttle

#### Hiking in the nature of Hahajima

With limited time before the ship departs, the [Kofuji course](#) is a great choice. A guided tour (reservations required) is highly recommended to learn about the island's unique features and endemic flora and fauna that you might miss on your own.



**Day 5**

Explore on foot

#### Explore Hahajima before the ship departs

Explore the island's history at the [Ross Museum](#), and enjoy the beach view and banyan trees at [Maehama](#). Don't miss the local shops offering Ogasawara's precious coral amulets, dried fruits, and more.

Leave Hahajima at 12:00 PM

2 hours

Arrive at Chichijima at 2:00 PM

Leave Chichijima at 3:00 PM

24 hours

**Day 6** Arrive at Takeshiba at 3:00 PM



## Itinerary 2

### Explore two islands in two nights and three days with a bicycle adventure.

#### Niijima and Shikinejima

**Day 1** Leave Takeshiba at 10:00 PM

10 hours 35 minutes

**Day 2** Arrive at Niijima at 8:35 AM

5 minutes

#### Mamashita Beach, known for its crystal-clear waters

Rent a bicycle near the port and ride for about 10 minutes to [Mamashita Beach](#), where you can enjoy the transparent waters and scenic views of Torigashima.

17 minutes

#### Instagram-worthy Habushiura Coast

Follow the farm road to reach [Habushiura Coast](#), famous for its white sand and great waves, making it a popular spot for surfers.

16 minutes

#### Yu-no-Hama Outdoor Spa with mixed bathing Page 13

Relax in one of the six bathtubs at this open-air hot spring facility, housed in a building with an ancient Greek motif. It's open 24 hours a day, so you can enjoy it at your leisure (swimsuit required).

**Day 3** Leave Niijima at 8:45 AM

20 minutes

Arrive at Shikinejima at 9:05 AM

#### Cycling around Shikinejima

Cycle around the 12-kilometer island at a leisurely pace. Enjoy the island's scenery, beaches, and hot springs as you explore before your departure.

Experience Shikinejima's sea at the beach Page 7

Relax at [Tomari](#), [Oura](#), and [Nakanoura Beaches](#)—ideal for swimming and snorkeling in summer. In other seasons, enjoy searching for shells and sea glass along the shore.

Page 13

#### End your island trip with an open-air bath

[Jinata Onsen](#), [Ashitsuki Onsen](#), and [Matsugashita Miyabi-yu](#), and other open-air baths near [Nobushi Port](#) allow you to freely enter while wearing a swimsuit. Take one last relaxing bath before heading home.

Leave Shikinejima at 1:25 PM

3 hours 5 minutes

Arrive at Takeshiba at 4:30 PM

## Itinerary 3

### A short getaway of one night and two days Explore nature and life on the volcanic island, Izu Oshima.

#### Oshima

**Day 1** Leave Takeshiba at 8:35 AM

1 hour 45 minutes

Arrive at Oshima at 10:20 AM

Walk, bus, rental car, or shuttle

#### Discover Izu Oshima Geopark

A guide will take you through [Mount Mihara](#), an active volcano, offering a unique view of its dynamic activities, from lava flow traces to scoria and plant life.

50 minutes

#### Unwind after your walk in the open-air bath Page 13

Relax after your walk at [Motomachi Hamanoyu](#) open-air bath in [Naganehama Park](#). The spacious bath allows men and women to bathe together while wearing swimsuits. Best enjoyed as the sun sets over the sea.

Check in at your accommodation  
Shuttle

#### Stargazing under a falling sky Page 13

Slowly moving overhead, the stars offer a spectacular celestial show that can only be experienced on remote islands.

**Day 2**

13 minutes

#### Squeeze camellia oil from seeds Page 9

At the [Oshima Furusato Experience Center](#), crush, steam, and squeeze camellia seeds to extract the oil. The oil can be enjoyed in cooking or applied to your skin and hair.

13 minutes

#### Souvenir shopping before departure Page 11

Choose from typical Oshima souvenirs like milk rice crackers, island shochu, [kusaya](#), and camellia oil products. More souvenirs are available at the passenger ship terminal.

Leave Oshima at 2:35 PM

1 hour 45 minutes

Arrive at Takeshiba at 4:20 PM

\*Travel times are provided as a general guide.

\*The information contained in this publication is accurate as of the end of August 2024. Since this information may change, we recommend confirming the details by phone or other means before setting out on your trip. Please be aware that we will assume no responsibility for any damages arising from the information contained in this publication.

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Tokyo Islands:  
The Official Website for Tokyo's Island Destinations

# One city. Two worlds.



Shiodome  
Tokyo



Oshima  
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TOKYO  
METROPOLITAN  
GOVERNMENT

**TCVB**

Tokyo Convention & Visitors Bureau