

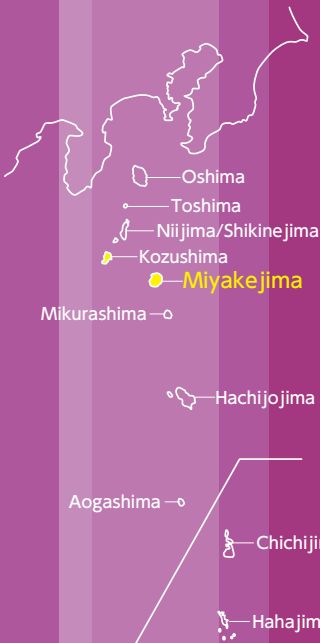


Miyakejima

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.

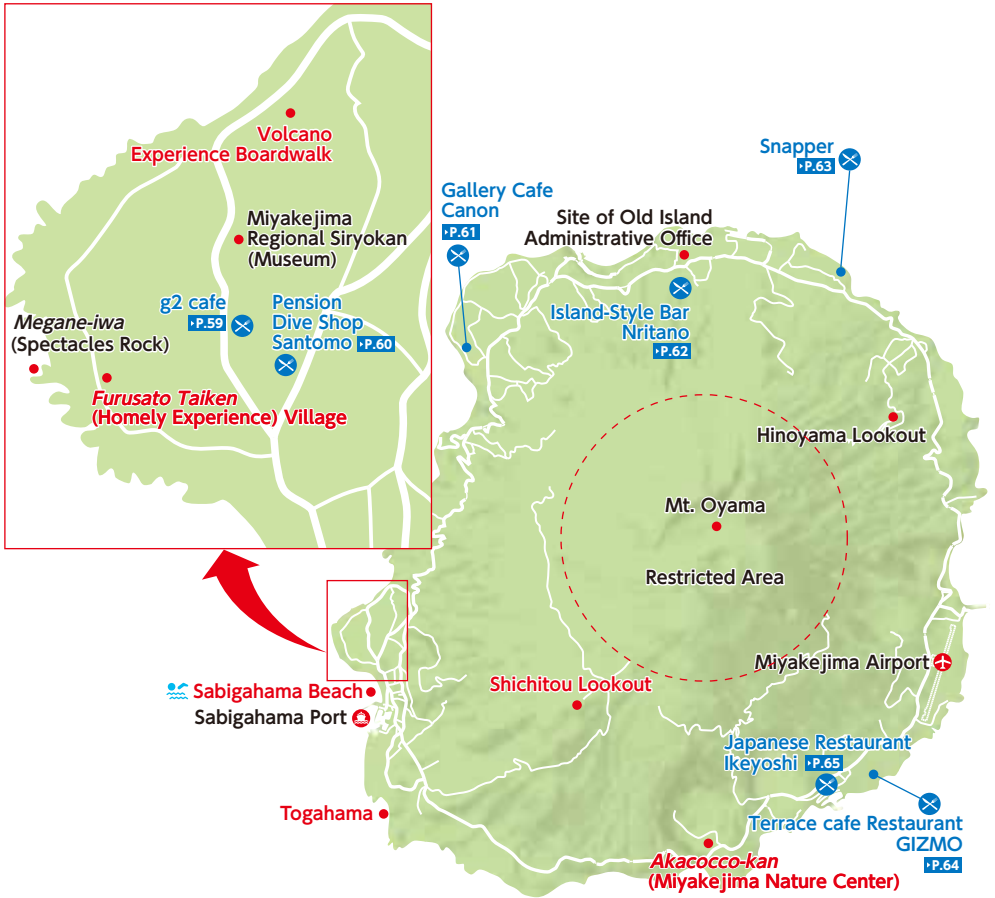
Feel the coexistence of the volcano and lives, and the dynamic power of Miyakejima that repeats eruption and regeneration as well.



Access

Takehiba Passenger Ship Terminal (Tokai Kisen)	Large passenger ship [6hour30minutes]	Miyakejima
Chofu Airport (New Central Airservice)	Airplane [50minutes]	
Oshima (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		
(Contact)		

Map



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

Tourist information

Miyakejima Tourism Association

URL <http://www.miyakejima.gr.jp> TEL 04994-5-1144



Miyakejima

g2 cafe

ACCESS MAP



Address: 568-38 Ako, Miyake-mura, Miyakejima

Opening hours: 11:30-23:30 Closed: Tuesdays, Wednesdays, Thursdays



This cafe is a welcome place to visit even alone, whether relaxing while watching the sea, enjoying a beer with lunch, or munching on *Ashitaba* while tasting the local island *Shochu*. Relax and enjoy the food cooked using seasonal ingredients from the island.

Kinmedai (splendid alfonsino) Pasta

Food used ▶ Splendid alfonsino

Available: Year-round

¥950

This is the cafe's most popular offering. The dish is accented with lemon or island chili peppers depending on the season.



Lemon Soda with Rosemary and Island Salt

Food used ▶ Island lemons, rosemary

Available: Year-round

¥550

Enjoy the vibrant scents of lemon and rosemary with this delicious drink.



Kinmedai (splendid alfonsino) Burger

Food used ▶ Splendid alfonsino

Available: Year-round

¥950

A fried burger made from splendid alfonsino. Also available for take-out.



Ashitaba Cheese Toast

Food used ▶ Ashitaba

Available: Year-round

¥600

Toast with a delicious combination of *ashitaba*, cheese, and eggs.





Miyakejima

Pension Dive Shop Santomo

ACCESS MAP



<http://santomo15.com>

Address: 575 Ako, Miyake-mura, Miyakejima Inquiry hours: 9:00-20:00

Closed: No fixed days

☎04994-5-0532



Pension Dive Shop Santomo focuses on local production and local consumption in preparing their menu featuring a mix of East and West based on traditional local island cuisine. They use the optimal cooking methods for each fresh seasonal ingredient with a priority on fresh local produce from Miyake-jima.

The relaxing inn, or "pension" in Japan, is surrounded by seasonal flowers.



Kinmedai (splendid alfonsino) dishes

Food used ▶ Splendid alfonsino

Available: Year-round

Included in the lodging charges

The pension offers a variety of dishes using *Kinmedai*, one of the key foods of Miyake-jima. Enjoy the soft and crumbly meat of the fish.

Fresh spring roll with Ashitaba

Food used ▶ Ashitaba

Available: Year-round

Included in the lodging charges

This fresh spring roll contains vegetables such as *Ashitaba*. Enjoy it with a slightly sour sauce.



Kame-no-te miso soup

Food used ▶ Kame-no-te

Available: Year-round

Included in the lodging charges

Kame-no-te, or hand of the turtle, a type of local shellfish that attaches itself to seaside rocks, is so named because it looks similar to the foot of a turtle. Including it in the miso soup results in a delicious broth.

Miyakejima

Gallery Cafe Canon

<http://natu07miyake.blog28.fc2.com> <https://plus.google.com/100119917314305134338/posts>

Address: 36 Izu, Miyake-mura, Miyakejima

Opening hours: Wed, Thu, Fri & Sat 11:30 - 16:00

Closed: Sundays, Mondays, Tuesdays

ACCESS MAP



☎ 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 scenery of the island.

Freshly made soufflé pancakes Seasonal fruit sauce

Food used ▶ Passion fruit, mangoes, kiwi fruit

Available: Year-round

¥750-1,200

The pancakes are only cooked after you order, ensuring you are served fluffy hot pancakes topped with rich homemade custard and seasonal fruit, and the homemade fruit sauce of your choice.

These pancakes earn a perfect score for volume and enjoyability.



Ashitaba Buns and daily burger lunch set

Food used ▶ Amberstripe scad, vegetables (tomatoes, lettuce, etc.)

Available: Year-round

¥1,200

A burger set lunch menu of minced daily ingredients, 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

¥750

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.



Cookie cream puff (Passion fruit cream)

Food used ▶ Passion fruit

Available: Year-round
(only on Wednesdays
(excluding summer))

From ¥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.



Canon's special anmitsu with tokoroten jelly

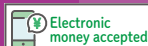
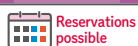
Food used ▶ *Tengusa* seaweed, *ashitaba*

Available: Summer

¥600

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.





Island-Style Bar **Nritano**

ACCESS MAP



<https://www.facebook.com/nritano>

Address: 421-5, Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 18:00 - 24:00 Closed: No fixed days

☎04994-2-1245



Bar Nritano is located near the entrance to a forest, and is sure to please you with dishes using only the finest island ingredients.

Fresh-picked Salad from Kikuchi Farm

Food used ▶ Seasonal local vegetables, fruits

Available: Year-round **Market price**

Uses delicious seasonal fruits and rare vegetables for an unforgettable salad.



Local Fish Dishes

Food used ▶ Seasonal local fish

Available: Year-round **Market price**

Local ingredients served in a way that nicely compliments Miyakejima style and sake. The photo shows a bonito and island chili pepper marinade.

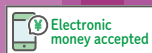


Miyake San Marzano Steak

Food used ▶ San Marzano

Available: Summer **From ¥800**

Kikuchi Farm, run by the shop owner's parents, grows a number of vegetables that are rarely found in Japan. Miyake's San Marzano is famous as a representative summer food.



Snapper

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

Address: 1172 Kamitsuki, Miyake-mura, Miyakejima

Opening hours: 7:00 - 21:00 Closed: No fixed days

☎04994-2-1433

ACCESS MAP



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

¥600

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

Terrace cafe Restaurant **GIZMO**

ACCESS MAP



Address: 2891 Tsubota, Miyake-mura, Miyakejima
 Opening hours: 12:00-14:00/18:00-21:30 (Last order 21:00)
 (Reservations possible only for dinner) Closed: No fixed days

☎04994-8-5853



Listen to the sounds of the waves from the ocean spread out before you, and the singing of the birds in the trees around you. This cafe offers a comfortable and relaxing space where you can sip your tea on the lawn or enjoy a meal seated on the terrace.



Gizmo sandwich

Food used ▶ Local vegetables

Available: Year-round **¥1,000**

This sandwich makes generous use of vegetables grown on Miyake-jima.

Carpaccio of local Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,500**

This carpaccio is made with seasonal local fish and vegetables from Miyake-jima (the photo shows the Maguro, or tuna).



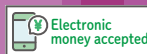
Sautéed Miyake-jima fish

Food used ▶ Local fish, local vegetables

Available: Year-round **¥1,200**

This dish features sautéed local fish and vegetables from Miyake-jima. (The photo shows the Akahata, or blacktip grouper)





Japanese Restaurant Ikeyoshi



Address: 3069 Tsubota, Miyake-mura, Miyakejima
Opening hours: 11:00 - 21:00 (Advance reservation required)
Open all year round

☎04994-8-5743/04994-6-0118



Located 2 min. walk down hill from the Miyake Cultural Center next to the bouldering facility. 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.

Nigiri sushi

Food used ▶
Bonito, *akaika* squid, splendid alfonsino and other seasonal fish

Available: Year-round
¥2,000
(Lunch time: ¥1,400)

They have simmered/grilled fish on the menu, but this hand-formed *sushi* is for you if you are hungry for some raw fish.



Chirashi sushi

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

Available: Year-round
¥2,000
(Lunch time: ¥1,400)

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

Miyakejima

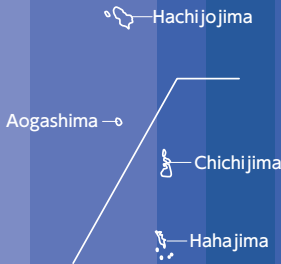


Mikurashima

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.



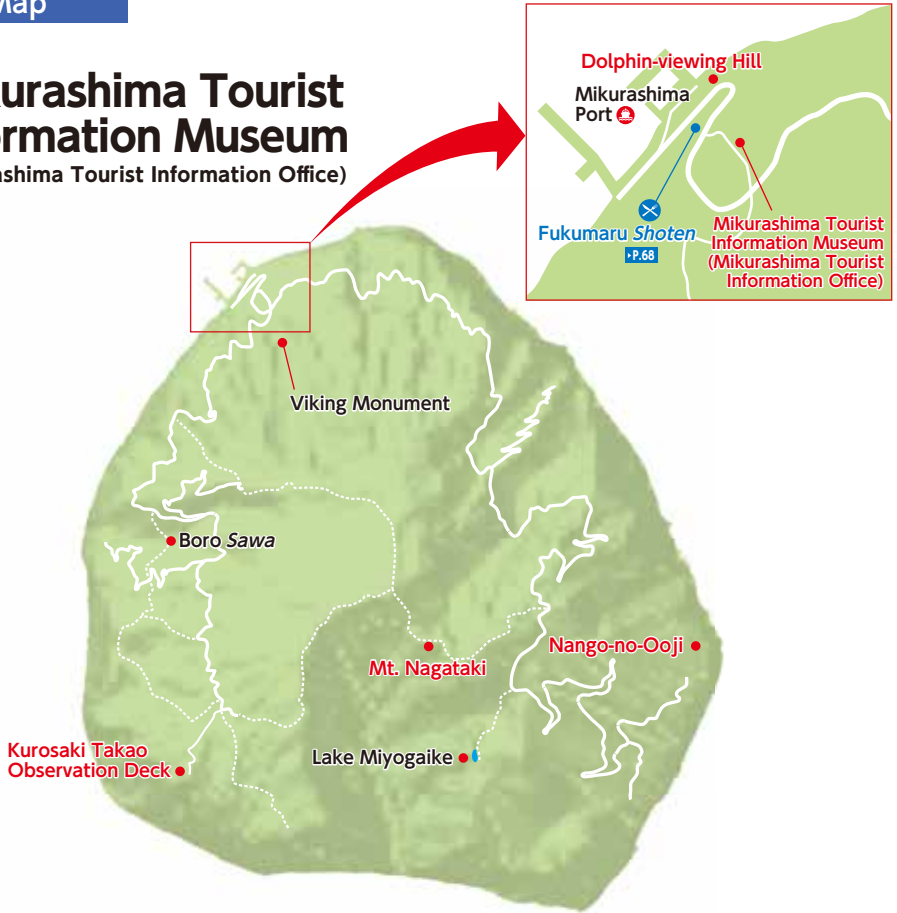
Access

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

Map

Mikurashima Tourist Information Museum

(Mikurashima Tourist Information Office)



Main events

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

Tourist
information

Mikurashima Tourist Association

URL <http://mikura-isle.com> TEL 04994-8-2022



P 2 vehicles

Wi-Fi available

Credit cards accepted

Electronic money accepted



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: Thursdays

☎04994-8-2292



In addition to serving light meals and drinks that use ingredients from Mikurashima (take-out only, reservations possible), they sell original souvenirs such as T-shirts and tote bags.

You can enjoy your meal on the terrace (eat-in corner) from which you can enjoy a superb view overlooking the sea. Time passes differently here than in central Tokyo.

Ashitaba curry and rice

Food used ▶ Ashitaba

Available: Year-round

¥750

Curry and rice that uses a whole ashitaba from Mikurashima.

The chicken keema made from minced chicken breast tastes mild and is suitable for children, too.



Kabutsu sherbet Ashitaba gelato Sweet and salty milk gelato

Food used ▶ Kabutsu, ashitaba, sea salt

Available: Year-round

¥400

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.