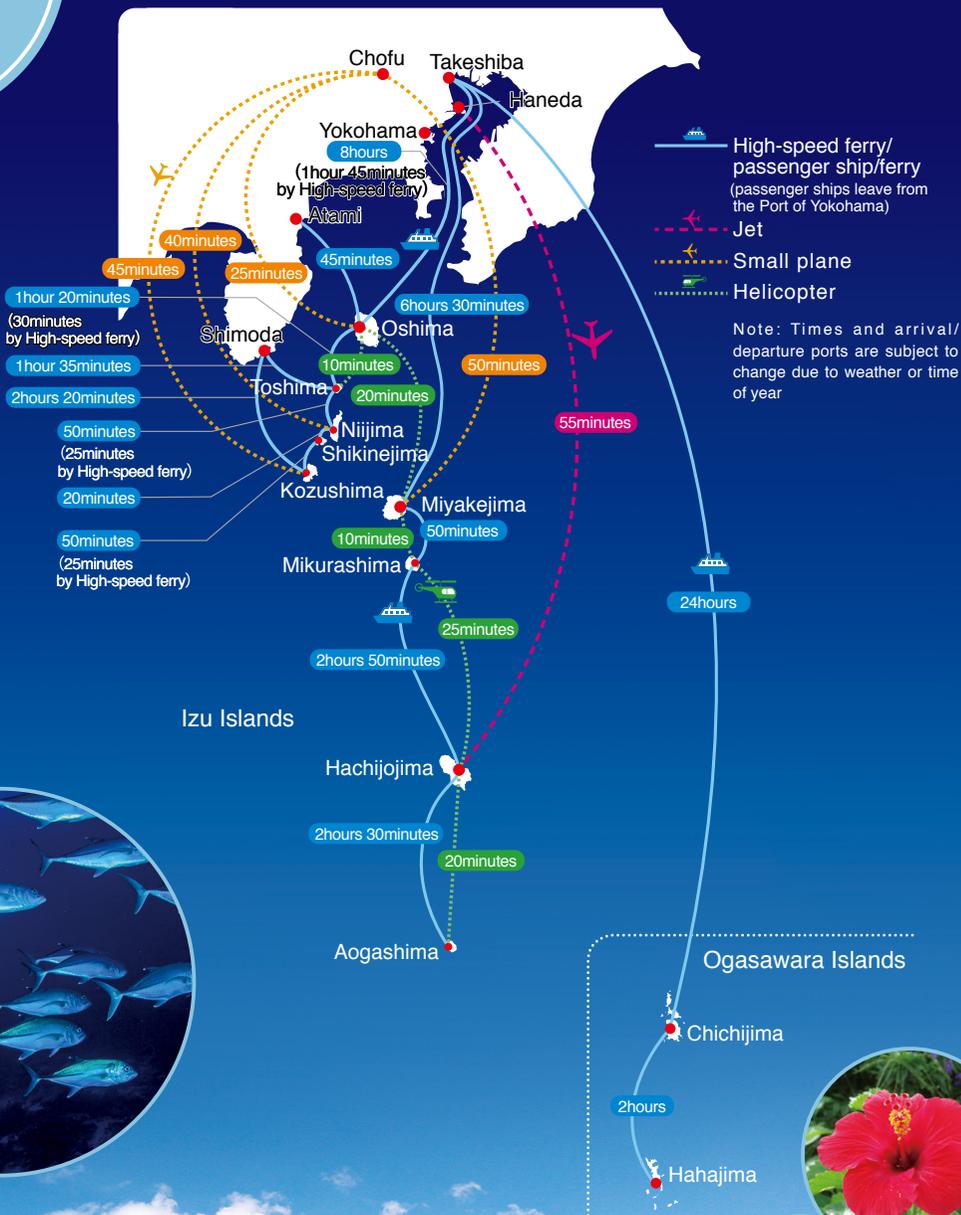


The Islands of Tokyo

Tokyo's islands offer views and experiences unlike any you'll find in the metropolis. Watch dolphins swim in the great expanse of blue ocean, see rare plants and animals in lush forests, or see the night sky blanketed in so many stars you'll feel like you're in a planetarium.



Head out to Tokyo's islands!

The Tokyo Metropolis includes eleven Pacific islands, each teeming with natural wonders, their own distinct culture, and wonderful specialty products.



Tokyo Islands Tourist Information

Tokyo Islands Tourist Promotion Association (official website)
tokyo-islands.com

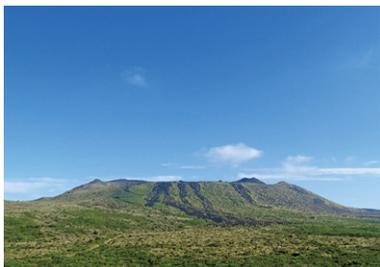
Oshima

Oshima Tourism Association

☎ 04992-2-2177



About an hour and 45 minutes away by high-speed ferry, Oshima is the closest island to the metropolitan area. Because it's still an active volcano, there are hot springs everywhere. The island is also famous for its winter camellias, whose beautiful red and white blossoms add a pop from lustrous, deep-green leaves.



●Mt. Mihara

At 758 meters above sea level, Mt. Mihara is an active volcano in the center of the island that still billows smoke from its crater. There's a walking path set up around the perimeter of the crater that lets you witness the power of the volcano with your own eyes.



●Izu-Oshima Volcano Museum

This museum dedicated to volcanos has geologic layer samples between 12,000 and 15,000 years old on display. There are also videos that reveal the awesome power of the major eruption from Mt. Mihara in 1986.



●Ura-Sabaku

See the remnants of intense geologic activity at this fascinating natural park, which is said to be Japan's only true desert. Covered in black sediment ejected from the volcano, it is a desolate landscape that feels as if you're walking on the moon.

Souvenirs and specialties



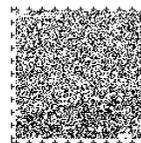
Bekko Sushi

One of the local favorites of the Izu Islands, *bekko* sushi features seasonal fish marinated in soy sauce and spicy island pepper. The word *bekko* means tortoiseshell, which refers to the lustrous brown color of the marinated fish.



Ashitaba Leaf

Ashitaba is such a fast-growing plant that people say it will grow its leaves back the next day if you pick them. The ashitaba that grows on Oshima is known for its distinctively sweet flavor and lack of bitterness.



Eastern Area

Western Area

Southern Area

Eastern Tama of Tokyo

Central Tama of Tokyo

Southern Tama of Tokyo

Western Tama of Tokyo

The Islands of Tokyo

Toshima

Toshima Village Hall
☎ 04992-9-0011



This small, circular island is just eight kilometers around, and covered in some 200,000 camellia trees. Indo-Pacific bottlenose dolphins have been seen living around Toshima Port in recent years, so there are plenty of opportunities to go dolphin-watching or even swim with them.



●Toshima Village Museum

Find out how the people of Toshima Island once lived at the Toshima Village Museum, where you can trace the history of industrial activities in the area from the Jomon period to the modern area through the many daily items on display.



●Mt. Miyatsuka lookout tower

A variety of plants and wild birds make their home on Mt. Miyatsuka, most notably the Japanese camellia. Rising 507 meters above sea level, it is a symbol of the island. From the lookout tower near the summit, you can see as far as the Izu Islands and Mt. Fuji.



●Minami ga Yama Park

This is the best viewpoint on the island. On clear days, you can take in a spectacular view of the islands, from Niijima all the way to Kozushima, Miyakejima, and Mikurashima.



Souvenirs and specialties



Specialty Toshima Seafood

The rough waters around Toshima Island are rich in seafood. The island specializes in premium lobster and massive turban snails.



Camellia Oil

Toshima produces more camellia oil than anywhere else in Japan—something it has done since the Edo period. It's great for hair and skin, and can also be used in food.

Niijima

Niijima Tourism Association
☎ 04992-5-0001



Shikinejima Tourism Association
☎ 04992-7-0170



Niijima is one of the only places in the world that has *koga* rock, pounded by intense wave action that turns it into brilliant white-sand beaches and draws surfers from Japan and abroad. Neighboring Shikinejima boasts numerous quality hot springs as well as ample opportunities for snorkeling and diving.



●Fujimi Pass Observation Deck (Niijima)

This pyramid-shaped observation deck is made out of *koga* rock mined from the island. Below is a sweeping view of the uninhabited Jinaijima Island as well as Shikinejima and Kozushima.



●Niijima Glass Art Center and Glass Museum (Niijima)

Koga rock is also used to make glass products. Stop by the adjacent Glass Museum to see a wide variety of these works on display.

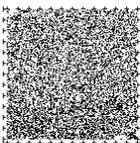


●Jinata Onsen (Shikinejima)

One of Shikinejima's natural hot springs, Jinata Onsen looks like someone carved it out of the craggy rock with a knife blade. They're sometimes called the "internal medicine springs" since the waters are thought to help heal nerve pain and cold sensitivity.



Souvenirs and specialties



Kusaya

Kusaya is a type of dried fish with a distinctive flavor. It is a specialty product in the Izu Islands, particularly Niijima.



Tataki-age and Tataki-jiru

Tataki is made by taking minced *ao-muroaji* mackerel and other fish caught around the island, adding seasoning, and mixing it into a paste. It is then fried to make *tataki-age* or used to make *tataki-jiru* soup.

Kozushima

Kozushima Tourism Association

☎ 04992-8-0321



Located almost in the center of the Izu Islands, Kozushima welcomes visitors with coves of white-sand beaches and brilliant green pines, rolling hills, beautifully clear ocean waters, and a warm climate. It's a haven for marine sports, hiking, climbing, stargazing, and more.



●Mt. Tenryo

This trekking spot is one of the more well known destinations on the island. A named holy place on the island from the ancient past, Mt. Tenryo is now a designated conservation area in a national park. In later May each year, it is a well known location for observing *Rhododendron kaempferi* var. *macroemma*.



●Starry Skies

The starry skies of the islands are breathtakingly beautiful. In December 2020 it was designated as an International Dark Sky Island by the International Dark Sky Association.



●Kozushima Hot Spring Health Center

This hot spring area makes use of natural rock formations and boasts one of the largest open-air baths in Japan. The smaller outdoor bath offers impressive ocean views.



Souvenirs and specialties



Red Flying Squid Shio-kara

The Japanese flying squid and red flying squid are combined with island chilis to make the local version of *shio-kara*, a pungent fermented dish that is delicious with drinks or on top of rice.



Moriwaka Barley Shochu

This *honkaku*-grade barley shochu is made by storing and aging the distilled liquor in oak casks and then blending it with natural spring water from Mt. Tenryo.

Miyakejima

Miyakejima Tourism Association

☎ 04994-5-1144



Miyakejima is a volcanic island that offers an intense experience of dynamic geologic activity, as eruptions have shaped the complex formations that create its spectacular scenery. It's the perfect place for those who like to stay active on vacation, with opportunities for rock fishing, diving, bird watching, and more.



●Volcano Walking Path

When Mt. Oyama erupted in 1983, it took out Aiko Elementary and Junior High School, which is now preserved in its burnt-out state. There is also a walking path through the lava field that lets you experience the desolate landscape up close.



●Togahama Beach

Togahama is a popular fishing and diving spot. The Kuroshio Current flows into the seafloor here, creating proliferations of tabletop coral that are said to be the most beautiful in the Izu Islands.



●Miyakejima Nature Center Akakokko-Hall

Miyakejima is known as an island paradise for countless species of wild birds. You can observe many of them at the Akakokko-Hall, particularly the Izu thrush (*akakokko*), which has been designated as a natural treasure.



Souvenirs and specialties



Miyakejima Ashitaba Curry

This boil-in-bag curry is packed with ashitaba leaves grown on Miyakejima. It has a rich flavor, distinctive aromas from the ashitaba, and a little kick of spice. It's extremely popular as a souvenir offering an easy taste of the island.

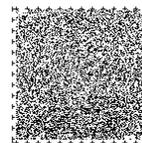
©三宅島観光協会

Salted Ice Cream and Ashitaba Ice Cream



©三宅島観光協会

Ice cream made with Miyake toasted salt has a light, refreshing flavor and a sweetness that pops from the salt. There is also ice cream made with lots of ashitaba leaf, creating subtle sweet-bitterness that's easy to get hooked on.



Eastern Area

Western Area

Southern Area

Eastern Tama of Tokyo

Central Tama of Tokyo

Southern Tama of Tokyo

Western Tama of Tokyo

The Islands of Tokyo

Mikurashima

Mikurashima Tourist Information Center

☎04994-8-2022



The entire island of Mikurashima is covered in forests, and it is one of the world's leading habitats for Indo-Pacific bottlenose dolphins. You can certainly go dolphin-watching here, but there are also experiences that allow you to swim with them as well.



● Watch and swim with the dolphins in Mikurashima

Take a dolphin-watching cruise to see wild Indo-Pacific bottlenose dolphins between late March and mid-November, or take a swim with them.



● Giant Chinquapin Trees of Mikurashima

About 70% of Mikurashima Island is covered in forest, with chinquapin groves dotting the landscape. The Giant Chinquapin Trees of Mikurashima, located in the Nango District, has one of the most impressive specimens in Japan, with a circumference of nearly 14 meters.



● Ebine Park

The collection of nioi-ebine plants recreates the natural blooming conditions. Depending on the season you can view uncommon plants such as *dendrobium moniiforme*, *phalaenopsis japonica*, and *bulbophyllum drymoglossum*.



Souvenirs and specialties



Products made from Mikura boxwood/mulberry

The hard, fine-grained Japanese boxwood that grows on Mikurashima Island is used to make *shogi* pieces and signature stamps. The mulberry that goes on the island is a soft wood that is resistant to moisture, making it better suited to making things like chopsticks and cooking utensils.



Mikurashima Ashitaba Curry/Udon

The local curry is packed with *ashitaba* leaf grown without the use of agricultural chemicals. The leaf is also ground into a powder and added to the flour used to make dried udon noodles.

Hachijojima

Hachijojima Tourism Association

☎04996-2-1377



This tropical island is accessible by direct flights from Haneda Airport that take less than an hour. There are endless things to see and do on Hachijojima, including Mt. Hachijo-Fuji (the tallest peak in the Izu Islands), *kihachijo* traditional island silk textiles, hot springs, and more. Colorful *freesia* flowers bloom here between late March and early April.



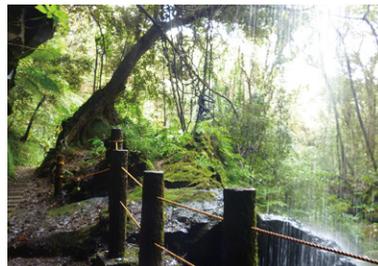
● Mt. Hachijo-Fuji

At 854 meters above sea level, Mt. Hachijo-Fuji, a dormant volcano, is the highest peak in the Izu Islands. At the summit, walk around the dramatic volcanic crater, spanning 400 meters in diameter, while taking in the unparalleled views of the horizon.



● Sueyoshi Hot Spring Miharashi-no-yu

Miharashi-no-yu hot spring is located on the southeastern tip of the island. Enjoy the vast expanse of the Pacific Ocean and a blanket of stars at night from the scenic outdoor bath.

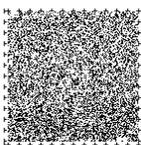


● Uramigataki Waterfall

A path winds behind this cascading waterfall, whose name Uramigataki means "rear view waterfall" in Japanese. Cap off this unique experience with a trip to the nearby Uramigataki Hot Spring.



Souvenirs and specialties



Shima Sushi

Shima Sushi is one of the classic island foods of Izu. Locally caught fish are sliced thin and marinated in soy sauce, then placed over sweetish vinegared rice with hot mustard instead of wasabi.



Kihachijo Textiles

These plant-dyed textiles are a longstanding tradition on Hachijojima. Kihachijo fabrics are handwoven silk textiles that are of course used to make kimono, but also for small accessories like wallets and clutches.

Aogashima

Aogashima Village Office
☎ 04996-9-0111



The entire island of Aogashima is a volcanic crater, within which there is another, smaller volcano, making it one of the few double volcanoes in the world. Drink *aochu*, a shochu made by the smallest village in Japan, or try some Hingya-no-shio salt, made using geothermal steam vents that the locals call *hingya*.



● Maruyama

This inner volcano has two former craters, one large and one small, which were formed during its last major eruption in 1785. There's a walking path that allows you to circle the entire area.

● Aogashima-mura Fureai Sauna

This natural sauna is warmed naturally by geothermal heat from the *hingya* vents. There are also kettles there steaming sweet potatoes and other treats that have always been a favorite among the locals.



● Oyamatembo Park

There is a 400-meter-high observatory on the north side of the outer rim where you can see the composite volcano while taking in sweeping, unobstructed views of the Pacific Ocean.



Souvenirs and specialties

Aochu



Aochu is a type of shochu that has long been a favorite on Aogashima. The flavor is different depending on which *toji* (shochu brewing specialist) was involved, and production is low as it is largely handmade. People sometimes call it *maboroshi-no-shochu*, or "dream shochu".

Hingya-no-Shio Salt



Hingya-no-shio salt is made by drawing seawater out of the Kuroshio Current and boiling it slowly to extract the salt using only geothermal heat from the *hingya* vents. It has a distinctively mild sweetness.

Ogasawara

Chichijima Island: Ogasawara village
Tourism Association
☎ 04998-2-2587



Hahajima Island: Ogasawara
Hahajima Tourism Association
☎ 04998-3-2300



The Ogasawara Islands are an unspoiled natural paradise nearly a thousand kilometers from the center of Tokyo, and was registered as a UNESCO World Heritage Site in 2011. In addition to its unique ecosystems, the surrounding waters are also a place to see coral reefs, sea turtles, dolphins, whales, and more.



● Chihiro-iwa Rock (Chichijima)

At the southern tip of Chichijima are sheer cliffs that rise over 250 meters out of the waters of Maruberiwan. It's often called Heart Rock because the red rock surface looks like a heart when viewed from the ocean.



● Minamijima Island (Chichijima)

This small, uninhabited island is located off the southwest coast of Chichijima. Its submerged karst terrain makes for a beautiful dive site, and many seabirds and sea turtles come here to lay their eggs. You must be accompanied by a certified guide to go onshore.



● Sekimon (Hahajima)

This dense forest still teeming with Hahajima's unique plant and animal life is the perfect place to experience the area's unspoiled natural beauty. It is designated as a forest ecosystem preserve, so you must be accompanied by a certified guide to enter it.
Note: The woods may be accessed March to September (only ridgelines in March).



Souvenirs and specialties

Tropical fruit

Many different fruits are harvested on the island, from passionfruit and island lemons to mangos and papaya. Products made from these fruits—particularly jams—are popular as well.



Mother (seafloor-aged rum)

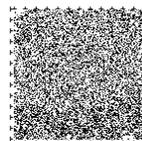


This special island rum is aged on the seafloor for about a year.

Takonoki leaf weaving



The *takonoki* is a plant species endemic to the Ogasawara Islands, and its leaves are used to make an incredibly durable weave. Coin purses and other accessories made from the woven leaves are popular souvenirs.



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