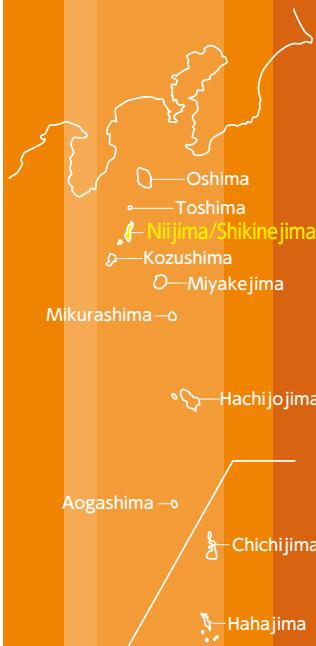


Niijima Shikinejima

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]	High-speed jet ferry [15minutes]
Chofu Airport (New Central Airservice)	Large passenger ship [10hour35minutes]	Large passenger ship [20minutes]
	Airplane [35minutes]	Ferry Nishiki [10minutes]
		Niijima
		Shikinejima

(Contact) Tokai Kisen Customer Center: 03-5472-9999
New Central Airservice: 0422-31-4191 Ferry Nishiki Office: 04992-7-0825

Map



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



Niijima

Izakaya Nihonbashi

Address: 1-3-6 Honson, Niijima-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. Its 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 Niijima. Sprinkle salt to taste and enjoy.

Niijima

Someimaru Inn

<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

ACCESS MAP



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.



Niijima

POOL island cafe • market

<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.





Niijima

Nagomidokoro Sunshine

[https://www.facebook.com/ 新島 - 和み処 - サンシャイン - 1624831054431371](https://www.facebook.com/)

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).



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.



Ashitaba Frappe

Food used ▶ Ashitaba, Ashitaba powder

Available: Year-round

¥650

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



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.

Niijima

Senmachi Shokudo

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.



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.



ACCESS MAP

Niijima
Shikinejima



Niijima

Niijima Water Park Rest House

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
Shikinejima

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.



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.

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.

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.



Shikinejima

Yuttari Yado Hidabun GH

<http://hidabun.com>Address: 9 Shikinejima, Niijima-mura
Open all year round

ACCESS MAP



04992-7-0072



This is the only guest house on Shikinejima, located close walking distance from Ishijiogawa 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 butterfish) and Ise-ebi (Japanese spiny lobster) Ikuzukuri (sashimi prepared while the fish is still alive) or Akaika (red flying squid) and Tobiozo (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.





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.



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

ACCESS MAP



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.



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.



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.



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.



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.