



Three stories to discover on Tokyo's islands

In the Pacific Ocean south of Tokyo lie islands with distinctive climates and cultures.

Check out unique islands with sparkling waters, pure white-sand beaches, natural hot-spring spas, and beautiful sunsets over the ocean.

Surrender to the leisurely pace of "island time" and escape from the everyday in these three stories.

Vitalize **Autumn** A tropical paradise even in autumn! Let the ocean, mountains, and sunsets energy you. Hachiojima

Subtropical flowers like hibiscus bloom in this island paradise with a warm, humid climate. Play in the perfectly clear waters of the ocean, nicknamed the "Hachijo Blue," and let autumn give way to everlasting spring.

Day 1
Leave Takeshiba at 10:30 PM
10 hours 20 min.
Day 2
Arrive in Hachiojima at 8:50 AM



Try island-style sushi (shimazushi) for lunch!

Enjoy the waters of the "Hachijo Blue"

Try aquatic sports in the perfectly blue, crystal-clear ocean. Swim with tropical and large migratory varieties of fish. You might even meet a sea turtle!

Marine life abounds with 700 different species.



Explore Hachiojima by bicycle

[Check out Hachijo Botanical Park and Furusato Village before heading for Nanbara Senjojiki Beach.]



Rent a bicycle.

An electric bicycle will make pedaling easier.

Watch the sun set from Nanbara Senjojiki Beach

Relax and watch the sun sink below the horizon from a beach spotted with craters like the surface of the moon, all while listening to the peaceful sound of crashing waves.



This beach was formed by lava from the Hachijo Fuji volcano.

Day 3
Check out of your hotel



Soak in the amazing views at Miharashi-no-Yu Spa

Treat yourself after a long bike ride with a luxurious soak in the open-air outdoor bath. The exercise beforehand will make the water feel even better!

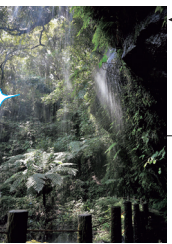
Gaze out at the vast Pacific!



Explore Uramigataki

Visit a secret spot.

Walk behind the waterfall and experience the thrill of entering a hidden territory!



Explore the Okago area

The central part of the island is packed with restaurants, cafes, and gift shops.

*Return your bicycle.

Leave Hachiojima Airport at 5:20 PM

55 min.

Arrive at Haneda Airport at 6:15 PM

Freedom **Autumn Winter** Find your favorite Hop on a bicycle Niijima / Shikinejima

The island of Niijima is a famous hub for surfers, while Shikinejima is filled with jagged coastal inlets, beautiful coves, and hot springs. On this luxurious two-day trip, pedal your bicycle wherever the mood takes you and discover spectacular vistas made just for you.

Take a break at Habushiura Coast

Lose track of time on this gorgeous beach. Why not read a book with the gentle sound of the waves as a backdrop?



The white-sand beach stretches on for six kilometers.

A spa in the style of an ancient Greek temple! Try taking a dip at dusk when the sky changes color.

Watch the sun set from Yunohama Hot Spring

Day 3
Leave Niijima at 8:45 AM

20 min.

Arrive at Shikinejima at 9:05 AM
Explore Shikinejima by bicycle

[Besides exploring the beaches and hot-spring spas, check out views of the island from Gunjiyama Observatory.]

Rent a bicycle.

Relax at Tomari Beach

Selected as one of Japan's top 88 most pleasant beaches for swimming



Almost completely surrounded by rocks, this beautiful fan-shaped cove is practically a private beach. Listen to the sound of the waves amid the calm.

beach! and go wherever your mood takes you.

Day 1
Leave Takeshiba at 10:00 PM
10 hours 35 min.
Day 2
Arrive at Niijima at 8:35 AM

Moyai statues welcome you.

Take a bicycle ride to find your favorite beach

Breathe in the ocean air and set out to find a special beach just for you! White-sand beaches and the deep blue sea sparkle in the warm sunlight. Stop wherever you want and let pleasant hours slip away.

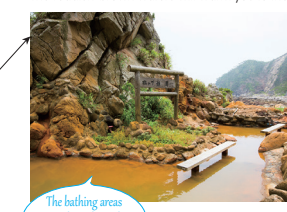
[Explore Horison Maehama Beach and stop for lunch nearby. Then, check out the view from Ishiyama Observatory and head for Habushiura Coast.]

The island is mostly flat, making it a paradise for bicyclists.



Enjoy the secluded Matsugashita Miyabi-yu Spa

This outdoor bath feels like your own secret hot spring. The reddish-brown waters will warm you to the core.



The bathing areas are mixed-gender, so bring a swimsuit!

Leave Shikinejima at 1:15 PM

3 hours 5 min.

Arrive at Takeshiba at 4:20 PM

Mysterious **Winter** This must be another planet! Enjoy otherworldly landscapes. Oshima

Oshima is the largest of the Izu Islands and the closest to Tokyo. Although reachable on a day trip from the metropolis, it feels like another world. Escape from everyday life and free your mind as you gaze at unearthly landscapes.

Day 1
Leave Takeshiba at 8:35 AM
1 hour 45 min.
Arrive at Oshima at 10:20 AM

Stop for a break. * Take a dip in the spa if you have time.

Oshima Onsen Hotel

Approx. 20 min.
Approx. 10 min.

Tour the Izu Oshima Volcano Museum

Approx. 20 min.

Watch the sun set from Hama-no-yu Open Air Hot Spring

Both the sky and the ocean are tinged red in a gorgeous sunset that makes soaking in this spa an even more enjoyable experience.



Experience "another planet" with a geological tour of Mount Mihara

Behind Mount Mihara lies the Urabaku Lava Field, which was formed by flows from the active volcano. This desolate black land could have been lifted right from the surface of Mars. Recharge your energy here and surrender to the unbridled power of nature.

[Get off at the "Mihara-sanchoguchi" bus stop and trek to the Urabaku Lava Field.]

Japan's only desert



Take advantage of incredible opportunities for stargazing

With few streetlights and other lights, the island's nighttime sky is completely filled with stars. Here, you can gaze in awe at the vastness of outer space.



Possible from anywhere on the island!

Explore the Izu Oshima Camellia Festival

Marvel at camellias blossoming gorgeously in the depths of winter! Held when the flowers bloom, the Camellia Festival is a major event for the island that heralds the coming of spring.



Workshops on dyeing with camellia flowers are also held.

Camellia oil makes a great gift!

* The main venue is Oshima Park, but various events are held throughout the island.

Leave Oshima at 2:35 PM

1 hour 45 min.

Arrive at Takeshiba at 4:20 PM