



Shimane  
Japan

# OKI

# ISLANDS



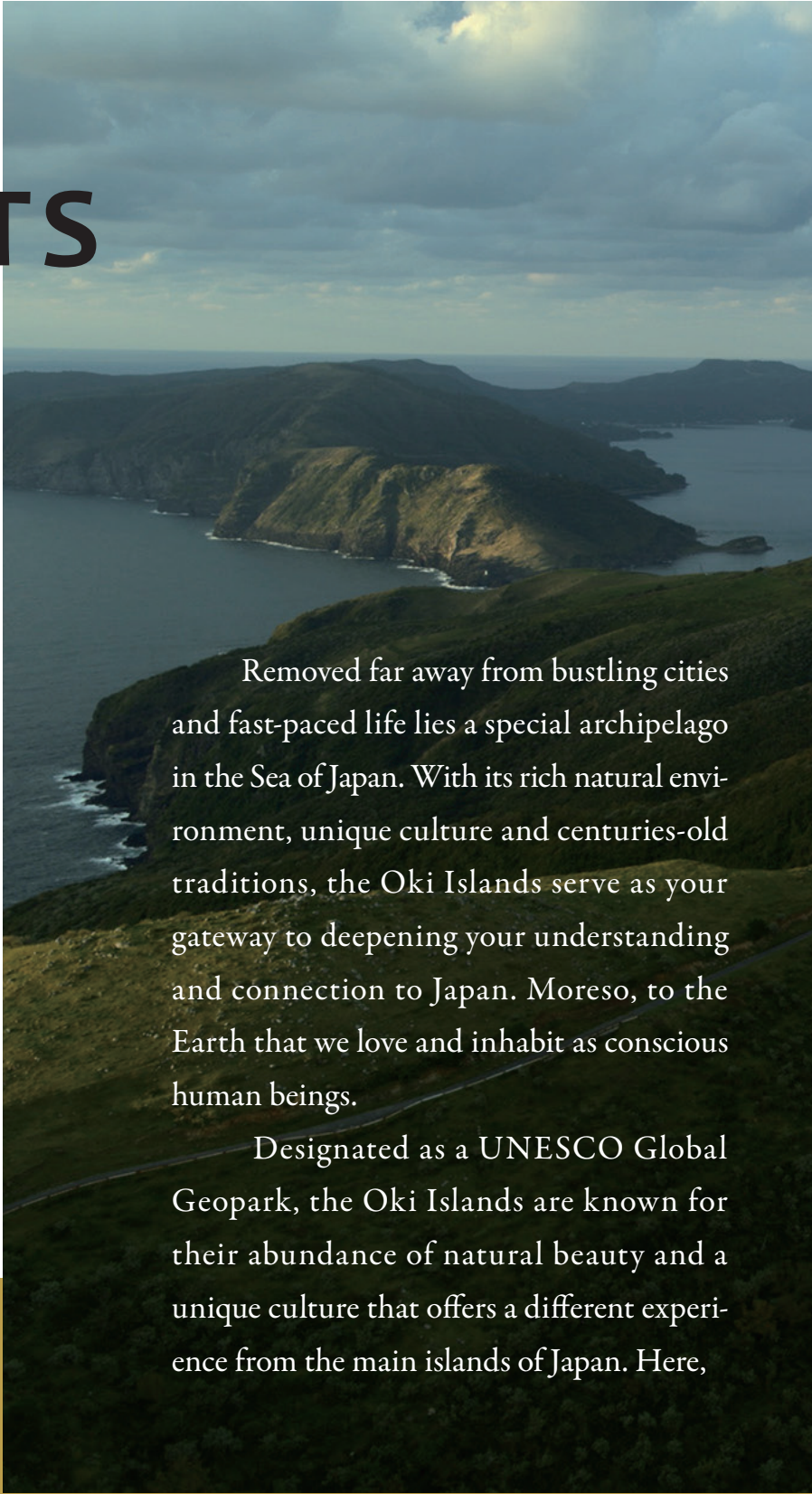
Explore the Hidden Isles



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**\*Front Cover Picture:  
Kuniga Coast in  
Nishinoshima Town**



Removed far away from bustling cities and fast-paced life lies a special archipelago in the Sea of Japan. With its rich natural environment, unique culture and centuries-old traditions, the Oki Islands serve as your gateway to deepening your understanding and connection to Japan. Moreso, to the Earth that we love and inhabit as conscious human beings.

Designated as a UNESCO Global Geopark, the Oki Islands are known for their abundance of natural beauty and a unique culture that offers a different experience from the main islands of Japan. Here,

## LETTER FROM THE OKI ISLANDS

visitors can step back, connect with nature, and develop authentic connections with the island people who truly act as stewards of the islands' ecosystems and natural resources, cultural assets and traditions, and communities and economies.

Whether you're interested in immersing yourself in nature through hiking or sea-kayaking, uncovering local stories at an old, privately-run guesthouse, or savouring some seasonal local delicacies like rock oysters, the opportunities available in this remote destination are endless. We have carefully taken these special assets of the

Oki Islands and organised them in this ebrochure for you to share with your clients as they look to visit and experience a different "gateway to Japan."

There is a Japanese phrase that captures the essence of tourism on the islands: "*ari no mama*", meaning "just as you are." Frank, natural, authentic, candid and unpretentious is who we are. It is with this collective characteristic of the islands that visitors have the unique opportunity to come as they are, breathe with nature, and truly be themselves.

We look forward to welcoming all!

View of Mt. Akahage in Chibu Village and other islands in the background

Located in the Sea of Japan 40–80 km north of Shimane Peninsula, the Oki Islands are a collection of many small islets and four inhabited islands: Dōgo Island, Nishinoshima Island, Nakanoshima Island and Chiburijima Island. Designated as a Global Geopark in 2013, the islands became a UNESCO Global Geopark following recognition of the geoparks as an official UNESCO label in 2015. The region boasts a rich natural environment and is also part of the Daisen-Oki National Park.



**unesco**

Global Geopark

## What is a UNESCO Global Geopark?

UNESCO Global Geopark is an official label of UNESCO and is awarded to places where sites and landscapes of international geological significance are managed with a holistic concept of protection, education and sustainable development. We hope our visitors will enjoy their time here to the fullest while cherishing the environment and minimising their ecological impact.

### Ama Town (Nakanoshima Island)

Population: 2,300  
Area: 33.44 km<sup>2</sup>

This town features the widest plain on the Dōzen Islands, which made rice farming possible on this otherwise quite hilly island. The island is historically known for being the place of exile of Emperor Go-Toba in the 13th century.

### Nishinoshima Town (Nishinoshima Island)

Population: 2,700  
Area: 55.96 km<sup>2</sup>

This town boasts the unforgettable scenery of Kuniga Coast, a place of diverse coastal landforms, such as cliffs, caves, sea arches, and stacks. Exploring from the land and from the sea provides unique insights into the story of the land.

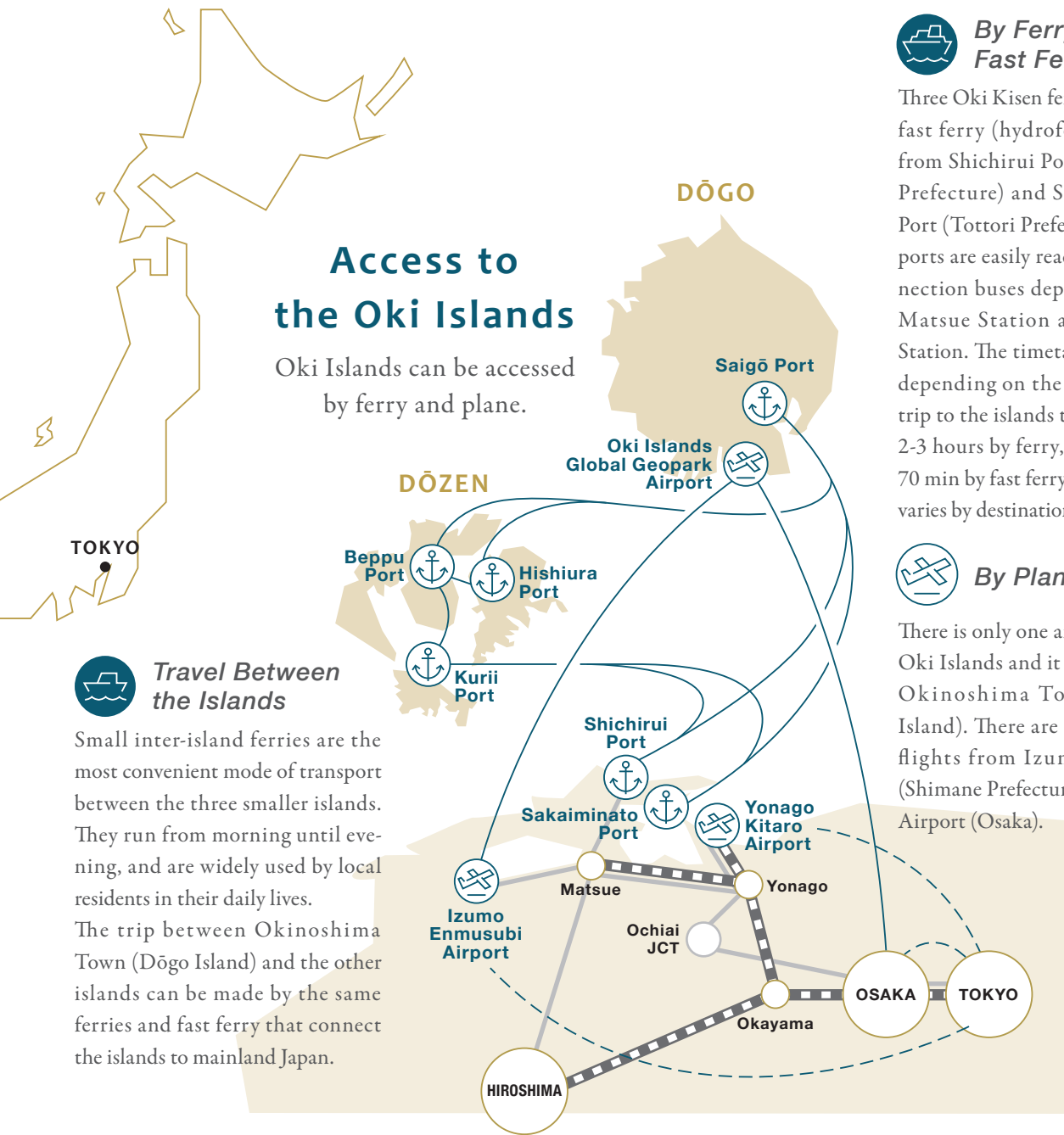
### Chibu Village (Chiburijima Island)

Population: 620  
Area: 13.7 km<sup>2</sup>

Chibu Village features a breathtaking 360° panorama of all Oki Islands, and is known for both its peaceful scenery of gentle mountain slopes dotted with cows grazing away on the grass, and the dynamic sheer cliff Sekiheki.



# GENERAL INFORMATION



## Access to the Oki Islands

Oki Islands can be accessed by ferry and plane.

### Travel Between the Islands

Small inter-island ferries are the most convenient mode of transport between the three smaller islands. They run from morning until evening, and are widely used by local residents in their daily lives. The trip between Okinoshima Town (Dōgo Island) and the other islands can be made by the same ferries and fast ferry that connect the islands to mainland Japan.

### By Ferry and Fast Ferry

Three Oki Kisen ferries and one fast ferry (hydrofoil) operate from Shichirui Port (Shimane Prefecture) and Sakaiminato Port (Tottori Prefecture). Both ports are easily reached by connection buses departing from Matsue Station and Yonago Station. The timetable changes depending on the season. The trip to the islands takes around 2-3 hours by ferry, and around 70 min by fast ferry. Travel time varies by destination island.

### By Plane

There is only one airport in the Oki Islands and it is located in Okinoshima Town (Dōgo Island). There are daily, direct flights from Izumo Airport (Shimane Prefecture) and Itami Airport (Osaka).

## Okinoshima Town (Dōgo Island)

Population: 13,750  
Area: 242.82 km<sup>2</sup>

The biggest of the archipelago, this island has the most diverse scenery—charming coastlines, forested mountains, some of which are 500–600 m high, as well as flat plains used for farming, and several rivers.

	Annual Temperatures											
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average Daily Max. Temperature	7.8 46	8.2 48.8	11.3 52.3	16.6 61.9	20.8 69.4	24.1 75.4	27.6 81.7	29.8 85.6	25.9 78.6	21.1 70.0	15.9 60.6	10.9 51.6
Average Daily Temperature	4.2 39.6	4.3 39.7	6.9 44.4	11.9 53.4	16.3 61.3	20.1 68.2	24.2 75.6	26.0 78.8	22.0 71.6	16.5 61.7	11.6 52.9	7.1 44.8
Average Daily Min. Temperature	0.9 33.6	0.6 33.1	2.4 36.3	6.9 44.4	11.8 53.2	16.5 61.7	21.4 70.5	22.8 73.0	18.4 65.1	12.1 53.8	7.4 45.3	3.4 38.1

**W**hen some people think of Japan, they might imagine bustling cities and vibrant pop culture, or large temple complexes with richly decorated buildings. But many places in Japan, including the Oki Islands, are far from that. By travelling here visitors can immerse themselves in lush natural treasures, uncover local stories and traditions diligently passed down through generations, and experience rural charm largely undiscovered by tourists.



## HIGHLIGHTS OF THE OKI ISLANDS



### 3

## Remote Islands Retreat

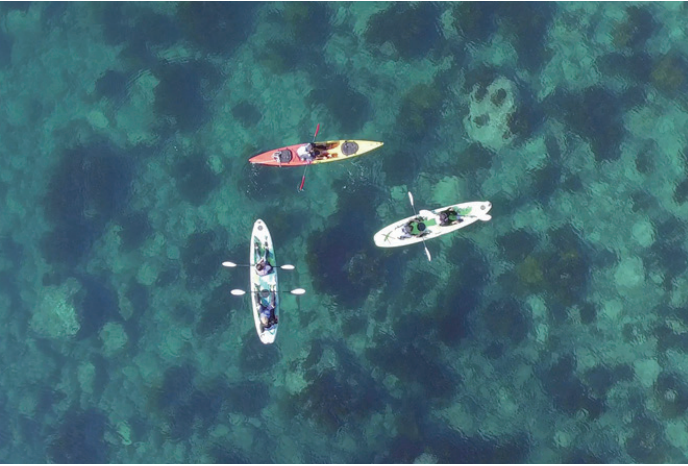
As visitors step off the boat they are welcomed by the distinctly different atmosphere, a peaceful ambience and a feeling that time goes at a slower pace compared to the outside world.

Whether visitors are waking up at sunrise to see how the changing skies colour the scenery, staying at a small guesthouse to cook with local ingredients, or listening to the sound of the waves and small fishing boats passing by, there are numerous ways to experience the non-rushed, rural way of life.

[The Rising Sun Seen from Hotel Entô, Rice Fields in Okinoshima Town](#) ▶

## 1

## Immerse Yourself in Nature



### ▲ Cycling on E-bikes, Sea Kayaking

The Oki Islands were created through the joint powers of volcanic activity that took place six million years ago, and subsequent erosion by waves and winds over thousands of years.

The abundant natural resources are easy to notice even before stepping off the boat. As the ferry approaches the islands, complex coastlines, forest-covered mountains, gently sloping terrain, and numerous small islets come into view, instantly catching the visitor's eye.

A variety of activities, such as hiking, sea kayaking and cycling on e-bikes allow the visitor to connect with nature in a meaningful way through active tourism.

## 2

## Uncover Local Stories and Traditions

The oldest proof of human presence on the Oki Islands dates back to 30,000 years ago. The culture of the islands stretches back to these ancient times, from the early Middle Ages when Oki became islands of remote exile, to the early modern period when the islands became an essential port of call for merchant ships in the 18th and 19th century.

This history has fostered a diverse and rich culture on the Oki Islands. Due to the geographical remoteness of the islands, vestiges of the past still linger in local traditions, rituals and festivals which have been preserved as a part of

the daily lives of the island people.

They provide an important resource for peeking into the past of not only the Oki Islands, but also Japan, as many of the traditional dances or celebrations are already lost in other regions.

With more than 100 larger and smaller shrines and temples scattered across the islands, many hyperlocal and unique festivals are held each year. These small and non-commercialized events are a special treat for anyone seeking an exclusive, local experience.

### ◀ Oki Shrine in Ama Town, Takuhi Shrine in Nishinoshima Town



Just like other regions in Japan, the Oki Islands have four seasons, each with its distinctive seasonal delicacies. The food culture is slightly different between the four islands, but common practice is that local people eat what is currently in season, leading a healthy life in rhythm with nature.

As expected, there is plenty of fish, shellfish and seaweed. Thanks to the flat terrain and abundant water springs, rice and Japanese sake are produced on the islands, too. Another delicacy is beef from wagyu cattle, raised without stress in the rich natural environment.



### Rock Oysters .....▶ (Mar–Jun)

Nishinoshima Island was the first place in Japan to succeed in farming rock oysters. They are cultivated in waters rich in minerals, and harvested right when they are at their most delicious, from March through June. It takes at least three years before the oysters are ready to be put on the market and enjoyed raw, grilled or deep fried.

### Sazae Turban Shell .....▶ (Mar–Apr)

In Japan, *sazae* turban shells are in season in early summer, but in the Oki Islands they are abundant and can be enjoyed year-round. They have characteristic shells with spikes (which help them to not be swept away by waves). *Sazae* are caught by traditional fishing methods, such as diving and *kanagi* fishing, which uses a glass-bottomed wooden box (similar to an aquascope), and a long spear.

### New Rice .....▶ (Sep–Oct)

Rice farming is possible on the islands thanks to their rich water resources. Some brands employ original solutions, such as sprinkling the field with seaweed salt brine or using rock oyster shells as fertiliser. Around the time when the fields turn gold in colour and the rice is being sun-dried after the harvest, many families enjoy their first bowl of the new rice.

### Squid .....▶ (Aug–Nov)

Squid fishing is flourishing in the Oki Islands, with various types of squid caught year-round. Special machines used for drying the squid can be spotted in the port areas. Swordtip squid, which is in season in summer and autumn, is especially beloved by the islanders due to its sweet taste and tender texture.

### Oki Matsuba-gani (Oki Snow Crab) .....▶ (Dec–Feb)

Oki *Matsuba-gani* (Oki Snow Crab) is a brand of crab carefully selected from snow crabs caught using baskets, a crabbing method which is rare in Japan. Crabs caught by this method experience less stress, preventing them from scratching each other. Crabs that weigh over 700 g are tagged with a blue tag, a proof of the brand.

### Iwa-nori Wild Seaweed .....▶ (Dec–Jan)

*Iwa-nori* is handpicked from rocky shores in the winter season and then dried into sheets of seaweed with a characteristic texture. It is crunchy and has a rich aroma, and is a staple in the traditional cuisine on the Oki Islands. Guests can find it in onigiri rice balls, *sazae* rice wrapped in wild seaweed, Oki soba noodles or a Japanese New Year's soup dish.

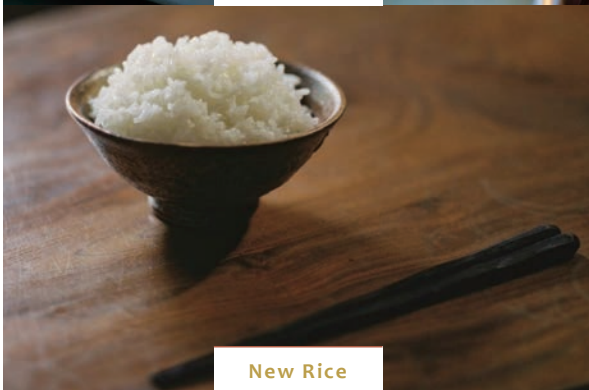




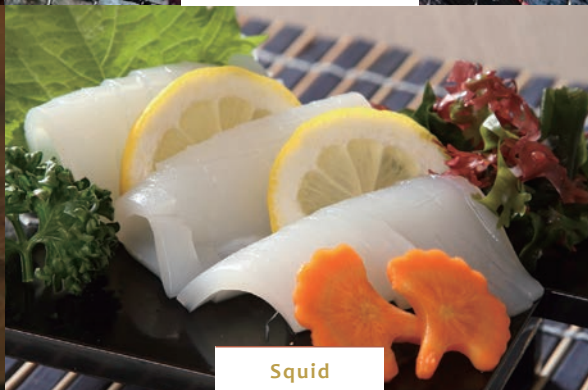
Rock Oysters



Sazae Turban Shell



New Rice



Squid



Oki Matsuba-gani



Iwa-nori Wild Seaweed

## LOCAL CUISINE

Rock Oyster Farming



The Oki Islands offer many outdoor activities for those interested in adventure tourism. Surrounded by exceptionally clear waters, the islands are a perfect place for marine activities such as sea kayaking and snorkelling. The rugged coastline and landscape formed by volcanic activities in the past offer impressive scenery for hiking and cycling. Cows and horses are kept on open pastures; sometimes they can be found grazing along the scenic hiking routes.

## ACTIVITIES

### Sea Kayaking Cave Tours

The Oki Islands were in large part created by volcanic activity and subsequent erosion caused by wind and waves. Sea kayaking is an easy way to access many beautiful views and marvel at the complex coastline. Highly transparent waters allow the visitors to observe marine animals, and give the illusion of gliding over the sea. Experienced instructors who are familiar with the site will not only show participants the sheer cliffs, caves and scenery of the coastline, but will also coach participants on safety and accompany them throughout the tour. Instructions in Japanese or simple English only, but international visitor friendly.



#### Nishinoshima Town

Season: May–Nov\*  
Duration: 2 hr  
Price: JPY 6,500 per person  
Organiser: Club Noah Oki

\*Bookings for April possible upon consultation.

### Packrafting Ecotour in Ama Town



This tour combines outdoor sports with environmental education and is highly recommended for those interested in environmental issues and sustainability. Participants trek down to the sea through untamed nature and work as a team to clean marine debris deposited on the coast. Participants will then go on an adventure in a packraft, paddling between the impressive Saburo-iwa Rocks, along the coast and then towards a small inlet. The tour concludes with a relaxing coffee and snack break by the sea.

Season: Mar–Oct

Duration: 4 hr

Price: JPY 14,300 per person (min. 4 persons)

Organiser: NPO Oki Shizen Mura



#### Okinoshima Town

Season: Apr–Oct

Duration: 2 hr

Price: age 16 and over JPY 7,000

ages 10 to 15 JPY 6,000

Organiser: Oki Geopark Tour Desk



## GUIDED TOURS IN DŌZEN ISLANDS

Ama Town  
Nishinoshima Town  
Chibu Village



### Hiking Tours

The Dōzen Islands are less mountainous than Dōgo Island. The hiking routes here feature panoramic views of the sea and the numerous islands of the archipelago. Some highlights include: hiking down from the clifftop to the coast through a vast green pasture at Kuniga Coast, visiting a shrine hidden on Mt. Takuhi, walking through small, cosy settlements on Chiburijima Island, and discovering how the unique terrain of the islands influenced the history and the daily lives of the local people.

Season: Year-round

Organiser: NPO Oki Shizen Mura

Prices start from JPY 16,500  
for one route per three persons.

Contact the organiser for detailed pricing.



## GUIDED TOURS IN DŌZEN ISLANDS

Ama Town  
Nishinoshima Town  
Chibu Village



### Guided Tour in Chibu Village

Guided tours are a great option as visitors can immerse themselves in nature and the local environment with local guides offering their insider knowledge of the islands. The guide will create a tour that meets the visitor's needs and interests. Transport by rental car. Walking and e-bike tours can also be arranged. Guiding available in English, French and Portuguese.

Season: Year-round

Duration: 3–4 hr

Price: from JPY 10,000 per two persons

Contact: Chiburijima Tourism Association



## GUIDED TOURS IN DŌGO ISLAND

Okinoshima Town



### Hiking Tours

One might imagine islands to offer views of coastal landscapes, but 500–600 m tall mountains and deep forests are popular hiking destinations in Okinoshima Town. There are five hiking routes with different levels of difficulty: Mt. Daimanji, Washigamine Ridge, Tokage-iwa (Lizard Rock), Mt. Takada, and Shirashima Coast. The tours' highlights include climbing the highest peak of the island from where a breathtaking scenery can be seen, walking through a natural forest of Japanese cedars and discovering the unique ecosystem of the Oki Islands. Tailor-made tours that include hiking and other sightseeing spots are available upon inquiry.

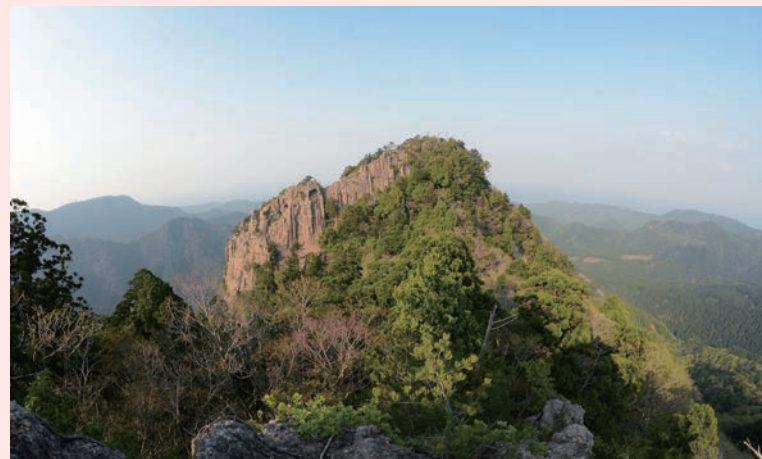
Season: Year-round

Duration: 4 hr

Price: JPY 20,000 (1–4 ppl)\*

Organiser: Oki Geopark Tour Desk

\*JPY 5,000 per each additional person. Max. 6 ppl.



## Guided Tour of Ama Town on E-bikes



One of the best ways to enjoy the dynamic scenery of the islands is joining a guided e-bike (electric-assisted mountain bikes) tour, where visitors can discover how the landscape is connected to the locals' daily lives. Guests can visit some of the major tourist spots (Akiya Coast, Oki Shrine, Uzuka-mikoto Shrine, Dōzen Caldera viewpoints) with a professional English-speaking guide. While on the road, the guide and tour participants communicate with each other using an intercom system. It is a great way to explore the island for experienced cyclists and beginners alike, as the e-bikes will assist the rider across the terrain.

Season: Year-round  
 Duration: 6 hr (cycling time: 2 hr)  
 Price: JPY 13,200 per person  
 Organiser: NPO Oki Shizen Mura



## ACTIVITIES

## Mini Hike to Mt. Atago

This hiking route is the closest to the Saigō Port area and also relatively easy. Mt. Atago is one of the landmarks of the island. Visitors can climb to the top to see beautiful views of the port town and, if the timing is right, ferries going in and out of the bay, and a small shrine with its *torii* gate facing the port area.

Season: Year-round  
 Duration: 2 hr  
 Price: JPY 3,500 per adult  
 Organiser: Chokkura Oki



## Saigō Port Guided Walking Tour

For history and culture lovers, the guided tour at Saigō Port, the gateway to the largest island in Oki, is a must-do activity. The port town is full of historical and cultural sites, with Japanese rural scenery of a fishing village and small shrines. The guided walk will take visitors to easily overlooked spots, providing background knowledge to make further exploration more enjoyable.

Season: Year-round  
 Duration: 45 min  
 Price: JPY 1,500 per adult  
 Organiser: Chokkura Oki





## E-bike Rental



E-bikes, a type of electric-assisted bicycle, are available to rent on all four Oki Islands. The powerful electric motor will assist the cyclist on the islands' hilly roads and make for a more relaxed experience. Riders can take in the peaceful, rural atmosphere, go through the narrow roads between the rice fields or pastures, and discover numerous shrines hidden around the small villages. Recommended routes are available for each island.

Season: Year-round  
Price: from JPY 2,400 per 3 hr  
Organiser: tourism associations on each island



## Sit Back and Relax on a Sightseeing Boat

With their complex coastlines, the Oki Islands are a place where some of the most stunning natural sights can only be seen from the sea. The tours are conducted in Japanese only, but there are English versions of the leaflet of sightseeing courses. The friendly captains will ensure guests have a safe and enjoyable trip on board.



### Underwater Viewing Boat AMANBOW



The underwater room on the boat has glass windows, perfect for watching the sea world.

Season: Apr–Oct      Duration: 50 min  
Price: JPY 2,000  
Organiser: Ama Town Tourism Association



### Kuniga Sightseeing Boat



Admire the magnificent Matengai Cliff and enter some sea caves, weather permitting.

Season: Mar–Oct      Duration: 1 hr 20 min  
Price: JPY 3,000 per person  
Organiser: Oki Kanko Co. Ltd.



### Rōsoku-jima (Candle Island) Sightseeing Boat



Enjoy the magical sight of a giant rock “candle” lit by the flame of the setting sun.

Season: 15 Mar–Nov      Duration: 50 min  
Price: JPY 3,000  
Organiser: Okinoshima Town Tourism Association



### Kappa Sightseeing Boat



A relaxing cruise around the Saigō Port area and a nearby river.

Season: Apr–Oct      Duration: 45 min  
Price: JPY 1,500  
Organiser: Oki Tabi Kosha



### Sekiheki (Red Cliff) Sightseeing Boat



Enjoy the sea breeze and traces of dynamic volcanic activity from 6 million years ago.

Season: Year-round      Duration: 50 min  
Price: JPY 6,500 per person without guide, JPY 8,500 per person with guide  
Organiser: Chiburijima Tourism Association

## EXPERIENCE JAPANESE FOOD CULTURE

### Shichimi Seasoning Making Experience



*Shichimi* is a blend of spices and other seasoning ingredients, and is widely used in Japanese home cooking. Most of the ingredients provided in this activity—chilli peppers, *iwanori* and wakame seaweeds, Japanese pepper, ginger, *fukugi* spicebush and dried yuzu citrus—are grown and harvested on Chiburijima Island. Visitors can make their own special blend, bring it home with them and add a special Japanese twist to their home cooking!

Season: Year-round

Duration: 1 hr

Price: JPY 2,500 per person (2–5 ppl)

Organiser: Chiburijima Tourism Association

### Fishing and Dried Fish Making Experience Set



Try your hand at fishing from a boat and making your own dried fish. Drying fish is an easy and popular way of preserving fish in Japan. Both activities are beginner friendly. The staff will instruct the visitors on fishing and the fish-drying process, including cleaning and seasoning the fish.

\*The staff uses a translation device to communicate with the participants.

Season: Apr–Nov

Duration: 4 hr

Price: JPY 20,000 per boat (2 persons), JPY 3,000 per rental fishing gear set,

JPY 10,000 for dried fish experience (2 persons)

Organiser: Oki Tabi Kosha



Jā-maki Ritual



Renge-e-mai Dance



Yurahime Shrine Festival

## DEEPEN YOUR KNOWLEDGE OF JAPANESE CULTURE

**T**he Oki Islands, though small and remote, have played a significant role in Japanese history, and traces of that past can be found in the islands' culture.

It is said that in the past there were more than 300 shrines in Oki, and more than a hundred still stand today. The types of shrines found here demonstrate that the islands were once a very prosperous place. The most notable are the 16 shrines recorded in *Engishiki Jinmyōcho*, a list of important shrines compiled in the year 927. Four of them were given the high ranking of *myōjin taisha*—shrines dedicated to important deities. Ancient mythology also suggests the significance of the islands, as according to the creation myth of the Japanese archipelago, the land of Oki was created third, after Awajishima and Shikoku.

With the huge number of shrines in the Oki Islands, there are countless festivals

and observances, just like the rest of the country. However, the ones here on the islands are not quite the same. All four of the inhabited islands have their own personality and unique cultural identities.

In addition to grand summer festivals with firework displays, and dance parades where anyone can jump in and join, there are also practises observed only by particular local communities, and festivals that were introduced to the islands by exiles or sailors of the trading ships docking at local ports. These traditions have been passed down through generations of islanders to become an invaluable part of the local culture.

By visiting this small archipelago, visitors can discover important episodes of Japanese history and experience unique traditions, a special treat for connoisseurs of Japanese culture.





Oki Islands Geopark Museum

## Oki Islands Geopark Museum

This museum is located at Saigō Port, the gateway to Okinoshima Town. Here, visitors can learn more about the nature, culture and history of the Oki Islands. We strongly recommend visiting this facility before starting your island journey to grasp some basic knowledge of the islands, or after the adventure as a review of the information gathered during the trip. Descriptions are available in both English and Japanese.

Business Hours: 9am–5pm

Closed: Second and fourth Tuesdays,  
and during the New Year's holidays

Price: JPY 500 per person (adult), JPY 250 per person (children)

Access: 1 min on foot from Saigō Port

(2nd floor of the Oki Islands Geopark Visitor Center)



## Yao-sugi Japanese Cedar at Tamawakasu-mikoto Shrine in Okinoshima Town



### Tour Guides

Want to learn more about the scenery than just what meets the eye? Want to deepen your understanding about the festivals and culture on the islands? Not sure how to navigate down the narrow streets, or are afraid of breaking unspoken local protocols? No worries! The geopark guides will introduce the charms of the Oki Islands in foreign languages. They will provide more insight into the local history, geography, culture, and geopark stories while providing tips on how to enjoy your time on the islands.

The guides offer tours in English, French and German.

# RETREAT ON REMOTE ISLANDS

Staying at a unique accommodation can be an experience in itself and set the mood for a trip. A few of our recommended lodgings are located right next to the sea and boast beautiful ocean panoramas from the rooms. They are a perfect fit for those guests who wish to sit back, enjoy the view and feel a connection with nature. Meals made with carefully selected local ingredients will introduce you to a full range of Oki Islands specialities.

The recently opened Hotel Entô is a facility first-of-its-kind. There is a geopark exhibition room inside the hotel, and various nature-friendly measures are imple-

mented in its daily operations, leading the way towards creating a more sustainable travel environment on the Oki Islands.

For those who would rather enjoy a simple stay rooted in the local lifestyle, a guesthouse or another small privately-owned lodging might be an enticing choice. A limited number of rooms and guests ensures a personalised experience and warm atmosphere.

Staying in a traditionally-built house with more than 100 years of history, enjoying the locally harvested and produced delicacies, or trying your hand at heating your own bathtub using firewood, will definitely bring a more local experience.

**Experience  
the old lifestyle  
in Kotô**



**Local delicacies and  
folk song performance  
in Tajimaya**



**KUSUBURU HOUSE,  
a private lodging  
in an old Japanese house**





**Hotel Chibu-no-sato**



**Large common bath in Kuniga-sō**

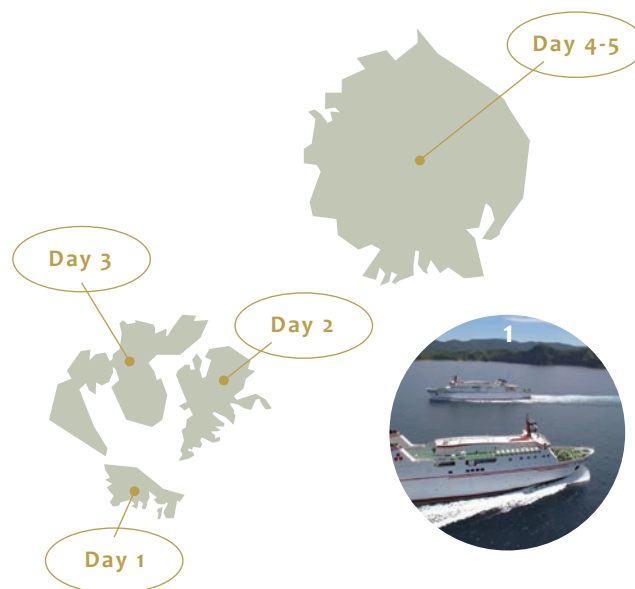


**Dinner in Hagoromo-sō**

**Hotel Entô**

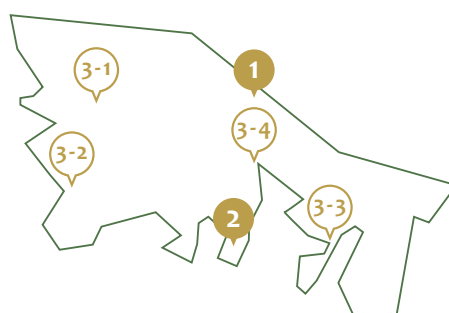


The Oki Islands consist of four inhabited islands and around 180 uninhabited islands. Island hopping is the best way for visitors to explore the four inhabited islands and immerse themselves in the nature and culture of Oki. A 4 night / 5 day trip to the islands maximises the experience and is perfect for those who wish to travel slowly and enjoy “island time.” While travelling between the islands, we encourage visitors to go to the outer deck of the ferry to enjoy the beautiful scenery.



## ISLAND HOPPING IN THE OKI ISLANDS

### Day 1 Chibu Village



- 9:30–11:30 **1** Travel by ferry from Shichirui Port (Shimane Prefecture) to Kurii Port in Chibu Village.
- Stop by the tourist information centre located at the ferry port for island information and rent a car.
- 12:00–13:00 **2** Have lunch in a restaurant with an ocean view.
- 13:00–16:00 **3** Discover the island with a local English-speaking guide. Marvel at the 360° panorama of the Oki Islands from Mt. Akahage, and see the nearby *myōgaki* stone walls, which are traces of a farming method practiced here since old times. Sekiheki (Red Cliff) is an impressive sight of a volcano's cross section, and a popular spot for photography lovers.
- 16:28 or 17:47 **4** Hop on the inter-island ferry to Ama Town and stay the night.



### Dinner recommendation throughout the trip

Get closer to the local life by having dinner at your accommodation, often prepared by a chef or the owner. Enjoy locally caught seafood, grilled Oki beef steak, and other delicacies paired with locally brewed Oki sake. Every component is a product of the rich nature of the Oki Islands.

### + Options in Chibu Village

Shichimi Seasoning Making Experience,  
Iwagaki Oyster Shell Craft, e-bike rental.



10:30–16:30

## Day 2 Ama Town

5 Rent a car or use the local bus to go to NPO Oki Shizen Mura.

6 Guided Tour of Ama Town on E-bikes. Explore Ama Town in depth with an English-speaking guide. The Dōzen Caldera Route will allow the visitors to find out how the islands' terrain influenced the culture and daily lives of the local people.

16:47 or 17:20

7 Hop on the inter-island ferry to Nishinoshima Town and stay the night.



### + Options in Ama Town

Underwater Viewing Boat AMANBOW, Packrafting Ecotour, Shamoji (Rice Spoon) Painting, e-bike rental, Oki Shrine Night Visit.

## Day 3 Nishinoshima Town



9:00–11:30

8 Rent a car and go to Matengai Cliff and Tsūtenkyō Arch. Stand on the top of the 257-metre-tall cliff and feel the enormity of the landscape created by the forces of nature over thousands of years. The trail leads through a grassy pasture, where cows and horses graze peacefully.

9 Have fresh sashimi and abalone rice for lunch in the Uragō Port area.

13:00–14:20

10 Kuniga Sightseeing Boat  
Join a sightseeing boat tour, look up at tall cliffs, go under arches and into caves with an experienced captain.

14:30–16:30

11 Visit unique local shrines  
Yurahime Shrine, one of the Oki Islands' most important shrines, is surrounded by many local tales and legends and is a popular destination for many visitors. Carvings of squid decorate the shrine building and lanterns. Takuhi Shrine, dedicated to a deity of sea voyage, holds a special place among the many shrines of the Dōzen area, which in the past served as port of call for merchant ships. Its building is partially hidden inside a cave, a sight not to be missed for culture enthusiasts.

17:15–18:30

12 Ride on the evening ferry from Nishinoshima Town to Okinoshima Town (Dōgo Island) and stay the night.

### + Options in Nishinoshima Town

Full day hiking tour (Mt. Takuhi, Kuniga Coast), e-bike rental, Sea Kayaking Cave Tour, Fabric Dyeing (using local clay), Kuniga Sightseeing Bus, snorkelling.



13-1

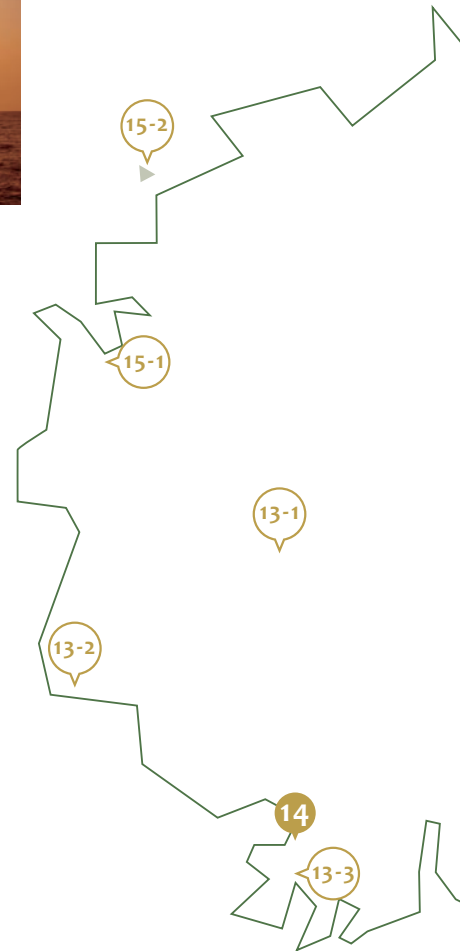


15-2

## ISLAND HOPPING IN THE OKI ISLANDS



14



### Day **4** Okinoshima Town

9:00–12:00 **12** **13** Rent a car and explore the island (Tsuma area).

Dangyō-no-taki Waterfalls, hidden deep in the forest, are two waterfalls which flow down from a 40-metre-tall cliff and fall on both sides of Dangyō Shrine. The path to them leads through a Japanese cedar forest, with a stream quietly flowing nearby.

Nagu-saki Cape commands a sweeping view of the sea and the Dōzen Islands in the distance. Next to the observation deck stands the nostalgic old lantern that acted as a lighthouse the people of the Nagu area used to light every day.

Have lunch in the Tsuma area.

13:00–15:00 **14** Sea Kayaking Cave Tour

This tour will take the visitors along scenic coasts and inside sea caves for an exciting experience.

Have a relaxing coffee break in the Goka area.

16:30\*– **15** Ride the Rosoku-jima (Candle Rock) Sightseeing Boat.

\*Departure time depends on the sunset time and changes throughout the year.

**16** Stay the night in Okinoshima Town.



### + Options in Okinoshima Town

Hiking tours, Kappa Sightseeing Boat.

## Day 5 Okinoshima Town

9:00—9:45

### 17 Saigō Port Guided Tour

Take a walk with an English-speaking guide through the narrow streets of the small fishing town and listen to the stories about local culture and history.

10:00—11:45

Rent a car or bicycle and explore the island (Saigō area).

Tamawakasu-mikoto Shrine is the Oki Islands' main general shrine. The main hall of the shrine was built in 1793 in the local Oki-zukuri style of architecture. Next to the shrine stands the massive Yao-sugi Japanese Cedar, which is said to be around 2,000 years old and is designated a Natural Monument of Japan.

Saigō-misaki Lighthouse is located on a cape overlooking the entrance to the main port of Okinoshima Town. The 100+ year old lighthouse is pure white and provides a striking contrast with the blue sea. Arrive around 11 am to catch the sight of the 11:20 ferry arriving at the port.

\*Saigō-misaki Lighthouse is slightly too far to visit on a bicycle within this time frame.

### 18 Have Oki Soba noodles for lunch in the port area.

13:00—14:00

### 19 Visit the Oki Islands Geopark Museum and the Visitor Center.

Relax in the rest area in the Geopark Visitor Center, shop for locally made souvenirs in Anki-ichi Market (2 min on foot from the port) or in the souvenir shop inside the ferry terminal.

15:10—

Travel by ferry from Saigō Port in Okinoshima Town to Shichirui Port (Shimane Prefecture).

# COVID-19 PREVENTION MEASURES AND ADVICE FOR HOLIDAYS ON THE OKI ISLANDS

**U**nlike the densely populated cities, the Oki Islands are sparsely populated but infection prevention measures are taken seriously on the islands. There are only a few clinics, two hospitals and an ageing population. The islands will also continue to work on preventive measures in accordance with the guidelines listed by the Shimane Prefectural Government. We would also like to ask our visitors to follow the requests outlined in “Shimane Prefectural Government Response,” which is available on the website of Shimane Prefecture.



## Face masks

- Face masks were frequently worn in Japan, especially in winter and spring, even before the outbreak of the COVID-19 pandemic. Therefore, face masks are not something newly introduced into Japanese society and the population are quite used to wearing them. According to the new guidelines released by the Government of Japan, starting from 13 March 2023, the use of masks will depend on personal choices. There are a few situations, such as displaying symptoms of the disease or when in crowded spaces such as transport, where wearing a face mask is recommended.



## Hand sanitisers, thermometers and signs

- Hand sanitisers and thermometers are installed at various facilities, including the ferries. Visitors are encouraged to sanitise their hands thoroughly upon entering and exiting facilities, and transport.
- Signs that promote everyday protective measures are put up in various locations.



## Food and drink establishments

- Some food and drink establishments may reduce their number of seats so their customers can maintain social distance when they are enjoying their meals.
- Tables at food and drink establishments are cleaned and disinfected frequently.
- Doors and windows are opened from time to time to increase the circulation of outdoor air and improve ventilation.
- Additional restrictions may be in place. Advanced booking is highly recommended.



## “Three Cs” and travelling

- Some shops and other establishments may ask their customers to wear a face mask when using the facilities.
- Visitors should avoid visiting closed spaces with poor ventilation, crowded places with many people nearby and close-contact settings such as close-range conversation.
- Visitors should also refrain from travelling if they have symptoms such as fever or a cough.





# CONTACT INFORMATION

Official English Website

<https://visit-okiiislands.e-oki.net/>

Information for Travel Professionals

<https://visit-okiiislands.e-oki.net/travelprofessionals>

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