



Turban shell



Toshima is approx. 130km away from central Tokyo. The island is located in the Fuji-Hakone-Izu National Park. The ocean around Toshima is beautiful and always surrounded by fresh seafood. Visitors can swim in the sea and enjoy the ocean view and seafood in any season.

Seafood



Ise prawns



Old water tank

Water



Shide and a water jar

In Toshima, residents used water sparingly, and each family had its own water jar to store rainwater. Now, the completion of simple water supply reservoirs and the development of dechlorinating equipment has defused the water resources crisis. Even now, we sometimes find a few houses with a water jar, but most of them seem to use the water for watering trees and flowers in the garden. At the entrance of a mountain shrine, there still remains an old water jar called "shide", which stores rainwater using a bamboo branch. The water supply was started when a simple water supply reservoir was completed in 1964.



Water channel

Toshima zukan

You will enjoy a valuable time

Walking Map

Our Toshima, the smallest island in the Izu Islands, has 4.12km² of land and a 7.7km circumference, and is surrounded by sheer cliffs. Toshima, a lovely island that you can walk in about 3 hours and where the nature of sea and mountains awaits you.

A little action, Always healthy

The mountain has an altitude of 508 meters, and it takes about 40 minutes from the trail entrance to the top. It is a cone-shaped mountain. When looking at the village and the ocean from the lookout on the way, you will feel that the nature of Toshima invites us. Take clothes appropriate to the season (Long-sleeved clothes and long pants), a hat/cap, first aid supplies, a water bottle and maps with you, and have fun climbing the mountain wearing comfortable shoes.

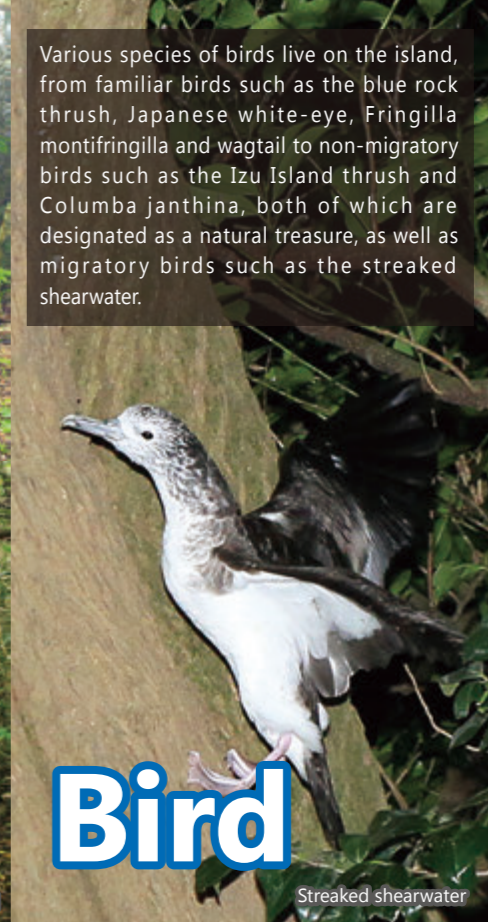


Mt. Miyatsuka



The summit of Mt. Miyatsuka

Mountain trail



Bird

Streaked shearwater



Japanese white-eye

Blue rock thrush (male)

Bramble finch

White wagtail

High-speed jet ferry Seven Island

From spring to summer, the island is crowded with mainly tourists and anglers coming and going by large passenger ships and jet ferries. A large rainbow appearing across the port on a strong windy day in fall and winter is splendid.

Access to Toshima

By airplane

- Chofu ~ Oshima (25min.)
 - NewCentral Air Service 042-231-4191
 - Toho Air Service 04996-2-5222
- Oshima ~ Toshima (10min. : One round-trip every day)

By ship Tokai Kisen 03-5472-9999

- Takeshiba ~ Toshima (High-speed jet ferry: 2 h 20 min.) (Large passenger ship: 9 hours)
- Shimoda ~ Toshima (Passenger ship: 1 h 35 min. ~)

Helicommeter Tokyo Island Shuttle

Toshima Village Office
 248 Toshimamura, Tokyo 100-0301
 TEL: 04992-9-0011 FAX: 04992-9-0190
 http://www.toshimamura.org/
 Created by NPO nature center risen

Each shrine has its own characteristics and surrounding nature environment, which slightly differ from those of other shrines. If you take time to visit them, you can experience the culture and the tradition of present-day Toshima. From old days, traditional village events, such as Jikkuwabi, Yabusame and Yama-meguri held in the New Year, have been carried out centering on the shrines. In Toshima, which is believed to have been inhabited from around 6,000 years ago, there are many unearthed artifacts, copper mirrors and old documents excavated from the Oishiyama ruins and Kekkeiyama ruins in the excavation research of 1957, and those from Azusawakenomikoto Shrine and Donoyama Shrine. They will give you an opportunity to learn from history and think about the future of Toshima.



Rounded stones

History and Culture

A wide variety of plants grow in Toshima: plants indigenous to the Izu Islands such as Sakuyuri (Lilium auratum var. platyphyllum) and Isogiku (Chrysanthemum pacificum), plants characteristically found in Toshima such as Tsurukoji (Ardisia pusilla), plants found in natural forests and Mt. Miyatsuka such as Jumonjishida (Polystichum tripterum), Hosobakanawarabi (Arachniodes aristata), and Teikakazura (Trachelospermum asiaticum), and plants in the coastal area such as Wadan (Crepidiastrium platyphyllum) and Hamabossu (Lysimachia mauritiana). You can see mushrooms such as Mycena lux-coeli (a bioluminescent mushroom) as well as fungi including Coccomyces. It is also fun to compare various environments such as sunny, shade, humid or windy environments.



Mycena lux-coeli



Lilium auratum var. platyphyllum

Ardisia pusilla

Arachniodes simplicior var. major

Trachelospermum asiaticum var. maj

Pittosporum tobira

Aster microcephalus var. littoricola

Japanese silverleaf

Arisaema negishiif Makino

Lemnaphyllum microphyllum Pre



Color

Familiar plants and animals, and the beautiful sky and sea of Toshima give residents relief and enrich their life. Like this, visitors to the island will also be deeply moved by experiencing nature that is unique to Toshima through fishing, climbing mountains, strolling and other activities. Enjoy the day in Toshima as you like. Also, you can learn about Toshima's history and life from a number of cultural properties discovered in archaeological sites and shrines, so you will never be bored if you like history and ethnology. Now, enjoy the nature of Toshima by yourself.

Camellia farm

Yabutsubaki (Camellia japonica) trees have been planted in the island from the Edo period. Toshima, where about 300 people live, became the largest production site of camellia in Japan with approximately 80% of the island covered with camellia trees. The rich and fragrant camellia oil has long been used across Japan, including Edo city.

Yabutsubaki

Camellia seeds

Camellia farm

In winter, Toshima is covered with the flower of Yabutsubaki, which is an indigenous breed. At the camellia oil center, oil is squeezed from camellia seeds harvested from fall to winter. Camellia seeds fallen on the road are also a treasure for Toshima residents. Ashitaba (a herb of the parsley family) is planted under camellia trees and cultivated using the light that filters through the foliage. The period from winter to spring is a good season for ashitaba. Terraced fields are made not to be destroyed by heavy rain.

Camellia farm

Ashitaba

There are insects that make their habitats in trees, leaves, fallen trees or places nearby water, such as Dorcus rectus, Plestiodon laticutatus, chestnut tiger butterfly, dragonfly and longicorn. Toshima residents care about creatures, so you will see small creatures everywhere, even on the roadside. Enjoy touching real living creatures and feel the power and tenderness of Toshima's nature with your whole body.



Miyama stag beetle

Pidorus glaucopsis

Corbiçula japonica



Plestiodon laticutatus



Graphium sarpedon

Terrestrial shells

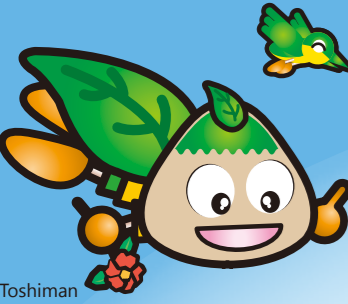
Small animals

Reptiles

The whole island of Toshima Village Walking Map



Rich fragrant ashitaba sprout in spring, attractive Mycena lux-coeli and elegantly blooming dendrobium in the rainy season, cheerful migratory birds flying in the midsummer sky, seafood that adds a touch of color to the dinner table in the island in fall, and pretty camellia flowers in winter. Toshima is an island where you can enjoy experiencing nature throughout the year. Winter is the best season for the scenery overlooking the Izu Islands. Protected trees standing in the neighborhood of the village and stone fences and roads made of rounded stones brought from the sea tell of Toshima's serene and tasteful history. Also, the folklore museum exhibits a number of historical artifacts which make you think of the life of predecessors in Toshima, such as copper mirrors designated as a cultural property. Now, let's walk together.



Do not forget to warm up and cool down when you walk.



Sightseeing

Seasonal seafood and food from the mountains are also one of the pleasures to enjoy from the nature of Toshima. Fully enjoy them at your minshuku or restaurants. (Camping and sleeping outside are forbidden on the island. Please note that there are no rental cars or taxis available.)

Specialties



10. Camellia oil center

Camellia seeds harvested in the village are processed into camellia oil at the oil center. The camellia oil (mildly acidic) produced at the oil center is used as an ingredient of camellia shampoo, camellia soap and cookies. The dregs are used as a fertilizer for camellia trees or other plants. Toshima's camellia is an example of effective recycling!

11. Charcoal burner's hut

Camellia charcoal is being made. Camellia charcoal has a good reputation for the quality perfect for a tea ceremony or barbecue. It is available at the JA store.

Recreation



12. Maehama Shinsui Recreation Center

In Toshima, with its limited water resources, seawater is used for the pool. Everyone, including school students, residents and even tourists can use it. Please contact the village office for inquiries.

13. Minamigayama Park

It is one of One Hundred Views of New Tokyo. From there, you can overlook the Izu Islands and enjoy a wonderful starry sky on a sunny day. You sometimes see parents and children having lunch on the lawn.

14. Usuigo Park

The ocean scenery from pavilions and dragonflies gathering at the pond. You can park your car and stroll around.

15. Lookout

On a sunny day, you can enjoy a spectacular view of the village, the Izu Islands, the ocean and the sky. It takes about 5 minutes from the top of Mt. Miyatsuka.

16. Sunset Lookout

The setting sun reflected on the ocean is shining and beautiful. Please see for yourself.

Benefits from Walking

- 1 Prevents lifestyle diseases**
Walking is effective at decreasing your blood sugar level and blood pressure, and is also believed to reduce the risk of lifestyle diseases.
- 2 Improves cardiorespiratory function**
Regular walking is effective at maintaining and improving your stamina.
- 3 Prevents obesity**
Walking burns calories and is effective at reducing your waist size and weight.
- 4 Relieves stress**
Walking is effective at giving you a breath of fresh air and relieving stress to improve your health.

Stay hydrated

If your body is not sufficiently hydrated, you may be at risk of heat stroke and other related conditions. Make sure to drink lots of fluids like water and sport drinks.

Life



17. Toshima Village Office

Please contact us for anything from the life to sightseeing/environment of Toshima.

18. Toshima Folklore Museum

The museum exhibits historical and cultural materials and cultural properties of Toshima. You can learn about the camellia industry and the history and the relation with the mainland and other islands through unearthed artifacts, copper mirrors and old documents from the archaeological sites discovered in 1958, Azusawakenomikoto Shrine and the shrine of Mt. Oishi.

19. Toshima Workfare Hall

This is a facility where residents feel free to gather. The hall has a bowling center and other facilities, which tourists can also use.

20. Toshima Elementary and Junior High School

The elementary school and the junior high school were opened in 1887 and 1947 respectively. The school is filled with cheerful voices of children every day! It has high regionality and a warm atmosphere, and provides an integrated education at elementary and junior high school. In school events, all residents work together with the school.

21. Daycare center

There are swings, a sandbox, and other combination equipment at the playground. In a room, children have fun all day reading a picture book, drawing a picture or doing other activities. It is filled with the smiles of babies and infants.

Walking courses (The starting point for each course is indicated with a white circle.)

| Course | Distance | Number of steps | Time allowed | Energy consumption | One Point Advice |
|--|--------------|------------------|------------------|--------------------|--|
| Beginner East Road Course | around 200m | around 285Steps | around 3 min. | around 9kcal | Very steep slope. On the route, there is Chokyu-ji Temple, which is the only temple on the island. |
| Beginner Central/West Road Course | around 430m | around 615Steps | around 6.5 min. | around 19.5kcal | Steep slope. It is the main street of the village with Azusawakenomikoto Shrine on the route. |
| Intermediate Toshima Special Course | around 2.5km | around 3570Steps | around 37.5 min. | around 112.5kcal | You can walk around the village along the heliport and archaeological sites while viewing the ocean. |

| Course | Distance | Number of steps | Time allowed | Energy consumption | One Point Advice |
|---|--------------|-------------------|-----------------|--------------------|---|
| Intermediate Toshima Happiness Course | around 4km | around 5715Steps | around 60 min. | around 180kcal | You can enjoy viewing sakuyuri with its pleasant odor in early summer, and camellia, the specialty of Toshima, in winter. |
| Advanced Toshima Full Enjoyment Course | around 9.2km | around 13145Steps | around 138 min. | around 414kcal | You can walk around Mt. Miyatsuka, visiting various shrines, Minamigayama Park and Usuigo Park. |

On each course, we include the calories consumed, number of steps, distance and time allowed. The calculations are assumed for a 60kg male with a 70cm stride, walking at 4km/h, with 30kcal burned for every 10 minutes walking.

Toshima's gateway Toshima Port



The mountain you see in front of you at the port is Mt. Miyatsuka. In Toshima, you can enjoy walking, observing stars, exploring cultural properties and fishing.

Maintenance of camellia trees



Twigs and leaves fallen by the wind are burned to make charcoal, which is used as fertilizer for camellia trees. Camellia trees are cultivated and maintained with effort and love throughout the year.

Culture

There are many shrines in Toshima. The characteristics and the surrounding natural environment of each shrine are slightly different. It is notable that there are many cultural properties.

26. Nationally-designated Tangible Cultural Property (Azusawakenomikoto Shrine Former Main Hall)

The building is from the end of the Edo period. Investigations started in 1993. With an even-numbered frontage, it is a very valuable cultural property. It is located in Azusawakenomikoto Shrine, which worships the local guardian god, on the west side of the village.

27. Azusawakenomikoto Hongu Shrine

It is affectionately called Ichiban-kamisama (First god) by residents. The enshrined deity is Azusawakenomikoto, the son of Kotoshiroanomikoto. The surrounding area of 6,600m2 is a valuable archaeological site for understanding the ancient shrine grounds. Surrounded by primeval laurel forest, it was designated as a cultural property of Tokyo in 1987. Moss and lichens grow on the stairs of rounded stones, and various seeds dance in the wind in fall. The shrine pleases visitors with different scenery in every season.

28. Orinobori Shrine

It is affectionately called Sanban-kamisama (Third god) by residents. The enshrined deity is Orinoborinomikoto, the wife of Kotoshiroanomikoto.

29. Oyama-koyama Shrine

It is affectionately called Niban-kamisama or Yamaagasimasa by residents. In the New Year, people visit Ichiban-kamisama and Niban-kamisama in this order. The shrine grounds of 3,300m2 are designated as a cultural property of Tokyo.

30. Doyama Shrine

Eighteen old mirrors are designated as a cultural property of Tokyo. It worships both Amaterasuomikami and guardian gods of each family on the island.

22. Toshima Heliport

Completed in 1956. It takes 10 minutes to Oshima by the Tokyo-Island Shuttle.

23. Waiting Area for Ship Passengers

Every passenger, even those with a ticket, needs to complete the boarding procedures 30 minutes before departure. Please make sure to visit the counter within the reception hours.

Children of the island



On holidays, small children also play in the school yard.

Events



In old days, girls of Toshima used to play with handmade dolls and otedama (small beanbags). Toshima Folklore Museum introduces the life and culture of Toshima.

There are events in which all Toshima residents participate, such as yama-meguri and Hachiman Shrine's yabusame (every four years) held in the New Year and Bon dancing and a fireworks display in summer.

31. Hachiman Shrine

The guardian god of the island, which has stood in the village from ancient times. It worships emperors of Omin and Chuai. Yabusame takes place here on New Year's Day.

32. Hamanomiya Shrine

It is a shrine to which residents pray for safe journeys on the sea. Owatsuminomikoto and Kotoshiroanomikoto are the chief deity. Departure on a barge, which was carried out until the early 1970s, put sailors and passengers lives in danger.

33. Chokyu-ji Temple

It was built in the early 16th century. It is Toshima's only temple in the village. The large pine tree in the precincts, which is said to be several hundreds years old, is designated as a protected tree of the village.

34. Tokyo-designated archaeological site Oshiyama Ruins

These are compound remains from the early Jomon period to the Tumulus period. With an area of 30,000m2, it is a large archaeological site located on the islands. The ruins have many unearthed artifacts and are of significantly high academic value.

35. Tokyo-designated archaeological site Kekkeiyama Ruins

A pit-dwelling of the middle Yayoi period, a layer with ancient artifacts and obsidian of the Jomon period were discovered here. Among them, ironware and earthenware with a trace of rice are especially valuable, and a number of ancient artifacts are exhibited at the Toshima Folklore Museum.

36. Barge and Umi-no-rekishi hiroba (Maritime History Square)

The last wooden barge Daisan Shirayurimaru is displayed here. You can learn about the history and see documents about dangerous work on the sea and the beach in Toshima before 1980 when the construction of a pier enabled large vessels to reach the shore.

24. Clinic

It is the only medical institution on the island. The staff work together to support the health of residents. They gently talk to patients, and it will give you relief.

25. Community Exchange Center

It looks like a one-story Japanese-style house and is used for celebrations for the elderly or as a voting station.