

## Explore the Kerama Blue Ocean in Tokashiki and Learn the Secret of Longevity in Oogimi



Okinawa is the southernmost and only subtropical prefecture in Japan. Her unique geographical features distinguish Okinawa from Mainland Japan, ensuring that you will be amazed whenever you are lucky to visit. During this tour, you will visit two small villages: Tokashiki and Oogimi, which are major spots that represent the main features of Okinawa's National Parks - Ocean and Forest.

Commonly referred to as "Kerama Blue", the translucent ocean water of Tokashiki island has attracted many divers from across the globe. You will soak yourself into the Kerama blue ocean and enjoy the beauties of corals by diving and sea kayaking. Also, you will experience outdoor camp and see beautiful stars in the dark sky of Tokashiki island.

On the "forest" portion of this program, you will explore Oogimi village in the Okinawa Main Island. It is a so-called "longevity village" and has been introduced in a book of "IKIGAI". You will learn how the "longevity people" enjoy their happy lives by experiencing activities in the natural ambience of Oogimi village.

### Itinerary at a glance

Day 1: Group meets in Naha and explore the history of Okinawa island, and the life and culture of the people(x/L/D)

Day 2: Diving in the Kerama Blue and Stargazing in outdoor camping site (B/L/D)

Day 3: Trekking on the natural path in the coastal side and sea kayaking in the Kerama blue (B/L/D)

Day 4: Forest walking, longevity lunch and traditional fishing boat ride in Oogimi Village (B/L/D)

Day 5: Transfer from Oogimi Village to Naha. (B/x/x)

**Highlights:**

- Explore the spectacular view of Kerama Blue through the sea kayaking and diving experience at Tokashiki island.
- Starry sky night tour of the southern island at Tokashiki island.
- Watch how shikuwasa - a citrus fruit produced in the mountainous area of the Yanbaru subtropical forest at Oogimi Village – is harvested.
- Enjoy sailing in a sabani, a traditional fishing boat that is used on the sea of Yambaru in Oogimi Village

**Location:**

Okinawa, located in southern area of Japan, it is about 2,100 km from Tokyo and only 100 km from Taiwan. Okinawa contains over 160 islands scattered between Kyushu and Taiwan. Okinawa Prefecture and the surrounding archipelago forms the boundary between the East China Sea and The Philippine Sea. Okinawa is serviced by the Naha Airport, which regularly receives passengers from the major domestic airports. A flight from Haneda to Okinawa is about 2.5 to 3 hours.

This itinerary consists of 2 islands, Tokashiki Island and Okinawa main island. Tokashiki Island is 40 km away from Okinawa Main Island and ferry is the only mode of transportation; the ferry ride takes about 30 – 60 minutes, depending on the type of boat to take. Okinawa Main Island is the largest island in the prefecture: it is 135 km in length and 28 km in width. The central city is called “Naha,” which is where airport located. Oogimi village is in the northern area and 90 km away from Naha.

**Main Activity:** Diving & Sea Kayaking in the Tokashiki Island

**Difficulty:** 2

**Tour Dates:** 4 Nights 5 Days

**Pax:** Minimum 4 Maximum 8

**Price:** JPY269,500 per person

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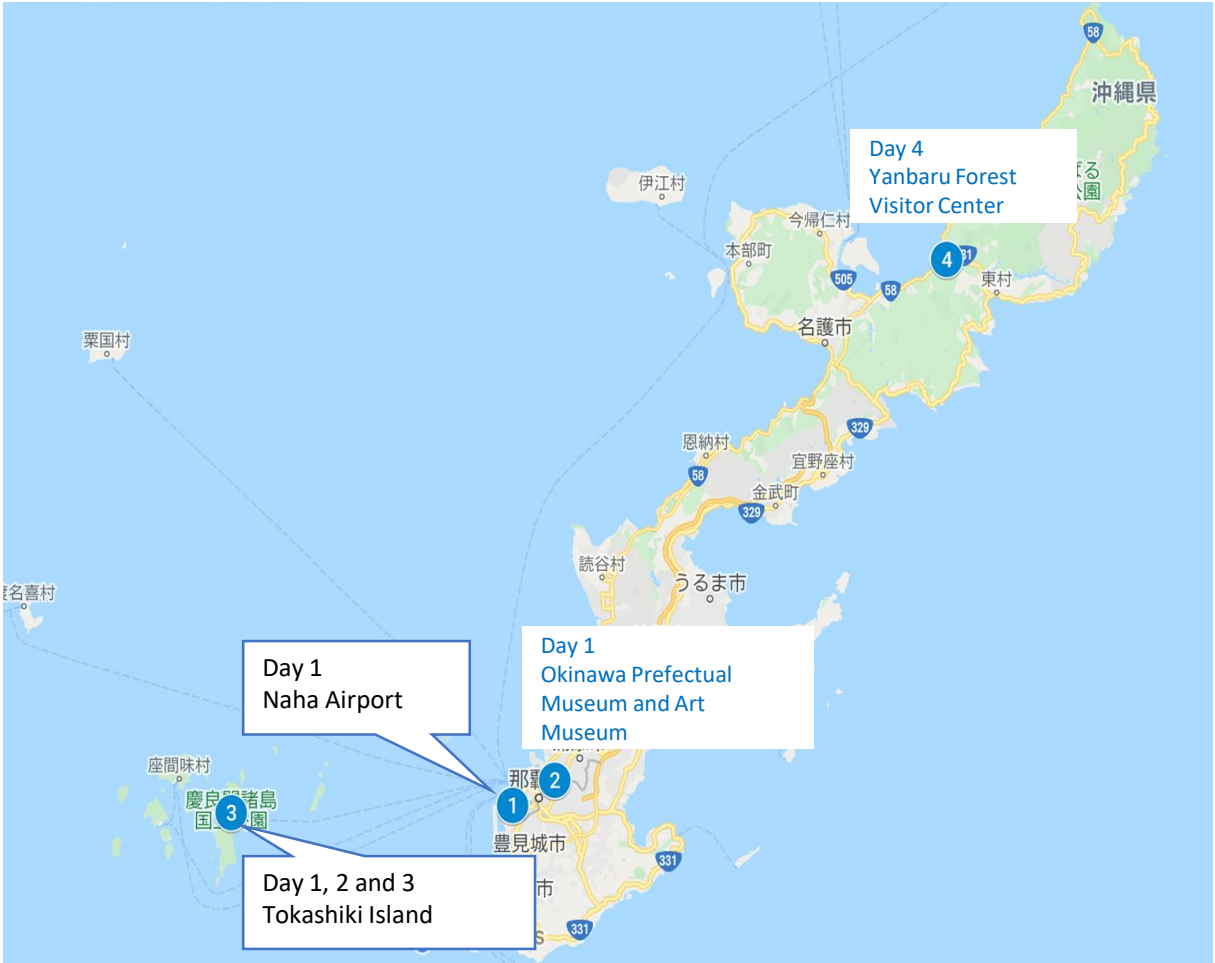
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# Route map



## Day-by-day Itinerary

### Day 1 - Meet your group in Naha Airport and explore the history, life and culture of the Okinawa people

The group meeting time is about 11:30 in front of the fish tank on the domestic arrival lobby of Naha airport. Together with our tour guide, you will embark on a trip to the Okinawa prefectural Museum and Art Museum, where you will learn about Okinawa.

The facility was designed in the image of a historical Okinawan castle and you will encounter some outdoor exhibitions of historical residences in the front garden. On the back yard, you can see some art pieces designed by of local artists. You will learn systematically about Okinawa's nature, history and culture from their permanent exhibition, under the tutelage of the museum curator.

However, before learning about Okinawa, we will have lunch at the cafeteria in the museum! Meals in this café are prepared using local ingredients and are served in local traditional potteries. At the café we will get to know each other and have a brief explanation of the tour.

After the curator's tour, we will head to Tomari port to take a ferry boat departing at 16:30 for Tokashiki Island. The trip will last about 35 minutes from Tomari port to Tokashiki island. Our guide in the island will pick you up at the port and escort you to Aharen district where you will stay for the night and will receive a tour briefing on nature tour and the rules of natural protection.

**Activity** - Museum curator tour / Time - 1 - 1.5 hr

**Accommodation** - Kamekame House / Japanese-style penston/ 2-occupancy

**Included Meals** - Lunch, Dinner

Activity: Museum curator tour

Difficulty: 1

### Day 2 -Boat Diving & local guided tour in Tokashiki

We will start our day by diving - one of the most popular marine activities in Tokashiki - in the surrounding sea area which is transparent up to a depth of 60 meters, as well as in one of the most beautiful seas in the world, the "Kerama Blue Ocean". The ancestors here rowed sabani in the past.

After enjoying the time diving in the beautiful ocean, we will take you to the best Italian restaurant called "Shimamun" to have the best Italian cuisine with a variety of local ingredients made in Tokashiki.

Once you are done with the lunch, our local expert guide will take you to explore the Aharen village to learn more about the lifestyle and history of Tokashiki in details.

In the evening, BBQ using Tuna and island ingredients will be served and the guide will take you on a night tour to see the spectacular view of stars in the night sky of the island.

**Activity:** Boat diving in the Kerama Ocean, Duration is about 4 hours, 1~2 dives

**Accommodation** - Tokashiki Youth Travel Village / Camping / Stay at tent

※Tent should be shared so single use is not available.

**Included Meals:** Breakfast / Lunch / Dinner

Activity: Boat diving

Difficulty: 2

### Day 3 - Hiking on the natural path in the coastal side and sea kayaking in the Kerama blue

Today, we shall start our day fresh from the beach clean in the camping area to start our day in the morning. More than 620 species of native food crops, 46 species of trees and a variety of forests grow in Tokashiki Island; the guide will introduce the endemic species that inhabit Tokashiki Island. Moreover, the ancestors walked along the old road, while hiking on the road.

The length of the road is 2.7km with a minimum altitude of 13m - which is 1.66km from the starting point, and a maximum altitude of 129m, which is 0.34km from the starting point.

During the hike, Tuna sandwich will be served and you will have the opportunity to compare the taste of the sandwich in the great nature compared to the normal sandwich.

After the lunch, you will travel across the sea route in a sabani to discover where Tokashiki island's ancestors used to travel around to catch fish and carry Ryukyu limestone.

Once your activities are done, finally we will board a ferry to Naha from Tokashiki island and subsequently visit the northern part of Okinawa main island.

**Activity:** Hiking / Time - 2 hours, Sea-kayaking / Time - 2 hours

**Accommodation** - Okuma Private Beach & Resort / Western room / Single occupancy in 2-bed room

**Included Meals:** Breakfast / Lunch / Dinner

Activity: Hiking, Sea-kayaking

Difficulty: 2

## Day 4 - Forest walking, longevity lunch and traditional fishing boat ride in Oogimi Village

We will begin our exploration of Oogimi village at “Yanbaru Forest Visitor Center” where our local guide is stationed at. “Yanbaru” is combination of the expression of mountain (Yama) and field (baru) in the local language. As the expression indicates, Oogimi village is a mountainous area in which the coastal line and mountainside are approaching each other so closely. You will learn how the forest influences people’s lives in Oogimi by taking a walk in the forest; we will also visit the shikuwasa citrus farm with our local guide. Shikuwasa is a local citrus with a sharp and fresh flavor and is known to promote good health.

Lunch at Oogimi is one of our main activity of the day. The local restaurant, “Emi-no-Mise” serves the “longevity lunch” which consists of traditional foods typically enjoyed by elderly people. Also, the restaurant uses locally grown vegetables which are sometimes raised by the elders of Oogimi. You will have the chance to chat with the restaurant owner, Ms. Emi Kinjo who is a nutritionist and is been passionate about spreading the importance of traditional dietary customs for one’s health. Moreover, the spot is a residential area, so you can feel the local atmosphere of the longevity village if you take a walk after lunch.

Next to lunch, you will visit a SABANI factory located along the coast of Shioya bay of Oogimi village. “SABANI” is a traditional local fishing boat which is manufactured using only by wood and was commonly used by local fishermen until 50-60 years ago. Of course, today modern fishing boats are being used by the fishermen. However, it is receiving more attention as a place for marine leisure. “Shioya bay” is famous for the traditional community festival honoring the god of the sea. After learning history of the Sabani, we will board a ferry and sail on the Shioya bay where fishermen pray for safety and a good catch of fish during fishing season.

At the end of our activities, we will have a farewell dinner at the hotel restaurant of “IJU”. You will enjoy a fusion of Japanese washoku and Ryukyu cuisine in a relaxed dining atmosphere.

**Activity** - Forest Walking / Time - 2 hours / Distance - 5 km / Elevation - 170 m  
Sabani Sailing / Time - 1 - 1.5 hr

**Accommodation** - Okuma Private Beach & Resort / Western room / Single occupancy in 2-bed room

**Included Meals** - Breakfast, Lunch, Dinner

Activity: Forest Walking and Sabani Sailing

Difficulty: 2

## Day 5 – Transfer to Naha

It is the last day of the tour. We will transfer to Naha, main city. Please check out and leave hotel by 8:30 am in the morning. A 2-hour drive will take you to Naha airport where you will take a flight.

### Accommodations :

Day 1 : Kame Kame House

Day 2 : Tokashiki Youth Village, Tent at Camping area

Day 3 : Okuma Private Beach & Resort, Western room, 1 occupancy of 2-bed room

Day 4 : Okuma Private Beach & Resort, Western room, 1 occupancy of 2-bed room

### Food :



All breakfasts, except for Day 3 will be served at the accommodation.

There will be a wide variety of local foods served at different locations for lunch such as cafe& restaurant in Naha on Day 1, local italian restaurant on Day2, guide hand-made sandwich on Day 3 in Tokashiki and longevity meal on Day 4 in Oogimi village.

Local dishes will be served for dinner. Specifically, in Tokashiki there will be special meal with Tuna and Okinawa traditional meal will be served in Oogimi village.

These meals will provide you a unique experience of Okinawa local food and you can learn the lifestyle of the island even from the food culture of Okinawa.



## What's included

- 4 breakfasts, 4 lunches, and 4 dinners
- English-Speaking Tour guide for 5 days
- Guidance and basic gears for the activities mentioned in the itinerary
- 4 nights accommodation
- All transport as described in the itinerary

### Not Included

- Personal expenses
- Gratuity for the guide

## We provide & What to bring

### We provide

- Drinking water for activities in Tokashiki Island
- Water bottle for activities in Tokashiki Island

### What to bring

- Waterproof jacket & pants
- Swimming suites
- Hiking boots
- Flashlight
- Toiletries
- Personal medications & medicine for motion sickness
- Insect repellent spray
- Towels
- Spare pairs of socks
- Sun hat, sunscreen, and sunglasses
- Rain coat
- Passport
- Enough clothes for change
- Cash in Japanese yen. Small restaurants and shops in rural parts of Japan do not accept credit cards. You can withdraw cash from an ATM at the post office. .

### Recommended items

- Cellphone power bank
- Camera



## About us



We are a local travel agency based in Okinawa. We are certified by Japan Quality Tour Operators and provide extensive services such as Japan tour planning, land arrangements, regular sightseeing bus tour on daily basis and local tour and activities for foreign visitors coming to Japan. As a company, we aim at providing fantastic tours for our customers so they can have an unforgettable experience in Okinawa.



### Tour Guide

#### Ai Munakata (Ai)

Ai is a year-round National Government Licensed Guide Interpreter who has been guiding mainly Okinawa Prefecture for 5 years. She is from Tokyo and studied in Vancouver, Canada for five years. She returned to Japan after studying in Canada and has resided in Okinawa for the past 8 years, enjoying its great ecosystem, biodiversity and unique history and culture. Prior to starting her career as a tour guide, she worked in the scuba diving industry as a shop manager and diving guide. Her experience, knowledge, and charming smile attract many people. Although her years of experience are relatively short at 5 years, she is an indispensable tour guide when it comes to Okinawa.

## About us

### Spot Guides in Tokashiki Island

#### Rai Ikematsu (Rai)

Nature Experience Activity Leader



Rai has lived in Tokashiki islands for 10 years. For the first five years he was a diving guide, and after that became a nature guide to introduce the beauty of Tokashiki to foreigners.

He has recently leveraged his experience to design the tour plans with mixture of nature, food, culture and history of Tokashiki islands so customers from all over the world can have a wholesome experience.

#### Atsushi Morino (Atsushi)

Padi Open Water Diver / Scuba Rescue Diver



Atsushi was born in Osaka and moved to Okinawa 22 years ago.

Once in Tokashiki islands, he started working in the marine shop of one of the hotels in Tokashiki for 5 years. Leveraging the experience he gained in the marine shop, he started his own maine shop for snorkeling and sea kayaking.

He also owns a guest house.

He wishes everyone who comes to visit Tokashiki islands can feel and enjoy the beauty of nature just like him.



#### Hajime Kinjo (Hajime-chan)

Nature Experience Activity Leader

Hajime-chan was born and spent time in his childhood in Tokashiki island until the age of 15. However, after completing his education and working for a while, he returned to the island and opened a guest house at his parents' house; he also became a diving guide. He is passionate about the history of the island and the lifestyle of his parents for a long time, he started focusing on activities to pass the good old Tokashiki culture to the next generation.

## About us

### Spot Guides in Oogimi village



#### Yuya Ishii (Yuya)

Yuya was brought up in the countryside of Saitama Prefecture next to Tokyo. He studied biology in University and has always been passionate about.

Especially, He likes wild flowers so He walked around a lot of mountains in Japan. He studied for a year in New Zealand, where he got the opportunity to walk along the renowned Milford Track. After graduating, he worked at Nikko Yumoto Visitor Center in Nikko National Park, where he became a nature guide for six years as well as Park Manager.

On the other hand, he concerned outdoor-education for children and he took part in volunteer of nature experience camp more than 10 years.

And now he's been working as a nature guide in called Eastern Galapagos "Yambaru forest"

located northern Okinawa for protecting nature he likes and local area which is necessary for maintaining and managing it sustainably.

# Information and Requirements

## Dietary Restrictions

We believe that eating like the locals is the best way of experiencing Okinawa's unique culture. However, we understand that it's not possible for everyone to do this and we're more than happy to arrange for food allergies, dietary restrictions and special requirements. Regardless, we will do our best to arrange for alternative meals for you, provided you indicate it in the registration form. However, in some places, especially rural areas, we may ask you for some flexibility. The most important thing about dietary requirements is to let us know in advance so we can prepare and organize the foods you need.

## Emergency Response Plan

Your safety is of utmost importance to us. All our tour guides have years of outdoor guiding experience. Depending on the terrain and the potential risks it poses on each trip, our guides will also have some necessary safety and some equipment. In case of heavy rain, strong winds or other unsafe weather conditions for hiking or marine activities, there may be times when we have to change our tour plan. In such cases, we will try to substitute the original activity with other alternatives such as sightseeing or visiting different spots. We take charge of turning a bad day around into a fun day!

## Weather Condition

Due to the influence of the typhoon, among other factors, September sees the highest annual rainfall in Okinawa. The temperature will remain high until the end of the month, so you may feel the heat and humidity. According to the statistics, the average temperature is 27.6 degrees Celsius, while the average maximum temperature is 30.4 degrees Celsius. Due to the high humidity, going out during the day may be a little difficult. By the time we approach Silver Week, we will finally feel comfortable and the weather will be easier to stabilize through October. Just as the climate changes easily in September in Honshu, the same is true in Okinawa. Silver Week is one point, but there are also unstable parts due to the addition of typhoons. The rain feels colder than in the summer. The image is that it gets cooler with every rain, so be careful of the cold mornings and evenings.

# Reservation & Cancellation Policy

## Reservation

Once we receive your reservation request, we will send you an email to ask you to fill out the registration form so we can collect your personal information such as your height and dietary requirements etc in order for us to sufficiently arrange and organize everything you need for the tour.

## Payment Methods

We require 20% of the total tour fee as a deposit or full payment to secure booking. The deposit is treated as a part of the tour price. You will receive an email reminder about payment of the balance, which is generally due 30 days prior to the tour departure date. You can choose either bank transfer or credit card payment for your payment, however, that if you choose bank transfer, you will bear the cost of the bank transfer fees.

## Cancellation

If you wish to cancel a tour reservation, please notify us by email in advance.  
Our cancellation policy is shown below.

- Cancelled more than 21 days prior to departure: zero fee
- Cancelled between 20 and 8 days prior to departure: 20% of tour price
- Cancelled between 7 days and 48 hours prior to departure: 30% of the tour price.
- Cancelled between 48 and 24 hours prior to departure: 40% of the tour price.
- Cancelled within 24 hours of departure: 50% of the tour price.
- Cancelled on the day of departure: 100% of the tour price.

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## Tour Operator / Contact

Jumbo Tours Co., Ltd.

Address: Kumoji BK Building, 2-15-10 Kumoji, Naha Okinawa Japan

TEL: 098-917-5575

E-mail: enquiry@jumbotours.co.jp

# Disclaimer

## Assumption of risk and safety declaration

Travelers are advised that all activities on this tour are fully undertaken at their own risk and they must behave properly based on the guidance of activities' suppliers. All tours and activities carry inherent risks and neither Jumbo Tours nor its partners will assume any responsibility for accidents that are caused by its customers or caused by factors beyond human control.

Once you book the tour, you acknowledge the following:

- By its very nature, adventure travel, diving, kayaking and hiking tours are more challenging and demanding with a significantly higher level of risk, and involve potential exposure to injury and possible death.
- Additional dangers and risks associated with adventure travel may include difficult and dangerous terrain, high altitude, extremes of weather including sudden and unexpected changes, political instability, distance from normal medical services and from communications and evacuation difficulties in the event of illness or injury.
- You must follow our guide's instructions and use any safety equipment provided at all times. For the above reasons you accept the inherent and increased dangers and risks associated with the proposed adventure and the accompanying risk of injury, death, or property damage or loss.

## Release and waiver of liability

In consideration of Jumbo Tours Co., Ltd. accepting your booking and in consideration of you being permitted by Jumbo Tours Co., Ltd.. to join the tour to the extent permitted by law, you:

Waive any and all claims you may have now and in the future, and release from all liability and agree not to sue or seek any compensation from

Jumbo Tours Co., Ltd. its officers, employees, agents, guides, and other representatives for any personal injury, property damage, wrongful death, or loss sustained by you as a result of your participation in the tour due to any cause whatsoever, including without limitation, negligence on the part of Jumbo Tours Co., Ltd., its staff, tour partners, or other participants, or death or injury as a result of natural disaster, war, civil unrest or epidemic.

Furthermore, Jumbo Tours Co., Ltd. cannot be held liable by freelance guides for damage or injury to the guide, or damage or injury inflicted by the guide on third parties in any way. By accepting freelance tour assignments, guides automatically waive Jumbo Tours Co., Ltd. from any liability.