

Discover the blue ocean of Tokashiki and learn the secrets of longevity in Ogimi (Okinawa)



Okinawa is Japan's southernmost and only subtropical prefecture. With its unique geological condition, the prefecture is remarkably different to mainland Japan. This tour takes you to the two villages of Tokashiki and Ogimi to highlight the best of Okinawa's marine and woodland national parks. Being called as "Kerama Blue" color, the translucent waters of Tokashiki are a mecca for divers from around the world. Bathe in the blue sea, enjoy marine kayaking and dive below the surface to see the beauty of the coral reefs. Spend a night island camping under the starlit skies. On the "Forest Portion" of this program, you will explore Oogimi village in the Okinawa Main Island. It is so-called "longevity village" and has been introduced in a book of "IKIGAI". You will learn how longevity people enjoy their happy lives through experiencing activities in the nature of Oogimi village.

Itinerary at a glance

Day 1: Exploring the history and culture of Okinawa in Naha (x/L/D)

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

Day 3: Hiking on coastal paths and sea kayaking (B/L/D)

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

Day 5: Transfer from Okinawa to Hokkaido (B/x/x)

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Highlights:

- Explore the spectacular Kerama blue sea with kayaking and diving off the island of Tokashiki.
- Starlit nighttime tour of the island of Tokashiki.
- Picking shikuwasa, a citrus fruit grown in the mountainous of the Yanbaru subtropical forest in Ogimi.
- Experience sailing aboard a sabani, a traditional fishing boat used off the coast of Yanbaru.

Location: Okinawa is located in the southern part of Japan some 2,100 kilometers from Tokyo but only 100 kilometers from Taiwan. Okinawa Prefecture is comprised of over 160 islands scattered across the sea between Kyushu and Taiwan. The archipelago forms a boundary between the East China Sea and the Philippine Sea. The main airport is Naha Airport, which can be accessed from major domestic airports. The flight time from Tokyo's Haneda Airport is about 2.5 to 3 hours. This itinerary covers two islands, Tokashiki and Okinawa Island. Tokashiki is 40 kilometers from Okinawa Island and ferries are the only forms of public transport. The crossing takes 30 to 60 minutes depending on type of ferry. Okinawa Island, which is 135 kilometers long and 28 kilometers wide, is the largest of the prefecture's islands. Naha is the prefectural capital. Ogimi is in the northern part of the main island some 90 kilometers from Naha.

Main Activity: Diving & Sea Kayaking in the Tokashiki Island

Difficulty: Moderate

Contents:

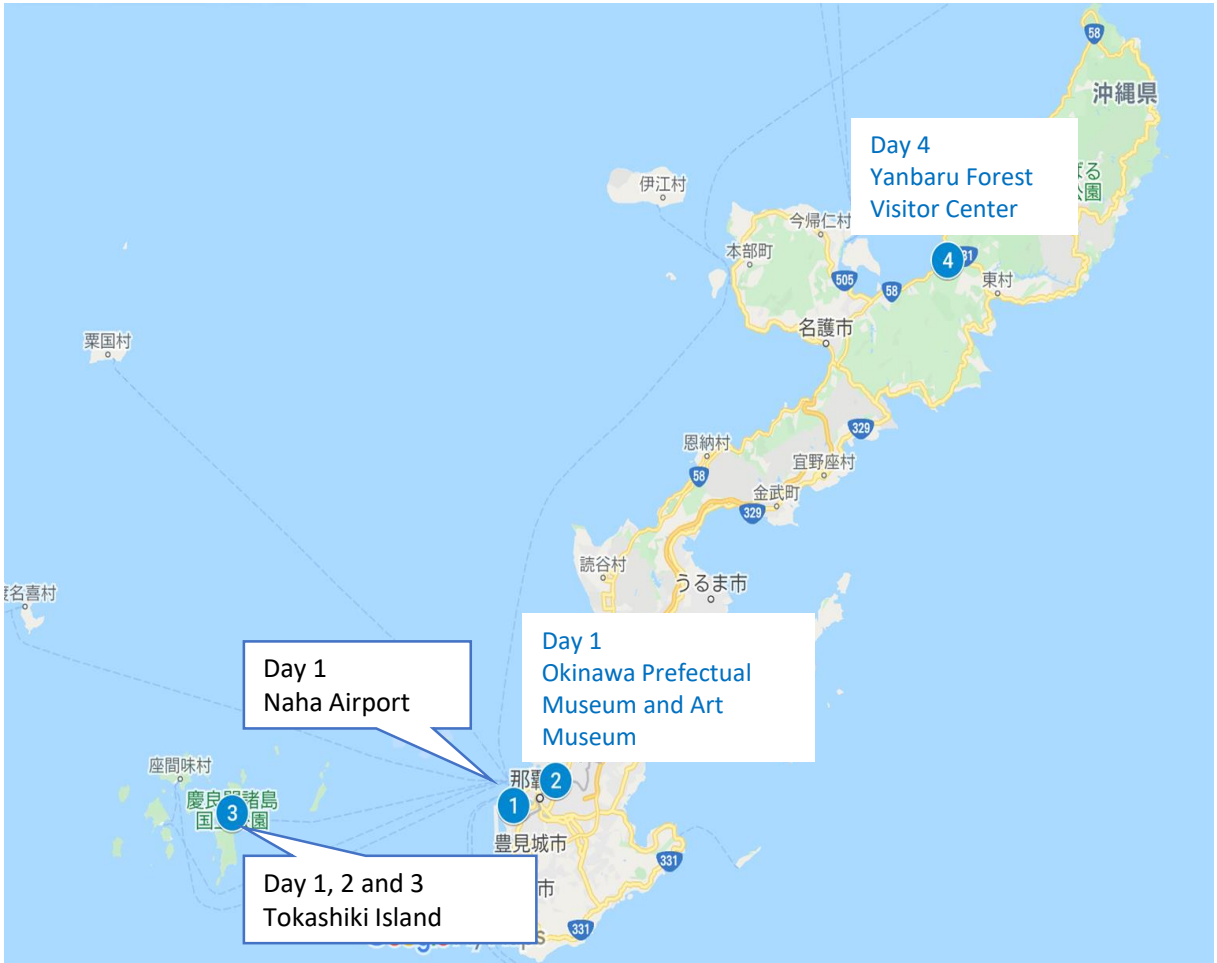
Route map

Day-by-Day Itinerary

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Route map

Source: Google Maps



Day-by-Day Itinerary

Day 1:

Meet your group in Naha Airport and Explore the history of Okinawa island & life culture

Meet your group at Naha Airport and explore the history and culture of Okinawa Island
Meet up with your group at 11:30 in front of the aquarium in the Domestic Arrivals Lobby at Naha Airport. Head to Okinawa Prefectural Museum and Art Museum to begin you exploration of Okinawa’s history and culture.

The facility was built to resemble an Okinawan castle and there are outdoor exhibitions of traditional homes in the museum grounds. Also in the grounds are artworks by local artists. Guided by one of the museum’s curators, learn about Okinawa’s nature, history and culture from the permanent exhibition.

Before the museum tour, enjoy lunch at the museum’s café. Here, the meals use local ingredients and are served in locally made ceramics. Spend this time getting to know each other and learning more about the tour.

From the museum head to Tomari Port to catch the 16:30 ferry for Tokashiki. The crossing takes about 35 minutes. Meet your island guide at the ferry terminus when you arrive and head to the Aharen district for your first night’s accommodation. A tour briefing on the rules of nature protection is given.

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:

Diving & local guided tour on Tokashiki

The day starts with diving off the coast of Tokashiki. The sea is transparent to a depth of 60 meters and is said to be one of the most beautiful seas in the world. It even has its own color – Kerama blue. These seas were once plied by local fishermen in traditional sabani boats.

After a morning of diving head to Italian restaurant Shimamun for a filling lunch made with a variety of locally grown ingredients.

After lunch, explore the village of Aharen with your local guide and learn more about the history and culture of Tokashiki.

In the evening, enjoy a barbecue of tuna and locally produced foods before leaving with your guide for a night tour of the island under a spectacular starry sky.

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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 coastal side and sea kayaking in the Kerama blue

Today, we shall start the beach clean in the camping area to start our day in the morning.

The Tokashiki islanders grow over 620 types of food, while 46 species of tree can be found in the forests here. Your guide points out species endemic to the island as you walk along the old coastal path, which is 2.7 kilometers long and climbs no higher than 129 meters. Tuna sandwiches are served during the hike.

After lunch, board a traditional sabini boat and follow the same sea route the island's ancestors took to catch fish and ferry Ryukyu limestone.

From Tokashiki, return by ferry to Okinawa Island and head to the northern part of the island. During the hiking, Tuna sandwich will be served and you might have a better taste of the sandwich in the great nature compared to the normal sandwich.

After lunch, board a traditional sabini boat and follow the same sea route the island's ancestors took to catch fish and ferry Ryukyu limestone.

Activity:	Hiking / Time - 2 hours, Sea-kayaking / Time - 2 hours
Accommodation:	Okuma Private Beach & Resort / Western room / Single
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

Your exploration of the village of Ogimi begins at the Yanbaru Forest Visitor Center, where you are met by your local guide. “Yanbaru” means “mountain” and “field” in the local dialect. As the name suggests, Ogimi is situated in an area where the coast and mountains meet. Learn how the forest influences people’s lives in Ogimi by forest walking and a visit to a shikwasa farm. Shikwasa is a local citrus fruit with a tart taste and lots of nutrition.

Lunch at Ogimi is one of the main activities of the day. The local restaurant, Emi-no-Mise, serves a “longevity lunch” using typical local ingredients. The restaurant uses vegetables grown by Ogimi villagers.

Spend time talking with the restaurant owner, Emi Kinjo, who, as a nutritionist, is passionate about promoting the health benefits of traditional dietary customs. After lunch, stroll through the village and take in the local atmosphere.

After lunch, visit a sabini boat builder located on Shioya Bay near Ogimi. Sabini are traditional local fishing boats made entirely from wood that were commonly used by local fishermen until 50 or 60 years ago. Although they have been superseded by modern fishing vessels, they are popular as pleasure boats. Shioya Bay is famous for its festival honoring the god of the sea. After learning about the history of sabani, board one of the boats and sail into Shioya Bay where people pray for safety and a good catch of fish for the year.

The day ends with a farewell dinner at Iju, one of the hotel’s restaurants. Enjoy a fusion of Japanese and Ryukyu cuisine in a relaxed island 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: Moderate

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Transfer to Sapporo

Check out and leave the hotel by 8:30 for the start of a long day of travel. After a two-hour drive, leave Naha Airport at 11:30 for a flight to Haneda Airport. After a two-hour transit at Haneda, fly to Shin-Chitose Airport in Hokkaido. Arrival time is around 17:00.

Accommodation:

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 on Day 3 are served at your accommodation.

A wide variety of local foods are available for lunch. These include eating at a café and a restaurant in Naha on Day 1, at a local Italian restaurant on Day 2, homemade sandwiches in Tokashiki on Day 3, and a “longevity meal” in Ogimi on Day 4.

For dinner, local specialties are served, such as tuna in Tokashiki and traditional Okinawa food in Ogimi. (Vegetarian dishes are also available.)

The meals served offer an insight into the lifestyles of the islands and the authentic food culture of Okinawa.