Enjoy Izu Oshima Geopark and More!

Explore Izu Oshima through a Guided Tour!







Why Oshima Milk Cookies?

Who is "Anko-san"?

Why are there shrines here?

Why is there a black desert on the mountain?

Why can plants grow on rough lava rocks?



Your Geo Guide helps you explore the hidden "why" behind the sights and experiences of Izu Oshima Geopark in a fun and engaging way.

Now I get it!



Geo Tours led by certified Izu Oshima Geopark Guides - available year-round.
Half-Day Rate (2+ Guests): from ¥8,000 per person / As of Feb. 2025
For more details, please visit the official Izu Oshima Geopark website.
https://izuoshima-geo.org/en/enjoying/guidedtours.html

Make Your First Stop at Okata Port!



Geo Station Okata Port

Visit the 2nd floor of the Okata Passenger Terminal for the latest Izu Oshima Geopark information. Stop by on arrival and again before you leave!

【Open】On days with ferry departures from Okata Port:
approx. 9am - 4pm. Hours may vary.

Izu Oshima Museum Geo Nous

Discover Wonders!

Born from volcanic eruptions, Izu Oshima is home to unique life, and to traditions and ways of life passed down through generations.Explore the stories and connections they create in fun and engaging ways!



【Open】10am - 4:30pm (Last admission 4pm)
9am on overnight ferry arrival days
【Closed】Wed. (or next weekday if a holiday)
For more information, visit: https://izuoshima-geonous.org (Japanese only)

Stop by Before You Hike!



Geopark Exhibition at the Summit Entrance

【Open】Sat, Sun, Holidays 9:30am - 3pm
Located next to the Outer Rim Lookout. A geo guide is always on site. Visitors can also watch footage of the 1986 eruption.

GEO FOOD

Kusaya



Despite its strong smell, kusaya is a local delicacy with an addictive umami flavor. This fermented fish dish was created through the repeated reuse of brine, at a time when salt and fresh water were extremely valuable on the island.
Rooted in the harsh realities of island life, kusaya is truly a "geo-food."

Ashitaba

Ashitaba is a resilient leafy plant in the carrot family.
It quickly regrows after harvest and has long grown wild across the island.
Well suited to the local environment, it was a valuable vegetable when other crops were difficult to grow.



Milk

In the past, Izu Oshima was known as "Holstein Island" for its thriving dairy farming.
With a mild climate, sea breezes, andminer-al-rich grass, it was an ideal place for raising healthy cattle.

Access to Izu Oshima Geopark

ACCESS

Getting to Izu Oshima by Ship

Tokyo/Takeshiba → Izu Oshima Motomachi Port or Okata Port
Approx. 1 hr. 45 min. by High-Speed Jet Ferry
Approx. 6 hr. by overnight Passenger Ship

Atami Port → Izu Oshima Motomachi Port or Okata Port
Approx. 45 min.

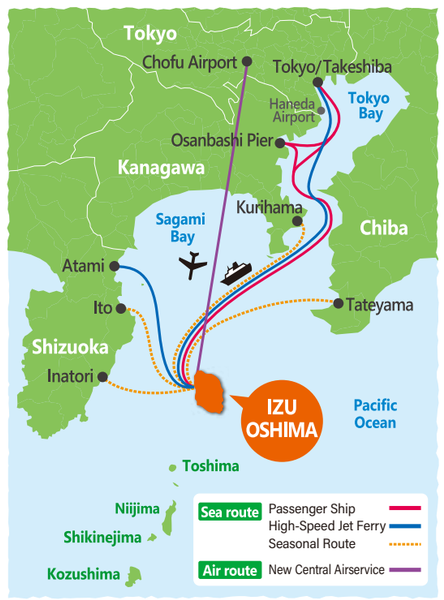
Contact/Reservations: Tokaikisen 9:30am-6:00pm
+81-3-5472-9999

Izu Oshima has two ports: **Motomachi Port** and **Okata Port**.
The arrival port is decided on the morning of travel based on weather and sea conditions.
Seasonal routes may also operate via Kurihama, Tateyama, Ito, Inatori, or Yokohama Osanbashi Pier.

Getting to Izu Oshima by Plane

Chofu Airport → 25 min. → Oshima Airport

Contact/Reservations: New Central Airservice
+81-422-31-4191



Transportation and Accommodation on Izu Oshima

Contact: Oshima Tourism Association
(8:30am - 5pm) TEL:+81-4992-2-2177

Find transportation information on the island with "Izu Oshima Navi" (Japanese only)

publication
Izu Oshima Geopark Promotion Committee
Office: Izu Oshima Museum Geo Nous
617 Kanda-Yashiki, Motomachi, Oshima, Tokyo 100-0101, Japan
TEL:+81-4992-7-5301 E-Mail:c010601@town.tokyo-oshima.lg.jp (March 2026 edition)

GEOPARKS JAPAN

GEO PARK

An Eye-Opening Volcanic Island!

Izu Oshima Geopark

IZUOSHIMA GEOPARK



Find the Secret Entrance!

Underwater Lava: A Fish Apartment!?





Enjoy Flowers in Every Season!



A Volcanic Island Full of Hearts!

Summit Area



1 Outer Rim Lookout

The black streaks on Mt. Mihara are paths of lava that overflowed from the crater during the 1986 eruption.



2 Pahoehoe Lava Flows of 1777-78

When fluid lava flows, it forms wrinkles like these on the surface.



3 Edge of the 1986 Lava Flow

Lava overflowed from the crater, traveled down the mountain slopes, and stopped right here.





White steam rises as underground water is heated by magma.



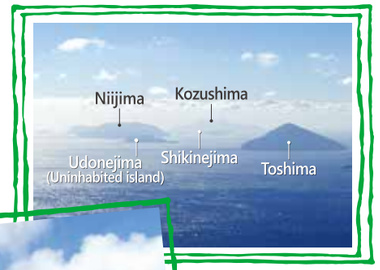
4 Rock Made of Magma Splashes

Like a raft on a river, it was carried from the crater by the lava flow.



5 Path Around the Crater

You can enjoy breathtaking 360° view of the ocean, Mt. Fuji, the Izu Peninsula, the Izu Islands, the Boso Peninsula, and the Miura Peninsula all in sight.







6 Mt.Mihara Summit Crater

During the 1986 eruption, magma completely filled the crater and overflowed.

7 Fissure Eruption Craters

Magma split the earth open and spewed out fountains of red lava.





8 Ura-Sabaku Desert

Strong winds blow away seeds and sprouts, helping maintain this desert landscape.





9 Geo Rock Garden

A fissure eruption has created a garden full of these strange rocks in less than a day.

10 Vegetation Regeneration Trail

The regeneration of life begins with pioneer plants adapted to harsh environments. Along this trail, you can follow a story that unfolds over hundreds of years, from grassland to trees, and finally to forest.



Growth of Japanese Knotweed



The Road Becoming Forest Someday





Sunlight Tunnel in the Shade of Trees







The Flowers of Izu Oshima

In May, Oshima azaleas bloom, followed by Saku lilies in July, adding vibrant splashes of color to the black and green wilderness.





Coastline Area

4 The Great Road Cut

The layers of this massive formation record about 100 eruptions over the past 20,000 years.

Like a Giant Layered Cake!



1 Akappage (Red Hill)

The contrast between the fiery red lava and the blue sea is breathtaking.

The 1986 eruption turned the groundwater in the Motomachi area into hot springs.

3 Motomachi Hamanoyu (Open Air Hot Spring)



2 Cape Nagane

Lava from a fissure eruption on the mountainside flowed down a valley into the sea, where erosion later left only the hardened lava, forming a cape.



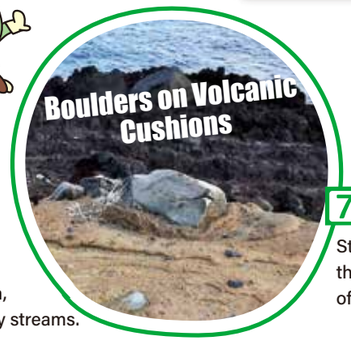
6 Imasaki

Rocks of various sizes, thrown out by a violent eruption, can be seen in the wave-carved cliffs.



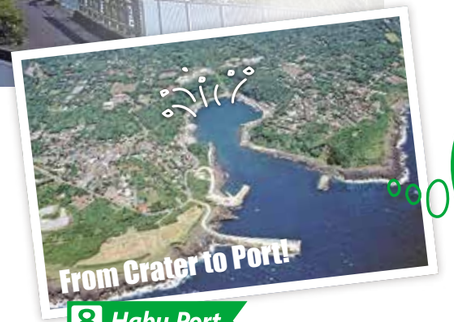
5 Sanohama Beach

This black sand beach was formed from volcanic ash, volcanic sand, and fragments of lava carried down by streams.



7 Bomb Sags of the Toshiki Coast

Stones ejected by a violent eruption struck the ground and became embedded in layers of volcanic ash.





8 Habu Port

Originally a crater lake, it was opened to the ocean by a tsunami. In 1800, Heiroku Akihiro expanded the opening, transforming it into Habu Port.



The gray stripes visible on the cliffs are dikes, formed where magma forced its way into the ground.





9 Kakihara Beach

Many round pellets of volcanic ash, called accretionary lapilli, can be found on the surrounding ground.

10 Fudeshima

Waves eroded the old volcano, leaving behind its hard core.



11 Sakurakkabu Cherry Tree

This giant cherry tree, which survived repeated volcanic eruptions, once served as a landmark.

This map was created with the approval of the Geographical Survey Institute using a 1/25,000 topographic map issued by the Institute. The authorization number：平29情使、第419-GISMAP39996号

Travel Around Izu Oshima!

The Flowers of Izu Oshima

The Japanese camellia thrives in warm, rainy, well-drained environments and withstands volcanic gases. It has grown naturally on the island for thousands of years. The islanders have planted and carefully tended camellia trees for generations, using them as windbreaks and for charcoal and oil.



Plants that thrive in the island's strong sea winds bring color to the coastline throughout the year.



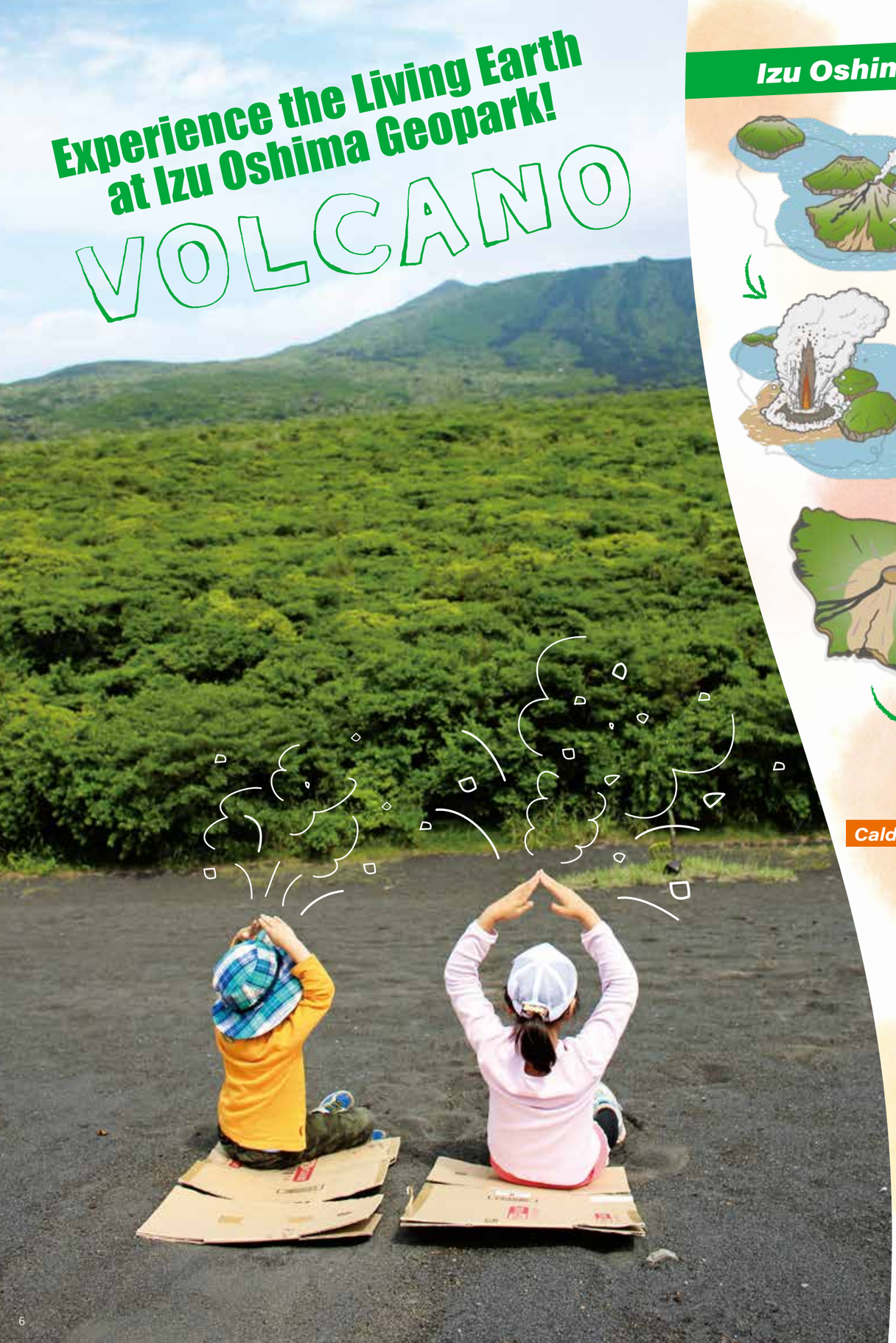


In April, hardy Oshima cherry trees flourish on the volcanic slopes, covering the island in white.



Experience the Living Earth at Izu Oshima Geopark!

VOLCANO



Izu Oshima's Origin Story

The history of Izu Oshima begins with ancient volcanoes rising from the sea.

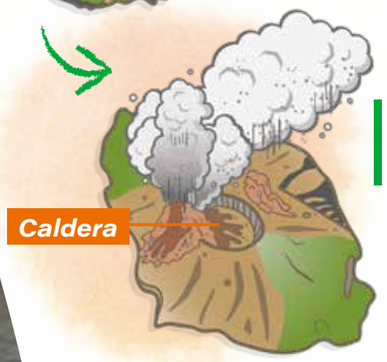
Several hundred thousand years ago, there were three volcanoes in this area.

The three volcanoes eventually became dormant, and over time the sea slowly wore them down.

Tens of thousands of years ago, a new volcano began to form on the nearby ocean floor.
This new volcano was the beginning of what would become Izu Oshima.

The new volcano erupted repeatedly, covering the remains of the ancient volcanoes.

It continued to erupt, eventually forming a single large volcanic island.



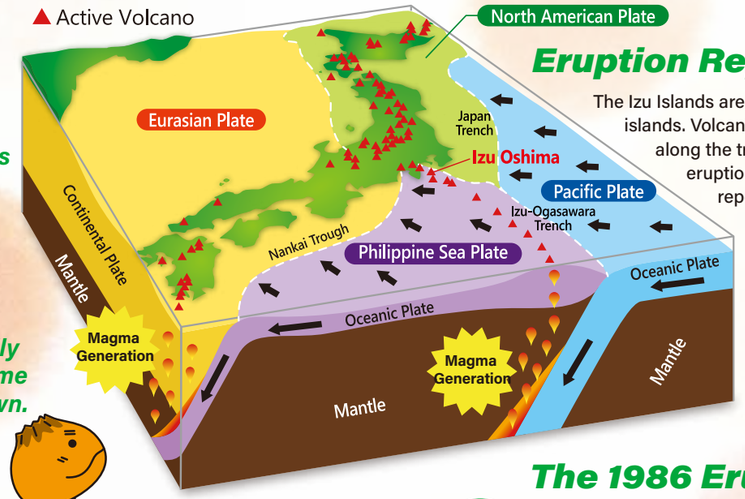
About 1700 years ago, a large steam eruption occurred at the summit.

Massive amounts of rock and soil rushed down the slopes, causing the summit to collapse and form the present caldera.



In the great eruption that began in 1777, large amounts of lava erupted from the central crater, shaping Mt. Mihara as it appears today.

Since then, the volcano has repeatedly sent lava flows within the caldera. The eruption outside the caldera that occurred in 1986 was the first in about 560 years.



Eruption Repeats

The Izu Islands are all volcanic islands. Volcanic arcs form along the trench, and eruptions occur repeatedly.

The 1986 Eruption



The eruption started at the summit.



The lava overflowed into the caldera.



A volcanic fissure opened on the northern side of the caldera, and later on the northwest slope of the mountain. Lava flowed down the valley, coming within about 200 meters of a private house. The eruption triggered an island-wide evacuation that lasted an entire month.

Life on the Island with "Gojinka".

A volcano can bring disasters and disrupt daily life, but aside from eruptions, it provides blessings essential to life on the island. On Izu Oshima, people have long called the erupting magma and red-tinted sky 'Gojinka', the god of fire, and have revered it.



Keeping Watch ***Volcano Monitoring Equipment***

Throughout Izu Oshima, the Japanese government and universities have installed more than 100 volcanic monitoring instruments, including seismographs, tiltmeters, and surveillance cameras. The Japan Meteorological Agency monitors the volcano 24 hours a day. If the sensors detect any unusual activity, it is announced through the community emergency broadcast system. Izu Oshima is an active volcano, and sudden volcanic activity can occur, so caution is needed. For the latest information on volcanic activity on Izu Oshima, please visit the Japan Meteorological Agency website.

Activity Status of Izu Oshima Volcano -JMA

Enjoy Connecting with the Earth at Izu Oshima Geopark!

Discover the land's formation and unique features, and explore the landscapes, nature, and human activities nurtured by this region. Izu Oshima Geopark is a place where you can use all five senses to experience the connection between people and the Earth. Here on Izu Oshima, we hope to share with you the story of the Earth hidden within the landscapes before your eyes, and enjoy it together.