



Okinawa A new way to experience Okinawa incorporating sports.

Fun Sports Trip



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Sports Islands
OKINAWA



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Okinawa Prefecture



Okinawa Convention & Visitors Bureau (OCVB)

Okinawa Industrial Support Center 2F,
1831-1 Oroku, Naha City, Okinawa 901-0152
TEL: (+81)98-851-9678
E-mail: sports@ocvb.or.jp
Issued: August, 2019





TREKKING

Get in touch with the beautiful natural environment of Okinawa and revive your body and soul!

P04

POTTERING

Enjoy your time in Okinawa your own way and at your own pace!

P02

SO FUN!



Q What kind of sports does Okinawa have to offer?

Blessed with a beautiful natural environment and warm climate, Okinawa offers a range of sports. Among these we can recommend pottering, trekking, running, golf, yoga, SUP, SUP yoga and horse riding. These sports enable you to enjoy the natural beauty of Okinawa with all of your five senses to uncover and explore everything Okinawa has to offer.

Q What makes Okinawa the perfect destination to enjoy sports?

Okinawa is blessed with a warm climate all year round, making it the perfect destination to enjoy sports. The beauty of the emerald green waters that surround Okinawa can be enjoyed while running or standing atop a SUP. Another draw card is the large number of stunning mountain areas that can be enjoyed trekking or simply by playing a round of golf. Why not try something a little different and enjoy the blessed natural environment and climate of Okinawa?

YOGA

Relax both your mind and your body with yoga! Create beauty from within your body and soul.

P10



Enjoy!

Experience a new kind of travel with both your body and soul!

Visitors flock to Okinawa each year in search of their own touch of paradise, whether it be the emerald green waters and white sandy beaches, World Heritage listed castle ruins steeped in history or to visit the aquarium to get up close and personal with the myriad creatures of the sea. While many visitors are content to explore the main sightseeing attractions and culinary delights of Okinawa, there is growing demand among female visitors aged between 20-40 to incorporate sports activities, such as running or yoga, etc. into their holiday schedule. Get yourself outdoors and work up just the right amount of sweat and experience everything Okinawa has to offer. Why not embark on a journey to experience the real Okinawa with your body and soul!

RUNNING

Enjoy the pristine air and scenery on a run!

P06



Feel so good!



Take time out for a relaxing horseback ride!

P16

HORSE RIDING



Yonaguni Is.

Iriomote Is.

Ishigaki Is.

Miyako Is.

Kume Is.

OKINAWA Mainland

GOLF

If you haven't played golf before, why not start in Okinawa, offering beautiful views all year round?

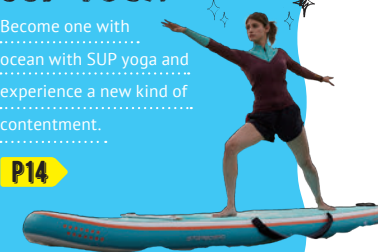
P08



SUP YOGA

Become one with ocean with SUP yoga and experience a new kind of contentment.

P14



Take a walk on the ocean and enjoy the stunning scenery unique to this tropical destination!

P12



Q Ways to enjoy sports?

Get out and about and moving in Okinawa to truly experience a feeling you can not get back on the mainland of Japan. You can also enjoy the many SNS-worthy photogenic locations while you enjoy the myriad activities on offer. Detox your mind and body, savoring the culinary delights Okinawa has to offer after working up a healthy sweat.



*Pottering comes from a combination of to "putter" and "cycling" and is used to refer to a leisurely bicycle ride.



Experience the true face of Okinawa on a leisurely bicycle ride around some of the island's attractions

Some of the advantages of pottering include allowing you to explore a wider area than on foot, more convenience than a car and adding a little adventure to your travels. Let your curiosity guide you as you peddle around the local attractions, feeling the breeze on your skin and perhaps taking a detour to savor some of the local delicacies. You can also take a tour with one of the local guides for a more authentic, local experience.

Recommended spots!

From Uruma city situated on the east coast, rent a car and cross the Sea road (Kaichu Doro), a bridge spanning Approx. 5 km that provides easy access to Henza Island, Hamahiga Island, Miyagi Island and Ikei Island. The Uruma Tourism & Local Products Association offers two courses that allow you to explore these islands, the Hamahiga Island Course and Henza & Miyagi Islands Course. You can also rent bicycles from Nanjo city, known for its unique heart shape located in the southern part of the main island. For more information, contact the Tourism Association of Nanjo City.



Uruma Tourism & Local Products Association
Address: 4 Yonashiroyahira, Uruma City
Tel: (+81)98-978-0077
E-mail: info@uruma-ru.jp



Katsuren-jo Castle Site



Sefa Utaki (sacred site)

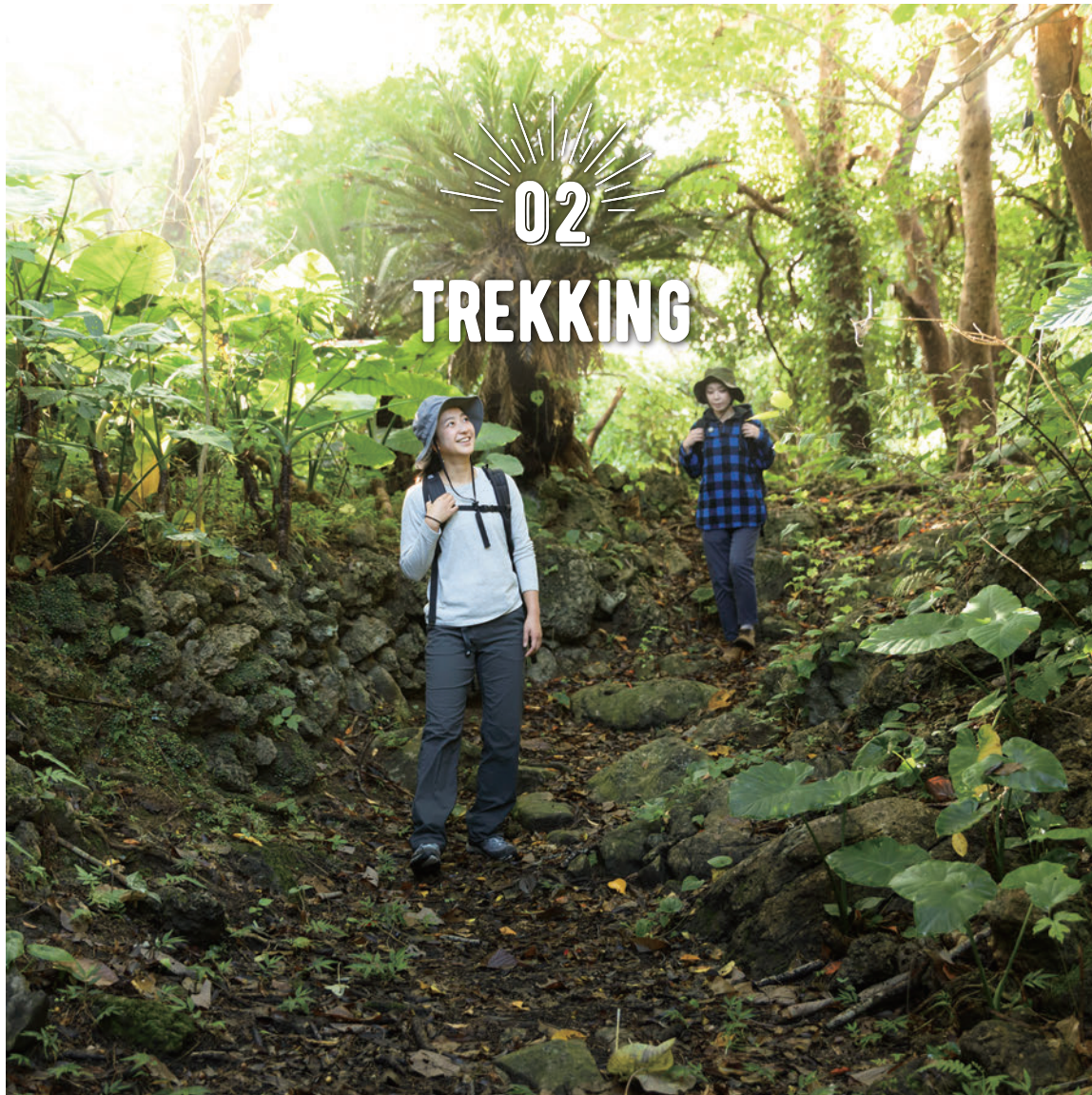


Cape Chinen Park

- ☒ **When to go**
All year round, October-March
- ☒ **Time required**
1-3 hours

See the contacts below for more information on where you can go pottering

- 1 Kunigami Village Tourism Association
- 5 Kin Town Tourism Association
- 14 Ishigaki City Tourism Exchange Association
- 20 Kumejima Visitors Bureau [MAP_P20-P23]



Be captivated by the lush, tropical beauty on a therapeutic mountain walk

While the mountains found on mainland Okinawa are relatively small, with the highest peak of Mt. Yonaha reaching just 498 m, they offer a variety of discoveries and adventure you will not get at the beach. Entering the dense tropical rainforest you will be captivated by the mystic surroundings and precious wildlife. While trekking includes the more common mountain climbing walks, there also a range of other courses on offer, including river trekking courses that take you to waterfalls. The sense of achievement you get from getting out, breathing in the delicious mountain air and walking these trails makes trekking all the more enjoyable.

Recommended spots!

The area in the northern part of the mainland known for its beautiful natural environment comprised of mountains and forests is known as "Yanbaru". River trekking from Higashi Village located in Yanbaru offers a real sense of adventure that you can enjoy while listening to the songs of the insects and wild birds. In addition to the Katanaba (canyon) Tour that enables participants to experience canyoning through mountain streams thriving with tropical ferns, other tours to suit individual level of fitness are also available. See the Yanbaru Experience website for information on other fun experiences to enjoy in Higashi Village.



Higashi Village Tourism Promotion Council
Address: 54-1 Gesashi, Higashi Village
(located inside Higashi Village Fureai Hirugi Park)
Tel: (+81)980-51-2655



Gesashi Bay Mangrove Forest
(National Designated Natural Monument)



Pineapple



Uppama Beach

- ☒ **When to go**
October-June
- ☒ **Time required**
1-4 hours *Depending on the tour

See the contacts below for more information on where you can go trekking **1** Kunigami Village Tourism Association **14** Ishigaki City Tourism Exchange Association

15 Taketomi Town Tourism Association **16** Yonaguni Town Tourism Association **18** Tokashiki Village Tourism Association [MAP_P20-P23]



Exhilarate in the sense of freedom. Enjoy a refreshing run on a tropical island

Ever enjoyed a run across a bridge spanning the ocean, through an exotic resort town or on a beach under a fiery red sunset? Okinawa offers a range of such places to run sought out by runners all over the world. Immerse yourself in scenery that changes by the hour and feel the sea breezes for a refreshing, invigorating change of mood. Why not stop along the way for a break at a local cafe to change things up from your normal running routine?

Recommended spots!

The "Sports Islands OKINAWA" website offers a range information on recommended running courses around Okinawa. Some of these include the "Senaga Island → Chura Sun Beach" course where you can see planes taking off and landing up close while you run and the "Kouri Island" course in Nakijin, an island known by legend as the "Love Island" where you can run surrounded by the emerald green waters. There is also the "Tabi Run", taking you around the area surrounding your hotel and the "Remote Island Run" allowing runners to take in the natural beauty of the more Remote islands. Please see the website for more information.



Sports Island OKINAWA
marathon page



Toyosaki Chura Sun Beach



Uji-zome
(sugarcane-dyed fabric)



Nakijin-Jo Castle Site

- ☒ **When to go**
All year round: morning and evening
Daytime: November - February
- ☒ **Time required**
30 mins-2 hours



Put your swing to work in the beautiful natural surrounds of a tropical island

The contrasting blue of the sky and water against the pervading green of the fairways is a sight you will never grow tired of. The feeling of release you get when connecting with the ball in such grand surroundings is every golfer's dream. Okinawa boasts a range of unique golf courses, from courses for the experienced to ones that are easy to navigate for the beginner. Being able to play golf in comfortable temperatures all year round is one attraction unique to Okinawa.

Recommended spots!

Yet another attraction is the list of breathtaking locations to play. The golf course on Miyako Island, located Approx. 1 hour from the mainland by airplane boasts three long courses and a half course plan for beginners. We also recommend trying the courses in Itoman city, located close to the airport in the southern part of the main island, Motobu Town, where a large number of the resort hotels are located and Onna Village. You can also try park golf, suitable for everyone, from children to the elderly on Kume Island and in Kunigami.



Miyako Island Tourism Association
Address: 2F, 187 Hiranishizato,
Miyakojima City
Tel: (+81)980-73-1881



- ☒ **When to go**
While November through March is best, it is easier to secure bookings in the off season (summer)
- ☒ **Time required**
1-5 hours



05 YOGA



Take a moment of relaxed reflection in the embrace of nature

Become one with the sky, ocean and land in the beautiful natural environment of Okinawa with some yoga to relax your body from deep within. You can feel the daily stress release as you empty your mind and form the relaxed yoga poses. Your mood will improve and concentration increase just by wearing the stylish yoga wear. Charge your natural energy to further enhance the health and beauty of not only your body, but also your mind.

Recommended spots!

In 2015, the Nakagusuku-jo Castle Site, located in Kitanakagusuku village, a village that boasts the longest living female in Japan, formed the stage for "Gusuku Yoga in Kitanakagusuku". This event, held in the Nakagusuku-jo Castle Site listed on the World Heritage List in 2000, is popular among a broad age demographic and international visitors. See the "Gusuku Yoga" Facebook page for the latest information. (URUMA Tourism & Local Products Association, Tel: (+81) 98-978-0077) also promotes a yoga event within the Katsuren-jo Castle Site, another World Heritage listed site, in addition to beach yoga that can be enjoyed while taking in the beautiful ocean views.



Kitanakagusuku village office
Planning and Promotion Section
Address: 426-2 Kishaba, Kitanakagusuku Town
Tel: (+81)98-935-2233



Nakagusuku-jo Castle Site



Sunflower in Kitanakagusuku



National Important Cultural Property
The Nakamura House

☒ **When to go**
All year round

☒ **Time required**
30 mins-1 hour

See the contacts below for more information on where you can do yoga

11 Ginowan City Tourism Association 14 Ishigaki City Tourism Exchange Association

19 Zamami Village Tourism Association [MAP_P20-P23]



Paddle slowly out to the sparkling open sea

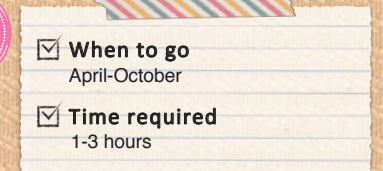
SUP (Stand Up Paddleboard) is a new sport originating from Hawaii currently booming all over the world that requires no special skills. The simple action of paddling atop a paddle board is easy for even beginners to master and can be done in a variety of locations all around Okinawa. You will soon master the art of SUPing as you glide across the water like taking a leisurely stroll. Looking down at your feet, you can see the colorful fish swimming through the pristine waters and may even encounter a turtle.

Recommended spots!

You can also enjoy SUP in style in the crystal blue waters, affectionately known as "Iheya blue" surrounding the inhabited remote island of Iheya Island, the northern-most island of Okinawa, enclosed in untouched coral reefs. Another attraction of SUPing is observing the coral reef and sea creatures through a hydroscope as you walk atop the water. Another extremely popular option is taking in the breathtaking views while SUPing around the waters near the popular sea road (Kaichu Doro) at Uruma city or the expansive ocean views on offer in the waters off Higashi Village in the northern part of the island.



Iheya Island Tourism Association
Address: 217-27 Gakiya, Iheya Village
Tel: Tel: (+81)980-46-2526



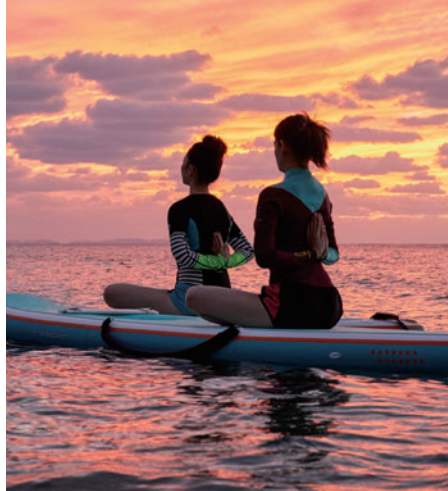
☒ **When to go**
April-October

☒ **Time required**
1-3 hours

See the contacts below for more information on where you can go SUPing **1** Kunigami Village Tourism Association **4** Ginoza Village Tourism Association **7** Izena Island Tourism Association

8 Onna Village Tourism Association **14** Ishigaki City Tourism Exchange Association **15** Taketomi Town Tourism Association **18** Takashiki Village Tourism Association

19 Zamami Village Tourism Association **20** Kumejima Visitors Bureau [MAP_P20-P23]



Yoga on the water to release your mind and body while gazing at the horizon

Experience a sense of freedom and exercise your core at the same time maintaining yoga poses on a SUP. Choose from a range of options, including SUP yoga in a hotel pool for those that aren't confident in the open water and other plans in the crystal clear waters of Okinawa. There are also sunset classes where you can enjoy the beautiful sunsets and early morning classes to meet your objective and travel schedule.

Recommended spots!

Uruma city boasts a range of valuable historic sites and cultural property. Try SUP yoga in the crystal clear waters surrounding Uruma's ocean drive (Kaichu Doro) for a holiday you will not forget. You can book a variety of activities, including SUP yoga in advance on the URUMA Tourism & Local Products Association website, "Uruma-ru". Then all you have to do is meet up with your guide at the specified location on the day of the activity. Higashi Village Tourism Promotion Council also promotes SUP yoga in the great outdoors for an experience that makes you feel like the expansive ocean is your own. Why not get your yoga on in waters all around Okinawa through this popular activity?



URUMA Tourism & Local Products Association
Address: 4 Yonashiroyehira, Uruma City
Tel: (+81)98-978-0077
E-mail: info@uruma-ru.jp



Mozuku



Kafu Banta



Fukuji Dam



When to go

All year round, watch the sunrise/sunset
We recommend you visit in the early morning or evening



Time required

1-1.5 hours

See the contacts below for more information on where you can do SUP yoga

8

Onna Village Tourism Association

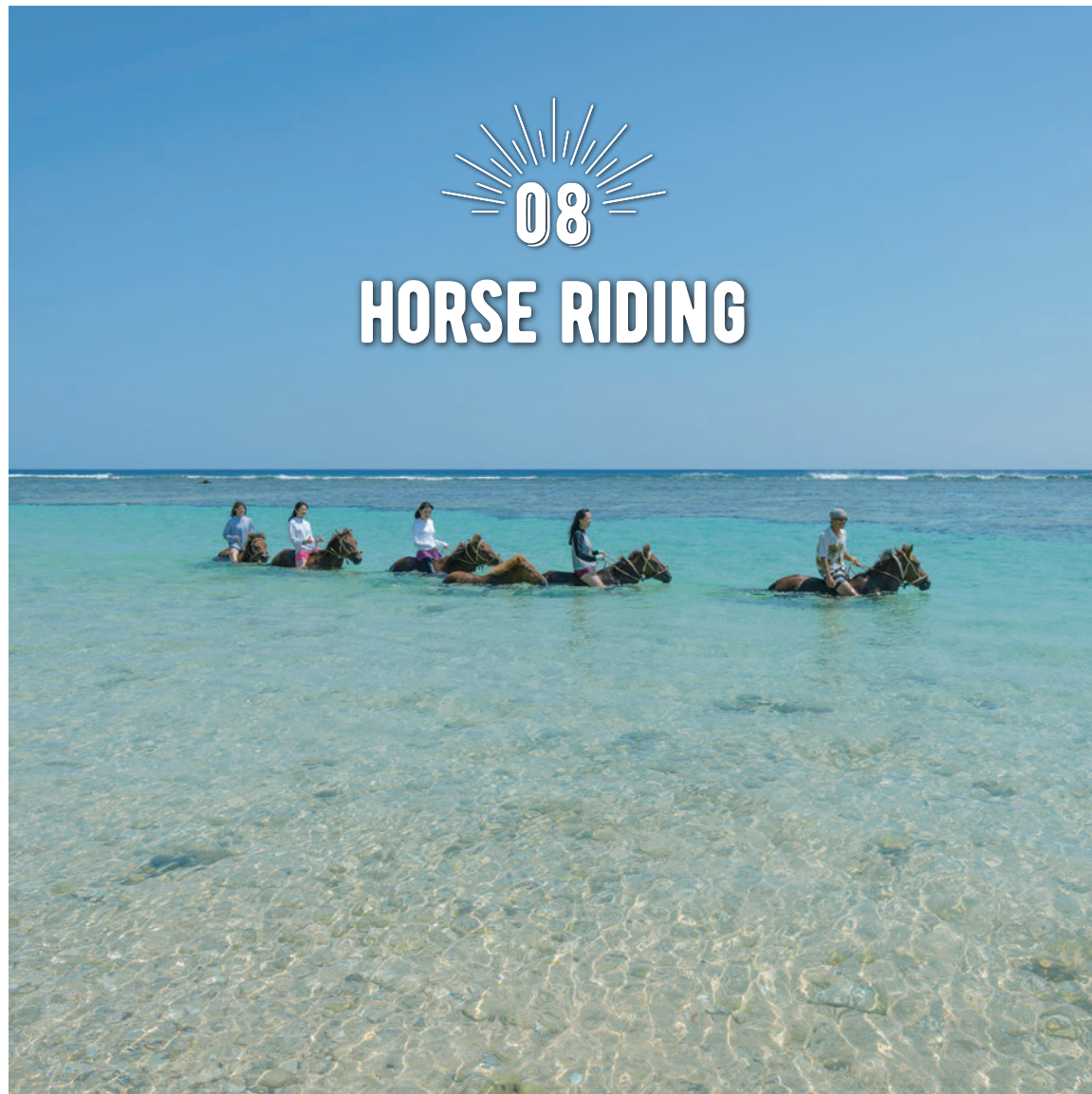
14

Ishigaki City Tourism Exchange Association

19

Zamami Village Tourism Association [MAP_P20-P23]

08 HORSE RIDING



Feel the island breeze on the back of one of our adorable horses

Why not try horse riding like nowhere else in the world to create a really special holiday memory? Get back in touch with nature on horseback with a range of options, from horseback rides escorted by rope by an instructor for beginners to trail rides for the more experienced riders. Let the stress ease away as you take in the beautiful Island vistas from high up on horseback and even dive right into the ocean in summer. Just getting to know and communicating with the friendly horses native to Okinawa will bring about a sense of peace and contentment.

Recommended spots!

You can even meet the precious and native species, Yonaguni horse on Yonaguni Island, the western-most island of Japan. The Yonaguni Town Tourism Association provides information on a range of horse riding activities together with the native species, Yonaguni horse. You can even challenge yourself with a special horse riding tour where you can take hold of the horse's tail and let them pull you through the water in this the birthplace of horseplay in the water. Horse riding is an extremely popular activity with a large number of enquiries also coming into Kumejima Visitors Bureau, Ishigaki City Tourism Exchange Association and Taketomi Town Tourism Association. Enjoy a special experience together with unique horses of Okinawa.



**Yonaguni Town
Tourism Association**
Address: 437-17 Yonaguni, Yonaguni Town
E-mail: info@welcome-yonaguni.jp



Monument marking
Japan's western-most point



Kabira Bay



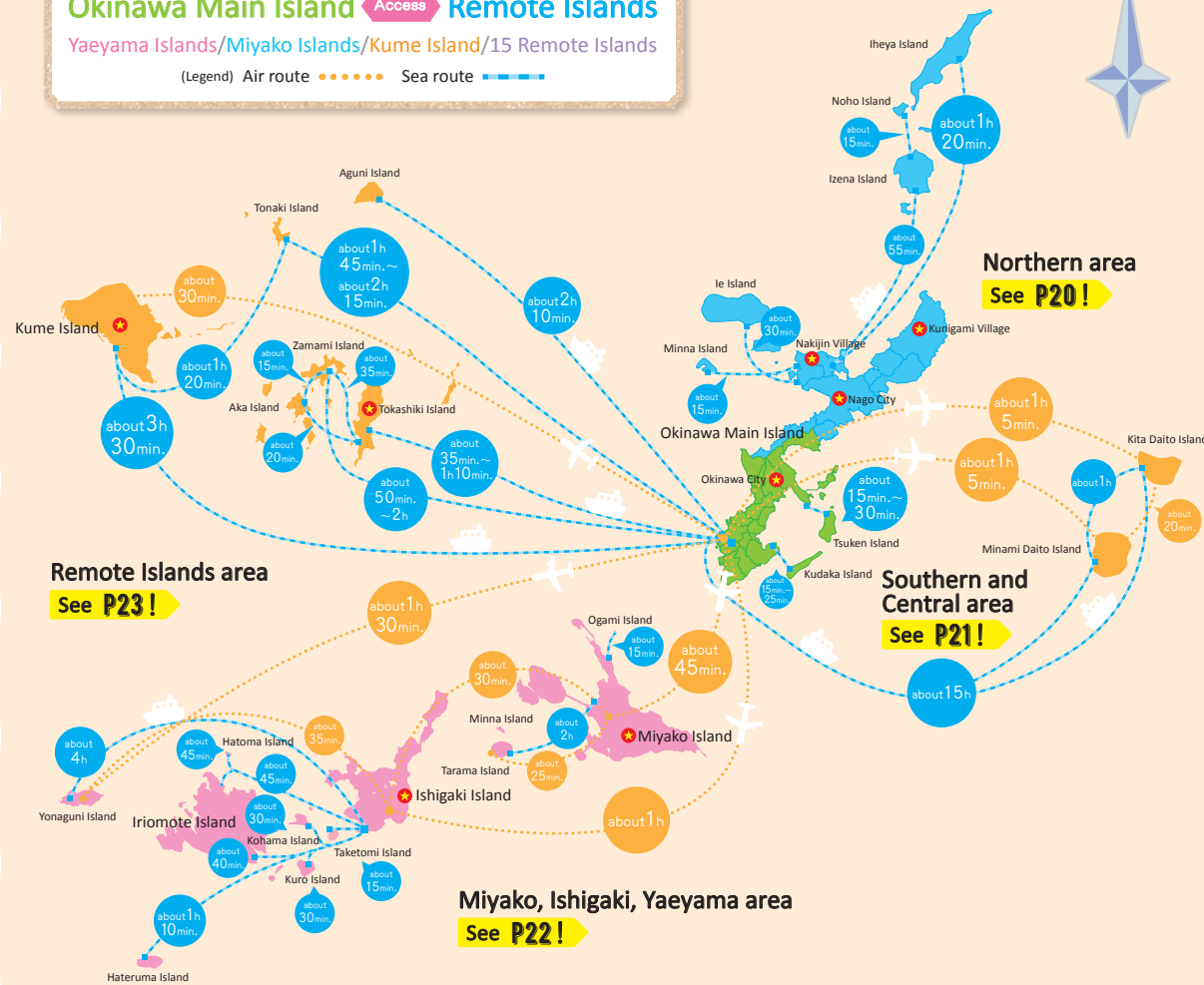
Hate-no-hama

- ☒ **When to go**
All year round, Horse riding tours that take you into the water are only available from June through October
- ☒ **Time required**
30 mins-2 hours

Okinawa Main Island Access Remote Islands

Yaeyama Islands/Miyako Islands/Kume Island/15 Remote Islands

(Legend) Air route Sea route - - - - -



✈ From Overseas to Okinawa

Taipei - Naha
China Airlines
Eva Air
Peach Aviation
Tiger Airways

Taipei - Ishigaki
China Airlines

Taichung - Naha
Mandarin Airlines

Kaohsiung - Naha
China Airlines
Tiger Airways
Peach Aviation

Shanghai - Naha
China Eastern Airlines
Juneyao Airlines

Beijing - Naha
Air China

Tianjin - Naha
Air China

Hangzhou - Naha
China Eastern Airlines
Beijing Capital Airlines

Nanjing - Naha
Juneyao Airlines

Xi'an - Naha
China Eastern Airlines

Hong Kong - Naha
Cathay Dragon
Hong Kong Airlines
Peach Aviation

Hong Kong - Ishigaki
HK Express

Hong Kong - Shimajiri(Miyako)
HK Express

Seoul - Naha
Asiana Airlines
Eastar Jet
JEJU Air
Jin Air
Korean Air
Peach Aviation
T'Way Airlines
Air Seoul

Busan - Naha
Asiana Airlines
Jin Air

Daegu - Naha
T'Way Airlines

Bangkok - Naha
Peach Aviation

Singapore - Naha
Jetstar Airways

ACCESS TO NAHA AIRPORT



*Flight information above is as of July, 2019 and subject to change without notice. Check with airlines to confirm.

🌸 The seasons in Okinawa 🌸

Check out Okinawa's unique climate by season. Use this to make sure you have right clothing and other travel items for your time of visit.

Spring

Spring starts around March in Okinawa and while you can wear t-shirts for most of the time during April, it is a good idea to pack some light, long sleeve shirts as the evenings can get a little chilly.

Summer

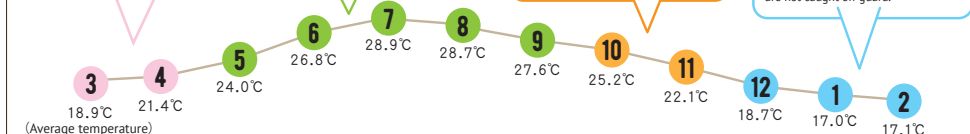
Summer begins in earnest in late June upon the completion of the wet season. This is also when the sun's rays are at their peak so it is a good idea to pack adequate sun protection.

Autumn

A variety of sporting events mark the calendar on Okinawa in autumn. While you can swim at the beach until October, the mornings and evenings can get chilly so its best to bring something to slip on top of your bathing suit when you get out of the water.

Winter

While the warm winter of Okinawa is the best season for sport, there can be considerable temperature differences. The wind chill factor from the cold winds, particularly in January and February can bring down temperatures so bring some cold clothes too so you are not caught off guard.



Material: Meteorological Agency/Average temperatures (annual & monthly readings) Naha City(1981~2010)

Northern Area MAP

Icons show activities you can try in each city, town and village.

Icon List



1 Kunigami Village Tourism Association

Address/1569-1 Okuma, Kunigami Village
TEL/(+81)980-41-2420
Hours/9:00-18:00 Close/Always Open



2 Higashi-Village Tourism Promotion Council

Address/54-1 Gesashi, Higashi Village
TEL/(+81)980-51-2655
Hours/8:30-17:30 Close/Year end and new year



3 Motobu Tourism Association

Address/881-1 Ohama, Motobu Town
TEL/(+81)980-47-3641
Hours/9:00-17:00 Close/Sat, Sun, Holidays



4 Ginoza Village Tourism Association

Address/1646-4 Kanna, Ginoza Village
TEL/(+81)98-968-8787
Hours/9:15-18:00 Close/Always Open



5 Kin Town Tourism Association

Address/4086-1 Kin, Kin Town
TEL/(+81)98-989-5674
Hours/9:00-18:00
Close/Sat, Sun (Please check)



6 Iheya Island Tourism Association

Address/217-27 Gakiya, Iheya Village
TEL/(+81)980-46-2526
Hours/8:30-17:15 Close/Sat, Sun, Holidays



7 Izena Island Tourism Association

Address/177-7 Nakada, Izena Village
TEL/(+81)980-45-2435
Hours/9:00-17:00 Close/Sat, Sun, Holidays



8 Onna Village Tourism Association

Address/5973 Onna, Onna Village
mail/taiken@onnabi.or.jp
Hours/8:30-17:30 Close/Sat, Sun, Holidays



Southern and Central Area MAP

9 URUMA Tourism & Local Products Association

Address/4 Yonashiroyehira, Uruma City
TEL/(+81)98-978-0077
mail/info@uruma-ru.jp
Hours/9:00-18:00 Close/Always Open



10 Kitanakagusuku Village Office Planning and Promotion Section

Address/426-2 kishaba, Kitanakagusuku Town
TEL/(+81)98-935-2233
Hours/8:30-17:15
Close/Sat, Sun, Holidays



11 Ginowan City Tourism Association

Address/7-10-27 Ooyama, Ginowan City
Ginowan Marine Support Center 1F
mail/kankou-gta@otc.ne.jp
Hours/9:00-18:00 Close/Sat, Sun, Holidays



12 Tourism Association of Nanjo City

Address/541 Chinenkudeken, Nanjo City
TEL/(+81)98-948-4611
mail/nanjo-kankou@ia8.itkeeper.ne.jp
Hours/9:00-18:00 Close/Always Open

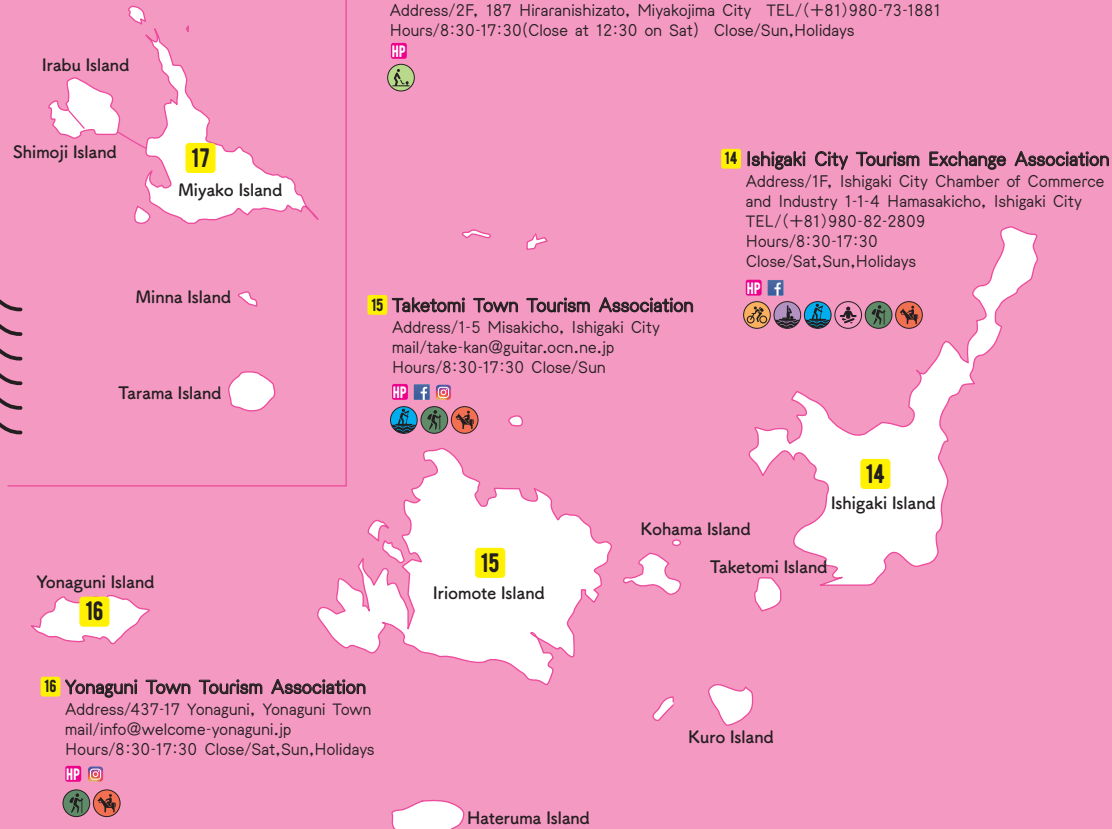


13 Itoman City Tourism Association

Address/4-20-4 Nishizakicho, Itoman City
TEL/(+81)98-840-3100
Hours/9:00-18:00 Close/Always Open



Miyako, Ishigaki, Yaeyama Area MAP



Remote Islands Area MAP

