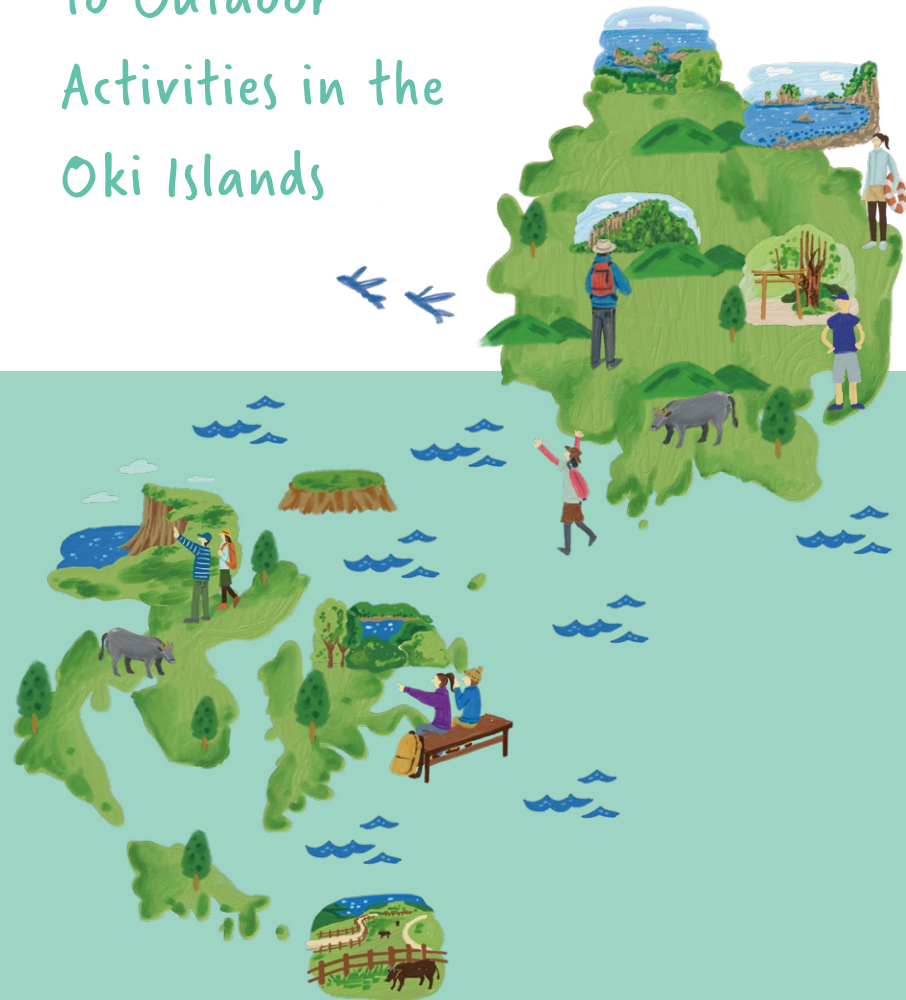




# A Pocket Guide to Outdoor Activities in the Oki Islands



Published by the Oki Islands  
UNESCO Global Geopark Promotion Committee  
(March 2021)



# Please help us conserve and protect the precious nature and geological heritage of the Oki Islands!

The Oki Islands are a part of Daisen-Oki National Park, and are also designated as a UNESCO Global Geopark. The area is composed of an environment which includes endemic species and geological features of global value.

In order to pass on the precious natural environment to future generations, we highly appreciate your understanding and cooperation in following the rules and manners of the Oki Islands.



Learn more about the Oki Islands UNESCO Global Geopark here!



Check out the Rules and Manners in National Parks booklet here!

Cherish the environment and minimize your ecological impact when visiting the Oki Islands. Do not collect or disturb the animals, plants and rocks.

Take your litter away with you. Prepare a garbage bag and bring it with you before heading out.

Do not wander off the hiking tracks and designated routes. Such actions may destroy the habitats of animals and plants.

Please put your dog on a leash. It is prohibited by law to let your pets loose in Special Protection Zones and some of the Special Zones of the Daisen-Oki National Park. The following areas are special protected zones on the Oki Islands: Kuniga Coast (Nishinoshima Town), area near Sekiheki (Chibu Village), Mt. Daimanji, Shirashima Coast and Jōdogaura Coast (Okinoshima Town).

Camping and use of fire outside designated areas are strictly prohibited. Please note that the opening dates for campgrounds differ.

Fishery rights are established in the waters of the Oki Islands. Do not collect abalone, sazae turban shells, sea urchins, etc. If you violate the rules, you may be punished for breaking the law. Please also refrain from swimming in a wetsuit, as you could be mistaken for a poacher.

Swimming outside beaches or designated swimming areas is not recommended. There are no surveillance staffs at the beaches outside swimming season. There are no surveillance staffs at beaches in Chibu Village even during swimming season.

Fishing is allowed in most areas on the islands. However, please avoid fishing at ports and zones where vessels enter or exit.



## Texas Gates (Cattle Grid)



Texas gates are installed at the entrance of the pasture to prevent the entry and exit of cattle and horses. Please drive slowly when crossing the Texas gates. Cyclists should alight from their bicycles and walk across the grid. If the tire gets caught in the gap, it may cause a flat tire or a fall. Please be careful when crossing the gates.

## Bicycling on the Road



Keep to the left.



Do not ride  
under the influence  
of alcohol.



Do not ride  
double.



Do not ride  
side by side.



Do not ride  
while carrying  
an umbrella.



Do not talk  
on the phone  
or listen to music.

## Festivals (matsuri)

Numerous festivals of the Oki Islands have been passed down from ancient times, and they reflect the unique culture of the islands. A lot of the festivals have a religious background, therefore visitors should be careful when participating. Another characteristic of the festivals is that compared to urban areas, there are fewer visitors and participants are mostly local residents.



Yurahime Shrine Festival  
Nishinoshima Town



### Please keep in mind the following

It could become dangerous if you stay too close to the parade or other participants. Please be careful of the situation around you.

Please refrain from cheering or making noises that interfere with the procession or rituals.

Do not cross the procession or parade troupe.

Do not touch the mikoshi (portable shrine), the carriers of the mikoshi and animals of the ritual.

Do not stand behind the sacred horses, as you may get injured.

Please refrain from using excessive flash when taking pictures.



Shinto rituals before Mina-ichi Dance  
Chibu Village



Uma-ire-shinji ritual  
Tamawakasu-mikoto Shrine, Okinoshima Town



# Prepare before your outdoor adventure!

While there is no need for heavy equipment when hiking in the Oki Islands, please make sure to wear adequate clothing and bring some food and drink

## Hiking and walking

### Hat

Wear a light-coloured hat. It is good to avoid dark colours as wasps and hornets are sensitive to them.

### Long-sleeved shirt

Cover your skin to protect yourself from potential abrasions or dangerous plants and insects. Wasps and hornets are sensitive to dark colours so choose light-coloured clothing.

### Long trousers

Cover your skin to protect yourself from potential abrasions or dangerous plants and insects.

### Backpack

Some trails are steep. Put your supplies in a backpack to have both hands free when hiking.

### Hiking gloves

Necessary when hiking the Mt. Daimanji and Washigamine Ridge trails.

### Hiking shoes and long socks

There are some steep trails in the Oki Islands so we recommend wearing light hiking shoes. Put on some long socks too, in order to protect yourself from insects or dangerous plants.



## Water sports

### Rash guard

Cover your skin to protect yourself from potential scrapes, sunburn and dangerous sea animals or plants.

### Swimming season

The best season for marine sports is from mid-July through August.

### Water shoes

Protect your feet from the rocky sea bottom, or potential threats such as marine litter or sharp shells.



## What to bring

- Rain gear
- Warm clothing or windbreaker
- Snacks
- Water or other drinks
- Emergency medical kit
- Insect repellent
- Sunscreen



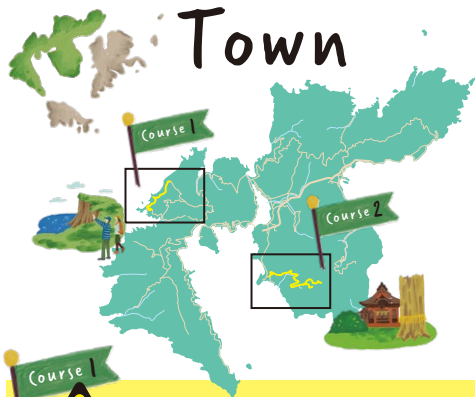
### Attention!

Make sure to check the weather forecast before setting out on your excursion. Do not hike or take part in water sports when a thunderstorm advisory is in effect.

Please inquire about the latest information on the hiking trails and sea bathing conditions at the local tourism offices.

In order to protect yourself and the others from infectious diseases, please wear a mask, and wash and sanitize your hands frequently.

# Nishinoshima Town



## Nishinoshima Town DATA

Area: 55.96 km<sup>2</sup>

Population: around 2,800

No. of cattle: 600

No. of horses: 50

Campgrounds:

- 1) Shimane-bana Auto Campground
- 2) Mimiura Campground

Course 1



### Points to consider when hiking Kuniga Coast Hiking Trail

1. Keep a safe distance from animals: Cattle and horses are kept on the western area of the island. Do not approach, touch, frighten or feed the animals. The animals might become aggressive if they feel irritated by human actions.
2. Keep hydrated: Beware that there is no vending machine on the trail. The nearest one is at Kuniga Bay Car Park.
3. Access: The town bus to Kuniga Bay is very limited and only operates from April to October and it goes to Kuniga Bay Car Park only. There is only one bus stop at Kuniga Bay Car Park, so once you get to the top of Matengai Cliff, you will need to walk down the same way to catch the bus. Since the bus is not frequent, using the bus one way and taxi the other is recommended.

Course 2



### Points to consider when hiking Takuhi Shrine Hiking Trail

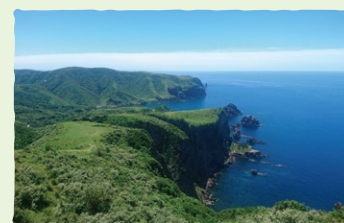
1. To get to the top of the mountain, the point to turn is signposted in front of the bronze torii gate. However, the trail to the top is not well maintained. We recommend climbing to the top with a guide.
2. Mamushi: Mt. Takuhi is a habitat for venomous pit vipers. Please use the bamboo hiking sticks, stored near the entrance of the hiking trail. Do not approach the pit viper if you see one.
3. Keep hydrated: There are no vending machines nearby. Please have a drink bottle prepared.
4. Access: The town bus does not go to this shrine. Taxi or rent-a-car is recommended. The closest bus stop is 30 min away on foot from Reso Oki Rosage Hotel.

Course 1

## Kuniga Coast Hiking Trail

🕒 Kuniga Bay Car Park - Matengai Cliff: 1.5 hrs round trip 📏 Elevation: 257 m

The Kuniga Coast is one of the most scenic spots of the Oki Islands. The hiking trail is a part of the farmland so you can also see cows and horses leisurely grazing along the track blending in with nature.



Route



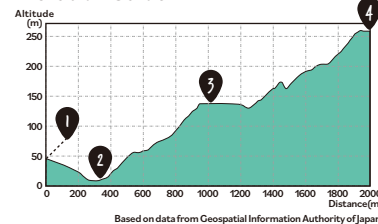
1 Kuniga Bay Car Park

2 Tsūtenkyō Arch

3 Matengai Cliff Lookout Point

4 Matengai Cliff Top

### Elevation Guide



## Course 2

# Takuhi Shrine Hiking Trail



🕒 Reso Oki Rosage Hotel - Takuhi Shrine: 3 hrs round trip

📏 Elevation: 300 m

The current main hall of Takuhi Shrine was built in 1732. The shrine is dedicated to the deity of safe sea voyages since ancient times. On the hiking trail you can observe some interesting flora and fauna and enjoy a few lookout spots looking out to Dōzen Caldera.



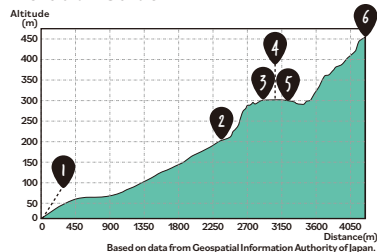
## Route



- 1 Reso Oki Rosage Hotel
- 2 Takuhi Shrine Car Park
- 3 Bronze Torii Gate
- 4 Takuhi Shrine Office
- 5 Takuhi Shrine
- 3 Bronze Torii Gate
- 6 Mt. Takuhi Summit



## Elevation Guide



# Chibu Village

## Chibu Village DATA

Area: 13.7 km<sup>2</sup>

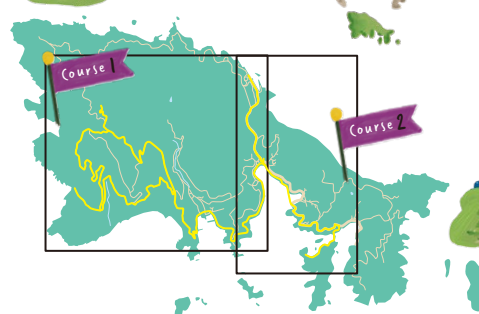
Population: around 640

No. of cattle: 540

No. of raccoon dogs: 2,000

Campground:

Shimazushima Campground



Course 1

Course 2



## Points to consider when hiking in Chibu Village

1. Keep a safe distance from animals: Cattle and horses are kept on the island. Do not approach, touch, frighten and feed the animals. The animals might become aggressive if they feel irritated by human actions.
2. Keep hydrated: There are no shops or vending machines near Mt. Akahage, Sekiheki and Shimazushima Island. Please have a drink bottle prepared.
3. Access: The public bus on Chibu runs between the residential areas only and service is not frequent. We recommended thorough planning when using it for sightseeing.

## Course 1

# Mt. Akahage & Sekiheki Trail

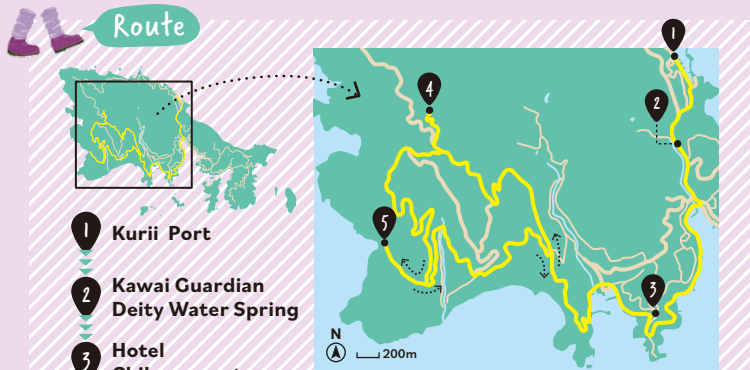


🕒 5-6 hrs round trip 📏 Elevation: 325 m

The summit of Mt. Akahage is a lookout which provides a panoramic view and a sense of openness. When the weather is nice, you can see all four main islands of Oki and mainland Japan. Sekiheki, a designated Natural Monument of Japan, is a crimson cliff formed by a volcano that erupted 6.5 million years ago, and later shaped by waves, wind and rain. It is also fun to observe the grazing cattle and racoon dogs you meet along the way.

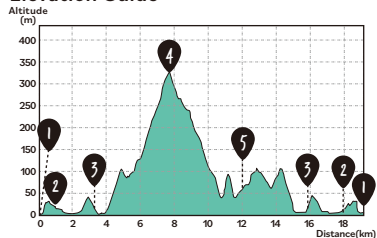


## Route



- 1 Kurii Port
- 2 Kawai Guardian Deity Water Spring
- 3 Hotel Chibu-no-sato
- 4 Mt. Akahage
- 5 Sekiheki
- 3 Hotel Chibu-no-sato
- 2 Kawai Guardian Deity Water Spring
- 1 Kurii Port

## Elevation Guide



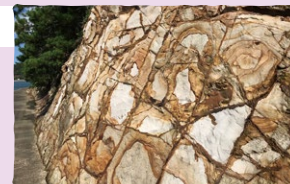
Based on data from Geospatial Information Authority of Japan.

## Course 2

# Shimazushima Walking Trail

🕒 3 hrs round trip

After passing Shiomi Bridge and going uphill for a while, you will see the picturesque scenery of Kanjima Island, Asajima Island and the mainland. Shimazushima Island is located in the southernmost part of the Oki Islands and is warm, with a beautiful contrast between the highly transparent sea and green vegetation. You can also enjoy observing the mosaic-like rocks on the trail, which are nature's creations.

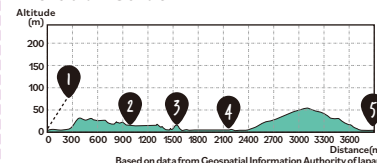


## Route



- 1 Kurii Port
- 2 Kawai Guardian Deity Water Spring
- 3 Ikkū Shrine
- 4 Shiomi Bridge
- 5 Shimazushima Island

## Elevation Guide



Based on data from Geospatial Information Authority of Japan.



# Ama Town

## Ama Town DATA

Area: 33.44 km<sup>2</sup>

Population: around 2,200

No. of cattle: 540

Campground:  
Akiya Campground



Course 1



## Points to consider when hiking in Ama Town

1. Keep a safe distance from animals: Cattle and horses are kept on the island. Do not approach, touch, frighten or feed the animals. The animals might become aggressive if they feel irritated by human actions.
2. Keep hydrated: There are no vending machines along the trail.
3. Access: Please use the following suggested buses.  
09:55 Oki Kisen Noriba Bus Stop → 10:21 Kinkō-ji Iri-guchi Bus Stop → Hiking & Picnic → 13:46 Akiya Coast Bus Stop → 14:15 Oki Kisen Noriba Bus Stop

\*The bus timetable changes depending on the seasons. Please make sure to check the timetable before departure.

Course 1

## Mt. Kinkō-ji & Akiya Coast Trail

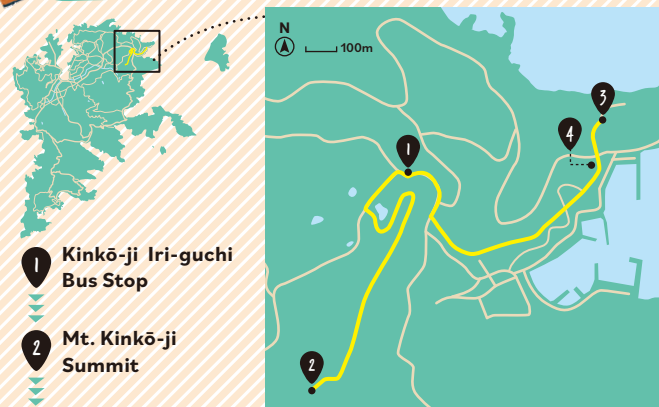
🕒 1.5-2 hrs

📏 Elevation: 164 m



The walk from the bus stop at the entrance to Mt. Kinkō-ji to the summit of the mountain is a pleasant walk in a green tunnel of trees. The summit of Mt. Kinkō-ji is 164 m above sea level with a superb view, and you can enjoy the extensive view of Ama Town from the observation deck. You can also see the other islands when the weather is fine. There is a campground at Akiya Coast, and during summer you can enjoy both camping and swimming there.

## Route



1 Kinkō-ji Iri-guchi Bus Stop

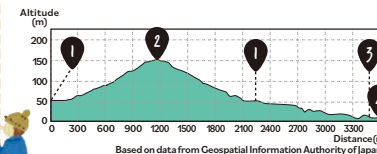
2 Mt. Kinkō-ji Summit

1 Kinkō-ji Iri-guchi Bus Stop

3 Akiya Coast

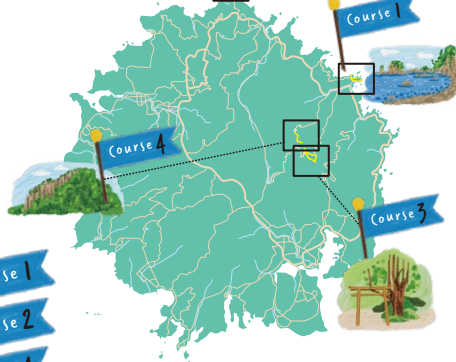
4 Akiya Coast Bus Stop

## Elevation Guide





# okinoshima Town



## okinoshima Town DATA

Area: 242.82 km<sup>2</sup>

Population: around 13,800

No. of cattle: 540

Campgrounds:

- 1) Tatsugi 2) Nakamura
- 3) Kichiura 4) Mimoza
- 5) Geo Resort Symphony
- 6) Kaiyō Sports Center



### Points to consider when hiking in Okinoshima Town

1. Keep hydrated: There are no shops or vending machines along the trails or at the entrance, apart from Jōdogaura Coast (shop available only in summer).
2. Access: The town bus services are not frequent, so please check the time tables and depart early for your excursion.
3. Public toilets are located only at the car parks.



### Points to consider when hiking Mt. Daimanji and Washigamine

1. Bring water. There are no shops or vending machines along the trails or at the entrances.
2. Access: There are no town buses to these trails. If you plan on using the bus to go to the nearby area, please depart early and make sure not to miss the last bus.
3. Public toilets: The only toilet is in Nakadani Car Park.

## Course 1

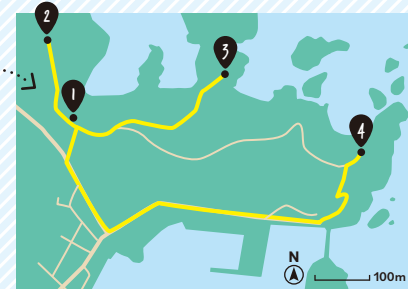
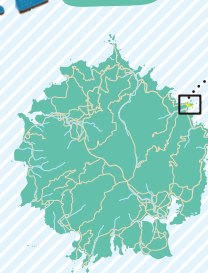
# Jōdogaura Coast & Sakiyama-misaki Cape Trail

🕒 1-2 hrs round trip

The name of this coast refers to Pure Land Buddhism paradise, which in Japanese is called Jōdo. Here you can enjoy a rugged coastal landscape and a diversity of geological features. The area is a designated National Place of Scenic Beauty and is within a marine park.



## Route



1 Jōdogaura  
Coast  
Car Park

2 Kashiwa-zaki  
Cape

🕒 5 min

1 Jōdogaura  
Coast  
Car Park

3 Torige Coast

🕒 15 min

1 Jōdogaura  
Coast  
Car Park

4 Sakiyama-misaki  
Cape

🕒 25 min

\*Due to a fallen tree and landslide this part of the trail is currently closed (March 2021). Please inquire at the Okinoshima Town Tourism Association for the newest information.



## Course 2

# Shirashima Coast Trail



🕒 2 hrs round trip

Marvel at the breath-taking views and contrasting colours of white rocks, blue sea and green trees from an upper lookout point, or hike down to have a closer look at the small islets. It is a designated National Place of Scenic Beauty and Natural Monument of Japan.



Route

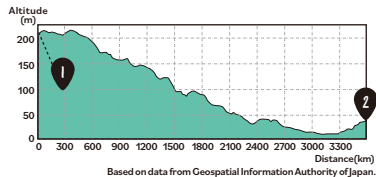


1 Shirashima Coast Car Park

2 Shirashima-zaki Lookout Point



### Elevation Guide



## Course 3

# Mt. Daimanji Trail

🕒 2.5 hrs round trip

📏 Elevation: 608 m

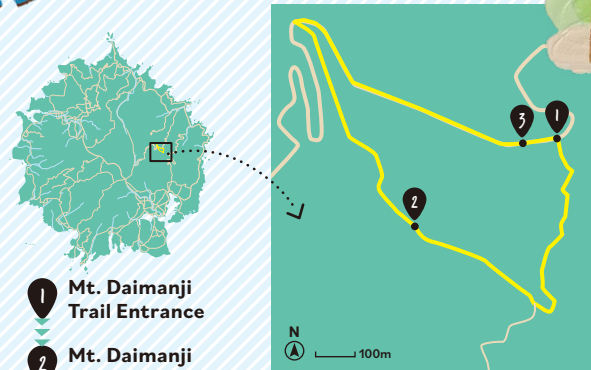
Mt. Daimanji is the highest mountain on the Oki Islands. Along the trail you can see Oki rhododendron and Ō-iwa-kagami Schizocodon flowers. Nearby there is a Japanese cedar tree that is estimated to be around 800 years old and is known for its unique shape. The area is designated as a special zone of the Daisen-Oki National Park.



\* This trail is steep.  
We recommend going with a guide.



Route



1 Mt. Daimanji Trail Entrance

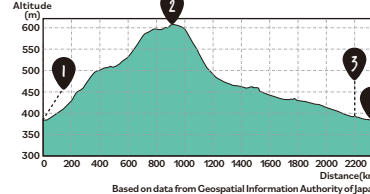
2 Mt. Daimanji Summit

3 Chichi-sugi Japanese Cedar

1 Mt. Daimanji Trail Entrance

\*The road to this trail is currently closed (March 2021). Please inquire at the Okinoshima Town Tourism Association for the newest information.

### Elevation Guide



# Washigamine Ridge Trail

🕒 2-2.5 hrs round trip 📏 Elevation: 555 m

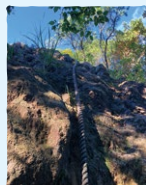
Washigamine Ridge is a ridge with steep cliffs on three sides. Byōbu-iwa (Folding Screen Rock), an 80-meter-high rock formed of columnar joints, is visible from the lookout point at the end of the trail.

According to legend, a hole in the side of the cliff face is a place of tengu (legendary creature in Japanese folklore) worship. An unexplored natural forest featuring around 800 giant Japanese cedar trees stretches over the nearby area.

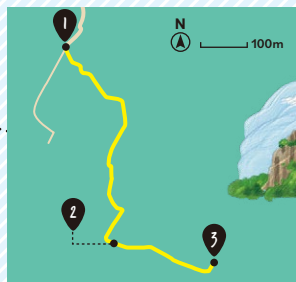
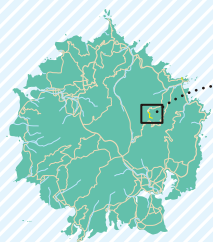
\*In some places you will have to use ropes and climb a steep rock face.

\*The trail has many junctures so please take care not to get lost when hiking.

\*This is a difficult trail. We recommend going with a guide.

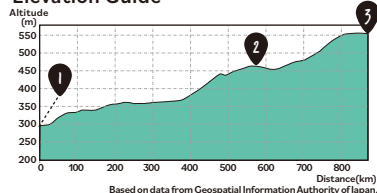


Route



- 1 Nakadani Car Park
- 2 Kanbara Plateau
- 3 Byōbu-iwa Lookout Point

Elevation Guide



ger ⚠️ Danger ⚠️ Danger  
DANGER ⚠️



**Do not forage and consume plants or creatures using your own judgment!**

It is dangerous because some fruits, mushrooms and sea creatures are poisonous.

## Watch out for these dangerous plants



When it turns red in autumn.

**Yama-urushi**  
(*Toxicodendron trichocarpum*)

The height of the shrub ranges from 2 - 3 m to 8 m. Their sap contains the allergic irritant, urushiol.

**Poison Ivy**  
(*tsuta-urushi*)

This plant contains both urushiol and laccol, and has strong toxic components. It could cause skin rash just by getting close to the plant.



When it turns red in autumn.

**Lacquer Tree 3**



**Japanese Wax Tree**  
(*haze-no-ki*)

A deciduous tall tree which sap contains toxic components, and can cause irritation when touched. If you have been exposed to the plant, wash the affected area and apply steroid antihistamine ointments to cool.

**Lacquer Tree**

The sap of the lacquer trees contain "urushiol" and "laccol", which are allergic irritants, and can cause irritation when touched. It can cause contact dermatitis to a passerby who is highly sensitive to urushiol.

er ⚠️ Danger ⚠️ Danger  
DANGER ⚠️



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## Greater Celandine

(kusa-no-ō)

The whole plant is toxic and contains toxic alkaloids. It causes irritation when you are exposed to the yellow latex. Just touching the plant can cause irritation to those who are highly sensitive to it.



## Sweet Autumn Clematis

(sennin-sō)

The stems and leaves contain protoanemonin, a hazardous substance which can cause blisters and inflammation.



## Stinging Nettle

(irakusa)

The sacs at the base of the stinging needles carry a venomous liquid, which contains acetylcholine, histamine and formic acid. Exposure to the liquid inside the sacs can cause severe pain on your skin.



**If you are stung by the stinging nettle,**

Press a piece of duct tape on the affected area to remove the needles.

ner ⚠ Danger ⚠ Danger ⚠  
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## Watch out for these marine life



### Box Jellyfish (candon kurage)

This box jellyfish is shaped like a lantern, and its sting can cause pain and welt on the skin. Multiple stings can cause anaphylactic shock.

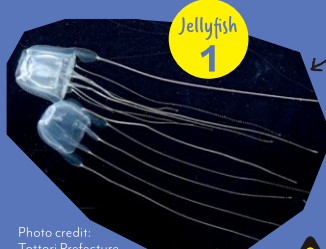


Photo credit:  
Tottori Prefecture



### Nomura's Jellyfish

(echizen kurage)

This jellyfish is not as poisonous, but its sting can cause irritation and swollen skin. The bells of these jellyfish near the islands can grow up to 1 m.



Jellyfish  
2



### Bozu-nira (Rhizophysa eysenhardtii)

This siphonophore is similar to the Portuguese Man O' War. It is highly toxic and delivers a sharp painful sting. Uncommon, but most likely seen in spring.



Jellyfish  
3

Photo credit:  
H. Kohtsuka

## Jellyfish

Depending on the toxicity of the jellyfish, it can be painful and even life-threatening if stung. Even if the jellyfish appears to be lifeless (when washed on shore), the cells in the tentacles can still sting you. Therefore, do not touch them.



**If you are stung by a jellyfish,**

- Gently rinse the affected area with salt water.
- Remove the stingers with a pair of tweezers or with a pair of rubber gloves. (Never remove the stingers with your bare hands.)
- Put ice on the sting and seek treatment at a medical institution.

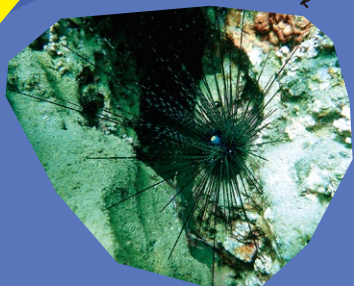
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## Black Longspine Urchin (gangaze)



This sea urchin has very long, venomous spines, and its sting can cause severe pain. The spines are brittle with retrorse barbs, making it easy to break off within flesh. Do not attempt to extract the spines by force, and seek medical treatment immediately.



## Blue-ringed Octopus (hyōmon-dako)

Its saliva contains tetrodotoxin, a neurotoxin also found in pufferfish, and envenomates the target when it bites. You will have difficulty in breathing if you are bitten. It may also cause paralysis, oxygen deficiency and cardiac arrest. Never touch it.



It changes its color as shown when disturbed.

Photo credit:  
Tsuru Asobi Journal



## White Hydroid (shirogaya)

It is a type of hydrozoa, and it is shaped like a small, white feather. There are numerous stinging cells on the feathers, and they can cause pain, welt and itchiness when touched. Soak the affected area in warm water (above 45°C) to ease the pain and recover quickly.



## Cone snails (imo-gai)

It is not highly venomous, but some other cone snails are, so it is better not to touch them.



Photo credit:  
Kushimoto Marine Park Center



## Japanese Eel Catfish (gonzui)

Its dorsal and pectoral fins have sharp, venomous spikes, and can cause severe pain if stung. The affected area will become red and swollen, and may cause necrosis in severe cases. The Japanese eel catfish will not lose their poison even after they are dead, therefore take care not to step on them.

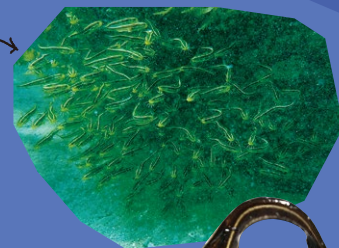


Photo credit:  
Tsuru Asobi Journal



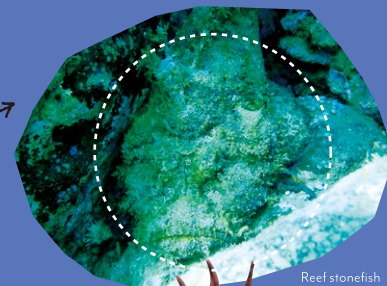
## Red Stingray (akaei)

The tail spine is highly venomous, and in worst cases, it can be fatal. The venom will be injected into the target from the tail spine if the stingray is accidentally stepped on, or irritated. If you are stung, seek medical treatment immediately.



## Devil Stinger or Goblinfish (okoze)

Many venomous fishes of the genus inimicus have highly poisonous dorsal fins. Due to their camouflage similar to the colours of the stones, you will be stung if you touch it or accidentally step on it. Their sting causes severe pain, and the affected area will become swollen. If you are stung, rest and seek medical treatment.



Reef stonefish



Photo credit:  
Tsuru Asobi Journal

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 Danger ⚠

## Beware of snakes and wasps!



### ! Tiger Keelback (yamakagashi)

Its venom is stronger than that of Japanese pit viper or habu pit viper. It feeds on frogs and because of that, it prefers areas close to water, but can also be found in the mountains or fields. It rarely strikes if not attacked, but will bite if it senses danger.



### ! Japanese Pit Viper (mamushi)

It prefers damp environment, so be careful near water, fallen trees, or near rocky areas. It is timid and will not attack unless approached, but might jump and bite if you get too close to it. It also can climb trees up to around one metre, so please keep an eye out for them when hiking.

### + In case you get bitten by a venomous snake...

- Move away quickly as you might be bitten multiple times.
- Remain calm and do not move too much. Moving vigorously around will make the venom spread faster around your body.
- If you got bitten on your limb, tie a bandage (or a piece of a stretchy cloth) lightly between the wound and your heart.
- Use poison remover if you are carrying one. Do not suck or cut the bite. Do not strongly tie a bandage or a cloth around the affected limb.
- Call an ambulance immediately. If you have to keep hiking to get out of the trail, walk slowly and keep calm.



### ! Hornet (suzume-bachi)

They tend to attack dark-coloured, moving objects. The hornets often build their nests in the ground, so be careful when hiking in the forest. They can be as big as 5-6 cm. They are active from spring to autumn. Pay special attention in autumn, when they are most aggressive.

### ! Paper Wasp (ashinaga-bachi)

They have long legs and fly in a characteristic way, as if they are floating. Despite their rather calm demeanor, a paper wasp will attack if its nest is disturbed or attacked. They are most aggressive at the beginning of autumn to protect their new nests or queens.



### How to protect yourself from wasps:

- Avoid wearing dark-coloured clothes.
- Wear a hat, long-sleeved clothes and long trousers.
- Avoid wearing perfume, fragrant hair or make-up products.
- If you see a wasp in the distance, quietly move away.
- If a wasp comes flying at you, stay still and calm. Do not swat at it.
- Keep low and slowly step back away from it.

### + In case you get stung...

- Use poison remover if you are carrying one. Wash the wound area with clean water.
- Apply a cold compress or use cold water to cool the wound area.
- Apply a steroid antihistamine ointment.
- The sting might cause an anaphylactic shock. Visit the hospital immediately.

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## Insects to watch out for when outdoors



### Centipede (mukade)

They prefer damp environment and can often be found under fallen leaves or rocks near bodies of water. Mukade centipedes are venomous and their bite causes a strong pain and swelling. They are most active from spring to autumn.



### + In case you get bitten...

- Pour hot water (42°C) on the bite area for 10-20 minutes, but be careful that the water is not too hot, as it may cause burns.
- Apply a steroid antihistamine cream.
- The bite might cause an anaphylactic shock, so visit the hospital immediately if you experience any adverse symptoms.



### Tick (madani)



An adult insect reaches 3-8 mm in length. Ticks are most active between spring and autumn, and inhabit forested or grassy areas. They can carry infectious diseases and transmit them to humans.

### How to protect yourself from ticks:

- Wear light-coloured clothes (long-sleeves, long trousers) and a hat.
- Tuck trousers into socks or shoes.
- Use an insect repellent spray.
- Do not sit down directly on the grass when on pasture land.
- Do not touch wild animals such as horses, cows and racoon dogs. They might be carrying ticks on their bodies.

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## Emergency Services Numbers

When calling, please speak slowly and clearly say what kind of emergency it is, 'accident', 'fire' or 'medical emergency'.

Fire, Ambulance, Emergency Rescue:

**119**

Police:

**110**

When you call 119 you will first be asked about what kind of emergency it is (Kaji desuka? Kyuu-kyuu desuka?). To call an ambulance in case of a medical emergency say 'Kyuu-kyuu desu.'.

### Here are some useful words:

Bleeding:	shukketsu	My name is...
Breathing difficulties:	kokyuu konnan	Watashi wa [name] desu.
Broken bone:	kossetsu	My phone number is...
Chest pain:	mune ga taihen kurushii	Denwa bangou wa
Heatstroke:	necchuushou	[number] desu.
Injury:	kega	0 zero; 1 ichi; 2 ni; 3 san;
Snake bite:	hebi ni kamareta	4 yon; 5 go; 6 roku;
Unconsciousness:	ishiki ga fumei	7 nana; 8 hachi; 9 kyū
Wasp sting:	hachi ni sasareta	

Please let the emergency services know the address or any landmarks that might help them locate you.

### Useful Information

#### Japan National Tourism Organization (JNTO)

Access to a wide range of useful travel information, including information about natural disasters.

#### JNTO Official website

Check the "Important Notice" section.

<https://www.japan.travel/en/>



#### Safety tips:

Download this App to receive push notifications in case of earthquake, tsunami, etc.



Android

#### JNTO Japan Visitor

Hotline:

050-3816-2787



iPhone

### Local Tourism Offices

Nishinoshima Tourism Association: +81-8514-7-8888

Chiburijima Tourism Association: +81-8514-8-2272

Ama Town Tourism Association: +81-8514-2-0101

Okinoshima Town Tourism Association: +81-8512-2-0787



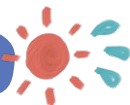




## First Aid Treatment

Here are some tips of what to do in case of an accident during your outdoor adventures. However, please remember that it is always best to get professional help, so depending on the situation make sure to visit the local hospital or a clinic.

### Heatstroke and heat exhaustion



The summer in Japan can be very hot and humid. Each year there are many cases of heat illnesses reported throughout the country, so please make sure to stay hydrated and pay attention to your physical condition when enjoying the great outdoors in the Oki Islands!

**You might be suffering from heat-related illnesses if you notice the symptoms listed below.**

Lightheadedness, dizziness, fainting



**Signs of  
Heat Syncope**

Headache, dizziness, nausea,  
muscle cramping,  
excessive sweating,  
cool and clammy skin



**Signs of  
Heat Exhaustion**

Strong headache, nausea,  
no sweating,  
high body temperature, convulsions,  
impairment of consciousness



**Signs of  
Heatstroke**

### + First aid for heat illnesses

- Move to a cool place, remove excess clothing.
- Drink water (do not give water to someone who is unconscious).
- Use a cold compress or water to lower the body temperature.
- If you suspect a heatstroke, call for an ambulance immediately.



### Scratches and cuts

### + First aid for scratches and cuts

- Clean the wound opening.
- If there is bleeding apply pressure to the wound to stop it.
- Wrap the wound with a gauze (or a clean piece of cloth).

### Bruises



### + First aid for bruises

- Stabilize the affected limb and cool it down using a cold compress.

**RICE – An easy to remember first aid for bruises and sprains**  
Rest ⇒ Ice ⇒ Compression ⇒ Elevation



### Fractures

### + First aid for fractures

- Move as little as possible.
- Stabilize the affected limb in order to prevent further injury.
- Elevate the affected limb in order to minimize the swelling.

#### How to stabilize a fracture

- Use splints to stabilize the fracture. Make sure that you do not wrap them too tight, as this might block blood circulation.
- To make a splint you can use pieces of wood, cardboard, umbrellas, newspapers or magazines, etc. For wrapping materials, you can use any pieces of clothing.