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July - September 2024



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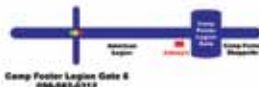
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# Okashigoten Onna

by Total Okinawa

Located on the Route 58 coast road along the beautiful Onna coastline is the well-known souvenir shop Okashigoten. This place is the one-stop shop for all things beni-imo purple sweet potato-flavour, as well as other Okinawan specialties such as pineapple, hibiscus, shikwasa, awamori, Ryukyu glass and shisa statues. The shop's speciality is the purple sweet potato tart, which contains nothing but sweet potato in a thin pastry crust, freshly baked in the on-site ovens. In fact, one of the highlights of Okashigoten is the fact that many of the products are made in the on-site factory which is cleverly laid out in a production line behind a window so that shoppers can watch the whole baking process. I believe you can also have a go at making your own sweet potato tarts on the second floor if you pre-book on the website and are able to pick up your tarts at the end of the day. The experience takes around an hour.

So, a little history. The company was set up in 1979 and opened its first branch in Yomitan in 1991. The Onna branch opened in 2001 and was constructed to look like Shuri Castle with the gates over the entrance resembling the famous Shureimon Gate. The building is impressive and you'd be forgiven for thinking it's more than just a souvenir shop. I suppose souvenirs are big business in Japan.

The products are arranged neatly around the shop on the ground floor and here there is a small cafe selling Blue Seal ice cream and various fresh cream cakes. On the second floor, as well as the baking experience, is the Restaurant Churaumi which sells set meals of taco rice and Okinawa Soba.

The shop is built overlooking Diamond beach and there is access down to the beach via a staircase just to the right of the main entrance. Follow the path further down to the right and the views are amazing!

There is parking for up to 80 cars, plus 2 disabled parking spaces. There is also a wheelchair-accessible bathroom plus nursing and baby changing facilities. Credit card and electronic payments such as Waon, au pay and Suica are accepted as well as cash (Yen). Enjoy!



Google Map & Directions:



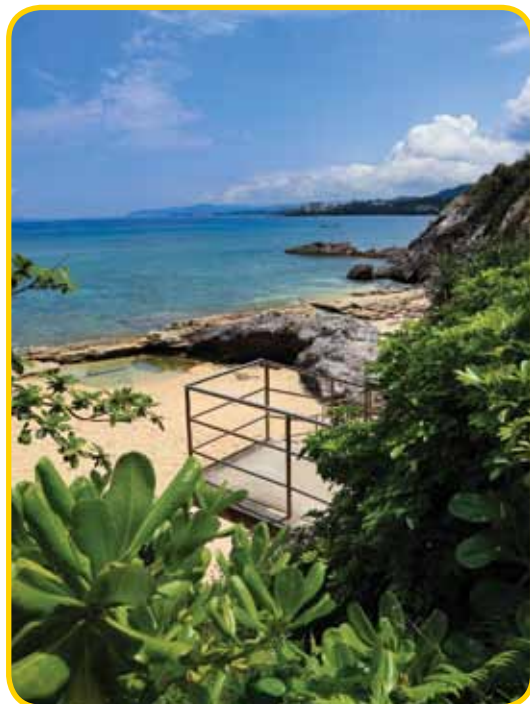
<https://maps.app.goo.gl/dMNI9B3gK2BfDU26>

098-982-3388

7 Days - 9.00-18.00

<http://www.okashigoten.co.jp/onna-shop/>

# 御菓子御殿 恩納店



国道58号線沿い、美しい恩納村の海岸線沿いにあるのが、有名な土産物店「御菓子御殿」だ。紅芋をはじめ、パイナップル、ハイビスカス、シークワサー、泡盛、琉球ガラス、シーサーなど、沖縄の特産品が何でも揃う。店の名物は、薄いパイ生地の中に紅芋がたっぷり入っており、店内のオーブンで焼き上げられる「紅芋タルト」。御菓子御殿の見どころのひとつは、多くの商品が敷地内の工場で作られていることで、買い物客はその調理工程を見ることができる。また、ウェブサイトで事前予約すれば店舗の2階で紅芋タルト作り体験もでき、自分で作ったタルトを帰り際に受け取り持ち帰ることができる（体験時間は1時間程度）。

御菓子御殿は1979年に設立され、1991年に読谷に1号店をオープンした。2001年にオープンした恩納

店は首里城を模して建てられ、入り口には有名な守礼門に似た門が出迎えてくれる。その印象的な外観は、単なる土産物屋には見えないだろう。

1階の店内には商品が整然と並べられており、ブルーシールのアイスクリームや各種生クリームケーキを売る小さなカフェもある。2階には、タルト作り体験のほか、タコライスや沖縄そばの定食を販売するレストラン「美ら海」がある。

店はダイヤモンド・ビーチを見下ろすように建てられており、正面入り口のすぐ右側にある階段からビーチに降りることができる。さらに道なりに右手に降りていくと、素晴らしい景色が広がる！

設備は、駐車場80台分（身障者用駐車スペース2台）、車椅子用トイレ、授乳・おむつ台など充実しており、支払には現金のほかにクレジットカード、Waon、au pay、Suicaなどの電子マネーが利用できる。是非、訪れてみては！

098-982-3388

<http://www.okashigoten.co.jp/onna-shop/>

年中無休 9:00-18:00

# Makeman

by Total Okinawa

If you're new to the island or just moved into your own home and have exhausted your local tiny hardware store or on base supplies then Makeman is the answer!

Makeman is probably best described as a home improvement store, but it's so much more. It's more like an Aladdin's cave for your home with pretty much everything you could ever think of. What amazed us, after comparing to big box stores back home, isn't so much the size



but more the selection of products. Back home you'd maybe find one brand of gadget or accessory but here they have multiple choices and you will soon find that you'll discover parts you didn't even know you need!

There's several main zones, with a building materials section including lumber yard which they will cut to size for you. There's a large plant section and then inside there's tools, plumbing and garden supplies. I guess you could call that the home improvement half. Then walk into the next "warehouse" and you'll find another massive section that's more home than home improvement with a large 100 yen store, stationary, pet goods, curtains, lighting & a lot more. It's a great place to pick up moving supplies as well if you need those. There's even car accessories & bicycles!

Overall, this is the place to go to when you either have a particular DIY need in mind, or you just want to browse for anything loosely related to your home for inspiration and to discover things you never knew you needed!



Google Map & Directions:



<https://maps.app.goo.gl/GkMx5b4J1JAgnX36>

[makeman.co.jp/shop/mihama/](https://makeman.co.jp/shop/mihama/)

098-982-7300

9.30am - 8pm Seven days a week

# メイクマン



「引っ越してきたばかりで家になにもない!」「あっ、あれもこれもストックなくなっちゃった!」と言う時、強い味方になってくれるのが今回紹介するメイクマンです!

カテゴリーで言うとホームセンターですが、侮るなかれ。みなさんが思っているよりも豊富なラインナップで、ありとあらゆるものが揃っている。海外の大型ホームセンターと比較しても引けを取らないのは店舗面積だけではなく、その品揃え。例えば、他の店舗では1種類しかないような部品や商品もメイクマンには複数の選択肢があり、「これも買えるんだ!」と驚きでいっぱい!

店舗は主要ないくつかのゾーンに分かれており、木材や建築資材のコーナーでは必要なサイズに合わせてカットしてくれる。大きなガーデニングコーナーもあり、中には工具や配管、園芸用品もある。そして店内に入ると、DIY用品だけではなく、100円ショップ、文房具、ペット用品、カーテン、照明器具など、およそ家庭内で必要なものは全て取り揃えてある。引っ越し用品やカー用品、自転車まで!

メイクマンは、必要なものがわかっている時にサッと行って帰ってくるもよし、または、何かいいものないかな～面白いものないかな～と歩き回るだけでも楽しめる。「こんなのあったんだ!」と意外な発見があるかも!

[makeman.co.jp/shop/mihama/](https://makeman.co.jp/shop/mihama/)  
098-982-7300

9:30～20:00 年中無休

<https://maps.app.goo.gl/GkMx5b4J1JAgpnX36>



# Get Bready for some Okinawan B&B

Top spots to get pastries and morning dough to go with your coffee!

When you talk about Okinawa, the image is usually barbeque, and not breakfast that comes to mind. That doesn't mean they aren't out there. Just like the Candyman, if you want it hard enough, bakeries will come find you! For those who are a sourdough without patience, once again, Total Okinawa has got you covered with a few of the top notch bread sources on island definitely worth visiting!

## Marco Polo



Breakfast done right! Marco Polo is without a doubt the best and easiest accessible place to get your morning energy boost. Aside from the fact that they are actually open during breakfast time, they also have everything from loaves, cinnamon rolls, croissants, pizzas, to other specialty breads. They also offer dine-in breakfast plates with eggs, hams, and coffee. Another service that Marco Polo offers is that they have complimentary coffee to go with

purchase of bread. Really good stuff. Definitely worth checking out.

## St. Marc Cafe Chocoro

Chocolate in your breakfast is only acceptable in 2 cases; In your coffee and in your croissant. Luckily at St. Marcs, you can get them on both! Chocoro which is a shorten version of chocolate croissant, is exactly their specialty. With the crispy exterior of a croissant and a gooey chocolate ganache in the inside, it's a match made in heaven. They also have sandwiches and other types of pastries such as danish and hotdogs which pair pretty well with coffee too in the morning. Foodie tip, they have seasonal limited chocolate croissants during events such as Halloween and Valentine's Day so definitely check those out too!





## *DonQ*



No, this is not that all-purpose mega store with the similar name. This one is DonQ, a bakery usually found in some of the big Aeon flagship malls on island. Primarily DonQ specializes in their baguettes, evident by them pretty much making it with almost everything! Cheese on baguettes, ham on baguettes, edamame on baguettes, etc., you name it, the list goes on and on. Obviously, they do have other stuff. Notably, their

bread loaves are so delicately soft that it seemingly defies gravity. They also usually have a restaurant style eating area on the side so feel free to sip and dip that bread slowly while you get energized to start off your day with a bang.

## *Pizza Entrée*

Okay, here me out first; this isn't JUST a pizza place. Sure, it may be in the name but Pizza Entrée is so much more. You will know right away as soon as you enter. Breads all over! They have a lot of typical sandwiches, croissant, and scones but the thing that separates them from the rest is their melon-pan! For those who are unaware, melon-pan contains no melons but is called as such because of its shape. It has a surface texture that looks like the skin of a melon and is basically a sugar topped sweet bun. I don't know why the place is called Pizza Entrée when they sell these melon-pans by the tray! Of course, they have pretty good pizzas too. Get yours early as the fresher and warmer, the better! Reserve order too so that you don't get disappointed.

## *Little Mermaid*

Odd choice for a name of an establishment that sells hot warm baked goodies, but no matter, as the taste more than makes up for it! At Little Mermaid, the one that gets you is their TV featured "THE CURRY PAN" (curry filled bread) which is absolutely amazing. I often buy them 2 at a time as its perfect as on-the-go food with some meat. The other thing about their curry pan is that they put a half-boiled egg in there which as you would imagine is just a dream. Absolute bliss. Definitely worth checking out. Next time, I'm getting 3!

As much as we love that onigiri in the morning, there is just something homey about morning, bread, and coffee (or tea) that just works. Whichever you decide amongst this list, I am sure you won't regret it as they are simply the best on island.

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# Nitori

by Total Okinawa

If Makeman has all the accessories, tools, gadgets and things you never knew you needed Nitori is its furniture based cousin! Nitori is the Japanese Ikea for want of a better description, Ikea hasn't made it to Okinawa yet but does have stores on the mainland.

They've got locations across the island with three prominent ones in central Okinawa. One at Rycom Mall, another in American Village in Jusco and another larger standalone store on Route 58 in Ginowan close to Futenma.

Nitori should probably be your first choice if you're new to Okinawa and setting up home or you've just moved here and need some Japanese style bathroom, kitchen and soft furnishings to complete your home.



There's a wide range of furniture but some of our favorite sections include the bedding department that is a must shop for winter and summer as they have blankets and pillows that keep you warm in the winter, then cooling products for the hot Okinawa summer.

There's the usual variety of cookware and pans but you'll find useful gadgets and products you never knew you needed, particularly as Japanese homes tend to be smaller than abroad and you will want to maximise the space.

Everything is of really good quality and although you can find similar products (but not all) in other stores like 100 yen for some smaller items, the quality doesn't tend to be as good. Prices are very reasonable as well, so it's worth spending some time and money here to furnish your new home.



Google Map & Directions:



<https://maps.app.goo.gl/VrshcpjN4iZLXoFs7>

Credit Cards, Cash & E-Money

Check Location

<https://www.nitori-net.jp/>



メイクマンには、必要なアクセサリ、ツール、ガジェットが揃っており、ニトリも同様にホームセンターのようでもあるが、どちらかと言うと家具を中心とした品揃えになっている。ニトリは日本のイケア、というとわかりやすいかもしれない(ちなみに日本にもイケアはある。沖縄にはまだないが笑)。



ニトリは沖縄全土に店舗を構えており、沖縄本島中部には主要な3店舗がある。ライカムショッピングモール内、アメリカンビレッジのイオン内、そしてもうひとつは普天間近くの宜野湾市の58号線沿いにある大きな路面店だ。

ニトリは、沖縄に引っ越してきたばかりでバスルームやキッチン、家具などが必要な場合に、最初を選ぶべき店だろう。

店内にはいろいろなセクションがあるが、お勧めは寝具コーナー。冬は暖かい毛布や枕を、そして夏は冷却用品を取り揃え、特に暑い沖縄の夏を快適に過ごすためにとても役立つ。

調理器具やフライパンはもちろんのこと、便利なガジェットや、今まで必要だと思わなかったような商品も見つけることができる。特に一人暮らしの部屋やキッチンなど、限られたスペースを最大限に活用できるグッズが多く売られている。



100円均一などで似たような商品(全てではない)が売られているが、ニトリに比べると品質はそれほど良くない。ニトリは価格も非常にリーズナブルなので、新居の家具を揃えるなら必ず立ち寄りたい。

ウェブ:<https://www.nitori-net.jp/>

地図:<https://maps.app.goo.gl/VrshcpiN4iZLXoFs7>

# Okinawa Beach Roundup

by Total Okinawa

Summer is finally here and it's time to hit the beach! Not sure where to go? Total Okinawa has you covered with a run down of some of the best beaches on the island as well as some hidden gems you may not have considered.



**Araha beach** is one of the most popular beaches in central Okinawa.

Imagine a perfect day at the beach: white sands, a cool breeze, a dog catching a frisbee, cheering teens playing basketball, and kids building sandcastles. As the sun sets, the smell of BBQ and beer wafts through the air. This idyllic scene is a reality at Araha Beach.

Araha Beach offers ample space with soft white sands and few sharp rocks, making it a pleasure to walk on. Sharing its area with a public park, it features jogging routes, basketball courts, playgrounds with a zipline, and stretching equipment. The back stretcher, a bench with a U-shaped backrest and massage bumps, is particularly popular. Early risers can join free beach yoga sessions, and nearby restaurants offer delicious meals with ocean views.

The beach is usually not too crowded, making it ideal for a quiet workout. With free parking and attractions like a wooden ship and fountain display, Araha Beach is a versatile and enjoyable destination. <http://tiny.cc/og33yz>

If you're stuck in Naha and can't travel further North then you still have a beach choice! **Naminoue Beach**, while not as pristine as other beaches further north on the island, offers a surprisingly pleasant experience despite its urban surroundings. Located in Naha City, it's bordered by love hotels, a concrete overpass, and a cruise ship terminal. However, the water is clean, great for swimming, and safe for children with gentle waves and protective nets against jellyfish.

Popular with locals and easily accessible from downtown and the cruise terminal, Naminoue Beach is a convenient spot for a swim or a relaxing afternoon. Facilities include toilets, showers, lifeguards, and rental options for chairs, tents, and umbrellas. There's also a small shop for drinks and snacks. Parking is available at an automated lot on #42 Road, marked by towering dragons. <http://tiny.cc/ub43yz>



Ikei Island, renowned for its natural beauty, is home to numerous stunning beaches. Among these, **Oodomari Beach** stands out as a hidden gem. Despite its secluded location, which makes it challenging to find, it offers a tranquil and breathtaking experience. The entrance fee of 500 yen per person is a small price to pay for the beach's beauty.

Oodomari Beach boasts soft sands and clear waters free of jagged stones, perfect for barefoot walks. Its coral beds close to the shore provide excellent snorkeling opportunities. The beach is less crowded due to its hidden location, adding to its appeal. Facilities include parking, showers, changing rooms, water activity gear rentals, and BBQ set rentals. A netted swimming area and lifeguards ensure safety, making it ideal for families.

Though slightly farther than other beaches, Oodomari Beach is worth the extra drive. Look for the Oodomari Beach billboard on Ikei Island and follow the signs through narrow roads. Don't forget your sunblock! <http://tiny.cc/8d43yz>



**Nabee Beach**, located within Onna Seaside Civil Park, is a popular free public beach featuring beautiful white sand and shallow, fish-filled waters. It's an ideal spot for families and tourists, offering amenities like free parking, showers, toilets, and summer sun-lounger rentals. The beachside BBQ setup, available for 5500 yen, includes all necessary equipment. Popular marine activities include kayaking, snorkeling, and banana boating. The recently-added beach swing provides great sea views and photo opportunities. Nabee Beach also

features a playground, making it a perfect destination for a fun-filled day. <http://tiny.cc/cdc3yz>



Last on our list is **Toguchi beach** which is located close to Torii station and features a 200m long natural beach. There's a great park with slides for children and paths winding up and down the cliffs and to the caves.

BBQ areas and shop during summer. <http://tiny.cc/fwc3yz>



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