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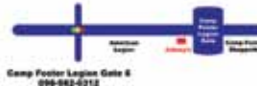
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The best places to work on yourself this year

This issue we've got a run down of the best places to aid in New Year - New You as well as some of our favorite 'Top 3' picks from around the island. Dive in for some of the best Okinawa has to offer.

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このマガジンはオンラインでも見ることができます：
www.totalokinawa.jp

Top 3 Pizza Restaurants

by Total Okinawa

We kick off this special issue of the Total Okinawa magazine featuring the best "Top 3s" on the island with the top 3 pizza restaurants.



1. Pizza In

Pizza In, just outside Kadena Gate 1, has a mix of buffet and take out options, perfect for pizza lovers and families alike. It's made our top 3 due to its affordable all you can eat buffet. The restaurant provides a broad selection of freshly made pizzas, pastas, salads, and even a flavorful curry pot. Drinks, including sodas and slushies, are included. While the dessert selection is limited to small muffins, the pizzas are all cooked fresh to suit a variety of tastes. Seating is ample, but payments are cash only, accepting both yen and dollars.



<https://maps.app.goo.gl/d2X7GXUJxjL6w6To8>

2. Pizza In The Sky

Kajinoh, often referred to as "Pizza in the Sky," is a well-loved pizza spot in Okinawa's Motobu area, famed for its breathtaking hilltop views overlooking the East China Sea. With a rustic setting, the restaurant offers limited but satisfying menu options, including personal-sized pizzas with a thick, chewy crust and ample cheese. While the toppings and flavors receive mixed reviews, the ambiance and panoramic views make it a popular destination. The house salad and fresh juices are refreshing sides, and diners enjoy both indoor and outdoor seating. Be prepared for potential waits due to its popularity.



<https://maps.app.goo.gl/RyFpWoCs2ass4SBd6>

3. New York Pizza

New York Pizza Okinawa, located at Makishi in Naha, brings authentic New York-style pizza to Okinawa. It's been a long time coming! It's been tried before, there used to be a good option in Chatan but New York Pizza is hitting it out the park with the thin, crispy crust and generous toppings, with the pepperoni and sausage slices being particularly popular. It's a casual, small restaurant, perfect for grabbing a quick slice and soda if you're in Naha.

Whether it's a all you can eat buffet, pizza with a view or authentic NY Style these restaurants have got you covered.



<https://maps.app.goo.gl/GK1jB8aE2e7WTD3f9>

ピザ・レストラントップ3

トータル沖縄本号の「ベスト3」特集の巻頭を飾るのは、ピザレストランのベスト3だ。



1. ピザ・イン

嘉手納第1ゲートからすぐのピザインはビュッフェとテイクアウトがあり、ピザ好きにも家族連れにもぴったり。手頃な値段で食べ放題のビュッフェが楽しめるこのレストランが安定のトップ3入りを果たした。作りたてのピザ、パスタ、サラダ、そして風味豊かなカレーまで、幅広いセクションを提供し、ドリンクにはソーダやスラッシュなども含まれている。デザートは小さなマフィンのみだが、ピザはすべて焼きたてで、さまざまな味を楽しめる。席数は多いが、

支払いは現金のみで、円でもドルでもOK。

<https://maps.app.goo.gl/d2X7GXUJxjL6w6To8>

2. 花人逢

花人逢(かじんほう)～Pizza in the Sky～は、沖縄の本部エリアにあるピザスポットで、丘の上から東シナ海を見下ろす絶景で有名。素朴な雰囲気店内では、厚くモチモチした生地とたっぷりのチーズを使ったスモールサイズのピザなど、限られたメニューながら満足度の高いメニューを提供している。トッピングや味の評価は分かれるが、店舗の雰囲気とそこから一望できるパノラマビューが人気の理由だ。ハウスサラダとフレッシュジュースなどのサイドメニューもあり、店内席と屋外の席どちらでも楽しめる。人気店のため、待ち時間が発生する可能性があることを覚悟しておこう。

<https://maps.app.goo.gl/RyFpWoCs2ass4SBd6>

3. New York Pizza

沖縄に本格的なニューヨークスタイルのピザが上陸!いや、待ってました!という感じである。その店は、那覇の牧志にあるNew York Pizza Okinawaだ。実は以前北谷においしいピザ屋があったのだが、このNew York Pizzaは薄くてクリスピーな生地とたっぷりのトッピングが大好評、特にペパロニとソーセージのスライスが特に人気だそう。カジュアルでこじんまりとした店内で、那覇に来たついでにピザ1枚とソーダを手軽に楽しむクイックランチにぴったり。

食べ放題のビュッフェ、景色を眺めながらのピザ、本格的なNYスタイル、どこへ行っても間違いなしの名店揃いだ。

<https://maps.app.goo.gl/GK1jB8aE2e7WTD3f9>



Top 3 Winter Warmers

by Total Okinawa

It's winter in Okinawa and although it's a lot warmer than some parts of the globe it's definitely time for some warming bowls of.....



1. Gadou Ramen A.K.A Volcano Ramen

Gadou Ramen has to be on any winter ramen list as it's especially known for its "Volcano Ramen," one of the spiciest options on the island. With its bold, fiery broth, the ramen delivers a powerful hit. The menu also includes various options including milder ramen dishes. Prices are reasonable, ranging from 800–1000 yen. Located just behind American Village on the road running alongside the back of the large parking lot.

<https://maps.app.goo.gl/MiucvUJa6JrgZFFdA>



2. Osaka Ohsho (Gyoza)

Osaka Ohsho is famous for its signature gyoza, offering an irresistible blend of crispy and juicy textures. They're wonderful in winter when served crispy and pan hot. The pan-fried dumplings are prepared fresh, ensuring consistent quality, and can even be purchased frozen with cooking instructions so you can enjoy them hot at home. The gyoza is so popular that customers often order it by the box, highlighting its status as a must-try item. Located in places like San-A Parco City, Osaka Ohsho is a great choice for winter warming food. Pair the gyoza with their sweet and sour pork or classic buchi ball dessert if you're feeling particularly hungry.

<https://maps.app.goo.gl/QSdyBEtXaNPAWesN6>



3. Taketora

Described by our resident ramen expert as probably the best ramen in Okinawa this is one that must be on your winter warmers list. Specializing in pork broth chashu ramen, the dish features thick, juicy slices of grilled pork belly, perfectly boiled eggs, and customizable noodles. While the interior is modest and seating is limited, the quality of the ramen makes it a must-visit spot. Prices range from 800–1000 yen, with generous lunchtime deals like free rice or extra noodles. Taketora also offers unique options like fish broth ramen, adding variety to its menu. Cash-only payments and late-night hours, so it's perfect for late night winter munchies!

<https://maps.app.goo.gl/AGcBLuSwDw88Wp4B8>



冬を温める食べ物ベスト3

沖縄は温暖な気候で他の地域よりはずっと暖かいが、とは言え冬は寒い。体を温めてくれる食べ物が必要な季節だ。

1. ラーメン我道、別名火山ラーメン

ラーメン我道は、沖縄本島で激辛メニューのランキングに必ず入ってくる「火山ラーメン」が名物。冬に食べたいラーメンリストの常連といえるだろう。豪快で火のようなスープは、強烈なインパクトがある。メニューには、辛くないノーマルなラーメンもあり、値段は800～1000円とリーズナブル。場所はアメリカンビレッジのすぐ裏、広い駐車場の裏側を通る道沿いにある。

<https://maps.app.goo.gl/MiucvUJa6JrgZFFdA>

2. 大阪王将(餃子)

大阪王将の名物は餃子で、パリパリとジューシーな食感がたまらない。冬はパリッとフライパンで焼くと最高だ。餃子は焼き立てで提供されるためいつ行っても美味しいし、冷凍で購入(調理方法の説明書付き)して自宅で楽しむこともできる。箱単位で購入していく客も多く、その人気の高さがうかがえる。大阪王将はサンエー・パルコシティなどにあり、冬に冷えた体を温めたい時にお勧め。特にお腹が空いている時は、酢豚や定番デザートのごま団子と一緒に。

<https://maps.app.goo.gl/QSdyBEtXaNPAWesN6>



3. 竹虎

沖縄で一番おいしいラーメンはここだろうと、本紙専属のラーメン専門家が太鼓判を押す。冬に食べたいラーメンリスト入りは確実だ。豚骨スープのチャーシューメンが売りで、厚切りでジューシーなバラ肉の焼豚、完璧なゆで加減の卵、カスタマイズ可能な麺が特徴。店内はシンプルで席数も少ないが、ラーメンのクオリティは高く、絶対一度は行ってほしい。

値段は800円から1000円で、ランチタイムにはライスや麺の追加が無料になるなどお得なサービスもある。また、竹虎ではあご出汁ラーメンなどユニークなメニューもありバラエティー豊富。支払いは現金のみ。深夜営業もあるので、冬の夜食にぴったり! <https://maps.app.goo.gl/AGcBLuSwDw88Wp4B8>

New Year - New You Okinawa Wellness

The best places to work on yourself this year

For our New Year issue we've put together some of the best places to commit to those New Year resolutions. We've featured a round up of places to relax, unwind and enjoy some body and spa treatments as well as some of the best places on island for beach yoga. Finally we've selected a highly rated vegan and macrobiotic restaurant to round off the New Year and a new you!

EM Wellness Resort Costa Vista



EM Wellness Resort Costa Vista in Okinawa is the ultimate destination for relaxation and rejuvenation, offering an array of wellness treatments that promise to melt your stress away. Guests can indulge in luxurious aromatherapy massages designed to soothe the body and mind, unwind in traditional hot bath onsens, and experience the therapeutic benefits of EM capsules. For those seeking a

more pampering touch, the resort also provides aesthetic wraps and scrubs that leave the skin feeling soft and radiant. These treatments are perfect for achieving a sense of renewal, akin to hitting the reset button on your body. While the services come with a price tag, the exceptional care and revitalizing results make them a worthwhile investment. Whether you're starting a new year or simply seeking a fresh start, EM Costa Vista offers packages tailored to help you feel your best. Visit their official website at:

<https://www.costavista.jp> for detailed information and deals.

Chula-U

Terme VILLA Chula-u, located in Chatan, Okinawa, offers a comprehensive spa experience designed to alleviate stress and rejuvenate the body. Guests can begin their relaxation journey in the dry sauna, followed by a soothing soak

in the medicated hot bath, and conclude with a refreshing dip in the outdoor pool. The facility features both indoor and outdoor baths, with the outdoor area providing a communal swimming pool and jacuzzi where friends can gather and unwind together. It's important to note that swimsuits are required in the outdoor pool area. The spa is conveniently situated just a five-minute walk from Aeon Shopping Centre, making it an accessible retreat for both locals and visitors. The establishment maintains a high standard of cleanliness and provides all necessary toiletries, allowing guests to arrive without prior preparation. Admission is approximately 1,200 yen per person, with towels available for rental. While the indoor onsen is relatively small, it offers a comfortable space to relax and enjoy the therapeutic hot spring waters.



Beach Yoga

Okinawa offers a variety of beach yoga experiences that blend the island's natural beauty with wellness practices. beach-yoga.net provides sessions on several beaches, including 21st Century Forest Beach and Manza Beach Resort, allowing participants to practice yoga while listening to the soothing sounds of the ocean, however you'll need some Japanese for the booking and lessons. For English speakers Yoga Shanti (okinawa.yogashanti.jp), located in Naha, offers beach yoga and

Ayurveda sessions suitable for both beginners and experienced practitioners, emphasizing meditation and holistic well-being.

For those seeking a more adventurous experience, Calmly Okinawa (calmlyokinawa.com) specializes in SUP (Stand-Up Paddleboard) yoga, combining paddleboarding with yoga practice on the water, as well as traditional beach yoga sessions. These diverse options cater to various preferences, with unique views and calming sea breezes and sounds bringing in a New Year and new you.

Kitchen Nogi

Kitchen Nogi is a macrobiotic restaurant catering to a wide range of dietary preferences, including vegan and allergy-friendly options. Emphasizing health and sustainability, the restaurant offers dishes made from organic, additive-free ingredients without the use of refined sugar. Their menu features a selection of rice flour noodle ramen, nutrient-rich dishes, and handmade condiments that highlight the natural flavors of their dishes. Popular items include their vegan curry and house-made soy milk ice cream.

kitchennogi.com

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Top 3 Kids Activities

by Total Okinawa

Looking for inspiration on places to take the kids this year? We've rounded up our top 3 of the best places on island to explore with the kids.



1. Churaumi Aquarium

We couldn't do a list without including the aquarium as it's just jaw dropping when you see the Kuroshio tank in person and no doubt you were already well aware of the aquarium but did you know that it's part of the Ocean Expo Park which has additional marine exhibits and creatures outside the aquarium (don't miss the amazing sea turtle tank) but also has the tropical dream center filled with over 2000 orchids as well the Oceanic Culture Museum Planetarium which features over 750 exhibits as well as the planetarium with over 140 million fixed stars. So if you've done the aquarium already we bet you missed the other parts of the ocean expo park, just great for kids to learn about science and the natural world around them. <https://maps.app.goo.gl/yqbgwLJPrAnx6UCt9>



2. TeamLab Future Park

Describing this incredible indoor space is a challenge—it's a blend of education, play, and mesmerizing visuals. Located permanently at DFS in Omoromachi, it offers an unforgettable experience for kids and adults alike. One standout feature is the interactive indoor slide, where colliding with animated bouncing fruit creates dynamic visual effects. It may sound quirky, but trust us—it's a blast, and their website showcases it perfectly. A highlight loved by children is the opportunity to draw a sea creature, hand it to the staff, and see it instantly come to life, swimming across the digital wall. It's pure magic that delights all ages. The park is a kaleidoscope of interactive colors, lights, and images, creating an awe-inspiring atmosphere perfect for younger children. Tickets must be purchased in advance, and we recommend checking the official website for photos and videos to preview the experience. <https://maps.app.goo.gl/f1QGsp6WT7ZwrgSDA>



3. Uwaga Jungle Night Trekking

Uwaga Jungle Night Trekking at Okinawa World offers an exciting evening adventure for children over 4 and their families. Located in a tropical jungle with limestone hills and hidden caves, this guided night trek introduces visitors to fascinating wildlife, including bats, flying foxes, and lizards. Equipped with flashlights, participants follow a scenic trail through the rugged landscape, crossing bridges, exploring valleys, and marveling at the Secret Cave and starry skies visible through the Sky Hole. Designed for beginners, the trek is both educational and fun, making it a perfect family activity. Safety is ensured through expert guides and a training session before the trek. Tours, which last around 80 minutes, require advance booking and cost ¥1,500 for children aged 4-14, with all equipment included.

<https://maps.app.goo.gl/mwHibLGdHujzZayk9>

キッズアクティビティトップ3



お出かけする際に毎回、「子供を連れてどこ行こうかな」と迷っているあなたへ、本号では子供と一緒に楽しめる沖縄本島のベストスポットのトップ3をご紹介します。

1. 美ら海水族館

まず沖縄のキッズアクティビティと言えば、美ら海水族館をリストに入れないことには始まらない。黒潮の水槽を目の当たりにすると、ただただ唖然とするばかりだ。しかし、美ら海水族館は海洋博公園の一部であり、水族館以外の海洋展示や生物（ウミガメの水槽は必見）も見ることができ、2000本以上のランが咲き誇る熱帯ドリームセンター、750点以上の展示や1億4000万個以上の恒星を見ることができる海洋文化館プラネタリウムもあることをご存じだったでしょうか。水族館はもう行ったという人は、このような海洋博公園の他の部分を見逃しているかもしれない。子供たちが科学や身の回りの自然について学ぶには最高の場所だ。

<https://maps.app.goo.gl/yqbgwLJPrAnx6UCt9>

2. チームラボ・フューチャーパーク

この施設を言葉で説明するのは至難の業だ。おもろまちのDFS内に常設され、教育、遊び、魅惑的なビジュアルが融合し、子供にも大人にも忘れられない体験を提供している。特に目を引くのは、インタラクティブな屋内滑り台。滑り降りながら投影されているフルーツのアニメーションにぶつかると、周囲の壁や滑り台にダイナミックな視覚効果が生まれるのだ。言葉で説明しても何のこともだかわからないかもしれないが、ウェブサイトを見ればわかってもらえるだろう。子どもたちが大好きなもうひとつのアトラクションは、海の生き物を描いてスタッフに渡すと、その生き物が瞬時に命を吹き込まれ、デジタルの壁を泳いでいくのを見ることができることだ。あらゆる年齢層を喜ばせる純粋なマジックと言える。パークはインタラクティブな色、光、映像の万華鏡で、小さな子供たちにぴったりの雰囲気を作り出している。チケットは事前に購入する必要があるため、公式サイトで写真やビデオをチェックし、体験を下見することをお勧めする。

<https://maps.app.goo.gl/f1QGsp6WT7ZwrgSDA>

3. ウワーカー（宇和川）ジャングル・ナイトトレッキング

おきなわワールドのウワーカー・ジャングル・ナイト・トレッキングは、小学生以上のお子様とご家族を対象とした夜のアドベンチャー。石灰岩の丘や隠れた洞窟がある熱帯ジャングルの中にあるこのガイド付きナイトトレッキングは、コウモリ、オオコウモリ、トカゲなどの魅力的な野生動物を紹介してくれる。参加者は懐中電灯を装備し、険しい地形の中を野生の植物を楽しみながらトレイルを進み、橋を渡り、谷を探検し、秘密の洞窟やスカイホールから見える星空に魅了される。初心者向けのこのトレッキングは、学ぶことも多く楽しいので家族でのアクティビティに最適。専門ガイドがついてくれるし、トレッキング前にきちんと説明があるため安全だ。所要時間約80分のツアーは事前予約が必要で、料金は4～14歳の子供で2000円、大人は3500円。

<https://maps.app.goo.gl/mwHibLGdHujsZayk9>



Top 3 Outdoor Activities

by Total Okinawa

We round out our issue of 'Top 3s' with a final look at the top 3 outdoor activities to do in Oki. Despite it being a cooler time of year, and water sports mostly being off the menu, there's still plenty to do outside.

1. Zip Lining

Forest Adventure Park in Onna, is the original and still in our opinion the best, offering a total of 8 zip lines across the Okinawa forest. The park combines breathtaking views with an exhilarating mix of activities. After a safety briefing in Japanese or English and equipping a harness, participants tackle a progressively challenging course. The experience begins with a tightrope-style bridge and a small zip line, building up to longer and more adventurous lines and rope courses.

The park is moderately challenging, making it ideal for teens and adults, though not suitable for younger children or individuals with certain physical limitations. Tickets are priced at ¥4,000 per person, with group discounts available. Wear comfortable clothing, sturdy shoes, and bring sunscreen for a full day of fun.

2. Go Fishing

Somehow living on an island you'd think fishing would be at the top of water sport ideas, but it's usually diving first followed by more adventurous sports, but Okinawa is home to some amazing varieties of fish with some excellent companies who can take you out for a half or full day to try your hand at fishing the Okinawa waters.

There's many options on the island but two we would recommend are Umiashibi which is the only place in Okinawa where you can enjoy kayaking and boat fishing at the same time. Located in Kadena town, it offer mangrove kayaking, sunset kayaking along with a fishing package. <https://en.activityjapan.com/publish/feature/2413>. If you're down in Naha then Cerulean Blue is a well respected company and has half day tropical fishing tours from Naha Port. <https://www.cerulean-blue.co.jp/en/fishing/521>

3. Whale Watching

Whale watching in Okinawa is a must-do activity from January to March, offering the chance to see majestic humpback whales in the waters around the Kerama Islands and northern Okinawa. These 15-meter-long giants migrate south from northern waters to give birth and nurture their calves. There's many providers on the island who offer a chance to go out on their boats and maybe catch a glimpse, but we'd recommend Reef Encounters in Sunabe, who have decades of experience in diving and whale watching with native English staff. Watch their website or Facebook page for whale watching dates as they book up quick!

<https://www.reefencounters.org/>

アウトドア・アクティビティトップ3

「トップ3」特集号の最後を飾るのは、沖縄でできるアウトドアアクティビティトップ3だ。涼しい季節になりウォータースポーツはほとんどオフシーズンだが、屋外で楽しめることはまだまだたくさんある。

1. ジップライン

恩納村にあるフォレストアドベンチャーパークは、沖縄の森を横断する8本のジップラインを備えた施設だが、県内にある同様な施設の元祖と言え、私はいまだに一番楽しいと思っている。ここでは、息をのむような絶景と爽快なアクティビティのコンビネーションを楽しむことができる。まず、安全に楽しむための説明を受け、ハーネスを装着した後、徐々に難易度の高いコースに挑戦していく。綱渡り風の橋や小さなジップラインから始まり、より長く、より冒険的なラインやロープコースへと体験が広がっていくのだ。

難易度は中程度で10代から大人まで楽しめるが、小さな子供や身体的に制限のある人には不向きかもしれない。チケットは1人4,000円で、団体割引もある。一日中楽しむために、動きやすい服装、丈夫な靴、日焼け止めを持参しよう。

2. 釣り

島に住んでいると、ウォータースポーツと言えば釣り、というイメージがあるが、普通はダイビングがトップらしい。さらにその後は釣りよりアクティブなウォータースポーツが続くという。しかし沖縄には数多くの固有の種類の魚が生息しており、沖縄の海釣りを体験させてくれる半日または1日コースを提供する素晴らしい会社もある。

多数のショップの中から私たちがお勧めするのは、カヤックとボートフィッシングを同時に楽しめる沖縄で唯一の店舗、「海あしび」だ。嘉手納町にあり、マングローブカヤック、サンセットカヤック、フィッシングパッケージを提供している。<https://www.okinawa-kayak.net/>。那覇では「セルリアンブルー」が有名。那覇港から半日トロピカルフィッシングツアーがある。<https://www.cerulean-blue.co.jp/fishing>。

3. ホエールウォッチング

ホエールウォッチングは、1月から3月の間に慶良間諸島や沖縄北部の海域で雄大なザトウクジラを見ることができるアクティビティで、沖縄に来たら絶対やるべきもののひとつである。体長15メートルにもなる巨大なクジラは、出産と子クジラを育てるために北の海から南下してくる。ホエールウォッチングを体験できるショップは沖縄に多数あるが、砂辺にあるリーフ・エンカウンターズは、ダイビングとホエールウォッチングで数十年の経験がある。ホエールウォッチングの日程はすぐに埋まってしまうので、ウェブサイトかフェイスブックのページで確認してほしい!<https://www.reefencounters.org/>

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