



# Discover Okinawa

## Wellness beyond the beaches

**Discover Okinawa and experience the unique blend of Japanese and Ryukyu culture through century old traditions, cuisine and festivals surrounded by the beauty of these stunning sub-tropical islands ready to explore!**

Travellers often forget that Japan has its very own sub-tropical island playground. From the spectacular blue waters of the Kerama Islands to the untouched and pristine beauty of the sub-tropical forests of Iriomote Island, Okinawa caters for a wide range of

traveller interests like no other.

Okinawa is well known for the long-life expectancy of its people and more recently having been recognised worldwide as one of the “blue zones” – an area where people live exceptionally long lives. The three elements (or secrets) that support this healthy diet, the approach to food, using simple recipes for good nutritional balance and the use of superfood ingredients work together to provide Okinawa with “Nuchigusui” the medicine of life.

A vast array of adventure activities are available such as diving, snorkelling and kayaking, however away from the water, travellers can experience unique activities where they can learn to

cook traditional Okinawan dishes like Okinawa Soba in Naha, see the earliest cherry blossom bloom of Japan in January, try their hand and attempt some Minsah weaving on Ishigaki Island or just relax and soak in the natural hot springs of the southernmost onsens in Japan – Okinawa truly is an island paradise ready to explore.

Wellness beyond the beaches.

### **FOLLOW US**



facebook.com/  
visitokinawajapan



@visitokinawajapan