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It's time to fall in love with an Okinawan adventure!

As we enter the "too cold for casual swimming" season, it's time to hang up those bathing suits and bring down those hiking boots. Get ready for an adventure in Okinawa!

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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

Peacock

by Chris Enriquez

Putting aside the fact that I have literally been coming to this restaurant since birth (yes, I used 'literally' correctly. I celebrated my baptismal here), Peacocks has been in business for so long that it seems like an icon of Chinese cuisine here on the island. Doubtful? Just check out their dishes below and allow me to convince you otherwise!

At first glance, it may seem like just another typical Chinese restaurant; Round tables with plastic covering, traditional fancy China plates and teapots, and a lot (and I do mean A LOT!) of red colours. It must be for good luck or something. Not to mention that in my 35 years, I have not seen a single theme change. But honestly, why should they? As the saying goes - If it ain't broke, don't fix it!



As for the food, 3 words: SHRIMP. FRIED. RICE! (Or is that 2 words?) I don't know what it is but honestly, I've had dreams about it. I took my friend there last week and he told me that now he has them too sometimes. I have yet to come to Peacock without ordering the shrimp fried rice. Of course, they have other dishes too such as the beef with broccoli in oyster sauce (also delicious), diced chicken with cashew nuts (my favourite), and the Gomoku yakisoba (crispy saucy noodles). It's simply Hao Chi!

Price is a bit above average at about 1,000+ yen per person. Do your wallet a favour and go at lunch time. They offer lunch specials and there is free plain rice and egg drop soup with every order. For the location, basically its along route 58 around Ginowan. Just look for the red building and signboard with a peacock on it. And who knows, as often as I go, I just might see you there. Absolutely no freebies!

Opening Hours: 11:30-3:00pm (Weekdays) and 5:30pm-9:00pm (Weekdays & weekends), closed on Wednesdays (Last Order 8pm)



Google Map & Directions:



<https://goo.gl/maps/kHmMSrKsIAyowrvh7>

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孔雀樓



今回ご紹介する孔雀樓は、私が生まれた時から営業しているので、沖縄で中華料理といえばここ!というまさに代表格。「それはちょっと言い過ぎじゃない?」と思った方も、これからご紹介する料理を実際に試していただければ納得していただけると思います。

まず店内は、ビニールのテーブルカバーがかけられた丸テーブル、伝統的な中国製の豪華な皿やティーポット、そしてどこを見ても目に入る「赤」。一見すると、典型的な中華料理店のように見えるかもしれません。ちなみに、赤い色は中国では縁起がいいと言われているようですね。言うまでもなく私は35年の間、この内装が変わったのを一度も見たことがありません...でも、壊れてないのに変える必要ないですよ。英語のことわざと同じです。

そして、食べ物については「エビチャーハン」一択。あまりに好きすぎて夢にまで見たことがあるくらい。先週友人を連れて行って一緒に食べましたが、彼も同じくエビチャーハンの夢を見るようになりました(笑)。これまで頼まなかったことがなかったというくらい、大好きで一番お勧めなメニューです。もちろん、牛肉とブロッコリーのオイスターソース煮込み(これもおいしい)や鶏肉のカシューナッツ炒め(私のお気に入り)、五目焼きそばなど、他の料理もあります。シンプルに好吃(うまい)!

価格は一人当たり約1,000円以上と平均より少し高め。お財布に優しいランチタイムに行くのがお勧め。ランチスペシャルがあり、注文すると白ご飯とたまごスープが無料で付いてきます。場所は宜野湾市の58号線沿いで、赤い建物とクジャクが描かれた看板を目印にしてください。

支払方法:現金、クレジットカード、電子マネー

営業時間: 11:30-3:00pm(平日)、5:30pm-8:00pm(平日、週末)。水曜定休





Sam's By The Sea

by Chris Enriquez

If you've been on the island long enough, it's near impossible to miss a variation of Sam's restaurant somewhere around. With branches such as the Anchor's Inn, the Café, and By the Sea, I don't know who is running the sales department over at Sam's but give that guy a medal! Still, I think most of the credit belongs to the food as Sam's is able to consistently deliver good quality gourmet dining. Let's talk a little bit more about one of their more prestigious branches - the Sam's by the Sea.

For the interior, decorated like an old wooden ship, the whole atmosphere blends together as a sea voyage theme with the servers even dressed up as cabin boys/girls. Manager dressed like the captain of course. The appetizer soup stewing on a huge sea bucket hanging from a wooden anchor was a nice touch. The whole thing was quite jesty if you ask me. But, in a good way.

For the food, it's a surf n' turf style through and through. The menu pretty much splits into seafood or beef with some combo platters that include both. I obviously recommend getting both (if you can afford it). I consider myself more as a carnivore and so usually I would go for the turf dish but in the case of Sam's by the Sea, 90% of the time, I find myself ordering the Macadamia nut crusted Mahi-Mahi - a pan seared Mahi-Mahi on top of cream spinach with pesto pasta. Bullseye (or rather, Sharkseye), every, single, time. Most of their main dishes already come with bread/rice, soup, and salad so you don't have to worry about quantity.

Foodie tip: look around newspaper clippings or online for coupons. Sam's usually has an offer where you can get a free appetizer shrimp cocktail which in itself is a nice attention grabber. Perfect for when you are low in conversation with your date or trying to wow some out-of-towners.

Since it is a bit more on the fancy side, the price range for Sam's by the Sea is a bit more on the heavier side. Expect to dish out around 2,000 to 3,000 yen per person. I recommend Sam's for family eats, friends, tourists, or if you are just hankering for something new. To get there, head north on Awase bay street. When you hit the Awase Bijuru intersection, turn right all the way till you reach the end, then turn left. Sam's will be along that street in about 100 meters.



Google Map & Directions:



<https://goo.gl/maps/63KHgpdEBvAqkEIV9>

<http://www.sams-okinawa.jp/>

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サムズバイザシー 泡瀬店

沖縄に長くいると、どこに引っ越しても近くに何かしらの「サムズ」レストランがあります。アンカーズイン、サムズカフェ、バイザシーなど...バラエティに富んでいるところは、サムズの営業担当、さすがです。しかし、サムズの人気はそれだけにとどまらず、常に高いクオリティの食事を提供することが大きな理由のひとつ。ここでは、サムズの中でも特に有名な店舗である「サムズバイザシー」についてご紹介します。

店内は古い木造船のような装飾が施され、全体的に航海をテーマにした雰囲気になっています。ウェーターやウェイトレスは船の乗組員のような制服を着て、マネージャーはもちろん船長のユニフォーム。また、前菜のスープが木の錨に吊るされた巨大なバケツの上で煮込まれていて、さらに「バイザシー（海のそば）」感を醸し出し...。個人的には、いい意味でとても刺激的な場所でした。

料理は、基本的にサーフ&ターフのスタイル。だいたいシーフードかビーフに分かれていて、両方が入ったコンボプレートもあります。もしお財布に余裕があれば是非、両方楽しめるコンボがお勧め!私はどちらかという肉食派なので通常は肉料理を選びますが、サムズバイザシーの場合、90%の確率でマカダミアナッツクラストマヒマヒ(マヒマヒをフライパンで炙り、クリームほうれん草とペストパスタをのせたもの)を注文します。いつ頼んでも安定の美味しさ。是非オーダーしてみてください!!ほとんどのメインディッシュには、パンカライス、スープ、サラダが付いているので、量が足りないかも...と気にする必要はありません。

アドバイス:新聞やオンラインにクーポンが出ていることがあります。サムズではよく、前菜のシュリンプカクテルを無料で提供するキャンペーンを行っており、それだけで注目的になるかも。会話に困る初デートや、県外から来た人を驚かせたいときには最適です。

サムズバイザシーの食事は少し豪華なため、比較的価格帯が高めかも。一人当たり2,000円から3,000円程度が目安です。家族での食事にも、友達同士でも、観光客でも、そうでなくても「何か今までと違ったもの食べたい!」ときにも、サムズはお勧め!アクセスは、泡瀬ベイストリートを北上し、泡瀬ビジュルの交差点で右折、突き当たりを左折。その通りを100メートルほど進んだところにあります。



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Live, Love, and

It's time to fall in love with

As we enter the “too cold for casual swimming” season, it’s time to hang up those bathing suits and bring down those hiking boots. Get ready for an adventure as Okinawa is actually pretty known for its daring and thrilling activities and not just for its beaches and parasols. Don’t believe me? (YOU NEVER DO!) Check out below as we compiled for you some of the top-rated activities you can experience here on the island.

Forest Adventure

Watch out for those trees! Forest Adventure, as the name implies, is a zip lining activity that takes place inside (or should I say above) a forest at Onna village. In case you are not familiar with zip lining, basically you strap on a harness suspended from a steel industrial rope where you glide from one point to another. In Forest Adventure, this is done on top of the trees 30 to 40 meters from the ground. Unfortunately, it is as scary as it sounds but, it’s tremendously exhilarating! No need to worry too much as they do employ safety measures such as a backup suspension strap and almost a 30-minute-long safety brief including an actual demonstration before the real deal. There are about 10+ total zip lines in the course with a wonderful secret finale. No spoilers but I’ll just say, get ready to swing if you dare! Find out more at <https://fa-onna.foret-aventure.jp>.

Underground Caving

I’m sure

you’ve all heard of the infamous Okinawa World Gyokusendo cave but how many of you know about the “other” tour? The paved stairway and path that goes down to the entrance of the cave where you can see all the pretty stalagmites and stalactites is nice but the adventure I want to share is the secret tour that allows you to go “off the path” to explore the unfamiliar portions of the cave. Strap on your full body suit as you will be swimming in some water and maybe if you’re lucky, some mud as well (a free mud mask facial perhaps?). The secret underground caving tour requires you to wear a safety helmet and has a head-strapped flashlight which believe me, is necessary. I do not recommend this for the claustrophobic. This activity is seasonal and for a

limited time only so I suggest you book fast. For more details, check out <https://www.gyokusendo.co.jp>.

Bull Fighting

Taking it down a notch, this activity is for those who would rather observe danger from a 10-foot pole. Bull fighting or otherwise known as Tōgyū is an activity where two bulls go head-to-head and fight each other using their blunt sharpened down horns and the sheer muscle mass of their bodies. Adding more to the excitement, they employ battle moves

and Live Again

an Okinawan adventure!

by Chris Enriquez

such as Oshi (push) or Motashikomi (charging from the side) just to name a few, to declare the victor. They even have a referee to ensure the fight stays clean and is over before it gets out of hand. There are usually about 10 or so bouts per tournament complete with a main and co-main event of the evening. I'll admit at first glance it may not seem that exciting but once you see one of the bulls do a victory move, you can't help but get drawn into the excitement. Obviously, betting is not permitted, however you cannot stop people from accidentally dropping their 100 yen on the chair when their bull loses and their friend being nice enough to pick it up.

Kitesurfing

Somehow here in Okinawa, regardless of how cold it gets, there is always that one guy that just cannot stay away from the water. For that Canadian-blooded descendant, I present to you kitesurfing. Basically, a modified form of wakeboarding where you use a kite to pull you instead of a boat or a motor-powered pulling apparatus. Usually pretty active around the Uruma city's Oasis beach, kitesurfers gather here religiously year-round due to the constant strong winds and easy access to the beach. You can find surfing schools and gear rentals in that area as well. If you do decide to go, I implore you to do us all a favour and park properly at the Kaichudoro road stop and not along the side of the road like those - wonderfully mentally gifted special people - who have no consideration about causing traffic.

Paintball

Saving the best for last is my absolute favourite activity: Paintball. No complex instructions necessary. Use a paintball gun or "marker" and tag your opponent before he tags you. Simple as pie. One popular place is located at Katsurenuchima of Uruma city which is as close to jungle warfare terrain as you can get. I was surprised when one of the instructions given to me in the jungle course was that you can make your own path but if you do, beware of the giant huntsman spiders (Umm, no thanks!). In the end however, I did end up paving my own path feeling like Arnold from the Predator movie. Probably the adrenaline kicked in and my guerilla warfare instincts took over. They also have other fields such as the broken down town which is a bunch of broken shipping containers, and speedball which only has big inflatable barriers. They have open play every Saturday. I cannot recommend this enough. I'll see you guys there!

Bottom line, just because it's cold outside doesn't mean the fun has to stop. Find what adventure is suited for you, tighten your laces, strap on your helmet, and start crossing off those items from your bucket list!

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Kinjo Stone Road

by Elizabeth Stoney

Just a short walk from Shuri Castle, the Kinjo Stone Road overflows with Okinawan character and charm. Think pretty tropical flowers, banana trees, shisa statues, traditional red-tiled rooftops, cats stretched out in the sun - it's picturesque, even by Okinawan standards.

According to information displayed along the road, construction started in the early 1500s under the reign of King Sho Shin when Okinawa was the heart of the Ryukyu Kingdom. The road, originally 10 kilometers long, was mostly destroyed during the battle of Okinawa and unfortunately the 238-meter stretch at Shuri is now all that remains. It's a great experience to follow in so many others' footsteps, although 500 years of pedestrian traffic has inevitably left the surface very uneven and good shoes are recommended. It's also steep, so while the local centenarians may skip past you without breaking a sweat, it's a good idea to take a break, especially if the weather is hot. About halfway along the road, a traditional Okinawan house is open to the public and makes a lovely quiet place to catch one's breath.



The Kinjo Stone Road offers a glimpse into old Okinawa and is filled with history. It makes a worthwhile addition to a day touring the Shuri Castle grounds or other interesting sights in the Shuri area such as the royal gardens of Shikina-en, Tamaudun Royal Mausoleum or the Daruma Temple.



Google Map & Directions:



<https://goo.gl/maps/2fSEmvDySSTVVXaB6>

2 Chome-84-3 Shurikinjocho

Open 24 hours, free entry

Paid parking available at Shuri Castle

首里金城町石畳道



今回ご紹介する首里金城町石畳道は、首里城公園から歩いてすぐのところにある沖縄の個性と魅力に溢れたスポット。可愛らしい南国の花々、バナナの木、焼き物のシーサーたち、伝統的な赤瓦の古民家、日なたで伸びをする猫たちが迎えてくれ、沖縄県民から見ても写真映える景色ばかりです。



道沿いに表示されている情報によると、この石畳の建設は琉球王国 尚真王(しょうしんおう)の時代である1500年代初頭から始まりました。当初は10キロほどの長さだったそうですが、戦争で大部分が破壊され、残念ながら現存するのは首里に残る238メートルのみだとのこと。500年の時が経ち、たくさんの人がその上を歩いてきたため表面はでこぼこしていてスニーカーが必須ですが、昔の人の足跡の上を歩く体験は素晴らしいものです。また、道は急な坂道なので、もしあなたの横をオバアが涼しい顔をして歩いていても、悪いことはいけません、特に暑い日は無理せず休んでください。道を半分ほど進んだとこ

ろに誰でも入れる伝統的な沖縄古民家があり、歩き疲れた人が息を整えるよい休憩所になっています。

首里金城町石畳道は、古き良き沖縄を覗き見ることができ、歴史も学べるスポットです。首里城公園や識名園、玉陵(たまうどうん)、だるま寺など、首里にある観光スポットを訪れるならそのスケジュールに組み込んで是非訪れてみてください。

<https://goo.gl/maps/8WKwuGq5QQ7FGSxu7>

〒903-0815 沖縄県那覇市首里金城町2丁目84-3

<https://www.city.naha.okinawa.jp/kankou/kankou/rekisi.html>

24時間アクセス可能、入場料なし

首里城公園周辺に有料駐車場あり

Tamaudun Royal Mausoleum

by Elizabeth Stoney

A short walk down the street from the Shuri Castle grounds brings you to another UNESCO World Heritage site known as the Tamaudun Royal Mausoleum. It was built around 1500 during what's known as the Golden Age of the Ryukyu Kingdom and follows the tradition in Okinawa of building large stone tombs to house the bones of the deceased. This tomb is particularly impressive as it houses the bones of past Ryukyu kings and their families.

It's worth the walk from Shuri if you're interested in Okinawan history and have some time to spare. The mausoleum consists of three separate tombs housing bones of Kings, Queens and other family members in separate chambers. The tombs are decorated with animals from Chinese fiction such as dragons and lions and might keep young children entertained as they try and spot the different figures.

Entrance into Tamaudun Royal Mausoleum is 300 yen and this includes both the mausoleum and a small museum which displays photographs of the site before the Battle of Okinawa and subsequently during its restoration. Parking is only available up at Shuri Castle but that should be fine assuming you've been there first. The staff were kind and happy to see us and it made for an interesting stop as we walked around the historic area of Shuri.

Open 7 days 9.00 - 18.00 (last entry 17.30)
Entry - 300 Yen, Children 150 Yen (Cash only)



Google Map & Directions:



<https://goo.gl/maps/KAn7or5VYTbM2S6j6>

1 Chome-3 Shurikinjocho, Naha

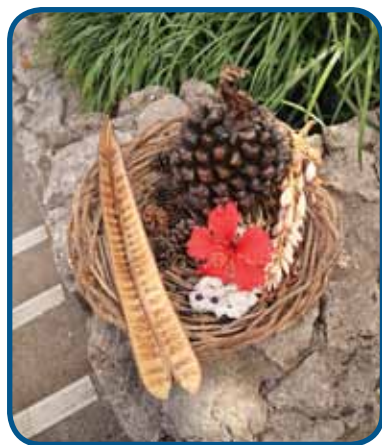
098-885-2861

Paid parking available at Shuri Castle

玉陵(たまうどうん)



今回紹介する「玉陵(たまうどうん)」は、首里城から少し歩いたところにある、首里城公園と並ぶユネスコ世界遺産です。琉球王国の黄金時代と呼ばれる1500年頃に、故人の骨を納めるため大きな石造りの墓を建てる沖縄の伝統に倣って建てられました。沖縄の墓は同様に石造りの大きなものが多く見られますが、この古墳は特に、歴代の琉球王とその家族の骨が納められていることから貴重なものと考えられています。



沖縄の歴史に興味があり時間に余裕があるなら、首里に行く機会に歩いて見に行く価値はあるでしょう。玉陵は3つの独立した墓からなり、王や王妃、その他の家族の骨が別々の部屋に収められています。墓には龍や獅子などの中国の神話に登場する動物が描かれており、小さなお子さんと一緒ならそれらを探しながら歩くのも楽しみのひとつです。

玉陵の入場料は大人300円で、玉陵に加え、沖縄戦前や修復中の写真が展示された小さな博物館への入館がセットになっています。駐車場は首里城周辺にしかありませんが、玉陵を見に行く

方はきっと先に首里城公園へ行っていると思いますので問題ないかと思います。スタッフの皆様もとても親切で、首里の歴史的エリアを散策する際に、また訪れたい興味深い場所になりました。

<https://goo.gl/maps/kAn7or5VYTbM2S6j6>

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