

OKINAWA



Healing *SPORTS*

Exceptional healing in Okinawa





It's all so remarkable! Healing like

Okinawa, colored by blue sky and sea and rich nature.

Slowly passing time and photographic scenery only experienced in a paradise.

But let us show you healing like you have never experienced before in Okinawa.

Enjoyable sports and activities in this paradise will create new sensations.

The sea colored by sunrise and sunset, the color of sunshine and the sounds of the ocean surf.



you’ ve never experienced before!

The sound of waterfalls moistening over subtropical forests, the babbling streams
and the fragrance of flowers.

Sports will make you feel the five senses within the nature of Okinawa and will give you a deep,
bright and true healing.

Let us introduce you to such a world of “healing sports.”



1

Enjoy pottering along Fukugi Tree tunnels, called
“trees that invite happiness”

Enjoy a rest at a café along the sea found just by chance



2

Pottering



Visit Yachimun-no-Sato to look for ceramics unique to Okinawa



By pottering, enjoy local attractiveness and discover something new in every direction.

Pottering has rapidly become popular as a way to stroll freely by bicycle, and has the attractiveness of traveling around spots where cars cannot go, stopping along the way for unique personal discoveries and enjoying as much as you please.

As you exercise, you can savor local gourmet foods without caring about overeating.

It's fun to personally rent a bicycle, but if you want to touch the true faces of Okinawa, participating in a tour with an instructor is also recommended.



Trekking



Through subtropical forests nurturing a variety of living creatures, to the remains of a castle, a World Heritage Site.



Get a charge of abundant energy emitted from nature by subtropical forest trekking.

For those who want to have wild and spiritual experience, while being healed by the nature of Okinawa. It is trekking that satisfies such desires through enjoyable experiences within subtropical nature. From forests with dense greenery like an untouched jungle, waterfalls and streams emitting negative ions, river mouths where mangroves take root to coastlines, trekking courses in Okinawa offer variety and richness. At the spot near a World Heritage Site, remember the history of Ryukyu.



Rest time at a fashionable café



Running



2



Run at your own pace on the Kouri-Ohashi Bridge connecting remote islands



4

Dramatic running, experiencing a sense of oneness with great nature.

Run slowly while taking in the sea, crossing the sea and hearing the sounds of the ocean surf.

It is the appeal of Okinawa that allows you to experience such desires and refreshing runs easily anywhere. Courses and the Kaichu Road are straight anywhere with a full of sense of liberty.

Enjoy a sense of oneness, fusing into a superb view, while fully enjoying a panoramic view of the sky and sea, as it changes appearance with the passage of a single day.

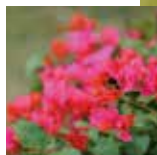


Bel Beach Golf Club, where the sea can be seen from all courses

Shurei Country Club, utilizing natural landforms with plenty of undulations



Kanehide Kise Country Club, where a Japan Professional Golf Tournament is held



Golf

Course debut long yearned for in Okinawa, where
you can play comfortably throughout the year.

Beautiful and dynamic locations, from which you can experience a panoramic view of a sea of
cobalt blue color and virgin forests in a subtropical zone.

Experience healing rounds at unique golf courses, where beginners and advanced players can enjoy.

Photos taken at: **1** Motobu Town **2** Nago City **3** Nanjo City



Yoga under plenty of sunshine gives you special reinvigoration



Yoga

Relaxation from the deep inside your body in
harmony with nature in Okinawa.

Yoga liberates you from daily stress and restores the balance of mind and body
Take poses comfortably surrounded by the great nature of Okinawa, feel a surge of power inside your body
and an increased therapeutic effect.



As you ride standing on a boat, take in a panoramic view and feel refreshed

A beginner can soon ride after an hour's worth of practice



Sup

Surf slowly on the sea looking down beautiful reefs and lagoons

SUP (Stand Up Paddle) where you can see not only the surface of the sea but also under the sea, means boarding and standing while paddling with an oar.

Beginners will improve soon and it expands the way to enjoy the sea in Okinawa.



Pose with a slow breath strengthens the body trunk



Sup Yoga

Through Yoga on the water, feel the comfortable waves and contact great nature.

Sup Yoga conducted on the board for SUP is also popular as well as SUP. The sounds of the ocean surf and the comfortable waves sharpen the sense of body and increase the relaxation effect. Looking at the horizon, immerse yourself in the unexperienced sense of liberty.

Photos taken at: 1 3 4 Yomitan Village 2 Chinen Cape (Nanjo City)



Okinawa Horse Riding Club where you can enjoy beach riding



A pulled horse is beginner-friendly

Horse Riding

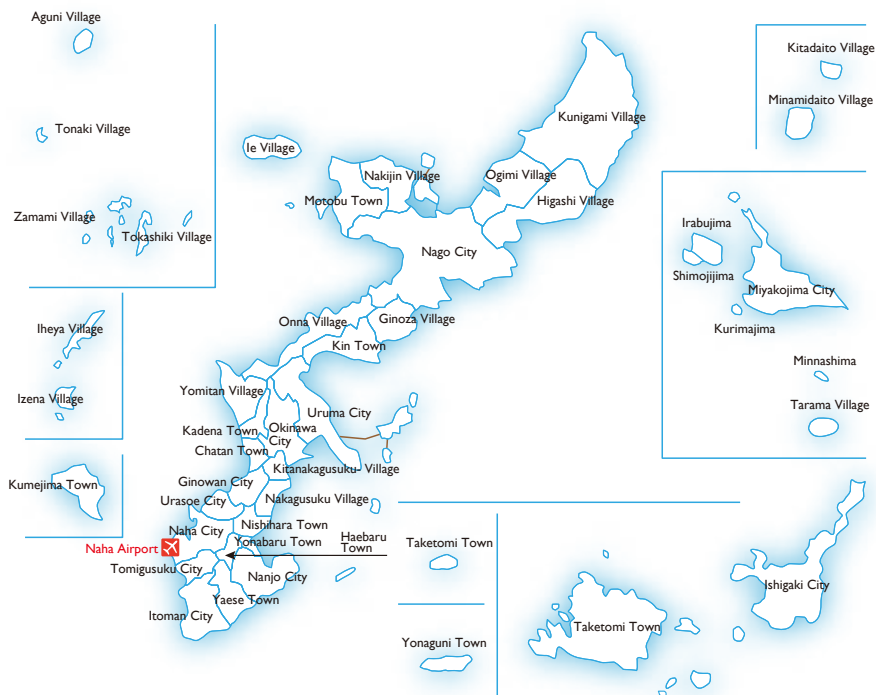
Feel the wind on a horse and ride in the nature of Okinawa

Exciting horse riding experience you can only have on Okinawa will be an unforgettable memory.

Enjoy grasslands shining in green and beaches from horseback, and enter
the sea while riding a horse in the summer.

You will smile naturally through exchanges with clever and splendid horses.

Photo taken at: Yomitan Village



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