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Bowling for Some Acai –
Best Acai bowls on island!

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Bowling for Some Acai – Best Acai bowls on island!



The best places to work on yourself this year

This issue we've got a guide to the best places on island to get a bowl of yumminess that is an Acai bowl along with our pick of the best Okinawa beaches to spend your time at this summer.

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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



Araha Beach

by Chris Enriquez

Let's say you're at the beach. White sands, cool breeze, dog spectacularly catching a frisbee mid-air in front of you. Cheering teenagers who just dunked a basketball on your left, and small kids making sand castles on your right. With the sunset nearing the horizon, you smell freshly cooked BBQ and beer at the back.

Sound too good to be true? Head down to Araha beach and make it a reality!

Araha beach is one of the most versatile beaches anyone could ask for on island. First off, the beach is nice. Ample space with white sands and not a lot of sharp rocks which is wonders for your feet. It also shares its area with a public park so it has nice jogging routes, basketball courts, playgrounds (including a zipline), and stretching equipment. I usually use the back stretcher apparatus which is basically a bench with the back rest shaped like an upside down "U" with little protruding lumps to provide additional massage effect. It really does wonders for your back. My only peeve is that the old lady out for her daily power walk gives me the stink eye for hogging up the machine. Sorry grandma but you're not the only one with backaches and I just got here. Please wait for your turn. Sporty tip: if you get there early enough, you just might be able to join one of those free Yoga on the beach sessions I see people do. The beach serves as most of the ocean view of a lot of the restaurants in the area so it's also a perfect place to go grab a bite after a good sweat.

On a typical sunny day, the number of beach goers are about average so I would say it's never too crowded. If your objective is to get a good quiet social distanced work out, you might want to get there early. Parking is ample (and FREE!). Don't forget to check out their wooden ship and fountain display!



Google Map & Directions:



<https://maps.app.goo.gl/hgkQYoJMJBHw3NNA>

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アラハビーチ

想像してみてください...あなたは今ビーチにいます。白い砂、青い海、爽やかな風、フリスビーを鮮やかに空中キャッチする犬。バスケットコートでダンクを決める少年。子供たちが砂のお城を作っている。



夕暮れが近づくにつれ、どこからともなく漂ってくるバーベキューとビールの香り...

そんな天国みたいな場所、あるわけないと思いませんか？アラハビーチではこの想像を実現できます！

アラハビーチは、本島内でも最も多用途に使えるビーチのひとつです。まずは何といてもビーチがきれい。白い砂で覆われた十分な広さのビーチには、鋭く尖った石などもあまりありません。公



共の公園も兼ねているので、ジョギングコースやバスケットコート、ジップラインなどの遊具やストレッチ器具などが備えられています。私がよく使うのは背中ストレッチ用器具。見た目はベンチのようですが、背もたれが逆にしたU字のように湾曲しており、ぼこぼこした突起がマッサージ効果を高めてくれます。背中が伸びてとても気持ちがいい～。ただ、私が器具を使っていると毎日の日課である散歩に出たらしき高齢の女性がじっと見てくるのは困ります...腰が痛いのはオバアだけじゃないんだよ～ちょっと待っててね～(笑)。

朝早くビーチへ行くと、無料のヨガレッスンなどに参加することができるかも。ビーチの周辺には多くのレストランがあり、オーシャンビューも楽しめます。ビーチの後に食事に行くのもお勧めです。

晴れた日には人が多くなりますが、混んでいるということはありません。もし、ソーシャルディスタンスをきちんと取ってエクササイズをしたいのであれば、早朝がお勧め。駐車スペースも十分にあります(無料)。船の形をした遊具と噴水は要チェック！

電話番号:098-936-0077

ウェブサイト:<https://www.chatan.or.jp/area/arahabeach/>

ビーチ利用は無料

営業時間:遊泳時間は午前9時から午後7時。駐車場は午後10時クローズ。

Nabee Beach

by Total Okinawa

Nabee Beach, nestled within the Onna Seaside Civil Park in Okinawa, is a beautiful beach for both locals and visitors. Featuring pristine white sands and clear, shallow waters, the beach makes a great choice for families (with a nearby playground) and sun seekers.

The beach is well-equipped with amenities, including showers, restrooms, and sun-loungers available for rent during the summer months. Visitors can also enjoy a variety of marine activities such as kayaking, snorkeling, and banana boating. For those interested in outdoor dining, a beachside BBQ setup is available for 5,500 yen, inclusive of all necessary equipment, with prior reservation recommended.

One of the beach's unique features is a recently added swing that offers picturesque sea views, making it a popular spot for photos. Additionally, a nearby playground provides children with an alternative area to play, ensuring entertainment for all ages.

Geographically, Nabee Beach is situated between the ANA Intercontinental Manza Beach Hotel and Cape Manzamo, offering visitors scenic views of both landmarks. Notably, it is the closest vantage point to observe the "wedded rocks" of Onna, which are particularly captivating at sunset.

Accessibility is convenient, with ample free parking available. The beach operates its swimming season from April to October, open daily from 9:00 am to 6:00 pm (extended to 7:00 pm between July and September).

In summary, Nabee Beach combines natural beauty with comprehensive facilities, making it one of our top choices for relaxation and recreation in Okinawa.



Google Map & Directions:



<https://maps.app.goo.gl/uA5HouHBvc249Lzz9>

098-966-8839

Swim - April to October

<https://www.nabee.info/english/>

ナビービーチ



沖縄県恩納村の恩納海浜公園内にあるナビービーチは、地元の人にも観光客にも人気の美しいビーチだ。真っ白な砂浜と透明度の高い遠浅の海が特徴で、家族連れ（近くに公園もある）や日光浴を楽しみたい人に最適だ。

ビーチにはシャワー、トイレがあり、夏の間はビーチチェアをレンタルできるなど、設備も整っている。また、カヤック、シュノーケリング、バナナボートなどのマリ

ンアクティビティも楽しめる。また、ビーチといえばバーベキュー！ここでは、必要な道具一式込みで5,500円で利用できる（事前予約がお勧め）。

このビーチの売りのひとつは、最近設置されたブランコ。絵のように美しい海の景色を眺めることができ、写真撮影の人気スポットとなっている。また、近くの遊び場では、子供たちが遊べる別のエリアがあり、あらゆる年齢層が楽しめるようになっている。

地理的には、ANAインターコンチネンタル万座ビーチホテルと万座毛の間に位置し、どちらも楽しむことができるベストポジションだ。特に、恩納村の「夫婦岩」を眺めるのに最も近い場所であり、夕暮れ時の美しさは格別だ。

アクセスも便利で、無料の駐車場も十分に用意されている。海水浴シーズンは4月から10月までで、営業時間は毎日午前9時から午後6時まで（7月から9月までは午後7時まで延長）。

ナビービーチは自然の美しさと総合的な施設を兼ね備えており、沖縄でのリラクゼーションやレクリエーションに最適な場所のひとつである。

〒904-0411

沖縄県国頭郡恩納村字恩納419-4

<https://www.nabee.info/>

遊泳期間：4～10月

無料駐車場あり

Bowling For Some Acai

Best Acai bowls on island!

Gone are the days when a plain bowl of cereal for breakfast would have held you alert for the whole morning. With the high paced demanding work environment we are facing, sometimes you just need that extra oomph of antioxidants. Luckily, living in the tropics, there are plenty of access to health power packed acai bowls to choose from. Let us introduce to you to some of the ones that we found to be pretty awesome!

Benny's Acai Bowl

Get ready for a drive! I don't care where you are coming from but for this one, it'll be a good 1 hour drive at least. I am talking about Benny's Acai Bowl in Kouri Island. Being the sister company of the infamous Kouri Shrimp, you know that taste will be on point! You don't associate yourself with an inferior quality taste when you are well known as one of the best Hawaiian garlic shrimp places on island. And it does show. The quality of care that is put in to the acai bowls are really top notch. I don't know who Benny is but I sure would like to shake his hand. Fantastic stuff. Get yours at:

<https://maps.app.goo.gl/aPGib3YqBYzG1EUc8>

Yummy Kourijima



Yes, you had breakfast, but what about a second breakfast? A few meters away from Benny's Acai Bowl at Kouri Island is this Malasada store with the acai bowl as a submenu. Reason why I mentioned it? It's because it's that good! Make the bowls the main menu and the malasada donuts at the submenu, I say. With the perfect ratio of bananas, berries, and yogurt, it almost like you're eating some delicious fro-yo! Ice cream from breakfast? – count me in! You

can find Yummy Kourijima right next to the beach as soon as you cross the big bridge to Kouri Island. Don't forget to check out their spectacular view from the roof top! They use it for BBQ grilling but you are free to go up there and enjoy the view while eating your berries.

Happy Bowls Okinawa

Oh My God! Oh, don't mind me, I'm just ordering. When a regular acai bowl just isn't enough, it's time to take it up a notch! At Happy Bowls, they got you covered with their super-duper bowl with almost everything on it which is conveniently called the "OMG" bowl. Packed with options such as granola, peanut butter, bananas, and other goodness's, it will just do the trick – whatever you may need. Location helps too as its right next to the beach which means hello sunrise with my delicious bowl of morning punch! Check out the details on <https://happybowlsokinawa.square.site>.

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.

Tea Stand Marc: Marsh

If you are going to make milk teas with fruit in them, then might as well take it a step further and add some acais in there and make it in to a breakfast bowl! At Tea Stand Marc: Marsh, it seems to be more like a one stop shop for all that is Hawaiian than a simple tea stand. Aside from the acai, they got fruit shakes, malasada's, garlic shrimp and even some pork chop box meals. I think they would have also put poke bowls and pancakes in their menu if it wasn't for it being readily available right next door. Tea Stand Marc: Marsh shares its stand with the Blue Water shrimp and right next to the Manoa Pancake House at the Rycom food court. The acai bowls here are definitely more intended as a dessert than breakfast. Served absolutely cold and delicious!

The Sunrise Shack

If you ever imagined a food truck permanently stationing in to a store, the Sunrise Shack is it. Called a shack for this specific reason, it is basically a 1-person operated store which could not be any more chill if it wanted to. Basically, I feel like it's just a place to hang out with good vibes and enjoy some music and fruit bowls. They primarily have acai bowl variations with some additional ingredient options but for me, the oats just brought it home! Absolutely amazing stuff. They clumped it up with some kind of honey or something I would guess, but whatever it was, it just worked. The wait time is a bit on the long side but the taste is definitely worth it. A little bit of a tip, parking is limited so better park your car at the Araha beach and just walk over.

Ultimately, if you want to change up your traditional English breakfast to something cold and refreshing to shock up your system, it doesn't matter which ever you choose from, all of these places will get you fixed, kā.holo!

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Oodomari Beach

by Chris Enriquez

Everyone who has been on this island long enough has visited or at least heard of the wonderful Ikei Island. Ikei Island is surrounded in such beauty that it has spawned an endless number of commercial beaches all competing for your everlasting enjoyment experience. To be honest, Oodomari beach is so delightful that I almost did not want to write about it to share. It is my precious! Nevertheless, doing so would be a crime against nature. Hence, with umbrage, I will proceed.

Oodomari beach is probably one of the *crème de la crème* of beaches located in Ikei Island. This place is so hidden that it took us four passes to finally find it. Not only that, to our surprise, upon arrival they charged us immediately even before we were allowed to enter the premises. We were not even sure if this was the beach we wanted to go to and yet a man stood outside my car asking for 500 yen per person. A petty gamble, yet a gamble nonetheless. After a quick U-turn and a brief discussion with the group, we decided to go for it and try the beach out. My reaction in one word: pure absolute astonishment beyond imaginable belief of the spectacular beauty set before me (Okay that was more than one word). But that is how surprisingly beautiful it was.

Usually before reaching this beach, we would pass by about three others and end up going to one of them. A mistake I am sure many of us have made. Who would have thought that there is a nicer beach by 10 folds just a couple of minute drive farther? The appeal of this beach is that since it's located rather hidden, the amount of swimmers you would get are fewer than average. The sand is soft and the beach is cleared of jagged stones enough to be able to walk barefoot. They also have plentiful beds of corals located close to shore and deep enough that I could enjoy the snorkeling without needing to swim very far. The support facility is complete with parking, showers, changing rooms, rental of water activity gear, and even allows rental of BBQ set and dining tables. The beach is netted and has a manned life guard so you can let your kids enjoy the water in peace.

Although a bit farther compared to the other beaches, it is worth the extra drive. To get there, head towards Ikei Island and after you passed about two beaches, keep your eyes peeled for a billboard that says Oodomari Beach on your right. It will direct you to a left turn to a skinny road where you will pass some crops and Japanese graves. Continue to follow the signs until you start to head down an almost one way rough road where you will see a man waving at you at a distance which is their parking entrance. Don't forget your sunblock!

They accept yen only (for parking, gear rentals, and food)



098-977-8027

Yen Only

<https://maps.app.goo.gl/tTgMUY8vcYTWPmRh7>

大泊ビーチ



沖縄本島に住んでいる人なら一度は訪れたことのある(または耳にしたことがある)「伊計島」。ここには多くのビーチがありそれぞれが魅力を競い合っています。今回ご紹介する大泊ビーチは、あまりに魅力的だったため、正直、ここで書くことをためらいました...しかしながら、その魅力から逆に書かずにはいられず、今回渋々ですが皆様にご紹介したいと思います。

まず、大泊ビーチは伊計島にあるビーチの中でも間違いなく最高です。場所は、道の奥まったところにありとてもわかりにくく、私たちは到着するまで4回も通り過ぎてしまいました。少し驚いたのは、到着するとビーチや駐車場に入る前に料金を取られることです。私たちが訪れた時には、ここが自分たちが探していたビーチかを確認する前に男性スタッフが車の横に立ち、ひとり500円の料金を求めてきました。一度引き返しどうするかを友人と相談し、結局行ってみることに...。しかし、ビーチを見た時の私の感想をひとことで表すとまさに「眼前に広がる自然のすばらしさ、その美しさは想像をはるかに超越した真の感動をもたらした」という感じでしょうか...!(やはりひとことでは言い表せませんでした)。それくらい美しいビーチでした。付近にはこのほかにいくつかあるビーチがありますが、いつもはそれを通り過ぎたりしながらその中のどれかに行くのがお決まりでした。しかし今回大泊ビーチを訪れて、大きな過ちを犯し続けていたことに気がついたのです。車で少し走ったところに10倍以上きれいなビーチがあるなんて、誰が想像できたでしょう?!このビーチのよいところは、場所がわかりにくく隠れ家的ビーチになっているため、遊泳客の数が他より少ないところです。砂も柔らかく、砂浜には鋭い石もなく裸足で歩いても問題ありません。また海中には波打ち際近くや少し沖合にたくさんのサンゴ礁があり、遠くまで泳がなくても楽しむことができます。施設には駐車場、シャワー、更衣室、アクティビティ機器の貸し出しもあり、BBQセットやテーブルのレンタルもできます。海にはネットが張ってありライフガードもいるので、お子様連れでも安心です。

他のビーチに比べると少し遠いですが、行くだけの価値はあります。アクセスは、伊計島に向かって走り2つビーチを通り過ぎたら、右側に「大泊ビーチ」の看板が見えてきます。そこで左折し畑やお墓を通り過ぎて細い道を進むと、車一台しか通れないほどの狭い道の下で駐車場係の方が手を振るのが見えてくるでしょう。日焼け止めを忘れずに!

支払いは現金のみ(駐車場、レンタル機器、お食事)



Naminoue Beach

by Emily

On the surface, Naminoue Beach may not seem to have a lot going for it, especially compared to other long stretches of pristine sand further north on the island’s long coastline. It’s in the city, right behind the beach is a string of seedy love hotels, in front of the beach is a gigantic concrete overpass, and to the side of it is a huge cruise ship terminal. Hardly sound like a picture perfect postcard, right?

Well much to this writer’s surprise, Naminoue Beach turned out to be a lovely place to spend the afternoon. The water was clean, the swimming was great, and it was very deep at high tide. As the waves are very gentle, this is a suitable beach for small children.

As the only beach within Naha City limits, Naminoue is popular with the locals who like to sit on the sea wall and drink a cold Orion Beer or play chess. And being easily accessible by foot from the downtown area and the cruise ship terminal, there are lots of tourists who come to take a swim during a brief stopover in Naha.

If your time is limited, combine the beach with a visit to the picturesque Naminoue Shrine which sits atop a rocky cliff next to the beach. And if you want to get that iconic picture of the red shrine with the green ocean below, simply walk across the overpass to do so.

Facilities at the beach include toilets and showers, and there are lifeguards on duty. Protective nets have been placed in the sea to keep out jellyfish. You can also rent chairs, tents and umbrellas (for a somewhat high price). There is a small shop selling drinks and snacks too.

Naminoue Beach management has a picnic and BBQ area behind, which can be rented out for parties and events.

If you’re driving, there are a few free parking spots at the shrine itself, but you’ll be very lucky to grab one. Instead head to the automated parking lot next to the beach, on the #42 Road. Just look for the two tall dragons towering over the road – you can’t miss it.



Google Map & Directions:



<https://maps.app.goo.gl/u2j3J4bo6pWDguAU9>

098-863-7300

naminouebeach.jp

Pay parking next to beach, yen only

波の上ビーチ



波の上ビーチは、沖縄本島北部にある長く美しい自然な海岸と比べると、なんとなくあまり魅力がないように見えるかもしれない。街中に位置し、ビーチのすぐ裏にはラブホテルが立ち並び、目の前には巨大なコンクリートの陸橋、さらにその脇には巨大なクルーズ船のターミナルがある。とてもインスタ映えするような場所とは思えない。

しかし筆者が驚いたことに、波の上ビーチは午後を過ごすにはとても素敵な場所だった。水はきれいで、泳ぎは最高、満潮時にはとても深くなる。波がとても穏やかなので、小さな子供連れにも適したビーチだ。

那覇市内で唯一のビーチである波の上ビーチは、護岸に座って冷たいオリオンビールを飲んだり、将棋をしたりするのが好きな地元の人々に人気がある。また、繁華街やクルーズ船ターミナルから徒歩で簡単にアクセスできるため、那覇に立ち寄ったついでに海水浴をする観光客も多い。

時間が限られている場合は、ビーチに隣接した岩の崖の上に鎮座する、絵のように美しい波之上宮の参拝を組み合わせるといいだろう。陸橋からなら、赤い神社と眼下に広がる緑の海という印象的な写真を撮ることができる。

ビーチにはトイレとシャワーがあり、ライフガードも常駐している。海にはクラゲよけのネットが張られている。また、椅子やテント、傘をレンタルすることもできる(少々高いが)。飲み物やスナックを売る小さな売店もある。

波の上ビーチの裏手にはピクニックやバーベキューができるエリアがあり、パーティーやイベント用に貸し切ることができる。

車で行く場合、神社には無料の駐車場がいくつかあるが、停められたらかなりラッキーだ。その代わりに、海岸の隣にある42号線沿いの自動駐車場に向かおう。道路にそびえ立つ2匹の背の高い龍を探せば、見逃すことはない。

駐車場 ビーチ横の有料駐車場、自動改札、支払いは円のみ

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