

## Mie Prefecture

Mie Prefecture Facebook account  
Travel Mie Japan (english)

Mie Prefecture Instagram account  
visitmie

## Tourism

### Mie Travel Guide

<http://www.travel.pref.mie.lg.jp/en/> (english)

### Mie Promotion Movie

<https://www.iseshima-kanko.jp/en/> (english)

### Kumano Kodo Iseji Route

<http://www.kodo.pref.mie.lg.jp/en/> (english)

### Youtube

[https://www.youtube.com/watch?v=mWW7hjwa\\_io](https://www.youtube.com/watch?v=mWW7hjwa_io) (english)

<https://www.youtube.com/watch?v=Ba6UoPJwHMM> (english)

<https://www.youtube.com/watch?v=Zg-x26JHbi8> (english)

<https://www.youtube.com/watch?v=f35ZyQYs3v4> (english)

## MICE

### MIE MICE Planning Guide

<http://www.pref.mie.lg.jp/INBOUND/HP/MICE/en/> (english)

### MIE MICE GUIDE (E Book)

<http://www.pref.mie.lg.jp/INBOUND/HP/MICE/ebook/> (english)

### Mie Mice Promotion Movie (Youtube)

<https://youtube/5qcYfl1OYks> (english)

## Transports

### JAPAN RAIL PASS

<http://www.japanrailpass.net/en/> (english)

### KINTETSU RAIL PASS／KINTETSU RAIL PASS plus

(Kintetsu Railway, English, Access information from Osaka City, Kyoto City and Nagoya City, Sightseeing Pass)

<http://www.kintetsu.co.jp/foreign/english/> (english)

### Mie Kotsu Highway bus / Route bus

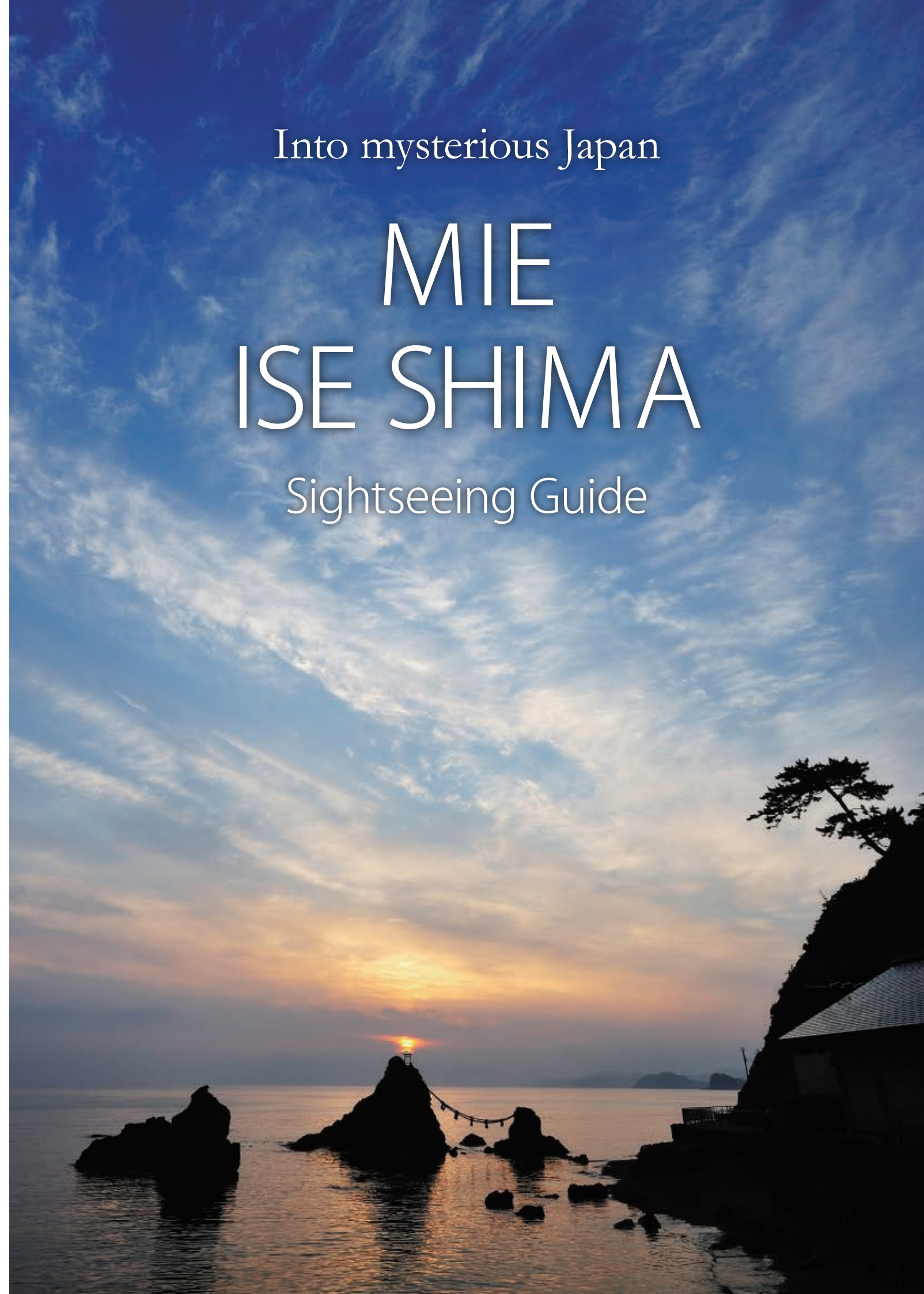
(Chubu Centrair International Airport, Airport Limousine / Iga⇄Kyoto Highway Bus / Iga⇄Osaka Highway Bus)

<http://www.sanco.co.jp/foreign/english/> (english)

Into mysterious Japan

# MIE ISE SHIMA

Sightseeing Guide





# MIE ISE SHIMA

Located in the southeast area of Mie Prefecture, Ise Shima sits at about the center of Japan. The 42nd G7 Summit held here in 2016 attracted attention worldwide.

Mie's rich blessings of nature and culture include 2,000-year-old Ise Shrine, whose myths are still told to this day, and the mystic beauty of its rias coastline and peninsula that extends out into the Pacific Ocean.

Let us guide you through a trip to see history, tradition and beautiful nature of Ise Shima. See the original scenery watched over by the gods and goddesses of Japan and the mystery imbedded herein.



# Ise Jingu

It is said travel originated as pilgrimage for Japanese people. Kumano Pilgrimage was popular among Heian nobles about 1,000 years ago. During its peak in the Edo Period (1603-1868), of the total population of 30 million, 5 million people visited Ise Jingu Shrine. Ise Pilgrimage became very popular among commoners during the Edo Period.



Uji Bridge is known as the bridge that connects everyday world to the sacred world of the gods. There are Torii gateways on both ends of the bridge, which were designed so that the sunrise can be seen from their center in the morning of the winter solstice.

It is noted in the oldest official record of Japanese history, Nihon Shoki, a legend of Yamatohime-no-mikoto, a daughter of the 11th Emperor, Suinin, who is said to have established Ise Jingu. The legend tells of Yamatohime-no-mikoto washing a hem of one of the twelve-layered ceremonial robes that became dirty in the water of Isuzu River.



## Embraced in Mystery and Sublimity

Sunlight filtering through trees shines onto the surface of the clear stream of Isuzu River creating dreamy scenery of flickering light in the forest. The quiet murmur of the stream fills the air to create a sublime atmosphere. The shrine features giant trees aged over 1,000 years and is overflowing with visitors that come to pray for 2,000 years. Visitors feel the sublimity of a sanctuary.





## Mysteries of Myths

Sun Goddess, Amaterasu Omikami, is deified as the universal tutelary god to Japanese people. The universal tutelary god is worshipped by all Japanese people. It is here at Ise Jingu Shrine that Amaterasu Omikami is enshrined, and the official name is simply Jingu. The goddess is also the ancestor of the Imperial Family; and therefore, is closely linked to the Imperial Family from olden days. According to the myth, when Amaterasu's grandson descended to earth, he granted Emperor Jimmu one of the three sacred treasures, the Yatano-kagami (mirror). Since then the mirror became the object of worship and symbolizes imperial succession. The mirror is now kept in a treasure house of the Ise Jingu Shrine. This sacred treasure is handed down from the time of Amaterasu Omikami, the ancestor worshipped as a deity; and to this day, the mirror has an especially important meaning to Japanese people and in the history of Japan.



## Sun Goddess, Amaterasu Omikami

Amaterasu Omikami is a sun goddess that brightly lights the world. In Nihon Shoki, the oldest book of history in Japan, it describes how the goddess hid herself in a deep cave in fear of her younger brother who had a violent personality. This caused a solar eclipse and filled the world with misfortunes and diseases. This is the myth of Iwato-gakure (the hiding of Amaterasu Omikami in the heavenly rock cave). In the effort to lure Amaterasu Omikami out of the cave, about 8 million troubled gods and goddesses created a huge mirror, and this is the root of the Yatano-kagami. It is said that when Amaterasu Omikami came out of the cave, the world was lit with bright light. Today, there is spring water in the national park approximately 10 km from the Shrine, and this is said to be the Amano-Iwato (the cave of sun goddess or heavenly rock cave). Such mystique may be the reason many people still worship at the Shrine today.





## Women Working in the Ocean

There are women living on the blessings of the ocean. Women who free-dive into ocean to collect expensive seafood such as abalone and turban shells, and seaweed are called Ama (female diver). The history of Ama goes way back, and tools to collect abalone were found in ruins from about the first century. Today, women who dive without diving equipment can only be found in Jeju Island, Korea, and Japan; and the fishing culture that has been handed down from olden days to today existing in the two countries with different ethnic groups, though in close proximity, is considered a mystery in folklore studies. The number of traditional Ama free-divers continues to decrease from largest number of Ama divers. A survey conducted in 2014 found that of the approximate 1,850 female divers in 17 prefectures in Japan, 761 live in Mie Prefecture.



## Passing Down Ama Culture

The longer Ama divers are under water, the larger their catch, and sometimes they would dive with weight, such as stones, placed on their bodies. It is a hard work to repeatedly dive into the water 2 minutes at a time before coming up for air. When they come up from their long, deep dive, you can hear them take a breath above the water. This somewhat lonely whistling sound comes from the Ama divers' unique breathing method called Isobue (sea whistle). When they come out of ocean, they warm themselves with fire and heated stones. Ama divers show appreciation for the blessings of the ocean. They preserve the resources by never overexploiting them and adhere to fishing style from the olden days. The tools they use are a wooden tub and a metal tool to scrape the shells off the rocks. These tools are an important part of their personal possessions, and they take them when they get married. The Ama culture is being handed down from mothers to daughters and from seniors to juniors.





## Colored by History and Culture

During the Edo Period (1603-1868), when the lives of commoners became stable and the town culture became colorful, culture was fostered and festivals were held. The Iga Ueno region, located 60 km northwest of Ise, where agricultural fields spread, is known for the Ueno Tenjin Festival Devil's Prade and the Danjiri float procession, which is registered as UNESCO intangible cultural heritage. Festivals originated as events to worship gods, and this festival plays the role of linking people. The Ise Pilgrimage that became a huge boom during the Edo Period has left behind "Okage Yokocho" located in front of Ise Jingu, where retro buildings were relocated to recreate the atmosphere of the past. Visitors can enjoy food from old established restaurants alongside special products from more recent times, history, customs, and humanity all in one place.



## Ninjas Living Behind the Scene of Time

Ninjas are known to have used mystical arts, such as Mizukumo (ninja water-walking shoes) and Katon-no-jutsu (fire skill) to hide themselves using fire, as seen in movies and animation. Ninjas are individuals or groups that served feudal lords by spying and sabotage from the Asuka period (592-710) to the Edo period (1603-1868). The reason Iga Ninja came under the limelight is for helping Tokugawa Ieyasu to go through Iga Province at the transition point during the late Warring Period when Ieyasu was attacked by a group of rioters. Ninjas protected Ieyasu from the attack by the rioters. They were taken in to the Bakufu government and were given the harsh task of serving as frontline soldiers when attacking castles. In ancient times, there were people who brought advanced technologies from China and Korea, and it is said that there were settlements where metal weapons were manufactured. This can be seen at the Iga Ichinomiya Festival in the worship of the god of steel. During the Edo Period, there were sections of castle towns all over Japan where groups of ninjas lived. Ueno City has the white Iga Ueno Castle and the south side of the castle was the home of ninjas. There are homes that remind visitors of ninja towns, and the castle town is filled with the atmosphere of old Japan. See the world of ninjas that lived in history out of the spotlight of history.







## People Living with Tradition

The Ise and Iga areas are full of people who preserve the craft skills handed down for generations. Ise Katagami (dyeing stencil) has history of over 1,000 years. They are used for dyeing kimonos such as Yuzen, yukata and Komon with designs and patterns. A chisel is used to carefully cut patterns in Japanese paper treated with persimmon juice dye, which requires the highest skill, patience and endurance. At the end of Edo Period, the German doctor Siebold took home a large amount of patterns, which greatly affected the Western art thereafter. The modern luxury brands in Europe still use the pattern similar to Ise Patterns.



Iga Kumihimo (braided cord) was brought into Japan from the continent along with Buddhism during the Nara Period (710-794) and was used for scriptures and Buddhist priests' stoles. Today, braids are created using mainly silk threads with gold and silver threads for Kimono cords and bracelets. Designated as a national traditional craft, Iga Kumihimo, is hand braided on a traditional braiding table, and about half of all kumihimo braids are produced in Iga.



Ise Netsuke (miniature wooden sculpture) is a clasp used to hang a tobacco container or a pill box from an obi belt. It was a fashion to carry tobacco containers during the Edo Period and led to huge production of netsuke. Extremely hard local lumber "Japanese box tree" was decorated with beautifully detailed carvings. It is known for its durability.

Other traditional items include Ise Shunkei lacquer, paper lanterns, Ise toys and more. The skills of master craftsmen are handed down in this climate.



# Model courses for 2-day trip

Below are a few model courses for a 2-day trip to visit the main tourist destinations in Mie Prefecture. The first day focuses on Ise Jingu Shrine and the second day on experience facilities for marine attractions or historical sites and cultural heritages.

## Plan 1

<Day 1>

From Osaka, Kyoto or Nagoya to Ujiyamada Station (by limited express train) — Bus —  
①Ise Jingu Shrine (Naiku (Inner Shrine)) — Walk — ②Okage Yokocho (side street) — CAN Bus —  
③Meoto Iwa (Married Couple Rocks) — CAN Bus — (Stay over the night in Toba City)

<Day 2>

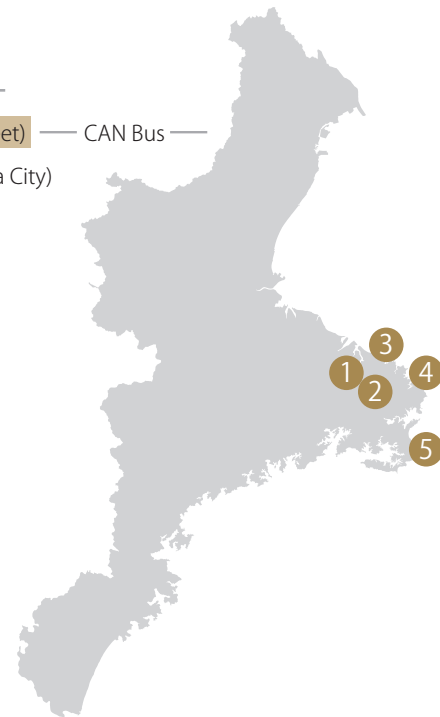
④Mikimoto Pearl Island — Taxi or shuttle bus from Toba Station —  
Lunch : ⑤Ama (female divers) Hut (reservation required) — Taxi or shuttle bus  
From Toba City to Osaka, Kyoto or Nagoya (by limited express train)



The name Meoto Iwa was given as the two rocks look like a married couple standing side by side. About 700 m off the coast sits Okitama Shinseki, or Spiritual Stone, upon which the God descends. The Japanese have worshipped the sun rising from between the Meoto Iwa rocks and the Spiritual Stone off the coast since ancient times.



The place where cultured pearls were produced for the first time in the world. On the Pearl Island, the pearl cultivators reproduce the work performed by the Ama divers who took care of Akoya shells until pearls were fully cultivated for harvesting. The performers are dressed in the traditional white diving suits as they reenact the Ama's activities.



## Plan 2

<Day 1>

From Osaka, Kyoto or Nagoya to Ujiyamada Station (by limited express train) — Bus — ①Ise Jingu Shrine (Naiku (Inner Shrine)) —  
Walk — ②Okage Yokocho (side street) — From Ise City to Shima City (Kintetsu) — Ugata Station — Taxi —  
③Yokoyama Observatory Deck (Stay over the night in Shima City)

<Day 2>

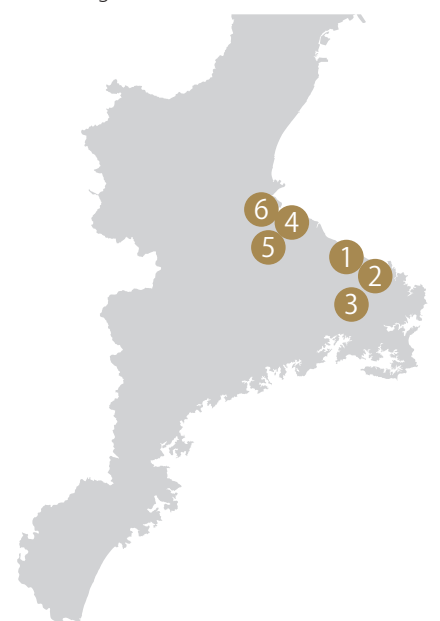
From Shima City to Matsusaka City (Kintetsu) — ④Matsusaka Castle —  
⑤Gojoban Yashiki (Castle Barracks) — ⑥Matsusaka Merchant Museum —  
Lunch : Matsusaka beef (reservation recommended) —  
From Matsusaka City to Osaka, Kyoto or Nagoya (by limited express train)



From the Yokoyama Observatory Deck, you have a panoramic view of Ago Bay decorated with pearl rafts, rugged coastlines and about 60 islets. The deck is known for the beautiful scene of the sun setting in the sea and for the variety of views which are colored by the four seasons.



Matsusaka Castle sitting on stone walls on plain land was built in 1584 by Ujisato Gamou, a servant of daimyo Hideyoshi Toyotomi. The building has been lost, and the sturdy stone walls are remaining today. It is known as the beautiful cherry blossom and Japanese wisteria flowers and listed in the best 100 castles of Japan.



# Model courses for 3-day trip

Below are a few model courses for a 3-day trip to visit the main tourist destinations in Mie Prefecture. In addition to the well-known Ise Jingu Shrine, the trips will take you into the nature of Ise-Shima with various experience facilities and activities to enjoy the local traditional culture.

## Plan 1

<Day 1>

From Osaka, Kyoto to Uenoshi Station (by expressway bus) — ①Iga-ryu Ninja Museum — ②Ueno Castle — ③Danjiri Hall —  
Iga Kumihimo (braid) handcrafting — From Ueno City to Ise City (by train with transfers) (Stay over the night in Ise City)

<Day 2>

④Ise Jingu Shrine (Naiku (Inner Shrine)) — ⑤Okage Yokocho (side street) — From Ise City to Toba City (by train) —  
From Toba Station by taxi or shuttle bus — Lunch : Ama (female divers) Hut (reservation required) —  
To Toba Station by taxi or shuttle bus — ⑥Meoto Iwa (Married Couple Rocks) (Stay over the night in Toba City)

<Day 3>

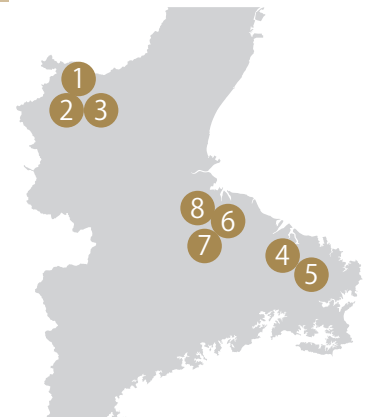
From Toba City to Matsusaka City (by train) — ⑦Matsusaka Castle — ⑧Gojoban Yashiki (Castle Barracks) —  
⑨Matsusaka Merchant Museum — Lunch : Matsusaka beef (reservation recommended) —  
From Matsusaka City to Osaka, Kyoto or Nagoya (by limited express train)



Iga-ryu Ninja Museum exhibits a ninja house designed with various tricks and traps, Ninja Experience Hall displaying the weapons and tools, and Ninja Tradition Hall showing the cryptogram, physiognomy and other techniques employed by ninjas.



A reproduction of the townscape of the times covering shogun era up to the late 19th century when the area prospered with "Oisemairi" visitors who came to worship at Ise Jingu Shrine. The wide range of shops showcases the local relishes, history, customs and people's character in a package.



## Plan 2

<Day 1>

From Kyoto, Osaka or Nagoya to Ise City (by limited express train) — ①Ise Jingu Shrine (Naiku and Geku (Inner and Outer Shrines)) —  
②Okage Yokocho (side street) — From Ise City to Shima City (by train) (Stay over the night in Shima City)

<Day 2>

By reserved transport (taxi) — ③Pearl extraction experience (reservation required) —  
④Katsuo Ibushi Goya (bonito smoking house) (reservation required) — Lunch : Ama (female divers) Hut (reservation required) —  
⑤Shima Nature School sea kayak riding (reservation required) —  
⑥Yokoyama Observatory Deck (Stay over the night in Shima City)

<Day 3>

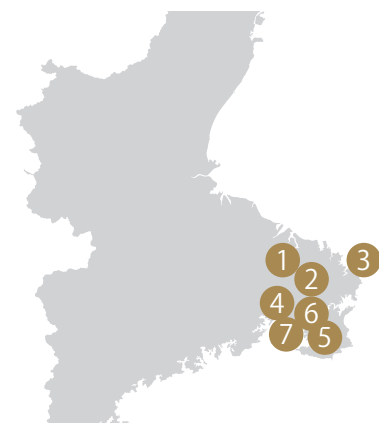
Taxi — ⑦Kashikojima Fishing Park "Kaiyuen" for fishing and lunch —  
From Kashikojima Station to Osaka, Kyoto or Nagoya (by limited express train)



You can experience the extraction of Akoya pearl on a pearl raft or the creation of your original accessory by processing the extracted pearl into the one and only ornament item in the world.



You don't need to be a fishing expert to enjoy a safe fishing experience in Kashikojima Fishing Park. In addition to fishing at the pond, you can board a boat to sail offshore in the calm bay to try to catch different kinds of fish in a single fishing operation, which is called "Gomokuduri"





# Accommodations

## 1 Hotel Hanamizuki \*\*\*\*

First-class hotel, where you can enjoy a large public bath in a garden surrounded by Japanese atmosphere and a soothing sound of flowing water. After being refreshed both in mind and body with the skin-friendly natural hot spring, you can spend a leisurely time with the local seasonal delicacies in your room.



<http://www.nagashimaresort.jp/hanamizuki/>

◆Number of rooms: 177 ◆Room types: Japanese, Western/Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: not available  
◆Room with private outdoor bath: available ◆Wi-Fi: available in Main Building  
◆Children: acceptable ◆Check-in: 14:00 ◆Check-out: 11:00

TEL +81-594-45-2000 (9:00~19:00)  
Access 333 Urayasu, Nagashimacho, Kuwana, Mie, 511-1192  
15 mins by car from Kuwana Station on Kintetsu Line

## 3 Hinotani Onsen Misugi Resort \*\*\*

Resort facility created in quiet countryside where you can enjoy a sky full of stars at night and wake up with bird songs in the morning. Enjoy hot spring in aromatic Japanese cypress bath, large outdoor bath, crafted beer produced on the facility premises, forest therapy and many other activities.



<http://www.misugi.com/>

◆Number of rooms: 163 ◆Room types: Western, Japanese, Western/Japanese  
◆Hot spring: available ◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: not available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 10:00

TEL +81-59-272-1155  
Access 5990 Yachi, Misugicho, Tsu, Mie, 515-3421  
Shuttle service available from Sakakibara-Onsenguchi Station on Kintetsu Line (reservation required)

## 5 Oyado The Earth \*\*\*\*\*

Hotel built on a cape having a virgin forest with a panoramic view of the Pacific Ocean. Feel the great Earth as the morning sun rises from the horizon and the moonlight is reflected on the wavering sea surface. All rooms are designed with an outdoor hot spring bath for you to spend a luxurious, blissful time.



<http://www.the-earth.in/>

◆Number of rooms: 16 ◆Room types: Japanese, Western/Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 14:00 ◆Check-out: 11:00

TEL +81-599-21-8111  
Access Ryunosu, Nakanoyama, Ijikacho, Toba, Mie, 517-0026  
Shuttle service available from Toba Station on Kintetsu Line (reservation required)

## 2 Suzuka Circuit Hotel \*\*\*

Hotel offering a mobility resort for the Suzuka international motor race circuit under the concept of "Family." Both adults and children are welcome to enjoy the resort with three unique restaurants and camping experience.



<http://www.suzukacircuit.jp/hotel/>

◆Number of rooms: 229 ◆Room types: Western ◆Hot spring: available  
◆Large public bath: available ◆Private bath: not available  
◆Room with private outdoor bath: not available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 14:00 ◆Check-out: 11:00

TEL +81-59-378-5489 (weekdays: 09:00-19:00 \*From November to February: 09:00-18:00, Sat/Sun/holidays: 09:00-18:00 \*From November to February: 09:00-17:45)  
Access 7992 Inouchi, Suzuka, Mie, 510-0295  
15 mins by car from Shiroko Station on Kintetsu Line

## 4 Todaya \*\*\*

Hotel located on the seacoast with a breath-taking, panoramic view of Toba Bay, equipped with a wide selection of 13 baths and 2 foot-baths for men and women combined. The relaxing, open-air bath with an ocean view is highly popular among our guests. Enjoy our exquisite seafood dishes as well.



<http://www.todaya.co.jp/>

◆Number of rooms: 163 ◆Room types: Japanese, Western/Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 10:00

TEL +81-599-25-2500  
Access 1-24-26 Toba, Toba, Mie, 517-0011  
Shuttle service available from Toba Station on Kintetsu Line

## 6 Toba View Hotel Hanashinju \*\*\*

The hotel offers banquet dishes using seasonal ingredients which are arranged by Sadakatsu Matsuura awarded with "Medal with Yellow Ribbon" for his culinary achievements. The delicate tastes he creates simply impress the people who savor them. The outdoor bath with a panoramic view of Toba Bay will add delight to your trip.



<http://www.tvh-hana.co.jp/>

◆Number of rooms: 48 ◆Room types: Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 10:00

TEL +81-599-25-2111  
Access 1075-98 Arashimacho, Toba, Mie, 517-0021  
Shuttle service available from Toba Station on Kintetsu Line

# Accommodations

## 7 Hanashinsui \*\*\*\*

Inn built on a plateau and blended quietly with magnificent natural surroundings. Enjoy the creative dishes cooked in a Japanese-French fusion style which maximizes the taste of local fresh ingredients. A sake cellar installed in the inn gives you a variety from which you can select the best sake that goes with your food.



<http://www.hanashinsui.com/>

◆Number of rooms: 25 ◆Room types: Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 10:00

TEL +81-599-32-6100 (weekdays: from 10:00 to 18:00)  
Access 187 Ijikacho, Toba, Mie, 517-0026  
Shuttle service available from Toba Station on Kintetsu Line (reservation required)

## 9 Shima Kanko Hotel The Classic \*\*\*\*

Long-established hotel which was used as a venue for top-level meetings in the 2016 Ise-Shima G7 Summit. Renovated and re-opened in 2016. Located on a high ground looking over the ria coast underneath. The French dishes created with fresh marine products and traditional expertise are highly acclaimed by both domestic and foreign guests.



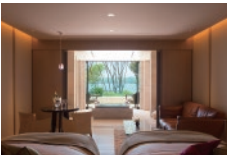
<https://www.miyakohotels.ne.jp/shima/>

◆Number of rooms: 114 ◆Room types: Western ◆Hot spring: not available  
◆Large public bath: not available ◆Private bath: not available  
◆Room with private outdoor bath: not available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 14:00 ◆Check-out: 11:00

TEL +81-599-43-1211 (weekdays: 09:00-22:00, Sat/Sun/holidays: 09:00-20:00)  
Access 731 Shinmei, Agocho, Shima, Mie, 517-0502  
Shuttle service available from Kashikojima Station on Kintetsu Line (reservation required)

## 10 The Hiramatsu Hotels & Resorts Kashikojima \*\*\*\*\*

Luxurious hotel with 8 rooms managed by "Hiramatsu" which deploys French restaurants all over Japan. You can enjoy the unique tastes of Ise-Shima area endowed with rich and fine ingredients and thus known as "Treasury of Food" since old times.



<http://www.hiramatsuhotels.com/kashikojima/>

◆Number of rooms: 8 ◆Room types: Western ◆Hot spring: available  
◆Large public bath: not available ◆Private bath: available  
◆Guest room with outdoor bath / 4 rooms (with half-outdoor bath) ◆Wi-Fi: available  
◆Children: acceptable ◆Check-in: 15:00 ◆Check-out: 11:00

TEL +81-599-65-7001  
Access 3618-52 Ugata, Agocho, Shima, Mie, 517-0501  
Shuttle service available from Kashikojima Station on Kintetsu Line (reservation required)

## 8 Basaratei \*\*\*\*\*

"Basara" means free and easy. The accommodation built on a spacious site has only 18 rooms, all of which are luxuriously equipped with an outdoor bath. The facility is designed with various ideas which allow our guests to spend a completely free, private time without being bothered at all.



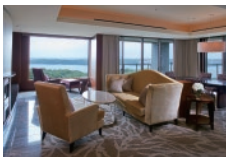
<http://www.basaratei.com/>

◆Number of rooms: 18 ◆Room types: Japanese/Western ◆Hot spring: available  
◆Large public bath: not available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 11:00

TEL +81-599-46-1189  
Access 3618-74 Ugata, Agocho, Shima, Mie, 517-0501  
Shuttle service available (call the hotel upon arrival at Kashikojima Station on Kintetsu Line)

## 9 Shima Kanko Hotel The Baysuites \*\*\*\*\*

The hotel was used to accommodate the leaders of the nations which participated in the 2016 Ise-Shima G7 Summit. Surrounded by Ago Bay famous for pearl farming, the accommodation has only suite rooms. High-quality hospitality will offer you a luxurious vacation.



<https://www.miyakohotels.ne.jp/shima/>

◆Number of rooms: 50 ◆Room types: Western ◆Hot spring: not available  
◆Large public bath: not available ◆Private bath: not available  
◆Room with private outdoor bath: not available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 12:00

TEL +81-599-43-1211 (weekdays: 09:00-2:200, Sat/Sun/holidays: 09:00-20:00)  
Access 731 Shinmei, Agocho, Shima, Mie, 517-0502  
Shuttle service available from Kashikojima Station on Kintetsu Line (reservation required)

## 11 Hotel Tokinoza \*\*\*

New-style hotel which offers its guests the fun of selecting and combining the fresh seafood items brought to a nearby fishing port to enjoy a dinner of their own design. Make your stay more pleasurable by enjoying the outdoor bath right in front of the Ocean while feeling the refreshing sea breeze.



<http://www.1000kodo.com/>

◆Number of rooms: 45 ◆Room types: Western, Western/Japanese ◆Hot spring: available  
◆Large public bath: available ◆Private bath: available  
◆Room with private outdoor bath: available ◆Wi-Fi: available ◆Children: acceptable  
◆Check-in: 15:00 ◆Check-out: 11:00

TEL +81-597-46-2111  
Access 3043-4 Higashinagashima, Kihokucho, Kitamurogun, Mie, 519-3204  
Shuttle service available from Kii-Nagashima Station on JR Line or Isuzugawa Station on Kintetsu Line (reservation required)



## For Sightseeing

### 12 Nagashima Spa Land

Core entertainment facility in the Nagashima Resort, one of the largest amusement parks in Japan. The site area is the second largest in Japan following the Tokyo Disneyland. The facility offers great entertainment to both adults and children.



<http://www.nagashima-onsen.co.jp/spaland/>

**Opening days/hours** See the website for details  
**Admission fee** ¥1,600 for adults, ¥1,000 for elementary school students, ¥500 for pre-school children  
**TEL** +81-594-45-1111 (switchboard)  
**Accès** 333 Urayasu, Nagashimacho, Kuwana, Mie, 511-1192  
About 50 mins by Highway Bus departing Nagoya Station bound for "Nagashima Onsen"  
About 20 mins by Mie Kotsu Bus from Kuwana Station on JR and Kintetsu Lines



### 14 Ninja Museum of Igaryu

The museum exhibits a reproduced traditional ninja house and a ninja art experience facility exhibiting tools and weapons used by ninjas. The ninja art show performs their skills by actually using ninja stars, swords and sickle chains, offering great excitement to the viewers.



<http://www.iganinja.jp/>

**Opening days /hours** 09:00-17:00 \*entrance acceptable by 16:30.  
\*Closed from December 29 to January 1  
**Admission fee** ¥756 for adults (high school or older), ¥432 for children (from age 4 to junior high school)  
**TEL** +81-595-23-0311  
**Accès** 117 Uenomarunouchi, Iga, Mie, 518-0873  
About 10 mins by foot from Uenoshi Station on Iga Line



### 16 Gojoban Yashiki (Castle Barracks)

Samurai residence occupied by samurais in Kishu Area (today's Wakayama Prefecture) in order to secure Matsusaka Castle in the Edo period. This type of tenement house (or kumiyashiki) for low-class samurais is rarely found today, and people are still living in it even today.



<http://www.matsusaka-kanko.com/language/en/culture/>

**Opening days /hours** 09:00-16:00 \*Closed on Monday (if it is a holiday, the following day) and year-end/New Year period  
**Admission fee** every XXXXday **TEL** +81-598-26-5174  
**Accès** 1385 Tonomachi, Matsusaka, Mie, 515-0073  
Take bus departing Matsusaka Station on JR and Kintetsu Lines bound for "Fujinokidai," "Kawaicho," or "Azaka/Ono" for 5 mins, get off at "Shimin byoin mae" and walk for 3 mins



### 13 Suzuka Circuit

Leisure facility built in connection with the international motor race circuit. The amusement park and hotel are featuring automobiles. You can experience the motor race on the real racing circuit in a cart, which is enjoyed by the visitors regardless of their age.



<http://www.suzukacircuit.jp/>

**Opening days/hours and admission fee** See the website for details  
**TEL** +81-59-378-1111 (switchboard)  
**Accès** 7992 Inouchi, Suzuka, Mie, 510-0295  
Use the route bus between Shiroko Station Nishi (west) and Suzuka Circuit  
Bus fee: (one way): ¥400 for adults, ¥200 for children (up to elementary school students)  
See the website of Mie Kotsu: <http://www.sanco.co.jp/>



### 15 Iga Ueno Castle

Named also "Hakuho (white phoenix) Castle" because its beautiful white feature of a three-layer structure resembles the figure of Chinese phoenix resting its wings. The stone wall of 30 m in height, one of the tallest in Japan, is a must-see structure. The atmosphere of the Japanese Civil War period is preserved inside the wooden castle.



<http://igaueno-castle.jp/>

**Opening days /hours** 09:00-17:00 \*entrance acceptable by 16:45.  
\*Closed from December 29 to 31  
**Admission fee** ¥500 for adults, ¥200 for children  
**TEL** +81-595-21-3148  
**Accès** 106 Uenomarunouchi, Iga, Mie, 518-0873  
About 8 mins by foot from Uenoshi Station on Iga Line



### 17 Matsusaka Merchant Museum

Matsusaka City preserves a number of merchant houses of the Edo period. The "Matsusaka shonin (merchants)" were known for their steady business practices and shop management. The area well reflects the landscape of those days including the restored house of local business magnate Kiyozemon Ozu.



<http://www.matsusaka-kanko.com/language/en/culture/>

**Opening days /hours** 09:00-16:30 (from April to September)/09:00-16:00 (from October to March) \*Closed on Monday, the day after holiday, and year-end/New Year period (from December 29 to January 3)  
**Admission fee** ¥200 for adults, ¥100 for ages 6 to 18  
**TEL** +81-598-21-4331  
**Accès** 2195 Honmachi, Matsusaka, Mie, 515-0081  
About 10 mins by foot from Matsusaka Station on JR and Kintetsu Lines



## For Sightseeing

### 18 Ise Jingu (Ise Grand Shrine)

The spiritual home of Japanese people having the history of about 2,000 years, consisting of a total of 125 shrines in the Inner Shrine and Outer Shrine premises. With Sun Goddess, Amaterasu Omikami, enshrined therein, it is deeply involved with the birth of the nation of Japan.



<http://www.isejingu.or.jp/>

**Opening days/hours** See the website for details  
**TEL** +81-596-24-1111  
**Accès** Inner Jingu Shrine (Kotai Jingu): 1 Ujitachicho, Ise, Mie  
Outer Jingu Shrine (Toyoke Daijingu): 279 Toyokawacho, Ise, Mie  
Inner Jingu Shrine (Kotai Jingu): about 30 mins by foot or 6 mins by taxi from Isuzugawa Station on Kintetsu Line  
Outer Jingu Shrine (Toyoke Daijingu): About 5 mins by foot from Iseshi Station on JR and Kintetsu Lines



### 20 Mikimoto Pearl Island

The location is renowned as the birthplace of cultured pearls after Japanese entrepreneur Kokichi Mikimoto succeeded in culturing pearls for the first time in 1893. The main attractions are Mikimoto Museum, Pearl Plaza and performance by Ama (female divers).



<http://www.mikimoto-pearl-museum.co.jp/>

**Opening days/hours** See the website for details  
**Admission fee** ¥1,500 for adults, ¥750 for children (elementary or junior high school)  
**TEL** +81-599-25-2028  
**Accès** 1-7-1 Toba, Toba, Mie, 517-8511  
About 5 mins by foot from Toba Station on JR and Kintetsu Lines



### 22 Yokoyama Observation Deck

203-meter-high observation deck from which you can enjoy a panoramic view of about 60 islets and the ragged peninsula sticking out into the sea looking as if repeatedly overlapping with these islets. Its beautiful view at sunset time is highly popular. Enjoy the breath-taking views of a striking contrast of the blue sky and cherry blossoms in spring and yellow/red leaf colors in autumn.



<https://www.iseshima-kanko.jp/en/see-and-do/1249>

\*Due to the renovation work on Yokoyama Observation Deck, access to the deck (in part), and other park facilities including the hill top parking lot and access roads is closed until July 2018 (planned). (Car entry into the hill top parking lot is controlled beginning in September 2017)  
About 15 mins on foot from Yokoyama Visitor Center  
**Accès** 875-20 Ugata, Agocho, Shima, Mie, 517-0501  
About 40 minutes by foot or 5 mins by taxi from Ugata Station on Kintetsu Line



### 19 Futami Okitama Shrine (Meoto-iwa)

Shrine known as the place to perform purification before visiting Ise Jingu Shrine. The Meoto-iwa (husband-wife rocks) belongs to the shrine and is a highly popular tourist destination. It used to be a custom to perform purification at the Futamigaura coast before visiting and worshipping at Ise Jingu Shrine.



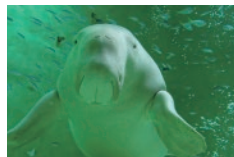
<https://www.iseshima-kanko.jp/en/see-and-do/2022>

**Opening days/hours** 24 hours (distribution of charms and other items is conducted from sunrise to sunset)  
**Admission fee** free  
**TEL** +81-596-43-2020  
**Accès** 575 Futamichoe, Ise, Mie, 519-0602  
About 15 mins by foot from Futamigaura Station on JR Sangu Line



### 21 Toba Aquarium

The aquarium boasts the largest number of breeding species and being the only aquarium raising a dugong in Japan. The facility is divided into 12 zones according to the families and living environments of the marine creatures. The length of the walking path, 1.5 km, is also No.1 in Japan.



<http://www.aquarium.co.jp/>

**Opening days/hours** 09:00-17:00 (08:30-17:30 from July 20 to August 31)  
**Admission fee** ¥2,500 for adults, ¥1,250 for students (elementary or junior high school), ¥630 for children (age 3 or older)  
**TEL** +81-599-25-2555  
**Accès** 3-3-6 Toba, Toba, Mie, 517-8517  
About 10 mins by foot from Toba Station on JR and Kintetsu Lines



### 23 Kumano kodo Iseji Pilgrimage Route

Kumano pilgrimage is the practice of visiting three main shrines in Kumano, initiated by the aristocracy in the Heian period (794-1185 CE). Kumano Kodo Iseji is a route of prayers from Ise Jingu Shrine to the three Kumano shrines. The route was listed in the world cultural heritage in 2005.



[http://www.kumadoco.net/kodo\\_eng/](http://www.kumadoco.net/kodo_eng/)





## For Eexperience

### 24 Iga Kumihimo Braid Handicraft (reservation required)

The origin of Iga Kumihimo dates back to the second half of 1300 CE when it began to be used for the costumes and masks worn by No play performers. You can enjoy handcrafting kumihimo by combining threads in various colors to make a pattern and then attach a metal ornament to create your own bracelet or key holder.



**Contact** Mie prefecture Kumihimo association  
<http://www.kumihimo.or.jp/>



### 26 Matsusaka Cotton Kimono Town Parade (machiaruki)

Matsusaka cotton woven in characteristic stripe patterns spread throughout Japan as a souvenir item of the visitors to Ise Jingu Shrine and became a national trend in the Edo period. The cotton kimono was fashionably worn by Kabuki performers as "Matsusaka." Make a good trip memory by wearing it as you enjoy sightseeing or local cuisine.



**Contact** Kirakuya  
<http://r.goope.jp/kirakuya2015/free/english>  
Matsusaka City Tourist Information Center  
<http://www.matsusaka-kanko.com/language/en>



### 28 Dried Bonito (Katsuobushi) House Visit Tour (reservation required)

Katsuo Ibushi Goya (bonito smoking house) produces dried bonito of highest class by strictly observing the traditional Tebiyama method where-by high-grade Bincho charcoal is used to dry and smoke bonito. Dried bonito is one of the major traditional Japanese food ingredients, and notably good for health and indispensable for adding sensitive taste to Japanese cuisine.



**Contact** Katsuo-no-Tenpaku, Maruten Co., Ltd.  
<http://www.katuobushi.com/koya.html>  
Shima-City Tourist Association  
<http://www.kanko-shima.com/en>



### 25 Ninja Costume Town Parade (machiaruki)

In Iga Ueno, Ninja Festa is held in April and May every year, and the town becomes filled with people in ninja costumes. It will be great fun to be dressed in colorful ninja costumes with your friends or family and join the parade through the retro townscape of Iga.



**Contact** Iga-Ueno Tourist Association  
<http://www.iga-travel.jp>



### 27 Pearl Extraction Experience (reservation required)

Akoya pearls made in Japan are credited as the world's origin of the pearl cultivation. Compared to other pearls, they are said to be closer to complete round shape and have more striking colors and shines. Treat yourself with the rare experience of extracting such a beautiful pearl from an Akoya pearl oyster.



**Contact** Shima-City Tourist Association  
<http://www.kanko-shima.com/en>



## For Gourmet

### 29 Dengakuza Wakaya

"Dengakuza Wakaya" established in 1800 is known for original dengaku dishes, or grilled food using miso paste. The origin of dengaku was in the Heian period (794-1185 CE) when tofu brought from China was skewered and grilled with miso pasted on it. The restaurant continues to make the traditional dengaku tofu and offer its exquisite taste.



<http://wakaya.jacklist.jp/>

**Opening hours** 11:00-14:00, 17:00-20:00  
\*Closed as the food is sold out.  
Closed: Monday (open when it is a national holiday)

**TEL** +81-0595-21-4068

**Access** 3591 Uenonishitecho, Iga, Mie, 518-0878

About 10 mins by foot to the west from Uenoshi Station on Iga Line



### 31 Shoutoan

Restaurant offering Matsusaka beef dishes in a traditional Japanese house. Enjoy the good old Japanese atmosphere created by an authentic Japanese warehouse built in the moss-grown garden. They offer a course menu or banquet menu of Japanese cuisine.



<http://shoutouan.com/>

**Opening hours** Lunch: 11:00-15:00 (Last Order 14:00)  
Tea and light meals: 11:00-16:00 (Last Order 15:00)  
Dinner: 17:00-22:00 (Last Order 21:00) \*Reservation only  
Closed: Wednesday

**TEL** +81-0598-23-0657

**Access** 1360 Tonomachi, Matsusaka, Mie, 515-0073

About 12 mins by foot from Matsusaka Station, South Exit (JR ticket gate side)



### 33 Ama Hut Hachiman Kamado

Gather together and sit around the fireplace in an Ama hut to enjoy the fresh sea delicacies such as charcoal grilled crabs or sashimi raw fish while listening to the stories of active female divers. The life stories of those still working Ama divers in their 70's or 80's will surely energize you.



<http://amakoya.com/>

**Opening hours** Sunday  
Closed: not fixed

**TEL** +81-599-33-1023

**Access** 819 Osatsucho, Toba, Mie, 517-0032

Free shuttle bus service available from Toba Station (departing at 11:30, 13:00 and 14:30) \*Reservation required



### 30 Wadakin

Renowned restaurant specialized in Matsusaka beef, offering the Japan's best brand beef dishes for almost 140 years since its establishment. They offer you the best of Matsusaka beef by preparing it in sukiyaki, mesh grill, plate grill or other method according to the cut of your order.



<http://e-wadakin.co.jp/menu/>

**Opening hours** 11:30-20:00, or 11:00- on Sat/Sun/holidays  
Closed: 4th Tuesday (or another day in certain months) and January 1 and 2

**TEL** +81-0598-21-1188

**Access** 1878 Nakamachi, Matsusaka, Mie, 515-0083

About 8 mins by foot or 5 mins by taxi from Matsusaka Station on Kintetsu Line



### 32 Ama Hut Osatsu Kamado

"Osatsu Kamado" is a hut for Ama, or female divers, who take a rest after diving into the sea. You can enjoy the fresh sea delicacies straight from the catches while listening to the stories of Ama. This offers you a real cultural experience of Ama diving, a profession which has been handed down for 2,000 years.



<http://osatsu.org/>

**Opening hours** Lunch time: 11:30-1400 (for about one hour)  
Tea time: 10:00/15:00 (for one hour)  
Closed: not fixed

**TEL** +81-599-33-7453 (Osatsu Tourist Association)

**Access** 1238 Osatsucho, Toba, Mie, 517-0032

About 25 mins by car from Toba Station on JR and Kintetsu Lines



### 34 Ama Hut Satoumian

Treat yourself with the local sea delicacies such as Ise lobster, abalone, turban shell or other fresh catches while you listen to the rare, real-life stories of Ama fishing. The hut also offers "Tekone sushi," a traditional Shima dish.



<http://satoumian.com/>

**Opening hours** 11:00-20:00 (Last Order 18:00)  
Closed: year-end and New Year period

**TEL** +81-0599-85-1212

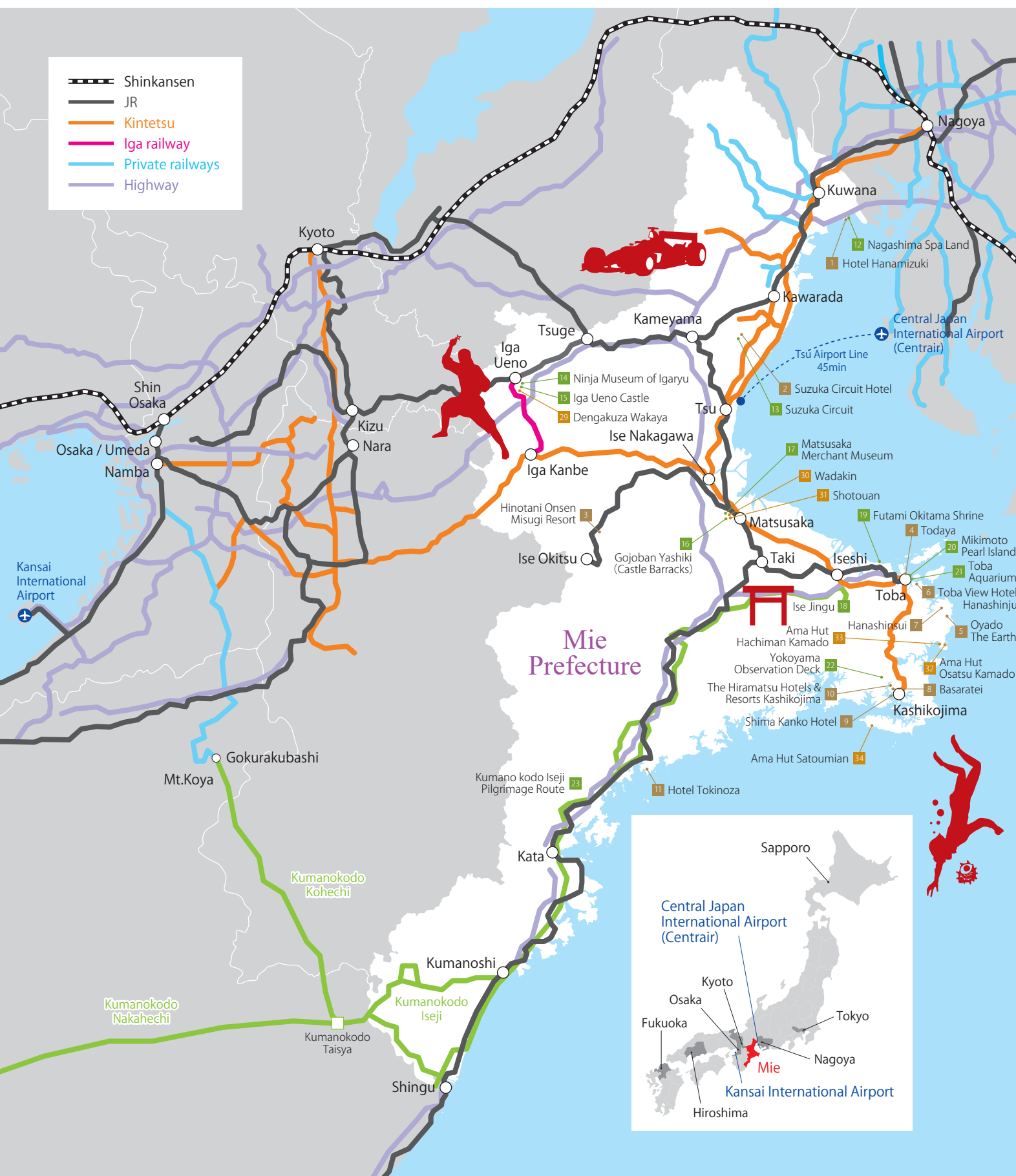
**Access** 2279 Koshika, Shimacho, Shima, Mie, 517-0704

Take Mie Kotsu bus from Kintetsu Ugata Station bound for "Gozako" for about 60 mins, get off at "Azurihama" stop and walk for a short distance.



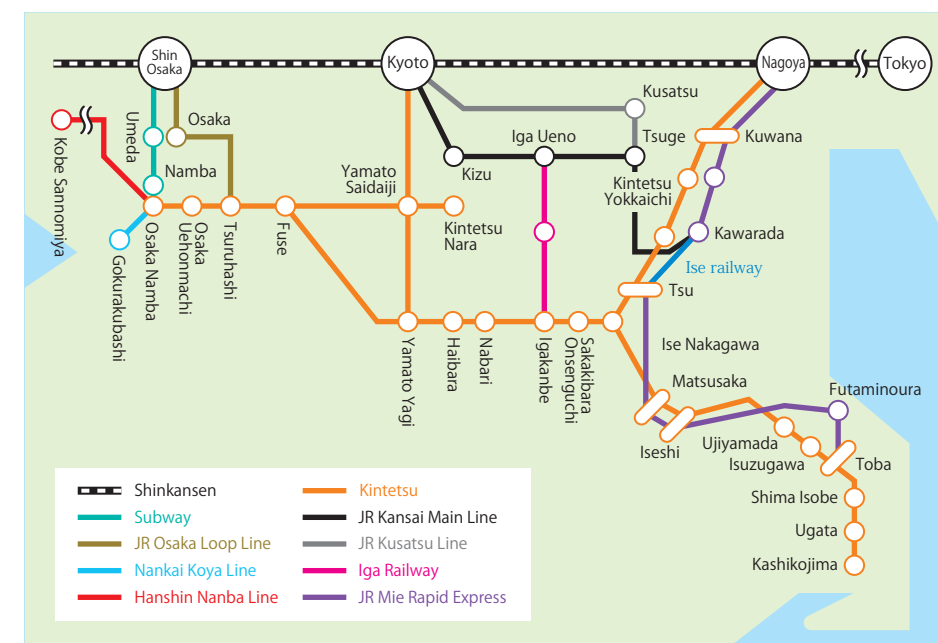


## Ise-Shima Access Map



## Railways

※Times listed are approximate.  
Please confirm the latest timetable  
and fares at the time of use.



### Kintetsu Limited Express

Origin - Destination		Frequency (Journey time)	
Osaka Namba Station	Approx. 2 hrs. 5 mins.	Toba Station	Approx. 30 mins.
Kintetsu Nagoya Station	Approx. 1 hrs. 40 mins.	Toba Station	Approx. 30 mins.
Kyoto Station	Approx. 2 hrs. 15 mins.	Toba Station	Approx. 30 mins.
		Kashikojima Station	Kashikojima Station

### Kintetsu Railway is a convenient way to travel around Mie area.

※All Kintetsu limited express seats are reserved. Purchase both your regular ticket and limited express ticket before boarding the train. The limited express ticket specifies the day, train, carriage, seat and boarding section.  
※Limited express ticket is valid for the designated train only.

Click here for more information

<http://www.kintetsu.co.jp/foreign/english/> (english)



## Convenient and Economical RAIL PASS

### KINTETSU RAIL PASS KINTETSU RAIL PASS plus

This is a special ticket offered by Kintetsu Railway that enables ticket holders to use all Kintetsu lines. \*Valid period: 5 days

Click here for more information

<http://www.kintetsu.co.jp/foreign/english/ticket/krp.html> (english)  
<http://www.kintetsu.co.jp/foreign/english/ticket/krp-plus.html> (english)



### JAPAN RAIL PASS

Japan rail pass is offered jointly by six JR group companies. This is the most economical way to travel throughout Japan on rail. Restrictions prevent use of Nozomi and Mizuho on the Tokaido, Sanyo and Kyushu Shinkansen.

Click here for more information

<http://www.japanrailpass.net/en/> (english)

