Into mysterious Japan

MIE
ISE SHIMA
Sightseeing Guide

Mie Prefecture

Mie Prefecture Facebook account
Travel Mie Japan (english)
Mie Prefecture Instagram account
visitmie

Tourism

Mie Travel Guide

Mie Promotion Movie

Kumano Kodo Iseji Route

Youtube
https://www.youtube.com/watch?v=mWW7jiwa_io (english)
https://www.youtube.com/watch?v=8a6UOpJwHMM (english)
https://www.youtube.com/watch?v=Zg-x26Jhibi (english)
https://www.youtube.com/watch?v=f552yQYs3v4 (english)

MICE

MIE MICE Planning Guide

MIE MICE GUIDE (E Book)
http://www.pref.mie.lg.jp/INBOUND/HP/MICE/ebook/ (english)

Mie Mice Promotion Movie (Youtube)
https://youtube/5qcYf1tOYks (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 Centrail International Airport, Airport Limousine / Kyoto Highway Bus / Osaka Highway Bus)
http://www.sanco.co.jp/foreign/english/ (english)
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 vast 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 Edō Period (1603–1868), of the total population of 30 million, 5 million people visited Ise Shrine. Ise Pilgrimage became very popular among commoners during the Edō Period.

Uji Bridge is known as the bridge that connects everyday world to the sacred world of the gods. There are Tori 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 Yamato-shime-no-miko, a daughter of the 11th Emperor, Sunmi, who is said to have established Ise Jingu. The legend tells of Yamato-shime no-miko washing a hem of one of the twelve-layered ceremonial robes that became dirty in the water of Isejuku River.

Embraced in Mystery and Sublimity

Sunlight filtering through trees shines onto the surface of the clear stream of Isejuku River creating dreamy scenery of flickering light in the forest. The quiet murmuring 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 3,000 years. Visitors feel the sublimity of a sanctuary.
Mysteries of Myths

Sun Goddess, Amaterasu Omikami, is defined as the universal tutelary god to Japanese people. The universal tutelary god is worshipped by all Japanese people. It is here at Ise-Jingu Shinto that Amaterasu Omikami is enshrined, and the official name is simply Jingū. 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 Yatara-kaigami (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 Jingū 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 Iwo-tu-gai (the hiding of Amaterasu Omikami in the heavenly rock cave). In the effort to save Amaterasu Omikami out of the cave, about 8 million troubled gods and goddesses created a huge mirror, and this is the source of the Yatara-kaigami. 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 rams 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 1,650 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 isobu (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 Tanen Festival Devil’s Parade and the Danjiri float procession, which is registered as UNESCO intangible cultural heritage. Festivals originated as events to worship gods, and the 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-yutsu (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 (532-710) 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 ronin. Ninjas protected Ieyasu from the attack by the ronin. 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 Ushiwakoya 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 Kutagami (dyeing stencils) has a history of over 1,000 years. They are used for dying kimonos such as Yukes, yukatas, 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 the 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 Shuzenki 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 destination 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 heritage.

Plan 1

**<Day 1>**
- From Osaka, Kyoto or Nagoya to Ulyamada Station (by limited express train) --- Bus ---
  - Use Jingu Shrine-Pass (Inner Shrine) --- Walk --- Okage Yokocho (side street) --- CAN Bus ---
  - Muroto Iwa (Hallowed Couple Rocks) --- CAN Bus --- (Stay over the night in Toba City)

**<Day 2>**
- Akimoto Pearl Island --- Taxi or shuttle bus from Toba Station ---
  - Lunch: Ama (female divers) Hut (reservation required) --- Taxi or shuttle bus ---
  - From Toba City to Osaka, Kyoto or Nagoya (by limited express train)

Plan 2

**<Day 1>**
- From Osaka, Kyoto or Nagoya to Ulyamada Station (by limited express train) --- Bus ---
  - Use Jingu Shrine (Naku Inner Shrine) ---
  - Walk --- Okage Yokocho (side street) --- From Ise City to Shima City(Kintetsu) --- Ugata Station --- Taxi ---
  - Yokoyama Observatory Deck --- (Stay over the night in Shima City)

**<Day 2>**
- From Shima City to Matusaka City(Kintetsu) ---
  - Matsusaka Castle ---
  - Gogoban Yashiki (Castle Barracks) --- Matsusaka Merchant Museum ---
  - Lunch: Matsusaka beef (reservation recommended) ---
  - From Matusaka City to Osaka, Kyoto or Nagoya (by limited express train)

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Model courses for 3-day trip

Below are a few model courses for a 3-day trip to visit the main tourist destination in Mie Prefecture. In addition to the well-known Ise Jingu Shrine, the trip 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) ---
  - Iga Kurnihime (bird) handcrafting ---
  - From Ueno City to Ise City (by train with transfer) ---
  - Iga Kurnihime (bird) handcrafting --- (Stay over the night in Ise City)

**<Day 2>**
- Use Jingu Shrine (Naku Inner Shrine) ---
  - Walk --- Okage Yokocho (side street) --- From Ise City to Toba City (by train) ---
  - Lunch: Ama (female divers) Hut (reservation required) ---
  - Muroto Iwa (Hallowed Couple Rocks) --- (Stay over the night in Toba City)

**<Day 3>**
- From Toba City to Matusaka City (by train) ---
  - Gogoban Yashiki (Castle Barracks) ---
  - Matsusaka Castle ---
  - Lunch: Matsusaka beef (reservation recommended) ---
  - From Matusaka City to Osaka, Kyoto or Nagoya (by limited express train)

Plan 2

**<Day 1>**
- From Osaka, Kyoto or Nagoya to Ise City (by limited express train) ---
  - Use Jingu Shrine (Naku and Geku Inner and Outer Shrine) ---
  - Walk --- Okage Yokocho (side street) --- From Ise Station to Shima City (by train) ---
  - Stay over the night in Shima City

**<Day 2>**
- By reserved transport (taxi) --- Pearl extraction experience (reservation required) ---
  - Kizuna Bridge --- Goya (sightseeing boat) (reservation required) ---
  - Shima Nature School sea kayak riding (reservation required) ---
  - Yokoyama Observatory Deck --- (Stay over the night in Shima City)

**<Day 3>**
- Taxi ---
  - Kushikojima Fishing Park "Kayuen" for fishing and lunch ---
  - From Kushikojima Station to Osaka, Kyoto or Nagoya (by limited express train)

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The same Muroto Iwa was given as the two rocks look like a man-made couple standing side by side. About 700 m off the coast, the rock was so named by the seat house of the Kanto, the spiritual home of the site. The Japanese have not placed the stone surrounding the sea, which the Goen use.
Accommodations

**Hotel Hanamizuki****

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

http://www.nagashimaonsen/hanamizuki/

**Suzuka Circuit Hotel****

Hotel offering a mobility resort for the Suzuka International race course circuit under the concept of “Family”. Both adults and children are welcome to enjoy the resort water park, unique restaurants and camping experience.

http://www.suzukacircuithotel.com/

**Hinotani Onsen Misugi Resort****

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

http://www.misugi.com/

**Todaya****

Hotel located on theDosaic with a breath-taking panoramic view of Todaiji Temple equipped with a wide selection of 13 baths and 2 hot pools for men and women combined. The relaxing open-air bath with an open view is highly popular among our guests. Enjoy our exquisite onsen with the best of both worlds.

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

**Oyado The Earth****

Hotel built on a cape having a venge forest with a panoramic view of the Pacific Ocean. Feel the great Earth at the morning sun rise on the horizon and the moonlight is reflected on the waving 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/

**Toba View Hotel Hanashujin****

The hotel offers banquet dishes with seasonal ingredients which are arranged by Sukadani Matusawa awarded with “Medal with Yellow Ribbon” for his culinary achievements. The delicate taste he creates simply impresses 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/

**Hanashinsui****

Situated on a plateau and bordered quarterly with magnificent natural surroundings. Enjoy the creative dishes cooked in a Japanese-French fusion style which maintain the taste of local fresh ingredients. A sake collar installed in the inn gives you a variety from which you can select the best sake that goes well with your food.

http://www.hanashinsui.com/

**Basarate****

Board “Murasame” for easy and comfortable accommodation. The accommodation built on a spacious site has only 16 rooms, all of which are luxuriously equipped with an outdoor bath. The building is designed with various areas which allow our guests to spend a completely free, private time without being bothered at all.

http://www.basarate.com/

**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 reopened in 2016. Located on a high ground looking over the rice paddy and ocean, the French dishes created with fresh marine products and traditional expertise are highly acclaimed by both domestic and foreign guests.

https://www.myakihotels.jp/en/shima/

**Shima Kanko Hotel The Baysuites****

The hotel was used to accommodate the leaders of the G7 countries participating in the 2016 Ise-Shima G7 Summit. Surrounded by Ago Bay famous for its pearl farming, the accommodation has only 14 rooms. High-quality hospitality will offer you a luxurious vacation.

https://www.myakihotels.jp/en/shima/

**The Hiramatsus Hotels & Resorts Kashiwage****

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.hiramatsus.com/kashiwage/

**Hotel Tokinosa****

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

http://www.hoteltokinosa.com/
For Sightseeing

1. Nagashima Spa Land
This amusement facility on the Nagashima Resort, one of the largest amusement parks in Japan. The site is the second largest in Japan following the Tokyo Disney Resort. The facility offers great entertainment to both adults and children.

http://www.nagashima-spa.co.jp/spaland/

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

http://www.suzukacircuit.jp/

3. 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 shows their skills by actually using ninja stars, swords and visible chains, offering great excitement to the visitors.

http://www.gannjya.jp/

4. Iga Ueno Castle
Named also "Hakusui (white phoenix) Castle" because its beautiful white feature of three-layer castle resembles the figure of Chinese phoenix standing in an east wing. The stone wall of 90m 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://iga-ueno-castle.jp/

5. Gojoban Yashiki (Castle Barracks)
Samurai residence occupied by samurais in Kiso, Niigata Prefecture in order to secure Matsuoka's Castle in the Edo period. It presents the lifestyle of samurais and their duties in the Edo period.


6. Matsuoka Merchant Museum
Matsusaka City possesses a number of merchant houses of the Edo period. The 'Matsukawa shoin' (merchant shops) 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 Koinoemon Owari.


7. Futami Okitama Shrine (Meoto-iva)
Shrine known as the place to perform purification before visiting Ise Jingi Shrine. The Meoto-iva (husband-and-wife rocks) belongs to the shrine and a highly popular tourist destination. It is used to be a custom to perform purification at the Futamigawa coast before visiting and worshiping at Ise Jingi Shrine.


8. Ise Jingi (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 precincts. When the children, Amaterasu Omikami enthroned therein, it is deeply involved with the birth of the nation of Japan.

http://www.seijinguj.org/

9. Yokoyama Observation Deck
203-meter-high observation deck from which you can enjoy a panoramic view of all islands and the rugged precipices sticking out into the sea. Enjoy the breathtaking views of a striking contrast of the blue sky and cherry blossoms in spring and yellow/orange leaf colors in autumn.


10. 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 areas according to the habitats and living environments of the marine creatures. The length of the walking path, 1 km, is also No.1 in Japan.

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

11. Iga Ueno Castle
The location is renowned as the Birthplace of cultural pearls after Japanese entrepreneur Kohki Miki Maru succeeded in cultivating pearls for the first time in 1901. The main attractions are Miki Maru Museum, Pearl Plaza and performance by Arina Hanako (divers).

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

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16. Kumano kodo Iseji Pilgrimage Route
Kumano Pilgrimage is the practice of visiting three main shrines in Kumano, initiated by the ascetics in the Heian period (794-1192 CE). Kumano Kodo Iseji is a route of prayers from Ise Jingi Shrine to the three Kumano shrines. The route was listed in the World Cultural Heritage in 2001.

http://www.kumadoko.net/kodo_eng/

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http://www.kumadoko.net/kodo_eng/
For Expeirence

1. Iga Kumihiimo Handicraft (reservation required)
   - The tradition of Iga Kumihiimo dates back to the second half of the 19th century, when it began to be used for the costumes and masks worn by No play performers. You can enjoy handicrafting kumihimo by combining threads from various colors to make a pattern and then attach a metal ornament to create your own brooch or key holder.
   - My prefecture kumihiimo association
     [http://www.kumihiimo.or.jp/]

2. Ninjutsu Costume Town Parade (machiaruki)
   - Iga-Ueno, Ninjutsu Town, is held in April and May every year, and the town becomes filled with people in Ninjutsu costumes. It will be great fun to be dressed in Ninjutsu costumes with your friends or family and join the parade through the historic townscape of Iga.
   - Iga-Ueno Tourist Association
     [http://www.iga-travel.jp/]

3. Matsuoka Cotton Kimono Town Parade (machiaruki)
   - Matsuoka cotton-woven kimono stripe patterns spread throughout Japan as a souvenir item of the shrine's 1,500th anniversary. You can buy the kimono here and become a national treasure in the Fudō period. The cotton kimono is beautifully woven by Kitakai artisans as "Matsuoka." Make a good trip memory by trying it on as you enjoy sightseeing or local culture.
   - Kirakuya
   - Shima City Tourist Association
     [http://www.shima-city.com/en]

4. Pearl Extraction Experience (reservation required)
   - Akoya pearls made in Japan are considered 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 color and shine. Treat yourself with the rare experience of extracting such a beautiful pearl from an Akoya pearl oyster.
   - Shima City Tourist Association
     [http://www.shima-city.com/en]

5. Dried Bonito (Katsuobushi)
   - Katsuobushi Goju-Bonito smoking house produces dried bonito (tobiko) of highest quality by strictly observing the traditional Katsuobushi method where by high grade Kurumi charcoal is used to dry and smoke bonito. Dried bonito is a major ingredient in Japanese cuisine, and notably good for health and indispensable for adding savory taste to Japanese cuisine.
   - Katsuo-no-Tenpaku, Manuten Co., Ltd
     [http://www.katsuobushi.com/koya.html]
   - Shima City Tourist Association
     [http://www.shima-city.com/en]

For Gourmet

1. Dengakuza Wakaya
   - Dengakuza Wakaya, established in 1860, 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 grilled and mixed with miso paste on a charcoal grill. The restaurant continues to make the traditional dengaku dishes and offers its exquisite taste.
     [http://wakaya.jddkptj.jp/]

2. 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 soy-based, mash-grilled plate grill or other method according to the cut of your choice.
     [http://e.wadakin.co.jp/menu/]

3. Shoutoan
   - A restaurant offering Matsusaka beef dishes in a traditional Japanese house. Enjoy the good old Japanese atmosphere created by an authentic Japanese house town in the moss-green garden. They offer a course menu or banquet menu of Japanese cuisine.
     [http://shoutouan.com/]

4. Ama Hut Osatsu Kamado
   - "Dora Kama" is a hut for Ama, or female divers, who take care of diver's equipment into the sea. You can enjoy the fresh seafood directly from the hands while listening to the stories of Ama. This offers you real cultural experience of Ama diving, a profession which has been handed down for 2,000 years.
     [http://osatomo.org/]

5. Ama Hut Hachiman Kamado
   - Gather together and sit around the fireplace in an Ama hut to enjoy the fresh seafood delicacies such as charcoal grilled crabs or saurimi rice fish while listening to the stories of active female divers. The life stories of those still working Ama divers in their 70s or 80s will surely energize you.
     [http://amaoyan.com/]

6. Ama Hut Satoumian
   - These yourself with the local sea delicacies such as live lobsters, abalone, cuttlefish shell or other fresh catches while you listen to the real-life stories of Ama fishing. The hut also offers "Tokkuri" such as a traditional Shima-dish.
     [http://satoumian.com/]

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     [http://shoutouan.com/]

10. Ama Hut Osatsu Kamado
    - "Dora Kama" is a hut for Ama, or female divers, who take care of diver's equipment into the sea. You can enjoy the fresh seafood directly from the hands while listening to the stories of Ama. This offers you real cultural experience of Ama diving, a profession which has been handed down for 2,000 years.
     [http://osatomo.org/]

11. Ama Hut Hachiman Kamado
    - Gather together and sit around the fireplace in an Ama hut to enjoy the fresh seafood delicacies such as charcoal grilled crabs or saurimi rice fish while listening to the stories of active female divers. The life stories of those still working Ama divers in their 70s or 80s will surely energize you.
     [http://amaoyan.com/]

12. Ama Hut Satoumian
    - These yourself with the local sea delicacies such as live lobsters, abalone, cuttlefish shell or other fresh catches while you listen to the real-life stories of Ama fishing. The hut also offers "Tokkuri" such as a traditional Shima-dish.
     [http://satoumian.com/]