A sacred landscape featuring the historical site of Ise Jingū Grand Shrine, as well as a picturesque coastal route and bountiful seascape

Ise-Shima National Park

Ise-Shima National Park lies on the Shima Peninsula, located in the center of Mie prefecture in Western Japan. Ise-Shima National Park includes the municipalities of Ise, Toba, Shima, and Minami-Ise, occupying a vast area of nearly 60,000 hectares. The park is broadly divided into two areas: the inland area which is home to Ise Jingū and its surrounding forests; and the coastal area which is characterized by an archipelagic landscape with intricate sea routes.

The interaction between people and nature is very profound in the region, and the essence of this relationship can be observed in the ancient tradition of ama, female divers, fishing, among other traditional cultural practices that have developed around Ise Jingū over the millennia. The wisdom to enjoy the bounties of nature in a sustainable manner is enshrined prominently in Ise Jingū’s Shikinen Sengu, a ritual held every 20 years whereby the shrine is rebuilt in its entirety. The region has a long history of providing seafood to the Imperial Court and Ise Jingū, and the Man'yōshū (Japan’s oldest poetry compilation) refers to the region as Mikata Kuni or the “land of divine offerings”. Thus, the region boasts a rich marine environment home to diverse aquatic life, including Japanese spinner sharks, sharks, tuna, marlin, and various types of seaweed. The Kurishio sea current has blessed the region with a warm climate, which has led to the development of Ise Jingū’s lush forest and dense evergreen forests that cling to the foothills of the mountainous region. Even into the ocean marine forests cover the seared and nurture marine life contributing to the development of an intensely diverse marine ecology.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter

Iseshima Tourism & Convention Organization (public interest incorporated foundation)

Phone: 0596-44-0800
Email: cvl@iseshima-kanko.jp
Website: https://www.iseshima-kanko.jp/
Get a close look at skilled female ama divers free diving into the water to gather shellfish and seaweed!
Ama divers will tell you about the fishing methods and sea-related tales that have been passed down from generation to generation.

Dive into the waters of Ise-Shima with ama divers who embody a 3,000-year tradition!

**Activity 01**

<table>
<thead>
<tr>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Name</td>
<td>The activity lasts for 90 min</td>
</tr>
<tr>
<td>Age</td>
<td>Adults (13 years old and over): 24,000 yen (tax not included, foreign tourists: 32,000 yen that is not included)</td>
</tr>
<tr>
<td>Minimum number of participants</td>
<td>2</td>
</tr>
<tr>
<td>Place</td>
<td>Ise-Shima National Park</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.iseshima.net/">www.iseshima.net</a></td>
</tr>
</tbody>
</table>

Sailing to Toshi Island, a town with a 3,000-year history of ama diving
You can stroll around the town with a local guide and enjoy delicious local seafood.

**Activity 04**

<table>
<thead>
<tr>
<th>Details</th>
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<tbody>
<tr>
<td>Name</td>
<td>Sail to Toshi Island while viewing the beautiful island scenery of Toba Bay. Toshi Island has a fishing community where a variety of seasonal fish are caught. A guide will tour you around Toshi Island. You can witness the lifestyle, culture, and fishing activities of the residents by having lunch at an ama diving restaurant and visiting the market, as well as other glimpses into island life.</td>
</tr>
<tr>
<td>Date</td>
<td>Apr. 5 (Fri.) - Oct. 31 (Mon.)</td>
</tr>
<tr>
<td>Age</td>
<td>Adults: 6,500 yen, children and infants (3 years old and over): 3,500 yen, foreign tourists: adults: 10,000 yen, children: 6,000 yen</td>
</tr>
<tr>
<td>Place</td>
<td>Toshi Dive Club</td>
</tr>
</tbody>
</table>

An ama female divers hut activity facility where you interact with real ama divers
You can listen to real ama divers telling stories and enjoy ama cooking.

**Activity 02**

<table>
<thead>
<tr>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Name</td>
<td>This is an ama hut type facility in Chita, Toba City, the town with the most ama divers in Japan where you can listen to ama divers. You can dive in the local Chita Sea with ama divers and enjoy various dishes, such as two dishes that are made from fresh vegetables from local farmers and ama you and two dishes made by ama divers. It is situated at the foot of Mt. Furuwakata. New ama divers will tell you about the depths of diving and their daily lives. You can take a diving lesson and try on an ama hat for a glimpse of the ama world.</td>
</tr>
<tr>
<td>Age</td>
<td>Adults (12 years old and over): 5,000 yen, children (7 years old and over): 3,000 yen, children (3.5 years old and 1.38 years old per group of 3 to 10 people): 1,500 yen, child and infants (0 years old) 1,000 yen</td>
</tr>
<tr>
<td>Place</td>
<td><a href="http://www.kamadohachimaya.com">Kamado HACHIMAYA</a></td>
</tr>
</tbody>
</table>

Guided walking tour of aighthouse fishing village in Ise-Shima National Park
Visit an atelier for smoking katsuobushi, a temple with ancient stone walls, and other places representing Shima’s townscape that will make you a local

**Activity 05**

<table>
<thead>
<tr>
<th>Details</th>
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<tbody>
<tr>
<td>Name</td>
<td>Walk around a fishing village near a lighthouse in Chino, Naki. You can visit a katsuobushi (dried bonito) atelier, a temple with ancient stone walls, and the picturesque lighthouse. You can get a great view of the Pacific Sea from the top of the lighthouse and the delicious flavor of smoked katsuobushi will stay with you long after you have left.</td>
</tr>
<tr>
<td>Date</td>
<td>Oct. 1 to April 30</td>
</tr>
<tr>
<td>Age</td>
<td>Adults and children (13 years old and over): 2,400 yen, groups: same price *We can accommodate 4 to 40 people</td>
</tr>
<tr>
<td>Place</td>
<td>Shima Nature Club</td>
</tr>
</tbody>
</table>

Fishing in Toba Bay with a local fisherman as your guide!
A local restaurant will turn the fresh fish you caught into an exquisite meal

**Activity 03**

<table>
<thead>
<tr>
<th>Details</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>This is a fishing village and restaurant where you can enjoy fresh fish dishes and seafood. You can also take a fishing lesson and try on an ama hat for a glimpse of the ama world.</td>
</tr>
<tr>
<td>Age</td>
<td>Adults and children (7 years old and older): 5,000 yen, children (3 years old and older): 2,000 yen, <em>extra fee required</em></td>
</tr>
<tr>
<td>Place</td>
<td><a href="http://www.kato-yumim.com">Kato Yumim Club</a></td>
</tr>
</tbody>
</table>

Glamping at Ichigo Beach: enjoy the sound of the waves and the fantastic starry sky
A barbecue featuring fresh seafood gathered by ama divers and other local ingredients

**Activity 06**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Name</td>
<td>Ichigo Beach is a pretty cobalt blue inlet known locally as the “Secret Beach,” and you can enjoy glamping in a natural location surrounded by the sea, land, and mountains. The facility has a café and barbecue area, and you can enjoy a barbecue dinner featuring fresh seafood gathered by ama divers and other local ingredients. Recommended activities include surfing, SUP, and beach yoga (extra fee required). You can also enjoy Kabuki art in a vast park.</td>
</tr>
<tr>
<td>Date</td>
<td>All year-round</td>
</tr>
<tr>
<td>Age</td>
<td>Adults and children (10,000 yen, groups of 3 to 32 people): 9,000 yen *Visitors under 18 years old must be accompanied by an adult *We can accommodate 3 to 32 people</td>
</tr>
<tr>
<td>Place</td>
<td><a href="http://www.kabukiresort.com">Kabuki Resort</a></td>
</tr>
</tbody>
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<tr>
<th>Details</th>
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<tbody>
<tr>
<td>Name</td>
<td>Enjoy glamping at Strawberry Beach</td>
</tr>
<tr>
<td>Date</td>
<td>All year-round</td>
</tr>
<tr>
<td>Age</td>
<td>For individual travelers</td>
</tr>
</tbody>
</table>
A guided tour of Ago Bay on a two-man sea kayak
You can get a close up look at the people and nature living in harmony in Ago Bay.

Eco-friendly sea kayak tour (90 min course)

- Activity 07
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

You can tour Ago Bay on a two-man sea kayak. Even beginners can participate in this tour as a guide will accompany you and teach you how to operate a kayak before setting out. You can also learn about marine conservation through observing seaweed in the water.

*Price:
All year-round
Adults: Approx. 120 min
3,000 yen; children and infants: 3,100 yen; groups (20 to 50 people); adults: 3,600 yen; children and infants: 2,760 yen
*Participants aged 3 to 15 must be accompanied by an adult.
*Minimum number of participants: 2
*Shima Nature Club
*Website: http://www.shima-sc.com

The only tour where you can visit the Yokoyama Observatory, one of the most scenic spots in the Ise-Shima area.

Enjoy a landscape featuring harmony between nature and people in this cycling tour with full support.

A fun-packed cycling tour of Ise-Shima National Park

- Activity 08
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

Choose between a Bianchi cross bike and an electric-assist bike and set out to enjoy Ise-Shima National Park’s landscape that features a combination of archipelagic scenery and the lives of local people in the area.

This is a tour with full support; helmets, drinks, and supplementary food are provided. You can get your picture taken and a support car will accompany you during the tour.

*Price:
All year-round
Adults: Approx. 120 min
3,100 yen; children (6 years old and over): 6,000 yen; groups (up to 15 people); same price
*Minimum number of participants: 2
*Shima Sports Commission
*Website: http://www.shima-journey.com

Taste dried fish and in-season seafood at a popular local fishmonger.

A guided tour where you can walk down narrow alleys distinct to the fishing village and experience the local way of life.

A guided walking tour of Shima—eat local and become a local!

- Activity 09
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

A town surrounded by a lake and full of old roads. You can walk down narrow alleys distinct to the fishing village and experience the local way of life. Perform the traditional “sashimi” (grilled) ritual at Kanakale Bistro, a place of local beauty, to repel malicious spirits. This is a town that prospered with bonito fishing, an active fishing port town with auctions still going on in the fish market. You can taste dried fish and in-season seafood as well as buy fresh seafood and homemade dried fish at a popular local fishmonger. Additional tours are available so please enquire for more details.

*Price:
All year-round
Adults: $100 (90 min)
Children and toddlers: $60 (minimum of 10 people)
*Minimum number of participants: 2
*Sashimi viewing is not available. *Assistance LLC
*Website: webmistr@shima-sc.com

Make your very own jewelry with akoya pearls, a part of traditional Japanese culture.

You can learn about the bountiful nature and rich culture of Ise-Shima, a major pearl farming area.

Make your own jewelry with akoya pearls produced in Ise-Shima, the motherland of pearl farming

- Activity 10
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

Pearl farming started in a calm bay with bountiful nature and an intricate sea coastline. A video will be shown explaining the history of pearls and how to choose them in Japanese and English. You can make your own jewelry and learn about the beauty and charm of pearls and how they are cultivated.

*Price:
All year-round
Adults: $100 (30 min)
Children: $32,400 yen (groups 6 to 30 people) same price
*The price varies depending on the jewelry type and the number of pearls
*Pearl Falco Co., Ltd.
*Website: https://www.p-falco.com

Stay at a resort hotel and stroll around the Tennosakan Observatory, Tensyu Park, and KirigaKI Observatory, among other locations.

You can stroll around the vast grounds and enjoy Ago Bay’s scenery and Shima’s starry sky.

Resort hotel in nestled in lush forests and blue oceans

- Activity 11
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

Stay at a resort hotel and admire a beautiful sunset from an observatory in Ago Bay. Stroll along the coastline, view the lighthouse, and enjoy birdwatching. The vast grounds feature a well-maintained walking path and the Tennosakan Observatory where you can admire Shima’s starry sky. During your stay, you can participate in an activity program at Shima Nature School in Tensyu Park or enjoy additional sightseeing in the area.

*Price:
All year-round
One night: $100
One night with two meals: please contact for fees
*Miyako Resort Okushima Aqua Forest
*Website: 0599-44-4450(Japanese only)
*Website: https://www.miyako-okushima.com.jp/aquaforest/

Get a great view of ria coasts from a helicopter!

The only tour where you can view the beautiful Ago Bay and Gokasho Bay interlaced with islands of all sizes!

Traveling the skies of Ise, Shima, and Toba

- Activity 12
- FIT GROUP
- For individual travelers
- Available languages: English, Traditional/ Culture
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only
- Available for groups
- Active
- Active (beginner)
- Active (advanced)
- Active (group)
- Spring only
- Summer only
- Autumn only
- Winter only

Want to enjoy a view of ria coasts from a helicopter? Behold the curious beauty created by the ria coasts interlaced with islands of all sizes and the trees that cover the coastline. This is the only place where you can admire the two ria coasts of Ago Bay and Gokasho Bay!
Activity 13
Feel the sun and the sea breeze on a day cruise in Ago Bay all year round.
The tranquil bay is counted among one of the 100 beautiful sunsets in Japan.
Ago Bay cruise (day cruise)

Ago bay is counted among one of the 100 beautiful sunsets in Japan and you can enjoy cruising all year round. The contrast between the green and blue colors created by the distinct sand and coast terrain is a scene of exceptional natural beauty. Enjoy a private cruise-like experience while feeling the bright sun and the sea breeze as the scenery unfolds before your eyes.

Minami Ise Tourist Information Center: 0599-53-1226
Ask@pueblaimago.jp
https://www.pueblaimago.jp

Activity 14
A tour that takes you behind the scenes of pearl farming in Ago Bay, including luxurious accommodation and dinner!
You can make your own pearl under the guidance of a local pearl farmer
A tour where you can make your original, one and only pearl

The abalone is the symbol of Shima. You can experience inserting a nucleus into a pearl oyster as well as removing the pearl, all while enjoying Ago Bay’s great natural surrounding. Work relating to cultivation before and after the insertion process will be handled by pearl farmers of Ago Bay. The tour consists of two parts. First, in June, you will see the right before the nucleus insertion process (one night with two meals); and then in December, you will stay the right before the pearl removal process (one night with two meals). A suite room at Shima Nissonsen Village will be provided as accommodation. For meals, the hotel will offer the “Pearl, a Kokota” course, a course prepared in collaboration with a one-Michelin-star Japanese restaurant.

Shima Nissonsen Village: 0599-53-1226
Ask@pueblaimago.jp
https://www.pueblaimago.jp

Activity 15
A tour where you can visit a sea bream farm and try post fishing, with an Osakana Master master fisherman serving as your guide!
Enjoy the natural beauty of Minami Ise, a town blessed with a beautiful sea and boasting one of the biggest total catch of fish in the prefecture.
Experience feeding farmed sea bream and post fishing

Thanks to its rippling coast, Minami Ise is blessed with a bountiful seafoods, and the town prospered as part of Ise Shima’s domain in ancient times. Enjoy the features of this town that bristles as one of the biggest total catch of fish in the prefecture in this fisherman’s tour. A fisherman certified as an Osakana Master master fisherman will serve as your personal guide. You can also buy seafood at the guest house store. The guest house offers you the chance to fully enjoy the sea and fishing village.

Minami Ise Tourist Information Center: 0599-53-1226
Fisherman’s Guest house MARUKINMARU
Japanese 090-7852-4064  English 090-7688-9774
marukinmaru.fish@gmail.com
http://marukinmaru.com
Discover the Essence of Ise-Shima National Park

- Take in the landscape and ocean around Ise-Shima without missing the renowned tourist areas like Ise Shrine and Yokoyama Observatory.
- Join Ama divers in the sea, an experience not available anywhere else.

Sample course using the recommended activities

Season: All seasons
Duration of stay: 3 nights, 4 days

Day 1
10:00 a.m. Activity 1: Guided cycling tour of the inner Ise Shrine
1:00 p.m. Activity 2: Guided cycling tour of the Ise Shrine

Day 2
8:45 a.m. Activity 3: Guided cycling tour of the Ise Shrine
10:00 a.m. Activity 4: Guided cycling tour of the Ise Shrine
3:50 p.m. Activity 5: Guided cycling tour of the Ise Shrine
6:20 p.m. Activity 6: Guided cycling tour of the Ise Shrine

Day 3
10:00 a.m. Activity 7: Guided cycling tour of the Ise Shrine
10:25 a.m. Activity 8: Guided cycling tour of the Ise Shrine
2:00 p.m. Activity 9: Guided cycling tour of the Ise Shrine
4:15 p.m. Activity 10: Guided cycling tour of the Ise Shrine

Day 4
9:00 a.m. Activity 11: Guided cycling tour of the Ise Shrine
12:00 p.m. Activity 12: Guided cycling tour of the Ise Shrine
2:45 p.m. Activity 13: Guided cycling tour of the Ise Shrine
4:20 p.m. Activity 14: Guided cycling tour of the Ise Shrine
Interact with Locals while Exploring the Bustling Streets of an Historic Seaside Town

- Experience real Japan as it used to be with a visit to Ise Shrine, said to be the origin point of Japanese culture.
- Marvel at Ama diving culture, which has continued since time immemorial.
- Traverse the Ise-Shima seaside villages that have for centuries supplied cities with the produce of the seas and mountains.

Day 1
1:00p.m. Stroll the Inner Ise Shrine (Naiku): Visit Oharai-Machi and Okage-Yokocho
(After worshipping at the Inner Ise Shrine, move on to Oharai-Machi and Okage-Yokocho)
Naiku-mae (Fixed-route bus) 30min
Isuzugawa Station (Kintetsu local train) 53min
Kashihoko Station (Free shuttle bus) 25min
6:00p.m. Miyako Resort Okushima Aqua Forest [Accommodation]
- Activity 08: Stroll through Tomoyama Park and Picnic Site

Day 2
9:30a.m. Miyako Resort Okushima Aqua Forest 15min
10:00a.m. Activity 06: Stroll about Town, Nakiri-bushi Smokehouse Course (120min)
(Taste nakiri-bushi (katsuo-bushi) soup stock made the traditional way.)
- Activity 09: Dalosaki Lighthouse 20min
- Activity 02: Dalosaki Lighthouse 20min
- Activity 00: Dalosaki Lighthouse 20min

Day 3
6:30a.m. Kabu Resort or 30min
Toba Station or 30min
10:30a.m. Toba Marine Terminal
- Activity 04: Let’s go! Ama Island (210min)
(This is the largest island in Ise Bay. You can see Toshima from the boat)
- Activity 11: Dalosaki Lighthouse 20min
- Activity 02: Dalosaki Lighthouse 20min
- Activity 00: Dalosaki Lighthouse 20min

Day 3
3:00p.m. Ama Hut Hachiman Kamado 30min
Experience Ama Diver Huts (60min)
(Admire the scenery of the fishing village and enjoy interacting with the Ama divers.)
1:00p.m. Toba Station (Shuttle bus) 30min
To Osako Nanba, Nagoya
Discover the Seas and Seaside Villages of Ise-Shima National Park

- Get up close and personal with the abundant seas of Shima no kuni, which was once called “Miketsukuni.”
- Revel in the beauty of the Ise-Shima landscape and seaside villages along the ria coast of Ago Bay.
- Marvel at the bounty of the seas, the Ama divers, pearls, and so much more!

**Season** May - October

**(Ama diving periods)**

**Duration of stay** 2 nights, 3 days

**Notes**

- Use public transport (bus/taxi) to get around the local area. (The bus fare is 200 yen one way.)
- Be sure to confirm the tour times in advance and make sure you have a guidebook or a smartphone with the necessary information.

**Day 1**

**AM**
- Morning: Nagoya, Kyoto, and Osaka (The Shinkansen, Kintetsu Sightseeing Limited Express) 120–170min

**1:30p.m.**
- Kashiwakojima Station (Free shuttle bus) 30min

**1:55p.m.**
- Miyako Resort Okushima Aqua Forest [Accommodation]
  - The walking course around the extensive hotel grounds is substantial!

**Activity** 6: Sea Kayak Your (120min)

**Activity** 11: Stroll through Tomoyama Park and Picnic Site

**Day 2**

**8:30a.m.**
- Hotel Kintetsu Aquavilla Ise-Shima 60min

**9:30a.m.**
- Shima City Wagai Fishing Port

**11:00a.m.**
- Grilled Seafood Lunch at the Ama Hut (Scheduled ferry) 25min

- **Kashiwakojima Port** (Enjoy views of uninhabited islands, fishing villages, and aquaculture while traveling on the water.)

- **Kashiwakojima Station** 30min

- **Walk around the Yokoyama Picnic Site** (Yokoyama Observatory, Sozo no Mori, etc.)
  - (The Yokoyama Observatory allows a full panoramic view of Ago Bay. Ranked number 10 amongst Japanese observatories by Trip Advisor.) 30min

- **Shima City, Isobe-cho**
  - Activity 13: Make Akoya Pearl Accessories with Pearls Cultured in Ise-Shima (60min)

**4:45p.m.**
- Kabuku Resort [Accommodation]

**Activity** 14: Experience Glamping

**Day 3**

**8:30a.m.**
- Kabuku Resort or 30min

**9:48a.m.**
- **Kaggio Fishing Tours with Fishermen, and an Abundance of Fish Cuisine (240min)**
  - To Nagoya, Kyoto, and Osaka Namba