

Ise-Shima National Park

Ise Jingu: A Timeless Sanctuary of History,
Where Nature and Human Life
Intertwine in Satoyama and Satoumi.

Ise Jingu, a site where a long, splendid, multifaceted history unfolds.
Satoyama and Satoumi, a land of enrichment interweaved with the workings of people and nature.

Date of Designation :
November 20, 1946

Area : 55,544 ha

Related Prefecture :
Mie



Enjoy the ocean, rivers, and other water scenery



Yokoyama View Point



Futamiura



Enjoy the mountains and flora



Hamabo (Hibiscus hamabo)



Jingu-Kyuikirin Forest



Experience culture and local life



Shinmei Jinja shrine



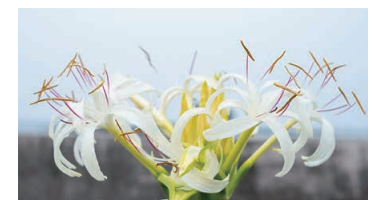
Seafood such as abalone



Meet the wildlife



Loggerhead Turtle



Crinum asiaticum

Itinerary

Feel the spirit felt in the nature of ancient times through worship at Ise Jingu and experience the lives of locals with blessings of the extensive forest of the shrine

Forests have been worshipped by the Japanese people since ancient times. The mountains of Ise-Shima National Park that unfurl around Ise Jingu are no exception. Shirataki Forest in the park once served as a training ground for ascetics (Shugendō practitioners.) Even now, the opportunity to experience takigyo waterfall meditation is available (only location in the Ise-Shima area) in addition to meditation and a forest sauna. Ise Jingu's forest around Ise Jingu has been respected and protected as the home of deities for many years. The lush forests of serene evergreen trees and rich ocean of the fragmented coastline led to the culture of Ama (female free divers who harvest a wide variety of sea life from the ocean) and the pearl harvesting industry.

web site









Day 1

Tour of a genuine Ise's forest with a knowledgeable guide who is well-versed in the history of Ise Jingu

- 10:30 ● Iseshi Station
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 -  Private tour car
- 11:00 ● Ise Jingu Toyo'uke-daijingu (Geku, Outer Shrine) and Sengukan museum
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 - 12:00  Private tour car
- 12:30 ● To Kotaajingu (Naiku, Inner Shrine) after lunch at Okageyokocho Street
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 - 15:00  Private tour car
 - 15:30 (To Toba via Futami (Meoto Iwa))
- 16:00 ● Hotel (Toba)

Day 2

Cleansing the mind and body by meditating and takigyo waterfall meditation followed by a regular bote ride to the island of Toshijima

- 7:30 ●  Private tour car
- 8:00 ● Takigyo waterfall meditation, sauna, or meditation
- }
 - 11:00 Cleansing the mind and body through Takigyo waterfall meditation and meditation in a sacred forest
 - Light meal at Forest Lounge
- }
 -  Private tour car
- 11:50 ●  Boat
- }
 - (To Toshijima by regularly operated boat)
- 12:16
- 12:30 ● Strolling the back alleys
- }
 - Stroll the back alleys and experience life of the locals who protect the rich ocean
- 14:00
- 14:10 ●  Boat
- }
 - 14:50  Private tour car
- 15:40 ● Yokoyama Visitor Center/ Yokoyama View Point
- }
 - 16:40  Private tour car
- 17:00 ● Hotel (Shima/Kashikojima Island)

Day 3

Harvest pearls by free diving with Ama (female free divers who harvest a wide variety of sea life from the ocean) and create an accessory with a harvested pearl

- 9:00 ●  Private tour car
- 9:30 ● Ama fishing experience plan
- }
 - Dive into the sea with real Ama and try free-diving fishing with 2,000 years of history
- 12:00
- 12:00 ● Lunch
- }
 - (Barbecue near the Kashikojima Port area or an Ama diver's hut)
- 13:15
- }
 -  Private tour car
- 14:00 ● Extracting a pearl from an oyster and accessory creation
- }
 - 15:00 Extract a pearl from an oyster and create your own original accessory
- }
 -  Private tour car
- 15:30 ● Kashikojima Station

Inquiry

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