

Ise-Shima National Park

HIKING MAP

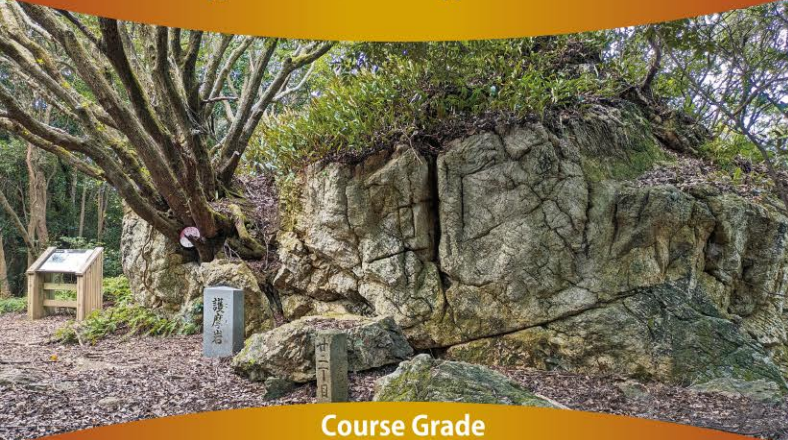
Course

2

Mt. Aonomine Course

Course

Distance: Approx. 6.6 km / Time: Approx. 2 hours 45 minutes



Course Grade

Grade 1
Walking

Grade 2
Light Hiking

Grade 3
Day-long Hiking

Access to Ise-Shima National Park

From Osaka

Railway
Osaka-Namba → Kintetsu Railway / Limited Express Train (Osaka Line • Yamada Line • Toba Line • Shima Line) → Kashikojima About 2 hrs 30 mins

Car
Kinki Expressway → Meihan National Road → About 180 km / 2 hrs 30 mins
Suita IC → Matsubara JCT → Seki JCT → Ise-nishi IC
Meishin Expressway → Kusatsu JCT → Kameyama JCT → Ise-nishi IC
Shin-Meishin Expressway → About 180 km / 2 hrs 10 mins

From Nagoya

Railway
Kintetsu Nagoya → Ise-shi → Toba → Kashikojima About 2 hrs 10 mins
Kintetsu Railway / Limited Express Train (Nagoya Line • Yamada Line • Toba Line • Shima Line)
JR Nagoya → Tsu → Ise-shi → Toba About 2 hrs 10 mins
JR / Rapid Mie • Kansai Line • Kisei Line • Sangu Line

Car
Nagoya-nishi IC → Higashi-Meihan Expressway → Seki JCT → Ise-nishi IC About 120 km / 1 hr 20 mins
Ise Expressway

From Irago (Aichi Pref.)

Ferry
Irago Port → Isewan Ferry → Toba Port About 60 mins

Kintetsu Railway



伊勢志摩
国立公園

National
Parks
of Japan



Ministry of the Environment / Ise-Shima Office
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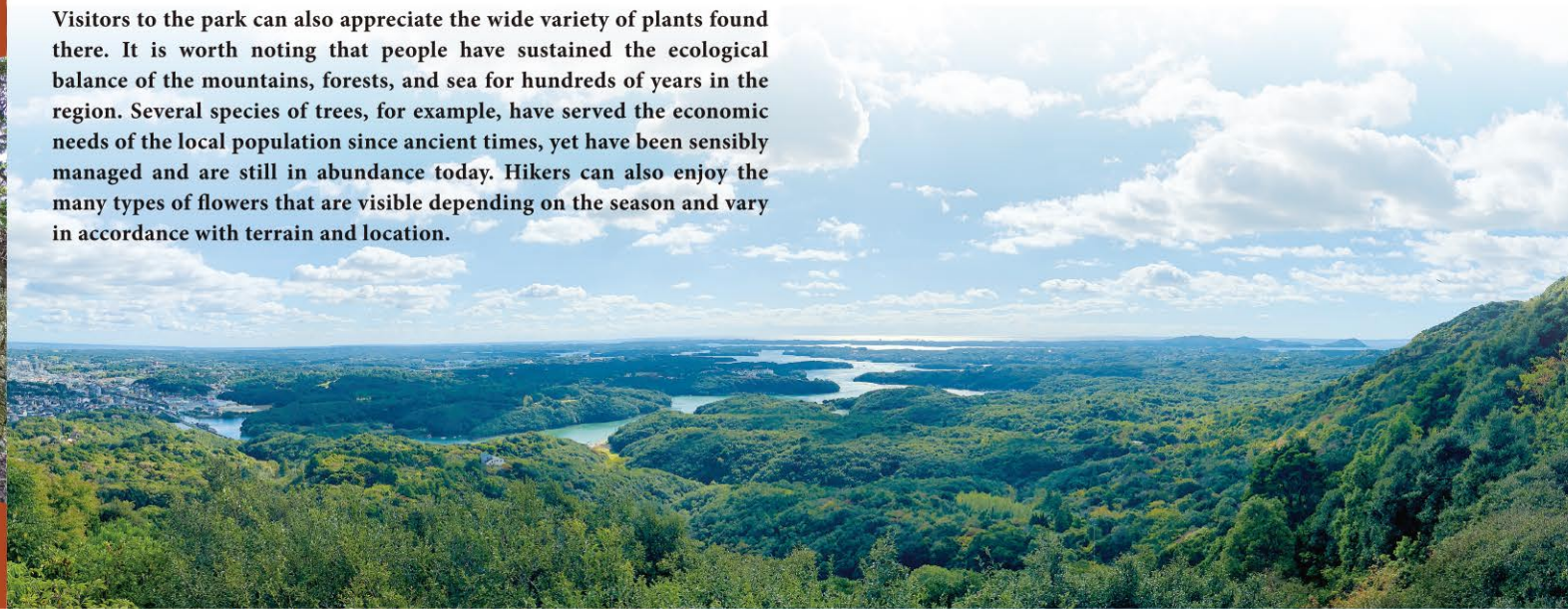
Ise-Shima National Park Hiking Points

Ise-Shima National Park was created in 1946 and consists of over 55,000 hectares of both private and public land. It is characterized by its rias coastline and low mountains, and is renowned for its centerpiece, Ise Jingu (Ise Shrine), the most venerated Shinto shrine complex in the country. During the Edo period (1603-1867), it is well known that pilgrims from across Japan made their way to Ise Jingu for a once in a lifetime visit. However, there are several other walking routes that still serve travelers on their journeys to other noteworthy and historically important temples and shrines in the area. Present-day hikers can follow in the footsteps of pilgrims from centuries ago, stepping back in time to experience the history of the Ise-Shima area.

Visitors to the park can also appreciate the wide variety of plants found there. It is worth noting that people have sustained the ecological balance of the mountains, forests, and sea for hundreds of years in the region. Several species of trees, for example, have served the economic needs of the local population since ancient times, yet have been sensibly managed and are still in abundance today. Hikers can also enjoy the many types of flowers that are visible depending on the season and vary in accordance with terrain and location.

If photography is your passion, or if you are searching for a perfect picture to memorialize your experience, the trails and sites in the park will not disappoint. At several locations one can see vistas of the rugged coastlines of Ago and Ise Bay, and panoramas of the cities of Ise, Toba, and Shima. Historical temples, shrines, and statues also make ideal photos to highlight your hike.

Whatever the reason for your journey, you will be sure to enjoy the day hikes of Ise-Shima National Park.



Rules and Etiquette

- Stay on the trail.
- Be respectful of nature.
- Going off trail might damage vegetation or disturb animals.
- Do not feed wildlife.
- Leave everything you find on the trail where it belongs.
- Leave what you find, take only photos and memories.
- Take trash back with you.
- Refrain from smoking on the trail.
- Be friendly to people you meet.
- Say hello or “konnichiwa” in Japanese.



Contact Information

- **Yokoyama Visitor Center**
0599-44-0567 (9:00-16:30)
- **Ishieki Station Tourist Information Center**
0596-65-6091 (9:00-17:30)
- **Toba Tourist Information Center**
0599-25-2844 (9:00-17:30)
- **Shima City Tourism Association**
0599-46-0570 (9:00-17:00)

Emergency Information

- **Police / 110**
- **Fire Station (Fire, Ambulance) / 119**
- **Japan Visitor Hot Line (JNTO)**
050-3816-2787 (24/7/365)



Course 2 Mt. Aonomine Course

Hiking Preparation

- Enough water
- Raingear
- First aid kit
- Phone or smartwatch with GPS
- Insect repellent
- Cash (JPY)
- This map!

What to take?

Hat or Cap

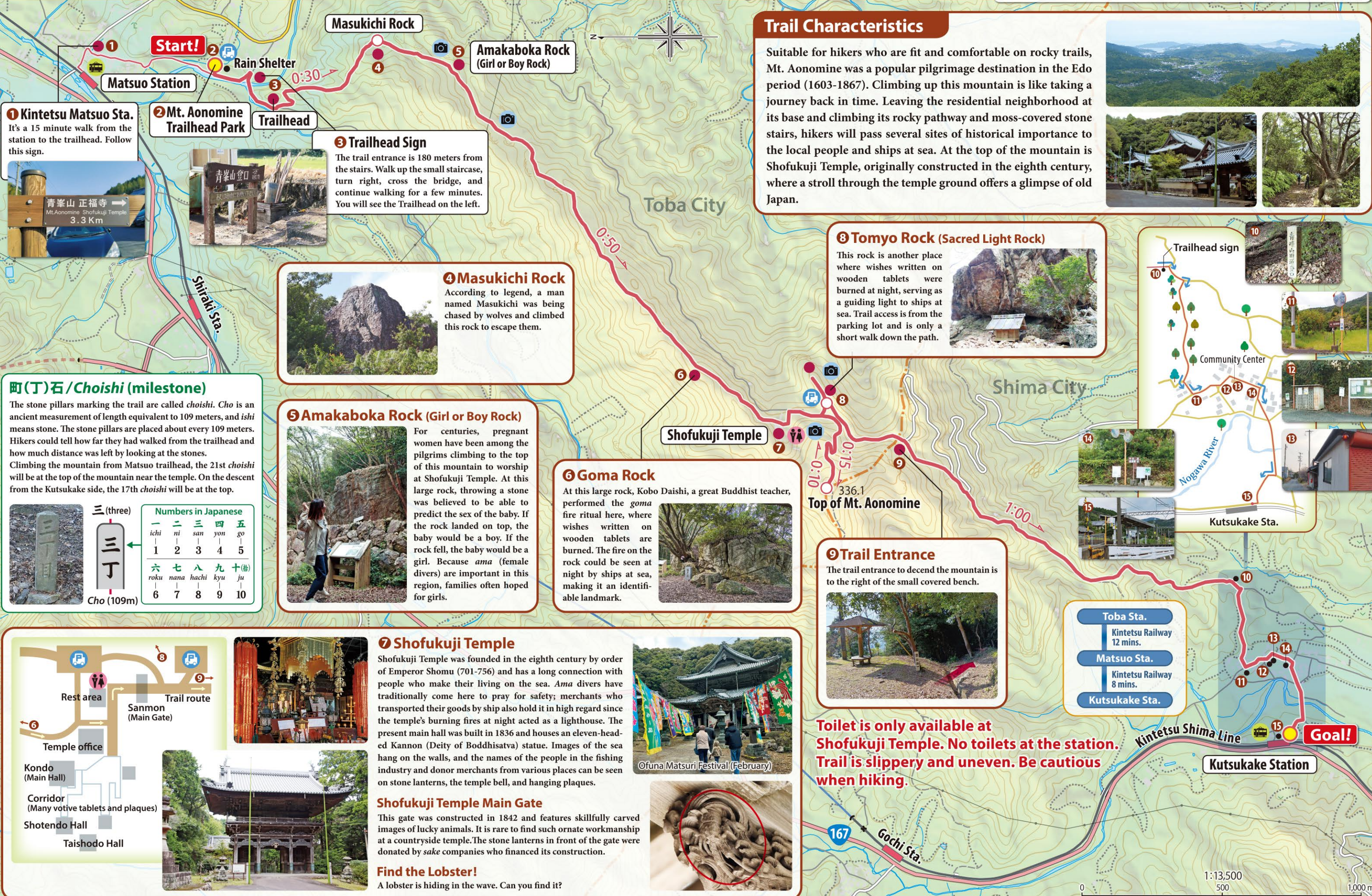


Hiking shoes

Wear long-sleeved tops and full-length pants to protect your body from ticks, mosquitos, wasps, leeches, pit vipers (*mamushi*), and other wildlife.

Course 2 Mt. Aonomine Course

Distance: Approx. 6.6 km / Time: Approx. 2 hours 45 minutes



1 Kintetsu Matsuo Sta.
It's a 15 minute walk from the station to the trailhead. Follow this sign.



2 Mt. Aonomine Trailhead Park
Trailhead



3 Trailhead Sign
The trail entrance is 180 meters from the stairs. Walk up the small staircase, turn right, cross the bridge, and continue walking for a few minutes. You will see the Trailhead on the left.

4 Masukichi Rock
According to legend, a man named Masukichi was being chased by wolves and climbed this rock to escape them.



町(丁)石 / Choishi (milestone)
The stone pillars marking the trail are called *choishi*. *Cho* is an ancient measurement of length equivalent to 109 meters, and *ishi* means stone. The stone pillars are placed about every 109 meters. Hikers could tell how far they had walked from the trailhead and how much distance was left by looking at the stones. Climbing the mountain from Matsuo trailhead, the 21st *choishi* will be at the top of the mountain near the temple. On the descent from the Kutsukake side, the 17th *choishi* will be at the top.

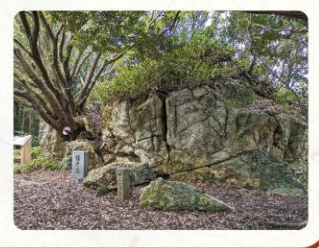
三 (three)	Numbers in Japanese
三	一 二 三 四 五
三	ichi ni san yon go
三	1 2 3 4 5
三	六 七 八 九 十 (拾)
三	roku nana hachi kyu ju
三	6 7 8 9 10

Cho (109m)

5 Amakaboka Rock (Girl or Boy Rock)
For centuries, pregnant women have been among the pilgrims climbing to the top of this mountain to worship at Shofukuji Temple. At this large rock, throwing a stone was believed to be able to predict the sex of the baby. If the rock landed on top, the baby would be a boy. If the rock fell, the baby would be a girl. Because *ama* (female divers) are important in this region, families often hoped for girls.

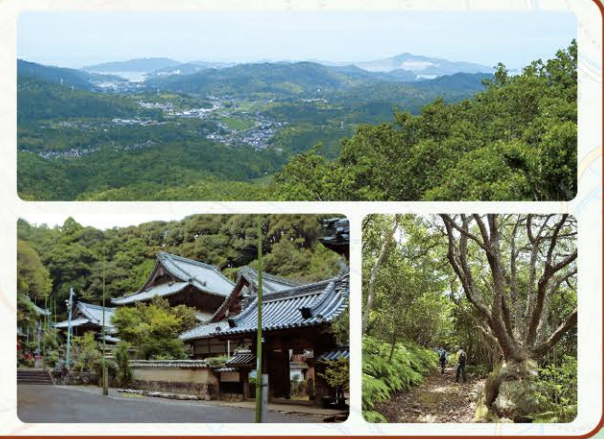


6 Goma Rock
At this large rock, Kobo Daishi, a great Buddhist teacher, performed the *goma* fire ritual here, where wishes written on wooden tablets are burned. The fire on the rock could be seen at night by ships at sea, making it an identifiable landmark.

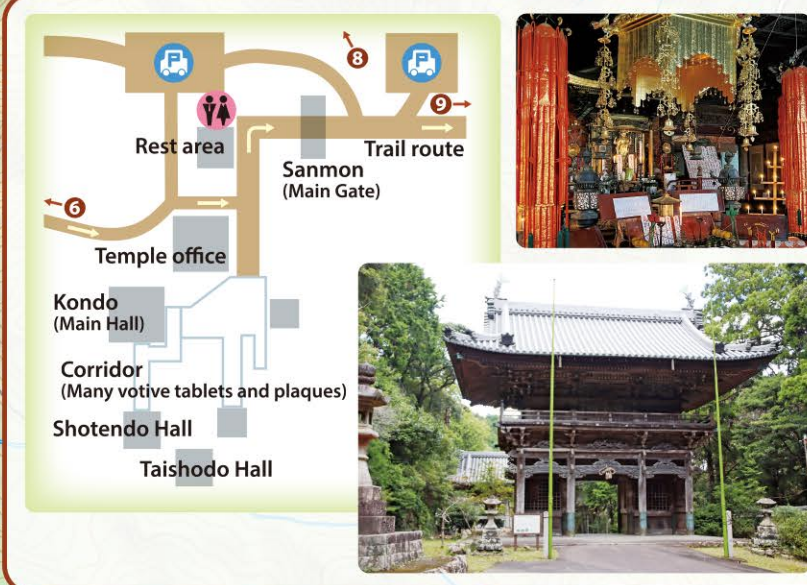
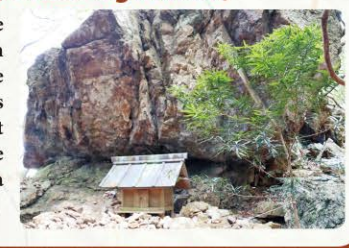


Trail Characteristics

Suitable for hikers who are fit and comfortable on rocky trails, Mt. Aonomine was a popular pilgrimage destination in the Edo period (1603-1867). Climbing up this mountain is like taking a journey back in time. Leaving the residential neighborhood at its base and climbing its rocky pathway and moss-covered stone stairs, hikers will pass several sites of historical importance to the local people and ships at sea. At the top of the mountain is Shofukuji Temple, originally constructed in the eighth century, where a stroll through the temple ground offers a glimpse of old Japan.



8 Tomyo Rock (Sacred Light Rock)
This rock is another place where wishes written on wooden tablets were burned at night, serving as a guiding light to ships at sea. Trail access is from the parking lot and is only a short walk down the path.



7 Shofukuji Temple
Shofukuji Temple was founded in the eighth century by order of Emperor Shomu (701-756) and has a long connection with people who make their living on the sea. *Ama* divers have traditionally come here to pray for safety; merchants who transported their goods by ship also hold it in high regard since the temple's burning fires at night acted as a lighthouse. The present main hall was built in 1836 and houses an eleven-headed Kannon (Deity of Bodhisattva) statue. Images of the sea hang on the walls, and the names of the people in the fishing industry and donor merchants from various places can be seen on stone lanterns, the temple bell, and hanging plaques.

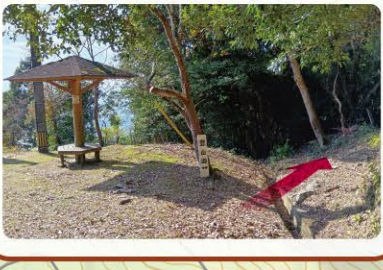


Shofukuji Temple Main Gate
This gate was constructed in 1842 and features skillfully carved images of lucky animals. It is rare to find such ornate workmanship at a countryside temple. The stone lanterns in front of the gate were donated by *sake* companies who financed its construction.



Find the Lobster!
A lobster is hiding in the wave. Can you find it?

9 Trail Entrance
The trail entrance to descend the mountain is to the right of the small covered bench.



Toilet is only available at Shofukuji Temple. No toilets at the station. Trail is slippery and uneven. Be cautious when hiking.

Toba Sta.
Kintetsu Railway
12 mins.

Matsuo Sta.
Kintetsu Railway
8 mins.

Kutsukake Sta.

