

# Ise-Shima National Park

## HIKING MAP

Course

3

### Asama Takemichi Course (Round Trip)

Course

Distance: Approx. 11.4 km / Time: Approx. 3 hours 25 minutes

#### Course Grade

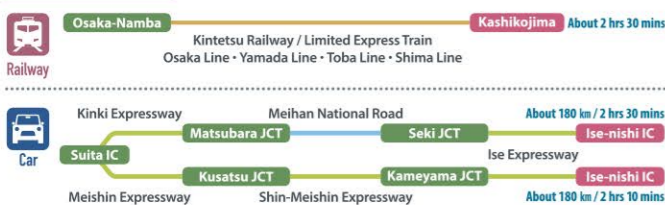
Grade 1  
Walking

Grade 2  
Light Hiking

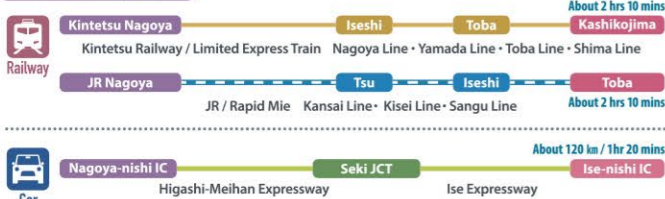
Grade 3  
Day-long Hiking

## Access to Ise-Shima National Park

### From Osaka



### From Nagoya



### From Irago (Aichi Pref.)



Kintetsu Railway



Mie Kotsu Bus



伊勢志摩  
国立公園

National  
Parks  
of Japan



Ministry of the Environment / Ise-Shima Office  
tel: 0599-43-2210 / E-mail: RO-SHIMA@env.go.jp



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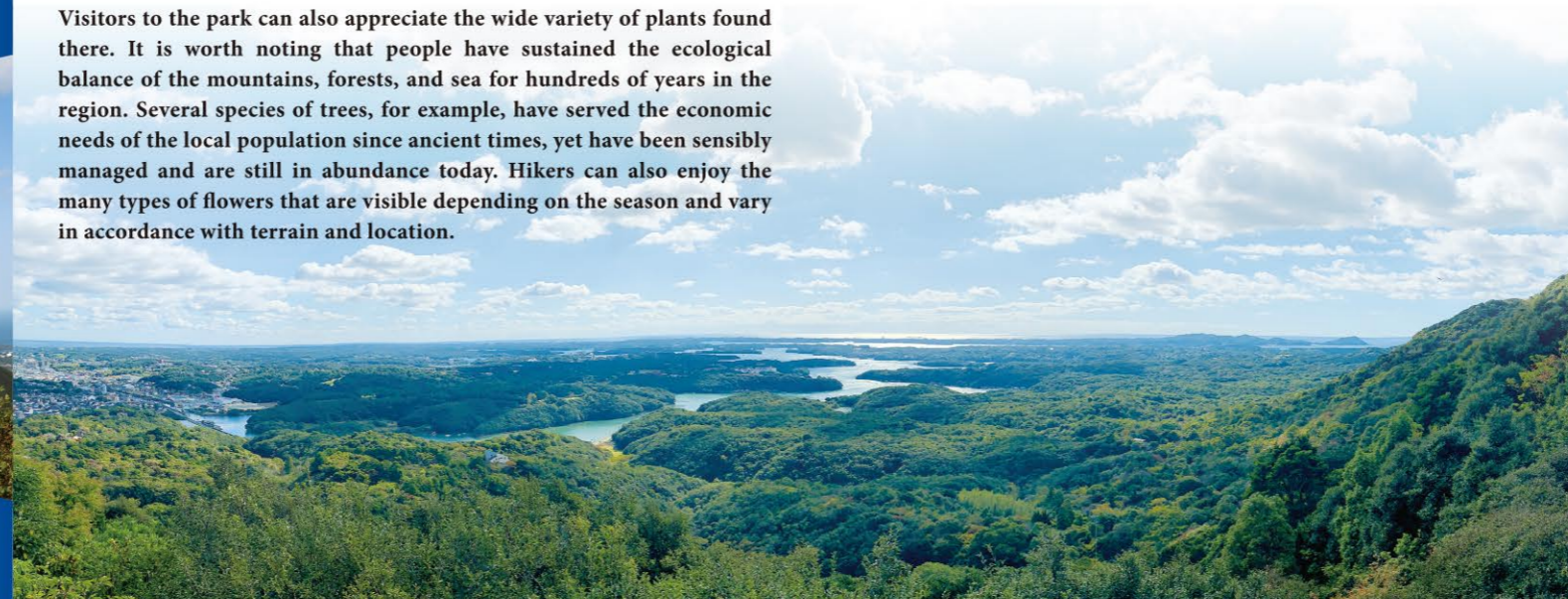
## Ise-Shima National Park Hiking Points

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.

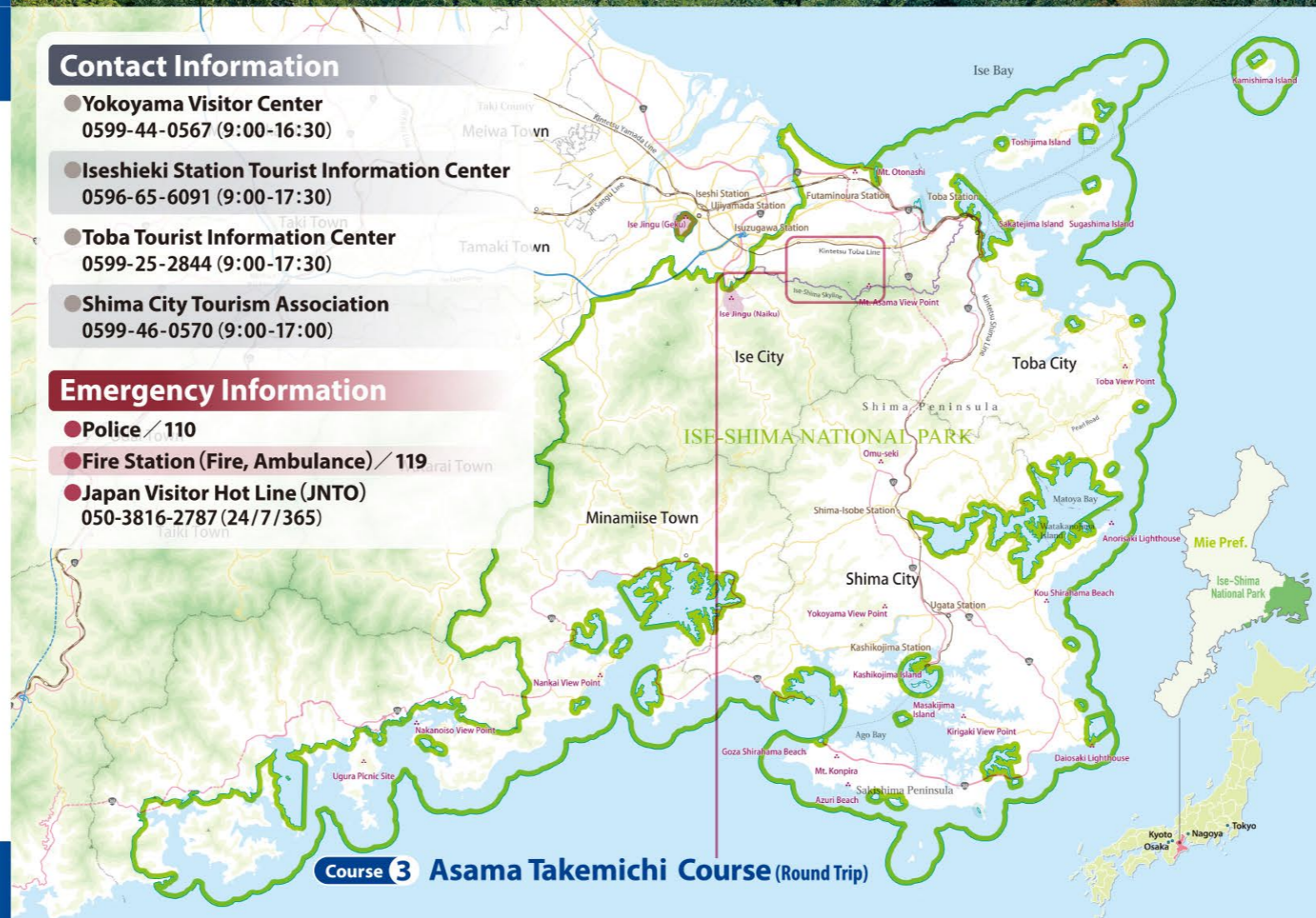


### Contact Information

- **Yokoyama Visitor Center**  
0599-44-0567 (9:00-16:30)
- **Ishieiki 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 3 Asama Takemichi Course (Round Trip)

## 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.



## 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

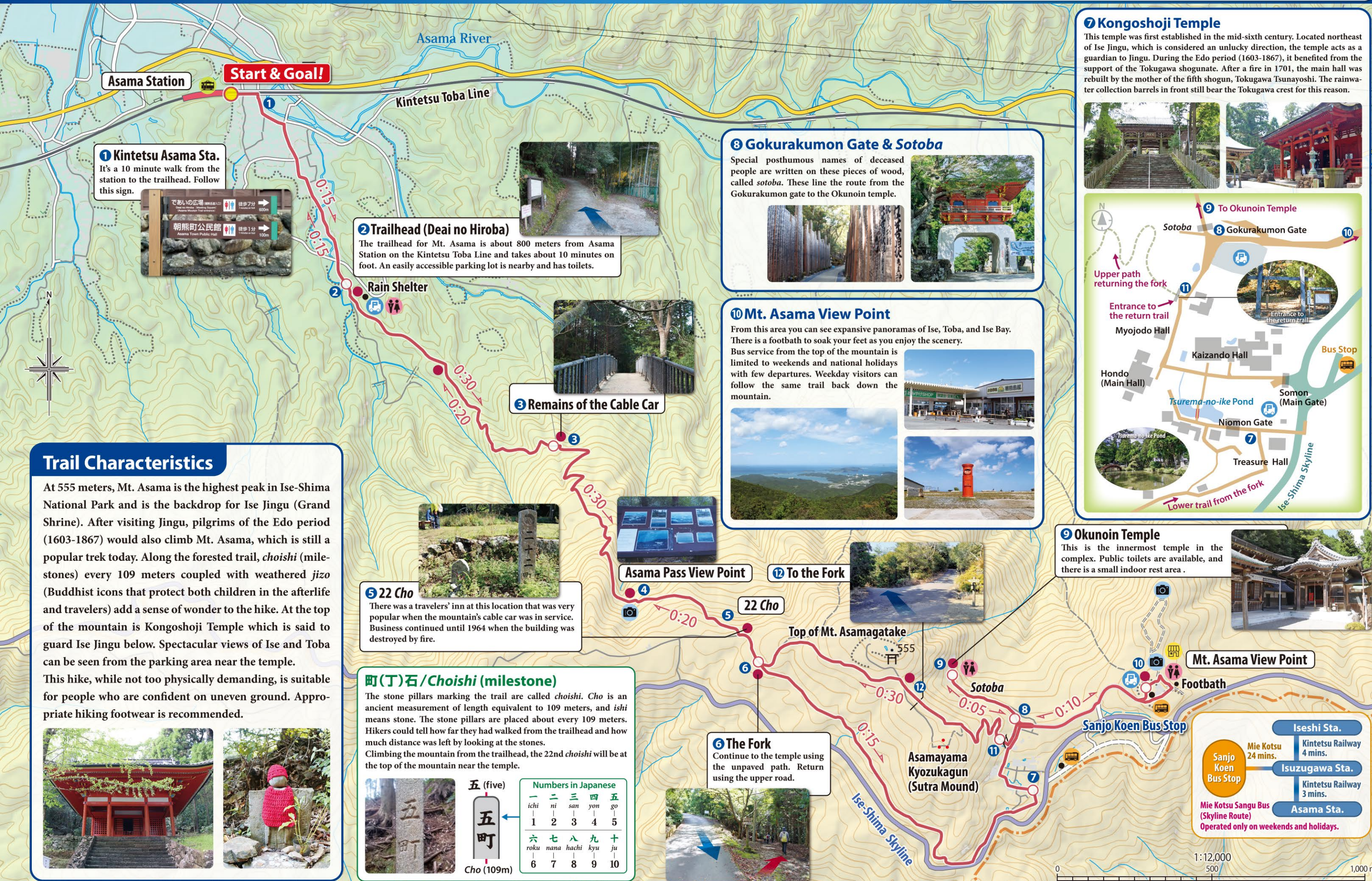


Hiking shoes

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

# Course 3 Asama Takemichi Course (Round Trip)

Distance: Approx. 11.4 km / Time: Approx. 3 hours 25 minutes



**1 Kintetsu Asama Sta.**  
It's a 10 minute walk from the station to the trailhead. Follow this sign.



**2 Trailhead (Deai no Hiroba)**  
The trailhead for Mt. Asama is about 800 meters from Asama Station on the Kintetsu Toba Line and takes about 10 minutes on foot. An easily accessible parking lot is nearby and has toilets.



**Rain Shelter**



**3 Remains of the Cable Car**



**5 22 Cho**  
There was a travelers' inn at this location that was very popular when the mountain's cable car was in service. Business continued until 1964 when the building was destroyed by fire.



**Asama Pass View Point**

**12 To the Fork**



**6 The Fork**  
Continue to the temple using the unpaved path. Return using the upper road.



**8 Gokurakumon Gate & Sotoba**

Special posthumous names of deceased people are written on these pieces of wood, called *sotoba*. These line the route from the Gokurakumon gate to the Okunoin temple.



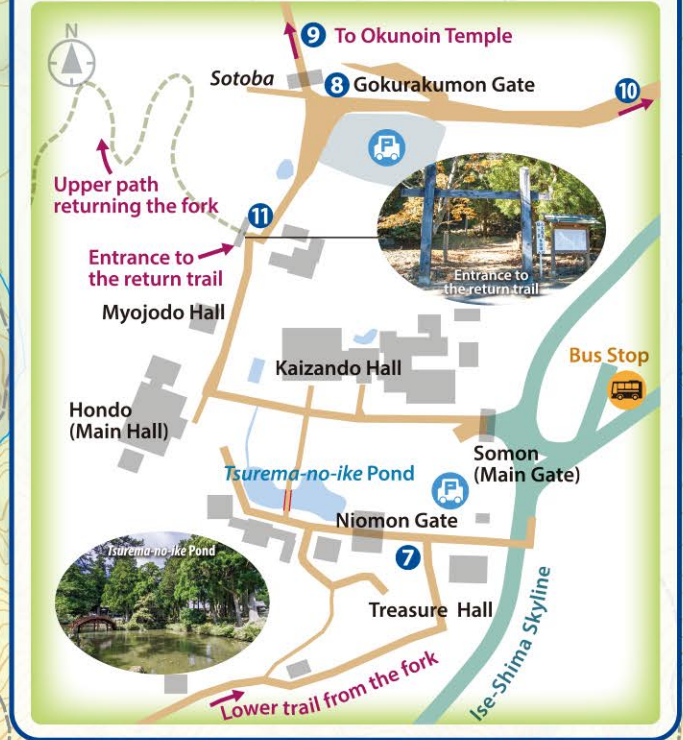
**10 Mt. Asama View Point**

From this area you can see expansive panoramas of Ise, Toba, and Ise Bay. There is a footbath to soak your feet as you enjoy the scenery. Bus service from the top of the mountain is limited to weekends and national holidays with few departures. Weekday visitors can follow the same trail back down the mountain.



**7 Kongoshoji Temple**

This temple was first established in the mid-sixth century. Located northeast of Ise Jingu, which is considered an unlucky direction, the temple acts as a guardian to Jingu. During the Edo period (1603-1867), it benefited from the support of the Tokugawa shogunate. After a fire in 1701, the main hall was rebuilt by the mother of the fifth shogun, Tokugawa Tsunayoshi. The rainwater collection barrels in front still bear the Tokugawa crest for this reason.



**9 Okunoin Temple**

This is the innermost temple in the complex. Public toilets are available, and there is a small indoor rest area.



## Trail Characteristics

At 555 meters, Mt. Asama is the highest peak in Ise-Shima National Park and is the backdrop for Ise Jingu (Grand Shrine). After visiting Jingu, pilgrims of the Edo period (1603-1867) would also climb Mt. Asama, which is still a popular trek today. Along the forested trail, *choishi* (milestones) every 109 meters coupled with weathered *jizo* (Buddhist icons that protect both children in the afterlife and travelers) add a sense of wonder to the hike. At the top of the mountain is Kongoshoji Temple which is said to guard Ise Jingu below. Spectacular views of Ise and Toba can be seen from the parking area near the temple. This hike, while not too physically demanding, is suitable for people who are confident on uneven ground. Appropriate hiking footwear is recommended.



## 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 the trailhead, the 22nd *choishi* will be at the top of the mountain near the temple.



五 (five)  
五町  
Cho (109m)

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

**Sanjo Koen Bus Stop**

- Mie Kotsu 24 mins.
- Kintetsu Railway 4 mins.
- Isuzugawa Sta. Kintetsu Railway 3 mins.
- Asama Sta.

Mie Kotsu Sangu Bus (Skyline Route)  
Operated only on weekends and holidays.

1:12,000  
0 500 1,000 m