

Ise-Shima National Park

HIKING MAP

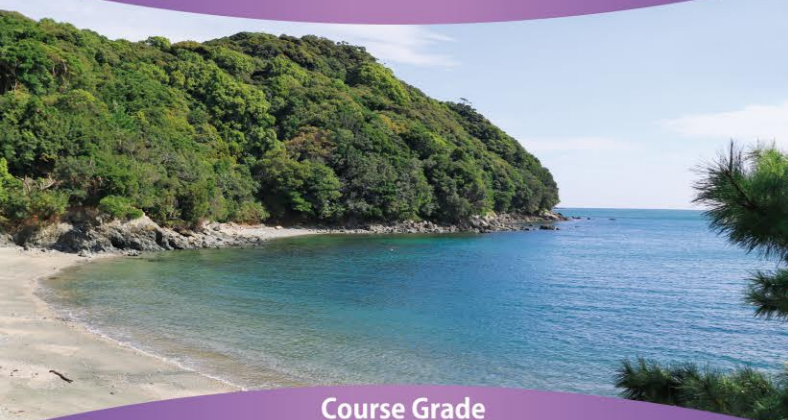
Course

4

Isawa Jinja Shrine (Kaburako-san) Course

Course

Distance: Approx. 2.5 km / Time: Approx. 1 hour



Course Grade

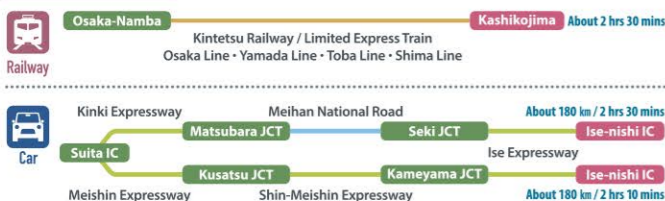
Grade 1
Walking

Grade 2
Light Hiking

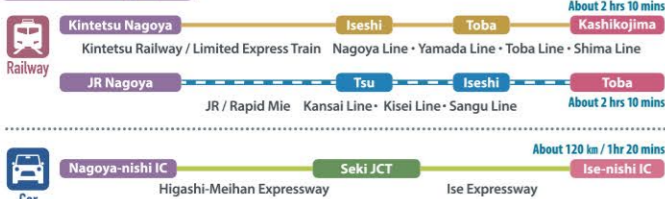
Grade 3
Day-long Hiking

Access to Ise-Shima National Park

From Osaka



From Nagoya



From Irago (Aichi Pref.)



Kintetsu Railway



Kamome 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



2026.3発行

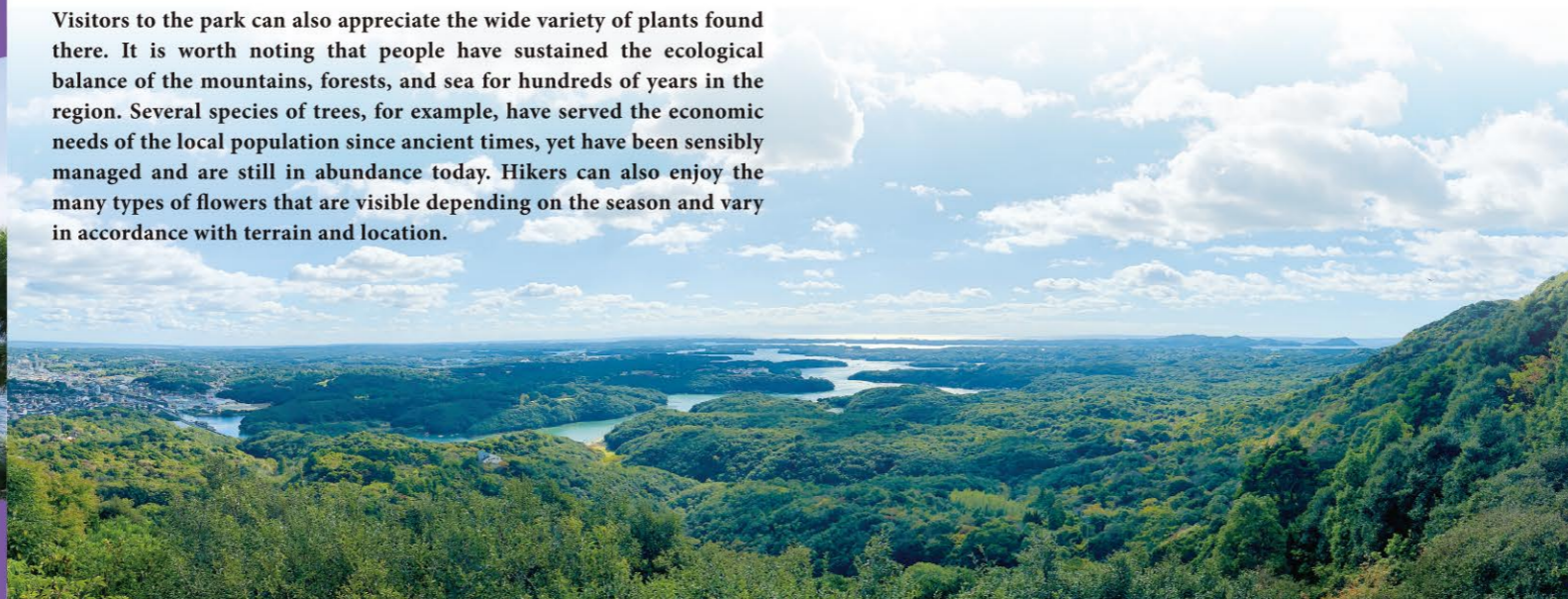
Ise-Shima National Park Hiking Points

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.

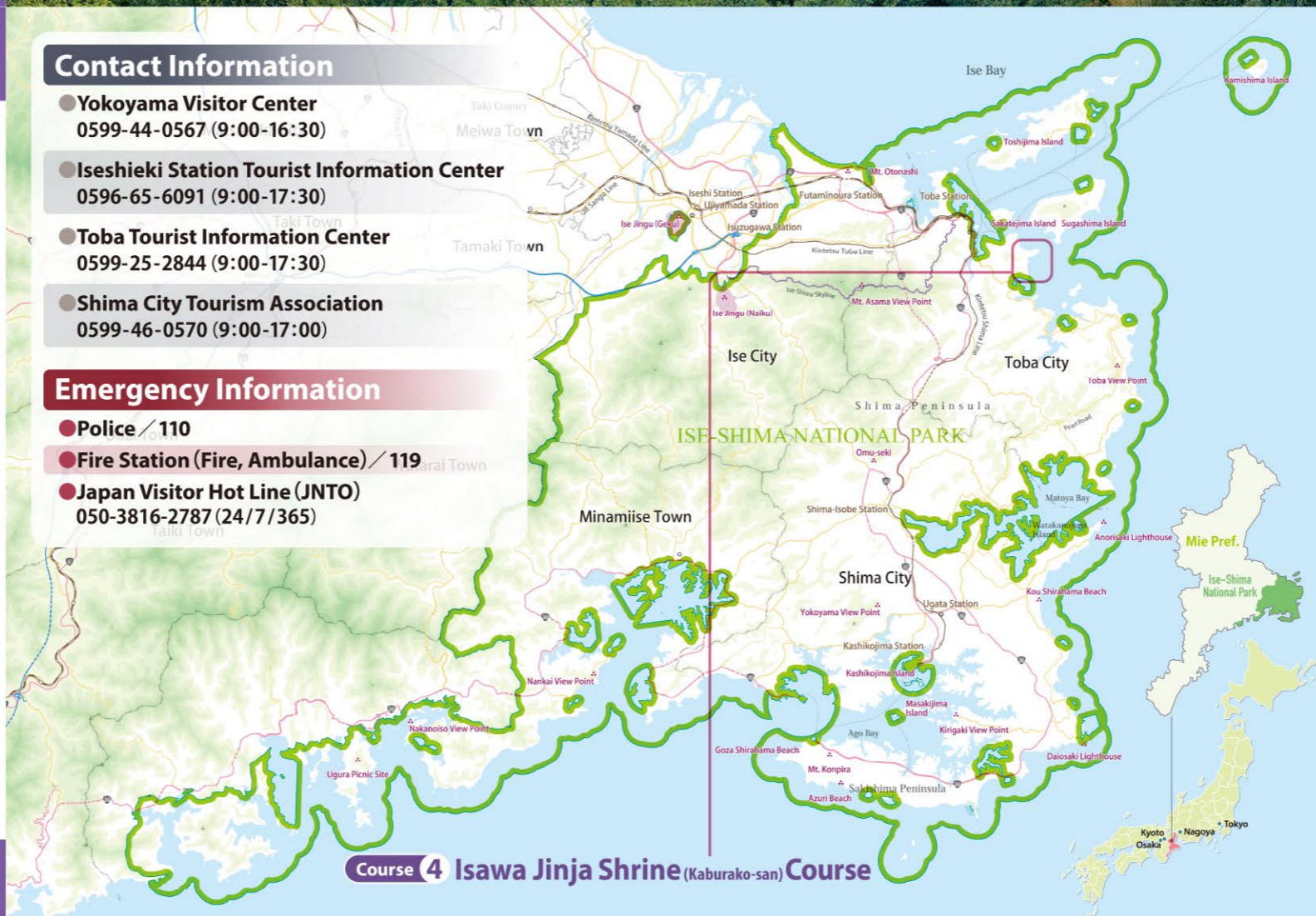


Contact Information

- **Yokoyama Visitor Center**
0599-44-0567 (9:00-16:30)
- **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)



Hiking Preparation

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

What to take?



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

Course 4 Isawa Jinja Shrine (Kaburako-san) Course

Course 4 Isawa Jinja Shrine (Kaburako-san) Course

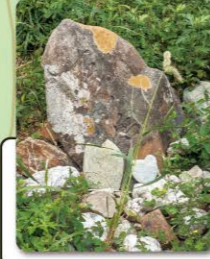
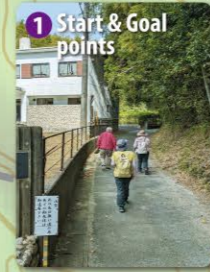
Distance: Approx. 2.5 km / Time: Approx. 1 hour



Enlarged map from Arashima Bus Stop to the trailhead

Denpoin Temple
Walk about 300m from the bus stop to the trailhead

Arashima Bus Stop
Maruyama Jinja Shrine
Hamabenoyado Kameya (Hotel)



2 Bamboo Forest

There is a variety of trees and plants along this trail, and here you can see very tall bamboo. On windy days, it makes a haunting melody as the trees knock against each other.



Stone Marker

This old stone marker reads "Right for the shrine."



3 The Fork

Follow the signs and turn right here to access the original walking trail.

Trail Characteristics

The hike to Isawa Jinja Shrine, also known as Kaburako-san, is a short but scenic walk that is accessible to most people. This mainly paved route winds through thick areas of bamboo and unused farmland lost to time. Before reaching the end, the forest opens up to a scenic beach and a view of Ise Bay. A final climb up ancient stone steps leads to Isawa Jinja, a quiet and simple Shinto shrine which is well-kept by local volunteers and surrounded by native tree species.

A short walk past the shrine leads to the tip of Cape Kaburako, and a view point looking out at Ise Bay and nearby peaks.



5 Torii

The traditional entrance to Isawa Jinja is from the beach. During WWII, soldiers would often come to this shrine to pray before going to war. A former soldier, grateful to have survived, donated this torii (shrine gate) in 1987.



6 Isawa Jinja Shrine

At least 1000 years old, Isawa Jinja is home to four kami (deities) all related to the sea and safety on the water. Inside, o-mamori (protective amulets) and locally made keychain ornaments are available for purchase.



Kamome Bus 25 mins.
Arashima Bus Stop
Toba Sta.



Arashima Beach Information

- Admission Fee Free
- Changing rooms and shower ... Available (From mid-July to mid-August)
- Toilet (Accessible Toilet) Available
- Parking Available
- Contact · Toba Tourist Information Center 0599-25-2844 (9:00-17:30)

Note:
Toilet is only available at Arashima Beach.

The Unique Rocks with Many Holes

These stones are often found on the beach. The holes are the tunnels bored by *ishimate* (date mussel; *Lithophaga*).



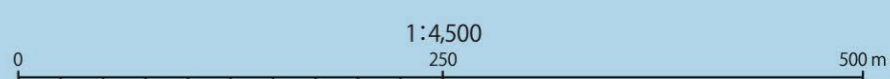
Chestnut Tiger Butterfly

Hikers on the Isawa Jinja Shrine (Kaburako-san) trail might be lucky enough to spot the *Asagimadara* (Chestnut tiger butterfly), Japan's only migratory butterfly. They go north in the warmer months, and travel between 1500-2000 kilometers around October to the southerly island of Kyushu.



Mitotori Shinji Festival

The Mitotori Shinji Festival is held yearly on Labor Thanksgiving Day (November 23) at Isawa Jinja. It shows appreciation to the workers of Japan, gives thanks for a good harvest, and acts as an offering to the kami. While many shrines offer grain - most commonly rice - the offering here is fish, donated by the local fishermen. High-quality fish such as *tai* (sea bream) and *hamachi* (yellow tail), and the delicacy *Ise ebi* (Japanese spiny lobster) are thrown into a fishing net as an offering to the shrine's kami. The fish are later barbecued on site and enjoyed by guests at no charge.

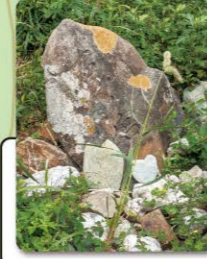
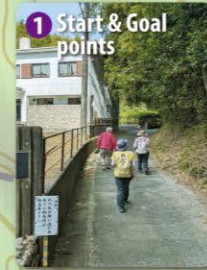
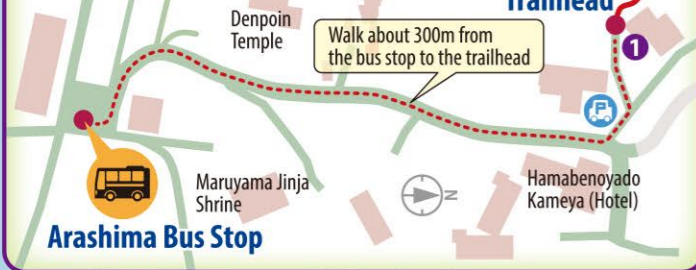


Course 4 Isawa Jinja Shrine (Kaburako-san) Course

Distance: Approx. 2.5 km / Time: Approx. 1 hour



Enlarged map from Arashima Bus Stop to the trailhead



2 Bamboo Forest

There is a variety of trees and plants along this trail, and here you can see very tall bamboo. On windy days, it makes a haunting melody as the trees knock against each other.



Stone Marker

This old stone marker reads "Right for the shrine."



3 The Fork

Follow the signs and turn right here to access the original walking trail.

Trail Characteristics

The hike to Isawa Jinja Shrine, also known as Kaburako-san, is a short but scenic walk that is accessible to most people. This mainly paved route winds through thick areas of bamboo and unused farmland lost to time. Before reaching the end, the forest opens up to a scenic beach and a view of Ise Bay. A final climb up ancient stone steps leads to Isawa Jinja, a quiet and simple Shinto shrine which is well-kept by local volunteers and surrounded by native tree species.

A short walk past the shrine leads to the tip of Cape Kaburako, and a view point looking out at Ise Bay and nearby peaks.



5 Torii

The traditional entrance to Isawa Jinja is from the beach. During WWII, soldiers would often come to this shrine to pray before going to war. A former soldier, grateful to have survived, donated this torii (shrine gate) in 1987.



6 Isawa Jinja Shrine

At least 1000 years old, Isawa Jinja is home to four kami (deities) all related to the sea and safety on the water. Inside, o-mamori (protective amulets) and locally made keychain ornaments are available for purchase.



Start & Goal!



Arashima Beach Information

- Admission Fee Free
- Changing rooms and shower ... Available (From mid-July to mid-August)
- Toilet (Accessible Toilet) Available
- Parking Available
- Contact · Toba Tourist Information Center 0599-25-2844 (9:00-17:30)

Note: Toilet is only available at Arashima Beach.

The Unique Rocks with Many Holes

These stones are often found on the beach. The holes are the tunnels bored by *ishimate* (date mussel; *Lithophaga*).



Chestnut Tiger Butterfly

Hikers on the Isawa Jinja Shrine (Kaburako-san) trail might be lucky enough to spot the *Asagimadara* (Chestnut tiger butterfly), Japan's only migratory butterfly. They go north in the warmer months, and travel between 1500-2000 kilometers around October to the southerly island of Kyushu.



Mitotori Shinji Festival

The Mitotori Shinji Festival is held yearly on Labor Thanksgiving Day (November 23) at Isawa Jinja. It shows appreciation to the workers of Japan, gives thanks for a good harvest, and acts as an offering to the kami. While many shrines offer grain - most commonly rice - the offering here is fish, donated by the local fishermen. High-quality fish such as *tai* (sea bream) and *hamachi* (yellow tail), and the delicacy *Ise ebi* (Japanese spiny lobster) are thrown into a fishing net as an offering to the shrine's kami. The fish are later barbecued on site and enjoyed by guests at no charge.



7 Kaburakozaki View Point

At the end of the Isawa Jinja Shrine (Kaburako-san) Course are some seating areas and a south-eastward view of Ise Bay and Shima Peninsula. This is a popular spot to take a picture of the sunrise on New Year's morning, and a relaxing place to enjoy with friends.

