Ise-Shima National Park

Asama Takemichi Course (Round Trip)

Course Distance: Approx. 11.4 km / Time: Approx. 4 hours

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.

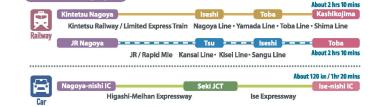
Whatever the reason for your journey, you will be sure to enjoy the day hikes of Ise-Shima National Park.

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.

Access to Ise-Shima National Park





From Irago (Aichi Prei



Kintetsu Railway



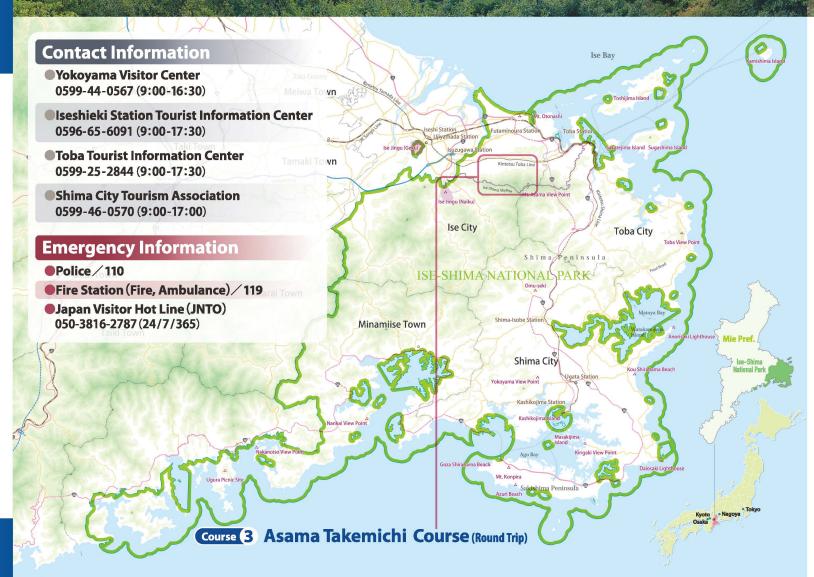
Mie Kotsu Bus











Hiking Preparation

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



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 S Asama Takemichi Course (Round Trip) **⊘** Kongoshoji Temple This temple was first established in the mid-sixth century. Located northeast Distance: Approx. 11.4 km / Time: Approx. 3 hours 25 minutes 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 9 0 0 rebuilt by the mother of the fifth shogun, Tokugawa Tsunayoshi. The rainwa-**Asama River** ter collection barrels in front still bear the Tokugawa crest for this reason. Start & Goal! Asama Station Kintetsu Toba Line **3** Gokurakumon Gate & Sotoba Special posthumous names of deceased Kintetsu Asama Sta. people are written on these pieces of wood, It's a 10 minute walk from the To Okunoin Temple called sotoba. These line the route from the station to the trailhead. Follow **3** Gokurakumon Gate Trailhead (Deai no Hiroba) The trailhead for Mt. Asama is about 800 meters from Asama Upper path returning the fork Station on the Kintetsu Toba Line and takes about 10 minutes on foot. An easily accessible parking lot is nearby and has toilets. Entrance to Rain Shelter the return trail Myojodo Hall **10 Mt. Asama View Point** From this area you can see expansive panoramas of Ise, Toba, and Ise Bay. Kaizando Hall There is a footbath to soak your feet as you enjoy the scenery. Hondo Bus service from the top of the mountain is (Main Hall) limited to weekends and national holidays Somon (Main Gate) with few departures. Weekday visitors can follow the same trail back down the **Niomon Gate** Remains of the Cable Car **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 Okunoin Temple **Asama Pass View Point** 1 To the Fork This is the innermost temple in the (milestones) every 109 meters coupled with weathered complex. Public toilets are available, and jizo (Buddhist icons that protect both children in the there is a small indoor rest area where 22 Cho drinks and light snacks can be purchased. There was a travelers' inn at this location that was very afterlife and travelers) add a sense of wonder to the hike. popular when the mountain's cable car was in service. At the top of the mountain is Kongoshoji Temple which is Business continued until 1964 when the building was Top of Mt. Asamagatake destroyed by fire. said to guard Ise Jingu below. Spectacular views of Ise and Mt. Asama View Point Toba can be seen from the parking area near the temple. This hike, while not too physically demanding, is suitable 町(丁)石/Choishi (milestone) for people who are confident on uneven ground. Appro-The stone pillars marking the trail are called choishi. Cho is an ancient measurement of length equivalent to 109 meters, and ishi priate hiking footwear is recommended. means stone. The stone pillars are placed about every 109 meters. Iseshi Sta. Hikers could tell how far they had walked from the trailhead and how much distance was left by looking at the stones. **1 The Fork Kintetsu Railway** Climbing the mountain from the trailhead, the 22nd choishi will be at Continue to the temple using **Asamayama** the unpaved path. Return Isuzugawa Sta. Kyozukagun using the upper road. **Kintetsu Railway** (Sutra Mound) Asama Sta. Operated only on weekends and holidays 七 九 1:12,000 出典: 国土地理院発行の国土基本情報25,000