

Ise-Shima National Park

HIKING MAP Course 3

Asama Takemichi Course (Round Trip)

Course

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

Course Grade

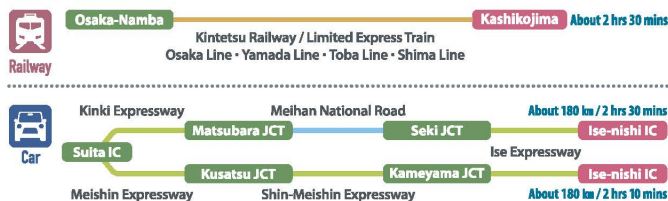
Grade 1
Walking

Grade 2
Light Hiking

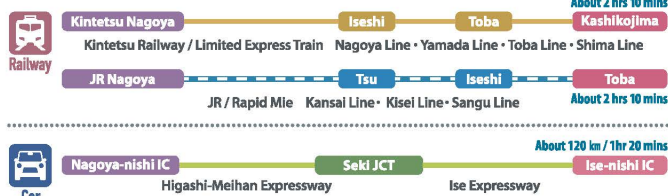
Grade 3
Day-long Hiking

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

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.

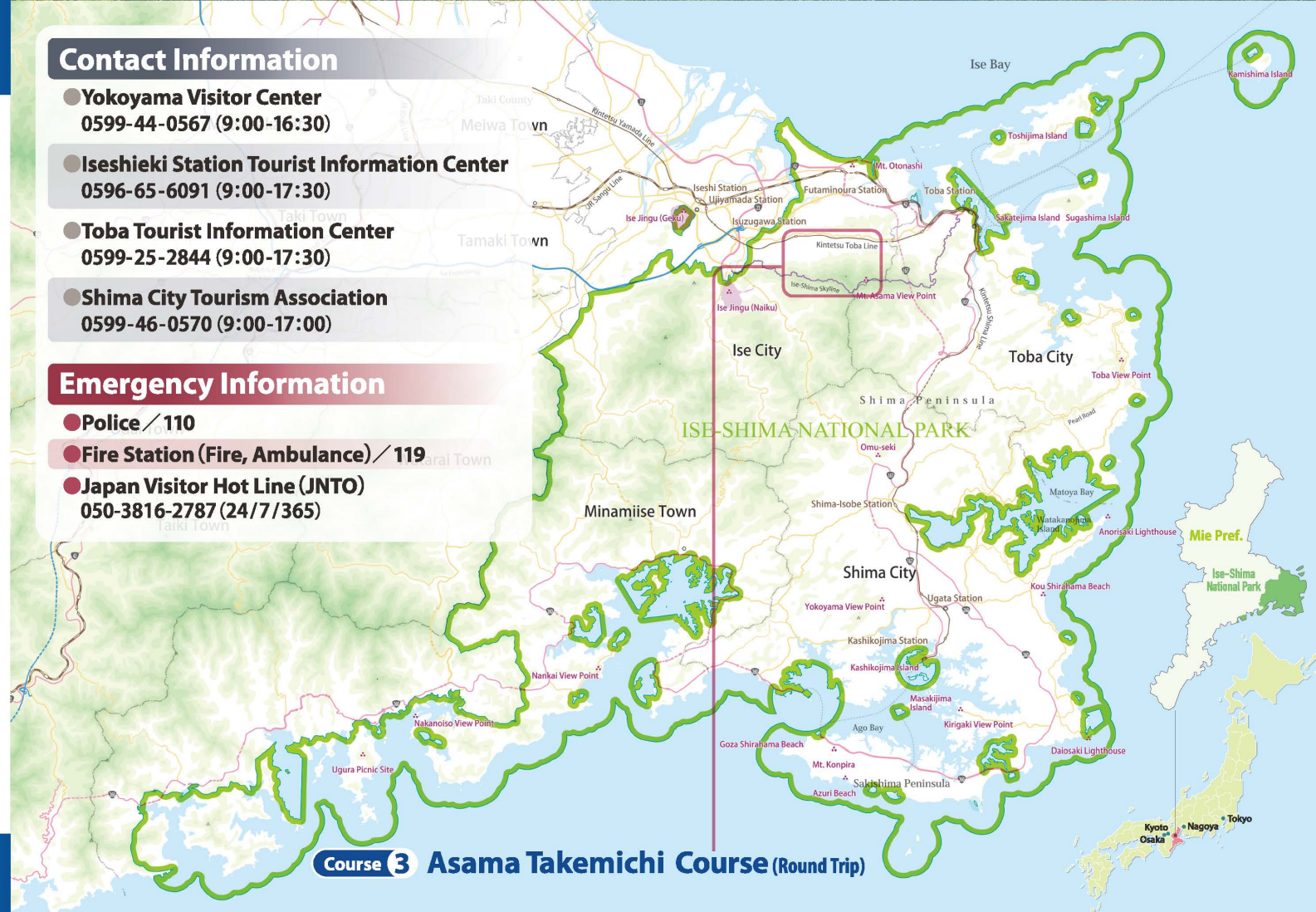


Contact Information

- Yokoyama Visitor Center
0599-44-0567 (9:00-16:30)
- Ise-shieki 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?

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



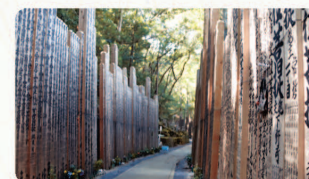
⑦ Kongoshoji Temple

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.



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.



⑨ Okunoin Temple

This is the innermost temple in the complex. Public toilets are available, and there is a small indoor rest area where drinks and light snacks can be purchased.



Mt. Asama View Point

Footbath

Sanjo Koen Bus Stop

Ise-shi Sta.

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.

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出典: 国土院発行の国土基本情報25,000