

Contact each facility to ask about its current reservation schedule.



「Visit ISESHIMA」Bureau



Ise-Shima Activity Guide Map

Good ~fortune~  
42une  
Activity



36 Home Cooking and Strolling on the Island with a Local Guide

You will take a boat to visit "Toshijima," an island of fisherpeople, where you can go on a walking tour with a local guide. Enjoy communication with local people and home-cooked meals unique to the island!

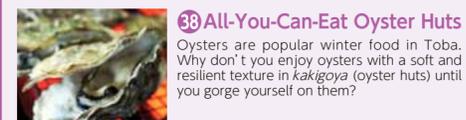
**TANTO Toshijima (たんとう志島)**  
Charge:16,000 yen (including lunch),1,100 yen(Round-trip boarding ticket)  
Reservation:necessary at least two days in advance  
Address:632 Toshicho, Toba City / Regular holidays:December 28 through January 3  
Mail:info@toshijima-tanto.com



37 Cruising Seafood Restaurant

On a *yakatabune*, which is a traditional Japanese roofed pleasure boat with an out-of-ordinary atmosphere, you can enjoy beautiful views of Toba Bay and selected local seafood.

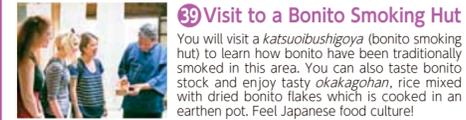
**Yakatabune Okita (鳥羽 海鮮料理 屋形船 おきた)**  
Charge:at least 4,180 yen  
Reservation:acceptable even on the day of your visit  
Address:1-2383-51 Toba, Toba City  
Regular holidays:open 365 days a year / TEL:0599-25-7133



38 All-You-Can-Eat Oyster Huts

Oysters are popular winter food in Toba. Why don't you enjoy oysters with a soft and resilient texture in *kakigoyu* (oyster huts) until you gorge yourself on them?

**All-You-Can-Eat Oyster Huts (牡蠣小屋体験)**  
Charge:Check the website.  
Reservation:acceptable even on the day of your visit  
Address:Check the website./ Regular holidays:Check the website.  
TEL:0599-25-3019



39 Visit to a Bonito Smoking Hut

You will visit a *katsuoibushigoya* (bonito smoking hut) to learn how bonito have been traditionally smoked in this area. You can also taste bonito stock and enjoy tasty *okakagohan*, rice mixed with dried bonito flakes which is cooked in an earthen pot. Feel Japanese food culture!

**KATSUO IBUSHIGOYA (かつおのたばく)**  
Charge:2,000 yen / Reservation:necessary at least one day in advance (by 17:00)  
Address:393 Daiocho-Nakiri, Shima City / Regular holidays:Wednesdays,Sundays, bon holidays(August 12 through 16)and winter holidays(December 1 through January 10)  
TEL:080-2612-3801 / Mail:maruten@katuobushi.com

Ama Hut Experience



18 Ama Hut Experience (Toba)

You can fully enjoy barbecued local seafood while listening to *ama* (femaleskin divers) talking about their history and fishing experiences in an *amagoya* (hut of ama). It is also fun to do a local dance with them and try on their diving costume!

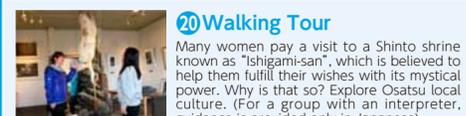
**Ama Hut HACHIMAN (海女小屋はちまなかまど)**  
Charge:at least 3,850 yen  
Reservation:necessary at least one day in advance  
Address:819 Osatsucho, Toba City / Regular holidays:Check the website.  
TEL:0599-33-1023 / Mail:info@amakoy.com



19 Ama Hut Experience (Toba)

Enjoy barbecued local seafood while listening to Ama divers (femaleskin divers) talking about their history and fishing experiences in an Amagoya (ama divers' wooden hut). The second hut is on the edge of a cliff and offers a panoramic view of the ocean (access is perfectly safe though!)

**Ama Hut Osatsu Kamado (相差かまど)**  
Charge:at least 3,500 yen  
Reservation:necessary at least one day in advance (by 16:00)  
Address:1238 Osatsucho, Toba City / Regular holidays:Check the website.  
TEL:0599-336-411 / Mail:tambunka.0@bz03.plata.or.jp



20 Walking Tour

Many women pay a visit to a Shinto shrine known as "Ishigami-san", which is believed to help them fulfill their wishes with its mystical power. Why is that so? Explore Osatsu local culture. (For a group with an interpreter, guidance is provided only in Japanese).

**Osatsu Ishigami-san guided tour (相違石神さんガイド)**  
Charge:2,000 yen / Reservation:Scan the QR code to access the website.  
Address:1238 Osatsucho, Toba City  
Regular holidays:Closed for special occasions  
TEL:0599-337-453 / Mail:tambunka.0@bz03.plata.or.jp



21 Ama Hut Experience (Shima)

You can fully enjoy barbecued local seafood while listening to *ama* (femaleskin divers) talking about their history and fishing experiences in an *amagoya* (hut of ama). You can also have dinner here!

**Ama Hut SATOUMIAN (海女小屋体験施設 さとうみ庵)**  
Charge:at least 3,850 yen / Reservation:acceptable even on the day of your visit  
Address:2279 Shimacho-Koshika, Shima City  
Regular holidays:December 30 through January 1  
TEL:0599-85-1212 / Mail:info@kanke-shima.com

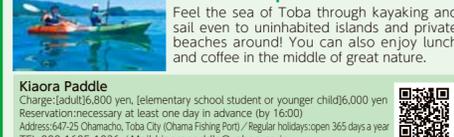
Food Experience



40 Matusaka Cotton Kimono and Tea Ceremony Experience

You can wear a kimono made of Matusaka cotton, a traditional craft of Matusaka, and experience a Japanese tea ceremony. Enjoy Japanese culture in Matusaka blessed with atmospheric historical and cultural streetscapes!

**Utsukushiya (うつくしや/ 東村旅館店)**  
Charge:Check the website.  
Reservation:necessary at least two days in advance (by 18:00)  
Address:1940 Nakamachi, Matusaka City / Regular holidays:Not fixed  
TEL:0598-21-0220 / Mail:trion-88@mtv.ne.jp



1 Sea Kayaking and Stand Up Paddle

Feel the sea of Toba through kayaking and sail even to uninhabited islands and private beaches around! You can also enjoy lunch and coffee in the middle of great nature.

**Kiaora Paddle (志摩マリンレジャー)**  
Charge:[adult] 6,800 yen, [elementary school student or younger child] 6,000 yen  
Reservation:necessary at least one day in advance (by 16:00)  
Address:647-25 Ohanacho, Toba City (Chama Fishing Port) / Regular holidays:open 365 days a year  
TEL:080-1605-1036 / Mail:kiaorapaddle@yahoo.co.jp



2 Sea Kayaking and Nature Experience

Enjoy a variety of outdoor and nature experience programs to feel the four seasons in Ago Bay filled with great natural landscapes unique to Ise-Shima!

**Shima Nature School (志摩自然学校)**  
Charge:Check the website./ Reservation:necessary at least two days in advance (by 17:00)  
Address:Tomoyama Park, 2199 Daiocho-Nakiri, Shima City  
Regular holidays:irregular holidays  
TEL:0599-72-1733 / Mail:webmaster@shima-sg.com



3 Sea Kayaking

A safe kayaking experience program is offered here. Sail into the sea of the *umashi-kuni*, an ancient Japanese term for a province or region blessed with beautiful nature and delicious food, surrounded by magnificent ria coasts and nearby mountains!



4 Outdoor Activities

Taso Shirahama is a relaxing beach with natural white sand, where you can fully refresh yourself and then actively try marine activities between the sea and sky!



5 Fishery Experience and Ama Hut

Learn fishing from fisherpeople and *ama* (female skin divers) by helping them at work, and enjoy cooking some local specialties using freshly caught seafood and eat them together in their hut! This experience is recommended for outdoor people.



6 Fishing and Rocky Beach Experience

Experience fishery practices and life in a fishing village! Interact with marine life, which you can catch in a reproduced pool of seawater typically seen at low tide! You can also enjoy fishing and craft activities here.



7 Toba Bay Cruise and Irukajima

You can take a sightseeing cruise around Toba Bay and visit Irukajima (Dolphin Island) to enjoy "dolphin and sea lion shows" as well as observation of adorable sister otters.



8 Kashikojima España Cruise

You can enjoy a 50-minute cruise around Ago Bay dotted with lush green islands. The sightseeing boat you will take, named the *Esperanza*, looks like an elegant classical Spanish ship in the Age of Exploration.



9 Cruising

You can rent a small boat to take a cruise around "Kashikojima," the largest island in Ago Bay. While on the boat, you can even enjoy a close look at the surface of the sea as well as photography at many photo spots, such as a low bridge which only small boats can go through!



10 Takigyo Meditation

With the help of a guide, you can experience *takigyo* (Japanese-style meditation under a waterfall) in the forest called "Shirataki no Mori," where practitioners of Shugendou used to have training in the past. Traditional costumes are available for rent.



11 River Canoeing

Even beginners can safely enjoy river canoeing with an instructor! In summer, you can also try diving into the river!



12 Agricultural Experience

You can gain some experience of harvesting fresh traditional vegetables which are all grown organically. Let's cook and eat harvested vegetables and then try holding chickens, including Silkies, in your arms!



13 BBQ and Glamping

You can enjoy many one-day events, including surfing and barbecue, in this resort, which is only a one-minute walk from the beach. Have a great time through glamping in a rich natural environment!



41 Matusaka-Style Sukiyaki Experience

You can experience Matusaka-style *sukiyaki*, a Japanese hot pot dish popular in Matusaka which is made with beef grilled only with sugar and soy sauce (without using any water). Make *sukiyaki* on your own and then enjoy it with the help of an instructor!

**YACHIYO, Kappou & Ryokan (割烹旅館八千代)**  
Charge:1,000 yen / Reservation:necessary at least two days in advance  
Address:1295 Tonomachi, Matusaka City  
Regular holidays:irregular holidays  
TEL:0598-21-2501 / Mail:front@yachiyo-web.co.jp



42 Handmade Hojicha Experience

You can gain precious experience of making *hojicha*, a roasted Japanese green tea, from ordinary green tea by using a type of earthen pot called *horoku*. You will be definitely healed by the elegant aroma and taste of *hojicha* while roasting and enjoying it.

**Cha-ju (茶遊齋 茶重 (茶重商店))**  
Charge:at least 500 yen  
Reservation:necessary at least one day in advance (by 18:00)  
Address:819 Shinmachi, Matusaka City / Regular holidays:Sundays  
TEL:0598-21-0701 / Mail:Make contact through the website.



14 Bicycles for Rent (Ise)

Enjoy cycling on a utility or electric bicycle to have a pleasant trip through Ise!



15 Bicycles for Rent (Ise)

E-bikes (electric sport bicycles) are ideal for comfortable long-distance cycling. Enjoy the streetscapes of Ise which car drivers cannot see in detail!



16 Bicycles for Rent (Toba)

Why don't you go for a bicycle ride? Toba is an attractive port town with a pleasant sea breeze.



17 Bicycles for Rent and Cycling

You can rent a bicycle for cycling and even have a guided cycling trip through Ise-Shima National Park to enjoy its magnificent landscapes. You can also get some cultural experiences by trying local foods and visiting an *amagoya* (hut of ama).



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19 Pearl Accessory Making

Why don't you select pearls of your favorite colors to create your original accessories?



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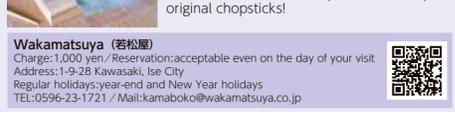
22 Athletics "Ninja Forest Adventure"

In a rich natural environment, parents and children can enjoy walking and athletics by going down from the second to the first area using ropes and logs among mountain trees.



23 Aquarium (Ise)

This aquarium is oriented toward "interaction with sea animals." You cannot help smiling if you see sea animals up close here!



24 Aquarium (Toba)

This aquarium, which houses the greatest number of species (about 1,200) in Japan, is the only Japanese aquarium with dugongs! On top of that, it is also the world's only aquarium with African manatees!



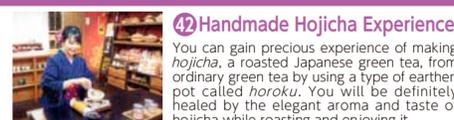
25 Amusement Park

This amusement park, where exotic Spanish streetscapes are reproduced, is full of great photo spots. A variety of attractions, real Spanish dancers and mascots are enjoying popularity here.



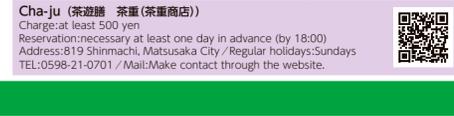
26 Bracelet Making

Make your own bracelets with Ise-Shima pearls, gemstones and *Iga-kumihimo* known as traditional braided cords which are as tough as the sacred ropes around the Meotoiwa (Wedded Rocks)!



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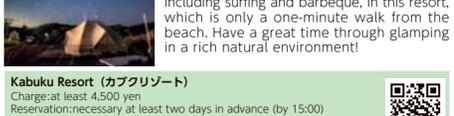
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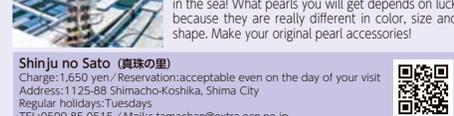
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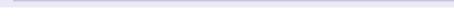
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27 Pendant Making

You can gain some experience of making traditional handcrafted products called *be-netzuke*, which have been handed down as one of the art forms representing Mie Prefecture. Using chisels, you can easily create your original handmade pendants from wood.(This workshop is held on every Tuesday, Thursday and Sunday (for one hour from 13:30). \*You need to come with an interpreter if you do not understand Japanese.



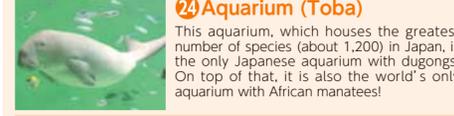
Theme Park



**NINJA KINGDOM ISE (伊勢忍者キングダム)**  
Charge:Check the website./ Reservation:acceptable even on the day of your visit  
Address:1201-1 Futamicho-Mitsu, Ise City  
Regular holidays:open 365 days a year  
TEL:0596-43-2300 / Mail:tnakade@ise-ninjakingdom.jp



**ISE Sea Paradise (伊勢シーパラダイス)**  
Charge:1,950 yen  
Reservation:acceptable even on the day of your visit  
Address:580 Futamicho-E, Ise City  
Regular holidays:open 365 days a year / TEL:0596-42-1760



**Toba Aquarium (鳥羽水族館)**  
Charge:Check the website.  
Reservation:acceptable even on the day of your visit  
Address:3-3-6 Toba, Toba City  
Regular holidays:open 365 days a year / TEL:0599-25-2555



**Shima Spain Village (志摩スペイン村)**  
Charge:5,400 yen