

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 *kakigoya* (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 (かつおのぼく)
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

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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@amakoya.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

21 Ama Hut Experience (Shima)
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Regular holidays:December 30 through January 1
TEL:0599-85-1212 / Mail:info@kanke-shima.com

40 Matsusaka Cotton Kimono and Tea Ceremony Experience
You can wear a kimono made of Matsusaka cotton, a traditional craft of Matsusaka, and experience a Japanese tea ceremony. Enjoy Japanese culture in Matsusaka 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, Matsusaka 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 (キオアラパドル)
Charge:adult16,800 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!

SUNNY COAST KAYAKS (サニーコーストカヤックス)
Charge:6,500 yen / Reservation:necessary at least two days in advance (by 18:00)
Address:1007-17 Gokashouira, Minamise Town, Misamisima Island
Regular holidays:year-end and New Year holidays
TEL:0599-66-1919 / Mail:sunnycoastkayaks@gmail.com

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!

Taso Shirahama Beach (たそ白浜ビーチ)
Charge:at least 1,500 yen
Reservation:acceptable even on the day of your visit
Address:Tasoura, Minamise Town /Regular holidays:open 365 days a year
TEL:0599-77-6208 / Mail:tassoshirahama@gmail.com

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.

Guest House AMARGE (ゲストハウス AMARGE)
Charge:at least 25,000 yen per group
Reservation:necessary at least two days in advance
Address:395 Iijicho, Toba City /Regular holidays:irregular holidays
TEL:050-3718-3734 / Mail:info@japan-ama.com

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.

Umihozuki (海ほぞき)
Charge:2,800 yen / Reservation:Check the website.
Address:465-14 Hamajimacho-Hamajima, Shima City
Regular holidays:Tuesdays
TEL:0599-53-1002 / Mail:info@umihozuki.org

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)!

Meoto Yokocho(Meotoiwa Cafe) めおと横丁(めおと岩カフェ)
Charge:at least 1,700 yen
Reservation:necessary at least two days in advance
Address:580 Futamicho-E, Ise City
Regular holidays:open 365 days a year / TEL:0596-43-4111

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.

ISE KIKUICHI KANECHIKA (伊勢町一金匠)
Charge:2,200 yen / Reservation:necessary at least one day in advance (by 17:00)
Address:2nd floor, Shareo Saeki Building, 6-4 Honmachi, Ise City
Regular holidays:Wednesdays
TEL:0596-28-4933 / Mail:info@sekkichu.com

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Address:2nd floor, Shareo Saeki Building, 6-4 Honmachi, Ise City
Regular holidays:Wednesdays
TEL:0596-28-4933 / Mail:info@sekkichu.com

41 Matsusaka-Style Sukiyaki Experience
You can experience Matsusaka-style *sukiyaki*, a Japanese hot pot dish popular in Matsusaka 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, Matsusaka City
Regular holidays:irregular holidays
TEL:0598-21-2501 / Mail:front@yachiyo-web.co.jp

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.

Shima Marine Leisure (志摩マリンレジャー)
Charge:adult1,900 yen, (child (4 or older)) 1,000 yen
Reservation:acceptable even on the day of your visit
Address:1711-2 Itakacho-Mori, Matsusaka City
Regular holidays:open 365 days a year
TEL:0598-25-3145

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.

Shima Marine Leisure (志摩マリンレジャー)
Charge:adult1,600 yen, (child (4 or older)) 800 yen
Reservation:acceptable even on the day of your visit
Address:Kashikojima Office, 752-11 Agocho-Shimaei (Kashikojima), Shima City
Regular holidays:open 365 days a year / TEL:0599-43-1023

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!

Entrada Kashikojima (Entrada 賢島)
Charge:at least 7,000 yen
Reservation:acceptable even on the day of your visit
Address:752-21 Agocho-Shimaei, Shima City
Regular holidays:irregular holidays / TEL:0599-52-0888

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.

Takigyo Meditation (滝行体験)
Charge:2,000 yen / Reservation:necessary at least two days in advance
Address:635-3 Funatsucho, Toba City
Regular holidays:open 365 days a year
TEL:090-3382-7079 / Mail:info@shiratakis.jp

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

I SIERRA (アイシエラ)
Charge:2,800 yen / Reservation:[through the website] necessary at least two days in advance[by e-mail] acceptable even on the day of your visit and the day before it
Address:1569 Itakacho-Shimatako, Matsusaka City /Regular holidays:open 365 days a year
TEL:080-4630-4396 / Mail:info@sierra@gmail.com

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Address:1569 Itakacho-Shimatako, Matsusaka City /Regular holidays:open 365 days a year
TEL:080-4630-4396 / Mail:info@sierra@gmail.com

28 Chopsticks Making Experience
Chopsticks have been widely in use in Asia, but Japan is culturally unique because it is the only country where everybody in a family uses his or her own chopsticks. Make your original chopsticks!

Wakamatsuya (若松屋)
Charge:1,000 yen / Reservation:acceptable even on the day of your visit
Address:1-9-28 Kawasaki, Ise City
Regular holidays:year-end and New Year holidays
TEL:0596-23-1721 / Mail:kamaboko@wakamatsuya.co.jp

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

Pearl Falco (パールファルコ)
Charge:1,300 yen / Reservation:acceptable even on the day of your visit
Address:101 Ishicho, Ise City /Regular holidays:open 365 days a year
TEL:0596-23-2983 / Mail:info@falco.com

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Charge:1,300 yen / Reservation:acceptable even on the day of your visit
Address:101 Ishicho, Ise City /Regular holidays:open 365 days a year
TEL:0596-23-2983 / Mail:info@falco.com

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, Matsusaka City /Regular holidays:Sundays
TEL:0598-21-0701 / Mail:Make contact through the website.

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!

Kamenarien (亀成園)
Charge:3,000 yen / Reservation:necessary at least two days in advance (by noon)
Address:1711-2 Itakacho-Mori, Matsusaka City
Regular holidays:open 365 days a year
TEL:050-7107-7847 / Mail:11@tjgatin@gmail.com

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!

Kabuku Resort (カブクリゾート)
Charge:at least 4,500 yen
Reservation:necessary at least two days in advance (by 15:00)
Address:876 Agocho-Shimaei, Shima City /Regular holidays:irregular holidays
TEL:0599-77-7369 / Mail:resort@kabuku.co.jp

14 Bicycles for Rent (Ise)
Enjoy cycling on a utility or electric bicycle to have a pleasant trip through Ise!

Geku-Mae Tourist Information Center (外宮前観光案内所)
Charge:at least 800 yen
Reservation:acceptable even on the day of your visit
Address:1-4-6 Honmachi, Ise City /Regular holidays:open 365 days a year
TEL:0596-23-3323 / Mail:kyokai@ise-kanko.jp

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!

ORANGER CAFE wood (オレンジカフェ ウッド)
Charge:2,000 yen / Reservation:acceptable even on the day of your visit
Address:325-2 Nakamurocho, Ise City
Regular holidays:3rd Wednesday of every month
TEL:0596-21-4040 / Mail:cafe@orangerisuzu.com

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.

Toba Ichiban-gai (海羽1番街)
Charge:600 yen (including 1,000 yen refund) A 1000-yen deposit will be asked (fully refund)
Reservation:No prior reservation needed. Please bring a passport/ID
Address:1-2383-13 Toba, Toba City /Regular holidays:Thursdays
TEL:0599-26-3331 / Mail:info@toba1ban.co.jp

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).

Bicycle Journey -ISE SHIMA-
Charge:2,800 yen (including 1,000 yen refund) necessary at least 8,800 yen
Reservation:necessary at least one day in advance (by 17:00)
Address:2944-254 Agocho-Ugata, Shima City /Regular holidays:irregular holidays
TEL:0599-44-4450 / Mail:info@bicycle-journey.com

30 Learning through Experience
At this museum, you can learn about the history and culture of fisherpeople, *ama* divers and sea-related things in Toba and Shima as well as other parts of Mie Prefecture. On Saturdays, Sundays and public holidays, you can even gain some experience of making handicrafts with shells and seaweed!

Toba Sea-Folk Museum (海羽市立 海の博物館)
Charge:Check the website.
Reservation:necessary. *Check the website.
Address:1731-68 Uramurocho-Ogitsu, Toba City
Regular holidays:Check the website. / TEL:0599-32-6006

31 Pearl Extraction and Accessory Making
Extract pearls from your favorite pearl oysters caught in the sea! What pearls you will get depends on luck because they are really different in color, size and shape. Make your original pearl accessories!

Shinju no Sato (真珠の里)
Charge:1,650 yen / Reservation:acceptable even on the day of your visit
Address:1125-88 Shimacho-Koshika, Shima City
Regular holidays:Tuesdays
TEL:0599-85-0515 / Mail:s.tamachan@extra.ocn.ne.jp

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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.

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

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

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

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!

Toba Aquarium (海羽水族館)
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

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.

Shima Spain Village (志摩スペイン村)
Charge:5,400 yen / Reservation:acceptable even on the day of your visit
Address:952-4 Isobochi-Sakazaki, Shima City
Regular holidays:Make inquiries.
TEL:0599-57-3333 / Mail:hansoku@parque-net.com

34 Local Tours
By joining the tours, you can experience a variety of things, such as diving with real *ama* (femaleskin divers) in the sea of Ise-Shima and local culture of the area.

IST - DMC Mie & Japan (伊勢志摩ツーリズム)
Charge:Check the website.
Reservation:necessary at least one day in advance (by 16:00)
Address:510-86 Kusubecho, Ise City /Regular holidays:open 365 days a year
TEL:0596-20-2290 / Mail:isheshima-t.com@tourism@isheshima-t.com

35 Local Tours
You can go on different types of tours to experience marine activities, such as sea kayaking and fishing, as well as to fully enjoy culture of *ama* (femaleskin divers) in a typical fishing village.

KAITO YUMIN CLUB (海島遊民くらぶ)
Charge:Check the website.
Reservation:necessary at least one day in advance (by 17:00)
Address:1-4-53 Toba, Toba City /Regular holidays:Check the website.
TEL:0599-28-0001 / Mail:kuraige@oz-group.jp

32 Pearl Extraction and Accessory Making
You can gain some experience of extracting pearls on pearl farming rafts. Make your original accessories with those pearls, which exist nowhere else in the world! * Only available in Japanese

Pearl Miki (パール美樹)
Charge:at least 3,300 yen
Reservation:necessary at least two days in advance
Address:65-1 Shimacho-Gozu, Shima City
Regular holidays:open 365 days a year / TEL:0599-88-3592

33 Easy Weaving Experience
"Matsusaka cotton" is a traditional craft of Matsusaka with a striped patterns, which is made using threads dyed with natural indigo. You can gain some experience of weaving a 15x20 cm cotton mat (for about an hour) and then take it home with you.

Matsusaka Cotton Center (松坂もめん手織りセンター)
Reservation:necessary at least two days in advance
Address:2176 Honmachi, Matsusaka City /Regular holidays:Tuesdays
TEL:0598-26-6355 / Mail:info@matsusakamomen.com

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Reservation:necessary at least two days in advance
Address:2176 Honmachi, Matsusaka City /Regular holidays:Tuesdays
TEL:0598-26-6355 / Mail:info@matsusakamomen.com

Food Experience

Nature Activity

Theme Park

Craft