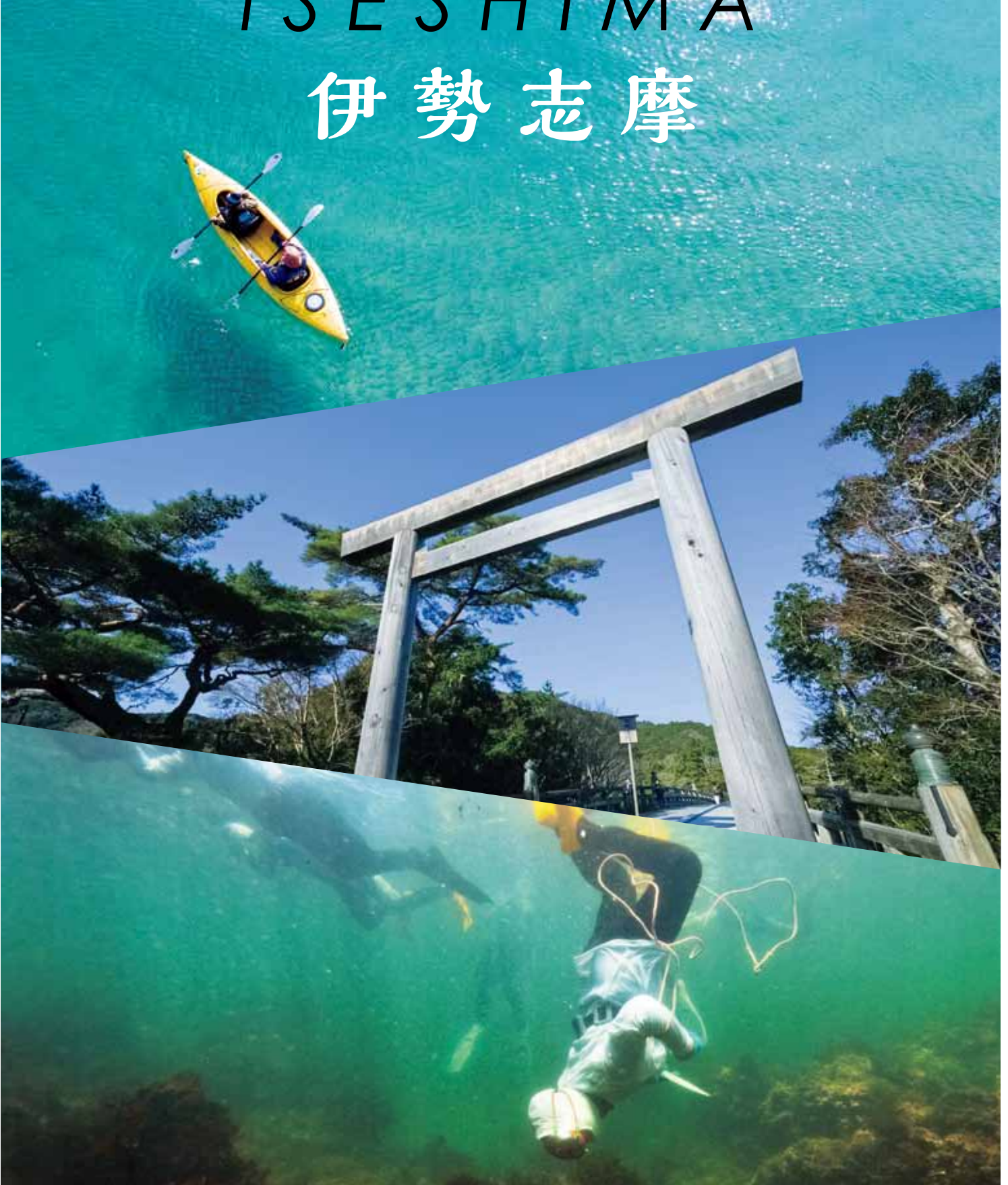


Once In Your Life

# ISESHIMA

## 伊勢志摩





# 海女 Ama

Traditional *ama* culture has taken root in the Iseshima area. *Ama* are female skin divers who dive in the sea to catch shellfish and seaweed for a living. After coming back to the shore, they take a meal and enjoy chatting with one another in their ama hut. If you visit this area, you can see such vigorous female divers.



Ise Jingu has a long history as a “very sacred site of Japan” and always represents the Japanese spirit. On its premises, there are deep forests of Japanese cedar, etc., where Shinto priests pray to the enshrined deities to express deep gratitude to them on a daily basis. Such a traditional ritual has been handed down for about 2,000 years, and then will be cherished forever.



# 神宮 Jingu



# 自然

## Nature



### Iseshima National Park

Like many other national parks of Japan, the Iseshima National Park consists not only of national land, but also of private land: private land accounts for approximately 96% of the total area of the park and is inhabited by many people. The national park itself is an highly attractive place blessed with beautiful natural landscapes, where you can feel the depth of the lifestyles, customs, culture and history of its inhabitants as well as of the relationship between people and nature.



In ancient times, the Iseshima area was referred to as a *miketsu-kuni*, which literally means a “province rich in delicious food” in old Japanese. Actually, seafood from the area used to be offered even to the aristocracy in the capital of Japan. Besides, this area has also handed down its traditional food culture developed to refresh hungry and tired pilgrims to Ise Jingu with its specialty *mochi* (sticky rice cake).

## Food

# 食





# 海女 Ama

In the Isehima area, which boasts the largest number of *ama* divers in Japan today, *ama* have handed down their own fishing style for about 2,000 years. Traditionally, they fish in an eco-friendly and sustainable method, which even contributes to the promotion of the Sustainable Development Goals (SDGs) adopted by the United Nations: they set catch limits on a regional basis for the conservation of marine resources and work on the cultivation of seaweed nowadays.

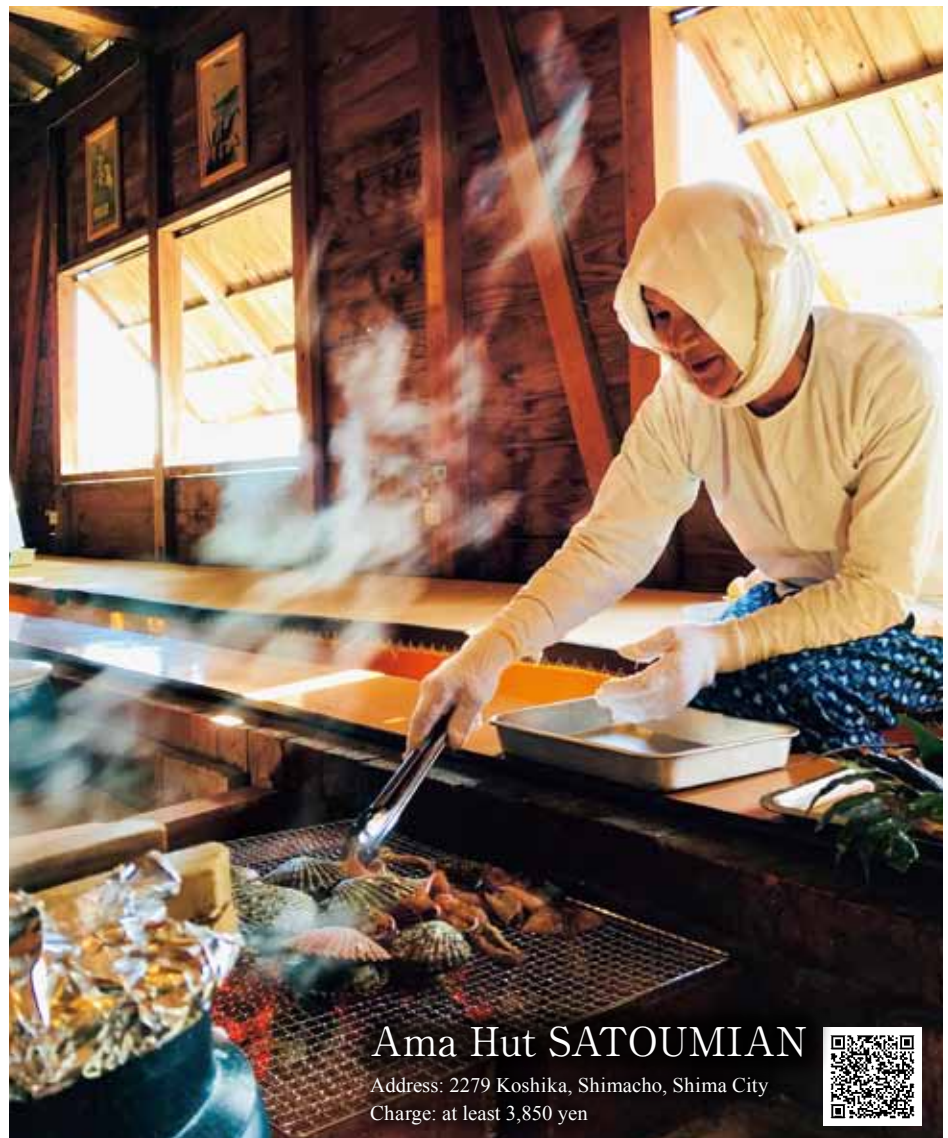
*Ama* are hardworking females who are all proud of their profession. After fishing, they warm their bodies at the fire in their ama hut and take a break. It is also fun for them to enjoy chatting about the results of their fishing of the day.





### Osatsu-Kamado

Address: Maenohama, Osatsucho, Toba City  
Charge: at least 3,500 yen



### Ama Hut SATOUMIAN

Address: 2279 Koshika, Shimacho, Shima City  
Charge: at least 3,850 yen



### Ama Hut Experience

An ama hut experience is the best place to learn about the culture of *ama* divers. Basically, ama hut is the place where *ama* warm their bodies and rest after fishing. But ama hut experience provides their visitors with opportunities to communicate with real *ama*: you can get informed about their history and personal experiences as well as enjoy grilled seafood in their huts.



### Toba Sea-Folk Museum

Toba Sea-Folk Museum features the local maritime history as well as the history of *ama* divers to give its visitors profound knowledge about them, and exhibits its collection of significant materials related to them.

Address: 1731-68 Ogitsu, Uramuracho, Toba City  
Charge: 800 yen for adults, 400 yen for children



### Ishigami-san (shinmei shrine)

Ishigami-san, known as a shrine with mystical powers to "help every woman realize one of her dreams," has been worshipped by local *ama* divers since ancient times. Many *ama* visit it to pray for their safety and good catches of fish.



Address: 1385 Osatsucho, Toba City



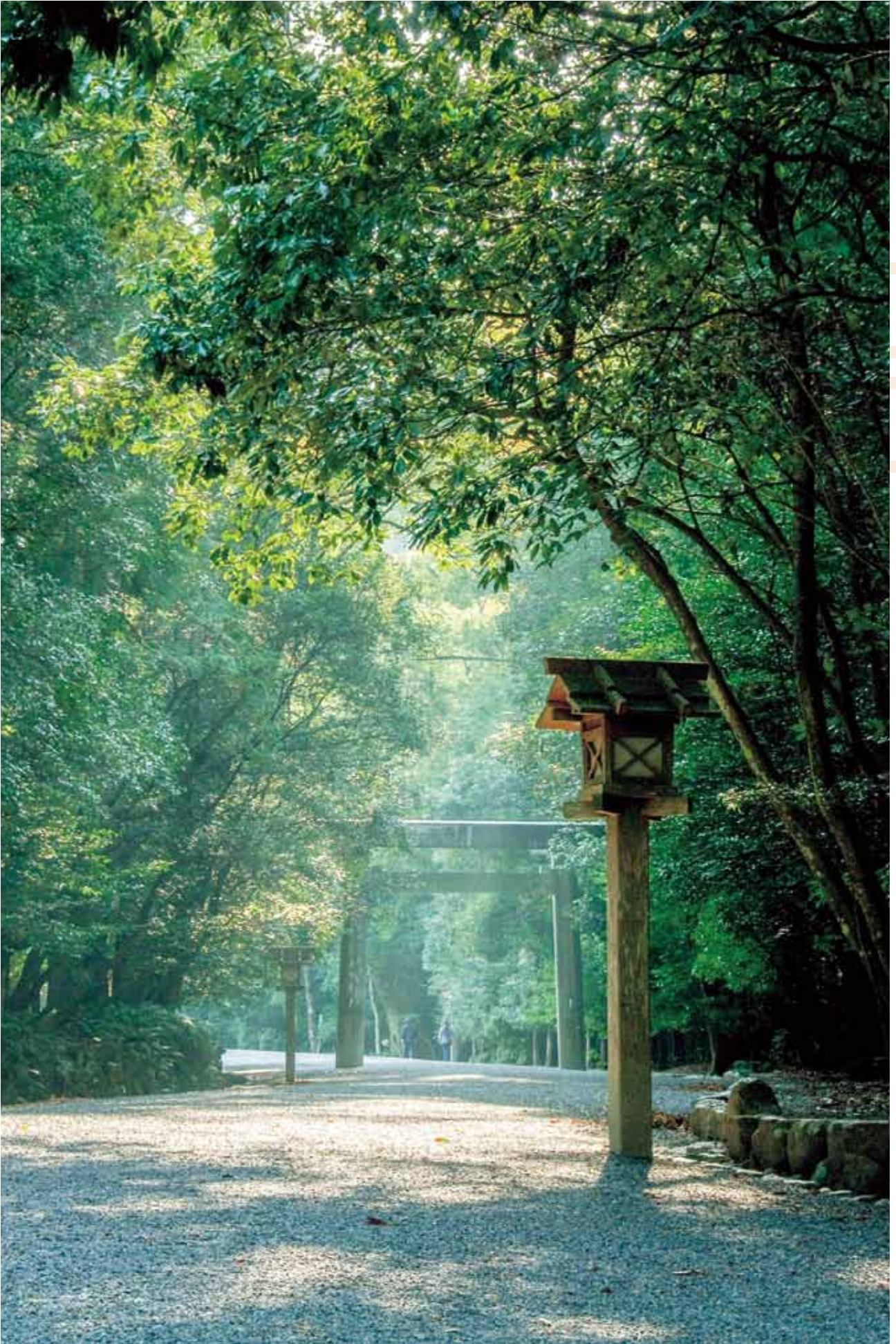
### Ama-Style Fishing Experience

Ise-Shima Tourism offers a variety of unique experience programs to give their participants opportunities to feel the depth of *ama* culture through fun activities, such as diving and simulated fishing with real *ama* divers.

Address: 752-21 Shinmei, Agocho, Shima City  
Charge: Check the website of Ise-Shima Tourism.









# 神宮

## Jingu

Ise Jingu, or simply Jingu if called officially, has a long history of about 2,000 years and is often regarded as “spiritual home of Japanese” It consists of 125 jinja (Shinto-shrines) of different sizes, including Naiku which enshrines Amaterasu-Omikami worshipped as the ancestral deity of the Japanese Imperial Family and Geku which enshrines Toyouke-Omikami adored as the deity of food and industry. About 400 years ago, where there was no modern transportation yet, it was already a big dream of every Japanese to make a pilgrimage to Jingu. Back in those days, pilgrims from Tokyo used to walk for 15 days to visit Ise. They came to Jingu to express their daily gratitude and pray for their world’s safety.

Since about 1,300 years ago, Jingu’s divine palaces have been reconstructed every 20 years. This periodical reconstruction of divine palaces, formally called *shikinen-sengu*, has contributed a lot to a large increase in the number of pilgrims to Jingu as well as to the sustainable preservation of culture and tradition through planned management of new timber for Jingu itself and reuse of used timber for other jinja.



Address: 1 Ujitachicho, Ise City

### Jingu: Naiku

Naiku of Ise Jingu enshrines the supreme deity in Japanese mythology named Amaterasu-Omikami, who is believed to illuminate people as the goddess of the sun.



Address: 279 Toyokawacho, Ise City

### Jingu: Geku

Geku of Ise Jingu enshrines Toyouke-Omikami, the deity of food and grain in Japanese mythology. She is also believed to be a protector of food, clothing and housing as well as of all types of industry.



Address: Ujiimazaicho, Ise City

### Oharaimachi

Oharaimachi is a 800-meter-long cobble street with many quaint historical buildings, including restaurants and souvenir shops.



### Traditional Pilgrimage to Ise Jingu



Address: 575 E, Futamicho, Ise City

### Meotowa (Wedded-Rocks)

Wedded rocks is expressed wife (small rocks) and husband (large rocks). It is known as place for “Misogi” which perform ablution before visiting Ise Jingu. Therefore, it was the first place for the pilgrimage to Ise Jingu long time ago.



Address: 126-1 Maeno, Toyokawacho, Ise City  
Charge: 300 yen

### Sengukan

Sengukan is a museum where visitors can learn about the periodical reconstruction of Ise Jingu called *shikinen-sengu*. The full-scale replica of the divine palace of Geku, which is exhibited in this museum, is definitely a great work of art by skilled artisans.



Address: 548 Asamacho, Ise City

### Asamadake Kongoshoji Temple

This Buddhist temple is located on Mt. Asama. As a temple that protects the demon gate of Ise Jingu from ancient times, it is sung by the folk song of Ise Ondo, “When you visit Ise Jingu, also you must visit Mt. Asama, if you don’t visit Mt. Asama, the pilgrimage to Ise Jingu is uncompleted.”





# 自然 Nature



## Shima Nature School

You can experience sea kayaking while fully enjoying magnificent landscapes, such as a blue sky, a blue ocean and green islands.

Address: 2199 Nakiri, Daiicho, Shima City  
Charge: at least 4,500 yen



## KaitoYumin Club

Make an unforgettable fishing experience with Japanese fisherman, and enjoy your fresh catch for lunch!

Address: 1-4-53 Toba, Toba City  
Charge: at least 15,000 yen



## Iseshima National Park

In 1946, the Iseshima National Park was designated as Japan's first national park after the Second World War. It is one of Japan's most famous marine national parks blessed with deeply indented coastlines called "ria coasts," a mild climate throughout the year, temperate broadleaf evergreens, tropical seaside plants and so on.

This national park has a very high ratio of private land: private land accounts for 96% or more of the total area of the park. Besides, it is also characterized by harmonious coexistence between people and nature, and its visitors can feel the depth of the lifestyles, history, culture and customs of its inhabitants.

In the park, you can also enjoy a variety of fun activities made possible by fully utilizing its rich natural environments.







### Bicycle Journey

With a guide, you can make a bike tour of many scenic spots in the Ise-Shima area. You can also enjoy tours to experience *ama* culture and try local food.



Charge: different depending on the tour



### Mikimoto Pearl Island

On this small island in 1893, Kokichi Mikimoto became the world's first person to succeed in cultivating pearls. Learn about how pearls form in nature, how Kokichi revolutionized the pearl industry with his techniques, and enjoy the world-class collection of antique pearl jewelry from all over the world in the Pearl Museum.



Address: 1-7-1 Toba, Toba City  
Charge: 1,650 yen (admission)



### Yokoyama Observatory

On the terrace of this lookout with a magnificent view of ria coasts, you can feel a sense of liberation as if you were floating in the sky.



Address: 875-20 Ugata, Agocho, Shima City



### Pearl Production Experience

You can make your original accessories with cultivated pearls extracted from pearl oysters by yourself, which nobody else has in the world.



Pearl Miki  
Address: 65-1 Goza, Shimacho, Shima City  
Charge: 3,300 yen

Shinju-no-Sato  
Address: 1125-88 Koshika, Shimacho, Shima City  
Charge: 2,500 yen







### Miketsu-kuni

In ancient times, the Ise-shima area was referred to as a *miketsu-kuni*, which literally means a “province rich in delicious food” in old Japanese. Actually, it was one of the provinces to offer their rich local food to the Japanese Imperial Family.



### Visit to a Bonito Smoking Hut (Katsuo-no-Tenpaku)

Stock essential for Japanese meals is made with *katsuobushi* (dried bonito flakes), *konbu* (edible kelp), etc. In Nakiri, Shima City, *katsuobushi* is produced in a traditional method as a high-grade ingredient, which is dedicated even to Ise Jingu.



Address: 393 Daiocho-Nakiri, Shima City  
Charge: 2,000 yen



### Akafuku mochi

*Akafuku-mochi*, a type of *mochi* (rice cake) made and sold by Akafuku, is a famous local confection to represent the Ise-Shima area blessed with a wide variety of traditional *mochi* brands.

At Akafukushops, *akafuku-gori*, a type of shaved ice, for summer and *akahuku-zenzai*, sweet red bean soup, for winter are extremely popular, too.



Address: 26 Ujinakanokiri-cho, Ise City  
Charge: at least 250 yen



### Matsusaka Beef

Matsusaka beef is from Japanese Black heifers and boasts fine marbling with a melt-in-your-mouth texture. Come experience this world-class cuisine!



## Food

The Ise-shima area used to be referred to as a *miketsu-kuni*, which literally means a “province rich in delicious food” in Old Japanese. Even today, many tourists visit the area to enjoy seafood, such as abalone and lobster. Besides, Matsusaka, one of its neighboring cities, is the producer of “Matsusaka beef” famous as a popular leading beef brand to represent Japan.

The Ise-shima area also has a wide variety of dried fish products. Dried fish are produced in a traditional method invented by ancient people to wisely prevent fish spoilage. Moreover, their production is also part of modern food culture which could even lead to the promotion of the Sustainable Development Goals (SDGs) adopted by the United Nation: sun-dried fish can contribute to the reduction of food waste and make the taste of fish even better. *Same-no-tare*, dried shark, is typical dried fish products to represent the Ise-shima area.







# 特集

## Features



### Toba Aquarium

Toba Aquarium is the only Japanese aquarium which houses a dugong at the moment. When some of its staff visited the Philippines with local government, they temporarily protected a lost dugong which had been separated from its mother. In 1987, The Philippine government sent Toba Aquarium a female dugong named "Serena" as a token of friendship between the Philippines and Japan.

Address: 3-3-6 Toba, Toba City Charge: 2,500 yen



### Ise Sea Paradise

Ise Sea Paradise is an aquarium which focuses on "closeness with marine animals." If you visit the aquarium and see its animals up close, you will definitely get amazed and then smile!

Address: 580 E. Futamicho, Ise City Charge: 1,950 yen



### Shirataki Takigyo Experience

Shirataki-no-Mori is a forest where practitioners of Shugendo used to have training in the past. You can experience *takigyo* (Japanese-style meditation under a waterfall) in such a quiet natural environment to refresh and recharge yourself.

Address: 635-3 Funatsucho, Toba City Charge: 3,300 yen







### Taso Shirahama Resort

Taso Shirahama Resort is an ideal place to enjoy a relaxing time. You can refresh yourself on its natural white sand beach and then try various marine recreation activities under a blue sky.

Address: 4514 Tasoura, Minami-Ise Town



### Enjoy a Stroll in a Matsusaka Cotton Kimono

Matsusaka cotton is a traditional craft made with natural indigo dye. The elegant striped pattern was hugely popular during the Edo period (1603-1868). Try on a Matsusaka cotton kimono and experience the city!

#### Matsusaka Cotton Kimono Rental Center

Address: 589-1 Hinomachi, Matsusaka City  
Charge: 3,000 yen for 3-hour kimono rental (Men's and women's available)



#### Utsukushiya

Address: 1940 Nakamachi, Matsusaka City  
Charge: 3,300 yen and up for all-day kimono rental (Men's and women's available)



### Kabuku Resort

This resort facility is just a one-minute walk from its nearest beach! You can spend an amazing time enjoying surfing, barbecue and glamping! It is also possible to just have a day trip without staying overnight.

Address: 876 Shijima, Agocho, Shima City  
Charge: at least 4,500 yen (BBQ)  
at least 15,000 yen (Stay)

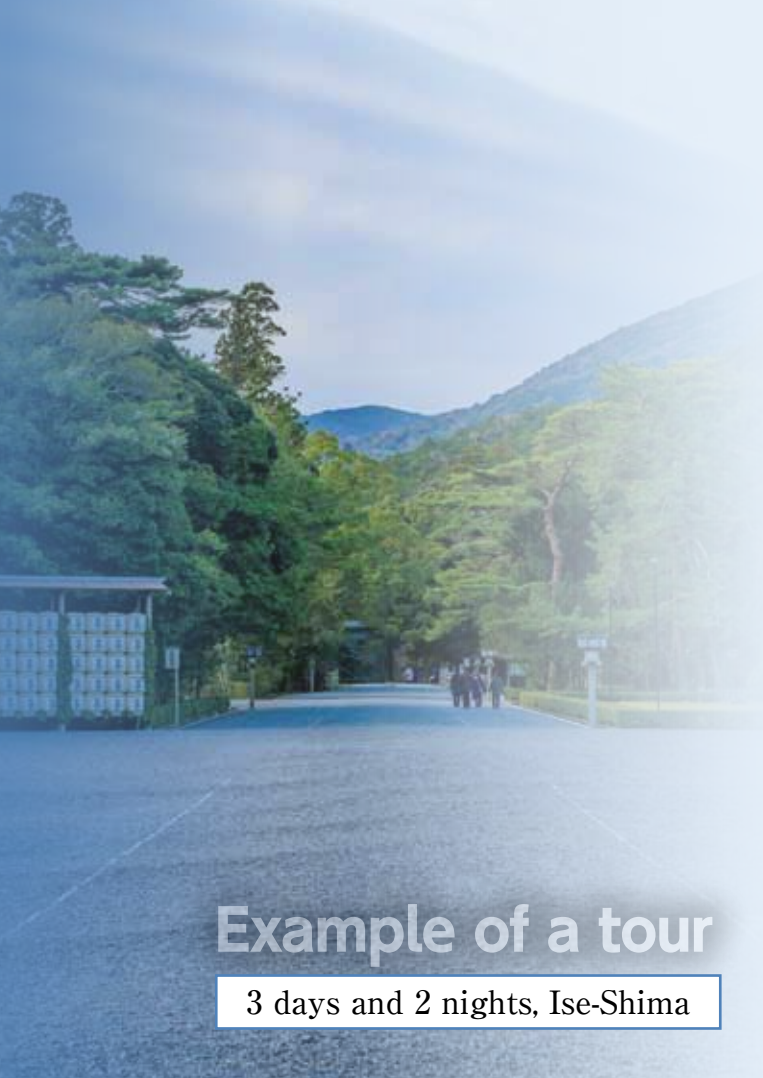


### Golf Courses

The Ise-shima area, which hosted the 2018 Japan Golf Tourism Convention (JGTC), has six golf courses, where you can play golf enjoying magnificent views of Ago Bay, etc.







## Example of a tour

3 days and 2 nights, Ise-Shima

### DAY 1

#### 16:00-16:30: Arrival at Ugata Station / Kashikojima Station (Kintetsu Line)

Free shuttle buses are available from each of those stations

- Ugata Station: Hotel&Resort ISE-SHIMA, Quintessa Hotel Ise-Shima, Fukujuso, etc.
- Kashikojima Station: Shima Kanko Hotel, NEMU Resort, KashikojimaHojoen, TeishoBasaratei, Okushima Aqua Forest, etc.



#### After 16:00: Arrival at your hotel (located in Shima City)

\*A beautiful sunset can be viewed from hotels around Ago Bay.

- After 18:00: You can have supper and then enjoy a hot spring bath, a beauty treatment, etc.

Feel Nature and the “Spiritual

## Enjoy the Culture of Ise-Shima after Visiting the Pilgrimage Routes of the KumanoKodo.

### DAY 1

#### 8:30: Departure from Kii-Katsuura Hotel

Kii-Katsuura Station to Matsusaka Station (by JR express Wide View Nanki)

**Lunch** (Matsusaka beef)

**Strolling** (Castle guard residences, Matsusaka cotton kimono wearing experience, etc.)

Matsusaka Station to Toba Station ( by Kintetsu express)  
Free shuttle buses are available from Toba Station.

#### After 16:00: Arrival at your hotel (located in Toba City)

Toba Hotel International, Todaya, Toba View Hotel Hanashinju, Toba Seaside Hotel, etc.



### DAY 2

#### 9:00: Departure from the hotel (located in Toba City) Toba Station Checkroom

\*You can send your baggage to your hotel located in Shima City (paid service).

#### ●Mikimoto Pearl Island

\*Diving performances by *ama*: from 10:30

#### Departure from Toba Station (by shuttle bus to an ama hut)

**Lunch**(Ama Hut HACHIMAN)

#### ●Strolling around the Osatsu area (Ishigami-san, Shinmei Jinja, etc.)

**Departure from Ama Hut HACHIMAN** (by shuttle bus from the ama hut)  
Toba Station to Kashikojima Station (by Kintetsu express)

#### ●Ago Bay Sunset Cruising

#### After 17:00: Arrival at your hotel (located in Shima City)

Shima Kanko Hotel, KashikojimaHojoen, TeishoBasaratei





## DAY 2

**9:30: Departure from the hotel** (located in Shima City)

- **Bicycle Journey ISE-SHIMA cycling tour** (Ago Bay cruising and ama hut experience facility)
- **Ago Bay cruising** (Port of Kashikojima to Port of Wagu)
- **Cycling** (Port of Wagu to an ama hut experience facility)

**Lunch** (Ama Hut SATOUMIAN)



- **Strolling on Azurihama Beach**
- **Cycling** (The ama hut experience facility to Port of Wagu)
- **Ago Bay cruising** (Port of Wagu to Port of Kashikojima)

**After 16:00: Arrival at your hotel** (located in Shima City)



## DAY 3

**9:30: Departure from the hotel** (located in Shima City)

Kashikojima Station to Toba Station (by Kintetsu express)  
 Toba Station Checkroom  
 (You can send your baggage to Iseishi Station Checkroom.)  
 Toba Station to Futaminoura Station (by JR)

- **Strolling around the Futami area and Meotoiwa**

Meotoiwa-Higashiguchi Bus Stop to Naiku-mae Bus Stop (by Can Bus)

- **Lunch and Oharaimachi/Okageyokocho**
- **Ise Jingu** (Naiku)

Naiku-mae Bus Stop to Geku-mae Bus Stop (by Can Bus)

Iseishi Station Checkroom  
 (You can get your baggage.)

**Iseishi Station to your next destinations**  
 (Nagoya, Kyoto, Osaka, Tokyo, etc.)



# Home of Japanese People.”

## Osaka, Kyoto or Nagoya to Ise-Shima

## Kumano Kodo to Ise-Shima

## DAY 3

**9:00: Departure from the hotel** (located in Shima City)

Kashikojima Station to Iseishi Station (by Kintetsu express)  
 Iseishi Station Checkroom

- **Approach to Geku** (for shopping)
  - **Ise Jingu** (Geku)
- Geku-mae Bus Stop to Naiku-mae Bus Stop (by Can Bus)
- **Ise Jingu** (Naiku)



**Lunch and Oharaimachi/Okageyokocho**

Naiku-mae Bus Stop to Geku-mae Bus Stop (by Can Bus)

Iseishi Station Checkroom  
 (You can get your baggage.)

**Iseishi Station to your next destinations**  
 (Nagoya, Kyoto, Osaka, Tokyo, etc.)

## Example of a tour

3 days and 2 nights, Ise-Shima





# Ise-Shima Access Guide

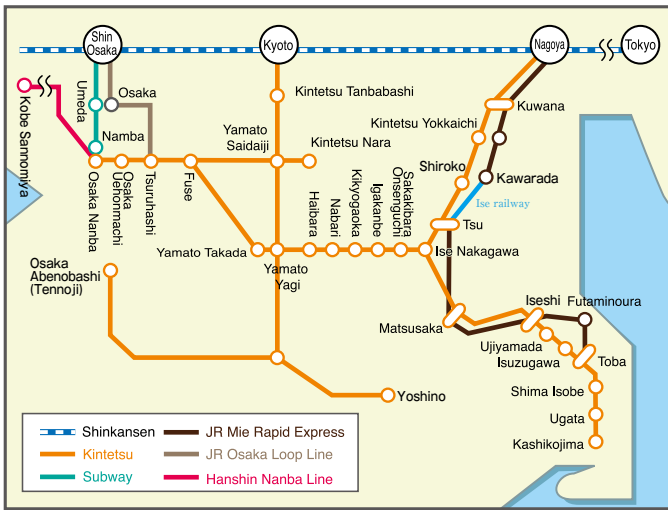




# Information on Means of Transportation

## Railroads

※Times listed are approximate.  
Please confirm the latest timetable and fares at the time of use.



Operator	Origin - Destination	Frequency (Journey time)	Fare (total charges)
Kintetsu Limited Express	Osaka Namba Station - Toba Station	Approx. 2 hrs. 5 mins.	3,170yen (Ujiamada) 3,720yen (Toba) 3,990yen (Kashikojima)
	Kintetsu Nagoya Station - Toba Station	Approx. 1 hr. 40 mins.	2,810yen (Ujiamada) 3,090yen (Toba) 3,650yen (Kashikojima)
	Kyoto Station - Toba Station	Approx. 2 hrs. 15 mins.	3,690yen (Ujiamada) 3,960yen (Toba) 4,520yen (Kashikojima)

Note: Service frequencies are for during daylight hours. Includes super express surcharge (reserved seat). From each destination there is an express direct to Kashikojima Stn. (hourly service) Journey times are for station of departure to Toba Stn.

Operator	Origin - Destination	Frequency (Journey time)	Fare (total charges)
JR Mie Rapid Express	Nagoya - Ise-shi - Futaminoura - Toba	1 per h (1 h 50 min.)	2,500 yen

Note: Average journey times shown; actual times may vary. Please check the latest schedule and fare information before traveling.

## Roads, Ferries and High-Speed Boats



Traveling by road	
From Tokyo	Tomei Expressway - Nagoya IC - Higashi-Meihan Expressway - Ise Expressway Toll Tokyo IC - Ise IC: 445km, 10,270 yen
From Nagoya	Tomei Expressway - Ise Expressway Toll Nagoya Nishi IC - Ise IC: 124km, 3,310 yen
From Osaka	Nishi Meihan Expressway - Meihan Road - Ise Expressway Matsubara IC - Ise IC: 168km, 2,820 yen

Transfer to Isewan Ferry	High-speed Boat Routes
<b>Irago - Toba</b> A ferry connects Irago at the tip of the Atsumi Peninsula to Toba. You can use this to make your return journey to Eastern Japan more interesting. Weekdays, 8 return crossings; weekends and national holidays, 9 return crossings. Crossing time: 55 min. Vehicle Transport 6,900 yen (At least 4 meters, less than 5 meters) Passenger Transport 1,600 yen per adult / 800 yen per child	<b>Tsu Airport Line</b> Chubu Centair International Airport - Tsu-Nagisamachi Access: Everyday, including weekends and holidays 15min journey to the island (one way 45 min) Charge: Adult, JPY 2,520 Child, JPY 1,260

Note: Average journey times shown; actual times may vary. Please check the latest schedule and fare information before traveling.

## JAPAN RAIL PASS <http://www.japanrailpass.net/>



The Japan Rail Pass can only be purchased overseas by travelers visiting Japan for sightseeing. (It must be bought in advance, you cannot buy these passes in Japan.)

Can be used for all JR Group Shinkansen (excluding Nozomi and Mizuho trains), limited express, express, and rapid or local trains (with some exceptions), and for JR bus services.

Each of the 7-, 14-, 21-day passes is sold for either ordinary or Green Car travel.

### Price

If you purchase an Exchange Order at a JR-designated sales office or agent overseas

Adult (7 days) Ordinary	Green Car
<b>29,650 yen - 39,600 yen</b>	
Child (7 days) Ordinary	Green Car
<b>14,820 yen - 19,800 yen</b>	

## KINTETSU RAIL PASS 5day

Five-day unlimited rides

Price	Adult: <b>3,700 yen</b>	Child: <b>1,850 yen</b>
Purchase price in Japan	Adult: <b>3,900 yen</b>	Child: <b>1,950 yen</b>

Validity Valid for five consecutive days from the first date of use

Kintetsu Line (entire line)

Iga Tetsudo Line

Special benefits offered by approx. 70 facilities

## KINTETSU RAIL PASS plus 5day

Five-day unlimited rides

Price	Adult: <b>4,900 yen</b>	Child: <b>2,450 yen</b>
Purchase price in Japan	Adult: <b>5,100 yen</b>	Child: <b>2,550 yen</b>

Validity Valid for five consecutive days from the first date of use

Kintetsu Line (entire line)

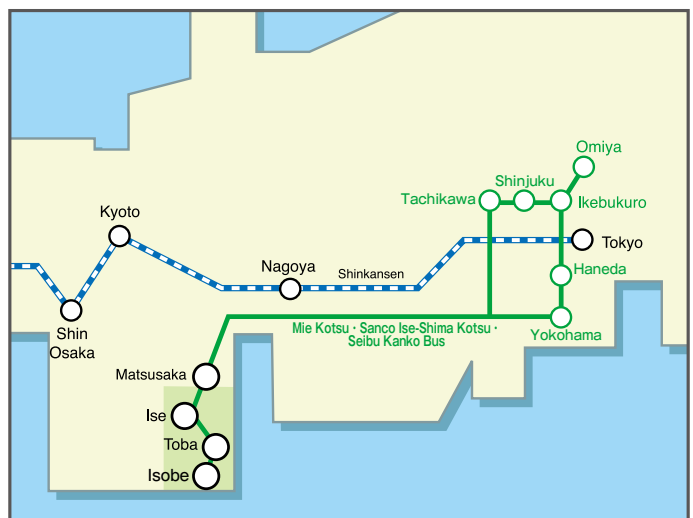
Iga Tetsudo Line

Special benefits offered by approx. 70 facilities

Nara Kotsu Bus

Mie Kotsu Bus and Toba City Kamome (seagull) Bus Lines

## Express Buses



From Tokyo									
Departs Omiya Stn. West Gate	Departs Ikebukuro Stn. East Gate	Shinjuku Expressway Bus Terminal	Departs Tachikawa North Gate	Haneda Airport Garden	Departs YCAT (Yokohama Station East Gate)	Arrives Matsusaka Stn.	Arrives Ise-shi Stn.	Arrives Toba Bus Center	Arrives Isobe Bus Center
20:25	21:20	21:50	22:45			6:15	6:55	7:35	8:05
21:15	22:10		23:00	23:45		6:50	7:30	8:10	

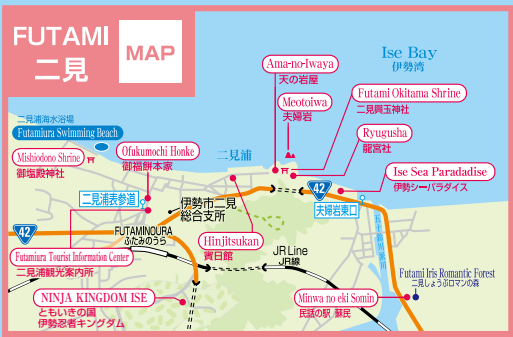


# ISESHIMA AREA MAP

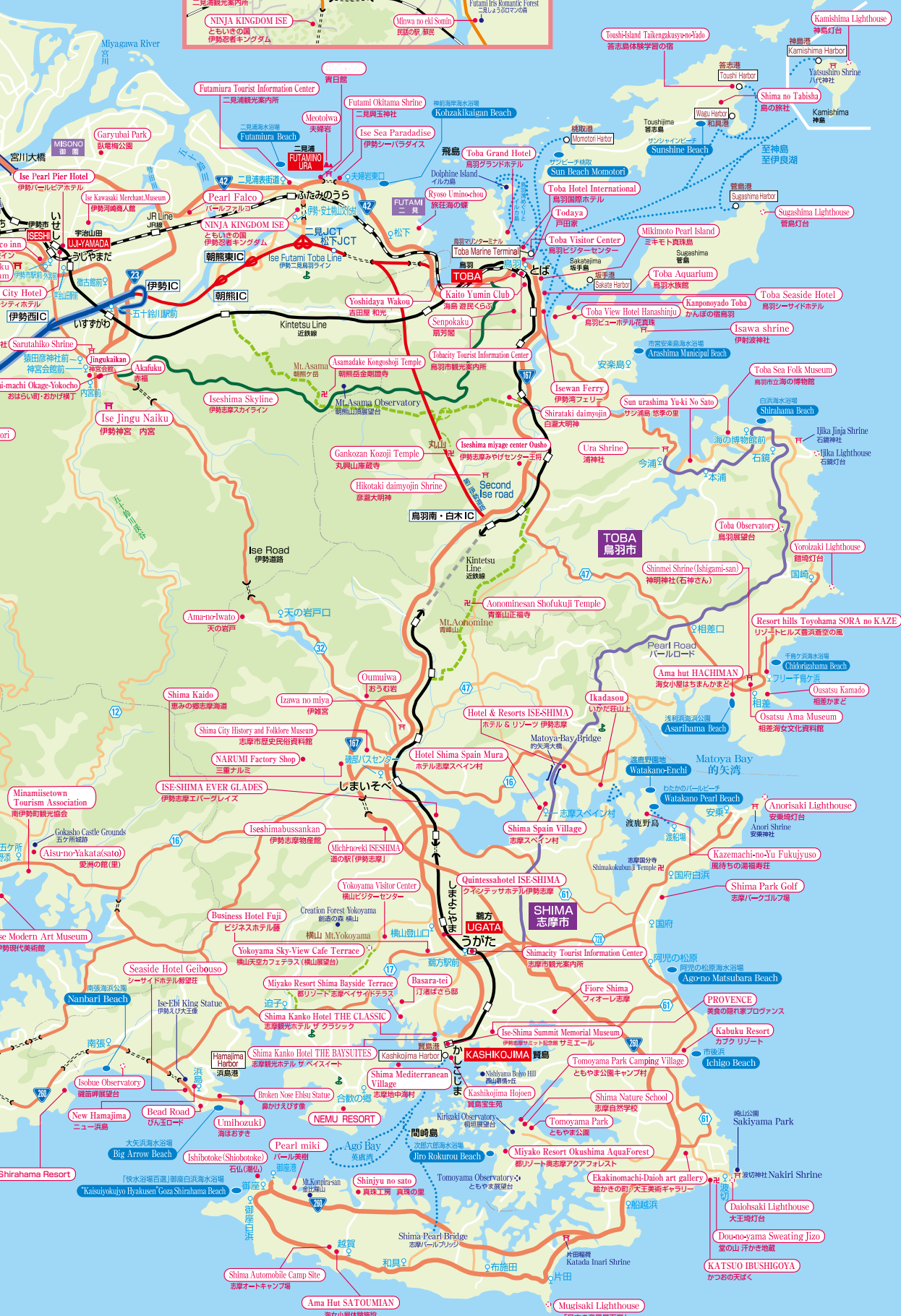
**MATSU SAKA 松阪 MAP**

- Former Ozu Residence (Matsusaka Merchant Museum) 旧小津清左衛門家
- Former Hasegawa Residence 旧長谷川治郎兵衛家
- Ozu Yasujiro Memorial Museum of Matsusaka 小津安二郎松阪記念館
- Matsusaka Castle Ruins 松阪城跡
- Castle Guard Residences 御城番屋敷
- Matsusaka Cotton Center 松阪もめん手織りセンター
- Matsusaka City Tourist Information Center 松阪市観光情報センター
- 近鉄松阪駅
- JR松阪駅





# Ise Bay 伊勢湾



### Usage Guide

- Main Tourist Road
- Main Local Road
- 23 National Road
- 16 Prefectural Road
- Expressway
- Toll Road
- Pearl Road
- Iseshima Skyline
- JR Line
- Kintetsu
- Mt.Climbing Road
- Sea Route
- ♀ Bus Stop
- ♀ Light-house/Observatory
- ♀ Shrine
- ♀ Temple
- ♀ Golf Course

# Pacific Ocean 太平洋



Contact us

## “Visit ISESHIMA” Bureau

Add : Ground Floor Futami Shougai Gakushu Center  
111-1 Futami-cho Chaya, Ise City, Mie Prefecture 519-0609  
TEL : +81-596-44-0800 FAX : +81-596-42-2929  
e-mail : [cnv@iseshima-kanko.jp](mailto:cnv@iseshima-kanko.jp)  
<https://www.iseshima-kanko.jp/en>

JNTO  
website



official  
website



## Contact Information

### Tourist Association

Ise City Tourist Association <a href="https://en.ise-kanko.jp/">https://en.ise-kanko.jp/</a>	16-2 Honmachi, Ise City	0596-65-6091
Toba City Tourist Association <a href="http://www.toba.gr.jp/en/">http://www.toba.gr.jp/en/</a>	1-7 Oaki higashi-machi, Toba City	0599-25-3019
Shima City Tourist Association <a href="http://www.kanko-shima.com/en/">http://www.kanko-shima.com/en/</a>	1670-2 Ugata, Ago-cho, Shima City	0599-46-0570
Matsusaka City Tourist Association <a href="https://www.matsusaka-kanko.com/language/en/index/">https://www.matsusaka-kanko.com/language/en/index/</a>	507-2 Kyomachi, Matsusaka City	0598-23-7771
Mie Tourist Association <a href="https://www.kankomie.or.jp/index.html">https://www.kankomie.or.jp/index.html</a>	2nd floor, UST-TSU, 700 Hadokoro-cho, Tsu City	059-224-5904

Note: Unable to respond on weekends and holidays

### Banks and Post Offices

Hyakugo Bank Naikumae Branch	46 Ujinakanokiri-cho, Ise City	0596-22-3105
San ju San Bank Ise Branch	2-5-1 Iwabuchi, Ise City	0596-28-3322
Mie Bank Ise Branch	6-4 Honmachi, Ise City	0596-28-0241
Mitsubishi UFJ Bank Ise Branch	13-3 Honmachi, Ise City	0596-25-4121
Mizuho Bank Ise Branch	1-16-13 Iwabuchi, Ise City	0596-22-3111
Tokai-Rokin Bank Ise Branch	1-11-31 Fukiage, Ise City	0120-191-703
Kuwanamie Shinkin Bank Ise Branch	1-8-20 Fukiage, Ise City	0596-28-7145
Chukyo Bank Ise Branch	2-1-5 Sone, Ise City	0596-28-9211
Ise Post Office	3-6-10 Iwabuchi, Ise City	0596-28-2098
Isuzugawa Post Office	37-1 Ujinakanokiri-cho, Ise City	0596-22-0434

### Tourist Information Offices

Ise City Tourist Information Center(Geku mae) 14-6 Honmachi, Ise City Time: 8:30AM-5:00PM Open:Every day	0596-23-3323
Toba City Tourist Information Center 1-8-13 Toba, Toba City Time: 9:00AM-5:30PM Open:Every day	0599-25-2844
Shima City Tourist Information Center 1670-2 Ugata, Ago-cho, Shima City Time: 9:00AM-5:00PM Open:Every day	0599-46-0570
Matsusaka Station Tourist Information Center 507-2 Kyomachi, Matsusaka City Time: 9:00AM-6:00PM Closed:New Year	0598-23-7771

### Police

Ise Police Station	0596-20-0110
Toba Police Station (Shima City jurisdiction)	0599-25-0110

### Medical Emergencies

Ise Local Area Emergency Medical Center	0596-28-1199
Toba Local Area Emergency Medical Center	0599-25-1199
Shima Wide Area Emergency Medical Center	0599-43-1199
Japanese Red Cross Ise Hospital	0596-28-2171

## Transportation Information

### Kintetsu Lines (kintetsu Railway Co.,Ltd.)

Kintetsu Railway <a href="https://www.kintetsu.co.jp/">https://www.kintetsu.co.jp/</a>	
Passenger Telephone Center (Nagoya)	052-561-1604
Passenger Telephone Center (Osaka)	06-6771-3105
Ujiyamada Station	0596-28-2767
Toba Station	0599-25-2126

### JR Tokai Lines (Central Japan Railway Co.)

JR Tokai <a href="https://jr-central.co.jp/">https://jr-central.co.jp/</a>	
Telephone Center	050-3772-3910

### Scheduled Bus Routes, Shuttle Buses, Sightseeing Buses (Mie Kotsu)

Mie Kotsu (Sanco) <a href="https://www.sanco.co.jp/">https://www.sanco.co.jp/</a>	
Ise Office	0596-25-7131
Shima Office	0599-55-0215

### Express Buses Between Tokyo and Ise Shima

Mie Kotsu Reservation Office	059-229-5555
Seibu Bus Seat Reservation Office	03-5910-2525

### Ferry Service (Isewan Ferry Co.,Ltd)

Isewan Ferry <a href="https://www.isewanferry.co.jp/">https://www.isewanferry.co.jp/</a>	
	0599-25-2880

### Scheduled Passenger Ships

Toba Municipal Regular Boat <a href="https://www.city.toba.mie.jp/">https://www.city.toba.mie.jp/</a>	
	0599-25-4776

### Expressways (Central Nippon Expressway Co.,Ltd)

NEXCO Central Nippon Expressway Customer Center <a href="https://www.c-nexco.co.jp/">https://www.c-nexco.co.jp/</a>	
	0120-922-229

### Taxi

Sanco Taxi Dispatch Center	0120-350-094
Mie Kintetsu Taxi	
- Ise Office	0596-28-3171
- Toba Shima Office	0599-43-0121
- Matsusaka Office	0598-50-1321
Mie Meitetsu Taxi	
- Ise Office	0596-28-8221
- Toba Office	0599-25-2468
- Matsusaka Office	0598-51-2277

### Car Rental

Nippon Rent-A-Car	
- Ise Ujiyamada Office	0596-20-3319
- Shimaugata Office	0599-44-3919
JAPAN RENT A CAR	
- Ise Office	0596-27-1582
- Matsusaka Office	0598-56-9300
TOYOTA Rent a Car	
- Ise Shop	0596-23-0100
- Ise Uji Yamada Station Shop	0596-24-0100
- Toba Station Shop	0599-26-7100
- Matsusaka Station Shop	0598-50-3600
- Matsusaka Shop	0598-56-9810
ORIX Rent-A-Car	
- Ise Kintetsu Uji-yamada Rental Site	0596-28-0295
- Ise Shima Ekimae Rental Site	0596-20-5543
- Kintetsu Toba Ekimae Rental Site	0599-25-3929
- Shima Kintetsu Ugata Ekimae Rental Site	0599-43-1098
- Kintetsu Matsusaka Ekimae Rental Site	0598-52-0577
NICONICO RENTACAR Ise Nishi Toyohama Branch	0596-38-1000

### Information about Japan

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<https://www.japan.travel/fr/>