

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

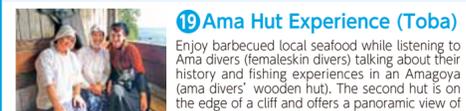
Ama Hut Experience



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!

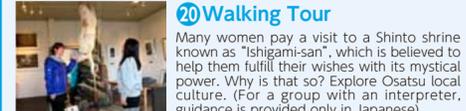
Ama Hut HACHIMAN (海女小屋はちまなかまど)
Charge:at least 3,850 yen
Reservation:necessary at least one day in advance
Address:819 Osatsucho, Toba City /Regular holidays:Check the website.
TEL:0599-33-1023 / Mail:info@amakoya.com



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



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 Ohnacho, 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

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!



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.



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)!



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.

Food Experience



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



7 Toba Bay Cruise and Irukajima

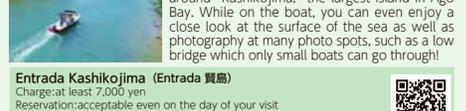
You can take a sightseeing cruise around Toba Bay and visit Irukajima (Dolphin Island) to enjoy "dolphin and sea lion shows" as well as observation of adorable sister otters.

Shima Marine Leisure (志摩マリンレジャー)
Charge:[adult] 1,900 yen, [child (4 or older)] 1,000 yen
Reservation:acceptable even on the day of your visit
Address:1711-2 Itakacho-Mori, Matusaka City
Regular holidays:open 365 days a year / TEL:0599-25-3145



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:[adult] 1,600 yen, [child (4 or older)] 800 yen
Reservation:acceptable even on the day of your visit
Address:Kashikojima Office, 752-11 Agocho-Shimae (Kashikojima), Shima City
Regular holidays:open 365 days a year / TEL:0599-43-1023



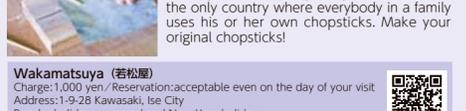
9 Cruising

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-Shimae, 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:3,000 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!



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.



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, Matusaka 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!



14 Bicycles for Rent (Ise)

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



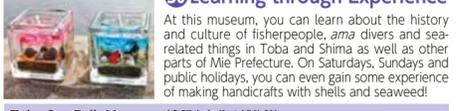
Geku-Mae Tourist Information Center (外宮前観光案内所)

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



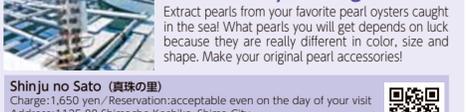
15 Bicycles for Rent (Ise)

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@orangerisuzo.com



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:600 yen (including 1,000 yen refund) /Reservation:necessary at least 2 days 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

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 (鳥羽1番街)

Charge:600 yen (including 1,000 yen 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

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