

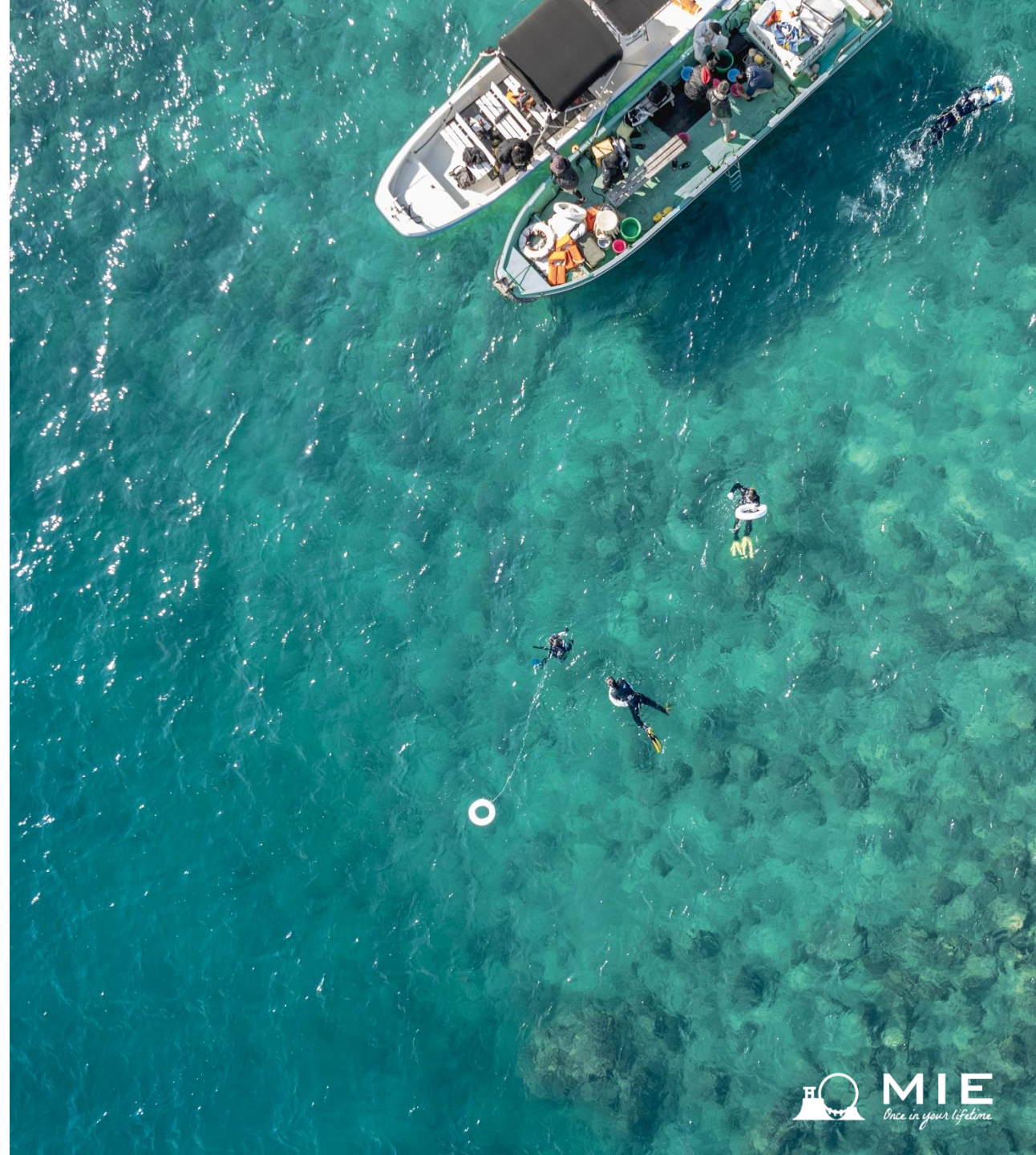


*Exclusive Activities Information
For Travel Agencies*

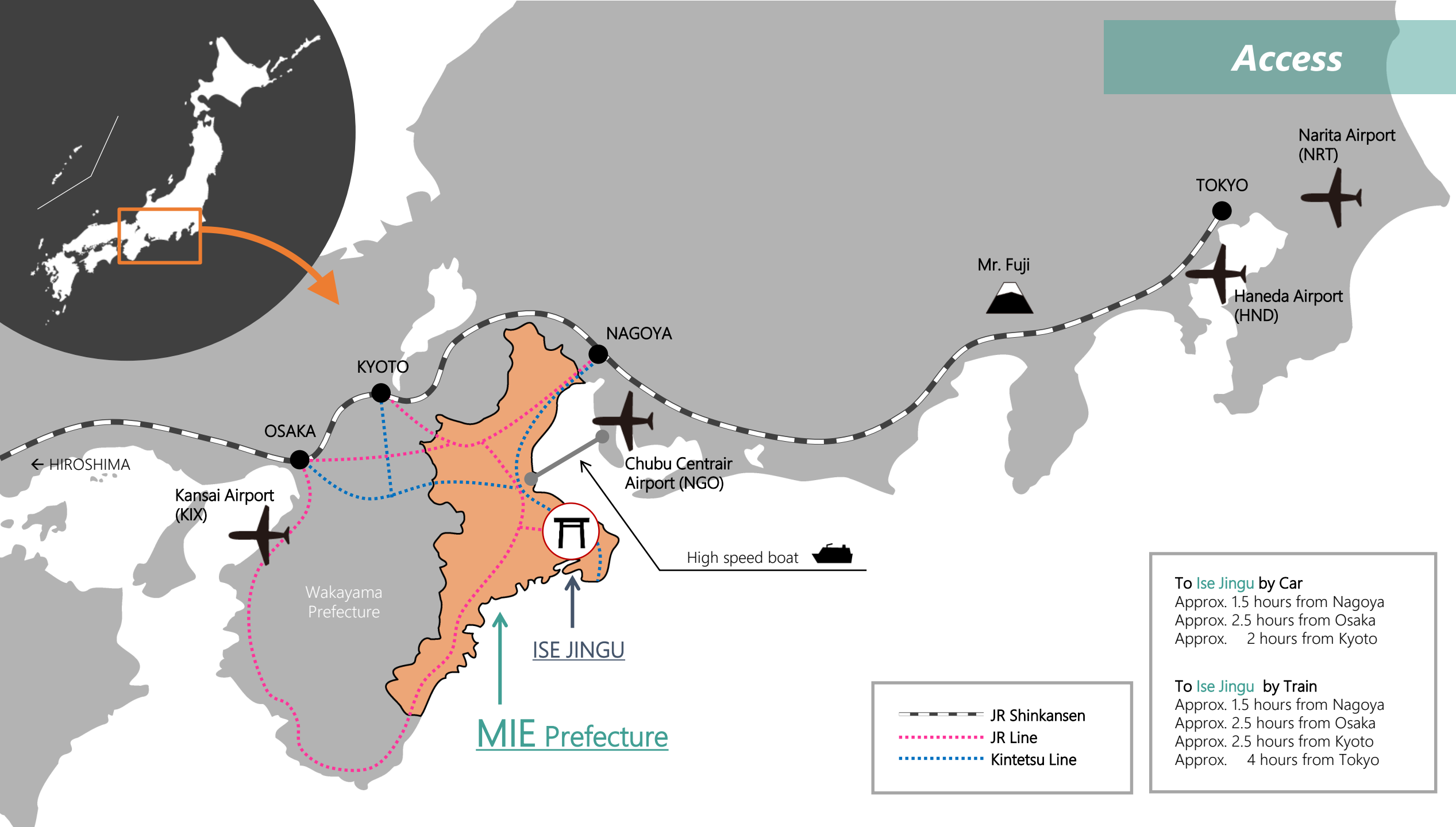
About

Mie Prefecture is situated roughly halfway along the Japanese archipelago on the Pacific Ocean side. It has a long north-south shape and is located not too far from the Chukyo and Kansai regions. In the east of the prefecture lies Ise Bay and the Kumano Sea, while the west is dominated by mountain ranges, including the Suzuka Mountains and the Kii Mountains. All up, the prefecture has a rich natural landscape of sea, mountains, and rivers. Places of historical interest include the Ise Grand Shrine, cherished as the spiritual home of the Japanese people, and the World Heritage-listed Kumano Kodo pilgrimage route. Mie Prefecture is also the birthplace of the Iga school of *ninjutsu* and renowned for producing world-famous Matsusaka beef.

Here we showcase some special experiences that allow you to fully appreciate the rich blessings of nature, the lives of the local people, and the unique charms of Mie Prefecture.



Access





Access

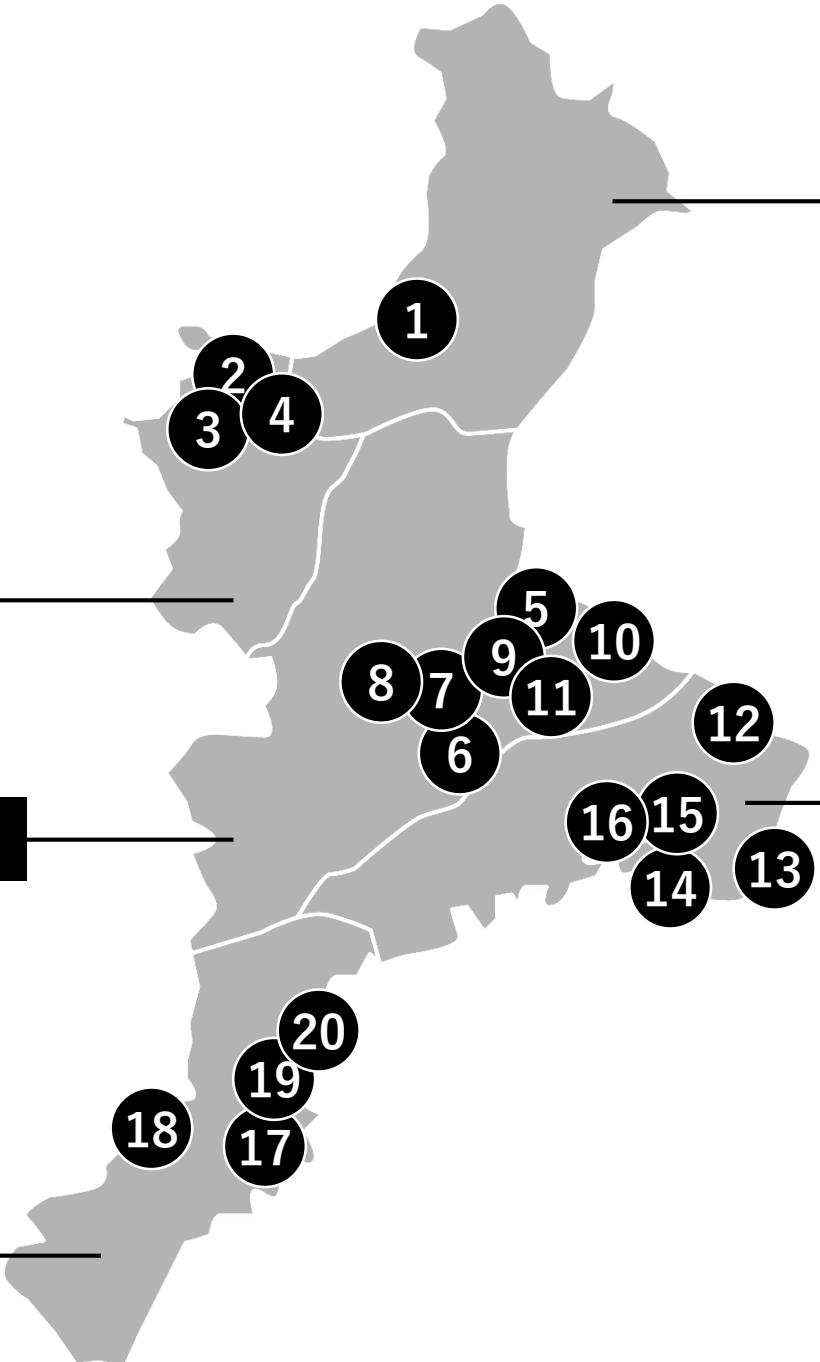
HOKUSEI

IGA

CHUNANSEI

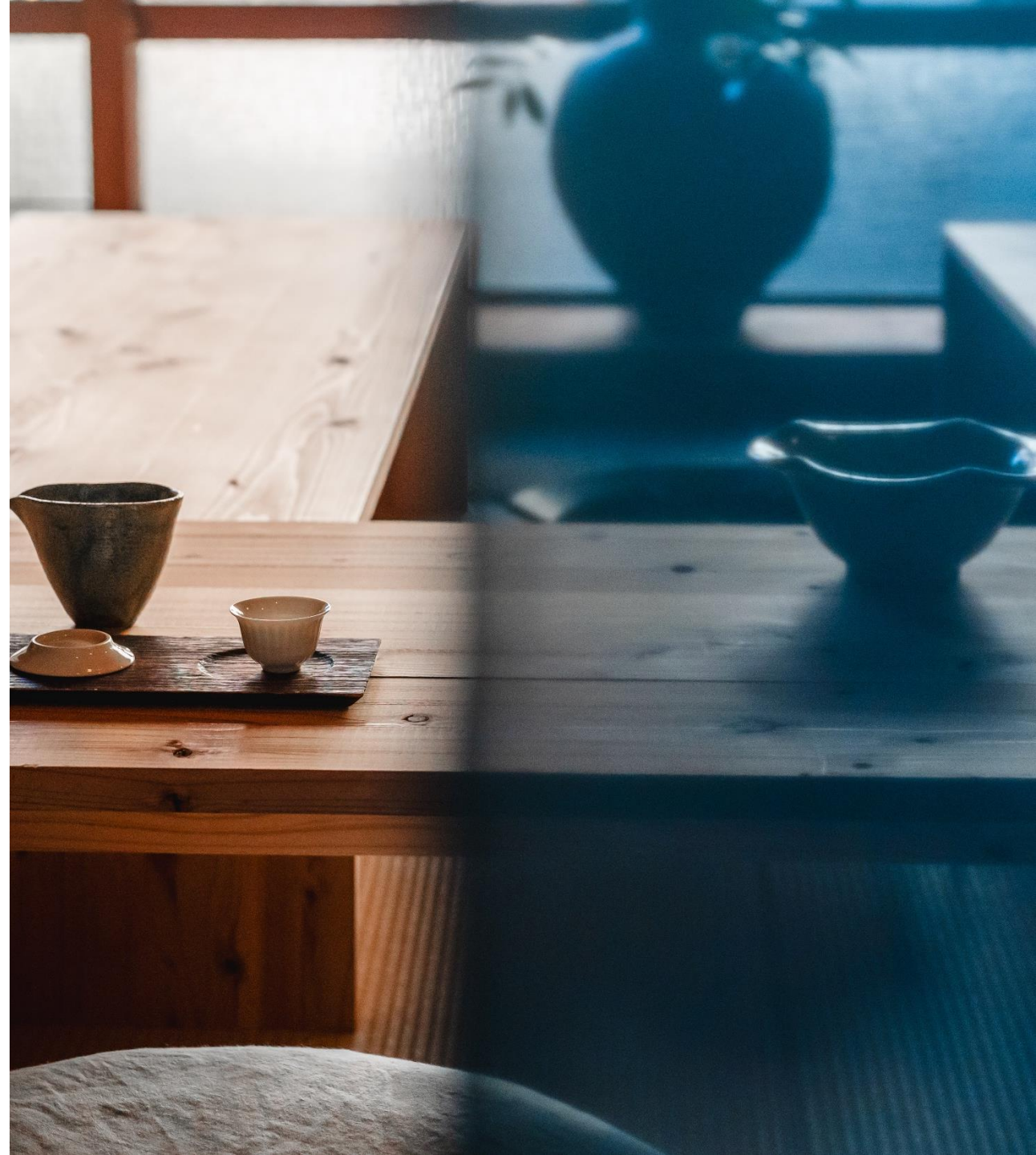
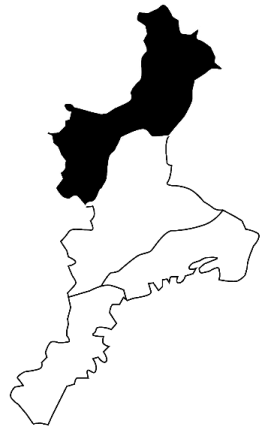
HIGASHIKISHU

ISE-SHIMA



HOKUSEI & IGA

This region is steeped in history and culture, including the nostalgic Edo-period streetscapes of Seki-juku, one of the 53 post stations of the Tokaido road. In the city of Iga, the birthplace of the Iga school of *ninjutsu*, you can learn all about ninja mainly by trying some of the tricks at a ninja house and throwing *shuriken*. Also, the traditional craft of Iga ware pottery, which is known for its distinctive earthy texture and heat resistance and heat retention properties, has a long history as one of the key industries in the region.





① Indigo Dyeing and Fermented Tea at an Old Folk Home
in a 1300-year-old Tokaido Post Town
/Jikonka



- Beautiful town scenery with traditional post town wooden homes
- A space that fuses antique folk craft used on a daily basis and modern craftsmanship
- Silk stoles dyed using traditional methods and indigo dye
- Enjoy Kameyama tea, which was once one of Japan's leading black tea producers, in a cup made by artisans

This program offers participants the chance to try traditional indigo dyeing and tea at an old folk home in Sekijuku, a beautiful post town along the Tokaido Road measuring nearly 1.8 km long and boasting over 1,300 years of history. Mie has a history of producing indigo dyed kimono cloth such as Matsusaka and Ise cotton. During this activity, participants will learn about why so many people in the past used indigo dye while crafting their very own dye.

After the dyeing activity, participants enjoy a soothing time with some fermented tea made from leaves hand picked in the mountains at Kameyama, Mie, in an original cup. Mie has long been known as a place for tea cultivation, and is one of the only places in Japan that produced and exported black tea. With a dwindling number of tea growers and teacup makers, our mission is to pass on traditional tea techniques to the world.



◀ For More Info

Indigo Dyeing and Fermented Tea at an Old Folk Home in a 1300-year-old Tokaido Post Town /Jikonka



② Nagatanien, the Iga ware kiln
with 200 years of Japanese culinary history
/Nagatanien



- Tour the historic Iga pottery kiln established in 1832
- Listen to a special lecture by the eighth head of Nagatanien in a 200-year-old thatched-roof house
- Enjoy a clay pot rice cooking demonstration and try some matcha tea and sweets
- Take home an Iga ware dish as a souvenir

Situated in northern Mie prefecture in a quiet area where you can see chimneys poking up around town is Marubashira, the Iga ware village. The pottery crafted here is highly flame resistant, and since long ago, clay pots used for cooking on open flames and teapots have been made in this village.

Nagatanien, which is where Iga ware is made, has continued to carry on the techniques of this craft since the workshop's founding in 1832, making pieces that are highly valued both in Japan and abroad. This program offers participants the chance to go on a special tour of the climbing kilns with the eighth generation head of Nagatanien while listening to rarely-heard stories about Iga ware, and to try cooking in a famous Nagatanien clay pot. Don't miss the chance to try some delicious rice prepared in this unique piece of pottery!



◀ For More Info

Nagatanien, the Iga ware kiln with 200 years of Japanese culinary history
/Nagatanien



③ Shinobism - deep into the spirit of Iga ninja -
/Iga-Ueno Tourism Association



The city of Iga in Mie Prefecture is famous as the birthplace of the ninja. This special night program takes place at the chartered Iga-ryu Ninja Museum, which stands on the former training grounds of the Iga Ninja. It offers visitors the chance to learn about the history of the ninja, how they developed, their culture, and what they were really like.

This is not a mere martial arts show or entertaining evening. Under the guidance of the Ashura Iga Ninja Group, who are active both inside and outside of Japan, visitors will have the once-in-a-lifetime opportunity to experience the true spirit and techniques of the ninja in Iga.



- This is a completely private nighttime activity in a chartered ninja house
- Visitors will have the chance to see ninjutsu documents not normally available to the public
- Learn about the ninja and ninjutsu based on historical evidence from the Ashura Iga Ninja Group in this once-in-a-lifetime training activity



◀ For More Info

Shinobism - deep into the spirit of Iga ninja -
/Iga-Ueno Tourism Association



④ An Authentic Ninja Experience on the Site of a Mountain Castle /Ubusuna



- Learn traditional ninjutsu techniques endorsed by the Japan Ninja Council.
- Experience authentic ninja training at the site of an actual mountain castle.
- Participants that complete the program receive an Introductory Course Completion Certificate.
- Lunch is made with healthy ingredients that are produced locally for local consumption.

Long ago, many mountain castles were built in Iga, where the ninja were valued for their ability to move swiftly when fighting in mountainous terrain. This program offers participants an authentic ninja experience to learn ninjutsu at the site of a mountain castle, just like the ninja of old. The introductory course teaches breathing techniques, mystic hand signs, and fundamental walking techniques based on Iga ninjutsu at an indoor dojo. After lunch, participants will try swinging a sword in the forest, using a grappling hook, concealment techniques, and more while walking through the site of a mountain castle which records say was used for actual ninja training. This program is designed by the Japan Ninja Council, and is part of a rare domestic workshop that offers continuous advancement based on a systematic curriculum.



◀ For More Info

An Authentic Ninja Experience on the Site of a Mountain Castle /Ubusuna

CHUNANSEI

In addition to some historically significant sights like the ruins of Matsusaka Castle, where magnificent stone walls still remain, and the national historic site of the Saiku Palace, this region is blessed with an abundance of natural beauty, including the Miya River, one of Japan's most pristine waterways, the Osugidani, one of Japan's three most beautiful valleys, and the scenic gorge of Kahada on the Kushida River. Owing to the crystal-clear waters of its rivers, green tea is also cultivated in the area. Plus, this region produces melt-in-your-mouth marbled Matsusaka beef—often referred to as an “artwork of meat.”





⑤ Experience the essence of Japanese spirit through the tea ceremony, the Heart of Japanese hospitality /Matsusaka City Tourism Association



- Experience the world of the tea ceremony at a historic house build over 300 years ago
- Enjoy each element with all five senses, including the tea ceremony implements, works of art, the garden, and tea ceremony dishes, experiencing a superb form of hospitality
- Savor tea ceremony cuisine made with carefully-selected Mie produce

Since ancient times, the Japanese have cherished the spirit of providing sincere hospitality to guests. It is said that the tea ceremony is the source of this idea. The tea ceremony in this program consists of a full course including a meal and tea ceremony manners. Matsusaka, Mie prospered as a wealthy merchant town, and is home to Takegawa Manor (Izawa Bunko), where the Takegawa family and famous tea master Gengensai would meet. In a Japanese-style garden surrounded by seasonal scenery, tea ceremony-themed hanging scrolls, the scent of incense, and historic tea ceremony implements...

Sharpen your senses and experience the ultimate in ancient Japanese hospitality at this activity.



◀ For More Info

Experience the essence of Japanese spirit
through the tea ceremony, the Heart of Japanese hospitality
/Matsusaka City Tourism Association



⑥ Packrafting tour and pizza making with locals in secluded Okuise /Taiki Town Tourism Association



This plan offers participants the chance to enjoy the gorgeous untouched nature of Mie's secluded Taiki town and lunch at a guest house. An instructor will provide easy-to-understand tips so even beginners can enjoy packrafting, a river activity said to have originated in Alaska. Participants will head out to the Miyagawa River, known as one of Japan's purest streams, and relax while taking in natural vistas up close! For lunch, they'll craft their very own brick oven pizza from local ingredients with the owner of an area guest house. This is a great chance to take a break from the hustle and bustle, and refresh one's body and soul in Okuise.



- Enjoy one of the best secluded river rafting experiences in Japan
- Take a break to enjoy some locally-grown coffee or herbal tea amongst gorgeous scenery
- Participants will receive photos and videos on the day of the activity
- Partial proceeds from the plan are donated to river conservation efforts, helping to protect the environment
- Equipped with world-class life saving equipment so participants can feel safe during aquatic activities
- For lunch, participants will create an original pizza made of local ingredients with a guest house owner



◀ For More Info

Packrafting tour and pizza making with locals in secluded Okuise /Taiki Town Tourism Association



⑦ Premium lumbering experience and craft your own wooden chopsticks /MARUGO



- An enjoyable, but educational activity that teaches about the forest while touching and felling trees in the woods of lidaka, home to century-old trees
- Participants choose a tree, then chop it down
- Take home some original chopsticks and a chopstick rest made of local lumber

Surrounded by beautiful forest, the town of lidaka is known as one of the top producers of cedar and cypress in the country. This program offers participants the chance to walk among the century-old trees in the forest of lidaka with Okinaka Zourin, one of the top reforestation companies in Japan. Okinaka Zourin will show participants how to select a tree, then chop it down on their own in this activity. Before cutting a tree down, a Shinto prayer of thanks will be offered as part of a unique Japanese cultural experience. After felling the tree, participants will enjoy a coffee break in the woods and then make a pair of chopsticks and a chopstick rest using local lumber. This out of the ordinary activity offers the chance to experience the forest with all five senses, learn about the important role forests play, and understand how to achieve a sustainable society. It is a valuable experience that grants participants a new perspective on modern living.



◀ For More Info

Premium lumbering experience and craft your own wooden chopsticks
/MARUGO



⑧ A ride on a canoe made of 100-year-old cedar & a wild game lunch
/MARUGO



- Enjoy a leisurely trip down the Kushida River while taking in the scenery that was once enjoyed by loggers.
- Paddle a hand-carved canoe that won the Wood Design Award
- Savor a meal of local ingredients including wild game amongst the great outdoors. Plates are made of local wood, offering participants the chance to enjoy the true bounty of local nature.

litaka is home to a lush forest and the clear Kushida River. In the past, the river carried lumber lashed into rafts all the way to the open plains. To share this history, the idea of the century-old cedar canoe was born. This canoe, hand carved from a 100-year old cedar tree, features beautiful wood grain patterns, and is a recipient of the Wood Design Award. This activity offers participants the chance to travel down the Kushida River and experience its historic logging days. A trip through the woods near the source of the river with the canoe is a great way to take in the sights of the forest of lidaka and experience its harmonious coexistence with man. After canoeing, participants will enjoy a lunch of wild game and other local ingredients. (There is only one 100-year old cedar canoe. Parties with two or more participants must take a regular canoe.)



◀ For More Info

A ride on a canoe made of 100-year-old cedar & a wild game lunch
/MARUGO



⑨ The SUKIYAKI Gastronomy Satoyama Cycling-tour /Cazacle



- A cycling tour through historic Japanese village scenery
- Participants will attend a picture-card show at a traditional home depicting a local story that takes place during the Edo period
- A meal of sukiyaki made with the highest grade of Special Matsusaka Beef will be served

*This is the only place that can offer Special Matsusaka Beef (accounting for only 4% of Matsusaka cows) year-round.

With its waterways, traditional old houses, and beautiful rural villages, Niu is the perfect place to enjoy a cycling adventure through unique Japanese scenery. The locals are proud of their pioneering spirit and still talk about the days long ago when people dug waterways through the barren land, making it into a lush agricultural community. This program offers participants the chance to cycle amongst the seasonal scenery of the village while experiencing its history. After the bike ride, they'll enjoy sukiyaki made with Special Matsusaka Beef. Matsusaka Beef is already world famous, but this variety accounts for a mere 4% of all Matsusaka cows, making it a particularly special treat. This is a luxurious cycling tour through gorgeous villages followed by the ultimate Wagyu beef.

An optional organic farm vegetable picking activity is also available.



◀ For More Info



⑩ Explore the wonder of Japanese Sake on a cycling tour at Meiwa town /DMO HANA Meiwa



- A sake-themed cycling tour
- Learn about Shinto and Ise Grand Shrine through Shinto no Inori Saio sake
- Tour participants can enjoy sake sweets and lunch made with Kaminoho sake rice
- The program not only offers a tour of the sake brewery, but also a chance to try water used in brewing, and sake sampling

Every year, Shinto no Inori Saio sake receives high marks at sake competitions outside of Japan. This program offers participants the chance to cycle through Meiwa on a tour that showcases its abundant water resources including water veins, spots connected to Saio, a princess of long ago which the sake takes its name from, and the brewery where Shinto no Inori Saio is crafted. Cycling through the town allows participants to experience the climate that results in such tasty produce and sake. Partway through the tour, they'll have the chance to stop for a lunch of the beloved local chicken grilled in miso served with sake rice and some sweets made of sake to recharge for some more riding. This exhilarating trip on a power-assisted bicycle is the perfect way to experience the wide open sky and countryside scenery of Meiwa.



◀ For More Info

Explore the wonder of Japanese Sake on a cycling tour at Meiwa town
/DMO HANA Meiwa



⑪ A 200-year-old Sake brewery visit and Sake pairing course at Hinakaya, a Michelin starred restaurant /Uosuke



- A tour of one of Japan's leading sake breweries that handles the entire process in-house, and sake sampling
- A special dinner at exclusive Hinakaya, located in a beautiful mountain village, where dishes are crafted to perfectly pair with local sake brewed from rare Isenishiki rice

This program offers guests the chance to enjoy Japanese cuisine paired with rare sake that can only be found in the villages of Mie. Located about 30 minutes from Ise Grand Shrine by car amongst unique Japanese scenery is where you'll find the highly reputed restaurant Hinakaya and Gensaka Shuzo, a historic brewery founded over 200 years ago. The seventh head of Gensaka Shuzo, where Isenishiki, an extremely rare sake rice, was revived, will provide a lecture on locally-rooted sake brewing techniques and features. Guests will also have the chance to tour the brewery itself, the environment where the rice is cultivated, and to sample some sake. After the tour, guests will head to Hinakaya, a restaurant located in a traditional Japanese home in a beautiful mountain village where they'll enjoy a dinner prepared specifically for pairing with sake, made with plenty of local seasonal ingredients.



◀ For More Info

A 200-year-old Sake brewery visit and
Sake pairing course at Hinakaya, a Michelin starred restaurant
/Uosuke

ISE-SHIMA

Ago Bay in the city of Shima is one Japan's most well-known ria coastlines. A ria is a drowned river valley that remains open to the sea, which is why the scenic coastline of the bay is so intricately meandering and dotted with around 60 islands of different sizes. It is also known for its pearl farming. Being blessed with the fresh bounties of the sea, since ancient times the area has been called *umashikuni*, which literally translates to "delicious country." And the traditional culture of mainly female *ama* divers, who free dive for seafood, still thrives today in this region.





⑫ Ise beef and wine paring at micro winery in Ise
/Ise-Shima Winery



- Tour of the winery guided by Ise Umashikuni Winery winemakers.
- Wine tasting (two varieties made with grapes unique to Japan) at Yuniwa, the bar overlooking the winery with commentary by a sommelier.
- The restaurant is reserved all to this program (limited to 4 - 6 people) and small children are also allowed.
- Activity pairs in-house fermented wine with creative cuisine made from local ingredients.
- Every aspect is crafted by local artisans, including the building, crockery, cutlery, art, etc.
- Guests can take home a single bottle of wine as a souvenir.

Ise has been known as "Umashi Kuni" (beautiful country) since ancient times. Named after this legacy, Ise Umashikuni Winery was launched in November 2022 with the idea of crafting wine that pairs perfectly with the wonderful ingredients that come from this beautiful natural environment.

This program offers participants a tour of the winery guided by winemakers. Later, participants head to a bar overlooking the winery where they'll enjoy an aperitif consisting of two different wines made with grapes unique to Japan. After that, a course meal paired with wine will be served, including brick oven grilled steak made with famous Ise beef at Ise Fukutatei, a restaurant affiliated with a famous eatery which has earned star ratings in the Michelin Guide for six consecutive years.



◀ For More Info

Ise beef and wine pairing at micro winery in Ise
/Ise-Shima Winery



⑬ The source of Umami
Katsuo no Tenpaku, bonito smoking hut
/Katsuo no Tenpaku



- A private event for single groups only
- Participants visit an authentic smokehouse where dried bonito is made, and learn about its history and production method from a company representative
- Participants will also try shaving bonito and sample some freshly-cooked rice topped with bonito shavings
- An explanation of sake offered to the gods will be followed by a tasting of Mie sake

Katsuobushi, or dried bonito, is said to be one of the origins of umami in Japanese cooking. Nakiri, situated at the southern edge of Ise-Shima, which prospered thanks to bonito fishing, has a 1,300 year history of making this ingredient, incorporating a unique smoking method and prospering as a dried bonito producer.

This program offers participants the chance to visit a smokehouse designated by the Japanese government as an important tangible cultural asset, where they can witness the time-honored tradition of crafting dried bonito, try shaving some themselves, and sample some rice with freshly-shaved bonito all to experience the origin of umami in Japanese cooking. Nakiribushi, the local dried bonito, is of such high quality and flavor that it has earned a place in history for being provided to Ise Grand Shrine, and participants will learn about how this ingredient is related to Mie sake which is also provided to the shrine.



◀ For More Info

The source of Umami
Katsuo no Tenpaku, bonito smoking hut
/Katsuo no Tenpaku



⑭ Premium dinner with Ama butler at private beach /Shima City Tourism Association



- A fishing experience with current ama from Shima.
- Ama butlers provide special hospitality for participants.
- Enjoy the flavors of Shima prepared by a top chef on a private beach.

<Remarks>

- * Possible chef: Head chef at a Michelin Guide single-starred restaurant in Shima
- * Depending on the date, a famous local chef or other top chef from another part of the country will prepare meals.
- * Held indoors during rainy weather.

Ama are female freedivers who catch seafood such as abalone and sea urchin. Ama fishing, which has been a tradition in Shima, Mie for over 2,000 years, is designated as an important intangible folk cultural property. With over 200 active ama, it is one of the few places in the country where this type of fishing is still practiced. The average ama age is 65!

This program offers participants the chance to get their fill of Shima accompanied by energetic ama. First, participants will head out on a boat with the ama to experience their traditional basket fishing technique used to collect a variety of fresh seafood. Next they'll enjoy a special dinner made with the freshly caught seafood on a private beach. The ama serve as their own private butlers for an unforgettable experience.



◀ For More Info

Premium dinner with Ama butler at private beach
/Shima City Tourism Association



⑮ A unique pearl jewelry experience at Pearl Miki
Discover and learn pearl culture in Iseshima
/Shima City Tourism Association



Shima, Mie is the birthplace of pearl cultivation. Thanks to abundant ocean resources and time-honored techniques, Shima pearls are known as being some of the highest quality around the world. This program offers participants the chance to visit a pearl farm to learn about the cultivation techniques in person while talking with artisans. They'll also have the chance to collect pearls from oysters and the very rare chance to seed oysters, learning just how difficult the process of pearl cultivation truly is. Finally, participants will use the pearls they collect to make a one-of-a-kind piece of jewelry.

- Try seeding oysters, which is the essence of pearl cultivation.
- Each pair of participants will collect pearls from a single net (32 oysters), then use their favorite pearls to make an accessory.
- Participants are picked up and dropped off in a tuk tuk, the perfect mode of transportation for enjoying the Shima seaside.



◀ For More Info

A unique pearl jewelry experience at Pearl Miki
Discover and learn pearl culture in Iseshima
/Shima City Tourism Association



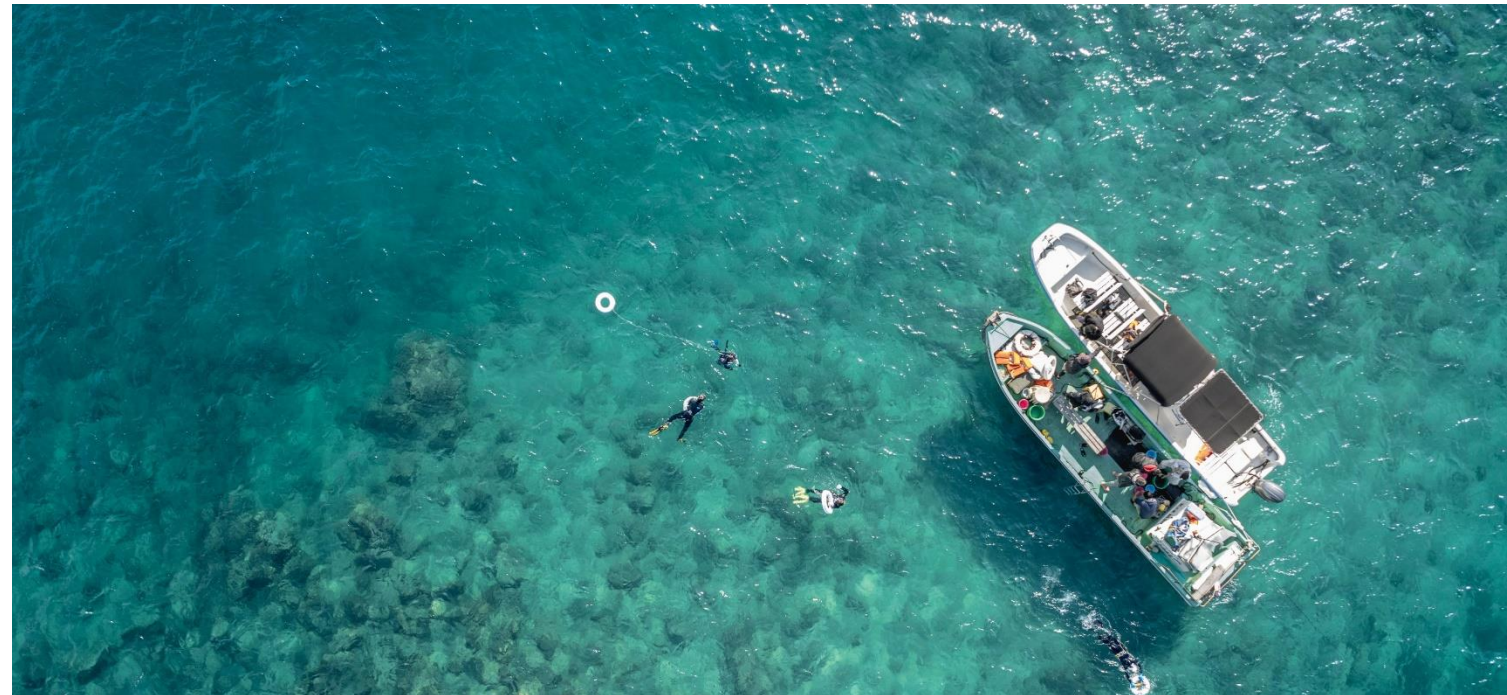
①⑥ Dive with Ama Divers
to capture "Gangaze" and protect the beauty of Ago bay
/Shima City Tourism Association



- Dive with marine expert ama at Ago Bay in Ise-Shima National Park.
- Catch gangaze, which taste very similar to common sea urchin, with ama to help protect the marine environment of Ise-Shima.

Ama are female freedivers that have carried on this traditional method of fishing for over 2,000 years. Ise-Shima is home to the most ama in the country, and it has developed a rich culture that has lasted from ancient times until today. Why not join Ise-Shima divers and swim down to catch some sea urchins using this time-honored method?

This activity offers participants the chance to learn about the history of the divers, their lives, and how they coexist with the ocean from actual ama, while contributing to protecting the abundant marine environment by harvesting some gangaze sea urchin, whose excessive numbers are a local problem. After catching the sea urchin, participants can enjoy this delicacy as part of a seafood bowl that they'll make themselves.



◀ For More Info

Dive with Ama Divers to capture "Gangaze" and protect the beauty of Ago bay /Shima City Tourism Association

HIGASHI KISHU & KUMANO

Registered as a UNESCO World Heritage Site, the Kumano Kodo is an ancient pilgrimage route to the Ise Grand Shrine, connecting Kumano with Ise, Wakayama, and other areas. Travelers on the route can immerse themselves in both history and nature. And there are numerous magnificent sights of natural beauty to admire along the way, such as the unusually shaped rock formations sculpted by the rough waves of the Kumano Sea, including Onigajo (demon's castle), Shishi-iwa (lion rock), and the Tategasaki rock face. Other highlights include the Maruyama Senmaida rice terraces, one of Japan's top 100 terraced rice fields.





①7 A Noctiluca night tour on a sea kayak
/Mikisato E-gumi Outfitters



The Kumano Kodo route is well known around the world, but what about the Ocean Kumano Kodo? Part of this route includes walking along the coast, and records show that some ancient pilgrims traveled it by boat. Situated on the Pacific, the beautiful Mikisato coast is linked to the Ocean Kumano Kodo. From summer to autumn, you can see the gently glowing noctiluca as they float in the ocean. This program offers participants the chance to observe these bioluminescent marine creatures up close in a sea kayak, and includes a kayaking lesson so even beginners can have fun. It also includes a snack at sunset made by a local delicatessen served with locally-grown tea. The pure air in this spot makes it the perfect place to view the Milky Way on clear nights. Come take in the dreamlike sight of noctiluca and the star-filled night sky from the ocean.



- A kayaking lesson is provided so even beginners can participate with ease
- Paddle out on the nighttime ocean for an exciting adventure
- Gaze at noctiluca and the star-filled night sky while paddling on the ocean in a sea kayak
- Watch the sunset while eating a snack from a local delicatessen with some tea



◀ For More Info

A Noctiluca night tour on a sea kayak
/Mikisato E-gumi Outfitters



⑱ Visit the Only Swordsmith in Mie and Make Your Own Knife
/Kumano-shi Kanko kosha



- Learn about the history and crafting methods of Japanese swords directly from a swordsmith including a Q&A session.
- This truly unique experience takes place in an old Japanese home secluded deep in the mountains.
- The knife made during the activity can be shipped about 5 days later (domestic shipping only).

Mie prefecture's only swordsmith workshop is hidden away deep in the mountains. This program offers participants the opportunity to visit Kenichiro Sumiya, a lone swordsmith who crafts blades in this secluded spot. Learn about the history of Japanese swords at a traditional Japanese home, see how they changed shape throughout the ages, pick up and examine some unique swords, and then visit Sumiya's workshop. Later, participants will heat the blade of a knife made with the same steel as Japanese swords using charcoal, and then rapidly cool it in water to create the hamon temper pattern in the quenching process. This completely private activity is a rare experience that almost feels like being accepted as the swordsmith's apprentice.



◀ For More Info

Visit the Only Swordsmith in Mie and Make Your Own Knife
/Kumano-shi Kanko kosha

A scenic view of a mountain range with three hikers in the foreground. One hiker is standing and pointing towards the distance, while two others are sitting on a rock. The background shows a vast valley and distant mountains under a clear blue sky.

①9 Trekking through Scenic Mt. Tengura and Iwayado
- Tracing the ancient mountain faith and Shugendo ascetics
/Owase Tourism Products Association



Long ago, nature and large rocks were objects of worship in Kumano. The area is home to the Kumano Kodo trail, a UNESCO World Heritage site walked by many pilgrims, natural forests, massive rocks, waterfalls, and other spots visited by Buddhist mountain ascetics in training. In Owase, participants will find large rocks and waterfalls used by such ascetics, with temples connected to these training spots in the city, leading historians to believe that the entire city of Owase was dedicated to ascetic training. This course offers participants the chance to follow in the footsteps of ascetic monks by walking the stone-paved Kumano Kodo trail, visiting spots such as a large rock, Magose Fudo Falls, Mt. Tengura, and Iwayado to experience an ancient pilgrimage and the places ascetics prayed. The gorgeous scenery of the ocean from Mt. Tengura (altitude: 522 m) is not to be missed.



- Tour mountain asceticism prayer spots that served as training grounds amongst nature
- Visit Iwayado, protected by a massive rock, which houses Edo period stone Buddha statues, served as a place of prayer for ascetic monks, and is cherished by local people even today
- Walk through Magose Pass on Kumano Kodo, a pilgrimage path trod by ancient ascetics
- Enjoy the view of the ocean from Mt. Tengura (altitude: 522 m)



◀ For More Info

Trekking through Scenic Mt. Tengura and Iwayado
Tracing the ancient mountain faith and Shugendo ascetics
/Owase Tourism Products Association



②① Walk the Magose pass on the Kumano Kodo trail,
UNESCO World heritage site, in traditional travel garb
/Kihoku Town Tourism Association



Long ago, it was popular for people from all across Japan to walk hundreds of kilometers to tour sacred sites such as Ise Grand Shrine and Kumano Sanzan (the Three Grand Shrines of Kumano). Many travelers walked the perilous Magose Pass, which is part of the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range that leads to Kumano Sanzan. The beautiful stone paved path leading deep into the forest has been lovingly maintained by locals for centuries, and still looks as it did long ago. This program offers participants the chance to dress in travel garb recreated from ukiyo-e prints and historic documents and walk the Magose Past just as ancient travelers did. Partial proceeds from the program are used to preserve the stone paving and keep the scenery in pristine condition for future generations.



- Private tour limited to one group per day
- Wear traditional travel attire like those in an ukiyo-e print, and take photos at scenic spots along the ancient stone paved path of Magose Pass
- Enjoy a guided tour with explanations of travelers' experiences as participants travel back in time to Edo period Japan
- Partial proceeds are donated to a group that preserves and maintains the Kumano Kodo trail
- Participants will receive mochi and an original Japanese wrapping cloth to take home



◀ For More Info

Walk the Magose pass on the Kumano Kodo trail,
UNESCO World heritage site, in traditional travel garb
/Kihoku Town Tourism Association

Accommodations



SOSUIKYO

Museum-like inn with 12 villas based around 8 elements: soil, stone, plaster, wood, lacquer, Japanese paper, glass, iron

- Open bath in every villas.
- 3 restaurants to enjoy local delicacies.
- Spa, massage.

<https://sosuikyo.com>



NIPPONIA Igaueno Jokamachi

A 13-room hotel with comfort while preserving the design of the 150-year-old registered tangible cultural property and other historical buildings.

- Encounters with Iga's gastronomy, history, and culture
- Three additional rooms in a new building will open in March 2024.

<https://www.vmg-igaueno.com/>

Accommodations



VISON

Enjoy a luxurious stay in VISON, a beautiful village surrounded by magnificent nature, where you can enjoy Mie's gourmet and healing time.

- Terrace Twin Rooms are as spacious as the guest rooms.
- Villa with open-air bath
- Dinner and breakfast are available at several restaurants in VISON.

<https://vison.jp/en/>



SHIMA KANKO HOTEL The Bay Suites

Luxury resort located in the southern area of Shima Peninsula. It served as the venue for the G7 ISE-SHIMA SUMMIT.

- All suites rooms of at least 100m2
- French & Japanese dining
- Spa & Sauna
- Lounge to enjoy the panoramic view

<https://global.miyakohotels.ne.jp/baysuites/>



Accommodations



AMANEMU

Ryokan-inspired onsen resort located above Ago Bay. Enjoy scenic views out to the bay or gardens.

- Suites with private onsen bath
- 2 bedrooms villas
- Thermal spring spa therapy
- Japanese cuisine restaurant

<https://www.aman.com/resorts/amanemu>



Kumano Club

Spend a relaxing time at our hideaway resort in Kumano.

- All rooms are suites.
- Relaxing guest rooms with abundant use of Kumano cedar
- Open-air baths with spectacular views
- All-inclusive stay

<https://kumanoclub.jp/>



French Restaurant La Mer

Enjoy sea food dishes inspired by French cuisine with a touch of Japanese traditional flavor. Chef Higuchi was appointed to cook G7 leaders' meals.

Everyday
17 : 30~22 : 30 (Lo 20:30)

Dinner Course 18,800~36,000 JPY

<https://global.miyakohotels.ne.jp/baysuites/dining/french-restaurant-la-mer/>



Kaiseki Kamimura

The only restaurant in Ise City to receive two Michelin stars. Enjoy authentic Kaiseki cuisine in the relaxed atmosphere of a traditional Japanese sukiya-style house.

Closed on Wednesdays
11 : 30~15 : 00 (Lo 13:30)
17 : 30~22 : 00 (Lo 19:00)

Lunch Course 6,600JPY~
Dinner Course 8,800~19,800 JPY

<http://www.ise-kamimura.jp/>



Tempura Tobarī

Enjoy delicious tempura made with fresh ingredients from Ise.

Closed on Tuesdays
11 : 30~13 : 00 (Lo)
17 : 30~20 : 30 (Lo)

Tempura course lunch 5,500 JPY
Tempura course dinner 13,200~33,000 JPY

<https://tempratobari.com/>



Bon Vivant

Located near the outer shrine of Ise Jingu, this French restaurant has been selected for five consecutive years by the historic culinary guidebook Gault & Millau.

Closed on Monday, Tuesday, Sunday Dinner
Next day of National holidays
12:00~15:00 (13:00 LO)
17:30~21:00 (19:00 LO)

Lunch & Dinner Course 11,000~33,000 JPY

<https://bonvivant1983.com/>



