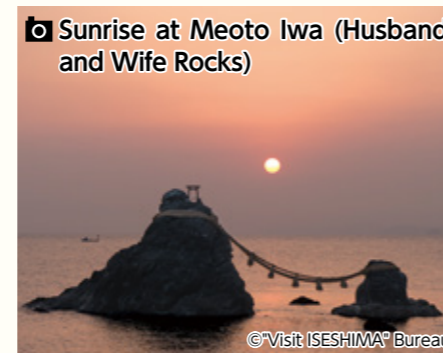
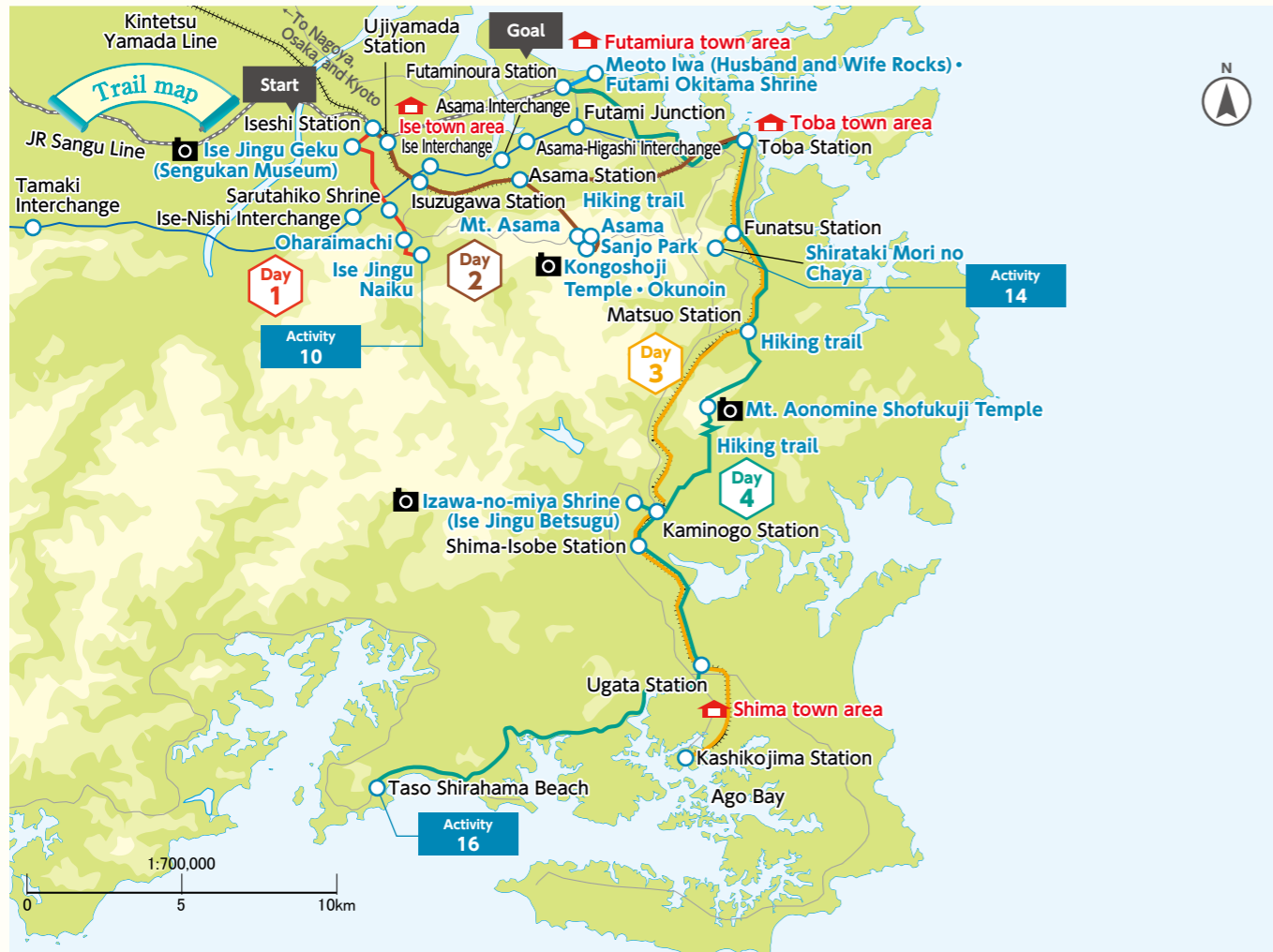


Season All seasons **Duration of stay** 4 nights, 5 days

Walk the Shrines, Temples, and Mountains of Ise-Shima (For those who like hiking, mountains, and cycling)

Notes

Explore the forests, shrines, and temples of Ise-Shima National Park with hiking, cycling, and off-roading. Travel around the national park using public transportation—no rental car needed!



	Nagoya•Kyoto•Osaka (Kintetsu sightseeing limited express "Shimakaze") 75-125min Ise-shi Station (Travel in comfort from a number of major cities to the gateway of the national park by limited express train with no transfers required.) Ise-shi Station 10min Sengukan Museum, Ise Jingu Geku (The sandō approach to Geku is right outside Ise-shi Station. Both sides of the road are lined with restaurants serving local cuisine and souvenir shops.) 12:40p.m. Sengukan Museum Visit (60min) (At Sengukan Museum, you can learn about Shikinen Sengu, the reconstruction of Ise Jingu which occurs every 20 years, shinsen, the giving of nature's blessings to the gods, and kyūikirin, the shrine's forest where trees are raised for reconstruction activities.) 1min Hiyokebashi Bridge, Ise Jingu Geku (Discover the wonders of Ise Jingu, Japan's most important shrine, listening to commentary on a guided tour.)
Day 1	Activity 10 Oise-san Tourist Guide, Geku and Naiku (180min) 4:40p.m. Walk Around Oharaimachi (20min) (A popular tourist attraction that recreates an old-fashioned townscape, Oharaimachi is filled with souvenir shops and restaurants.) 5:00p.m. Sarutahiko Jinja-mae (Fixed-route bus) 30min Ise-shi eki mae bus stop Ise-shi Station Area [Accommodation]
Day 2	9:07a.m. Ise-shi Station (Kintetsu Yamada Line) 10min Asama Station (Kintetsu) 9:20a.m. Asama Station (Kintetsu) 105min Mt. Asama Summit (Hachidairyuuou-sha Shrine) Mt. Asama Summit (Hachidairyuuou-sha Shrine) Explore the Area (15min) (The hiking trail up Mt. Asama is a popular one. Aim for Ise-Shima National Park's highest peak (555 meters).) 11:20a.m. Mt. Asama Summit (Hachidairyuuou-sha Shrine) 25min Kongoshoji Temple and Okunoin Walk Around Kongoshoji Temple and Okunoin (35min) (Kongoshoji Temple is located to the northeast of Ise Jingu, and in the past, it was said that if you visited Ise Jingu, you should also visit Kongoshoji Temple. The okunoin inner sanctuary, with its many stupa, is very atmospheric.) 12:20p.m. Kongoshoji Temple and Okunoin 10min Asama Sanjo Park Walk Around Asama Sanjo Park (60min) (This is one section of the Ise-Shima Skyline route. Enjoy spectacular views of Ise Bay and Toba's outlying islands, ashiyu footbaths, and kiosks.) 1:30p.m. Asama Sanjo Park 120min Asama Station 3:49p.m. Asama Station (Kintetsu Toba Line) 10min Toba Station Toba Accommodation Facilities [Accommodation]
Day 3	8:19a.m. Toba Station (Kintetsu Shima Line) 10min Funatsu Station (Kintetsu) 8:30a.m. Funatsu Station 15min Shirataki Mori no Chaya (Enjoy an authentic takigyo waterfall meditation experience in an area where practitioners of Shugen mountain asceticism once worshipped.) Activity 14 Shirataki takigyo waterfall meditation experience (60min) 12:00p.m. Shirataki Mori no Chaya 15min Funatsu Station 12:37p.m. Funatsu Station (Kintetsu Shima Line) 20min Shima-Isobe Station (Kintetsu) 1:00p.m. Meet at Shima-Isobe Station 240min Kashikojima Station (Kintetsu) Exploration (Enjoy a relaxed day of cycling the coastal area and learning local history on this supported tour.) Cycling Tour: Fully Enjoy Ise-Shima National Park (Towards Anorisaki Lighthouse) (240min) *This is not Activity 07. 5:00p.m. Shima Accommodation Facilities [Accommodation]
Day 4	9:25a.m. Ugata Station Front Bus Stop (Fixed-route bus) 30min Taso Shirahama Bus Stop (Explore the area's spectacular natural environment off-roading through the forest.) Activity 16 Ise-Shima Buggy Tour (60min) 12:17p.m. Taso Shirahama Bus Stop (Fixed-route bus) 30min Ugata eki mae Bus Stop 1:20p.m. Ugata Station (Kintetsu) (Kintetsu Shima Line) 10min Kaminogo Station (Kintetsu) 1:30p.m. Kaminogo Station 5min Izawa-no-miya Shrine Izawa-no-miya Shrine (20min) (One of the betsugu shrines of Ise Jingu Naiku, Izawa-no-miya Shrine holds an Omita, one of Japan's three great rice-planting festivals, called Isobe no Omita, annually.) 2:00p.m. Izawa-no-miya Shrine 80min Mt. Aonamine Shofukuji Temple Mt. Aonamine Shofukuji Temple (20min) (This historic temple is revered by fishermen and mariners as a guardian of safety at sea.) 3:40p.m. Mt. Aonamine Shofukuji Temple 80min Matsuo Station (Kintetsu) (This is the same mountain trail hiked by Canadian Prime Minister Trudeau and his wife during the Ise-Shima Summit.) 5:11p.m. Matsuo Station (JR or private railway) 35min Futaminoura Station Futamiura Area Accommodation Facilities [Accommodation]
Day 5	Dawn Meoto Iwa (Husband and Wife Rocks), Futami Okitama Shrine (Meoto Iwa (Husband and Wife Rocks) is one of Ise-Shima National Park's most popular tourist attractions. Enjoy watching the sun rise above the rocks.) 10:00a.m. Futaminoura Station (JR or private railway) 75-125min Nagoya•Kyoto•Osaka