

Season All season (Activity 01 [Diving with the Ama] runs May – October) **Duration of stay** 3 nights, 4 days

Experience Ise-Shima's Satoumi Coastal Villages (This experience-centered itinerary will require a rental car.)

Notes

- With its coastal waters brimming with bounty, Ise-Shima has long been a miketsukuni — a region providing food to the imperial court. Admire the beautiful seascapes of the ria coast and Ago Bay and try your hand at activities unique to the area.
- This course combines active experiences for a dynamic adventure.

**Activity 06 Enjoy glamping at Strawberry Beach**

Savor a seafood barbecue while enjoying a luxurious glamping experience on the beach. The area boasts an archaeological site where a wooden boat dating to the Yayoi period (c.300 BCE - 300 CE) was found, while stand-up paddleboarding and surfing can be enjoyed at the beach. Breakfast is included.

Activity 08 A fun-packed cycling tour of Ise-Shima National Park

This route boasts stunning coastal scenery, including Anorisaki Lighthouse and Koushirahama Beach. Meet at Shimaisobe Station and part ways at Kashikojima Station.

Activity 12 Traveling the skies of Ise, Shima, and Toba

Marvel at the beauty of the ria coast from high above with a helicopter ride over the area.

Activity 03 Fishing with Japanese Fisherman

Head out on the water for boat fishing with Japanese fishermen. Afterwards, enjoy a meal at a local seafood restaurant.

Nagoya-Osaka-Kyoto (Shimakaze, Kintetsu Sightseeing Limited Express) (Travel by Shimakaze limited express from Nagoya, Kyoto or Osaka to the Ise-Shima area. There is a daily Shimakaze train which stops at each of those cities. ※Have lunch on the train or in the Ugata Station area. As the cities give way to the great outdoors, you'll know you're nearing the national park.) 120~170min. Ugata Station 1:30p.m. Ugata Station (Rent a car.) 10min. Yokoyama Viewpoint Explore Yokoyama Picnic Site (Visitor Center, Viewpoint, Promenade, Etc.) (40min) (Admire the spectacular view of Ago Bay's ria coast for which Ise-Shima National Park is famous for, and the satoumi scenery of pearl-farming and sea lettuce-farming in the bay. From the Viewpoint, you'll be able to see many of the locations you'll be visiting as part of this itinerary.) 2:20p.m. Yokoyama Viewpoint

Day1

30min. Jiro-Rokuro Beach 3:00p.m. Jiro-Rokuro Beach Activity 07 Eco-friendly sea kayak tour (Observe pearl-farming operations from the water with a kayaking tour across the gentle waves of Ago Bay. As you paddle through the waters, feel the connection between humankind and nature. You'll also have the chance to observe the living creatures that call an uninhabited island in the area home as you enjoy the abundant nature of the bay.) 5min. 5:00p.m. Kirigaki Viewpoint (Gaze over Ago Bay and its many islands and aquaculture rafts from this Viewpoint known as a wonderful spot to watch the sun set over the bay and seaside fishing villages.) Kirigaki Observatory 15min. Ichigo Beach Kabuku Resort [Accommodation] Activity 06 Enjoy glamping at Strawberry Beach

Ichigo Beach Kabuku Resort 80min. Wagu Fishing Port 9:30a.m. Activity 01 Dive into the waters of Ise-Shima with ama divers who embody a 3,000-year tradition (120min) (This is a rare chance to dive with ama free divers still working the waters of Ise-Shima, one of the last regions where ama culture remains.) (Activity 01 option) Azuri Beach Chargrilled Seafood Lunch in an Ama-goya Hut (Includes Transportation to/from Wagu Fishing Port) (60min) (A working ama will prepare a meal of chargrilled seafood.) 12:30p.m. Wagu Fishing Port 80min. Asoura Fishing Port

Day2

2:00p.m. Activity 14 Experience feeding farmed sea bream and pot fishing (120min) (Board a boat and observe sea bream nurseries with a working fisherman as your guide.) 4:00p.m. 15min. Uguura Picnic Site (Search out the heart-shaped bay visible from the park's popular Mieshima Viewpoint.) 25min. Nakanoiso Viewpoint (30min) (This Viewpoint is located on the small island sandwiched between the Oyako Ohashi Bridges. Enjoy incredible views of the surrounding sea, including sea bream aquaculture farms. The observatory is also known for its beautiful evening landscapes.) 5min. Asoura Fishing Port Fisherman's Guest House Marukinmaru [Accommodation] (Stay in a guest house operated by a fisherman who also conducts fishing tours.)

10:00a.m. Asoura Fishing Port 55min. Taso-Shirahama Heliport 11:00a.m. Activity 12 Traveling the skies of Ise, Shima, and Toba (15min (Flight) + 30min) 11:45a.m. 20min. Ugata Station (Return Rental Car at Station, Lunch) 12:50p.m. Ugata Station 7min. Shimaisobe Station

Day3

1:00p.m. Activity 08 A fun-packed cycling tour of Ise-Shima National Park (240min) (Enjoy coastal scenery including Anorisaki Lighthouse and Kou Shirahama Beach. Meet at Shimaisobe Station and part at Kashikojima Station.) 17:15p.m. Kashikojima Station 42min. Toba Station Toba Accommodation Facilities [Accommodation] (Toba has been a popular destination for sightseers for many years, and a large number of accommodation facilities, including Japanese-style inns and resort hotels, are available to choose from.)

Toba Accommodation Facilities 5min. Kaito Yumin Club Office (Five minutes on foot from Toba Station) 10:00a.m. Activity 03 Fishing with Japanese Fisherman (240min) 2:00p.m. Kaito Yumin Club Office 5min. Toba Station Toba Station (Kintetsu limited express) 100~150min. To Nagoya-Osaka-Kyoto

Legend for itinerary symbols

✈ Airplane 🚆 Train/JR 🚗 Car (rental car) 🚕 Taxi 🚌 Fixed-route bus/shuttle bus 🚤 Boat 🚢 Ferryway 🚲 Bicycle rentals 🚶 Walking 📷 Photo spot