

Season All seasons Duration of stay 3 nights, 4 days

Visit an Ama Village, Home to Female Free Divers (Ama Free Diving-themed Route)

Notes

- Dive into the world of ama, the female free divers that are an integral human part of Ise-Shima National Park.
- Combine public transportation and walking for a relaxing trip taking in Ise-Shima's nature and culture.



Activity 02 Interacting with real ama divers in a traditional ama hut (AMA hut HACHIMAN)



The Osatsu neighborhood of Toba boasts the highest number of ama free divers in Japan. Meet working ama in traditional buildings and enjoy a meal of chargrilled seafood prepared before your very eyes.

Activity 01 Dive into the waters of Ise-Shima with ama divers who embody a 3,000-year tradition



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. Listen to the stories of the ama and experience first-hand Japan's *satoumi* oceanside culture.

Activity 04 Explore Fishermen Island in Japan



Hop aboard a boat and head for Toshijima Island, an outlying island where ama have flourished. (Separate fee required.) While on the island, wander the streets of the fishing village and savor locally caught seafood. There are many outlying islands with quaint fishing communities in Toba to enjoy.

Day1

Nagoya-Kyoto-Osaka (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.) 90~135min
12:45p.m. Toba Station (Hachiman Kamado shuttle bus) 30min → Ama hut Hachiman
1:15p.m. Activity 02 Interacting with real ama divers in a traditional ama hut (AMA hut HACHIMAN) (75min)
2:30p.m. 20min → Osatsu Ama Culture Museum Information Center and Exhibition Facility (15min) (You'll find displays on ama free divers and tourist information on the Osatsu area here.)
3:05p.m. 5min → Shinmei Shrine (Ishigami-san)
3:10p.m. Explore Shinmei Shrine (Ama hold a deep belief in Shinmei Shrine's Ishigami-san, who is said to grant wishes to women. Recently, the shrine has seen a growing number of visits from female tourists.)
3:40p.m. Explore Osatsu Town Area (Osatsu is dotted with scenic spots connected to the sea, such as Osatsu Fishing Port, Sugezaki Enchi Park and Cape Kujirazaki. Enjoy the quaint village atmosphere as you explore its streets.)
Osatsu Accommodation Facilities [Accommodation] (Many Japanese-style inns in Osatsu pride themselves on their seafood dishes.)

Day2

10:34a.m. Osatsu (Ishigami-san-mae) Bus Stop (Toba Kamome Bus) 9min → Kuzaki Bus Stop
Explore Kuzaki Town Area (There is much to see here, from Yoroizaki Lighthouse to Ise Jingu Goryo Awabi Choseisho, a facility that processes abalone presented to Ise Jingu, and Ama Kazukime Shrine, a shrine that enshrines Oben, the first ama to offer abalone to Ise Jingu.)
12:04p.m. Kuzaki Bus Stop (Toba Kamome Bus) 25min → Umi no Hakubutsukan Bus Stop (※The bus connecting Kuzaki to Ijika-guchi only runs on Saturdays, Sundays and national holidays. On weekdays, it is necessary to rent a car before leaving Toba or hike (approximately 100 minutes).)
12:29p.m. Toba Sea-folk Museum (You'll find a restaurant for lunch, a rest area, displays and videos on ama. Learn about ama and fish, offerings of food and drink made to Ise Jingu and the relationship between the local people and the sea. There is also a collection of wooden boats from around the world. Nature crafting experiences are on offer as well.)
3:42p.m. Umi no Hakubutsukan Bus Stop (Toba Kamome Bus) 41min → Toba Bus Center
4:19p.m. 5min → Toba Station
4:31p.m. Toba Station (Kintetsu local) 39min → Kashikojima Station
Kashikojima Area Accommodation Facilities [Accommodation] (Resort hotels, Japanese-style inns and other types of accommodation facilities are available in Kashikojima and surrounding area.)

Day3

8:10a.m. Kashikojima Port Liner Boarding Gate (Ago Bay Liner) 25min → Wagu Liner Boarding Gate
8:35a.m. 15min → Wagu Fishing Port (Enjoy views of the many islands and aquaculture rafts of the beautiful Ago Bay.)
9:30a.m. Activity 01 Dive into the waters of Ise-Shima with ama divers who embody a 3,000-year tradition (120min)
60min → Azuri Beach Optional: Charcoal-grilled Seafood Lunch at Ama Hut (Pick-up and drop-off from Wagu Fishing Port is available.) (Active ama divers will prepare a chargrilled meal of seafood for you.) → Explore Wagu Fishing Port
12:30p.m. Wagu Fishing Port 15min → Wagu Liner Boarding Gate
1:05p.m. Wagu Liner Boarding Gate (Ago Bay Liner) 25min → Kashikojima Port Liner Boarding Gate (Enjoy views of the many islands and aquaculture rafts of the beautiful Ago Bay.)
1:30p.m. Kashikojima Port 5min → Kashikojima Station
1:45p.m. Kashikojima Station (Kintetsu local) 5min → Ugata Station
1:45p.m. Ugata Station 10min → Yokoyama Viewpoint
1:55p.m. Explore Yokoyama Picnic Site (Visitor Center, Viewpoint, Promenade, Etc.) (60min) (From Yokoyama Viewpoint admire the spectacular view of Ise-Shima National Park's iconic ria coast in Ago Bay. Relax on the Tenku Cafe Terrace, opened in 2018. (Light meals are available.) At the Yokoyama Visitor Center, find information on the national park.)
2:55p.m. Yokoyama Visitor Center 10min → Ugata Station
3:18p.m. Ugata Station (Kintetsu local) 37min → Toba Station
3:55p.m. Explore Toba (From the summit of Shiroyama Park, enjoy a stunning seascape of the waters of Toba and the city's outlying islands. Demonstrations of ama diving can be observed at Mikimoto Pearl Island. (Take note of park opening times.)
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.)

Day4

Toba Accommodation Facilities 10min → Toba Marine Terminal
10:00a.m. Activity 04 Explore Fishermen Island in Japan (210min)
1:30p.m. Toba Marine Terminal 10min → Toba Station (Liners leave from Toba Marine Terminal heading to four of Toba's outlying islands. ※ Regarding Toba islands with a connection to ama: Suga Island — Every year on July 11, the Shirongo Festival is held, and many ama dive into the ocean together and present the gathered abalone to the gods. Kami Island — This is the setting for The Sound of Waves, the Mishima Yukio novel about a romance between an ama and a fisherman. The picturesque area is frequently used as filming location.)
Toba Station (Kintetsu limited express) 100~150min → Nagoya-Osaka-Kyoto

Legend for literary symbols

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