

Ise-Shima National Park

HIKING MAP

Course

4

Isawa Jinja Shrine (Kaburako-san) Course

Course

Distance: Approx. 2.5 km / Time: Approx. 1 hour



Course Grade

Grade 1
Walking

Grade 2
Light Hiking

Grade 3
Day-long Hiking

Access to Ise-Shima National Park

From Osaka

Railway
Osaka-Namba → Kashikojima About 2 hrs 30 mins
Kintetsu Railway / Limited Express Train
Osaka Line • Yamada Line • Toba Line • Shima Line

Car
About 180 km / 2 hrs 30 mins
Kinki Expressway → Ise-nishi IC
Matsubara JCT → Seki JCT
Melhan National Road
Suito IC → Kusatsu JCT → Kameyama JCT
Melshin Expressway → Shin-Melshin Expressway
Ise Expressway

From Nagoya

Railway
About 2 hrs 10 mins
Kintetsu Nagoya → Kashikojima
Kintetsu Railway / Limited Express Train
Nagoya Line • Yamada Line • Toba Line • Shima Line

Car
About 120 km / 1 hr 20 mins
JR Nagoya → Toba
JR / Rapid Mie Kansai Line • Kisei Line • Sangu Line
Nagoya-nishi IC → Seki JCT
Higashi-Melhan Expressway → Ise Expressway

From Irigo (Aichi Pref.)

Ferry
About 60 mins
Irigo Port → Toba Port
Isewan Ferry

Kintetsu Railway



Kamome Bus



伊勢志摩
国立公園

National
Parks
of Japan



Ministry of the Environment / Ise-Shima Office
tel: 0599-43-2210 / E-mail: RO-SHIMA@env.go.jp



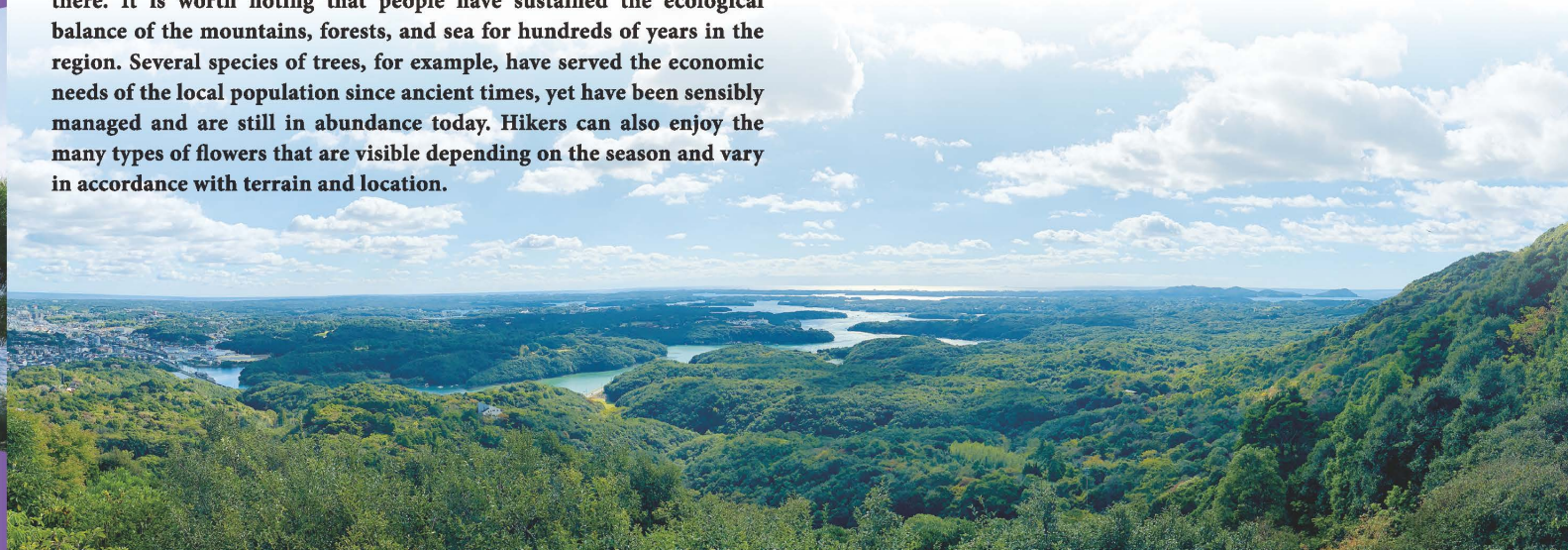
Ise-Shima National Park Hiking Points

Ise-Shima National Park was created in 1946 and consists of over 55,000 hectares of both private and public land. It is characterized by its rias coastline and low mountains, and is renowned for its centerpiece, Ise Jingu (Ise Shrine), the most venerated Shinto shrine complex in the country. During the Edo period (1603-1867), it is well known that pilgrims from across Japan made their way to Ise Jingu for a once in a lifetime visit. However, there are several other walking routes that still serve travelers on their journeys to other noteworthy and historically important temples and shrines in the area. Present-day hikers can follow in the footsteps of pilgrims from centuries ago, stepping back in time to experience the history of the Ise-Shima area.

Visitors to the park can also appreciate the wide variety of plants found there. It is worth noting that people have sustained the ecological balance of the mountains, forests, and sea for hundreds of years in the region. Several species of trees, for example, have served the economic needs of the local population since ancient times, yet have been sensibly managed and are still in abundance today. Hikers can also enjoy the many types of flowers that are visible depending on the season and vary in accordance with terrain and location.

If photography is your passion, or if you are searching for a perfect picture to memorialize your experience, the trails and sites in the park will not disappoint. At several locations one can see vistas of the rugged coastlines of Ago and Ise Bay, and panoramas of the cities of Ise, Toba, and Shima. Historical temples, shrines, and statues also make ideal photos to highlight your hike.

Whatever the reason for your journey, you will be sure to enjoy the day hikes of Ise-Shima National Park.



Rules and Etiquette

- Stay on the trail.
- Be respectful of nature.
- Going off trail might damage vegetation or disturb animals.
- Do not feed wildlife.
- Leave everything you find on the trail where it belongs.
- Leave what you find, take only photos and memories.
- Take trash back with you.
- Refrain from smoking on the trail.
- Be friendly to people you meet.
- Say hello or “konnichiwa” in Japanese.

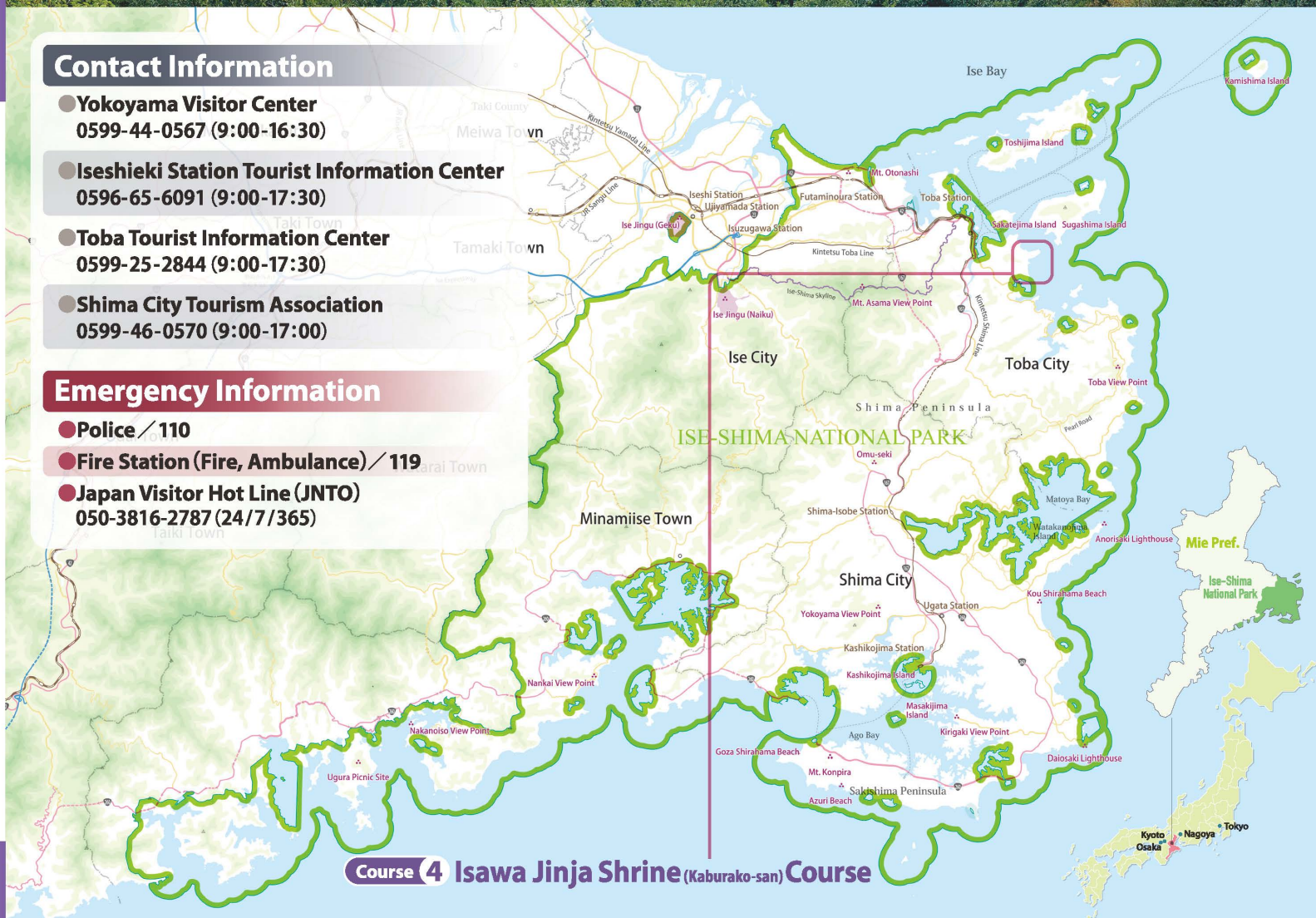


Contact Information

- **Yokoyama Visitor Center**
0599-44-0567 (9:00-16:30)
- **Ishieki Station Tourist Information Center**
0596-65-6091 (9:00-17:30)
- **Toba Tourist Information Center**
0599-25-2844 (9:00-17:30)
- **Shima City Tourism Association**
0599-46-0570 (9:00-17:00)

Emergency Information

- **Police / 110**
- **Fire Station (Fire, Ambulance) / 119**
- **Japan Visitor Hot Line (JNTO)**
050-3816-2787 (24/7/365)



Hiking Preparation

- Enough water
- Raingear
- First aid kit
- Phone or smartwatch with GPS
- Insect repellent
- Cash (JPY)
- This map!

What to take?



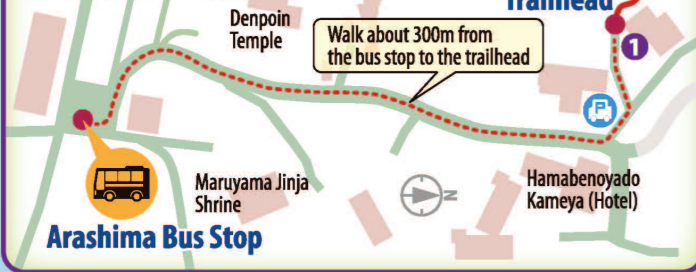
Wear long-sleeved tops and full-length pants to protect your body from ticks, mosquitos, wasps, leeches, pit vipers (*mamushi*), and other wildlife.

Course 4 Isawa Jinja Shrine (Kaburako-san) Course

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Enlarged map from Arashima Bus Stop to the trailhead

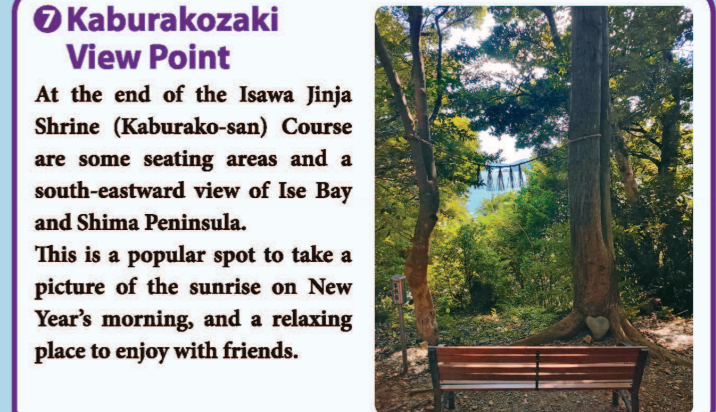
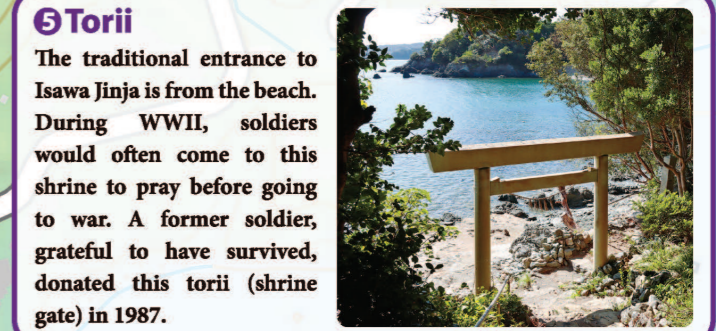


Kamome Bus Timetable



Mitotori Shinji Festival

The Mitotori Shinji Festival is held yearly on Labor Thanksgiving Day (November 23) at Isawa Jinja. It shows appreciation to the workers of Japan, gives thanks for a good harvest, and acts as an offering to the *kami*. While many shrines offer grain - most commonly rice - the offering here is fish, donated by the local fishermen. High-quality fish such as *tai* (sea bream) and *hamachi* (yellow tail), and the delicacy *Ise ebi* (Japanese spiny lobster) are thrown into a fishing net as an offering to the shrine's *kami*. The fish are later barbecued on site and enjoyed by guests at no charge.



Arashima Beach Information

- Admission Fee Free
- Changing rooms and shower Available (From mid-July to mid-August)
- Toilet (Accessible Toilet) Available
- Parking Available
- Contact · Toba Tourist Information Center 0599-25-2844 (9:00-17:30)

Note: Toilet is only available at Arashima Beach.

The Unique Rocks with Many Holes

These stones are often found on the beach. The holes are the tunnels bored by *ishimate* (date mussel; *Lithophaga*).



Chestnut Tiger Butterfly

Hikers on the Isawa Jinja Shrine (Kaburako-san) trail might be lucky enough to spot the *Asagimadara* (Chestnut tiger butterfly), Japan's only migratory butterfly. They go north in the warmer months, and travel between 1500-2000 kilometers in autumn to the southerly island of Kyushu.



Trail Characteristics

The hike to Isawa Jinja Shrine, also known as Kaburako-san, is a short but scenic walk that is accessible to most people. This mainly paved route winds through thick areas of bamboo and unused farmland lost to time. Before reaching the end, the forest opens up to a scenic beach and a view of Ise Bay. A final climb up ancient stone steps leads to Isawa Jinja, a quiet and simple Shinto shrine which is well-kept by local volunteers and surrounded by native tree species. A short walk past the shrine leads to the tip of Cape Kaburako, and a view point looking out at Ise Bay and nearby peaks.

4 Beach
In the past, ships entering the bay would stop and access the shrine from the water.

5 Torii

6 Isawa Jinja Shrine

7 Kaburakozaki View Point

5 Torii
The traditional entrance to Isawa Jinja is from the beach. During WWII, soldiers would often come to this shrine to pray before going to war. A former soldier, grateful to have survived, donated this torii (shrine gate) in 1987.

6 Isawa Jinja Shrine
At least 1000 years old, Isawa Jinja is home to four *kami* (deities) all related to the sea and safety on the water. Inside, *o-mamori* (protective amulets) and locally made keychain ornaments are available for purchase.

7 Kaburakozaki View Point
At the end of the Isawa Jinja Shrine (Kaburako-san) Course are some seating areas and a south-eastward view of Ise Bay and Shima Peninsula. This is a popular spot to take a picture of the sunrise on New Year's morning, and a relaxing place to enjoy with friends.

