

In Ise Shima, the traditional Ama culture is still alive. Ama, female dive fishers, dive into the sea without any mechanical helps, including oxygen tanks, to catch seashell and seaweed, as their predecessors did in ancient times. After returning on land, they enjoy pleasant chats with fellow Ama. On the seashore of Ise Shima, where the largest number of Ama live in Japan, you can see them working livelyly.

伊勢志摩には伝統の海女文化が息づいている。海女たちは昔も今も身ひとつで海に"素潜り"で潜って貝や海藻をとる。そして、陸に上がれば仲間たちと明るくお喋り。日本で一番多くの海女が暮らす鳥羽や志摩の海辺では、そんな海女たちの元気な姿を見ることができる。

海女

Ama



Funado Ama (around 1975-1985)

舟人海女 (1975-1985年頃) (p.49)

Photo by Toba Sea-Folk Museum 写真: 鳥羽 海の博物館



Post card of Ama and Meoto-iwa (around 1925)

海女の絵葉書 (p.60) が写っている (1925年頃)

Photo by Toba Sea-Folk Museum

写真: 鳥羽 海の博物館



Ama heading to the sea on the ship

海へ向かう海女の乗り合い船

Photo by Toba Sea-Folk Museum 写真: 鳥羽 海の博物館



Shirongo Matsuri しろんご祭 (p.54)



Ama hut where Ama warm themselves after dive fishing (around 1975-1985)

漁を終えた海女が暖をとる海女小屋 (1975-1985年頃)

Photo by Toba Sea-Folk Museum 写真: 鳥羽 海の博物館

To be registered as UNESCO Intangible Cultural Heritage

In January 2014, the traditional dive-fishing methods and customs of the Ama of Toba and Shima were listed as an intangible folk cultural property of Mie Prefecture. At present, there are moves in Toba City and Shima City to have this tradition listed as a UNESCO Intangible Cultural Heritage in an attempt to preserve and inherit the Ama culture to the future generation.

ユネスコ無形文化遺産登録に向けて

2014年1月、「鳥羽・志摩の海女による伝統的素潜り漁技術」が三重県の無形民俗文化財に指定された。現在、海女文化の保存・継承をしていくために「海女」をユネスコ無形文化遺産に登録しようと、鳥羽市・志摩市が活動を行っている。

Ama always have generous hearts and smiles (around 1975-1985)

海女は大らかでいつも笑顔いっぱい (1975-1985年頃)

Photo by Toba Sea-Folk Museum 写真: 鳥羽 海の博物館



Ama, female skin-diving fishers, in ancient times were among the first working women in Japan

素潜りで漁をする海女は、日本最古の働く女性。

Isheshima, Home of Ama

Known to exist only in Japan and Korea, a female dive fisher Ama who free-dives to collect shellfish and seaweed for a living. Isheshima's Toba and Shima areas are home to the largest populations of Japanese Ama. Awabi (Abalone) shells, awabi-okoshi (fishing gear), and other pieces of evidence of dive fishing have been recovered from archaeological sites in Toba City dating back nearly 3,000 years, indicating the long history of the practice. The presence of Ama is also mentioned in the 10th-century book of laws Engshiki, which refers to the "kazuki-me

(lit. "diving women") of Shima." Ama is arguably Japan's oldest known female professional.

伊勢志摩は海女のふるさと

海女とは素潜りで貝や海藻をとることを生業とした女性のこと。日本と韓国のみで存在する。伊勢志摩の鳥羽・志摩地域には日本で一番多くの海女が暮らしている。海女漁の歴史は古く、鳥羽市の約3千年前の遺跡から鮑殻やアワビオコシ(漁具)が出土している。また10世紀の「延喜式」という文献からも「志摩の潜女」という海女を示す言葉がある。海女は日本最古の働く女性と言えます。

Types of Ama (Kachido/Funado)

There are roughly two types of Ama: "Kachido Ama," who swim to and dive solo in shallow waters close to the shore or reef using an iso-oke (harvesting bucket-cum-lifebuoy) or "tampo"; and "Funado Ama," who dive from a boat—operated by her husband or another male companion—into deeper waters, with a lifeline attached to the boat. When several Ama divers share a boat to reach a fishing ground and dive from the boat solo, they are referred to as Kachido.

海女の種類(徒人海女・舟人海女)

海女は、岸から近く浅い磯場まで泳ぎ、磯桶や「タンポ」を使って一人で潜る「徒人海女」と、男性(主に夫)の操る船から命綱をつけて海中深く潜る「舟人海女」に分けられる。数名の海女が船に乗って漁場に出て、それぞれ一人で潜る場合も「徒人」と呼ばれる。

Marine Products Harvested by Ama

Ama collects shellfish such as Awabi (abalones), tokobushi abalones, and turban shells, of which abalones fetch the highest price. Seaweed collected by Ama includes wakame seaweed, arame seaweed, and agar weed. Ama also collects sea cucumbers, sea urchins, and occasionally Japanese spiny lobsters and octopuses.



Awabi (abalone) 鮑

海女の獲物

貝類では鮑、とこぶし、さざえなど。鮑が一番高値で売れる。海藻類ではわかめ、あらめ、天草など。

ほかになまこ、うになど。ときに伊勢えび、蛸を捕まえることもある。

Diving Styles and Working Hours of Ama

Ama free-dives without breathing apparatus to depths of 3 to 4 meters, some to almost 20 meters, to collect marine products from the seafloor. Each "fishing session" lasts around one hour, and most Ama divers do one or two sessions a day, five at the most each day. Ama typically remains below water for up to about 50 seconds, diving 20 to 30 times a day, 100 times at the most.

海女の仕事と操業時間

海女は、潜水器具を使用せず素潜りで漁を行い、水深3~4m、人によっては約20mの海底まで潜る。操業は、1日1~2回、多くて5回ほどで、1回あたり1時間程度である。海に潜ってられる時間は1回約50秒で、1日20~30回潜る。多い地域では100回くらい潜ることもある。

Japan's Ama Population

According to the 2014 statistics taken by the Toba Sea-Folk Museum, there are nearly 2,000 Ama divers in 18 prefectures across Japan. The largest concentration is in the Toba and Shima areas (Shima Peninsula) of Mie Prefecture, where there are 761 (505 in Toba City and 256 in Shima City).

海女のいる海辺

2014年の海の博物館調査の統計では日本の18県に約2,000人の海女がいる。うち三重県の鳥羽・志摩地域(志摩半島)には761人(鳥羽市505人・志摩市256人)の海女がおり、日本で一番多い。

times were among the first working women in Japan

Shift of Ama Population

According to the statistics taken by the Toba Sea-Folk Museum, the Toba and Shima areas in 2014 were home to 761 Ama divers, which was just one eighth of the figure in 1949, when there were 6,109 Ama divers. The aging of the Ama population and the lack of successors are serious, growing issues. In Shima, Ama is considered young if she is in her 50s. Octogenarian Ama is not unheard of.

海女人口の推移

海の博物館調査の統計を見ると鳥羽・志摩地域で1949年に6,109人いた海女は2014年には761人と1/8にまで減少している。高齢化や後継者不足などの問題の深刻化が進んでいる。志摩では50歳代の海女は「若手」といわれ、中には80歳を超えて現役の海女もいる。

Ama's Outfit and Gear

The traditional diving outfit was a set of white garments known as isogi, but Ama today commonly wears neoprene wetsuits, which is lightweight and good at retaining warmth. Other essential pieces of Ama equipment include the following:

海女の着衣と道具

昔は白い磯着と呼ばれる着衣で潜水していたが、現在は軽くて保温性に優れたゴム製のウェットスーツが普及している。また漁の必需品としては以下のものがある。

- Iso oke (right) and tampo (left): These are harvesting buckets to put harvests in. They also serves as a lifebuoy when taking rests on the seawater surface. The modern version is a polystyrene foam ring, called "tampo," with the central hole fitted with a net basket for harvests.



- 磯桶(右)とタンポ(左) 磯桶には収穫物を入れる。海面で休息をとるのにも用いる。近年は「タンポ」と呼ばれる発泡スチロールをドーナツ型にくり抜き、内側には網状の収穫物入れがついたタイプを用いる。

- Iso megane: Diving masks or goggles, which have drastically improved Ama fishery by making it easier to spot targets, and also by protecting the eyes.



- 磯メガネ/海女漁にとって画期的な道具となった。使用されるようになる前は裸眼で潜っていたため、獲物を見つけにくく、また目を傷めることもあった。

- Iso nomi: A chisel-like hand tool used to pry abalones off rock surfaces, and scrape out turban shells and sea urchins from between rocks.



- 磯ノミ/岩から鮑を剥いだり、岩間のさざえやうにを掻き出すのに使用する。

Catch Limits

To conserve marine resources, Ama dive fishing is tightly regulated. For example, abalones of less than 10.6 cm must not be harvested. Similarly, undersized turban shells, sea urchins, and sea cucumbers are left alone. Restrictions also apply to seaweed, which feeds and sustains shellfish such as abalones and turban shells. There are restrictions and bans pertaining to 1) size, 2) season, 3) number of days, 4) length of time, and 5) locations.

さまざまな漁獲制限

海女漁では資源保護を目的に厳しい制限を設けている。例えば10.6cmより小さい鮑はとらない。さざえ、うに、なまこも小さいサイズはとらない。制限は鮑、さざえなどの餌となる海藻の採取にもおよび、漁獲制限としては①大きさの制限②季節の制限③日数の制限④時間の制限⑤禁漁場所の設置がある。

The Hardworking Life of Ama

The traditional Ama is very hardworking—she gets up early in the morning to prepare breakfast for her family members, sends them off to school or work, does the housework, tends the crops, and then goes out to the sea to dive. The old saying, “You’re not a full-fledged Ama until you can at least feed your husband,” expresses the pride of the hardworking Ama.

海女は働き者

海女は実に働き者で早朝、朝食を作り、家族を送り出して家事をこなし、田畑仕事を済ませてから海に出る。働き者の海女の誇りを示す言葉として「ととお(夫)一人養えやんだら一人前の海女やない」と言われた。

Ama's Custom

Ama always put their lives at risk when they dive into the sea. They have unique customs and faith to protect themselves from danger and pray for good catch.

The Sea Demon “Tomokazuki”

Tomokazuki is a legendary sea demon occasionally encountered by Ama. It appears deep under the sea before a solo Ama, in the guise of an identically dressed fellow Ama, who beckons, sometimes offering an Awabi (abalone). If the Ama succumbs to the temptation, she is dragged deep into the ocean, where she will lose her life. Tomokazuki is just one of the many sea demons feared by the Ama community.

海の魔物「トモカズキ」

海深く潜っていると、海の魔物である「トモカズキ」に出会うことがある。自分以外潜っていないはずなのに、同じ身なりの海女がいて、手招きして時には鮑を差し出すという。誘いに乗れば海中深く引きずり込まれて命を落としてしまうとされている。このほかにも海には魔物がひそむと怖れられている。

Seiman and Doman Talismans

Seiman and doman refer to symbols traditionally believed to protect Ama from sea demons and other harm. For this reason, Ama often has seiman and doman motifs embroidered on her towels and

Ama and Pearl Farming

Ishigami is the birthplace of pearl farming. Until the advent of pearl farming rafts, it was the Ama's job to dive and collect mother pearl oysters, and then return the oysters back to the sea after inserting nucleus beads. In instances of red tide, the local Ama community was instrumental in saving pearl oysters by pulling them out of the sea.

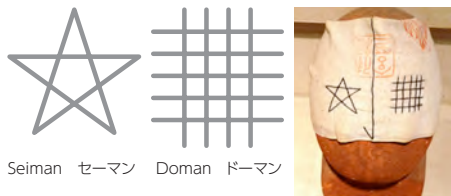
海女と真珠

伊勢志摩は養殖真珠発祥の地。海女は潜水して母貝となるアコヤ貝を採取し、真珠養殖筏ができるまでは、核を入れた貝を海底に戻す作業にも従事していた。また赤潮が発生した際には近隣の海女が駆付け、貝を引き上げるなど、救出作業にもあたった。

海女の風習

海に潜る海女の仕事はいつも命の危険と隣り合わせ。災いから身を守るために、また豊漁を願って、独自の風習や信仰が息づいている。

other diving gear. The seiman is a pentagram that can be drawn with one continuous stroke starting and ending at the same point, which blocks the entry of sea demons and therefore represents safe return. The doman, which is a grid-like motif, is believed to represent the many “eyes” keeping watch on demons.



魔除けのまじない「セーマン」「ドーマン」

海の魔物や危険から身を守るために海女たちは魔除けの印「セーマン」「ドーマン」の刺繍を施した磯手ぬぐいなどを身につけて海に潜る。星形のセーマンは一筆書きのため魔物が入れない、また元の位置に戻ることができることとされ、ドーマンの印である格子は多くの目で魔物を見張ると信じられている。

Ama's Faith and Ritual

The seaside of the Shima Peninsula is dotted with shrines and temples visited by Ama who pray for safety and good catch. Ama's rituals also take place at various locations.

海女の信仰と祭り

志摩半島の海岸沿いには海女が安全と豊漁を祈願する神社・仏閣が点在する。また海女の祭りも各地で行われている。

●Ishigami-san

Located on the main approach to Shinmei jinja (p.30), Ishigami-san is widely worshipped not only by members of the local Ama community but also by visitors from all over Japan as a deity who grants at least one wish for each woman. Ishigami-san was made famous by Ise City-born athlete Mizuki Noguchi, who wore an amulet from this shrine and won a gold medal in the women's marathon at the 2004 Olympic Games in Athens.



Ishigami-san 石神さん

●石神(いしがみ)さん
神明神社(p.30)の参道にある。「女性の願いなら一つは叶えてくれる」と信仰されており、地元の海女たちをはじめ、全国から多くの参拝者が訪れる。2004年のアテネ五輪の女子マラソンで金メダルを獲得した野口みずき選手(伊勢市出身)は石神さんのお守りを身につけて走った。
☎0599-33-7453(稲差海女文化資料館) 鳥羽市相差町1237

●Amakazukime Jinja

Amakazukime jinja is dedicated to a legendary Ama named “Oben”, who is said to have presented abalones to Yamatohime-no-mikoto, the imperial princess who played a major role in the establishment of Ise Jingu. Amakazukime jinja is worshipped by local Ama, especially as a deity that offers protection against vertigo.

●海士潜女(あまかつきめ)神社

伊勢神宮の創始に深い関わりのある倭姫命に鮑を献上した伝説の海女「お弁」を祀る。地元の海女の信仰が厚く、「めまい除け」にご利益があるとされる。

☎0599-25-1157(鳥羽市観光課) 鳥羽市国崎町312

●Aonominesan Shofukuji

This Buddhist temple has many followers among members of the local fishing community, who visit to pray for safety at sea. Some local Ama divers visit the temple at the start of the fishing season, and again at the end of the fishing season. Many Ama divers wear amulets from this temple. In Mifune Matsuri on January 18 of the lunar calendar every year, big-catch flags dedicated from all over the country are raised in a line to pray for safety at sea.

●青峯山正福寺(あおのみねさんしょうふくじ)

海上守護の霊山として漁業関係者の信仰が厚い。海女が口開け(漁期始め)と磯上がり(漁期終了時)にお参りする地区がある。またここのお守りを身につける風習がある。旧暦1月18日の御船祭では全国から奉納された大漁旗が並び、海上安全を祈願する。

☎0599-55-0061 鳥羽市松尾町519



Aonominesan Shofukuji 青峯山正福寺

●Shirahige Jinja

This shrine is dedicated to Shirahige Daimyojin, the guardian deity of Sugashima (p.73), one of the outlying islands of Toba. The first harvested pair of abalones are offered to the deity during the shrine's annual Shirongo Matsuri (p.54).

●白髭(しらひげ)神社

鳥羽の離島・菅島(p.74)の守護神とされる白髭大明神を祀る。しろご祭(p.54)で初獲りされたつがいの鮑を奉納する。

☎0599-25-1157(鳥羽市観光課) 鳥羽市菅島町

●Izawa-no-miya (p.15)

Izawa-no-miya is a betsugu (associated jinja) of Ise Jingu (Naiku). Visited by devout fishermen and Ama, it has become a custom of Ama to visit the jinja to receive Iso-mamori (blessing for protection) before going into the sea.

●伊雑宮(いざわのみや) (p.15)

伊勢神宮(内宮)の別宮。漁師や海女の信仰が厚く、海女はここで「磯守」を受け、海に入るのが風習となっている。

☎ 志摩市磯部町上之郷374

●Shiobotoke (Buddha of the Tides)

Shiobotoke is a stone Buddha statue that is submerged in the sea. Worshipped by Ama, the Shiobotoke is renowned for the ability to cure diseases below the waist, gynecological diseases, and prayers to be blessed with children.



Shiobotoke 潮仏

●潮仏

海中に沈む石の仏様。腰から下の病気や婦人病、子宝祈願などに霊験があらたかと、海女の信仰を集めている。

☎ 0599-46-0570 (志摩市観光協会) ☎ 志摩市志摩町御座

●Tsumekirifudosen

Fudo Myoo (Acala), carved by Kobo-Daishi (Kukai) using his nails, is enshrined in Tsumekirifudosen and is ordinarily hidden from view. Ama visit at the beginning and end of the fishing season to worship.

●爪切不動尊

弘法大師(空海)が爪で削ったという不動明王(秘仏)を祀る。海女は漁期の始めと終わりに参拝に訪れる。

☎ 0599-46-0570 (志摩市観光協会) ☎ 志摩市志摩町御座

●Ishigami-san Haru Matsuri (Osatsu Town, Toba City) May 7

This spring festival is held annually on "isohimachi" (traditional Sabbath day of Ama) to pray for a plentiful catch of fish and success in life.

●石神さん春祭り(鳥羽市相差(おうさつ)町) 5月7日

「磯日待」という海女の安息の日に、海女の大漁祈願と大願成就を祈って春祭りが行われる。

●Reenactment of the Mikazuki Shinji (Kuzaki Town, Toba City)

For the past 2,000 years, Awabi (abalone) has been dedicated as shinsen, or food and drink offered to the deities, for Ise Jingu in Kuzaki Town. Mikazuki Shinji is a ritual that has been performed with large gatherings of Ama from all over the Toba-Shima area in order to catch abalone. Formal rituals ended in 1871; however, these rituals are performed as reenactments during commemorative periods. The last reenactment was performed on June 29, 2013 at the "62nd Jingu Shikinen Sengu" of Ise Jingu. The next reenactment will take place in May 2016.

●御潜(みかづき)神事の再現(鳥羽市国崎(くさき)町)

国崎町では、2,000年前から伊勢神宮の神饌として鮑を納めている。「御潜神事」はその鮑をとるため、鳥羽・志摩の各地から大勢の海女が集まり行われていた神事である。正式な神事は1871年に途絶えたが、その後、記念時に合わせて再現されている。前回の再現は、伊勢神宮の「第62回神宮式年遷宮」があった2013年の6月29日に行われた。2016年は5月に開催される。

●Shiokake Matsuri (Waguoshima, Shima Town, Shima City) June 1 (Lunar calendar)

Ama and fisherman offer the abalone, turban shell, and bonito that they catch on the morning of June 1st (lunar calendar) to a small shrine on Oshima to pray for safety on the sea and large catches. A festival of the sea is held after this and seawater is splashed on all to celebrate everyone's health.

●潮かけ祭り(志摩市志摩町和具大島) 旧暦6月1日

大島の祠に海女や漁師がその日の朝にとった鮑やさざえ、鯉などを供え、海の安全と大漁を祈願する。その後、互いの健康を祝して海水をかけあう海の祭りである。



Shiokake Matsuri 潮かけ祭り

●Shirongo Matsuri (Sugashima Town, Toba City) early July

During this festival, Ama divers in traditional diving attire jump into the sea at the sound of a Triton's trumpet in a bid to harvest the year's first couple of abalones. The winning Ama becomes the revered head Ama for the whole year.

●しろご祭(鳥羽市菅島町) 7月上旬

ほら貝の合図で磯着姿の海女が海に飛び込み、つがいの鮑の初とりを競う。最初に獲った海女は海女頭として一年間崇められる。



Shirongo Matsuri しろご祭

Ama and the custom of offering to Ise Jingu

Noshi-awabi, a product made from dried, thinly-sliced abalones, is traditionally offered to Ise Jingu by Kuzaki Town, Toba City, where noshi-awabi is produced. According to Japanese mythology, the custom originated when the imperial princess Yamatohime-no-mikoto then traveling the country in search of a suitable location to enshrine the deity Amaterasu-omikami received a gift of abalones from a local Ama, named Oben, at a place called Yoroizaki (Kuzaki Town, Toba City). Impressed by the superb quality of the abalones, the princess ordered them to be offered to the jinja deities (shinsen, p.19). Each year, about 4,000 to 4,500 raw abalones go into the production of noshi-awabi. The local community and Ama of Kuzaki Town have special regulations in place to conserve the abalone population.

海女と伊勢神宮に納められる熨斗鮑

神話の時代、天照大御神のご鎮座地を求めて旅していた倭姫命は、鑿崎(鳥羽市国崎町)で地元の海女「お弁」が差し出した鮑に感動し、神饌にするよう命じた。以来、鮑とこれを薄く切って干した「熨斗鮑」は国崎から納められている。熨斗鮑に使う生鮑は年間約4,000~4,500個。国崎の人々と海女は特別な規約を作って資源保護に努めている。

Ama-related Facilities

In Toba and Shima Cities, there are various facilities that exhibit materials related to Ama and their dive fishing.

海女ゆかりの施設

鳥羽市や志摩市には海女に関する展示や海女漁の様子が分かるさまざまな施設がある。

●Osatsu Ama Museum

This museum is dedicated to the culture and history of Ama. Exhibits include materials showing how Ama perform dive fishing, as well as displays of traditional fishing tools and equipment, and related historical documents. Visitors can have a simulation experience using tools to remove abalones from rock surfaces.

●相差海女文化資料館

海女文化や歴史を紹介する資料館。海女漁の様子、昔の漁具や古文書などが展示されている。道具を使って岩から鮑を外す疑似体験もできる。

☎ 0599-33-7453 ☎ 鳥羽市相差町1238



Osatsu Ama Museum 相差海女文化資料館

●AMANOIE GOZAYA

Located on the road leading to Shinmei jinja (p.30), Gozaya is an old traditional cottage converted into a gift shop and rest stop for tourists. The first floor is a shop offering sea-themed souvenirs and



AMANOIE GOZAYA 五左屋

local specialties of Toba. On the second floor is a lounge where visitors can browse books containing photographs and literature related to Ama and the sea.

●海女の家 五左屋(ござや)

神明神社 (p.30)の参道にある古民家を改装したショップと休憩所。1階は海をテーマにした商品や、鳥羽の恵みが詰まった特産品の販売。2階は海女や海をテーマにした書籍や写真集がある休憩コーナー。

☎0599-33-6770 鳥羽市相差町1406神明神社参道

●Ama Museum

This Museum contains displays of the work of Ama and materials, such as actual tools used. The Ama Hut Experience Facility is set up in front of the museum.

●海女資料館

海女の仕事や実際に使用した道具などの資料が展示されている。目の前に海女小屋体験施設が設けられている。

☎0599-85-1212 志摩市志摩町越賀2279

Ama Hut and Ama Hut Experience

An Ama hut is a hut where Ama took rest and socialized while warming themselves in front of an open fire after dive fishing. In recreated versions of the Ama hut, visitors can chat with real Ama, who is very visitor-friendly, and enjoy chargrilled local seafood.

海女小屋と海女小屋体験

漁を終えた海女たちは、体を休めるため海女小屋に戻り、たき火で冷えた体を暖めながら、憩いのひとときを過ごす。この海女小屋を再現し、現役の海女と話しながら地元でとれた魚介類を食べることができるのが海女小屋体験。炭火で魚介を焼いてもらい、気さくな海女との語らいが楽しめる。

●Places offering the Ama hut experience to visitors

- Osatsu Kamado Mae-no-hama/Ozego-san
- Ama-goya Hachiman Kamado
- Toshijima Shimanotabisha Ama Hut
- Satoumian

海女小屋体験施設

- 相差かまど 前の浜・おげごさん
☎0599-33-7453 (相差海女文化資料館) 鳥羽市相差町
- 海女小屋はちまんかまど
☎0599-33-1023 (予約センター) 鳥羽市相差町
- 答志島 島の旅社 海女小屋
☎0599-37-3339 (島の旅社) 鳥羽市答志町
- さとうみ庵
☎0599-85-1212 志摩市志摩町越賀



Ama hut experience 海女小屋体験

Satoyama & satoumi into which is woven a rich tapestry of history, life of the people, and nature
歴史、人々の営み、自然が織りなす里山里海

Ise-Shima National Park

Stretching about 50 km east to west and about 40 km north to south, Ise-Shima National Park occupies a large part of the Shima Peninsula, including the coastline that runs from Futamura in Ise City (Mie Prefecture) to Kowaura Bay in Minamiise Town in Watarai-gun, as well as the steep range of hills on the inland area. The theme of the park is that of a "satoyama (semi-natural areas) & satoumi (coastal area where biological productivity and biodiversity has increased through human interaction) into which is woven a rich tapestry of the long history of Ise Jingu, life of the people, and nature."

The region, which is made up of a beautiful scenic landscape consisting of elements such as a rias coastline, coastal terrain of sea cliffs and caves, marine landscape of seaweed beds and tidal flats, vegetation mainly made up of evergreen broad-leaf trees, and the human landscape, has been recognized as one of the finest, most outstanding

landscapes in Japan. On November 20, 1946, the area was designated as the nation's first post-war national park.

伊勢志摩国立公園

伊勢志摩国立公園は、東西約50km、南北約40kmにわたり、三重県伊勢市二見浦から度会郡南伊勢町吉和浦湾へ至る海岸線とその内陸部の丘陵地を含み、志摩半島の大部分を占めている。公園のテーマは「悠久の歴史を刻む伊勢神宮、人々の営みと自然が織りなす里山里海」である。リアス海岸、海食崖や海食洞等の海岸地形、藻場・干潟等の海域景観、常緑広葉樹を中心とした植生、人文景観等の景観要素から成る風致景観を有する区域が、日本を代表する傑出した景観を有する地域であることが評価され、1946年11月20日に、戦後初の国立公園として指定を受けた。

指 定 1946年11月20日
面 積 陸域 55,544ha 海域 19,100ha
公園区域 伊勢市、鳥羽市、志摩市、南伊勢町

Terrain & Climate of Ise-Shima

The inland area of Ise-Shima turns into gentle, rolling hills. The coastal area is formed of an intricately intertwined rias coastline, with coves and islands creating a graceful landscape. The coast that faces the Kumano Sea on the west from Gokasho Bay transforms into an overhanging cliff as it approaches the mountains, and the special terrain of cliffs and sea caves dotting the area create a dynamic landscape.

The climate of Ise-Shima is warm and humid throughout the year due to the warm Kuroshio current that flows into the south-facing Kumano Sea. There are many balmy, sunny days even in winter, as well as a short frost period. Rainfall is heavy during the rainy season in June and the typhoon season in September, with an annual rainfall of 2,000 mm.

伊勢志摩の地形と気候

伊勢志摩の内陸部は、なだらかな丘陵地になっている。沿岸部は、複雑に入り組むリアス海岸からなり、入り江と島々が優美な景観を作り出している。また五ヶ所湾から西側の熊野灘に面する海岸は、山が迫る懸崖になっており、海食崖や海食洞等の特殊な地形が点在し、ダイナミックな景観を作り出している。

伊勢志摩の気候は、南に面する熊野灘に暖流の黒潮が流れて

いることから、一年を通して温暖多湿で、冬でもおだやかで晴天の日が多く、降雪期間が短い。6月の梅雨の時期と9月の台風期の雨量が多く、年間約2,000mm程度降る。



Ago Bay 英虞湾

Landscape and View

景観・展望

Front Approach to Meoto-iwa (Ise City)

The front approach to Meoto-iwa still retains a pronounced early-1900s flavor, with Japanese-style inns and small modest souvenir shops standing side by side. From February to March, hina dolls are displayed in many places during the "Ohinasama Meguri in Futami", with a focus on the front approach to Meoto-iwa.

夫婦岩表参道 (伊勢市)

夫婦岩表参道は、1900年代初め頃の趣を色濃く残し、純和風旅館や小ぢんまりとした土産物屋が軒を連ねている。2月~3月にかけて、「おひなさまめぐりin二見」と称し、夫婦岩表参道を中心としたさまざまな場所でひな人形が展示される。

伊勢市二見町江

Streets around Kawasaki and Kura (Ise City)

Kawasaki developed as a wholesale district using water transport on the Setagawa River during the Edo Period (17th to 19th century). It was also called "The Kitchen of Ise", and prospered as a town that welcomed visitors to Ise Jingu. Today, there are rows of cafes and shops located in old warehouses for about 1 km along the river in this region, with the scenery still preserving traces of the distant past.

河崎・蔵のまちなみ (伊勢市)

河崎は、江戸時代(17~19世紀)に勢田川の水運を利用した問屋街として発展。「伊勢の台所」とも呼ばれ、伊勢神宮の参拝客をもてなす町として賑わった。現在、この地域の川沿い約1kmには、古い蔵を利用したカフェやショップが並び、昔の面影を残す風景が続く。

伊勢市河崎

Streets around Oharai Machi and Okage Yokocho (Ise City)

Oharai Machi extends from in front of the Ujibashi Bridge in the Naiku along the Isuzugawa River for approximately 800 m, and is a place where many traditionally-styled houses and buildings of Ise can be seen. Okage Yokocho, which spreads out at one corner in Oharai Machi, recreates the rows of houses on the old Ise-ji route, letting visitors experience the feelings of long-ago travelers visiting Ise.



Okage Yokocho おかげ横丁

おはらい町・おかげ横丁のまちなみ (伊勢市)

おはらい町は内宮の宇治橋前から五十鈴川に沿って約800m続き、伊勢の伝統的な家屋が多く見られる。その一角に広がるおかげ横丁には、伊勢路の古い家並みが再現され、お伊勢参りに訪れた昔の旅人の気分を味わえる。

Approach to Geku (Ise City)

The 400 meter-long approach from Ise Station to Geku, which is dedicated to the deity of food, is lined with many restaurants.

外宮参道 (伊勢市)

伊勢市駅から外宮まで続く400mほどの通り。食を司る神様を祀る外宮のお豚元ということもあり、飲食店が充実している。

Asamayama (Ise City, Toba City)

A mountain with an elevation of 555 m, its proper name is Asamagatake. It is located in the Ise-Shima National Park, and has been selected as one of the "100 Landscapes of Japan." It is the highest point on the Shima Peninsula which juts out into the Pacific Ocean from the Kii Peninsula, and the area around its summit is famous as a place to see the first sunrise of the new year. It is known as a sacred mountain representing Ise-shima.

朝熊山 (あさまやま) (伊勢市・鳥羽市)

標高555mの山であり、正式名称は朝熊ヶ岳。伊勢志摩国立公園のなかに位置し、「日本百景」に選定されている。紀伊半島から太平洋に突き出した志摩半島の最高峰で、山頂付近は初日の出の名所である。伊勢志摩を代表する壘山として知られる。

Ise-shima Skyline (Ise City, Toba City)

A driving road with a length of 16.3 km traversing Asamayama from in front of the Ise Jingu Naiku to Toba. From the observatory at the summit of Asamayama, you can enjoy an expansive view of Ise-shima and Ise Bay. Even Mt. Fuji can be seen in a distance on a clear day. Asamadake Kongoshoji (p. 29) stands near the summit to protect the kimon (demon's gate) of Ise Jingu.

伊勢志摩スカイライン (伊勢市・鳥羽市)

伊勢神宮・内宮前から鳥羽まで、爽快なドライブが楽しめる全長16.3kmの"天空のドライブウェイ"。山頂展望台からは、伊勢志摩や伊勢湾の全景はもちろん、天候に恵まれれば富士山まで眺望できる。また、山頂付近には伊勢神宮の鬼門を守る朝熊岳金剛寺(p.29)がある。



Ise-shima Skyline 伊勢志摩スカイライン

Hiyoriyama (Toba City)

Hiyoriyama is a 68 m mountain situated to the west side of Toba Station. Today there is an observation deck on the top of the hill, where a stone direction marker remains from the Edo Period (17th to 19th century), when Toba thrived as a stopping point for the "1,000 koku ships," and seafarers came to the hill to observe and forecast the weather at sea. The hill commands a good view of Toba Bay, visible behind the Shiawase no Kane, or "Bell of Happiness."

日和山 (ひよりやま) (鳥羽市)

鳥羽駅の西側にある標高68mの山。山上の展望台には、方位を刻んだ石があり、千石船の中継地として栄えた江戸時代(17~19世紀)は船頭たちが海の状態予測に利用したといわれている。「幸せの鐘」の向こうに見える鳥羽湾が美しい。

鳥羽市鳥羽2

Hinoyama (Toba City)

Hinoyama is a 160 m mountain. It is referred to in works of literature as a picturesque place, and is a popular hiking destination. On the summit is the Toba branch of Sanuki Kotohiragu, which is dedicated to sea deities. The shrine grounds command an impressive view of Toba Bay.

樋ノ山 (鳥羽市)

文学小説にも描かれたロマンチックな場所。標高160mの山は、ハイキングコースとして親しまれている。海的神様を祀る山頂の讃岐金力比羅宮鳥羽分社の境内からは鳥羽湾の絶景を眺められる。

鳥羽市鳥羽2

Shiroyama (Toba City)

Shiroyama is a 40 m mountain. It was the remain of Toba Castle, which no longer exists. Today the hill has been turned into Shiroyama Park, with open spaces and footpaths. A panoramic view of Toba Bay can be enjoyed from the park, which is also a popular cherry blossom viewing spot in spring.

城山 (しろやま) (鳥羽市)

城山は、標高40mの高台。鳥羽城跡のある場所で、城山公園として広場や遊歩道が整備されている。鳥羽湾を一望でき、春には桜の名所として多くの花見客で賑わう。

鳥羽市鳥羽3-4

Konpirasan (Shima City)

A mountain with an elevation of 99 m, located on the tip of the Shima Peninsula. Ago Bay extends to its north, and the Pacific Ocean to its southeast. Visitors who climb its lush hiking course to the top of the mountain can take in the view of Ago Bay and the Kumano Sea (Pacific Ocean) around them.

金比羅山 (こんびらさん) (志摩市)

志摩半島の先端部にある標高99mの山。北に英虞湾、南東に太平洋が広がる。緑あふれるハイキングコースを歩いて山へ登ると英虞湾や熊野灘(太平洋)をぐるりと眺望できる。

志摩市志摩町御座

Shishigatake (Watarai Town)

Popular as a place for hikes, it includes 3 hiking routes:

Shimesasu, Kohagi, and Hinode-no-Mori, with different types of scenery and paths to be enjoyed in each. The Shishi-iwa rock located at the top of the mountain amidst its spreading panoramic scenery has a unique shape resembling a pug nose.

獅子ヶ岳 (度会町)

低山ハイキングの対象として人気がある。登山ルートは注連指、小荻、日の出の森の3ルートあり、それぞれ異なる風景と道のりが楽しめる。大パノラマの絶景が広がる頂上の獅子岩は、獅子鼻の形に似てユニーク。



Shishigatake 獅子ヶ岳

Ushikusayama (Watarai Town, Minamiise Town)

A mountain on the border of Watarai Town's eastern edge and Minamiise Town. Its hiking course, which features a variety of flowers in bloom depending on the season, also offers a wealth of sights including gigantic trees over 200 years old and Dainichi-Nyorai statues. The Gokusho Bay and Shima Peninsula can be seen from its summit.

牛草山 (度会町・南伊勢町)

度会町の東端と南伊勢町との境界にある山。季節によってさまざまな花が咲く登山コースは、樹齢200年以上の巨木や大日如来像など、見どころが充実。山頂からは五ヶ所湾や志摩半島が一望できる。

Tsurugi Toge (Minamiise Town)

A mountain road extending from Minamiise Town to Ise Jingu. Those who climb "Kyorosan," which is one of the starting points to ascend the trekking course, can enjoy spectacular views from the large rock lookout located along the route.

剣峠 (つるぎとうげ) (南伊勢町)

南伊勢町から伊勢神宮へと続く山道にある。トレッキングコースの登り口のひとつ「京路山」を上がると、途中の大きな展望岩から素晴らしい景色が楽しめる。

度会郡南伊勢町切原

Toba Observatory (Toba City)

Situated midway between Toba and Shima on the Pearl Road (p.62), the observation deck is 160 m above sea level, and commands a breathtaking view of the horizon and the serrated coastline. There is a restaurant, several snack stands, and a shop at the site.

鳥羽展望台 (鳥羽市)

鳥羽と志摩を結ぶパールロード(p.62)の中間点にある。海拔160mの高台に位置するリアス海岸と水平線を望める絶景スポット。レストランや軽食コーナー、売店もある。

0599-33-6201 鳥羽市国崎町大岳3-3

Sugesaki Enchi Park Harusame Observatory (Toba City)

The observation point in the park commands a panoramic view of the rounded horizon of the Pacific Ocean and Matoya Bay, and the sunset beyond the serrated coastline. On the site is a memorial to the crew members who died in the sinking accident of the destroyer Harusame, which occurred offshore in 1911. There are also explanatory panels pertaining to the accident, and a Tokotowa no Kane (lit. "Bell of Permanence") erected for offering prayers for happiness.

菅崎(すげさき)園地 春雨(はるさめ)展望台(鳥羽市)
太平洋やの矢湾を一望し、地球の丸みを感じる水平線やリアス海岸の向こうに沈む夕陽の眺望を楽しめる。展望台には1911年にこの沖合で沈没した駆逐艦春雨の殉職者慰霊碑があり、展望台には当時の様子を伝えるパネルや、幸せを祈る「常永久の鐘」が設置されている。

☎ 鳥羽市相差町29-3

Tomoyama Park (Shima City)

A natural park located in the central area of the Ise-Shima National Park and surrounded on three sides by Ago Bay. The beautiful rias coastline and uninhabited islands can be seen from the observatory here. Evergreen broad-leaf trees are scattered over the area, and shore-dwelling animals can be observed in its tidelands. The park office offers a variety of outdoor activity programs with the theme of eco-tourism.

ともやま公園(志摩市)
伊勢志摩国立公園の中央部、三方を英虞湾に囲まれた自然公園。展望台からは美しいリアス海岸、無人島を望む。一帯は低木の常緑広葉樹が分布し、干潟では磯の生物が観察できる。公園事務所ではエコツアーリズムをテーマに、さまざまな野外活動プログラムが用意されている。

☎ 0599-72-4636 ☎ 志摩市大王町波切2199

Kirigaki Observatory (Shima City)

An observatory located within Tomoyama Park on the east side of Ago Bay. It overlooks Kashikojima (p.71) to the right, Masakijima (p.74) in front, and the Shima Peninsula to the left. The spectacle of Ago Bay vividly colored by the setting sun invites many photographers from both within and outside of the prefecture to capture it on film.

桐垣(きりがき)展望台(志摩市)
英虞湾の東側、ともやま公園内に位置する展望台。右手に賢鳥(p.71)、前に崎崎島(p.74)、左は志摩半島を望む。英虞湾が夕陽に染まる光景に誘われ、県内外からたくさんカメラマンが撮影に訪れる。

☎ ともやま公園

Yokoyama Observatory (Shima City)

An observatory located in Yokoyama, which has an elevation of 203 m. It provides expansive views of Kashikojima (p.71), the location of the Ise-Shima Summit, as well as of the intricate rias coastline of Ago Bay, and the peninsula which juts out as

though winding around and folding over the large and small islands in many layers. Cherry blossom festival is held in spring.

横山展望台(志摩市)
標高203mの横山に設けられた展望台。伊勢志摩サミット開催地の賢鳥(p.71)や、複雑に入り組んだ英虞湾のリアス海岸、大小の島々と幾重にも折り重なるように突き出た半島を一望できる。春にはさくらまつりが行われる。

☎ 志摩市阿児町鶴方



Yokoyama Observatory 横山展望台

Isobue Misaki Observatory (Shima City)

A cape where a story of tragic love between an Ama and a fisherman is told, this is a scenic area offering a panoramic view of the Pacific Ocean. It is also the location of the "Tsubasu Bell", which is believed to bring blessings of success and good fortune when rung.

磯笛岬展望台(志摩市)
海女と漁師の悲恋物語が伝わる岬にある。太平洋が一望できる景勝地。鳴らすと出世と幸運に恵まれるといわれる「ツバスの鐘」が設置されている。

☎ 志摩市浜島町南張

Nanbari Seaside Park (Shima City)

A seashore with fine sand and quiet waves that evoke a tropical atmosphere. It is a surfing spot that has also previously been used as a site for competitions.

南張(なんばり)海浜公園(志摩市)
砂がきめ細かく、波も静かな南国の雰囲気あふれる海岸。以前は大会も行われたことがあるサーフィンスポット。

☎ 志摩市浜島町南張

Matoyama Park (Tamaki Town)

A park located in Matoyama mountain, which has an elevation of roughly 269 m. After walking up a promenade surrounded by lush trees and reaching the top of the mountain, visitors will be able to take in a wide-open view that includes nearby cityscapes and countrysides, as well as Asamayama and Ise Bay.

的(てき)山公園(玉城町)
標高約269mの的(てき)山に設けられた公園。緑の木々に囲まれた遊歩道を歩いて山頂に到着すると、近隣の街並みや田園をはじめ、朝熊山、伊勢湾までを見渡すことができる。

☎ 度会郡玉城町山神

Nankai Observatory Park (Minamiise Town)

At roughly 150 m above sea level, the intricately formed Gokasho Bay and other sights can be seen from its observatory. Gardenias, Someiyoshino cherry trees, and other plants along the walking path display their beautiful flowers in bloom according to the season.

南海展望公園(南伊勢町)
海拔約150mの高さにあり、展望台からは入り組んだ五ヶ所湾などを望むことができる。遊歩道に沿ってクチナシ、ソメイヨシノなど季節ごとに美しい花が咲く。

☎ 度会郡南伊勢町磯浦



Nankai Observatory Park 南海展望公園

Nakanoiso Observatory (Minamiise Town)

An observatory on an island between the Nanto ohashi Bridge and Asoura ohashi Bridge. It offers scenic views that include pearl culturing rafts and fish breeding rafts, and is well-known as a sunset viewing point.

中ノ磯展望台(南伊勢町)
南島大橋と阿曾浦大橋の間の島にある展望台。真珠筏や魚の養殖筏が並ぶ様子を眺められる。夕陽のビュースポットとしても知られている。

☎ 度会郡南伊勢町榎柄浦

Ugura Park (Minamiise Town)

Located on the Ugura Peninsula facing the Kumano Sea, it has 4 observatories at its top and provides scenic views of rias coastlines, crags worn down by ocean waves, and a heart-shaped inlet. The heart-shaped inlet is very popular with couples, and it has been selected as one of the "Lovers' Sanctuaries" considered to be perfect romantic locations for wedding proposals. A "Bell of Vows" for lovers can also be found at the Mieshima Observatory in the park grounds.

鵜倉(うぐら)園地(南伊勢町)
熊野灘に面した鵜倉半島にある。頂上には4つの展望台があり、リアス海岸や波に浸食された岩場、ハート型の入江などの風景を楽しめる。ハート型の入江はカップルに人気で、プロポーズにふさわしいロマンチックな場所として「恋人の聖地」の一つに選ばれており、園地内にある見江島展望台には、「誓いの鐘」が設置されている。

☎ 度会郡南伊勢町道行電



A heart-shaped inlet in Ugura Park 鵜倉園地 ハート型の入江

Kawamura Zuiken Park (Minamiise Town)

This park honors Zuiken Kawamura, who lists among his achievements a number of businesses in opening up sea routes and flood control, and made his fortune as a wealthy merchant after his birth in what is now Togu, Minamiise Town. The park is well known for cherry blossoms in spring and blooming hydrangeas in early summer, and is lit up in winter. It is the perfect place to rest during historical walking tours.

河村瑞賢(かわむらざいけん)公園(南伊勢町)
南伊勢町東宮の出身で後に豪商として財をなし、航路開拓や治水など数々の事業で功績をあげた河村瑞賢を讃える公園。春は桜、初夏はアジサイが咲き誇る花の名所として知られ、冬はライトアップも実施。歴史散策の休憩所として最適。

☎ 度会郡南伊勢町東宮

Futamiura and Meoto-iwa (Ise City)

The Futamiura coast continues for roughly 5 km from the Imaishiki Coast to Tateishizaki to the east, and is marked by a beautiful contrast between its white sand and pine forest. Meoto-iwa is famous as a place for worshipping the sunrise from afar. From May to July, the sun can be seen rising between the Meoto-iwa rocks, and from autumn to winter the rising full moon can be seen there as well.

二見浦と夫婦岩(伊勢市)
二見浦の海岸は、今一色海岸から東の立石崎まで約5km続き、白い砂と松林のコントラストが美しい。夫婦岩は、日の出遙拝所として有名。夫婦岩の間からは、5~7月には太陽が、秋~冬には満月が昇るのを見ることができる。

☎ 伊勢市二見町江



Meoto-iwa 夫婦岩

Karst Landscape of Kamishima (Toba City)

Kamishima (p.73), an island in Toba Bay, is known especially for its karst topography, which is a distinctive landscape resulting from exposed limestone weathered over the ages. The topography is listed as a natural monument by Toba City. The sight of spiky white rocks against the blue ocean is stunning.

神島カルスト地形 (鳥羽市)

鳥羽湾に浮かぶ神島 (p.73) にある。露出した石灰岩が長い年月の間に風化してできた独特の地形。鳥羽市の天然記念物に指定されている。塔のようにそびえ立つ白い岩と青い海のコントラストが神秘的。

鳥羽市神島町



Karst landscape of Kamishima 神島カルスト地形

Ruins of Kantekisho (Toba City)

Kantekisho refers to a military structure used for observing shell landing points. The one on Kamishima (p.73) in Toba Bay was built during World War II to observe shells test-fired from Irago Misaki (Cape Irago) on the mainland. The site was the filming location of the climactic scene of The Sound of Waves, a movie based on the same-titled novel by Yukio Mishima.

監哨(かんていせきょう)跡 (鳥羽市)

鳥羽湾に浮かぶ神島 (p.73) にある。第二次世界大戦中、対岸の伊良湖岬より試射弾訓練の着弾地点を確認するために使用された監察施設。三島由紀夫の小説を原作とした映画「潮騒」のクライマックスシーンの舞台として知られる。

鳥羽市神島町

Bindama Road (Shima City)

A walking path located along the seashore in Hamajima Town, Shima City. When the sun sets, it casts light on the rows of bindama (spherical glass buoys used for fishing) lined up along the path, inviting visitors to have a romantic walk while listening to the sound of the waves.

びん玉ロード (志摩市)

志摩市浜島町の海岸沿いにある遊歩道。日が暮れると道に並べられたびん玉(漁で使うガラス玉のブイ)に灯りがともり、波の音を聞きながらロマンチックな散歩を楽しめる。

0599-46-0570 (志摩市観光協会) 鳥羽市浜島町浜島

Ouka Niwahama (Minamiise Town)

With its sandy beaches extending to form a beautiful curve, Ouka Niwahama is popular as a

swimming spot during the summer. Oike, a lagoon whose type is unusual even within Japan, spreads out before the eyes of visitors here. Seen from the Nankai Observatory Park (p.60), the sandbar resembles Amanohashidate (Kyoto Prefecture), one of the Three Scenic Views of Japan.

相賀(おうか)ニワ浜 (南伊勢町)

美しい曲線を描きながら砂浜が続く相賀ニワ浜は、夏は海水浴場として人気。目の前には国内でも珍しい海跡湖・大池が広がる。南海展望公園 (p.60) から眺めると、砂洲が日本三景の一つ、天橋立(京都府)のように見える。

度会郡南伊勢町相賀浦

Ukishima Park Nanto (Minamiise Town)

Ukishima Park Nanto is fully equipped with guest cottages and campsites. Ukishima, located within the park premises, is said to be the tip of a mountain covered in small trees that fell into the ocean long ago when the area was surrounded by the sea.

浮島パークなんとう (南伊勢町)

浮島パークなんとうには、コテージやキャンプサイトなどが充実。敷地内にある浮島は、昔この辺りが海だった頃、山の突端が雑木を乗せた状態で海に落ちたものと伝えられている。

0596-77-1555 度会郡南伊勢町道方370

Kou Shirahama (Shima City)

Known as a coastal area good for surfing, it is visited by many surfers throughout the year. The seashore with its expansive beach that is shallow even out from the shore forms a gentle curve, and Ago-nomatsubara (a pine-covered scenic area) spreads out toward the south.

国府(こう)白浜 (志摩市)

波乗りができる海岸として、年間を通じて多くのサーファーが訪れる。遠浅で広々とした砂浜が続く海岸は、緩やかなカーブを描いている。浜の南部には風光明媚な阿児の松原も広がる。

志摩市阿児町国府

Ichigohama (Shima City)

A popular spot for surfers with a white-sand beach that remains shallow as it extends out from the shore. White spider lilies and vivid orange tiger lilies that grow in clusters bloom in the summertime and are lightly blown by sea breezes from the Pacific Ocean, creating a cool and calming landscape. The area is also furnished with parking areas and footpaths.

市後浜 (いちごはま) (志摩市)

白い砂浜が続く遠浅の海岸でサーファーたちに人気。夏は、群生する白いハマユウや鮮やかなオレンジ色のオニユリが咲き、太平洋から吹いてくる潮風にゆられて涼しげな景色をつく

る。駐車場や歩道も整備されている。

志摩市阿児町志島

Azurihama (Shima City)

A beach facing the Pacific Ocean, also used as a filming location for movies. The island of Suzumejima seen offshore casts a beautiful silhouette at sunset.

It is also located near Ama Hut Experience Facilities and campgrounds.

あづり浜 (志摩市)

映画のロケ地としても利用される太平洋に面した砂浜。夕暮れどき、沖合に浮かぶ雀島が美しいシルエットを描く。海女小屋体験施設やキャンプ場も隣接している。

志摩市志摩町越賀



Azurihama あづり浜

Goza Shirahama (Shima City)

A prominent swimming beach with tremendous popularity in Isewima, it has also been selected as one of the "Top 100 Marine Pleasure Spots". Shallow even beyond the seashore and with calm waves and brilliantly clear water, the white-sand beach is adorned with colorful beach parasols during the swimming season.

御座白浜 (志摩市)

「快水浴場百選」にも選ばれている伊勢志摩屈指の人気を誇る海水浴場。遠浅で波静か、水の透明度も抜群で、海水浴シーズンには白砂の海岸は、色とりどりのビーチパラソルで彩られる。

志摩市志摩町御座

Pearl Road (Toba City, Shima City)

A 23.8 km driving road that extends from Toba to Shima on the Shima Peninsula. The Pacific Ocean can be seen from the Toba Observatory and other various observatories located along its route. It was selected as one of the "Top 50 Roads of Japan" by automobile journalists.

パールロード (鳥羽市・志摩市)

志摩半島を鳥羽から志摩へと続く全長23.8kmのドライブウェイ。途中にある鳥羽展望台や各所に設けられた展望台から太平洋を眺望できる。自動車ジャーナリストによる「日本の道50選」にも選定された。



Pearl Road パールロード

Onoura ohashi Bridge (Toba City)

The Onoura ohashi Bridge is a 196 m long bridge on the so-called Pearl Road connecting the Imaura district and the Motoura district. The bridge is of the type known in Japan as a "Nielsen-Lohse bridge." From the white bridge, the view of Onoura Bay and its islands and oyster rafts is very picturesque.

麻生(おお)の浦大橋 (鳥羽市)

パールロードの今浦地区と本浦地区を結び橋長196mのニールセン系ローゼ桁の大橋。真っ白な橋の上からは生浦湾に浮かぶ島々やかき筏の風情ある風景を眺めることができる。

鳥羽市浦村町

Matoyawan ohashi Bridge (Shima City)

An iron bridge spanning Matoya Bay at the midpoint of the Pearl Road. The 237.6-m long red bridge is made even more striking by its surrounding lush greenery. Since Matoya Bay is a culturing ground for laver and pearls, its bridge piers were not placed into the water and it was built using an arch-type construction method in order to prevent water pollution.

的矢(まとい)湾大橋 (志摩市)

パールロード中間点にあたる的矢湾に架かる鉄橋。周囲の緑に橋長237.6mの赤い鉄橋が映える。的矢湾は海苔や真珠の養殖場のため、海上汚染を防ぐ目的で海中に橋脚を設置せず、アーチ系工法で作られている。

志摩市磯部町の矢

Shima ohashi Bridge (Shima City)

The symbol of Shima City, this is an arch-shaped bridge also known as the Shima Pearl Bridge, which true to its name shines with a pearl-like color. It has a length of 234 m, and provides views of the breathtaking scenery of Ago Bay with rows of pearl culturing rafts, as well as the surrounding mountain ranges.

志摩大橋 (志摩市)

別名志摩パールブリッジの名前が示すとおり真珠色に輝くアーチ型の橋で、志摩市のシンボル。橋の長さは234mある。真珠養殖の筏が並び英虞湾の美しい風景や周辺の山並みの景色を楽しめる。

志摩市志摩町和具



the Shima ohashi Bridge 志摩大橋

Kashikojima ohashi Bridge (Shima City)

A bridge spanning the entrance to Kashikojima (p.71), this is known as a spectacular scenic point in Ago Bay, with the beauty of its sunset being particularly renowned. At sunset, the color of the sky changes moment by moment, and the ocean with its gentle waves is tinted a beautiful orange, which has led the view here to be selected as one of the "100 Best Sunsets in Japan".

賢島大橋(志摩市)

賢島(p.71)の入口に架かる橋で、英虞湾の絶景ポイントとして知られる。特に有名なのは、夕陽の美しさ。空の色が刻々と変化し、波穏やかな海をオレンジ色に染め上げる景色は「日本の夕陽百選」の一つに選ばれている。

☞ 志摩市阿児町神明

Oyako ohashi Bridge (Minamise Town)

The larger of these two bridges is the Nanto ohashi Bridge, and the smaller is known as the Asoura ohashi Bridge. Since it looks as though the two bridges are joining hands, they are together known as the Oyako ohashi Bridge. Both bridges can be viewed at the same time from the Akebono Observatory and Kasaragi Observatory in Ugura Park.

親子大橋(南伊勢町)

大きい方は南島大橋、小さい方は阿曾浦大橋といい、二つの橋が手をとり合っているように見えることから親子大橋と呼ばれる。鵜飼園地にあるあけぼの展望台と、かざらぎ展望台からは、両方の橋を同時に見ることができる。

☞ 度会郡南伊勢町鵜飼浦



the Oyako ohashi Bridge 親子大橋

Kamishima Lighthouse (Toba City)

The lighthouse is located on Kamishima (p.73), an island in Toba Bay. It was built in 1910 along with its own power generator to aid ships navigating the Irago Channel, which was counted among Japan's three major straits and has been regarded as a hazardous place to navigate since ancient times. The lighthouse was also the place where wireless telephone communication was put to practical use for the first time in the world in 1914.

神島(かみしま)灯台(鳥羽市)

鳥羽湾に浮かぶ神島(p.73)にある。日本の三海門の一つとされる伊良湖水道は、昔から海の難所とされていたため、1910年に自家発電施設を備えた神島灯台が設置された。また1914年には世界で初めて無線電話の実用通信が行われた。

●設置点灯 1910年5月 ●高さ 11m(海面~灯火114m)

☞ 鳥羽市神島町

Sugashima Lighthouse (Toba City)

The lighthouse is an iconic structure on Sugashima (p.73), one of Toba Bay's many islands. It began as watch fires built to warn ships of the hazardous waters around Sugashima, where many shipwrecks occurred. The present structure was designed by a British engineer, and was first lit in 1873. It is known as the oldest existing Western-style brick lighthouse in Japan. The white-walled cylindrical lighthouse has a beauty reminiscent of a European castle.

菅島(すがしま)灯台(鳥羽市)

鳥羽湾に浮かぶ菅島(p.74)のシンボル。菅島付近で難破する船が続出したことから、船の目標として「かがりく」を交いたのが始まり。その後、英国人技師の設計により建設され、1873年に点灯した。現存するレンガ造りの洋式灯台として日本最古といわれており、円形で美しい白亜の灯台はヨーロッパの古城を思わせる。

●設置点灯 1873年7月 ●高さ 9.7m(海面~灯火55m)

☞ 鳥羽市菅島町



Sugashima lighthouse 菅島灯台

Yoroizaki Lighthouse (Toba City)

The lighthouse is located in Kuzaki Town, Toba City. It is Shima Peninsula's easternmost lighthouse. First lit in 1963, the lighthouse has since watched over the expansive, rough waters off Yoroizaki, long feared by seafarers and fishermen for its rocky reefs and fast tidal currents. The waters are also where Ama dive for abalones. The white, octagonal concrete tower attracts many visitors.

錨崎(よろいざき)灯台(鳥羽市)

鳥羽市国崎町にある志摩半島の最東端に立つ灯台。灯台がある錨崎の沖は岩礁が発達し潮流が速く荒々しいため、昔から船乗りや漁師たちに怖れられてきた。1963年の初点灯以来、広大な海を見守っている。その海は海女たちが鮑をとる漁場でもある。八角形コンクリート造りの白い塔は、多くの人々を魅了している。

●設置点灯 1963年2月 ●高さ 9.6m(海面~灯火26m)

☞ 鳥羽市国崎町

Anorisaki Lighthouse (Shima City)

Located at Anori Misaki, which separates the calm waves of Matoya Bay from the Pacific Ocean. Although it is an unusual square-shaped lighthouse, it was actually wooden and octagonal in shape when it was completed in 1873, and was the earliest lighthouse to begin operation between Ise and Kumano. The lighthouse, which stands beyond a grass-covered garden, is open to visitors who wish to climb it, and looking from above one can see Omaezaki (Shizuoka Prefecture), and even Mount Fuji if the weather is clear.

安乗埼(あのりさき)灯台(志摩市)

波静かな的矢湾と太平洋を分ける安乗岬にある。珍しい四角形の灯台だが、1873年にできたときは木製の八角形だった。伊勢〜熊野の間で一番早く点灯したのはこの灯台である。芝生の園地の向こうにある灯台は、登ることができる参観灯台で、上から眺めると御前崎(静岡県)や天気の良い日は富士山が見えることもある。

●設置点灯 1873年4月 ●高さ 13m(海面~灯火33m)

☞ 志摩市阿児町安乗794-1

Daiosaki Lighthouse (Shima City)

This lighthouse stands at Daiosaki, a dangerous area of ocean dividing the Kumano Sea from the Enshu Sea which was greatly feared by sailors along with the Yoroizaki in Toba. The Daiosaki lighthouse is also open to the public, and from its top one can see the town of Nakiri with its beautiful stone slopes directly below, and Kamishima and the Atsumi Peninsula across the vast expanse of sea. Since ships approaching from the offing first appear by the tips of their masts, it is a place where one can perceive the roundness of the earth first-hand.

大王埼灯台(志摩市)

熊野灘と遠州灘を分ける海の難所、大王崎に建つ。鳥羽の錨崎沖と並んで、船乗りたちに怖れられていた。大王埼灯台も参観灯台で、上からは真下に石坂が美しい波切の町、大海原の向こうには神島や渥美半島も見渡せる。沖から来る船がマストの先端から現れることから、地球の丸さを実感することができる。

●設置点灯 1927年10月 ●高さ 23m(海面~灯火46m)

☞ 志摩市大王町波切54



Daiosaki lighthouse 大王埼灯台

Mugisaki Lighthouse (Shima City)

A lighthouse that stands at the southernmost tip of the Shima Peninsula. Watching over ships traveling through the Fuseda Channel, it overlooks the Daiosaki lighthouse to the east, and Waguoshima and Kojima to the west. It is well-known as a place where the sea whistles of Ama can be heard during diving season, selected as one of the "100 Soundscapes of Japan that Should be Preserved". The district of Katada where the lighthouse is located has a history of being the home of many people who immigrated to America after the 19th century.

麦埼灯台(志摩市)

志摩半島の最南端に立つ灯台。布施田水道を航行する船を見守り、東は大王埼灯台、西は和具大島、小島を望む。海女漁のシーズンには「残したい日本の音風景百選」に選ばれた海女の磯笛が聞こえる場所として知られている。灯台のある片田地区は19世紀以降、アメリカに移住する人が多かった歴史がある。

●設置点灯 1975年12月 ●高さ 16m(海面~灯火28m)

☞ 志摩市志摩町片田

Gozamisaki Lighthouse (Shima City)

Gozamisaki, located in the western part of Goza Shirahama (p.62) which is famous as a swimming area, is the westernmost tip of the Shima Peninsula. The Gozamisaki lighthouse that stands at this point watches over the safety of ships traveling across the Kumano Sea. It has a distant view of the Kii Peninsula from the Owase and Kumano direction, where the landforms of mountains approaching close to the shore of the Kii Peninsula can be clearly seen.

御座岬灯台(志摩市)

海水浴場として有名な御座白浜(p.62)の西にある御座岬は、志摩半島の最西端にあたる。この岬に立つ御座岬灯台は、熊野灘を航行する船舶の安全を見守っている。尾鷲・熊野方面から紀伊半島を遠望、紀伊半島は山が海岸近くまで迫っている地形がよくわかる。

●設置点灯 1971年3月 ●高さ 14m(海面~灯火98m)

☞ 志摩市志摩町御座

真珠

Pearl



Ago Bay with rows of pearl culturing rafts
真珠筏が浮かぶ英虞湾



“This Long Awaited Moment” by Masayoshi Ise, 1978
The moment in July 1893 when Kokichi Mikimoto
succeeded in producing world’s first cultured pearls
「待望のとき」伊勢正義作 1978年
1893年7月、世界最初の養殖による真珠が誕生した瞬間
Photo by Mikimoto Pearl Island 写真：ミキモト真珠島 (p.69)



Pearl King Kokichi Mikimoto
真珠王・御木本幸吉 (p.68)肖像
Photo by Mikimoto Pearl Island 写真：ミキモト真珠島

The world’s history of cultured pearls started here in Iseshima. In 1893, the first person who succeeded in culturing pearls was the founder of the Mikimoto Pearl Shop (now, Mikimoto Co., Ltd.), Kokichi Mikimoto, celebrated as the “pearl king.” In the more than 120 years since then, pearls that have been nurtured in the quiet waves of the seas in Shima continue to fascinate people even today for their elegant shine.

世界における養殖真珠の歴史はここ伊勢志摩から始まった。真珠の養殖に初めて成功したのは御木本真珠店（現在の〈株〉ミキモト）の創業者でもあり、「真珠王」と称えられる御木本幸吉。1893年のことである。それから120余年、波静かな志摩の海で育まれる真珠は、その上品な輝きで今日も人々を魅了している。



Pearls and Akoya pearl oyster 真珠とアコヤ貝
Photo by Mikimoto Pearl Island 写真：ミキモト真珠島



Control of pearl oysters 貝の管理
Photo by Mikimoto Pearl Island 写真：ミキモト真珠島



Insertion of nucleus 真珠の核入れ作業
Photo by Mikimoto Pearl Island 写真：ミキモト真珠島

Pearl culture began at Iseshima, and pearls

伊勢志摩の地で、真珠養殖が始まり、ここから真珠が世界に広まった。

Iseshima, Home of Pearl Farming

Iseshima is the home of pearl farming. In 1893, Kokichi Mikimoto found five mabe (hemispherical) pearls growing inside the pearl oysters he had been raising on an experimental basis on Ojima Island (present-day Mikimoto Pearl Island) in Toba. Twelve years later, Mikimoto succeeded in producing spherical cultured pearls. Pearl culture subsequently became established as an industry in Iseshima, which led to the

popularization of pearls in general.

伊勢志摩は真珠のふるさと

伊勢志摩は真珠のふるさと。1893年に御木本幸吉が、鳥羽の相島(現ミキモト真珠島)で養殖実験中のアコヤ貝から半円真珠5個を発見した。その12年後には真円真珠の養殖に成功している。これにより伊勢志摩に真珠養殖が産立し、真珠という宝石が広く普及するようになった。

History of Pearl Culture

Referred to as "moon dew" or "mermaid tears," pearls have been valued by humans since ancient times far earlier than the Common Era. In pre-modern Japan, the pearl was employed primarily as a medicine. Most pearls were natural pearls obtained from pearl oysters, and their supply was unstable. Seeing great potential in pearls as a marine product, Kokichi Mikimoto embarked first on pearl oyster farming, from where he moved on to implanting foreign objects into the shells in an attempt to grow pearls. In 1893, after much trial and error, he harvested from his farmed oysters mabe (hemispherical) pearls, which had grown on the inside of the shells. Research and experiments pertaining to pearl culture had been continuing in Europe as well since the 18th century, but pearl farming as an organized industry originated in Japan.

真珠養殖の歴史

真珠は紀元前の古代から「月の雫」「人魚の涙」と形容され、珍重されていた。日本では主に薬用として利用されていたとさ



Mikimoto Pearl Island ミキモト真珠島

れる。真珠は天然の真珠貝から採取されるものが大部分で、採取も不確かなものだった。御木本幸吉は真珠が水産物として有望なのを見てとり、貝の増殖、次いで貝に異物を挿入して養殖を開始した。1893年、幸吉が苦心の末、採取した真珠は貝殻に付着した半円真珠だった。ヨーロッパでは18世紀以降に真珠の研究、実験が行われてきたが、組織的な産業としての真珠養殖は日本で始まることになる。

How Cultured Pearls Are Made

Cultured pearls are made by placing nucleus beads inside the shells of mother oysters. Mother oysters are pearl oysters (such as akoya pearl oysters) that excrete the nacre or pearl-forming liquid around the nucleus. Cultured pearls typically take around two years to grow, from insertion of the nucleus to harvest, involving processes such as resting, moving offshore, shell cleaning, protection from the cold, and then further shell cleaning in between, which all require the utmost attention to detail. Unlike diamonds, rubies or other minerals, the pearl is a jewel of the sea that can be created by human wisdom and diligence.

養殖真珠ができるまで

養殖真珠は真珠貝(アコヤ貝など)の母貝に核を入れて、母貝が出す分泌液で作られてゆく。真珠ができるまでには核入れから養生・出し・貝掃除・避寒・貝掃除を経て浜揚げまで約2年の歳月がかかる。その間は細心の注意が必要となる。ダイヤモンドやルビーなどの鉱物と違って、真珠は人の知恵と努力で作ることができる海の宝石である。

spread worldwide from here

The Life of "Pearl King" Kokichi Mikimoto (1858-1954)

Kokichi Mikimoto was the oldest son of the proprietor of Awako, a noodle restaurant in Toba. After engaging in various trades, he spotted the business potential of pearls, and in 1888 embarked on pearl oyster farming on a section of Ago Bay called Shinmeiura Inlet (in Shima City). Two years later, he started experimenting with growing pearls at the same location, and also on Ojima Island in Toba. His wife Ume (1864-1896) supported him closely during the years of trial and error. When Shinmeiura Inlet was beset by a red tide that killed all of Mikimoto's 5,000 pearl oysters in 1892, it was Ume who gave Mikimoto solace by reminding him of the pearl oysters he still had on Ojima. In the following year, Kokichi Mikimoto opened the pearl oysters he had been raising on Ojima, his only remaining hope, to discover several iridescent pearls. Kokichi was aged 35, Ume 29. However, Ume succumbed to disease shortly after, and died aged just 32, leaving five children behind. The widowed Mikimoto vowed to look after his children, and to henceforth consider pearls as his only spouse. The pearls created by Mikimoto were adopted for jewelry because of their high quality and skill and delivered to the imperial court jewelry store as a royal warrant in 1924. Furthermore, they were exhibited in many expositions, where they attracted international attention. In addition to his attractive pearls, Mikimoto was also well known as an exponent of the natural assets of Iseshima, and for his witty remarks on life and its lessons.

真珠王・御木本幸吉(1858-1954)の生涯

鳥羽のうどん屋「阿波幸」の長男として誕生した御木本幸吉は、さまざまな商売を経験するなかで真珠に着目し、1888年、英虞湾の神明浦(志摩市)で真珠貝の培養を始め、2年後に神明浦と鳥羽の相島で真珠の養殖実験を開始した。真珠養殖事業に試行錯誤を繰り返す幸吉を妻・うめ(1864-1896)は献身的に支えた。1892年に神明浦で赤潮が発生、養殖していた5,000個のアコヤ貝が全滅したときも、うめは「まだ相島の貝が残っています」と励ました。そして翌年、最後の望みを託した相島のアコヤ貝を開いてみると、虹色に輝く真珠が出てきた。幸吉35歳、うめ29歳の時のこと。その後、うめは病に倒れ、5人の子供を残して32歳の短い生涯を閉じた。そのとき幸吉は「子供のことは引き受けた。今後は真珠をつくれあいに」と心に誓っている。幸吉の作り上げた真珠は、確かな技術と品質をもとにジュエリーとして昇華し、1924年には宮内庁御用達として宮廷宝飾店へと発展すると共に、各国の博覧会に出品され、世界で大きな注目を浴びた。また幸吉は真珠の魅力とあわせて、ふるさとである伊勢志摩

の自然を広く紹介し、ユーモアあふれる人生訓を残した。

Kokichi Mikimoto and Iseshima

Kokichi Mikimoto was very fond of his birthplace Iseshima, and worked tirelessly for its growth.

御木本幸吉と伊勢志摩

御木本幸吉はふるさとである伊勢志摩をこよなく愛し、郷土の発展に尽力した。

●Miyuki Road & Mikimoto Road

Kokichi Mikimoto had a deep reverence for Ise Jingu and a deep respect for the imperial family. Miyuki Road, which connects the Geku and Naiku of Ise Jingu, was the formal road of the imperial family when they visited the shrine and trees were planted along this road. Mikimoto Road, which also connects Geku and Naiku, opened in 1946 when Kokichi gifted money to Ise City on the occasion of his 88th birthday.



Miyuki Road 御幸道路

●御幸道路と御木本道路

御木本幸吉は伊勢神宮への崇敬の念、皇室への敬愛の念が深かった。伊勢神宮の外宮と内宮を結ぶ御幸道路は、皇室が参拝する際の正式経路となっているが、この道沿いに街路樹を植林している。また同じく外宮・内宮を結ぶ御木本道路は1946年、幸吉が米寿(88歳)を迎えたときに、伊勢市に資金を贈り開設された道である。

●Fukaya Canal

The Fukaya Canal (Daio Town/Shima Town, Shima City) is a canal that connects Ago Bay and the Pacific Ocean. In 1932, Kokichi commenced excavation. With this canal, the warm and clear tide of the Pacific Ocean could be ushered into Ago Bay, which significantly improved the environment for cultured pearls and increased convenience for boats that were coming and going.



Fukaya canal 深谷水道

●深谷水道

深谷水道(志摩市大王町・同志摩町)は英虞湾と太平洋をつなぐ運河で、1932年に幸吉が開削した。これにより英虞湾に太平洋の温かく澄んだ潮が導き入れられるようになり、真珠養殖の環境が大きく向上し、漁船の出入りの利便性も増した。

Remarks by Kokichi Mikimoto

Kokichi Mikimoto, who pursued his dream of pearl farming and also had a good knowledge of situations overseas, made many gutsy, humorous remarks. Here are just a few.

幸吉語録

真珠の養殖という夢を追い求め、国際感覚にも優れていた御木本幸吉は機知とウィットに富んだ有名な言葉を幾つも残している。その一部より。

●“Pearls to adorn the neck of every woman in the world.”

A comment made on the occasion of meeting Emperor Meiji, when Mikimoto expressed his ambition and determination to expand his business overseas.

●「世界中の女性の首を真珠でしめてごらんにいれます」
明治天皇に拝謁した幸吉が、世界へ進出する大きな夢と決意を示した言葉。

●“I go round and round the world every day.”

A joke Mikimoto made while spinning his favorite globe in the presence of guests from abroad.

●「俺は毎日世界中を飛び回っているのだ」
愛用の地球儀を示しながら外国人客にジョークとして発言した。

●“You cannot expect good ideas from one who cannot even put forth bad ideas.”

A remark he made to encourage staff members to think outside of the box.

●「悪い案も出せないヤツに良い案が出せるか」
何事もアイデアが肝心。部下に対して柔軟に物事を考えるよう示した言葉。

●“Divert yourself, divert yourself, or you will be gone.”

A comment on the importance of refreshing the mind, even when one is tackling a difficult problem.

●「気分転換、気分転換、気分転換しないと死んでしまうよ」
難題を抱えているときも気分転換は大事なこと、と諭した。

●“I want to turn the whole of Japan into a park.”

A remark he made in front of members of the foreign press in reaction to Isejima’s designation as a National Park, which fulfilled Mikimoto’s long-held wish.

●「わしは日本中を公園にしたい」
長年伊勢志摩が国立公園になることを願っていた。それが叶ったとき、外国人記者に語った言葉。

Monme

The unit used for measuring gemstones such as diamonds is the “carat.” Pearls, however, are measured in “monme,” a Japanese unit of weight. One monme is equivalent to 3.75 g. It became an international unit as a result of the worldwide popularity achieved by Japanese cultured pearls.

640
匁

ダイヤモンドにある通り、宝石の単位は「カラット」で表す。しかし真珠は日本の重量単位である「匁」を用いる。1匁は3.75gを指す。日本の養殖真珠が世界に広がり、日本の単位である「匁」が国際単位になったとされる。アルファベットでは「monme」。

Mikimoto Pearl Island

The island of Ojima, where Kokichi Mikimoto succeeded in growing pearls, was opened to visitors in 1951 as Mikimoto Pearl Island, complete with visitor attractions such as the Pearl Museum, KOKICHI MIKIMOTO MEMORIAL HALL, Pearl Plaza, and a statue of Mikimoto gazing out to sea and beyond the horizon. There are also diving demonstrations by Ama, who supported pearl farming.

ミキモト真珠島

御木本幸吉が真珠の養殖に成功した島(相島)。真珠博物館、御木本幸吉記念館、パールプラザなどからなり、真珠養殖を

支えた海女の実演も見学できる。御木本幸吉像が海の彼方を見つめている。1951年開島。

☎0599-25-2028 鳥羽市鳥羽1丁目7-1

●Pearl Museum

On the first floor of the museum are explanatory panels, specimens and videos showing from a scientific point of view how pearls grow, and how they are cultured. On the second floor are displays of antique jewelry, early Mikimoto jewelry, and decorative art objects Kokichi Mikimoto produced for international expositions.

●真珠博物館

1階では真珠のメカニズムや養殖方法などを映像や標本、パネルで科学的に紹介している。2階ではアンティークジュエリー、ミキモト創成期のジュエリー、御木本幸吉が世界中の博覧会に向けて制作した美術工芸品の数々を展示している。

●KOKICHI MIKIMOTO MEMORIAL HALL

This museum is dedicated to the life and work of Kokichi Mikimoto, who devoted his life to pearl culture, and worked tirelessly for his hometown Isejima. Episodes from Mikimoto’s life, photographs, and memorabilia shed light on Mikimoto’s personality.



KOKICHI MIKIMOTO MEMORIAL HALL 御木本幸吉記念館

●御木本幸吉記念館

真珠に人生の全てを賭け、ふるさと伊勢志摩を愛してやまなかった御木本幸吉の生涯を紹介する。数々のエピソードや写真、愛用品を交えて幸吉の人物像に迫る。

●Pearl Plaza

Pearl Plaza sells Mikimoto pearl jewelry and jewelry exclusive to Pearl Island. There is also a restaurant with a good view.

●パールプラザ

ミキモトのパールジュエリーや同島オリジナルジュエリーなどを販売するショップと、眺めの良いレストランがある。

Maruyama Park

Maruyama Park is located on a hill on Kashikojima (p.71,72) overlooking Ago Bay. A monument dedicated to the three people who contributed to the invention of cultured pearls (Tokichi Nishikawa, Kokichi Mikimoto, Tatsuhei Mise) and a memorial tower has been erected to pearl producing pearl oysters that have finished their lives after pearls have been removed. Every October 22nd, a memorial service is held, as well as a Pearl Festival with the hope of promoting the cultured pearl industry.



Maruyama Park 円山公園

円山公園

賢島(p.71・72)の英虞湾を見下ろす高台にある。真円真珠の発明に貢献した3名(西川藤吉、御木本幸吉、見瀬辰平)の顕徳碑と真珠が取り出されると一生を終える真珠貝の供養塔が建っている。毎年10月22日、真珠貝の供養と真珠養殖産業の振興を願って「真珠祭」が行われる。

Shin-Tatoku

Kokichi Mikimoto started the full-scale production of cultured pearls on Tatokujima Island in Ago Bay. The base moved to the Osaka Peninsula in Hamajima Town in Shima City and was called Shin-Tatoku. Here, the Shinjukaku House, where Kokichi spent his later years, and the Asamakaku House, to which distinguished guests were invited, have both been preserved. These houses are not open to the public; however, the Shinjukaku House has been reproduced in the Kokichi Mikimoto Memorial Hall on Mikimoto Pearl Island to remind people of that time.

しんたくく
新多徳

御木本幸吉は英虞湾に浮ぶ多徳島で真珠養殖を本格化させ、その後、拠点を志摩市浜島町の大崎半島に移し、新多徳と呼んだ。ここには晩年の住居「真寿閣」と賓客を招いた「朝熊閣」が保存されている。これらは非公開だが、ミキモト真珠島の御木本幸吉記念館に「真寿閣」が再現され、当時の様子を偲ぶことができる。

Kashikojima, the Main Venue of the Ise-Shima Summit

Amplifying Japan's natural beauty, rich culture and traditions, unique local features, islands large and small, beautiful bays, and spiritual heritage, Ise-shima and Kashikojima will be in the global spotlight in May 2016, when Ise-shima will host the 42th G7 Summit. Kashikojima (Shima City) will serve as the main venue of the Summit. Kashikojima is an island with a population of 98 (as of February 29, 2016).

伊勢志摩サミット 主会場 賢島

2016年5月、Ise-shimaとKashikojimaが世界に発信される。「日本の美しい自然」「豊かな文化、伝統」「日本のふるさとの情景」「大小の島々、美しい入江」「日本の精神性に触れていただける場所」。これらの魅力を兼ね備えた伊勢志摩で「伊勢志摩サミット」が開催される。伊勢志摩サミットの主会場になるのが賢島(志摩市)である。島の人口は98人(2016年2月29日)。

Kashikojima: Then & Now

賢島の歴史と今

Uninhabited Island until the Beginning of the 20th Century

Kashikojima, which is located in Ago Bay and has a beautiful rias coastline, is a little more than 7 km in circumference. Shima and Kashikojima are connected by two bridges (Kashikojimabashi Bridge and Kashikojima ohashi Bridge), as well as a railway bridge for the Kintetsu Railway. Until the beginning

of the 20th century, Kashikojima was uninhabited and was mostly covered in pine trees, shrubs, and a few fields. The distance between the island around the current location of the Kashikojimabashi Bridge and the mainland is small, which earned it the name "Kachikoejima" because people could walk across to the island when the tide was out. The original name changed over the years and has been corrupted as "Kashikojima." With the opening of the Shima



Panoramic view of Ago Bay and Kashikojima (front) 英虞湾と賢島全景(手前)

with the world

Electric Railway (now, the Kintetsu Shima line) in 1929 from Toba (Toba to Shinjuko), the characters for the name of the island were changed, although the pronunciation remained the same.

20世紀初めまでは無人島

リアス海岸が美しい英虞湾に浮かぶ賢島は、周囲約7km余り。島と陸地は2つの橋(賢島橋・賢島大橋)と近鉄電車の鉄橋が結んでいる。20世紀初めまでは多少の田畑のほかはほとんどが松林と灌木に覆われた無人島だった。現在の賢島橋のあるあたりは島と陸地の距離はわずかで、潮が引くと歩いて渡れることから「徒越え島」と呼ばれ、それが訛って「カシコ島」に。1929年、志摩電気鉄道(現近鉄志摩線)が鳥羽から開通(鳥羽-真珠港)したのを機に「賢島」という地名になった。

Pearl Culture Base

In 1893, Kokichi Mikimoto (p.68) who succeeded in culturing pearls for the first time in the world on Ojima Island in Toba (now Mikimoto Pearl Island) took out a lease on Tatokujima near Kashikojima and the surrounding waters to begin full-scale culturing of pearls. After World War II, the number of pearl culturing farmers increased and Ago Bay became a sea of sleeping pearls. Today, pearl culturing rafts splash intricate patterns on the peaceful bay.

真珠養殖拠点として

1893年、鳥羽の相島(現ミキモト真珠島)で世界で初めて真珠の養殖に成功した御木本幸吉(p.68)は賢島に近い田徳島(後に多徳島)と周辺の海を借り受け、養殖真珠を本格化させた。第二次大戦後、真珠の養殖業者が増加し、英虞湾は真珠が眠る海となった。現在も波静かな湾には真珠の養殖筏がかすり模様を描きだしている。

Opening of the Shima Kanko Hotel

Ise-shima was designated as the first national park after World War II in 1946. The Shima Kanko Hotel opened in 1951 on Kashikojima as an accommodation facility to welcome tourists from both Japan and overseas. Visitors to the Shima Kanko Hotel have included members of the imperial family, including the Showa Emperor and the imperial couple, as well as dignitaries from both Japan and overseas, and the literati.

志摩観光ホテル開業

1946年、伊勢志摩が第二次大戦後初の国立公園として指定された。賢島には国内外の観光客を迎える宿泊施設として1951年に志摩観光ホテルが開業している。志摩観光ホテルには昭和天皇、皇后両陛下をはじめとする皇族や国内外の貴客、文学者などが訪れている。

Resort with Abundance of Nature

In March 1970, the Kintetsu Limited Express started direct operations from Osaka/Kyoto/Nagoya to Kashikojima, which allowed for convenient connections to city centers. Shima Marine Land opened in the same year. In 2006, hot spring facilities sprung up in the Kashikojima Hojoen (Japanese inn), and in 2008, the Shima Kanko Hotel Bay Suites opened for business. Sightseeing and pleasure boats sail from Kashikojima Port and allow visitors to enjoy the views of the small and large islands that are scattered around Ago Bay, as well as the beautiful rias coastline. This once uninhabited island has become a leading resort area and is commanding the world's attention as the location of the Ise-Shima Summit in 2016.

自然あふれるリゾート地として

1970年3月、近鉄特急が大阪・京都・名古屋から賢島まで直通運転を開始し、都心とも便利に結ばれるようになった。同年には志摩マリンランドが開業している。2006年には「賢島 宝生苑(和風旅館)」に温泉施設が誕生、また2008年には「志摩観光ホテル ベイスイート」が開業した。賢島港からは英虞湾に浮かぶ大小の島々、美しいリアス海岸を望む観光船・遊覧船が出航している。かつては無人島だった島は先進のリゾート地となり、2016年、「伊勢志摩サミット」で世界の注目を集める。

Ago Bay

The full-scale production of cultured pearls was carried out in Ago Bay. Today as well, pearl rafts draw tillage patterns on the peaceful sea, which is nestled within the rias coastline and stirs the poetic imagination.

英虞湾

真珠の養殖事業は英虞湾で本格化した。現在もリアス海岸に抱かれた波静かな海は真珠筏がかすり模様を描き、詩情を演出している。

Kashikojima Pearl Shopping Street

The Kashikojima Pearl Shopping Street is dotted with specialty pearl shops, including a pearl shop that was established more than 100 years ago.

賢島真珠店街

賢島には創業100年を超える真珠店など、真珠の専門店が点在する。

Distinguishing islands where time passes

ゆったりした時間が流れる個性豊かな島々。

Outlying islands of Iseshima

Iseshima, a National Park whose main feature is the sea, has seven inhabited islands: four in Toba Bay, one in Shima's Matoya Bay, and two in Ago Bay, which are accessible by bridge or boat. The inhabitants' relationship with the sea has shaped each island's unique history, cultural traditions, and industries. The islands of Iseshima also attract travelers with their unpretentious charm.

伊勢志摩の離島

伊勢志摩には、鳥羽湾に4島(神島、答志島、菅島、坂手島)、英虞湾に2島(賢島、間崎島)、的矢湾に1島(渡鹿野島)の有人離島がある。離島と本土は、それぞれ船や橋で結ばれている。離島では、独自の慣習や文化、産業が育まれ、それぞれの島に根付いた暮らしが営まれている。素朴な旅情を感じることができるのも離島の魅力である。

Kamishima (Toba City)

Kamishima, is located at the mouth of Ise Bay, 14 km northeast of Toba Port. It is home to 391 islanders (as of February 29, 2016). The island is roughly conical in shape, hence most of the population is concentrated on a narrow strip of flat and sloping land on the northern side of the island. Some of the unique lifestyle features of the island were shaped by the resulting narrow, labyrinthine alleys typical of small island settlements. The island's Kamishima lighthouse (p.63), Yatsushiro jinja (p.31) and remains of Kantekisho (p.61) appeared in the novel The Sound of Waves by Yukio Mishima. Sheer cliffs surround the east and south sides of the island, where nature remains largely unspoiled. The grey-faced buzzard, which is a rare bird, and the chestnut tiger butterfly, a rare species, are occasionally spotted on the island, to which they travel from across the sea. The island is famous for the unique Geta Matsuri held on the first of January (p.42).

● Circumference 3.9 km

かみしま 神島(鳥羽市)

鳥羽港の北東約14km、伊勢湾口に浮かぶ孤島。島民は391人(2016年2月29日)。円錐形の島で、島の北側にある僅かな平地から斜面に家屋が集まり、路地が入り組んで離島らしい独特の暮らしが息づく。三島由紀夫の小説『潮騒』に神島灯台(p.63)や八代神社(p.31)、監的哨跡(p.61)が描かれている。島の東、南は断崖絶壁となっていて、自然が色濃く、希少なサンバ(鷹)やアサギマダラ(蝶)や海を渡ってやってくる。1月1日の奇祭・ゲーター祭(p.42)が有名。

●周囲 3.9km



Kamishima lighthouse
神島灯台

Toshijima (Toba City)

Located 2.5 km northeast of Toba Port, Toshijima, is the largest of Ise Bay's islands. The island's three hamlets are home to around 1,598 people (as of February 29, 2016). Almost 80% of the islanders are engaged in commercial fishing. The island preserves unique traditions, such as the system of neyako (p.36), and festivals held to pray for safety at sea and good catches of fish. The island has historic sites associated with Yoshitaka Kuki, who led a band of seafaring warriors during the Sengoku period (roughly between the 15th and early 17th centuries), when civil war affected most of the country.

● Circumference 26.3 km

とうしじま 答志島(鳥羽市)

鳥羽港から北東約2.5kmの沖合に浮かぶ伊勢湾最大の離島。3つの集落があり、1,598人(2016年2月29日)が暮らす。島民の約8割が漁業に従事している漁業の島。海上安全や大漁を祈願する祭りや寝屋子制度(p.36)などの古い慣習が残る。戦国時代と呼ばれ、世が乱れていた中世期に、水軍を率いていた九鬼嘉隆にまつわる史跡がある。

●周囲 26.3km



Toshijima 答志島

Sugashima (Toba City)

Production of dried seafood is a major industry on Sugashima, which receives plenty of sunshine and strong northwesterly seasonal wind in the winter. The wide range of dried seafood made on the island includes cut-open and Iseebi no Hirakiboshi (p.87), which is original to the island. At the center of the island is Oyama mountain, a hill known for the colorful

slowly

foliage of the shrub benitsuge in around February. Sugashima lighthouse (p.63) is also a visitor attraction. In January, The yumitori ritual is held at Sugashima jinja in January to pray for a big catch. The population is 616 (as of February 29, 2016).

● Circumference approx. 13 km

すがしま 菅島(鳥羽市)

冬には北西の季節風が強く吹くことから、風とお日様の恵みを受けた干物づくりが盛んに行われてきた。干物はさまざまな魚介類で作られるが、高級食材を使用した「伊勢えびの開き干し」(p.87)は、島オリジナルの干物である。島中央の大山では2月頃、紅葉した紅ツグが見られる。菅島灯台(p.63)も見どころ。1月の菅島神社の弓取りでは大漁を祈願する。島民は616人(2016年2月29日)。

●周囲 約13km

Sakatejima (Toba City)

Sakatejima, is located just 600 m from the mainland. Many islanders today commute to the mainland for work, rather than engage in fishing as in previous times. The majority of the island's population of 354 (as of February 29, 2016) live in the southeastern part of the island. Because the island has a large percentage of elderly residents, the stairs on the narrow alleyways are fitted with handrails, and treads are bordered with white paint to make them more visible at night, a thoughtful touch perhaps unique to small, close-knit communities. Visitor sites include a pond renowned for its beautiful irises (Iris laevigata, a natural monument of Toba City), which come into bloom from around mid-May. Historically, the island belonged to a territory responsible for supplying the food used as offerings to Ise Jingu.

● Circumference approx. 3.8 km

さかてじま 坂手島(鳥羽市)

本土から僅か約0.6kmの沖合に浮かぶ。もともとは漁業の島だったが、現在では本土に通勤する人も多い。集落は島の東南部に集まり、354人(2016年2月29日)の島民が住む。高齢者率が高いため、細い路地の階段には手すりが設置されている。また、夜に足元がわかりやすくなるよう階段を白く縁取るなど、小島ならではの絆が見られる。アヤマ池(鳥羽市天然記念物)にはカキツバタが5月中頃から美しく咲き競う。歴史的には伊勢神宮の神饌を調達する領地でもあった。

●周囲 約3.8km

Kashikojima (p.71-72) (Shima City)

Circumference approx. 7.3 km

かしこじま 賢島(p.71-72)(志摩市)

●周囲 約7.3km

Masakijima (Shima City)

A small island located just about at the center of Ago Bay with a quiet, tranquil atmosphere. Although its current population consists of 90 people (as of February 29, 2016), at one time nearly all of the islanders were engaged in pearl culturing. It can also be visited from Tomoyama Park on the opposite bank of Ago Bay by sea kayak, as part of eco-tours sponsored by Shima Nature School (p.97).

● Circumference approx. 7.4 km

まさきじま 間崎島(志摩市)

英虞湾のほぼ中央に浮かび、のどかなムード漂う小さな島。現在の人口は90人(2016年2月29日)だが、かつて島民のほとんどが真珠養殖に携わっていた。英虞湾対岸のともやま公園から、志摩自然学校(p.97)が主催するエコツアーでシーカヤックを漕いで訪れることもできる。

●周囲 約7.4km

Watakanojima (Shima City)

An island located far within Matoya Bay. Since it is located inside the bay, it has a long history of being used as a port for shelter during stormy weather or to wait out a favorable wind. Watakano Park, a clearing covered with grass, can be found on a hill on the island, with a sweeping view of the Pacific Ocean and Anorisaki lighthouse. On July 23 and 24, the Watakano Tennosai said to be the most unusual festival in the Shima region, is held at Yaegaki jinja. There are also many natural hot springs that gush forth in this area, with tourism as its primary industry. The population of the island is 212 (as of February 29, 2016).

● Circumference approx. 7 km

わたかのじま 渡鹿野島(志摩市)

的矢湾の奥に浮かぶ。湾内に位置するため、古くから荒天時の避難港、風待港であった歴史を持つ。島の高台には芝生が敷きつめられた広場・わたかの園地があり、太平洋、安乗崎灯台が一望できる。7月には、八重垣神社で志摩地方一番の奇祭といわれる渡鹿野天王祭(7月23日・24日)が行われる。天然温泉も湧出し、主な産業は観光である。島の人口は212人(2016年2月29日)。

●周囲 約7km



Watakanojima
渡鹿野島

Food Culture & Industry

食文化と産業



Thirty-six Views of Mount Fuji Ise Futamigaura
富士三十六景 伊勢二見ヶ浦

Owned by Kameyama Museum
かめやま美術館所蔵

Pilgrimage to Ise
伊勢参宮

Owned by Kameyama Museum
かめやま美術館所蔵

◎Food Culture & Industry of Ise-shima

Facing the vast ocean, Ise-shima, which is located in Mie Prefecture, is blessed with an abundance of seafood. From ancient times, Ise-shima has enjoyed the fortune of a particularly rich quantity of seafood. The area is considered to be "Miketsukuni," which were regions responsible for supplying food for the Imperial Court.

The Man'yōshū, an 8th century anthology of Japanese poetry, contains a waka composed by Otomo-no-Yakamochi that portrays the fishermen of Shima leaving the coast aboard small boats. Wooden plates, on which abalone, sea cucumbers, and seaweed were inscribed, were excavated from the Heijōkyū historical sites (Nara Prefecture) where the capital was located in the 8th century. This finding corroborates Shima Province's (now Toba and Shima Cities and some of the surrounding areas) history of offering seafood to

the Imperial Court.

In the Edo period when the Okage Mairi (p.25) was thriving, the number of teahouses serving tea and rice cakes increased along the Sangu-kaido to Ise Jingu to offer visitors walking long ways a place to eat and rest. At that time, sweets were valuable, and sweet mochi was both a luxury and a handy source of energy for travelers, with the ability to make people feel full. Sangu-kaido was also referred to as the "mochi highway" because a number of teahouses were lined up along the road. In Ise-shima, many types of specialty mochi have been handed down over the years, offering a sense of hospitality to visitors to the shrine. A number of traditional crafts made in Ise-shima are produced as souvenirs for visitors and there are many specialty products that take advantage of the mild climate.

広く海に面し、海の幸に恵まれた三重県の中でも、とくに豊富な種類の海産物がとれる伊勢志摩は、古くより朝廷に食物を献上する「御食つ国」とされていた。

万葉集には、大伴家持が詠んだ「御食つ国 志摩の海女ならし真熊野の 小舟に乗りて 沖へ漕ぐ見ゆ」という歌がある。8世紀に都が置かれた平城宮跡(奈良県)からは、鮑、なまこ、海藻等が記された木簡が出土し、志摩国(現在の鳥羽市・志摩市と一部周辺)から、朝廷に海産物を納めていた歴史が裏付けられている。

おかげ参り(p.25)が盛んだった江戸時代には、長い道のりを

歩く旅人の空腹や疲れをいやすため、伊勢神宮に続いていた参宮街道沿いにお茶と餅が出される茶店が増えた。甘味が貴重だった当時、甘い餅は贅沢な食物であり、腹持ちがよいため旅人にとって手軽なエネルギー補給源でもあった。

参宮街道は、多くの茶店が並んだことから「餅街道」とも呼ばれ、伊勢志摩には、参拝客をもてなしてきた名物餅の数々が受け継がれている。

また、伊勢志摩で作られる伝統工芸品は、参拝客の土産品として生産されていたものが数々あり、温暖な気候風土を生かした特産品も多い。

Mochi & Sweets

餅・スイーツ

Mochi is a food that has been eaten in Japan since ancient times. Ise-shima features specialty mochi, confectionery, and contemporary sweets that revolve around mochi to delight tourists to the area.

餅は日本に古くから伝わる食べもの。伊勢志摩には名物餅があり、餅を中心とした銘菓や現代風のスイーツが観光客を楽しませている。



Akafuku Mochi

A rice cake confection topped with sweet red bean paste. This unique shape symbolizes the Isuzugawa River, which flows through the precinct of Ise Jingu. Akafuku mochi has been loved by worshippers going to Ise Jingu for more than 300 years.

あかふくもち 赤福餅

餅の上に餡をのせた餅菓子。独特な形は、伊勢神宮の神域を流れる五十鈴川のせせらぎをかたどる。300年以上、伊勢神宮の参拝客に親しまれている。



Nikenchaya Mochi

A rice cake confection that has been sold at a long-established store for over 400 years. Nikenchaya mochi is filled with smooth sweet red bean paste and coated with roasted soybean flour. On the 25th of every month, Nikenchaya mochi are stuffed with kuroan, red bean paste sweetened with brown sugar, and then sold.

にげんぢやもち 二軒茶屋餅

創業400年余の老舗の餅菓子。こし餡を餅で包み、きな粉をまぶしてある。毎月25日は餡が黒糖を使った「くろあん」になる。



Kamiyo Mochi

A rice cake confection made with carefully selected azuki beans, sticky rice refined from brown rice, and natural leaves of Japanese mugwort. The color and flavor are produced only with the leaves, with no additives used. Kamiyo mochi makes the most of natural products, giving the rice cake a sophisticated flavor.

かみよもち 神代餅

厳選された小豆、玄米から精米した餅米を用い、天然のよもぎだけで色と香りをだしている草餅。添加物を使わず、自然の素材だけを生かした上品な味わい。



Iwato Mochi

A rice cake confection named after an old story in Japanese mythology that Amaterasu-omikami hid herself in a cave called Amanoiwato. Iwato mochi has an aroma of roasted soybean flour and a sophisticated taste.

いわともち 岩戸餅

日本神話で天照大御神が隠れたという天の岩戸の故事にちなんだ餅菓子。きな粉の香ばしさと上品な味わいが特徴。



Taiko Shusse Mochi

Taiko represents Hideyoshi Toyotomi, who is regarded as the most successful man during the Warring States period, and shusse represents being successful. Taiko Shusse mochi is a rice cake confection loved by Hideyoshi Toyotomi, who unified Japan in the 16th century, whenever he visited Ise Jingu. With thin skin, the rice cake is filled with delicately sweetened chunky sweet red bean paste. Each mochi is carefully baked by hand.

たいこうしゅっせもち 太閤出世餅

16世紀に日本を統一した豊臣秀吉が伊勢神宮を参拝した時に好んで食べたと言われる。うす皮に上品な甘さのつぶ餡入り。一つ一つ丁寧に手焼きしている。



Henba Mochi

A rice cake confection provided to travelers in the past at a teahouse in front of the platform on the Miyagawa River, on the pilgrimage road leading to Ise Jingu. Henba mochi is stuffed with smooth sweet red bean paste. With a slightly brown surface, this rice cake is popular due to its roasted flavor.

へんば餅

その昔、伊勢神宮へと続く参宮街道の宮川の渡し前の茶屋で旅人に供されていた餅菓子。こし餡を餅で包み、ほんのりと焦げ目を付けた香ばしさが人気。



Kuya Kansuke Mochi

A rice cake confection stuffed with high-quality smooth sweet red bean paste with subtle flavors. The rice grains retain their shape, giving the rice cake a unique texture. It is well known as a rice cake served to mark celebrations in the Ise region.

かんすけもち くうや観助餅

あっさりした良質のこし餡を包んだ餅は、米粒の形が残っており、その食感が特徴的。伊勢地方の祝い餅として親しまれている。



Ofuku Mochi

Originally made for worshippers to Ise Jingu nearly 300 years ago, this rice cake is topped with smooth sweet bean paste. The shape of the paste symbolizes the waves of the seacoast of Futami-ura. Ofuku mochi has the meaning of providing happiness to people.

おふくもち 御福餅

300年近く前に、伊勢神宮参宮者のために作られたのが始まり。餅の上のこし餡は、二見浦の波を表している。「御福餅」には人々に幸福を与えるという意味が込められている。



Shogato

Shogato is made by mixing ginger juice and sugar, boiling them thoroughly, and pouring it into a mold in the shape of a talisman of Ise Jingu. It seems to have been made in the Kansei period (1789-1801). Shogato remains popular as a souvenir from Ise even today.

しょうがとう 生姜糖

生姜の汁と砂糖を混ぜて煮込み、伊勢神宮のお札をかたどった型に流し込んで作られている。寛政年間(1789-1801)には作られていたようで、今も伊勢土産として親しまれている。



Shioyokan

Yokan is a type of food made by pouring bean jam into a mold and hardening it with agar. Shioyokan is made by collecting sea water from the Futami-kozaki coast, and adding salt that is baked off from it to high-quality, specially-selected azuki beans, then kneading it slowly and thoroughly.

塩ようかん

ようかんとは餡を型に流し込み寒天で固めた食べもの。この塩ようかんは厳選された上質の小豆に、二見神前海岸の海水を汲み、炊き上げた塩を入れて、じっくり練り上げて作られる。



Shiraishi Cookies

Cookies designed in 2005 to represent the form of the white stones placed on the grounds of Goshoden (main sanctuary) in the ceremony of Shikinen Sengu (p.11,12). The cookies have a delicate sweetness, walnut flavor, and crunchy texture.

しらishi 白石クッキー

式年遷宮(p.11・12)で新しいご正殿の敷地に敷き詰める「お白石」をイメージして2005年に考案されたクッキー。ほのかな甘みと胡桃の香ばしさ、そしてサクサクとした食感が特徴。



Panju

There is a belief that the origin of the name "panju" is that they are manju which are baked like bread ("pan"). Their fillings include ingredients like sweet bean paste or custard cream.

ぱんじゅう

名前の由来は、パンのように焼いたまんじゅうという説がある。中には餡やカスタードクリームなどが入っている。



Shell Leines

Shell Leines are butter cakes (Madeleines) made from eggs from Toba and flour made from ayahikari, which is a variety of wheat produced in Mie Prefecture. The batter contains pearl oyster shell calcium supplied by Mikimoto Pharmaceutical, a local company. The cakes are baked in the shape of pearl oyster shells.

シェル・レーヌ

鳥羽産の卵、三重県産小麦「あやひかり」、地元企業の御木本製菓の真珠貝から作られたパールシェルカルシウムを生地に入れたマドレーヌ。真珠のアコヤ貝の型に入れて焼き上げている。



Shiosai Mochi

Shiosai mochi is a sweet red bean paste filled rice cake containing aonori (a seasoning made from dried seaweed), which adds a flavor of the sea. It received the gold medal at the 25th Zenkoku Kashi Dai Hakurankai (lit. "National Grand Confectionary Exposition"), and is popular as a wagashi (Japanese confection) unique to Toba.

しおさい餅

第25回全国菓子大博覧会で金賞を受賞した銘菓。餡を包んだ餅に、青のりをまぜこんである。磯の風味がして、鳥羽ならではの和菓子として人気がある。



Sawa Mochi

This is rice cake confectionary that is stretched into thin squares, topped with sweet red bean paste, and then wrapped in mochi. It comes in two varieties: white and green and has a slightly salty taste.

さわ餅

餡を四角いのし餅で包んだ餅菓子。白とよもぎの2種類がある。ほんのり塩味が効いて風味がある。



Akoya Mochi

Akoya mochi are originally rice cakes that were distributed on the days of local festivals that were taking place in Shima City. They were made to resemble the Akoya pearl oysters that cultivated the pearls. The three colors on the surface of the mochi stands for a "bumper harvest (crop)," the unevenness on the surface stands for the "waves" of Shima, and the rice represents "pearls."

あこや餅

元来、志摩市で行われる地元の祭りの日に配られる祝い餅。真珠を抱くアコヤ貝に見立てて作っている。表面にある3色は「五穀豊穡」、凸凹は志摩の「波」、米は「真珠」を意味している。



Valencia Cake Orange

The Valencia cake orange is a homemade cake made using Valencia orange in a cake workshop "VALENCIA" in Shima Spain Village. Valencia oranges that have been harvested in the Valencia area of Spain are used in large quantities.

バレンシアケーキ オレンジ

志摩スペイン村にあるケーキ工房「バレンシア」が作る手作りケーキ。スペインのバレンシア地方でとれるバレンシアオレンジをたっぷり使っている。



Tamaki Monaka

Monaka is a confectionary in which bean paste is wrapped inside an outer covering that has been baked with the powder of sticky rice. There are three varieties of sweet red bean paste used for Tamaki monaka: red beans, white beans, and green dried seaweed. The outside covering is soft, but crisp, and the bean paste has a granular texture.

たまきもなか 玉城最中

最中は、もち米の粉を焼いた皮に餡を挟んだお菓子。玉城最中の餡は、あずき、しろ、青のりの3種類。皮は柔らかいがサクサクしており、餡はきめ細やかな食感。



Mitarashi Dango

Mitarashi dango is a rice-cake confectionary with sauce (flavor) on small rice cake balls. This sauce is usually a salty-sweet soy sauce; however, brown sugar syrup has been used in the Ise area since ancient times. A feature of Mitarashi dango is the unique sweet flavor of the brown sugar that is used to make the brown sugar syrup.

みたらし団子

小さな丸餅にタレ(味)がついた餅菓子。タレは甘辛い醤油味が一般的だが、伊勢地方では昔からタレには黒蜜を使う。黒蜜を作るのに使う黒砂糖特有のコクのある甘さが特徴。



Oshiro Monaka

This is a confectionary in which bean paste is wrapped in an outer covering that is in the shape of Tamaru Castle. There are also monaka that are available in cans that separately contain the coverings and sweet red bean paste, which allows people to adjust the amount of bean paste being wrapped in the coverings.

お城最中

田丸城をかたどった皮の中に餡を包んだお菓子。皮と餡が別々になっている缶入り最中もあり、皮に包む餡の量を調整できる。



Tamaki Sweets

This is a generic name for confectionary that uses items produced in Tamaki Town in raw materials. This includes strawberry Daifuku and kumquat Daifuku, as well as rolled cakes, marmalade, and juice.

玉城スイーツ

原材料に玉城町産のものを取り入れたお菓子の総称。いちご大福やきんかん大福をはじめ、ロールケーキ、マーメイド、ジュースなどがある。



Tea Sweets

Mie Prefecture is the third largest production area for Japanese tea in Japan. The tea produced here is referred to as "Ise tea" and is also commonly used as materials for confectionary, such as cream puffs, puddings, gaufre, madeleines, and cookies.

お茶スイーツ

三重県は全国第3位の日本茶の生産地。それは「伊勢茶」と呼ばれ、お菓子の材料にもよく使われている。シュークリーム、プリン、ゴーフレット、マドレーヌ、サブレ等がある。



Dekotan Yokan

This is a jelly that uses mandarin oranges called "Dekotan," which is cultivated in Gokashoura in Minamise Town. Characterized for its sour-sweet aroma and refreshing sweetness, it has received the Monde Selection award for three years in a row since 2012. This is certified as a Minamise brand product.

でこたんようかん

南伊勢町五ヶ所浦で栽培するデコタンと呼ばれるミカンを使ったようかん。酸っぱい香りとさわやかな甘さが特徴で、モンドセレクションを2012年から3年連続で受賞した。南伊勢ブランド認定品。

Seafood

海の幸

The sea of Ise-shima is the sea of fertility. Shinsen (p.19) has been offered to the deities at Ise Jingu and seafood was presented to the Imperial Court during the Nara period (8th century). Today, Ise-shima is known for its delicious seafood.

伊勢志摩の海は豊饒の海。伊勢神宮の神様に神饌(p.19)を奉納し、奈良時代(8世紀)には朝廷へ海の幸を献上してきた。今もおいしい海の幸で知られる。



Japanese Spiny Lobster (Iseebi)

As suggested by its Japanese name "Iseebi," the Japanese spiny lobster is a specialty of Ise-shima. Its long "whiskers" and curved back made the lobster a symbol of longevity, and, along with abalones and sea breams, a food essential for auspicious occasions in Japan. Iseebi is well-loved for its plump, pleasantly firm flesh, which has a richness and sweetness to its taste. In Mie Prefecture, lobster fishing is banned from May to September (exceptions apply) to conserve the lobster population.

伊勢えび

名前が示す通り、伊勢志摩を代表する食材。長いひげや腰の曲がった姿から長寿のシンボルとされ、鮑や鯛とともに、日本の祝い事には欠かせない食材である。弾力のある引き締まった身は、甘みのある豊かな味わい。三重県では5月~9月を禁漁にして(一部地域除く)資源保護に努めている。



Hosai Shrimp (Hosaiebi)

Large prawns that have been caught in Anori in Shima City are called "Hosaiebi," A luxury food with a rich flavor and a rarity value, these shrimp are shipped to restaurants in Tokyo and Osaka.

ほうさいえび 宝彩えび

志摩市安乗で水揚げされる大ぶりの車えびは「宝彩えび」と呼ばれる。その風味豊かな味わいと希少価値から高級食材として、東京や大阪の料亭に出荷される。



Utase Shrimp (Utaseebi)

This term refers to any shrimp obtained by a fishing method known as utase net fishing. Utase shrimps are made into tempura or kara-age, or are boiled with salt. Freshness is all-important for shrimps, which are always available fresh in Ise-shima.

ウタセエビ

ウタセ網と呼ばれる漁法で獲れたエビの総称。天ぷら、から揚げ、塩ゆでにして食される。鮮度が大切なエビであるが、伊勢志摩では新鮮なままで食べることができる。



Abalone (Awabi)

Each of Ise-shima's abalones (Awabi) are carefully hand-collected by Ama. The pleasantly firm texture and fresh sea flavor of abalones can be enjoyed to the fullest when served as ikezukuri (sashimi prepared alive). Abalones are used as "Shinsen" (p.6,19) to the deities of Ise Jingu.

鮑

海女によって一つひとつ丁寧に手でとられる。活け造りではコリコリとした食感と磯の香りが楽しめる。伊勢神宮に神饌(p.6・19)として納められている。



Matoya Oyster (Matoyakaki)

This is a brand of oysters that are farmed on Sato Farm in Matoya Bay, which is sandwiched between Toba and Shima. Available in the winter season, these oysters are tender and have a creamy taste. They are safe to eat raw because they sit in ultraviolet-sterilized seawater after being caught.

まとや 的矢かき

鳥羽と志摩に挟まれた的矢湾の佐藤養殖場で養殖されるブランドかき。ぷりぷりの大粒でクリーミーな味。冬が旬。水揚げ後に紫外線殺菌した海水を長時間かけるので生食でも安心。



Uramura Oyster (Uramurakaki)

Uramura oyster is a brand of oysters produced in the Uramura district of Toba. The waters of Uramura maintain a good mix of salt water and fresh water, which makes the oysters raised here rich in amino acids and minerals. The plump flesh has an excellent taste that is rich in sweetness.

浦村かき

鳥羽の浦村地区でとれるブランドかき。海水と淡水がうまく混ざり合う浦村の海で育ったかきは、アミノ酸とミネラルが豊富。弾力と甘みに富んだ味わい。



Hana Oyster (Hanagaki)

These are brand-name oysters that are farmed in Ago Bay. Each oyster is large at over 24 g and is packed with a rich flavor. The oysters do not shrink even when heat is applied, which makes it suitable for cooking, such as in hot pots and as fried.

はながき 華牡蠣

英虞湾で養殖されているブランドかき。1粒24g以上という大ぶりの身に濃厚な旨みが詰まっている。熱を加えても身が縮まないの、鍋物やカキフライといった料理に適している。



Iwagaki Oyster (Iwagaki)

The Iwagaki oyster is a species of oyster that comes into season between spring and summer. It is amazingly large compared to the Pacific oyster, which is best in autumn and winter. Iwagaki tastes rich and creamy. Wild Japanese oysters are more common, but in recent years farm-raised Japanese oysters have also been rated highly.

岩がき

岩がきは、春から夏が旬。秋から冬が旬の真がきと比べると驚くほどの大きさで、味わいは濃厚でクリーミー。天然ものが多いが、近年養殖ものの評価も高い。



Sea Urchin (Uni)

Sea urchins from the seaweed-rich waters of Iseshima are marked by their rich taste. They are good raw or grilled. Purple sea urchins come into season between spring and early summer. Red sea urchins are best in summer. During the sea urchin season, many restaurants offer sea urchin rice bowls.

うに

海藻が豊富な伊勢志摩の海で育つうには、濃厚なおいしさが特徴。生でも焼いても旨みが濃い。春から初夏が旬の紫うに、夏場が旬の赤うになど。旬の時期にはうに丼を提供する店もある。



Turban Shell (Sazae)

Turban shells from waters in and around Iseshima, which are rich in seaweed that feeds these mollusks, have thin shells and plump flesh with pleasantly firm textures, and rich, deep tastes. Their umami-rich taste is best enjoyed in the form of sashimi or tsuiboyaki (grilled).

さざえ

餌となる海藻が豊富な伊勢志摩の海で育ったさざえは、殻が薄く身が大きい。肉厚でコリコリとした食感、深みのあるコクが特徴。造りやつば焼きで味わえば、口の中に濃厚な旨みが広がる。



Noble Scallop (Batagai)

Popularly known as "batagai," "appagai" or "appappa" in Japan, the noble scallop is characterized by its colorful shells. It is good broiled with butter or steamed in sake. The texture also makes it a good curry or stew ingredient.

バタ貝

色鮮やかな貝殻が特徴のひょうぎ貝の別名。アప్ప貝やAppappaとも呼ばれる。バター焼きや酒蒸しはもちろん、食感がいのでカレーやシチューの具としても利用されている。



Pearl Shell (Pearl Oyster) Adductor Muscle (Shinjugai (Akoyagai) Kai bashira)

The pearl oyster adductor muscle, which can only be tasted when collecting pearls, is a delicacy available only in the winter, and a specialty of Shima. They can be eaten raw with vinegared miso, fried, or as tempura. It is even delicious when put in rice seasoned and cooked with various ingredients.

真珠貝(アコヤ貝)貝柱

真珠の採集時期だけに味わえるアコヤ貝の貝柱は、志摩ならではの冬限定の珍味。生のまま酢味噌で食べたり、フライや天ぷらにしたり。炊き込みご飯に入れてもおいしい。



Sea Bream (Tai)

Valued for its good taste and impressive, attractive shape and color, sea bream, along with the Japanese spiny lobster and abalone, is traditionally considered auspicious in Japan, where it is essential for celebrations. Spring sea bream is referred to as "sakuradai" (lit. "cherry-blossom sea bream") for its light pink color, and its shapely autumn counterpart is called "momijidai" (lit. "maple or fall colors sea bream").

鯛

立派で美しい姿から縁起の良い魚とされ、伊勢えびや鮑とともに、日本の祝い事には欠かせない食材である。春は鮮やかなピンク色の「桜鯛」、秋には形の美しい「もみじ鯛」と呼ばれ、色・姿・味ともに優れた食材である。

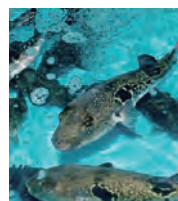


Ise Red Sea Bream (Isemadai)

This is a brand-name sea bream with one of the best production volumes for farmed sea bream nationwide, which has been fed a brand of seaweed, citrus, and powdered tea leaves produced in Mie Prefecture that contain a large amount of polyphenols. The sea bream has less odor and fat content and a refreshing taste.

伊勢まだい

全国屈指の生産量を誇る養殖真鯛に、ポリフェノール類を多く含む三重県産の海藻、柑橘、茶葉の粉末をブレンドした餌を与えたブランド鯛。くさみ・脂分が少なく、さっぱりとした味わいが特徴。



Anori Puffer Fish (Anorifuguo)

These are natural tiger puffer fish weighing over 700g that are caught along the coast from the Shima Peninsula to Ise Bay and the Enshu Sea. Each fish is carefully caught individually. They can be eaten at Anori puffer fish dealers from October to March.

ありのりふぐ

志摩半島から伊勢湾、遠州灘にかけての沿岸で漁獲される、体重700g以上の天然のトラフグ。一匹ずつ丁寧に釣り上げる。10月から3月にかけて「ありのりふぐ取扱店」で食べることができる。



Tuna (Isemaguro, Nadamaguro, Miemaguro)

Bluefin tuna is farmed in Minamiise Town. Good quality, compact bluefin tuna is grown in the warm Kuroshio current and a mineral-rich environment. Minamiise Town is the northern region for tuna farms in Japan.

伊勢まぐろ・灘まぐろ・三重まぐろ

南伊勢町ではクロマグロの養殖が行われている。温かい黒潮とミネラルを豊富に含んだ環境で締まりのいい良質のクロマグロが育つ。南伊勢町は国内マグロ養殖場の中で北限域である。



Bonito (Katsuo)

Mie Prefecture is rightfully proud of its leading volume of catch for bonito in Japan. Fishing grounds are formed in the Iseshima Sea in early summer and fresh bonito is caught in each fishing port. Local dishes also use bonito (p.86).

かつお 鰹

三重県は日本でも有数の鰹の漁獲量を誇る。初夏には伊勢志摩の海に漁場が形成され、各漁港で活きのいい鰹が水揚げされる。鰹を使った郷土料理(p.86)もある。



Spanish Mackerel (Sawara)

Spanish mackerel is generally considered a spring fish, but in and around Isehima, the fish tastes best from late summer to autumn, when it becomes very fat after spending the summer eating plenty of small fish in the bay and coastal waters.

さわら

春を代表する魚だが、伊勢湾周辺では夏の終わりに秋が旬。夏に内湾や沿岸域でたっぷり和小魚を食べたさわらは、脂がしっかりとっている。



Dried Young Sardine (Chirimen)

Boiled, sun-dried baby sardines are eaten as they are, often as a rice topping. They are also made into tsukudani by cooking in a sweet and savory sauce.

ちりめん

ちりめんはイワシ類の稚魚を釜ゆいでして、天日でしっかりと干した食材。そのまま食べて白いご飯とよく合う。甘辛く味付けして佃煮にも加工される。



Yellowtail (Buri)

Yellowtails from the nutrition-rich Kumano Sea are renowned for their resilient, firm flesh and rich taste. Farmed yellowtails, raised under strictly controlled environments and shipped from many locations near fishing grounds, are known for their freshness.

ぶり

滋味たっぷりの熊野灘の漁場で水揚げされたぶりは、ぶりぶりと締まった身とコクのある旨み特徴。養殖ものは、徹底した品質管理のもと、漁場付近の各所で出荷される鮮度が自慢。



Icefish (Shirouo)

The icefish is a small translucent white fish which comes into season in spring. They are eaten raw flavored with soy sauce, and also dressed in vinegar or fried. Locals also use the fish to make shiokara.

しろうお

名前の通り、半透明で白色の小魚。春に旬を迎える。そのまま醤油をかけて食する他、酢の物やかき揚げにして食べる。地元では珍味の塩辛もある。



Anori Mackerel (Anorisaba)

Fatty migratory mackerel are caught off the coast of the Anori Cape that juts out into the Shima Peninsula. It is offered on local markets as salted mackerel that have been cured. Salted fish are well-known as a delicacy.

あのにさば

志摩半島に突き出た安乗岬の沖合で、脂ののった回遊さばが獲られている。地元では塩漬けにしたさばの塩辛が売られていて、珍味として知られる。



Dried Mullet Roe (Karasumi)

Karasumi or dried mullet roe is an amber-colored food made by sun-drying salt-pickled mullet roe. It is considered one of the top three chinmi (expensive, rare delicacies) of Japan. One of the country's foremost producer of karasumi is Minamiise Town, where karasumi drying in the sun are a familiar autumn sight.

からすみ

ボラの卵巣を塩漬けて乾燥させた、べっこう色に輝くからすみは日本の三大珍味の一つ。南伊勢町が産地として有名。天日干しにして乾燥させる風景は秋の風物詩に。



Octopus (Tako)

Octopus fishing employing traps known as octopus pots takes place in many fishing harbors. Octopuses from Isehima, which grow up eating Japanese spiny lobsters, are known for their rich taste, and plump and resilient texture. Takomeshi (p.87), which is rice cooked with octopus meat, is one of the local specialties of Isehima, where it is offered at restaurants and inns.

蛸

各地の漁港ではタコソボとよばれる漁具を使って蛸が獲られる。伊勢えびを食べて育つ伊勢志摩地域の蛸は、旨みが濃く、ぷりぷりとした食感が特徴。郷土料理として米と蛸を炊き込んだ蛸飯 (p.87) を提供する旅館、店がある。



Sea Cucumber (Namako)

Sea cucumbers from the Isehima area are valued for their superior flavor and texture. Japan has a long history of consuming sea cucumber, which was recorded among the offerings made to the Imperial Court in Nara during the eighth century.

なまこ

伊勢志摩地域で水揚げされるなまこは、香り、食感が豊かな高級品として知られる。8世紀に奈良の都に奉納された記録が残る、歴史ある食材。



Moray (eel) (Utsubo)

In Shima and Minamiise, there is a custom for people to eat moray. Moray is known for increasing stamina. Women will eat it after birth and it often is offered on festive tables for celebrations. It is often dried.

うつぼ

志摩や南伊勢ではうつぼを食べる習慣がある。うつぼはスタミナがつくとされ、女性が産後に食べたり、祝いの膳に供されたりする。干物にされることが多い。



Ise Hijiki (seaweed)

Ise hijiki (seaweed) is produced using a traditional method (the Ise method: a steaming process) that has been passed down since ancient times in the Isehima region. The seaweed processed in the Isehima region in particular is referred to as Ise hijiki. The steaming process allows the seaweed to better retain its original flavor and texture.

伊勢ひじき

伊勢志摩地域に古くから受け継がれている伝統的な製法(伊勢方式・蒸し製法)により製造されているひじきで、特に伊勢志摩地域で加工されたものを「伊勢ひじき」という。蒸し上げることで、ひじき本来の風味や食感が生かされる。



Young Lance Fish (Kounago)

The fishing season for this small fish, known in Japan as kounago, ikanago or konago, opens in late February or early March each year in Isehima. Kounago are sun-dried after boiling. They are also made into tsukudani (fish boiled in soy sauce).

こうなご

イカナゴ、コナゴとも呼ばれている小魚。伊勢志摩では2月下旬から3月上旬にかけて漁が解禁される。釜ゆでした後に天日で干して佃煮にされる。

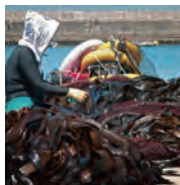


Wakame Seaweed (Wakame)

This seaweed is harvested during winter and spring. The young sprouts or shoots harvested in around February are tender. Portions of the seaweed close to the root are called "mekabu," which has a unique viscosity. The island of Toshijima in Toba is especially well-known as a producer of wakame and mekabu.

わかめ

冬から春にかけて採取し、2月頃に採れる新芽と呼ばれる若い芽は柔らかい。根元の部分にあたるメカブは粘り気がある。産地としては鳥羽の答志島が有名。



Arame Seaweed (Arame)

Arame is a species of kelp. Abalones and turban shells feed on arame, which is a rich source of alginic acid. Aramemaki (p.88), or simmered sardine or Pacific saury wrapped with thick pieces of arame, is one of the best-known local cuisines of Toba's outlying islands.

あらめ

鮑やさざえの餌にもなるあらめは、昆布の仲間。アルギン酸を多く含む。肉厚のあらめでイワシやサシマなどを巻いて煮たあらめ巻きは(p.88)、鳥羽の離島を代表する郷土料理。

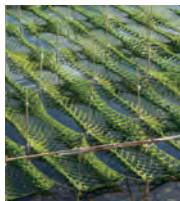


Black Laver (Kuronori)

Kuronori, or black laver is the type of nori one commonly finds wrapped around sushi rolls, etc. Kuronori is farmed in many parts of Isehima, where the installation of nori nets begins in late October, and harvesting and processing start in early December.

黒のり

寿司などに巻かれている海苔のこと。伊勢志摩の各地で養殖されている。10月下旬から各地でノリ網が張られ、12月の初旬には摘採と加工が始まる。



Dried Sea Lettuce (Aosa)

Mie Prefecture boasts the highest production volume of seaweed from the genus Monostroma in Japan. Of this, the production volume in Shima City accounts for 40% of the total amount nationwide. Dried sea lettuce is a healthy food ingredient with a beautiful green color and aroma. It can be used in a wide variety of cooking methods.

あおさ

ヒトエグサという海藻のことで、三重県は日本一の生産量を誇り、中でも志摩市の生産量は全国の約4割を占める。美しい緑色と香り特徴のヘルシーな食材。調理法も幅広い。



Agar Weed (Tengusa)

This is a raw ingredient for tokoroten (gelidium jelly). When collected, it is a reddish-brown color and whitish when dried. Tokoroten (p.87) made by boiling agar weed is popular locally as a casual snack.

てんぐさ 天草

ところてんの原料となる。採った時は小豆色で、干すと白っぽくなる。天草を煮出して作るところてん(p.87)は地元では気軽にやおやつとして親しまれている。



Sea Grapes (Umibudou)

In Japan, Okinawa is known for the production of sea grapes. However, they are also farmed in Ago Bay. Sea grapes from Ago Bay are large and sticky. They are shipped to local hotels, inns, and restaurants from spring to autumn.

海ぶどう

海ぶどうは、日本では沖縄が産地として知られるが、英虞湾でも養殖されている。こちらの海ぶどうは粒が大きく粘りがある。春から秋にかけて地元のホテル、旅館、料理店に出荷されている。

Local Cuisine & Local Gourmet Foods

郷土料理・ご当地グルメ

There is a proud, hometown flavor in Isehima, which is blessed with an abundance of food from the sea and fruits of the land. New tastes have been arranged over time and a rich food culture has been developed.

海の幸・山の幸に恵まれた伊勢志摩には自慢の郷土の味がある。時を経てアレンジされた新しい味もあり、豊かな食文化が育まれている。



Ise Udon

Ise udon are thick noodles that are eaten with a sweet and salty sauce made from a combination of tamari soy sauce and stock. Udon has a distinctive soft texture. It has been popular with the people who visit Ise Jingu to pray since ancient times.

伊勢うどん

太めの麺に、たまり醤油とだしを合わせた甘辛いタレをかけて食べられる。柔らかな食感が特徴的。古くから伊勢神宮をお参りする人に親しまれてきた。



Mikedon

A speciality of Gekumae, Mikedon (sacred rice bowl) came into existence because the deity of food is enshrined at the Geku of Ise Jingu. The rice is produced in Mie Prefecture and the ingredients in the dish are prepared according to specific rules, with each store offering their own brand of Mikedon.

みけどん 御饌丼(外宮前名物)

伊勢神宮の外宮が食の神様であることから誕生したご当地丼。米は三重県産、丼の食材は伊勢志摩産といったルールを定め、各店舗が個性ある丼を提供している。



Tekone Zushi

Tekone Zushi is a mix of bonito fillets that are seasoned with soy sauce and vinegared rice. Tekone Zushi has its origins as an enjoyable impromptu lunch of fish and rice that were kneaded by hand for fishermen from Shima on board ships.

てこね寿司

醤油ダレで味付けした鰹の切り身と酢飯をまぜたもの。元々は志摩の漁師が船上の即席弁当として魚と飯を手でこねて豪快に食べたのが始まりという。



Katsuo Chazuke

Katsuo Chazuke is eaten with bonito sashimi on top of rice with tea poured over the rice. One meal can be enjoyed in two parts: first, the meal can be enjoyed as sashimi, followed by a second meal by pouring tea over the sashimi.

かつお茶漬け

鰹の刺身をご飯の上のせて上からお茶を注いで食べる。最初は刺身としてご飯を食べ、後からお茶を注ぐと一杯で二種の食べ方を楽しめる。



Katsuo (Bonito) Burger

The katsuo burger is fried to a crispy texture with a batter of locally produced fresh bonito. This local Shima City hamburger can be eaten with shredded cabbage on a bun.

勝っお(鰹)ばーがー

地元産の新鮮な鰹に衣をつけてサクとした食感のフライに。それを、千切りにしたキャベツと一緒にパンズで挟んで食べる志摩市ご当地ハンバーガー。



Tobarger

"Tobarger" meaning Toba Burger, refers to hamburgers approved by the City of Toba as made from ingredients produced in Toba, such as Japanese spiny lobster, octopus, and oyster. There are a great many variations depending on the restaurant or shop offering them. 21 different types are available.

とばーがー

鳥羽市が認定するご当地ハンバーガー。伊勢えびや蛸、牡蠣など鳥羽で獲れた食材がはさまれている。店ごとに内容が異なり、各店でさまざまな趣向が凝らされている。現在21種類を販売中。



Aramemaki

Aramemaki or arame roll is a traditional local dish popular on the islands of Toba. It is made by simmering Pacific saury or sardine wrapped with thick pieces of a kelp-like seaweed called arame.

あらめ巻き

昆布の仲間である肉厚のあらめをサンマやイワシに巻いて煮詰める。鳥羽の離島を代表する郷土料理になっている。



Takomeshi

Takomeshi, or rice cooked with octopus is one of the local homey tastes of Toba. Octopuses from the fast currents of the mouth of Ise Bay are firm and tasty.

たこめし 蛸飯

鳥羽の素朴な郷土料理。蛸を炊き込みご飯にして食べる。潮の流れが速い伊勢湾口で獲れた蛸は身がよくしまっていておいしい。



Shima-musubi

Shima-musubi refers to a range of rice balls featuring the specialties of the four outlying islands of Toba: Kamishima, Toshijima, Sugashima and Sakatejima. Fillings, which vary between islands, include baby sardine, sea bream flakes, and oyster.

島むすび

神島、答志島、菅島、坂手島と、鳥羽の離島4島の特産物がつまったおむすび。じゃこや鯛そぼろ、牡蠣など、島ごとの味わいが楽しめる。



Same no Tare

Sliced shark meat is marinated in salt, mirin and other condiments and dried. It is lightly grilled before being served with rice. It is also a good sake accompaniment. Same no tare is offered as "Shinsen" to the deities (p.19) of Ise Jingu.

さめのたれ

さめの切り身を塩やみりんなどで漬けて干した珍味。あぶつでご飯と一緒に、日本酒にもよく合う。伊勢神宮の神饌(p.19)として献上されている。



Pearl Croquette

This is a croquette that contains the adductor muscle of pearl oysters used in culturing pearls. It is a distinct dish that also uses locally-produced milk and onions.

パールコロッケ

真珠の養殖に用いられるアコヤ貝の貝柱が入ったコロッケ。そのほか使用する牛乳や玉葱も地元産のものにこだわった一品。



Cut-open and Dried Japanese Spiny Lobster (Iseebi no Hirakiboshi)

The wide range of dried fish is part of Toba's unique culinary tradition. Dried Japanese spiny lobster is made by drying lobsters cut open along the backbone. Drying increases their savoriness, and adds a subtle sweetness to the taste. They are lightly grilled before eating.

伊勢えびの開き干し

鳥羽では食材を「干す」文化がある。背開きにした伊勢えびは干すことで旨みが増し、上品な甘みが生まれる。軽く火で炙って食べる。



Dried Fish (Himono)

Fish is dried when it is still fresh. Since it contains less water, it has better keeping and a unique good taste.

干物

魚介類の身を干した乾物である。干して水分を抜くことで、保存性が高まり独特の食感と旨みが生まれる。



Kinko

Kinko is a naturally-dried snack of sweet potatoes called "Hayato-imo." Kinko, which has a nostalgic, rustic taste, has been eaten by children and Ama since early times.

きんこ

芋入芋という品種の芋を煮て自然乾燥させた食品。昔から子どもたちや海女さんのおやつに食べられてきた。どこか懐かしい素朴な味わい。



Tamaki Curry

Curry that is made using the specialty product of "Tamaki pork" in Tamaki Town is a new specialty dish in the area. Each shop competes with one another in new tastes that are full of ideas.

玉城カレー

玉城町では町の特産品「玉城豚」を使用したカレーが新名物になっている。それぞれの店がアイデアいっぱいの味を競う。



Tokoroten

Tokoroten is made by simmering a seaweed called tengusa (ager weed) and cooling it to make jelly-like food. It is rich in dietary fiber. It is transparent and looks cool so is served normally in summer. It is eaten with vinegar-based or Japanese-soup-based soy sauce, syrup, or soybean flour poured on it. Isejima is known as a producer of good-quality tengusa.

ところてん

伊勢志摩産の良質な天草を煮つめ、冷やし固めたもので食物繊維が豊富。透き通った涼し気な見た目ですら夏に好まれて食べられている。酢醤油やめんつゆ、黒蜜やきな粉をかけて食べる。



Venison Croquette (Shika Croquette)

Deer meat that is crunchy with an elegant taste is low-calorie, high-protein, and rich in iron. With a crunchy coating and moist potatoes, venison croquettes are packed full of flavor.

鹿コロッケ

歯応えがあって上品な味の鹿肉は、低カロリーで高タンパク、鉄分などのミネラルが豊富。衣はサクサク、ジャガイモはしっとりとした味わい。



Ayu no Kanro-ni

Ayu (sweetfish) that is baked golden brown is flavored with soy sauce and sugar. Simmered for a long time, the bones become soft and it can be eaten from head to tail.

鮎の甘露煮

こんがりと焼いた鮎を醤油や砂糖で甘辛く味付け。長時間じっくりと煮込むため、骨までやわらかく頭の先からしっぽまで食べられる。



Samma-zushi

Pacific saury from the Kumano Sea, which is relatively lean, is sliced along the backbone, pickled in salt, marinated in mandarin orange vinegar, and combined with vinegared rice to make sushi. It is a local delicacy essential for celebrations and festivals.

さんま寿司

熊野灘で獲れた脂分の少ないさんまを背開きにし、塩漬けにした後、みかん酢につけて酢飯と合わせる。祝い事や祭りには欠かせない郷土料理。



Kamisakidon

This rice bowl dish was invented to promote Ise maguro (p.82), farmed in Kamisakiura, Minamiise Town. Toppings and seasonings vary between restaurants, which adds to the enjoyment of discovering this dish.

かみさき 神前丼

南伊勢町神前浦で養殖される伊勢まぐろ (p.82) のPRプロジェクトとして誕生した丼。参加店舗によって具材、味付けなどまったく異なる味を楽しめる。



Smoked Bonito (Katsuo Kunsei)

Smoked, bonito is one of the soul foods for the people of Ise-shima. Bonito, sliced and then seasoned and flavored, is smoked carefully and patiently. It goes well with sake and is also popular as a snack. Smoked bonito is certified as a Minamiise brand product.

鯉くんせい

鯉をスライスした身に味付けし、丹念にスモークした、伊勢志摩のソウルフード。お酒との相性も良く、お菓子として、おつまみとして親しまれている。南伊勢ブランド認定品。



Ise Shunkei

Lacquerware goods for everyday use made in Ise from over 300 years ago. Although their production was temporarily suspended at one point with the spread of plastic products, new items with new designs and sensibilities are now appearing.

伊勢春慶

300年以上前から伊勢で作られてきた日常用の漆器。プラスチック製品の普及とともに一時は製造を中断したが、現在は新しいデザインや感覚の新製品が誕生している。



Netsuke

Small wooden carved sculptures engraved with detailed patterns and with motifs based on all the wonders of nature, they are often used as personal ornamental accessories. They are made using the Japanese box tree, a type of tree unique to Ise that is also likened to a "wooden jewel".

おつけ 根付

花鳥風月すべてをモチーフとし、精緻な模様で彫り込んだ小型の木彫品。装身具で使われる。「木の宝石」とも例えられる伊勢独特のアサマツグを使って作られる。



Ise Japanese Paper (Ise Washi)

The production of Japanese paper in Ise began from around the end of the 19th century. In addition to its use in making amulets for Ise Jingu, it is also produced as high-quality paper for shrines in various other areas. In keeping with the times, there are even types of this Japanese paper that can be used with inkjet printers.

伊勢和紙

伊勢での和紙作りは19世紀終わり頃から始まった。伊勢神宮の御神札に用いられるほか、各地の神社の御用紙として製造されている。時代に合わせたインクジェット対応の和紙もある。



One-knife Carvings (Ittobori)

Carved sculptures with the marks left by the swords used to make them remaining untouched, and with no polishing or coloring at all, the wooden material of these items has a warm, natural feel. In particular, carvings of the zodiac animal for the current year are popular as good luck charms.

いっとうぼり 一刀彫

磨きや彩色を一切せず刀痕をそのまま残した彫り物は、木の素朴で温かい雰囲気も漂う。特に、その年の干支などは縁起物として人気を集めている。



Pearl Products (Shinju Seihin)

Pearl production and processing grew and developed at Ise-shima, the first place in the world to successfully culture pearls. Pearl products are extremely popular as souvenirs that represent Ise-shima, and have received high praise even from overseas.

真珠製品

養殖真珠が世界で初めて誕生した伊勢志摩では真珠生産加工が発達した。真珠製品は、伊勢志摩を代表するお土産として人気が高く、海外からも高い評価を得ている。



Gikakushi

A handicraft made by processing Japanese paper so that it resembles animal hide. It is a traditional item of Ise Sangu Kaido, used in the past for purposes such as holding tobacco, which was popular as a souvenir of visits to Ise Jingu. In recent years it has emerged again in Tamaki Town, and has been recognized as a "Designated Traditional Craft of Mie Prefecture".

ぎかくし 擬革紙

和紙を動物の革に似せて加工した工芸品。伊勢参宮街道の伝統品で古くは煙草入れなどが、伊勢神宮参拝のお土産になっていた。近年玉城町で再興され、「三重県指定伝統工芸品」に認定。

Local Specialties & Craft Products

特産品・工芸品

Local industries in Ise-shima developed with the visitors to Ise Jingu, and many tradition-laden souvenirs were created. There are also a number of fine and curious articles that take advantage of the climate.

伊勢志摩では伊勢神宮の参拝客を相手とする地場産業が発達し、伝統を誇る土産品がたくさん生まれました。気候・風土を生かした名品の数々もある。



Ise Toys (Ise Gangu)

These are toys from the olden days of Japan made from long ago in many different forms, as souvenirs for visitors to Ise Jingu. They include kendama and lion masks, all of which are characterized by their bright, vivid colors like red and green.

伊勢玩具

日本の昔懐かしい玩具であり、伊勢神宮の参拝客の土産として、古くから多種類が作られてきた。けん玉や獅子頭などがあり、いずれも赤や緑の鮮やかな色彩が特徴。



Miyamasugi Bracelet, Rosaries (Juzu)

These bracelets are only one and best products made of valuable and prized tree, called Miyamasugi. This work of art embodies the beauty and scent of Miyamasugi.

*Juzu (Rosaries): Ritual implement placed over hands joined in prayer before Buddha.

^{みやますぎ}
御山杉のプレスレット・数珠
貴重な銘木として珍重される「御山杉」で作られた至高の品。御山杉の美しさや香りが感じられる一品である。
※数珠…仏前で合掌礼拝するとき手にかけて使用する道具。



Shima Arare

An arare snack developed to commemorate the Ise-Shima Summit. In connection with G7, it has 7 types of seaweed kneaded into it, including dried sea lettuce (p.85) which is specially produced in Shima City.

志摩あられ

伊勢志摩サミット開催を記念して開発されたあられ菓子。G7にちなんで、志摩市特産のおおさ (p.85) をはじめ、海藻7種類が練り込んでいる。



Japanese Cypress Cutting Boards (Hinoki Manaita)

Japanese cypress cutting boards from Watarai Town, which has a thriving forestry industry, are highly regarded as light and easy to use with a faint cypress aroma. The rich culinary culture of Japan can be closely felt with these wooden cutting boards.

桧のまな板
林業が盛んな度会町の檜のまな板は、檜の香りがほのかにして、軽くて使いやすいと評判。木製のまな板は日本の食文化を感じることができる。



Funakoshi Miso

A type of miso that has been made in Funakoshi, Daio Town, Shima City for more than 80 years. It is a slightly strong miso with a rich flavor and a pronounced taste of the soybeans used for its ingredients.

^{ふなこし} 船越みそ

志摩市大町船越で80年以上前から作られている味噌。やや味の濃い赤みそで、原料である大豆の風味が強く、コクのある味わい。



Rendaiji Persimmon Fruits (Rendaijigaki)

A type of persimmon specially produced in Ise City, which has also been designated one of the city's natural treasures. Although these are sour persimmons, removing their astringent taste improves their texture, and they are very popular among the local people.

^{ねんがいじ}
蓮台寺柿
伊勢市特産の柿。市の天然記念物にも指定されている。渋柿だが、渋抜きすると歯触りが良くなり、地元では人気がある。



Red Pearl Strawberries (Red Pearl Ichigo)

These large fruits have just the right firmness, and with just one bite their sweetness and fragrance spread throughout one's mouth. These are premium strawberries specially produced in Shima City.

レッドパールいちご

大粒の実は適度な硬さがあり、食べると口の中に甘みと香りが広がる。志摩市特産の高級イチゴである。



Ise Takuan

Takuan, or daikon that has been dried and fermented in rice bran, is the most popular type of tsukemono (pickled vegetables), and is known as "(o)koko" in the local area. It is a favorite souvenir chosen by people visiting Ise Jingu.

伊勢たくあん
干した大根をぬか漬けにした「たくあん」が一番ポピュラーな漬物。地元では「(お)こご」と呼ばれる。伊勢神宮参拝のお土産に喜ばれた。



Tamaki-jiro Persimmon Fruits (Tamaki-jiro kaki)

These fruits are characterized by their flat and squarelike shape. They hardly have any seeds, and their fruit pulp is fine and on the firmer side. They are all-sweet persimmons with a crunchy texture and a rich sweetness.

玉城次郎柿

平たく、四角ばった形が特徴。種はほとんどなく、果肉は綿密で硬め。コリコリとした食感で、ねっとり甘い完熟甘柿。



Dried Bonito Shavings (Katsuobushi)

The production of dried bonito shavings has flourished in Daio Town, Shima City since long ago, with a great many businesses in operation before 1960. Today, even though the number of these businesses has fallen, the traditional smoking production method continues to be passed down.

かつお節
志摩市大町では古くからかつお節の製造が栄え、1960年以前は多くの業者が存在した。現在は数こそ減ったものの伝統のいぶし製法は受け継がれている。



Tamaki Pork (Tamaki Buta)

Pork from pigs, raised in the rich natural environment along the Miyagawa River, with strict sanitation management and temperature controls so that they can grow freely without stress, is juicy and soft with no strong smell. Careful production methods and freshness are maintained even for processed meats like ham and sausages.

玉城豚

宮川沿いの自然豊かな環境で、徹底した衛生管理と温度調節によりストレスなく伸び伸びと育てられた豚は、臭みがなくジューシーで肉質も柔らかい。ハム・ソーセージの加工肉も製法、鮮度にこだわっている。



Nambari Melon

Cultivated with painstaking care in Nambari, Hamajima Town, Shima City, where the climate is warm and mild, this is a premium brand of melon where only one fruit is carefully selected from each tree, and then slowly and carefully brought to ripeness.

^{なんばり}
南張メロン
気候の温暖な志摩市浜島町南張で手間ひまかけて栽培されている。一株につき、一つの実だけを厳選し、じっくりと成長させた高級メロン。



Matsusaka Beef (Matsusaka Ushi)

Referred to as a "work of art," Matsusaka beef is a globally-recognized brand of Wagyu (Japanese beef) with fine-grained marbling and tender meat. Calves with excellent pedigrees from all over the country, including Hyogo Prefecture, are fattened up in Matsusaka beef production areas.

^{まつさかうし} 松阪牛

世界が認めるブランド和牛で、きめの細かいサシ(霜降)と柔らかな肉質が特徴。「肉の芸術品」とも呼ばれる。兵庫県をはじめ全国から優秀な子牛を導入し、松阪牛生産区域で肥育している。



Mieman Soy Sauce (Mieman Shoyu)

Soy sauce is a seasoning ingredient essential for Japanese cuisine. Natural distillation is strictly used to make the Mieman soy sauce of Tamaki Town, which preserves the traditional taste that was established in the 17th century. It is also presented as an offering in the Ise Jingu Geku.



Minamiise Town's Mandarin Oranges (Minamiise Mikan)

Over the course of a year, a variety of different types of mandarin oranges, including Unshu, premium Setoka, and Dekotan (Shiranui), are produced. Processed food products using these oranges, such as yokan (sweet bean paste jelly) and juices, are also popular.



Japanese yam (Ise Imo)

This is a highly-prized type of Japanese yam (*Dioscorea japonica*). Owing to its high nutritional value, it's was given the nickname the "eel of the fields." The Ise imo dates back more than 300 years to the Edo period. It does not grow straight like its close cousin, the naga-imo (Chinese yam: *dioscorea batatas*). Instead, it is shaped like a rugged and lumpy ball. The Ise imo is characteristic as it is not bitter in taste and is extremely glutinous and creamy in texture.



SINTO BEER

The town of Ise is also known as "Shinto" (The city of deities) since it is the location of Ise Jingu, and that name is used for its "SINTO BEER". It has received awards in many contests both domestic and international.



Ise Keishu Okagesama

Named after feelings of gratitude to the deities of Ise Jingu as well as the "Okage Mairi" (p.25), this is a Japanese sake with a mellow taste, brewed using underground water from the Isuzugawa River.



Hakutaka

Special limited editions of sake from Hakutaka Brewery, which brews sake to offer at Ise Jingu. Enjoy the scent of the barrels of Junmai Ginjo that go down easy.

ミエマン醤油

日本の料理に欠くことができない調味料。玉城町のミエマン醤油は天然醸造にこだわり、17世紀創業の伝統の味を守っている。伊勢神宮 外宮に奉納もされている。

南伊勢町産みかん

温州みかんや高級果実の「せとか」、「デコタン(不知火)」など、一年を通してさまざまな品種が生産される。新鮮な果実を使ったようかんやジュースなどの加工食品も人気。

伊勢いも

畑のうなぎとして珍重されたヤマノイモ。「伊勢いも」とは300年以上前の江戸時代に伝わったヤマノイモの一種。よく知られているような棒状の長芋ではなく、ごつごつしたボールのような形をしている。アクが少なく、強い粘りとクリーミーなコクが特徴。

神都ビール

伊勢神宮があることから「神都」と言われた伊勢のまち。ここにはその名も「神都麥酒」がある。国内外のコンテストで数々の受賞歴を誇る。

伊勢慶酒 おかげさま

伊勢神宮の神に感謝する気持ちと「おかげ参り」(p.25)にあやかり命名された。五十鈴川の伏流水で仕込んだまろやかな口当たりの日本酒。

はくたか 白鷹

伊勢神宮の祭典にお供えするお酒を醸造する蔵元・白鷹の特別限定酒。のどごしの良い純米吟醸の樽の香りが楽しめる。



Shishu Hayato (Kinko shochu)

A type of shochu specially produced in Shima, made from kinko (p.87) which is produced by boiling and sun-drying a potato variety called Hayato-imo. It goes perfectly with fish caught in the local region.



Aisu

A Japanese sake named after Ikosai Aisu, the founder of kendo, which uses ukon-nishiki as its brewing rice. It combines a refreshing sensation with the richness of junmai-shu.



Toba Cider

Cider made using underground water from the clear Miyagawa River has a light sweetness and refreshing taste. Its retro-styled label design and bottle evoke a somehow-nostalgic feeling.



Koshika Tea (Koshika Cha)

Tea producers can also be found in Shima City, which is primarily known for its bountiful seafood. The Japanese tea cultivated in Koshika, Shima Town, Shima City is characterized by moderate astringency and sweetness.



Ise Tea (Watarai Tea) (Ise Cha (Watarai Cha))

Watarai Town is known as a production center for Japanese green tea. Ise tea is popular as a strong tea with a mild and rich flavor. It has won numerous prizes at fairs. Specialties of Watarai Town such as tea, products used with local ingredients, local crafts, and vegetables are also available at the local specialty store, Iratchai Watarai, in Miya River Watarai Park. (p.97)

ししゅうばんと 志州隼人 (きんご焼酎)

隼人芋と言われる芋を煮て天日干しにし、乾燥させた「きんご」(p.87)を原料にして作った志摩特産の焼酎。地元で獲れた魚とよく合う。

あいす 愛洲

剣道の祖・愛洲移香齋にちなんで作られた日本酒。酒米に「うこん錦」を使用。清涼感がありながら、純米酒のコクを持ち合わせる。

鳥羽サイダー

清流・宮川の伏流水を使ったサイダーは、ほのかな甘みとすっきりとした口当たり。瓶入りでレトロなデザインラベルがどこか懐かしい雰囲気を出している。

こしか 越賀茶

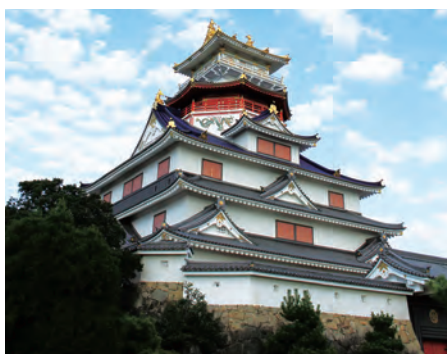
豊かな海の幸で有名な志摩市には茶どころもある。同市志摩町越賀で栽培されている日本茶は、ほどよい渋味と甘さが特徴。

伊勢茶(わたらい茶)

度会町は日本茶の産地として知られる。まろやかで豊かな香りと濃いお茶の味わいが人気。各種品評会で数々の受賞歴がある。また、宮リバー度会パーク(p.97)にあるいらっ茶いわたらいでは、度会町の特産品であるお茶や地元食材を使った商品、工芸品、野菜などが購入できる。

Leisure Facilities and Hands-on Activities

レジャースポット・体験



Ise Azuchimomoyama Culture Village 伊勢安土桃山文化村

Ise Azuchimomoyama Culture Village (Ise City)

This is a period theme park that recreates the old townscapes of Japan during the Azuchimomoyama period (about 1568-1600). Performances unfold around the park with ninja, samurai warriors, oiran (geisha courtesans), and town magistrates. A replica of Azuchi Castle Tower, which was built by Nobunaga Oda (1579) who aimed to unify Japan in the middle ages (around 1580), stands in the park.

伊勢安土桃山文化村 (伊勢市)

安土桃山時代(1568~1600年頃)の日本の街並みを再現した、時代劇のテーマパーク。村内で忍者、戦国武将、花魁、町奉行らがパフォーマンスを展開する。中世期(1580年頃)に日本統一を目指した織田信長が築城(1579年)した、安土城天守閣も再現。

☎0596-43-2300 伊勢市二見町三津1201-1

Shima Spain Village (Shima City)

The resort complex comprises the theme park Shima Spain Village (also known as Parque Espana) and Hotel Shima Spain Mura. The Spanish-themed park offers rides, live entertainment and other attractions set in Spanish-inspired streets and buildings. The hotel boasts a natural hot spring.

志摩スペイン村 (志摩市)

スペインのテーマパーク「パルケエスパーニャ」と「ホテル志摩スペイン村」がある複合リゾート。パルケエスパーニャではアトラクション、ショー、スペインの街並みなどが楽しめる。ホテルでは天然温泉も湧出している。

☎0599-57-3333 志摩市磯部町坂崎

Ise Sea Paradise (Ise City)

Listed at number five in TripAdvisor's domestic aquarium list, this aquarium features opportunities for visitors to come into contact with walruses, spotted seals, energy-filled sea lions, and friendly dolphins. The aquarium reopened in April 2016 with more enhanced facilities.

伊勢シーパラダイス (伊勢市)

「トリップ・アドバイザー国内水族館部門、第5位」の水族館で、セイウチやゴマフアザラシ、元氣いっぱいのアシカ、人懐っこいイルカなどに触れあえることが特色となっている。2016年4月にリニューアルオープンして施設が充実。

☎0596-42-1760 伊勢市二見町江580



Dugong at Toba Aquarium 鳥羽水族館のジュゴン

Toba Aquarium (Toba City)

Toba Aquarium cares for the largest number of species in Japan (1,200). The aquarium consists of 12 zones by each type of creature and habitat. There are many popular exhibits including Dugong (referred to as the model of mermaids), Sea otters and Capybaras. Also, Sea lion shows and Walrus shows are held every day, normally.

鳥羽水族館 (鳥羽市)

飼育種類数(約1,200種)日本一の水族館。館内は生きものの種類や棲息環境に合わせた12のゾーンからなり、人魚伝説のモデルとも言われるジュゴン、ラッコ、カピバラなどの人気者も多い。アシカやセイウチのショーも毎日開催されている。

☎0599-25-2555 鳥羽市鳥羽3-3-6

Shima Marineland (Shima City)

The establishment consists of a regular aquarium and a section named "ancient aquarium," dedicated to fossils and other exhibits concerning ancient species. Highlights include ocean sunfish, popular for their unique swimming style, and adorable penguins. The huge fish tank displaying migratory fish can be viewed from all angles, and there are also feeding demonstrations by Ama.

志摩マリンランド (志摩市)

古代生物を展示する「古代水族館」と「水族館」からなる。水族館ではユニークな泳ぎ方のマンボウやかわいいうなぎんたちが人気を集めている。360度見回せる大型の回遊水槽では、海女による餌付けショーを見ることが出来る。

☎0599-43-1225 志摩市阿児町神明723-1

Toba Bay Cruise & Dolphin Island (Toba City)

This 50-minute tour of picturesque Toba Bay sets sail from Toba Marine Terminal and in front of Mikimoto Pearl Island (p.69)/Toba Aquarium. At Dolphin Island, one of the ports of call along the

tour, visitors can watch the shows of dolphins and sea lions and enjoy interacting with them.

鳥羽湾めぐりとイルカ島 (鳥羽市)

鳥羽マリンターミナル、ミキモト真珠島(p.69)・鳥羽水族館前から出航し、風光明媚な鳥羽湾を約50分でめぐる。途中で寄港するイルカ島では、愛嬌たっぷりのイルカとアシカたちのショーを見学したり、イルカと触れ合うことができる。

☎0599-25-3145 鳥羽市鳥羽1-2383-51



Kashikojima Espana Cruise 賢島エスパーニャクルーズ

Kashikojima Espana Cruise (Shima City)

The 50-minute sightseeing cruise of Ago Bay aboard the Spanish-themed pleasure boat Esperanza stops by at a mock-up cultured pearl factory, where visitors can watch nucleus implanting. The boat has a pleasant lookout deck.

賢島エスパーニャクルーズ (志摩市)

スパニッシュな遊覧船「エスぺランサ」へ乗り込み、所要時間約50分で英虞湾をクルージング。途中で真珠モデル工場に寄港し、養殖真珠の核入れ作業を見学。展望デッキに上げれば爽快なクルージングを楽しめる。

☎0599-43-1023 志摩市阿児町神明

Ago Bay Cruise (Shima City)

Unique highlights of sightseeing cruises in the tranquil, deep-blue Ago Bay include beautiful, up-close views of the deeply indented coastline, pearl farming rafts, and the many islands of Ago Bay.

英虞湾遊覧船 (志摩市)

波穏やかな紺碧の英虞湾を遊覧。リアス海岸特有の複雑な海岸線や海に浮かぶ真珠養殖筏、たくさんの島々など、英虞湾ならではの美しい景色を間近に見ることが出来る。

☎0599-43-1048 志摩市阿児町神明

Shima Mediterranean Village (Shima City)

The Mediterranean-themed resort complex includes villa-style accommodation, restaurants, cafe and shops over an area of roughly 33,000 m². Streets inspired by those in parts of the Mediterranean such as the Spanish regions of Castile and Andalusia, are recreated in the beautiful countryside of Shima.

志摩地中海村 (志摩市)

志摩の豊かな自然の中にスペインのカスティージャ地方、ア

ンドルシア地方など、地中海の街並みを再現。約33,000m²の広い敷地内にヴィラスタイルの宿泊施設やレストラン、カフェ、ショップなどが設けられている。

☎0599-52-1226 志摩市浜島町迫子2619-1

Toba City Guide Volunteer Center (Toba City)

The center is staffed by volunteers, who assist visitors discover the city's charms. Volunteers offer walking tours mainly of Toba City's attractions, historic sites, and islands.

鳥羽市ガイドボランティアセンター (鳥羽市)

鳥羽の魅力を発信することを目的に、市民ボランティアがまちのガイドを務める。鳥羽市内の名所・旧跡、離島を歩くコースなどが主な案内スポット。

☎0599-25-8255 鳥羽市鳥羽1-10-48

Kaito Yumin Club (Toba City)

The Kaito Yumin Club is a tour guide group that offers nature experience eco-tours where visitors are escorted by women tour guides. Various tours are available that allow visitors to stroll down the towns in Toba, nibble local food here and there, and enjoy the nature-filled sea by sea kayak.

海島遊民 (かいとうゆみん)くらぶ (鳥羽市)

女性ガイドのエスコートによる自然体験エコツアーを提供しているガイド団体。鳥羽のまちを歩いて、地元の食をつまみ食いたり、シーカヤックで自然いっぱいの海を満喫できるさまざまなツアーが用意されている。

☎0599-28-0001 鳥羽市鳥羽1-4-53



Program for strolling and experiencing the towns in Toba 鳥羽のまちを歩く体験プログラム

Shimanotabisha (Toba City)

The lifestyles and culture of fishing villages from long ago are still alive on the remote islands of Toba (p.73,74). Shimanotabisha is a tour guide group that offers programs where visitors can experience the lifestyle of fishing villages. Actual tours are given by the "Mothers of the Island."

島の旅社 (鳥羽市)

鳥羽の離島(p.73-74)には昔ながらの漁村の暮らし、文化が息づいている。島の旅社はそんな漁村の生活が体感できるプログラムを提供しているガイド団体で、実際の案内は「島のあちゃん」たちがあたってくる。

☎0599-37-3339 鳥羽市答志町943

Shima Nature School (Shima City)

Shima Nature School offers a range of outdoor and nature activity programs for appreciating the natural beauty of Shima. Programs include sea kayaking, water balling, diving, crab fishing and natural dye classes. The school is located at Tomoyama Park overlooking Ago Bay.

志摩自然学校 (志摩市)

英虞湾に面したともやま公園を拠点に、アウトドア&ネイチャープログラムを提供。シーカヤックやウォーターボール、ダイビング、カニ漁、自然染めなど、志摩の自然を満喫できる体験プログラムがある。

☎0599-72-1733 図 志摩市大王町波切2199

Minamiise Taiken World (Minamiise Town)

Visitors can experience the area's lifestyles as they interact with the people of Minamiise Town. Minamiise Taiken World offers a variety of programs that include hands-on experiences in fishing, farming, food culture, such as making dried fish, creating pottery, and marine sports.

南伊勢体験ワールド (南伊勢町)

南伊勢町の人々と触れ合いながら、生活体験ができる。漁業体験、農業体験、干物づくりなどの食文化体験、陶芸などのもづくり体験、マリンスポーツ体験など、プログラムが多彩。

☎0599-66-2478 図 度会郡南伊勢町五ヶ所浦3917

Shima Park Golf Course (Shima City)

"Park golf" is a casual form of golf that can be enjoyed by both adults and children using dedicated clubs and balls, and simplified rules. The seaside location of the 45-hole Shima Park Golf Course means visitors can enjoy park golf amid the pleasant sea breeze from the Pacific Ocean.

志摩パークゴルフ場 (志摩市)

パークゴルフは、専用のクラブとボールを使用し、簡単なルールで子どもから大人まで気軽に楽しめるスポーツ。太平洋に面した全45ホールからなるコースで、潮風を感じながらプレイできる。

☎0599-47-0880 図 志摩市阿児町国府3025-36

Miya River Watarai Park (Watarai Town)

Located by the Miyagawa River, a clear stream in Watarai Town. The park covers an area of 12 hectares, accommodating tennis courts, a miniature golf range with natural grass, a large lawn area, and a children's area where families can enjoy. Visitors can view cherry blossoms in spring and enjoy picnic on the riverside in summer. Various events are held in autumn.

宮リバー度会パーク (度会町)

度会町の清流・宮川の畔にある。総面積12haの敷地内には、テニスコートに天然芝のパターゴルフ場、芝生広場や子ども広場があり、家族で遊ぶことができる。春はお花見を楽しむ春まつりがあり、夏は河川敷で川遊びが楽しめる。各種イベントも開催される。

☎0596-62-2416 (度会町産業振興課) 図 度会郡度会町棚橋2



Miyagawa Family Rafting 宮川ファミリーラフティング

Miyagawa Family Rafting (Watarai Town)

Even little children and those who don't usually play sports can also enjoy rafting on the Miyagawa River, which has no strong current. The Miyagawa River is known as a clear stream. Families can fully enjoy traveling down the stream as well as swimming and river jumping (during summer only).

宮川ファミリーラフティング (度会町)

激流がないコースで、小さな子どももスポーツ経験の少ない人でもラフティングが楽しめる。泳いだり飛び込んだり水遊びに興じながら、清流として知られる宮川を下るファミリー向けのアウトドア体験ができる。(夏季のみ)

☎052-788-7575 (株) パワーゾーン 図 度会郡度会町大野木1260



Shima yacht harbor 志摩ヨットハーバー

Shima Yacht Harbor (Minamiise Town)

Shima Yacht Harbor naturally features a yacht harbor, tennis courts, and accommodation facilities. Visitors can enjoy sightseeing on a luxury cruiser. The yacht is lit up in winter, which creates dream-like scenes. The first chairman of Shima Yacht Harbor is Shintaro Ishihara, a writer and former Tokyo governor, who is well-known for his love of yachts.

志摩ヨットハーバー (南伊勢町)

ヨットハーバーはもちろん、テニスコート、宿泊施設などを併設している。豪華クルーザーでの遊覧が楽しめる。冬はヨットをライトで照らし、幻想的な景色を演出する。初代会長はヨット好きでも知られる石原慎太郎氏(作家・元東京都知事)である。

☎0599-66-0933 図 度会郡南伊勢町船越3113

Ama Hut Experience (p.55)

Recreated versions of the amagoya (Ama hut), where visitors can chat with real Ama while enjoying chargrilled local seafood, are among the interactive visitor attractions most representative of Ise-shima.

海女小屋体験 (p.55)

本物の海女と話しながらとれたての海鮮を炭火焼で食べる海女小屋体験は、伊勢志摩を代表する体験メニューとなっている。



Ama hut experience 海女小屋体験

Saimyoji Tera de Cafe (Toba City)

Saimyoji lies in the Adako Town area in the southern part of Toba. This temple offers a hands-on experience called "Tera de Cafe," which allows visitors to speak with a temple priest as they drink macha tea and eat sweets.

西明寺 (せいみょうじ) 寺 de Cafe (鳥羽市)

西明寺は、鳥羽の南部に位置する畔蛸地区にある古刹。ここでは、お抹茶とお菓子をいただきながら住職と語り合う「寺 de Cafe」という体験プログラムがある。

☎0599-33-6089 図 鳥羽市畔蛸町191



Saimyoji Tera de Cafe 西明寺 寺 de Cafe

Umi Hozuki (Shima City)

Umi Hozuki offers activities such as beachcombing and local cuisine cooking classes. Participants can experience some of the delights of fishing communities by discovering the seashore at low tide, the excitement of a successful catch, and the excellent tastes of home-cooked seafood.

海ほおずき (志摩市)

磯遊びや郷土料理作りなどを楽しめる体験施設。潮が引いた時の磯のおもしろさ、獲物を自分の手で捕らえた時の感動、自分で調理した魚介類のおいしさなど、漁業の疑似体験ができる。

☎0599-53-1002 図 志摩市浜島町浜島465-14



Beachcombing 磯遊び

Shinju no Sato (Shima City)

Shinju no Sato offers visitors simulated experiences of the various pearl farming processes, such as nucleus implantation and harvesting. Visitors can also try their hand at making accessories from harvested pearls. Located in an inlet within clear-watered Ago Bay, the pearl farm also caters to shore fishing and barbecues.

真珠の里 (志摩市)

真珠の核入れから取り出しまで、真珠養殖の工程を疑似体験できる。取れた真珠でアクセサリー作りも可能。透明度の高い英虞湾の内海沿いに位置する。魚釣りや海上バーベキューなども楽しめる。

☎0599-85-0515 図 志摩市志摩町越賀1125-88

Pearl Miki (Shima City)

At Pearl Miki, visitors can try their hand at harvesting pearls from Akoya pearl oysters on pearl farming rafts. The harvested pearls can be made into phone charms and pendants by the visitors themselves, which will make one-of-a-kind souvenirs.

パール美樹 (志摩市)

真珠養殖場の筏の上で、あこや貝から真珠の取り出しを体験。採取した真珠で携帯ストラップやペンダント作りを楽しみ、世界でたった一つのお土産を持ち帰ることができる。

☎0599-88-3592 図 志摩市志摩町御座65-1

Zazen Experience (Ise City/Tamaki Town)

Zazen is a training method in Buddhism in which one meditates while sitting in the correct posture and controlling one's breathing. One can relax the body and the mind, and become refreshed after the training. An authentic zazen experience is available at Matsuo Kannonji (p.29) and Kotaiji (p.33) in Ise-shima.

座禅体験 (伊勢市・玉城町)

座禅とは姿勢を正して座り、呼吸をととのえて精神統一を行う仏教の修行の一つである。心と体がリラクゼーションし、終われば清々しい気分になれる。伊勢志摩では松尾観音寺(p.29)と広泰寺(p.33)で座禅体験ができる。

Tombodama Kobo (Tamaki Town)

There is a glass bead-making workshop in Tamaki Town. With a variety of possible combinations of parts and glass bars in many different colors, you can make a glass bead that will be the only one of its kind in the world.

蜻蛉玉(とんぼだま)工房(玉城町)

玉城町に、円形のガラス玉である蜻蛉玉を自分で作ることができる工房がある。色とりどりのガラス棒とパーツを組み合わせて世界で一つの蜻蛉玉が出来上がる。

☎0596-58-8027 玉城町玉川字東浦264-4

Gusuku—Sales & Processing of Local Products, Tamaki Tourism Bureau (Tamaki Town)

Located in front of the Tamaki IC on the Ise Expressway, Gusuku sells specialty products from Minamiise Town and Watarai Town that are connected by Sunny Road, in addition to seasonal produce and processed projects that are produced in Tamaki Town.

たまき観光案内 地場産品販売処 城(くすく) (玉城町)

伊勢自動車道玉城IC.前にあり、玉城町で生産される季節ごとの食材や加工品などに加え、サンロードでつながる南伊勢町や度会町の特産品を販売。

☎0596-58-9375 度会郡玉城町勝田4016-3



Aspia Tamaki アスピア玉城

Aspia Tamaki (Tamaki Town)

Visitors can enjoy hot-spring bathing at Tamaki Kobo Onsen, popular as a high-quality medical hot spring, and shop for local specialties such as Tamaki pork and agricultural products made by local farmers with the utmost care, and make hams and sausages at "Hometown food workshop Aguri". For those who want to enjoy nature throughout the year, a mountain bike course and walking course are also available.

アスピア玉城(玉城町)

良質な療養泉として人気のある玉城弘法温泉と地元農家が丹精こめて作った農産物の販売、また特産玉城豚の販売をはじめ、ハムやソーセージ作りの体験教室がある「ふるさと味工房アグリ」がある。そのほか、マウンテンバイクコースや散策コースなど四季折々の自然を楽しむことができる。

☎0596-58-8800 度会郡玉城町原4266

Tamaki Fureai Farm (Tamaki Town)

Facilities are available to allow visitors to pick strawberries from winter to spring. Grown in the open air, it is possible to pluck the strawberries

once while standing and is easy for children and people in wheelchairs to use as well. The farm also offers athletic facilities and an open lawn space for children.

玉城ふれあい農園(玉城町)

冬から春にかけていちご狩りが楽しめる施設。空中栽培が特徴で、立ったままいちごを摘むことができるので、子どもや車いすの方も利用しやすい。子ども用アスレチック施設や芝生広場も併設されている。

☎0596-58-3838 度会郡玉城町勝田5248

Naize Shizenmura (Minamiise Town)

Farm and marine products from Minamiise Town such as mandarin oranges, honey, laver, "Tsuru-no-okage" (thanks to crane) rice, and pickled plums are available. Visitors can also enjoy picking mandarins, making mandarin juice, and planting and harvesting rice.

ないぜいぜん村(南伊勢町)

みかん、はちみつ、のり、鶴のおかげ米、梅干など、南伊勢町の地場産農水産物を販売。みかん狩りや、みかんジュース作り体験、田植え・稲刈り体験も楽しめる。

☎0599-67-8100 度会郡南伊勢町内瀬1537-8



Naize Shizenmura ないぜいぜん村

Gokatsura Pond Furusato Village (Taki Town)

Visitors to Gokatsura Pond Furusato Village can enjoy picking all-you-can-eat strawberries in the spring, and oranges and persimons in the fall. The village contains a wide range of facilities, including a "Flower and Petting Zoo Plaza" and a restaurant run by high school students called "Mago-no-Mise".

五桂池ふるさと村(多気町)

春は食べ放題のいちご狩り、秋はみかん狩りやかき狩りが楽しめる。たくさんの動物とふれあえる「花と動物ふれあい広場」や、高校生レストラン「まごの店」など、さまざまな施設がある。

☎0598-39-3860 多気郡多気町五桂956



Mago-no-Mise まごの店

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