

Ise-Shima National Park

HIKING MAP

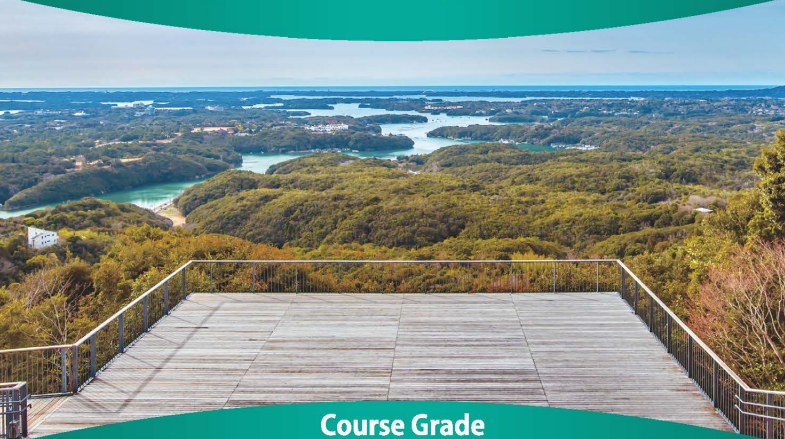
Course

1

Yokoyama Hazako Course

Course

Distance: Approx. 6.6 km / Time: Approx. 2 hours 20 minutes



Course Grade

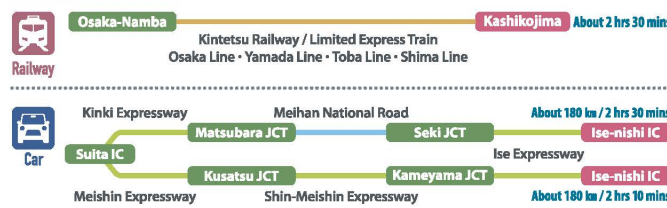
Grade 1
Walking

Grade 2
Light Hiking

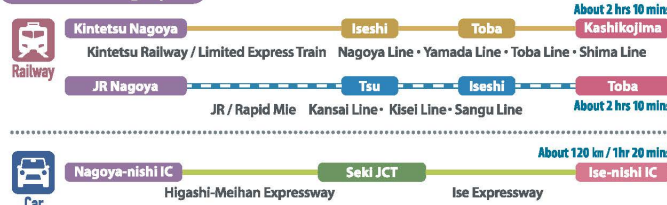
Grade 3
Day-long Hiking

Access to Ise-Shima National Park

From Osaka



From Nagoya



From Irigo (Aichi Pref.)



Kintetsu Railway



Mie Kotsu Bus



伊勢志摩
国立公園

National
Parks
of Japan



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



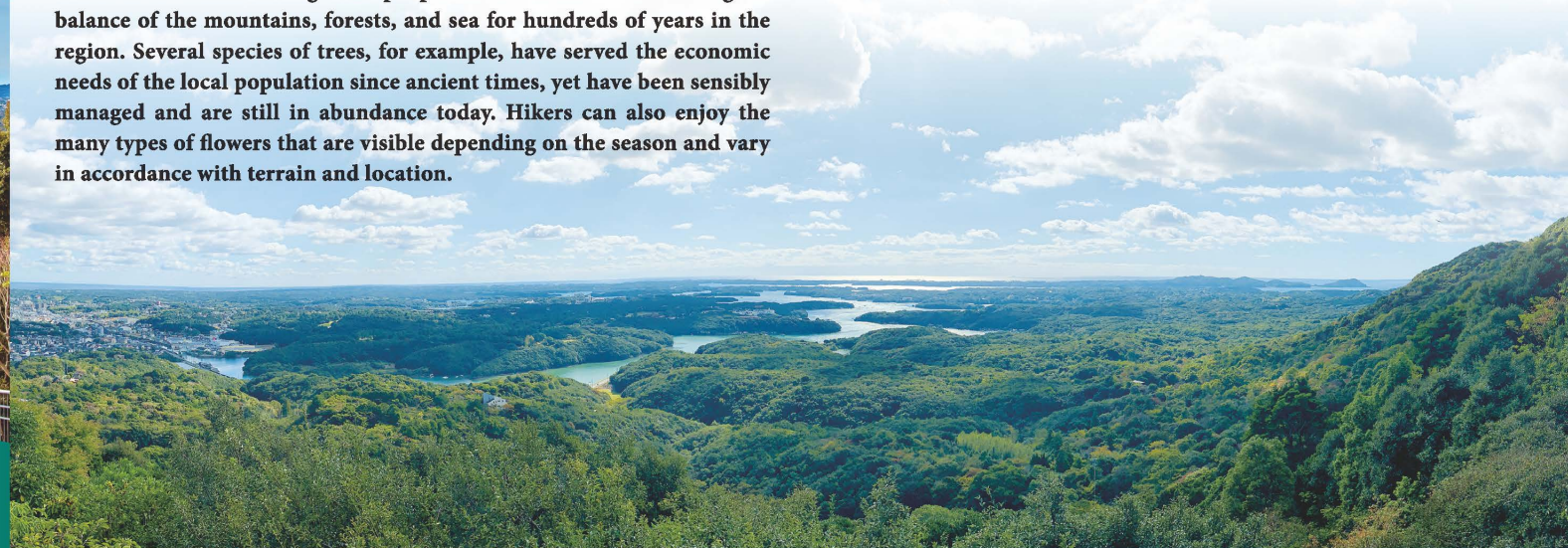
Ise-Shima National Park Hiking Points

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

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

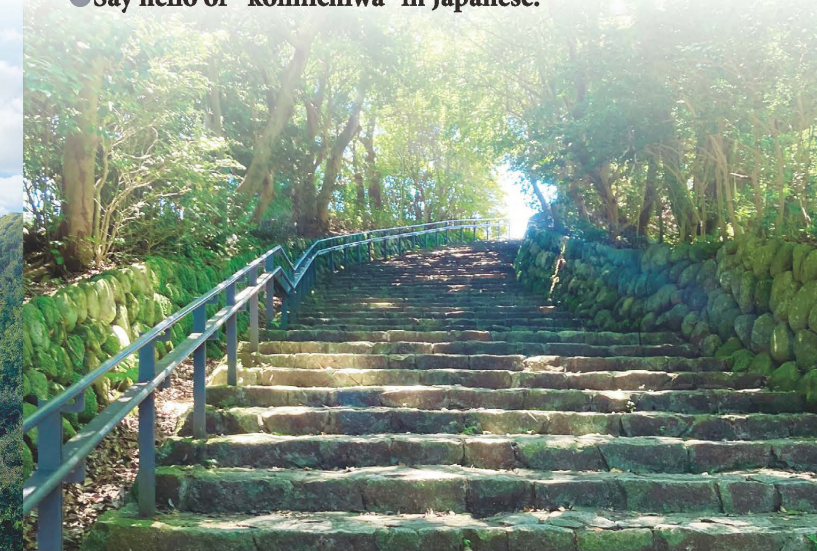
If photography is your passion, or if you are searching for a perfect picture to memorialize your experience, the trails and sites in the park will not disappoint. At several locations one can see vistas of the rugged coastlines of Ago and Ise Bay, and panoramas of the cities of Ise, Toba, and Shima.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

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



Rules and Etiquette

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

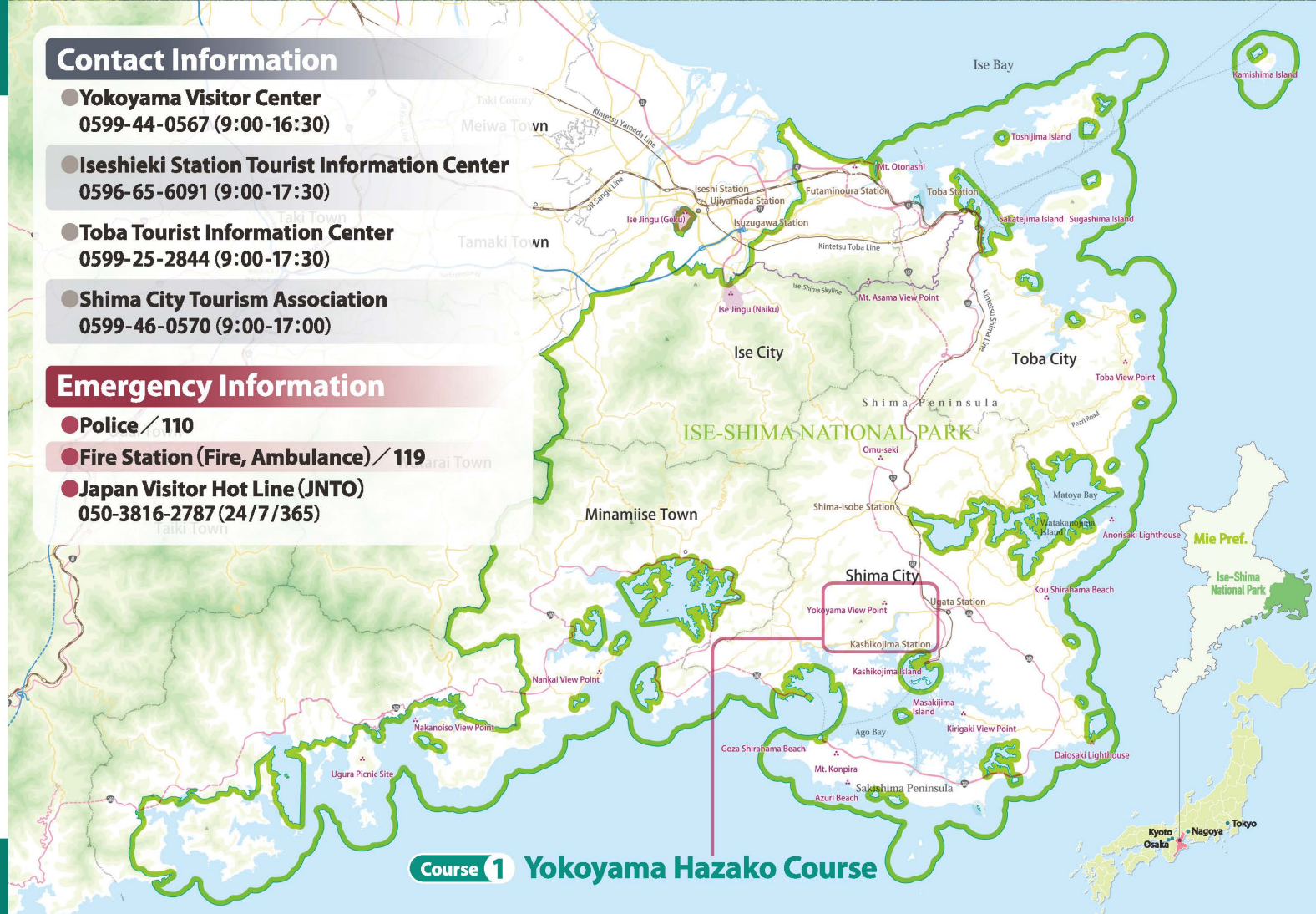


Contact Information

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

Emergency Information

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



Course 1 Yokoyama Hazako Course

Hiking Preparation

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

What to take?



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

Course 1 Yokoyama Hazako Course

Distance: Approx. 6.6 km / Time: Approx. 2 hours 20 minutes

Trail Characteristics

From seaside to mountaintop, this hike offers a variety of perspectives on nature and human activity in this area. The journey begins along the picturesque Hazako River where sights of the tranquil rural village bearing its name can be enjoyed. After entering the trailhead, hikers can observe a variety of native foliage that is economically important to this region. Several rest stops along the way offer stunning vistas of the rias coastline, with panoramic views of Ise-Shima's mountains, sea, islands, and local commercial activity. Hikers of moderate fitness should be able to walk this trail with little to no difficulty.



3 Yahashira Jinja Shrine

This is the local Shinto shrine for the village. A western-style toilet is available here.



1 Aosa Farm

Aosa seaweed production occurs not only in the sea, but also in the river where water levels can be regulated as necessary. (Season: winter)



Kinki Nature Trail Signpost



2 Tabunoki Tree (Persea thurnbergii)



Hazako Bus Stop



Shima Yokoyama Sta.
Kintetsu Railway 2 mins.

Ugata Sta.
Kintetsu Railway 5 mins.

Kashikojima Sta.

Hazako Bus Stop
Mie Kotsu 9 mins.

4 Hazako Sengensan Shrine

At the top of a short staircase is Hazako Sengensan Shrine. Sengen is a type of Shinto concerned with volcano worship, and especially the worship of Mt. Fuji. Two images in stone can be seen inside. On the left is Dainichi Nyorai, a central figure in esoteric Buddhism. On the right is Konohanasakuyahime, a fire goddess and the main deity of Sengen worship.



Ubame-gashi oak

Ubame-gashi oak (*Quercus phillyraeoides*), used to make high quality binchotan charcoal, is the most common tree on this mountain. Harvested in 30-40 year cycles, the new trees grow from the stumps. The repeated process makes the trunk the right thickness for making charcoal. The trees on the Hazako side of the mountain have many limbs since they have been harvested multiple times. On the Yokoyama side, due to the labor involved transporting the wood, the trees are more singular looking because they haven't been harvested as such.



7 Yokoyama Tenku (SkyView) Café Terrace

Yokoyama Tenku Café Terrace is a spacious wooden observation deck and a popular place to enjoy the coastal scenery and take pictures. A takeout café sells snacks and drinks, and there are plenty of benches to relax on.



Cafe Mirador
Business hours/9:00-16:30
Open year round



8 Yokoyama Visitor Center

The Yokoyama Visitor Center offers high-quality, informative displays about human activity and nature in Ise-Shima National Park. Brochures in several languages are available. Admission is free.



Yokoyama Visitor Center



Cherry Blossom Promenade

February-Early April.



6 Nagora no Ukiishi (The Floating Stones of Nagora)

According to legend, a man named Kijiro and his wife Sawa dreamed of these stones. The stones were blocking boat traffic in a place called Nagora in the Ugata area of Shima province. The rocks claimed to be a dragon god and wished to be moved to Mt. Yokoyama. The rocks were enshrined here, and since then ships could pass through the waters without incident.



Elevation Profile

