

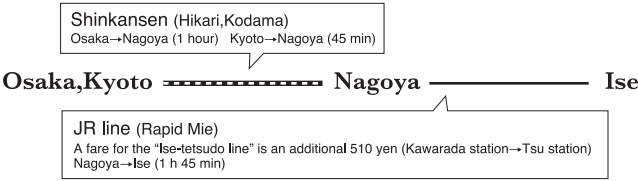
Tourist guide of Ise city

Ise city

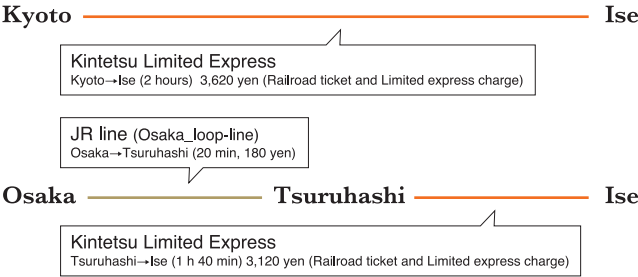
Soul of Japan



If you have a Japan rail pass, this route is convenient. Route with “JR line (Japan rail pass)”



If you have a Kintetsu rail pass, this route is convenient. Route with “Kintetsu line”



Kintetsu Railway’s “deal price” round trip tickets cover all major tourist cities in the Kansai region: Osaka, Kyoto, Nagoya, Nara, Ise-Shima and others.

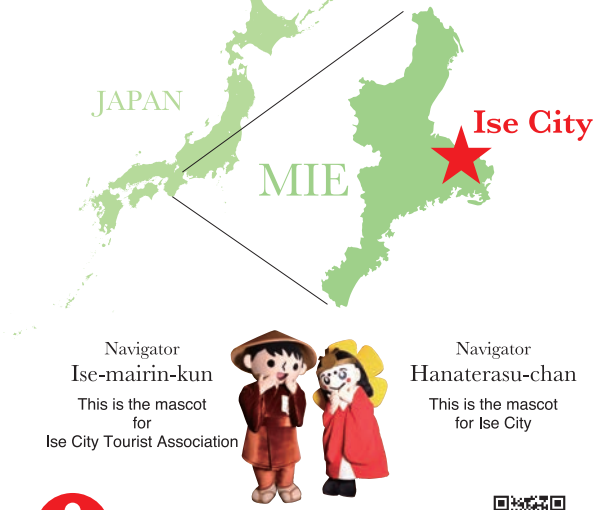
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What is in Ise City

Ise is a special city for the Japanese people; and Ise Jingu is a sacred site. It was here 2,000 years ago that their ancestors experienced the presence of ‘kami’ through fear, love, and respect in the mysterious forces of its natural world and phenomena. Honoring the ancient traditions, people built a shrine upon this land to worship ‘kami’. The shrine they built here, in which Amaterasu-Omikami is enshrined, is the most precious of all Japanese Shinto shrines. Ise Jingu is the historical center around which Ise city flourished. During the late Edo Period, 1/6 of the Japanese people had visited Ise Jingu. Over time the city and its population have grown, but the ancestors of the pilgrims who played a vital role in its development in the past continue to visit Ise for the purpose of worshipping at Japan’s holiest shrine. Nowadays, 8 more than million people travel from all over Japan and the world to Ise. Please come visit this beautiful 2,000 year old city of Japanese history and culture!

Where is Ise City



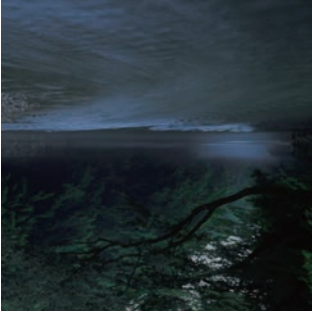
Tourist Information office, within JR and Kintetsu Ise-shi station: Hours: Monday through Sunday; 9:00 to 17:30 Tel: 0596-65-6091

Tourist Information Office, within Kintetsu Ujiyamada Station: Hours: Monday through Sunday; 9:00 to 17:30 Tel: 0596-23-9655

Tourist Information Office, near Geku: Hours: Monday through Sunday; 8:30 to 17:00 Tel: 0596-23-3323

The divine forests of Ise Jingu cover an area of 5,500 hectares (ca. 13,600 acres), which amounts to about a quarter of Ise city. The main sanctuary of both Naiku and Geku is situated each within 90 hectares of forest that has been left untouched since the time of the enshrinement of the kami. The remaining forests covering 5,320 hectares have been used to supply all the timber of Japanese cypress needed for the reconstruction of the sanctuaries at the time of the Shikinen Sengu ceremony, until the medieval ages. This custom was then discontinued for several hundred years. However, in 1926, a new reforestation program was started in order to supply the necessary timber of Japanese cypress for the Shikinen Sengu ceremony over the coming 200 years. The purpose of this program is to supply the material for the Shikinen Sengu ceremony, but also to tame the clean Isuzu River and to keep the natural environment stable.

Forests of Ise Jingu



Visit time January – April and September: AM5:00 – PM6:00 May – August: AM5:00 – PM7:00 October – December: AM5:00 – PM5:00



Ise Jingu every year. fact, more than eight million pilgrims and worshippers come to Ise make a pilgrimage to Ise Jingu at least once during their lifetime. In be the spiritual home of the Japanese people, most of whom wish to most honored place among all Shinto sanctuaries. It is considered to are at the center of spiritual life. Historically, Ise Jingu has held the There are more than 100,000 Shinto sanctuaries in Japan, which solemn ceremonial occasions as well as festivals at the local level. According to Shinto (literally “the way of the kami”), the indigenous religion of Japan, kami are worshipped in matsuri which include which usually consist of a building surrounded by a grove of trees. sanctuaries (generally called jinja) in which kami are enshrined and evergreen trees in which kami (powerful beings) reside, as well as with nature. All over Japan, there are consecrated rocks and Since ancient times, the Japanese people have lived in accordance

Ise Jingu and Shinto

Every sanctuary in Ise Jingu consists of two identical adjoining sites. Since the seventh century A.D., with only a few exceptions, Naiku, Geku, and the respective auxiliary sanctuaries of Naiku and Geku have been ceremoniously transferred in solemn nocturnal ceremonies from the old sanctuary buildings to newly reconstructed buildings in their adjoining sanctuaries. This ceremonial system, referred to as Shikinen Sengu, is thought of as an elaborate Kannamesai (Offering of First Fruits) ceremony. It involves the reconstruction of the sanctuary buildings as well as the renewal of the sacred apparel and treasures of the kami on the occasion of the Sengyo (Transfer) ceremony. By performing the Shikinen Sengu every twenty years, the Japanese people receive renewed blessings from their kami and pray for peace in the world.

Shikinen Sengu



Jingu Chokokan Museum map B-2 9:00-16:30 (Last admission 16:00) Thursday



SENGUKAN MUSEUM map B-1 9:00-16:30 (Last admission 16:00) 4th Tuesday of every month



Geku map B-1



Naiku map D-2

The Jingu Chokokan Museum is a facility that brings together the history and the culture of Ise Jingu. Exhibitions feature the old treasures offered to the kami, the materials relating to the history of Ise Jingu, miniature models, and masterpieces of fine arts.

The Sengukan Museum was built in 2013 to commemorate the 62nd Shikinen Sengu. Visitors can learn about the materials and technology of the shrine through lectures and hands on activities which bring them closer to the spirit of Shikinen Sengu.

The official name of Geku is Toyuuke-dai-jingu. The kami of Geku is Toyuuke-no-Omikami, who is responsible for the food of Amaterasu-Omikami. She is also the kami for food, clothing, and shelter. Geku was founded about 1,500 years ago. The 21st Emperor Yuryaku had a dream of Amaterasu-Omikami in which the deity revealed that she could not properly secure her meals and therefore asked the Emperor to bring Toyuoke-no-Omikami from Yamato (currently, northern part of Kyoto prefecture) to take care of her food.

The official name of Naiku is Kotajingu. The main deity is Amaterasu-Omikami, the ancestor of the Imperial Family and the tutelary kami of the Japanese people. Naiku was founded about 2,000 years ago. Worship of Amaterasu-Omikami was conducted by the first ten Emperors within the Imperial Palace in Yamato. At the age of Emperor Sujin the country was struck by severe epidemics and numerous other disasters. Therefore, the Emperor gave Princess Toyosukuhime-no-Mikoto an order to move Amaterasu-Omikami from another place. Consequently, Amaterasu-Omikami was enshrined at a location in the eastern Nara Basin.



- Legend:**
- Tourist Information
 - Shrine
 - Museum
 - "Can Bus" stop
 - Accommodation
 - Parking
 - ATM / Cashing*
 - Bank / Exchange
 - Post office*
 - Supermarket
 - Convenience store
- *ATM/Foreign card Cashing service available

Recommend One Day Trip Model Course



If you have time

More Tourist Attractions around Futami

Futamiura is a flourishing place used by visitors to purify their bodies, enjoy shopping and sightseeing in one of Japan's most beautiful, cultural and historical settings. Futami area is about 30 minutes by bus and 10 minutes by train from Ise Station.



Transportation

- By bus**
Public buses take visitors to the main tourist areas of Ise-Shima. Between Geku and Naiku there is a convenient circulation bus that runs throughout the day. For sightseeing and trips to Toba, the "Can Bus" is another convenient option.
- By taxi**
Convenient taxis are available at many locations to take individuals and groups between Geku, Naiku Shrines and all other tourist attractions in the area.
- By bicycle (Rental)**
Visitors can rent bicycles at the tourist desk in the Geku Information center (Tel: 0596-23-3323), or the Ujiyama Station Information Desk (Tel: 0596-23-9655).

Where to go



Oharai machi street D-2



Ending at the Ujibashi Bridge of Naiku, this stone-paved and centuries-old 800 meters pathway has led pilgrims to Ise Jingu for centuries. Modern "pilgrims" will find Oharai machi street quiet in the early morning and lively with afternoon weekend crowds enjoying a lined variety of shops and restaurants with all kinds of local food, drinks, and souvenirs.

Okage Yokocho C-2 9:30-17:30 depends on the season.



This is a recreated traditional Japanese market mirroring what must have been the scene for visiting pilgrims on their way to Ise Jingu Shrine. Modern visitors can enjoy Okage Yokocho's traditional buildings and atmosphere and will find an array of shops and restaurants as well as festivals and entertainment performances throughout the year.

Kawasaki A-2 9:30-17:00 Tuesday



During the Edo Period (1603-1868), this town developed into a market for wholesale goods. Referred to as "The Kitchen of Ise", it was a town of prosperity for the visitors of Ise Jingu Shrine to find food and lodging. Traces of the historical townscape still remain even today, including an old warehouse that was turned into a cafe and a shop. There is also a museum that exhibits many authentic items from the past.

Furuichi B-2



Located between Geku and Naiku, the Furuichi area was once an entertainment center filled with Kabuki theaters and other places for relaxation and fun, where pilgrims enjoyed themselves after their usually long and spiritual journeys to Ise Jingu Shrine.



<Futami area> Meotoiwa E-2



Two rocks are tied firmly with large, thick ropes called "Shimenawa", which are used in Shinto to ward off evil. The morning sun rises between the two rocks from May to July. It is highly recommended to go during the summer solstice, when the sun rises precisely midpoint between the two rocks creating a spectacular view.

Hinjitsukan E-2 9:00-17:00 Last admission 16:30 Tuesday



Built in the twentieth year (1887) of the Meiji Period, this historical building had been used to house Imperial families when visiting Ise Jingu. Presently, it is a cultural and historical museum that is open to the public.

Open and Closed hours English guidance Closed

What to eat



Local Specialties

Ise Udon Noodles

In Ise, when one mentions udon noodles, they are referring to the distinctively softer and thicker Ise udon noodles. The dark tare sauce made with soy sauce and soup stock packs a big punch, but you can relax because it is not as salty as it looks.



Mochi(Rice cake)

Mochi is a delicious sweet easily savored by tourists who visit Ise. It is made from short grain rice that is pounded into paste and moulded into the desired shape. Tourists have long enjoyed many kinds of famous mochi rice cakes.



Panju

A very unique local invention, Panju is a baked soft bun with sweet adzuki bean paste.



what to do

Experience



You can try!

- To make Japanese fish sausage (kamaboko) at Wakamatsuya.
- To make ceramic art (Tougei) at Iseyaki Tougei Taiken Koubou.
- To make pearl accessories at Micken-Shinjuu.
- To rent a samurai, princess, and ninja costume at Azuchimomoyama Jokamachi theme park.

For more information
Ise city Tourist Information Office

Tel: 0596-23-3323 <http://www.ise-kanko.jp/English/>