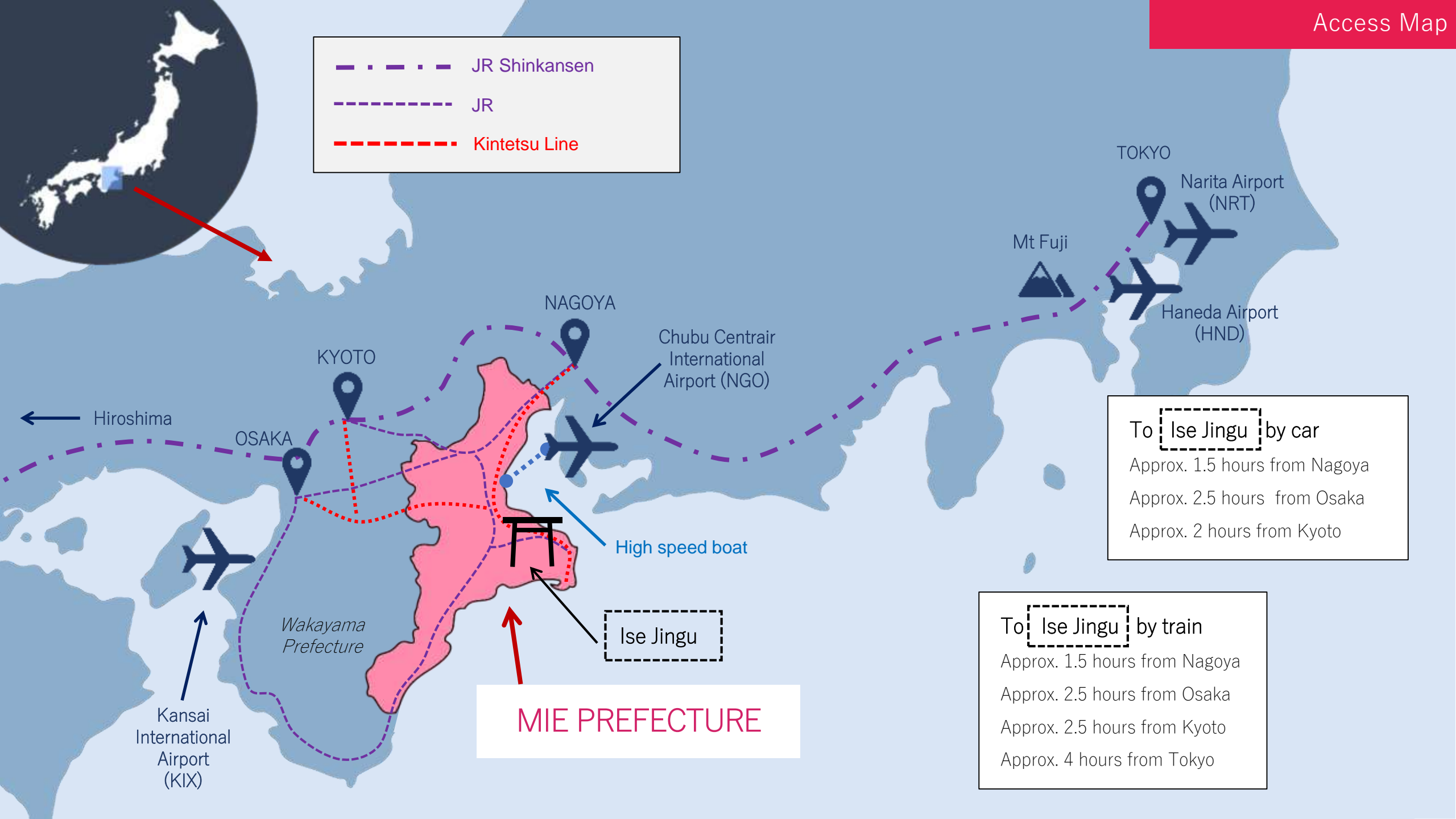




MIE
Once in your lifetime



— · — · — · — JR Shinkansen
- - - - - JR
- - - - - Kintetsu Line

To **Ise Jingu** by car
Approx. 1.5 hours from Nagoya
Approx. 2.5 hours from Osaka
Approx. 2 hours from Kyoto

To **Ise Jingu** by train
Approx. 1.5 hours from Nagoya
Approx. 2.5 hours from Osaka
Approx. 2.5 hours from Kyoto
Approx. 4 hours from Tokyo

MIE PREFECTURE









Experience the best of Mie Prefecture

- Craftmanship
- Tradition
- Cuisine
- Nature
- Outdoors activities

HOKUSEI



IGA



ISE-SHIMA



CHUNANSEI



HIGASHIKISHU



1~14 : Contents

A~F : Accommodations, Restaurants, Shopping

1

Kumiko

Traditional decorative woodcraft

Craftmanship

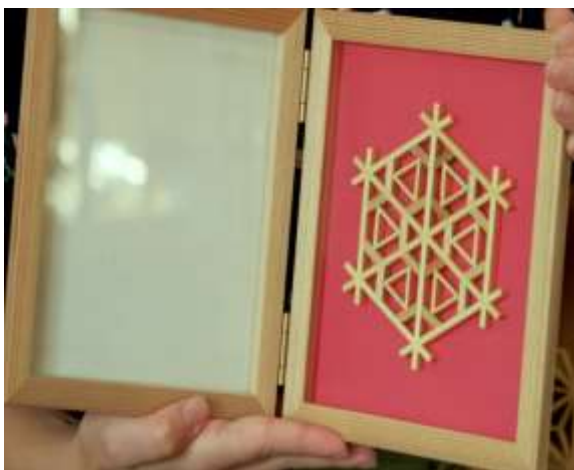
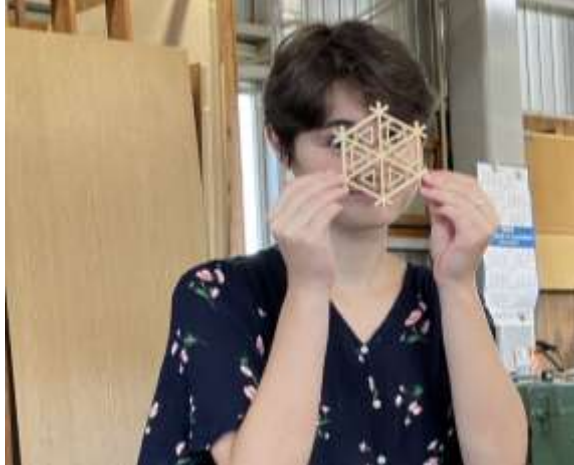
Tradition

Kumiko is refined lattice-work, used in Japanese rooms for decorative features. It is a very delicate and precise work, and the most skilled craftsmen can make very intricate patterns.

You will meet the craftsmen who have designed Kumiko gifts for the G7 Ise-Shima Summit 2016. Mr. Kuroda and his father have received several awards for their work. Among them, the Prime Minister Award. They have also exposed their work at the EXPO Milano in 2015 Japan Pavilion.

Once in your lifetime highlights:

- Tour of the workshop to learn about the wood and the tools.
- At the family house, discover the work of the 2nd and 3rd generation of craftsmen.
- Guests can make a photo frame using the techniques of lattice-work.



2

Seki Post Town & Okeju workshop

Experience making wooden pails

Craftmanship

Tradition

The Okeju workshop was founded in 1882. *Oke* are wooden pails, consisting of shaved plates of wood and *taga* strings. Those are made by splitting bamboo and weaving the strings and are used to fasten the outside of the pails.

Making one pail takes several days, depending on its size. It is said that the bucket can be used for more than a 100 years and can be enjoyed as the color of the wood changes.

Once in your lifetime highlights :

- Guests can try wood shaving using the plane.
- They can pre-order their original pail, put together the final touches and bring it back home.
- The craftsman's workshop is located in Sekijuku, a historic post town on the Tokaido. It has been designated as an Important Preservation Site.



3

Kumihimo

Japanese traditional braiding technique

Craftmanship

Tradition

"Iga Kumihimo" has a long history, and it is said that the weaving techniques were introduced from the continent along with Buddhist culture about 1,500 years ago.

In samurai times, *kumihimo* were used to enhance the strength and color of armors and helmets as well as used as decorative strings for tea ceremony utensils. They were later used as obi decoration when wearing kimono.

Once in your lifetime highlights:

- Mr. Hiroswawa, the craftsman, will explain to the guests the essence of Iga Kumihimo through a private demonstration in his workshop.
- Guests will also have a simple braiding experience.
- Guests can order on the spot a personalized product: necktie, obi, obi-jime, belt. They can choose the design and the colors with the craftsman.



4

Nagatanien Iga-yaki

Japanese clay potteries

Craftmanship

Tradition

Iga-ware developed under the influence of Nara, first capital of Japan. Wavy or lattice patterns and glaze are applied using a unique spatula tool. It is also characterized by a glass-like finish called vidro glaze. It creates powerful and bold pieces that cannot be found in other regions.

Iga-ware takes advantage of the heat and fire resistance that are the characteristics of the Iga clay.

Once in your lifetime highlights:

- Tour of the climbing kiln, which is registered as Cultural Property.
- Visit of the Iga-ware gallery to discover the work of many artists. Guests can purchase potteries at the shop.
- At the main house, learn about *donabe* (clay pots) while having tea and Japanese sweets.



5

Akame 48 Falls

Retreat Program in the birthplace of Ninja

Tradition

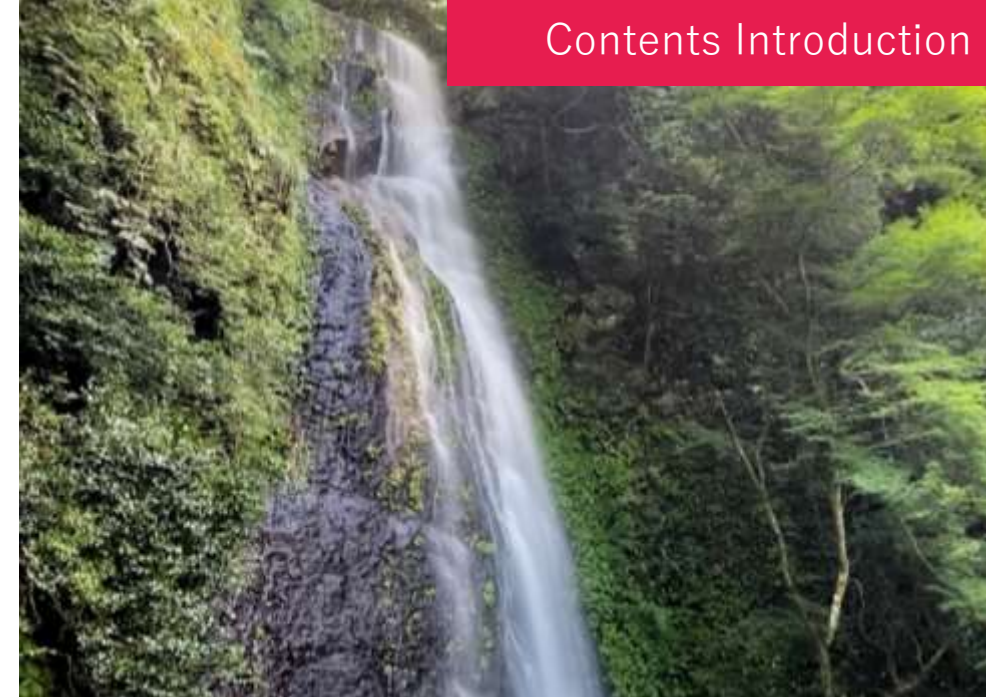
Nature

Outdoor Activities

At Akame 48 Falls guests can walk on the beautiful trail while enjoying the flow of the river and the waterfalls. Here, mountaineering ascetic and ninjas used to sharpen their spirits. During this program, guests will experience healing, meditation, and walking under the waterfall.

Once in your lifetime highlights:

- Walk for around 3.3km with a guide in Akame 48 Waterfalls. Learning about the history of the place, guests can enjoy the beautiful nature.
- Enjoy a 20-30 min meditation in front of the Senju waterfall.
- Hike to Dainichi waterfall and experience meditation under the waterfall.



6

Senju-ji Temple

Spiritual experience with the temple monk

Tradition

Senju-ji Temple is the head temple of the Takada school of Shinshu Buddhism. It has inherited the teachings of founder Shinran Shonin. There are many National Treasures and Nationally Designated Important Cultural Properties in the precincts.

Once in your lifetime highlights:

- Under the guidance of a monk, guests will have the chance to visit private areas, that are usually not allowed to the public.
- Assist to a sutra chanting ceremony conducted by monks.
- Try "rubbing", a traditional method to reproduce patterns engraved on wood, stone or other materials.
- Enjoy tea and some Japanese traditional sweets.



7 Mikimoto Pearl Island & Pearl Miki

Learn about pearl culture

Tradition

Mikimoto Pearl Island

Guests will learn about Kokichi Mikimoto, the creator of the cultured pearls. They can discover a rich collection of antique jewelry and gorgeous arts and crafts made with natural and cultured pearls.

Once in your lifetime highlights:

- Have a private tour of the museum with a professional and open an oyster to find a pearl.
- Watch a demonstration of Ama divers, female divers who used to be indispensable to pearl farming, on an exclusive boat ride with them.

Pearl Miki

Experience how pearls are cultured and extracted.

Once in your lifetime points:

- Visit the picking area and extract pearls from Akoya oysters. Guests can take home the pearls they found.



8

Ama & Ise Shrine Special Program

Learn about the relation between gods & nature

Tradition

Cuisine



Shinsen is a meal offered to the gods. For about 1,500 years, twice a day, it has been served in Ise Jingu to Amaterasu Omikami, with thanks and prayers. Guests will learn about the importance of coexisting with nature through a discussion with Ama divers and visits of shrines.

Once in your lifetime highlights:

- At a replica of an Ama hut, guests will enjoy special dishes, some of them similar to the ones offered to the gods.
- Visit a real Ama Hut, which is exclusively open for this program.
- Learn about Iwato natural salt production.
- Visit Ise Grand Shrine/Naiku and assist to a Kagura performance.

9

Satoumi-an

Have a meal at a traditional Ama Hut

Tradition

Cuisine

It is said that Ama divers have a history of 3,000 to 5,000 years. To this day, they have preserved their own traditions and customs and kept coexisting with nature.

Once in your lifetime highlights:

- Guests will meet the Ama divers at Satoumi-an before going on a tour of a real Ama hut.
- Return to Satoumi-an for a special seafood meal.
- Guests can interact and talk with the Ama divers over the meal.



10

The source of Umami

Katsuo no Tenpaku, bonito smoking hut

Tradition

Cuisine

Guests will be welcomed in a traditional bonito smoking hut. They will receive a lecture on the relationship between God, people, and food, so important in Mie Prefecture,

Once in your lifetime highlights:

- Guests will make dried bonito flakes using a *kezuriki* (shaving plane).
- Taste rice cooked in claypot topped with the bonito flakes, taste dashi and local sake.



11

Owase Wappa

Handmade wooden bento boxes

Craftmanship

Tradition

Handmade wooden bento boxes wappa were used by people working in the mountains as well as fishermen going out to the sea.

Mr. Seko is a master craftsman who handles the processes from raw wood to lunch boxes by himself.

Once in your lifetime highlights:

- Explanation and demonstration on how the wappa are made.
- Guests can have their hands at it, bind the wappa using peeled off cherry blossoms trees bark.



12

Swordsmith Workshop

Learn and experience sword making

Craftmanship

Tradition

Visit the workshop of Kenichiro Sumiya, a young sword-smith, located in a beautiful area, in the middle of the forest. Learn about the history of sword making and Japanese swords, as well as tips on how to appreciate them.

Once in your lifetime highlights:

- Guests can experience making a small sword (*kogatana*).
- Enjoy the mountain village and the forest by having a walk around the workshop.



13

Walk the Kumano Kodo

UNESCO World Heritage-listed pilgrimage route

Nature

Outdoor Activities

Walk the beautiful pilgrimage route of the Kumano Kodo, listed on the UNESCO World Heritage. The cobblestone pavement, made with thick natural stones, continues through the beautiful Owase cypress forest.

Once in your lifetime highlights:

- Plan A: Walk the Magose-toge Pass, located in the middle of the Iseji Route, which connects Ise and Kumano.
- Plan B: Walk the Matsumoto Pass, the last pass on the Ise Route connecting Ise and Kumano. Enjoy the sceneries of the mountains and the sea, unique to the Ise Route.



14

Experience Canyoning

Enjoy Kiho preserved natural environment

Nature

Outdoor Activities

In the small town of Kiho, south of Mie, guests can experience canyoning in the clear water flow, going through the luxurious forest.

Once in your lifetime highlights:

- Experience going down a cascade (up to 17 meters) in the beautiful forest of Mie Prefecture.





AMANEMU

Ryokan-inspired onsen resort located above Ago Bay. Enjoy scenic views out to the bay or gardens.

- Suites with private onsen bath
- 2 bedrooms villas
- Thermal spring spa therapy
- Japanese cuisine restaurant

<https://www.aman.com/resorts/amanemu>



SHIMA KANKO HOTEL The Bay Suites

Luxury resort located in the southern area of Shima Peninsula. It served as the venue for the G7 ISE-SHIMA SUMMIT.

- All suites rooms of at least 100m2
- French & Japanese dining
- Spa & Sauna
- Lounge to enjoy the panoramic view

<https://global.miyakohotels.ne.jp/baysuites/>





SOSUIKYO

Museum-like inn with 12 villas based around 8 elements: soil, stone, plaster, wood, lacquer, Japanese paper, glass, iron

- Open bath in every villas.
- 3 restaurants to enjoy local delicacies.
- Spa, massage.

<https://sosuikyo.com>

C



SHIOJITEI

Japanese style rooms that dignified local craft such as Ise Katagami (Ise Paper) and Ise Momen (Ise Cotton). Enjoy the view on Toba Bay.

- Japanese cuisine with local ingredients
- Hot spring baths

<https://www.shiojitei.jp/en/>

D



Restaurant La Mer

B

Enjoy sea food dishes inspired by French cuisine with a touch of Japanese traditional flavor. Chef Higuchi was appointed to cook G7 leaders' meals.

Everyday
17 : 30~20 : 30 (Lo)

Dinner Course 18,800~36,000 JPY

<https://global.miyakohotels.ne.jp/baysuites/dining/french-restaurant-la-mer/>



Tempura Tobari

E

Enjoy delicious tempura made with fresh ingredients from Ise.

Closed on Tuesdays
11 : 30~13 : 00 (Lo)
17 : 30~20 : 30 (Lo)

Tempura course lunch 5,500 JPY
Tempura course dinner 11,000~22,000 JPY

<https://tempratobari.com/>



Hinakaya

F

Kaiseki cuisine using local vegetables, wild plants, and seafood from Ise Bay. In the thatched roof house, in front of the Miya river, guest can enjoy the beautiful natural environment.

Closing days vary
11 : 30~13 : 30 (Lo)
17 : 00~19 : 00 (Lo)

Lunch course 4,290~22,000 JPY
Dinner course 6,050~22,000 JPY

<https://www.hinakaya.com/>



VISON

G

In Vison, guests can shop among a selection of traditional products such as mirin, sake, miso or soy sauce as well as traditional crafts and design items. They can also enjoy a break at the Sweet Village Area.

Accommodations and restaurants are also available,

<https://vison.jp/>

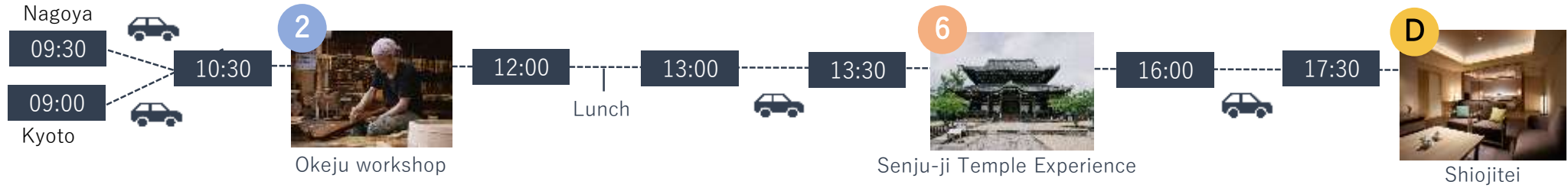


Model Course 1

Discover the history and culture of Mie Prefecture

● Hokusei
 ● Chunansei
 ● Ise-Shima

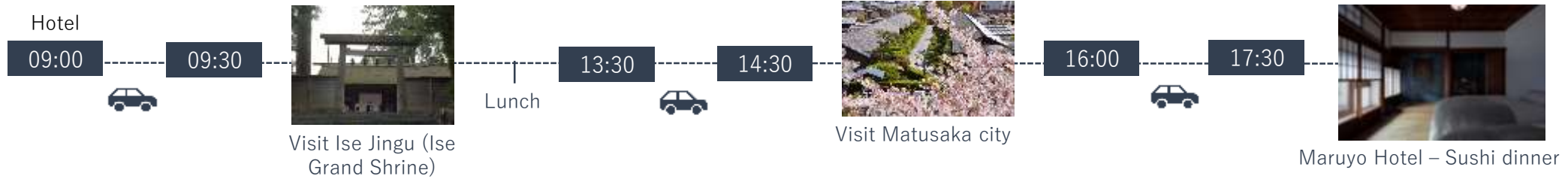
DAY 1



DAY 2



DAY 3



DAY 4

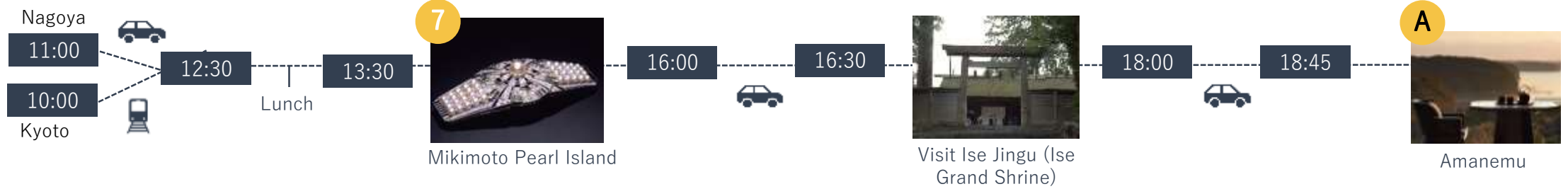


Model Course 2

Discover the gastronomy and culture of Mie Prefecture



DAY 1



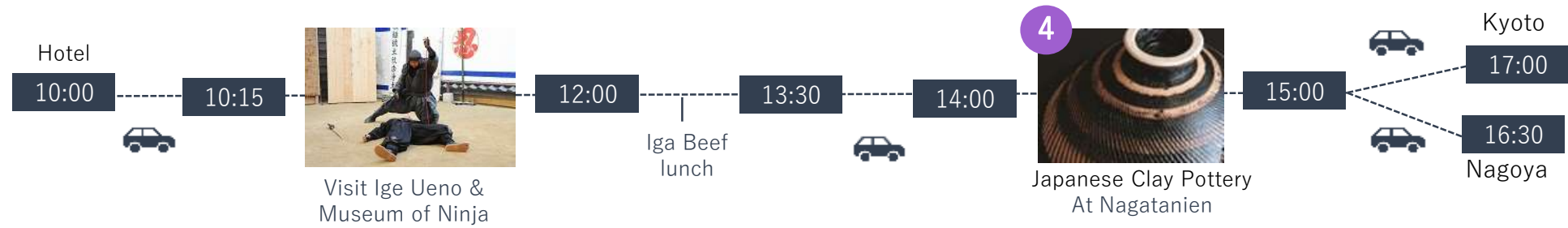
DAY 2



DAY 3



DAY 4

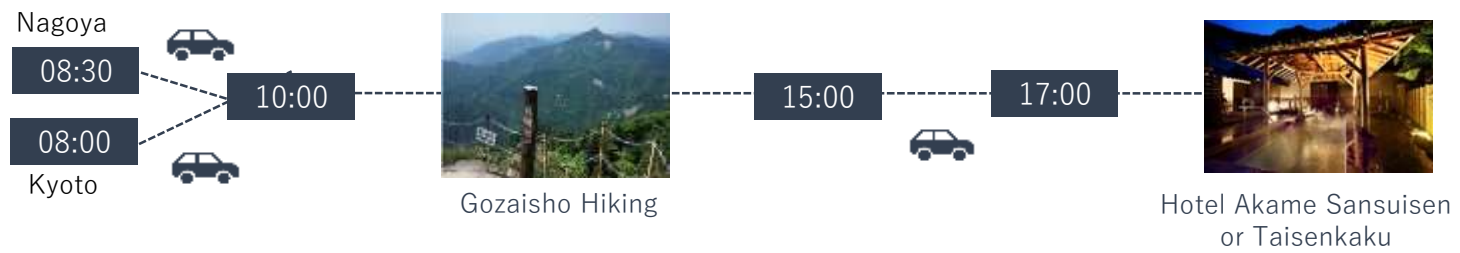


Model Course 3

Experience nature and adventure in Mie Prefecture

● Iga
 ● Higashikishu
 ● Ise-Shima

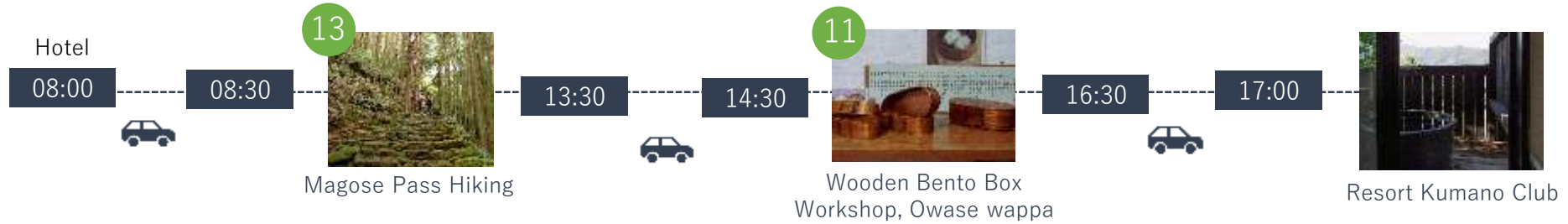
DAY 1



DAY 2



DAY 3



DAY 4



Model Course 4

From the mountains to the sea, discover Mie Prefecture

● Ise-Shima ● Higashikishu

DAY 1

Wakayama Pref.
Nachikatsuura



Canyoning



Lunch



Swordsmith Experience



Resort Kumano Club

DAY 2



Magose Pass Hiking

OR



Matsumoto Pass Hiking

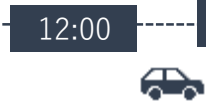


Resort Kumano Club

DAY 3



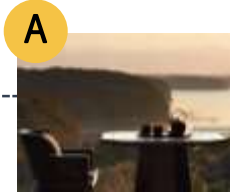
Owase Wappa, wooden bento box



Kaiseki local lunch at Hinakaya



Visit Ise Jingu (Ise Grand Shrine)

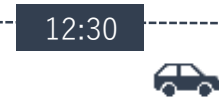


Amanemu

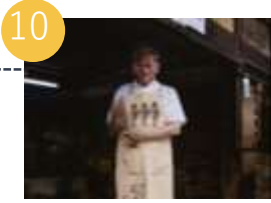
DAY 4



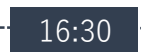
Ama Lunch & Experience
At Satoumi-an



Pearl Miki



Bonito Smoking Hut



Amanemu

DAY 5



Yokoyama Observatory Deck



Tempura Tobari



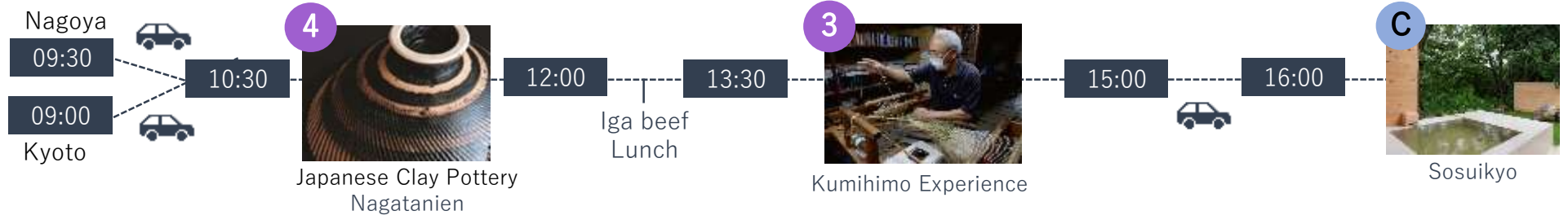
Kyoto

Model Course 5

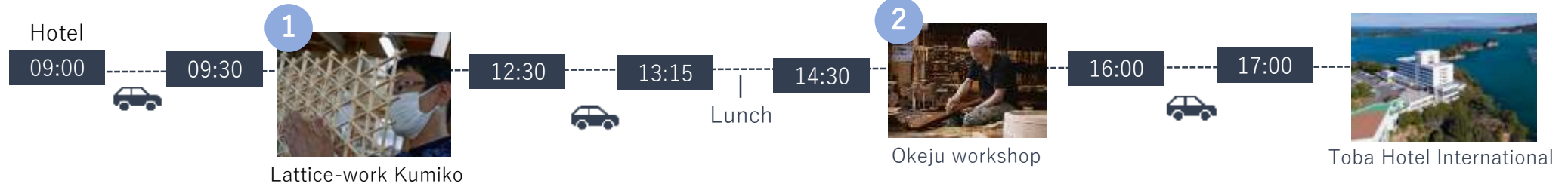
Meet the craftsmen of Mie Prefecture

 Hokusei	 Iga
 Chunansei	 Ise-Shima

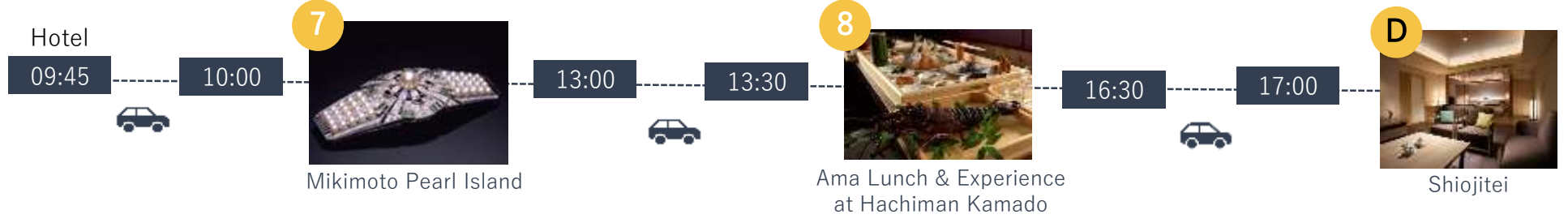
DAY 1



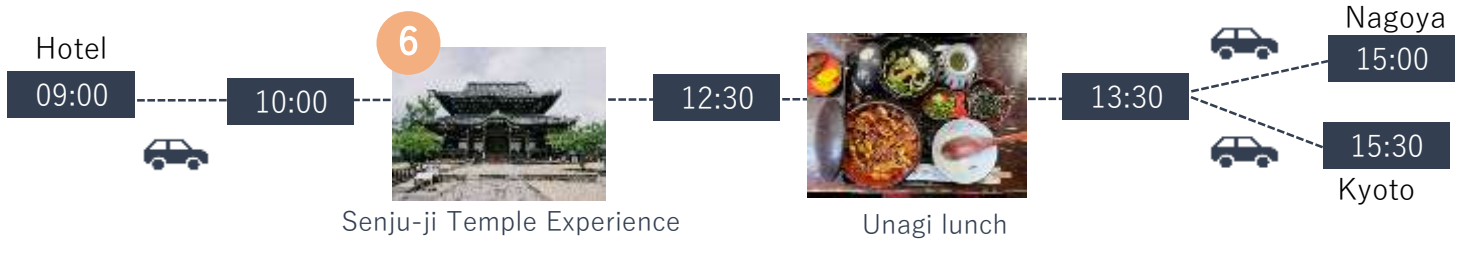
DAY 2



DAY 3




DAY 4






 <https://www.kankomie.or.jp/en/>

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 <https://www.instagram.com/visitmie/>

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