

Activities (short version)

Ise-Shima National Park offers so many activities and unique experiences that there is sure to be something to interest and excite everyone.

Numerous hiking trails wind through the inland forests and mountains, leading visitors to views of the jagged coastline. There are all sorts of water sports on offer. Further out to sea, surfing is popular. Sea kayaking, water balling, and paddle boarding, suitable for a range of ages and abilities, can be enjoyed on the bays' calmer waters. Cycling tours allow visitors another way to experience the beautiful coastlines of Ise-Shima.

Various cruises depart from Kashikojima Island and Toba Bay. Ago Bay's ferries weave around the many small islands, giving travelers up-close views of the intricate coastline and lush forests.

Travelers wishing to experience Ise-Shima's rich cultural history directly can opt to visit an *ama's* hut for lunch. These brave female divers who harvest shells and seaweed have played an important role in Ise-Shima for centuries. Listening to their stories as they cook fresh abalone and other seafood over an open fire is an unforgettable experience. Ise-Shima is also famous for being the birthplace of cultivated pearls. Visitors can try extracting them and making accessories from pearls cultivated here.