

## Welcome to Ise-Shima National Park

Ise-Shima National Park is one of 34 national parks in Japan. It covers most of the Shima Peninsula in the central part of Mie Prefecture, encompassing an area of 55,544 hectares. The region was designated a national park on November 20, 1946, and includes the municipalities of Ise, Toba, Shima, and Minami-Ise. It can be broadly divided into two areas: The mountainous inland area includes Ise Jingu—the country’s foremost *jinja* (Shinto shrine), dedicated to the deity Amaterasu Omikami—and the lush, sacred forests that surround it. The coastal area includes an archipelago, and is characterized by the intricate topography of its ria coast and the biodiversity of its nutrient-rich waters.

Unlike many national parks in Japan, Ise-Shima is largely made up of privately owned land. People have resided here for centuries, and have developed a strong connection with the environment—a historical relationship that lies at the heart of the area’s customs and culture. This is perhaps best seen in the sustainable lifestyles of local *satoyama*—mountain farming villages and their environs—and *satoumi*—seaside fishing communities and their surrounding waters—found throughout the park.

Ise-Shima National Park welcomes visitors interested in exploring its diverse landscapes, its enduring cultural and culinary traditions, and the unique customs and history of its people.