

An aerial photograph of a coastal region. The foreground is dominated by lush green hills. In the middle ground, there are several bodies of water, including a large bay and smaller inlets, surrounded by green land. Some buildings and structures are visible on the hillsides. The background shows a distant coastline with a bridge and other structures under a blue sky with light clouds.

Amanemu Experiences

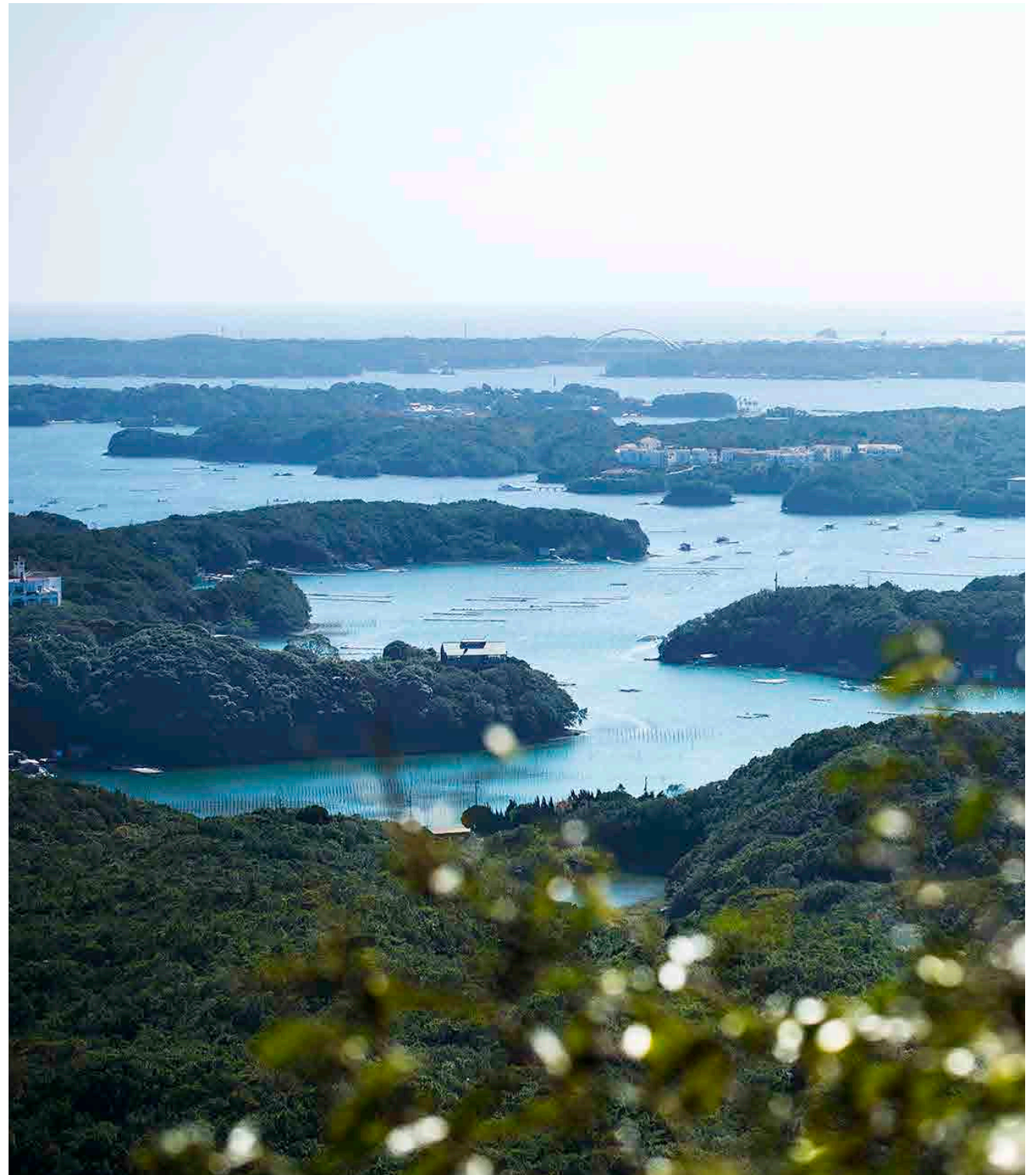
AMANEMU

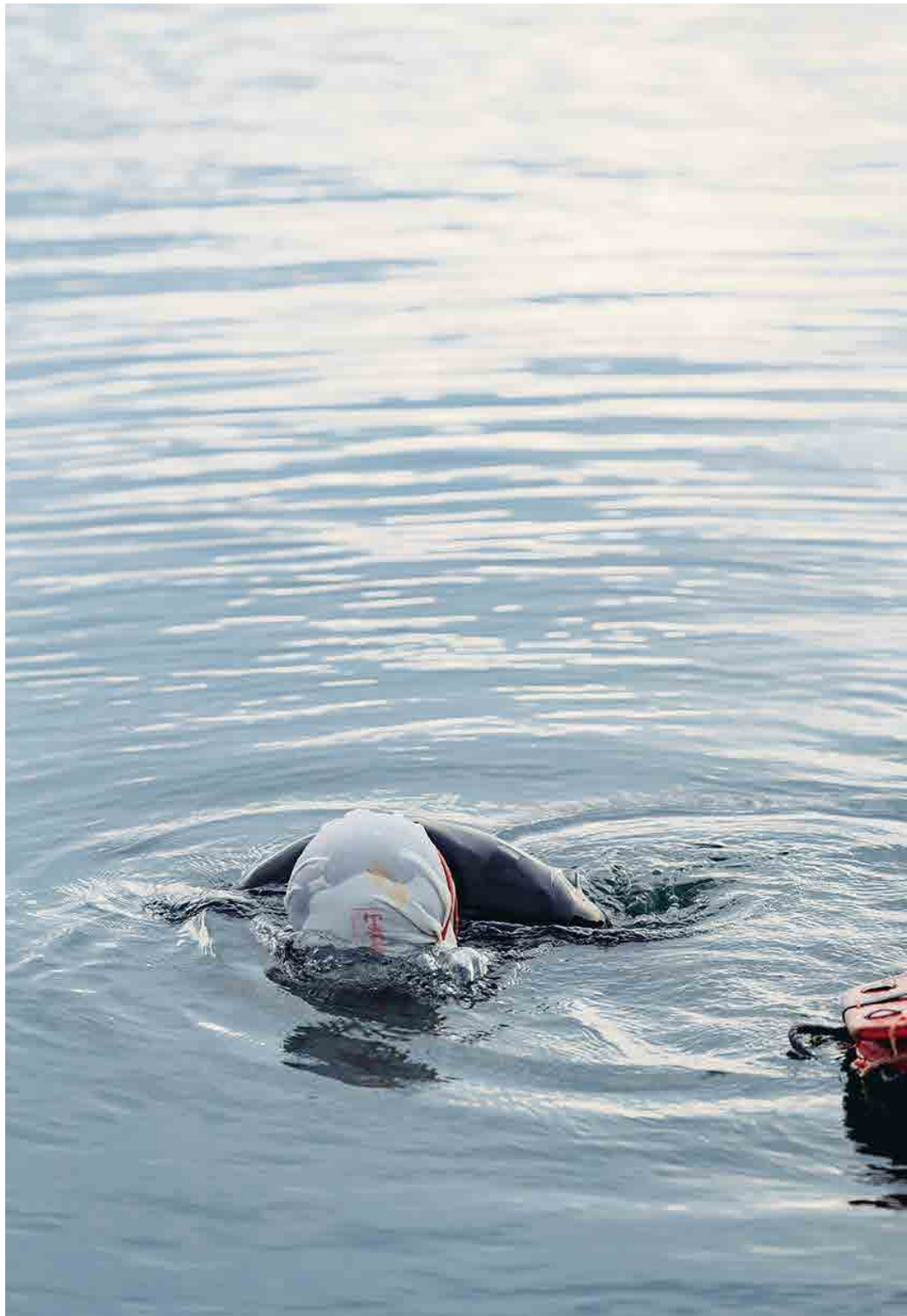
A day in the life of an *ama* diver
Ise Jingu and the food of the gods
A trip back in time to Nikenchaya and Kawasaki
Cycling the peaks and shores of Ise Shima
Hiking the majestic surrounds of Ise Jingu

AMANEMU Journeys

Six unforgettable adventures
in Ise Shima

Establishing deep, lasting connections with local communities and cultures around the world is fundamental to the Aman philosophy. These Journeys - exclusively available at Amanemu - have been created to fully immerse guests in the charms of the Ise Shima region, regarded as Japan's spiritual heartland. They are the result of deep ties with an array of remarkable local merchants, guides and artisans - and in many ways, contribute to the preservation of some of Japan's finest crafts, cultures and cuisines.



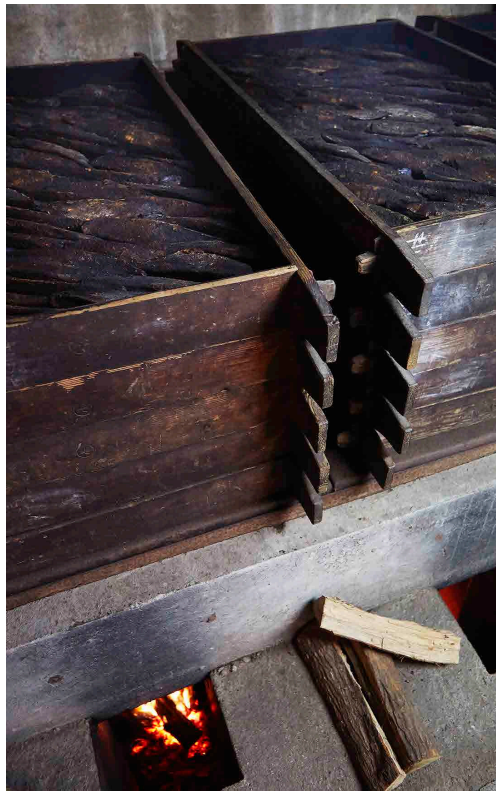


A day in the life of an *ama* diver

Available: May - October

Duration: 7 hours, 8am - 3pm

The few remaining *ama* female divers are the torchbearers for one of Japan's most remarkable cultures. As hardy as they are alluring, these women free-dive to the ocean floor to gather pearls and seafood for trading ashore. Decades ago, they would dive topless into the sea, equipped with just a knife and wooden bucket. Later, they would wear pure white robes - creating one of Japan's most unique images of femininity. On this Journey, guests are taken diving by a veteran *ama* as she hunts for seafood - including scallops, abalone and *sazae* horned turban. Back on dry land, she will prepare a fantastic seafood barbeque in a traditional *amagoya* hut.



Ise Jingu and the food of the gods

Ise Jingu is the spiritual home of the Japanese people – a 2,000-year-old Shinto shrine with a divinity that must be experienced to comprehend. Among its most important rituals are the morning and evening meals offered to the deities, 365 days a year for the past 1,500 years. This Journey takes guests on a tour of the region to sample the foods included in those offerings. This is a unique culinary adventure to some of the finest producers in a place long known as Japan's Imperial breadbasket. The starting point is Ise Jingu, after which a rice porridge of fresh abalone is served for breakfast. Next is Sakatoku Konbu, a seaweed producer founded a century ago. Guests also travel to Futami – a quaint town famed for the iconic Meoto Iwa "married rocks," and the home of sea-salt maker Iwatokan. After lunch, the tour culminates with a visit to cliff-side *katsuobushi* producer, Tenpaku.

Available: All year
Duration: 10.5 hours, 7am - 5.30pm



A trip back in time to Nikenchaya and Kawasaki

For centuries, Nikenchaya served as a stop for people visiting Ise Jingu, who would arrive by boat via the Seta river. Kawasaki, nearby, was abuzz with dock workers and warehouses. This Journey stops in both towns – two brilliant examples of life in the Edo Period (1603-1868). The day starts at Ise Jingu's Geku outer shrine, before moving on to Nikenchayamochi, the oldest *mochi* maker in Mie Prefecture. Later, guests take a boat to Kawasaki, also known as the "kitchen of Ise," to soak up the old town's attractions, including a merchant museum and *kamaboko* fish cake producer.

Available: All year Duration: 7.5 hours, 8am - 3.30pm

Cycling the peaks and shores of Ise Shima

Amanemu's two cycling courses, with high-end Bianchi road bikes and all necessary equipment provided, are the perfect way to explore the natural and cultural wonders of Ise Shima National Park.

Kashikojima to Yokoyama short tour: 3 hours, 26.5 kilometres

This short course is ideal for beginners or those looking for a moderate morning workout. It scales Mt. Yokoyama, offering a spectacular vista of Ago Bay, and heads back to Amanemu via picturesque Kashikojima island and the rugged shores of the area.

Anori long tour: About 5 hours, 48.5 kilometres

This longer course runs across the shores of Ago Bay to Anori Cape, taking in Shima Kokubu temple, Anori shrine and the Anorisaki lighthouse – famed for its rectangular structure and serving as the gateway to Matoya Bay.

Available: All year Duration: 3 - 5 hours, 9am - 12pm, 2pm - 5pm



Hiking the majestic surrounds of Ise Jingu

Duration: 6 hours, 8am - 2pm

The woodlands of Ise Jingu grand shrine – Japan's holiest site – are said to cover an area about the size of Paris. The air of spirituality is palpable – and best experienced on foot, just like the pilgrims who have been making their way here for thousands of years. This short hike takes in some of Ise Jingu's most beautiful locations, including the 3.9-kilometre trail to the summit of Mt. Asama – offering a 555-metre-high panorama of Ise Bay, and even Mt. Fuji on clearer days. The hike also takes in Kongoshoji, a vivid-red Zen temple that is part of the traditional pilgrimage route to Ise Jingu. Kongoshoji is said to have been built in 827 by Kobo Daishi, the founder of Shingon Buddhism. Before returning to Amanemu, a hearty bento box lunch and soup are to be enjoyed at the summit.

Ise Jingu grand shrine

Kumano Kodo one-day tours

Lunch with an *ama* female diver

Golf / Exploring the cultures of Ise Shima

Hiking / SUP and kayaking / Tennis

SUP Yoga / Picnics at Amanemu

Fishing / Ago Bay cruises

Tea tasting / Stories from Ise Shima / Sake tasting

Cultural Trips

These expertly created adventures unearth the charms of Ise Shima. From local crafts and water sports in beautiful Ago Bay, to boat cruises, meditation and cultural adventures across the wider region, there's something for everyone.





Ise Jingu grand shrine

Amanemu has created two exclusive tours of Ise Jingu – Japan’s most sacred Shinto shrine. The sprawling site is located approximately 45 minutes away by car. Ise Jingu has two main precincts: the Naiku (inner), dedicated to the sun goddess Amaterasu-Omikami, and the Geku (outer), dedicated to Toyouke-no-Omikami, the deity of life’s necessities. Both tours last a few hours, and also include a stroll through the charming streets outside the shrine: Oharai Machi and Okage Yokocho.

Naiku, Geku, and *kagura* theatrical dance

This tour takes in both the inner and outer shrines, while guests also have the chance to observe *kagura* – a traditional form of Shinto dance.

Naiku or Geku, and *seishiki sanpai* formal prayer

This tour takes in either the inner or outer shrine. Guests have the unique opportunity to enter the *haiden* worship hall to experience *seishiki sanpai* prayer. (Formal attire required; kimono available for an extra fee.)

Duration: Approximately 5 hours, 10am - 3pm

Car is available upon request



Kumano Kodo one-day tours

The Kumano Kodo ancient pilgrim routes crisscross the stunning Kii Peninsula, traversing the borders of Mie, Wakayama and Nara prefectures. Registered as a UNESCO World Heritage site, they deliver breathtaking scenery at every turn – meandering through dense, otherworldly woodland and connecting many of Japan’s most important cultural wonders. These three tours have been designed to get the best out of the Kumano Kodo, and include the services of an English-speaking guide.

Available: All year, 8am - 6pm

Nachi course

Duration: 10 hours

Daimonzaka slope, Nachi Taisha shrine, Nachi-no-Otaki waterfall

Magose Toge course

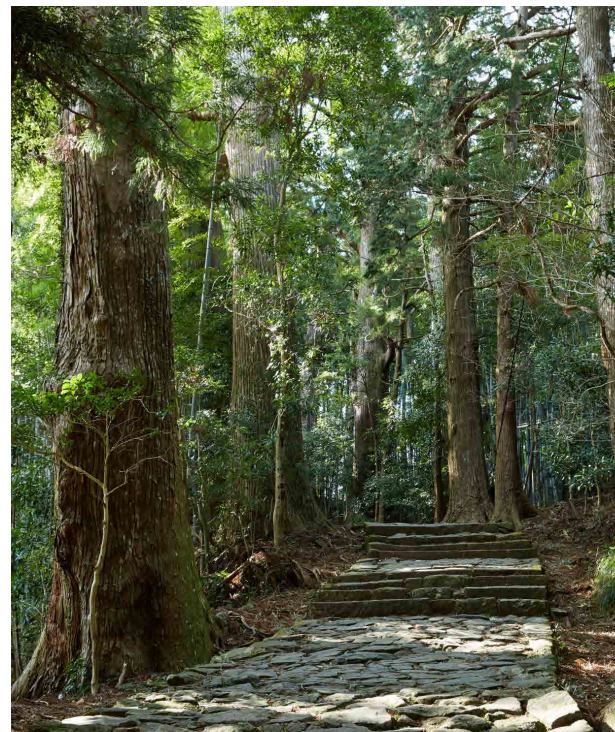
Duration: 7 hours

Magose Fudosen pass, Owase hinoki forest

Matsumoto Toge course

Duration: 9 hours

Hana-no-Iwaya shrine, Onigajo cliffside rock formation



Lunch with an *ama* female diver

Available: All year Duration: Approximately 3 hours, 11am - 3pm

The waters of the Ise Shima region have long been a hunting ground for the *ama*. It is said they came into existence due to their ability to resist the cold better than men. Once back ashore, they return to huts known as *amagoya* to warm their bodies. Amanemu offers guests the chance to get to know an *ama* diver and learn more about their unique lifestyle, while enjoying a delicious seafood barbecue.

***Amagoya* Satoumian and Azuri beach (access by boat or car)**

Here, guests can enjoy a fresh seafood course off the grill while listening to the stories of an *ama*. The experience can also include a stop at picturesque Azuri beach.





Golf

The Ise Shima region offers plenty for enthusiasts of all levels.

Nemu Golf Club

Neighbouring Amanemu, this course offers resplendent views of Ago Bay. It was remodeled by Damian V Pascuzzo, the former president of the American Society of Golf Course Architects.

Kintetsu Kashikojima Country Club

This course, a 20-minute car ride from Amanemu, is designed for advanced players, and offers stunning coastal views.

Kintetsu Hamajima Country Club

Just minutes away by car from Amanemu, this course is suitable for beginners. Its white sand bunkers and lush greens complement the views of Ago Bay.

Available: All year, from 7am



Exploring the cultures of Ise Shima

This adventure includes a boat ride across stunning Ago Bay to observe either a pearl farm or *aosa* seaweed farm. Guests can also enjoy a delicious grilled seafood lunch with an *ama* female diver in a traditional *amagoya* hut, where they rest and warm their bodies after being in the water. The experience includes the services of an expert local guide.

Available: April - December Duration: 4 hours, 10.30am-2.30pm

Availability dependent on suitable weather conditions



Hiking

Amanemu's location within Ise Shima National Park is the ideal starting point for hikes across the region.

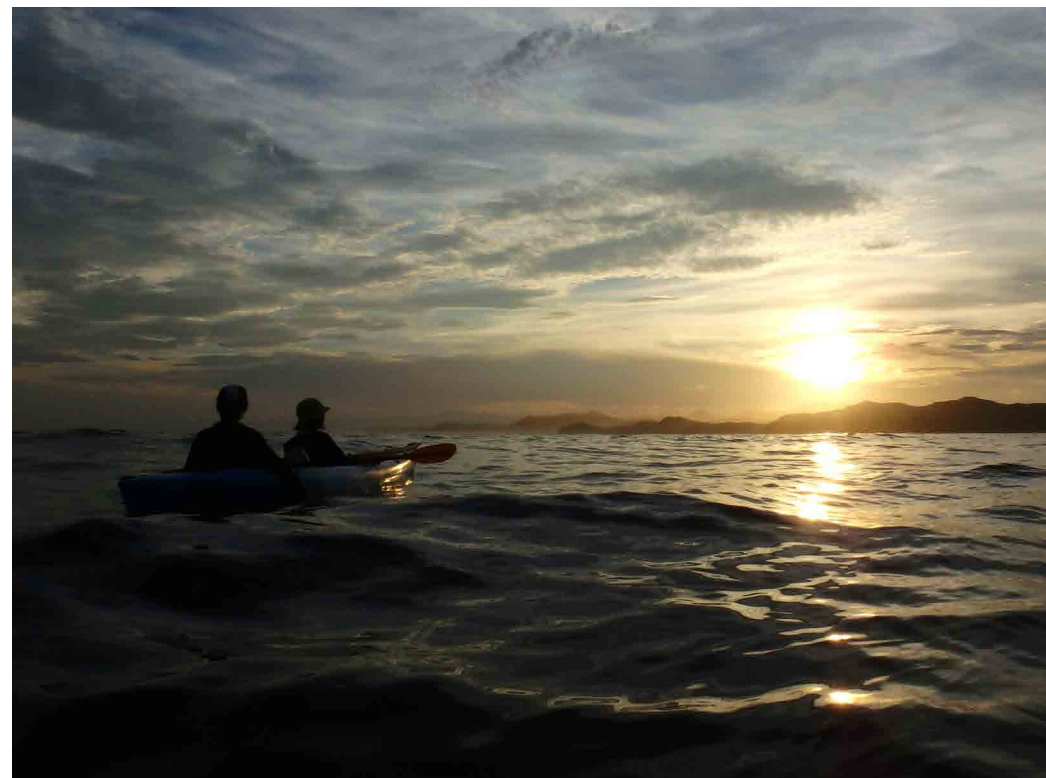
Yokoyama Hazako course - intermediate

After a 10-minute car ride, guests can hike through the local woodland to reach Yokoyama Observatory, offering a spectacular vista of Ago Bay.

Mt. Asama course - intermediate to advanced

This hike takes about five hours, including lunch. Mt. Asama is deeply tied to Ise Shima folklore, and has long been visited by people making their way to Ise Jingu shrine. The mountain is home to Kongoshoji - a zen temple founded by Kobo Daishi in 825.

Duration: From 4 hours, 10am - 2pm



SUP and kayaking

The beautiful waters of Ise Shima are ideal for a range of water activities. Stand-up paddle boarding (SUP) originated in Hawaii. Offering high buoyancy and a larger board, the activity is suitable for beginners. Kayaking is also available.

Available: April - October Duration: From 2 hours, 10am - 3pm

Tennis

A nearby tennis court is available for guests of Amanemu. Play with friends, family, or a staff member. Racquets can be rented.

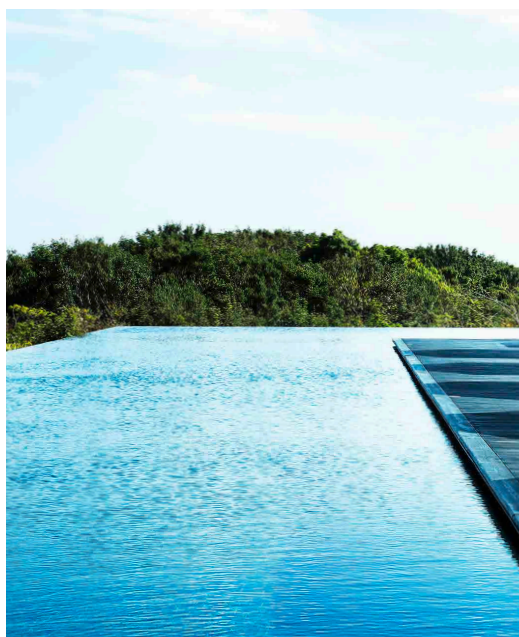
Available: All year Duration: From 1 hour, 9am - 4pm

SUP Yoga

Experience SUP YOGA in infinity pool with instructors. You can enjoy simple yoga poses on a sup board, listening to the sounds of nature and meditating, or relaxation by lymphatic massage, with the themes of your choice, "Ease", "Zen" and "Refreshing".

Available: July - October, from 8am, 9am and 6pm

Duration: 45 minutes Location: Infinity Pool



Fishing

Fish with an expert angler from the sheltered shore, or from further out in the ocean. The Amanemu chefs will do the rest, preparing the catch in the best way possible.

*Depending on the schedule of fishing, we may not be able to offer cooking in the dining room

Duration: From 2 hours



Picnics at Amanemu

Amanemu can arrange private picnics for couples and groups, positioned to get the best views of Ago Bay and its calming waters.

Duration: 2 hours, 12pm - 3pm Available for one group of 2-4 people per day

Ago Bay cruises

There's no better time to venture out into Ago Bay than golden hour. These cruises depart at just the right moment, allowing guests to soak up some of Japan's most beautiful sunsets.

26-foot boat Price: From ¥24,000, 1 hour 50-foot cruiser

Please inquire for champagne, wine and sake



Tea tasting

Lovers of Japanese tea can sample an array of fine brews from the local area in the Amanemu library.

Available: All year Duration: 2 hours, 11am - 3pm

Stories from Ise Shima

Amanemu has close bonds with an array of local guides and merchants, who will be delighted to stop by the resort to tell you more about the charms of the Ise Shima region.

Ise Jingu

Discover the remarkable history behind Ise Jingu - one of the most sacred spots in Japan.

Ama female divers

Learn about the lifestyles and culture of the region's female divers.

The pearls of Ise Shima

Find out more about why Ago Bay has come to be so renowned for its pearl cultivation.

Available: All year Duration: Approximately 1 hour, 11am - 3pm

Sake Tasting

The sake master presents three kinds of local sake made with Mie's holy rice and water. These sake are served in various temperature and by different glasses for guests to compare each aroma and flavor. By acquiring the knowledge of sake from the sake master, guests can discover the world of sake in depth.

Available: All year, 12pm - 9pm Duration: 90 minutes

Location: Library

