

Kihoku Town



What kind of town is Kihoku ?

Read this guide
book to find out.

Only here, in all of Japan!?
A guidebook with
a *fresh* approach

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Walking the World Heritage Site Kumano Kodo

They may look similar but
each one has
unique characteristics

Magose-toge Pass, Kumano Kodo

Find the part of the Kodo
which suits you ♪Introducing different
ways to enjoy the routesMy legs are
short, so it takes
me double
the time!

Look!!

Iseji signposts

Wooden signposts are
placed 100 meters apart
along the World
Heritage Site Iseji,
Kumano Kodo.

Iseji is a route which connects Ise-jingu Shrine to the Three Grand Shrines of Kumano. In the Edo period, making a pilgrimage to these shrines was so popular that the line of pilgrims walking along the route was likened to a trail of ants. After praying at Ise, they took the Iseji route to the Kumano shrines.



Walking the stone-paved path

01 Magose-toge Pass

MAP A-6

The pass features beautiful stone paving. The stone-paved path is very close to the starting point along the national route, so it is recommended for people who want to experience the atmosphere of the Kodo with ease.

Altitude	Required time	Distance
325m	2 hours 30 minutes	Approximately 6.5km



Viewing Kii-no-Matsushima

02 Hajikami-toge Pass

MAP C-4

Two roads cross, surrounding the open space of Hajikami Sakura Hiroba, so it is convenient for visitors traveling by car. The pass offers sweeping views of the beautiful group of islands called Kii-no-Matsushima.

Altitude	Required time	Distance
147m	2 hours 40 minutes	Approximately 8.4km



Walking through a beautiful forest tunnel

03 Miura-toge Pass

MAP D-3

The pass is at a low altitude, so it is comparatively easy to enjoy. The large wooden Kumagaya Bridge is one of the highlights.

Altitude	Required time	Distance
113m	45 minutes	Approximately 1.5km



For those who don't want to climb

04 Nisaka-toge Pass

MAP F-1

The rhododendrons
are beautiful
in spring!

If you enter from the Umegatani direction, the path slopes downward. There are many kinds of trees, so you can enjoy different scenery throughout the seasons.

Altitude	Required time	Distance
241m	2 hours 30 minutes	Approximately 8km



Taking the zigzag path

05 Tsuzurato-toge Pass

MAP E-1

This pass once marked the border between Ise Province and Kii Province. It features grand views of the Kumano Sea and a zigzag path.

Altitude	Required time	Distance
357m	3 hours 30 minutes	Approximately 9km

Double the fun on the Kumano Kodo
Walk with a guide

You might get to hear interesting stories about things you otherwise wouldn't have known, such as the local history and way of life in the past! Discover new attractions and immerse yourself in history as you walk.

Inquiries: Guide request reception desk

Higashikishu Chiikishinko Kousha

(Kumano Kodo Street guide club secretariat)

Kinan Office Tel. 0597-89-6172 Fax. 0597-89-6184

Let's all walk
together!

Have the magnificent nature all to yourself

The best places to escape the crowds

So many soothing, wide open spaces.
Introducing recommended spots
where you can immerse yourself in nature and relax.

Look!!

This huge rock is called "Elephant" 's back" because of its size.
It is located a little further down from the summit of Mt. Binshi, and there are climbing routes from the Magose-toge Pass side and the Camp inn Miyama side.

About FSC

FSC stands for Forest Stewardship Council. Its international head office is based in Bonn, Germany. In order to conserve the world's forests, it has established standards related to appropriate forest management, and certifies forests deemed to conform to those standards.

Voice

Mt. Binshi

One of Japan's clearest streams

It is called
the River
of Miracles!

06 Choshi River

MAP A-6

You can see fish without diving underwater! What's more, you can see the riverbed which is at a depth of three meters! The estuary marks the boundary between fresh water and sea water. You can see the sea water at the bottom and the fresh water at the top moving to and fro.

Experience the feeling of home

07 Shimogouchi

MAP D-1

Shimogouchi boasts satoyama village scenery, which is rare nowadays. The Kihoku Satoyama Taiken Shogakko group conducts its experience and exchange activities here. On the second Saturday of every month, a farm restaurant is opened at Sobakura Asahiya. It provides a place to relax in the midst of nature while chatting with the local senior residents.

The first forest in Japan to acquire FSC certification

08 FSC Forest

MAP C-4

A bright and beautiful forest. It is well-maintained, with neatly trimmed Japanese cypress trees, so it is full of light. It also contains the Machikado Museum, so you can take your time and enjoy your visit to the forest.

Islands floating in the sea

09 Kii-no-Matsushima

MAP D-4

The sight of islands of various sizes floating in the Kumano Sea is so beautiful that the spot is called Kii-no-Matsushima. You can view the islands from the Mt. Takatsuka observation platform (MAP D-4) and Hajikami-toge Pass (MAP C-4).

The rising sun
from here
is so beautiful!

Festivals and events to enjoy

Don't just watch Join in and have fun

There are many events you can participate in, including the Kihoku Lantern Festival, which features large lanterns made by the locals, and the Kihoku Summer Festival KODŌ, known for its heated raft race across the sea.

Kihoku Lantern Festival

If you are
interested, contact
the Kihoku Town
Tourist Association



A romantic river of light
carrying lanterns full of wishes

06 Kihoku Tanabata Monogatari

An event in which participants write wishes on strips of paper, place them in the lit capsules and set them afloat on the Choshi River. Around 2,000 capsules float on the river creating a band of light like the Milky Way.

Period 1st Saturday in July MAP A-6



Voice
The final parade
at the shrine
is spectacular!

A daring parade with
a ship weighing one ton

12 Sekifune Festival

Sekifune Festival is held by Hikimoto Shrine to pray for large fish hauls and safety at sea. The sekifune boat which clamped down on pirates in the Kumano Sea is carried in a daring parade.

Period 3rd Sunday in October MAP B-6

A contest of giant lanterns and
fireworks Launching everyone's hopes

10 Kihoku Lantern Festival

Local volunteers spend over half a year preparing and making the huge lanterns which are over ten meters in size. The lantern and colorful firework contest is not to be missed. The giant lanterns majestically crossing the sea have led to the festival being called the "Nebuta of the sea".

Period Saturday at the end of July MAP F-2



Touch the bonito, pick up the
lucky candy and double your luck

13 Funa Danjiri

A magnificent float in the shape of a ship is paraded through the streets to Nagashima Shrine in this festival held to pray for large fish hauls. Picking up the bait-like candy which is strewn across the streets and touching the cloth bonito thrown from the float is said to bring good luck.

Period Mid-January MAP E-2



One of Japan's largest
raft races on the sea!

11 Kihoku Summer Festival KODŌ

The raft race is one of the biggest in Japan, attracting a large number of vessels. Participants come from all over the country to take part in the heated race. With events including a firework display in the evening, it is a festival which can be enjoyed all day long.

Period Saturday at the end of July or in early August

MAP B-6



The dancing and costume
parade is so much fun!

14 Tanemaki Gonbei Festival

A festival held to mourn Tanemaki Gonbei who appears in folklore passed down in Kihoku. Kagura, a Shishimai and Gonbei odori dance are performed, and the costume parade brings joy to the onlookers.

Period Vernal Equinox Day MAP A-6

Let's explore the history! <

There isn't much here but there is history

Toyoura Shrine

Surprisingly
full of wonderful
places!



So colorful it doesn't look like it dates from the late Edo period

MAP
D-1

15 Daisho-ji Temple / Lattice picture ceiling

The Ohara Fudomyo-o-za statue, Fudo-do Hall and the lattice picture ceiling are designated cultural properties of the town.

The temple was built in 1657. It is said that the main statue Fudomyo-o-za may have been made by Kobo Daishi. In the late Edo period, a lattice picture ceiling containing richly colored votive pictures of 100 great poets was created as an offering. If you lie on the tatami mats and look up, you will be drawn into that world.



Illusive temple of the Saigoku Kannon Pilgrimage

16 Entsukaku seikannon-do

MAP
E-2

The Entsukakusei Kannon-do statue and temple gong are designated cultural properties of the town. Originally, the deity was meant to be one of the thirty-three Kannon of the Saigoku Pilgrimage. As it overslept and was late attending the meeting where the pilgrimage numbers were assigned, it came to be known as Asane Kannon, or the late rising Kannon.



Rumored to bless you with good children!?

17 Nagashima Shrine/ Giant camphor tree

MAP
E-2

The shrine forest is a designated Natural Monument of Mie Prefecture. In the forest is a giant camphor tree, which is said to be around 1,000 years old and have a height of about 28 meters. If you look at the trunk of the giant tree, it is said the image of an unborn child will appear.



Pray as a couple at the sacred trees existing harmoniously

18 Nigo Shrine/ Couples' trees

MAP
F-1

The zelkova and podocarp trees grow harmoniously side by side, so it has long been said that the trees are sacred, bringing happy marriages and longevity.



Improve your luck in competition!

19 Toyoura Shrine/ Prunus zippeliana tree

MAP
D-3

A historic shrine, which is dedicated to the 14th emperor Chual, son of Yamato Takeru. There is a prunus zippeliana tree, and it is said to bring luck in competition.



One of Mie Prefecture's largest Japanese gardens

14 Tanemaki Gonbei no Sato

MAP
A-6

A Japanese garden centered on the folksong about the brave Tanemaki Gonbei, which is passed down in Kihoku. Opening times: 9:00am-5:00pm Admission: Free Closing days: Mondays, national holidays (except for March to May and September to October), December 29th to January 3rd.

Tasty cuisine and warming baths

It's not just the hot springs - the hospitality is also warm



Bathing in the thick hot water feels so good!

20 Kii-Nagashima Furusato Onsen MAP E-3

This hot spring is located in a guesthouse area by the sea, and has a warming wooded feel. It is a day visit hot spring, which is used by locals on a daily basis. In the surrounding area, you can enjoy fishing, bathing, mandarin orange picking and walking along the Kumano Kodo. There is also a hot spring stand which sells 30 liters for 100 yen.

Bathing fees: Adults: 510 yen (people 65 or over: 410 yen), children: 300 yen

Opening times: 10:00am - 9:00pm *Admission until one hour before closing time

Closing days: Open all year round. Open from 1:00pm on the 4th Wednesday of the month
Tel 0597-49-3080

At guesthouses, hotels and ryokan
you can eat tasty cuisine
made with local ingredients



The fish market in Kihoku sells a large variety of fish. At the guesthouses, hotels and ryokan you can find rare kinds of seafood not sold in supermarkets. Enjoy the cuisine and hospitality offered by each establishment!

Guesthouse, hotel and ryokan index

(Area code: 0597)

Region	Location	Name	Tel	Capa city
Misura	MAP D-3	ryokan Misuzu	49-3031	16
Dono	MAP D-3	guesthouse Azuma	49-3122	30
	MAP D-3	guesthouse Outani	49-3433	22
	MAP D-3	ryokan Mutsumi Ryokan	49-3030	10
Sauru	MAP E-3	guesthouse Mihama	49-3310	20
	MAP E-3	guesthouse Minoshima	49-3630	45
	MAP E-3	guesthouse Unabara	49-3123	15
	MAP E-3	guesthouse Sazanami	49-3202	20
	MAP E-3	guesthouse Kii-No-Matsushima	49-3048	45
	MAP E-3	guesthouse Momotaro	49-3217	28
	MAP E-3	guesthouse Hamakaze	49-3436	40
	MAP E-3	guesthouse Araragimaru	49-3446	9
Kino	MAP E-3	guesthouse Kitomaru	47-2164	15
	MAP E-3	ryokan Kinokuni	47-4023	30

(Area code: 0597)

Region	Location	Name	Tel	Capa city
Nagashima	MAP F-2	guesthouse Ichiei	47-2656	21
	MAP F-2	hotel Hotel Tokinoza	46-2111	218
Sauru	MAP E-1	ryokan Arikujiso	47-2661	10
Aiga	MAP B-5	ryokan Ribon Ryokan	32-0242	20
	MAP B-6	hotel Business Hotel Shin	32-0118	13
	MAP B-5	guesthouse Hiromi	32-0775	12
Watarai	MAP B-5	ryokan Lodge Sansui	32-0573	35
	MAP B-5	guesthouse Sasaki	32-1681	20
Uraguchi	MAP C-5	guesthouse Green Pia Genzaemon	39-0770	17
Kashimura	MAP D-5	ryokan Ryokan Boyo	39-0116	15
	MAP D-5	ryokan Mishimaya Ryokan	39-0018	10



Pets are welcome

(Please contact each establishment for details)

There are many establishments boasting tasty cuisine!



Camp sites/simple accommodation facilities

(Area code: 0597)

Region	Location	Name	Tel	Capa city
Higashi Nagashima	MAP F-2	MAC Magotaro Auto Camp	47-5371	480
Furusato	MAP E-3	Kii-Nagashima Hiike Kaigan Auto Camp Site * Open: Mid-April - Mid-October	49-3732	120
Bin-no-yama	MAP A-6	Camp inn Miyama	33-0077	437
Shima katsuura	MAP D-5	Nature experience event and exchange facility Keichu	32-1661	50

Inquiries

Kihoku Town Tourist Association

☎ 0597-46-3555 ✉ info@kihoku-kanko.com

2410-73 Higashi Nagashima, Kihoku-cho, Kitamuro-gun, Mie Prefecture 519-3204

Full of the blessings of nature! Specialties & souvenirs

No arrangement Naturally delicious

Tasty with just salt and soy sauce because the ingredients are good!



Ise ebi (Japanese spiny lobster)

Season: October - end of April (Differs depending on the location)

The name has strong associations with Ise-Shima, but Kihoku boasts one of Mie Prefecture's largest Ise ebi hauls. It is one of the main kinds of seafood served in Kihoku in winter.



Watari oyster

Season: November to around March

As the oysters are cultivated in a brackish water lake, the salinity concentration is controlled to the limit. They don't have the characteristic smell of oysters, and the flesh is yellow and sweet. As the amount cultivated is limited, they are also called "rare oysters".

Seaweed

Season: All year round (Differs depending on the type)

Many kinds of seaweed grow in the rich sea, including hijiki, wakame, arame, hirome and aosa. A 100% locally grown ingredient, which is the pride of Kihoku.



Ocean sunfish

The Ocean sunfish is a fish of Kihoku. The town has long had the custom of eating the fish, which has a texture similar to chicken tenderloin.

Season: All year round



Bonito

Bonito is landed fresh, not frozen. Around May, you can sample the fresh taste of "Higaeri katsuo" (Same day bonito), which is bonito straight from the sea!



Season: March to around June

Japanese amberjack

Shimakatsuura, one of Kishu's three main amberjack fishing grounds, is in Kihoku. As large numbers are caught around the spring equinox, the fish is also known as "Higan buri", or Equinox amberjack.



Season: February to around May

Look!!

If you want to buy souvenirs, check out the Kihoku souvenir illustrated booklet! You can find it at Michi-no-Eki Kii-Nagashima Manbo, Michi-no-Eki Miyama, and Kihoku PA Hajikami Terrace.



10 Kii-Nagashima Minato Ichi

MAP F-2

A morning market with an array of local specialties, including fresh seafood, sushi, mandarin oranges and fish paste products. It is a lively, bustling market.

Location: Nagashima Port fish market Open: 2nd Saturday of the month Time: 9:00am - 12:00pm

10 Minato Asaichi / Kihoku

MAP F-2

A morning market with an array of local specialties, including fresh seafood. It is a lively market with many shoppers. There is a BBQ corner where you can eat what you buy on the spot.

Location: Nagashima Port fish market Open: 4th Saturday of the month Time: 9:00am - 1:00pm

10 Year End Kii-Nagashima Minato Ichi

MAP F-2

The Kii-Nagashima Minato Ichi which is held on the 2nd Saturday of each month is expanded to coincide with the end of year shopping. You can buy products at a 20-30% discount.

Location: Nagashima Port fish market Open: End of December Time: 9:00am - 2:00pm



MAP D-3

27 Kihoku PA Hajikami Terrace

At Tanemaki Gonbe Cafe & Rest you can enjoy fresh sashimi, Oshiki soup and more.

Location: 600 Miura (Kihoku PA on the Kisei Expressway)
Opening times: Product shop/8:00am-6:30pm
Cafe/10:00am-6:30pm (last 6:00pm)

Closing days: Open all year round
Tel: 0597-46-1011



MAP F-1

21 Michi-no-Eki Kii-Nagashima Manbo

Sells local specialties, and on holidays you can enjoy skewered Ocean sunfish from a stall!

Location: 2140-73 Higashi Nagashima
Opening times: 8:15am-7:00pm
(Saturdays, day before national holidays/7:45am-8:00pm)

Closing days: Open all year round
Tel: 0597-47-5444



MAP B-6

22 Michi-no-Eki Miyama

Has convenient access to Magose-toge Pass. The soft ice cream, which is highly rated by the locals, is worth trying!

Location: 1439-3 Aiga
Opening times: 9:00am-6:00pm
(Until 7:00pm in August only)

Closing days: New Year's Day only
Tel: 0597-32-1661

Experience magnificent nature!

Better than the world's
top roller coaster

Thrills and excitement!

Be sure to wear
a helmet and
a lifejacket

Look!

Have fun with the activity
instructors! You can enjoy various
nature experiences in the sea,
mountains and rivers. Experience
classes are held mainly in summer.

Inquiries

Kihoku Furusato Taiken Juku

Tel 0597-46-3555



Natural rock slide experience



Swim underwater in the clear sea

Snorkeling

"I'd like to try snorkeling, but it's a little scary..." If this is you, don't worry! Enjoy swimming underwater in the clear sea of Kihoku with a kind and dependable instructor!



Instruction from a professional
who has traveled around the country

Sea kayak class

Kihoku has an indented coastline, and you can get a completely different perspective of the town from a kayak in the sea. Cut across the waves and head out to sea! If you're lucky, you might be able to explore sea caves!



OK for beginners

Fishing

How about making your fishing debut in the fishing town of Kihoku? Even beginners can enjoy simple fishing from the embankment. All the equipment is provided so you can easily give it a try.



Dive into a waterfall basin!

Natural rock slide

Choshi River is called "the River of Miracle", and in its clear upper stream you can join in the fun which the locals love! Be brave and try this extraordinary adventure!

Let's play sports in Kihokul

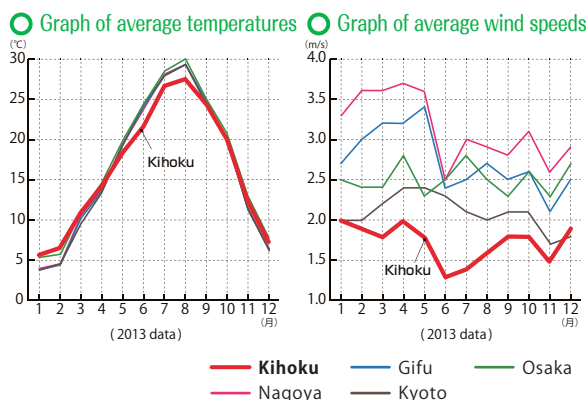
There isn't much here but **there are large and quiet open spaces!**

Surrounded by nature, in a quiet environment, you can focus on your training

You can enjoy sports at a range of facilities, including a ground, baseball field, tennis courts and a gymnasium. In the area there are many training spots which make use of the natural scenery and topography, including the coastline and running courses. You can train to improve basic fitness and muscle strength, which lead to better sports performance.

Cool in summer, warm in winter

it truly is the perfect place for sports *It has a really pleasant environment!*



As Kihoku faces the sea, a breeze flows through the town all year round. Due to the effects of the warm Kuroshio current, snow doesn't cover the ground even in the depths of winter, and it is pleasantly warm. The excellent climate conditions make it possible for athletes to devote themselves to training and important conditioning with peace of mind, with a reduced risk of injury.



Check!! Training camp privilege / Use the sports facilities for free!

- Requirement 1** You stay in accommodation in the town and use the sports facilities or
Requirement 2 Five or more teams participate in a tournament or practice game
 (Please contact the relevant sports facilities)

A special assistant provides total support!!

Take care of everything with just one phone call!

We can arrange a training camp plan which suits your needs.

- ✓ **Sports facility reservation**
(We can reserve the gymnasium etc. in case of bad weather)
- ✓ **Accommodation facility reservation**
(We can divide large groups among facilities)
- ✓ **Lunch box reservation**
- ✓ **Transfer arrangements**
(Moving between accommodation and sports facilities, etc.)
- ✓ **Activity and nature experience instructor introductions, etc.**

Steps to the training camp

Call to tell us the training camp schedule, and your sports and accommodation facility requests.

We will propose a plan and budget in line with your requests at a meeting with you.

We will make the necessary reservations.

Enjoy your training camp in Kihoku.

Application / Inquiries

Training Camp Support
Sports Promotion Section
Lifelong Learning Division,
Kihoku Town Office

Tel 0597-46-3125

Fax 0597-47-5910

Reception times: 8:30am - 5:15pm
(Except for Saturdays, Sundays and national holidays)

769-1 Higashi Nagashima,
Kihoku-cho, Kitamuro-gun,
Mie Prefecture 519-3292

Look!!

See the "Kihoku Sports Camp and Training Camp Guide" for details.
First, make an inquiry!



Kihoku-cho Sports



Take it easy and relax A day in Kihoku

In the morning, experience the power of nature and the bustle of the market!

Special scenes which can only be seen in the morning



Have the superb view all to yourself

Sunrise

Kihoku, which faces the Pacific Ocean, has many sunrise-viewing spots. You can see the sun rising over the sea from the Funakoshi coast, the observation platform on Mt. Takatsuka, and other places.



It feels like you are in an aquarium!

Fish market

MAP F-2

Head to the lively fish market! With an array of fresh and highly unusual fish, you can enjoy feeling like you are in an aquarium. There are also guided tours on which you can learn about fish and fishing methods. (Reservation required) Contact: Kihoku Town Tourist Association Tel 0597-46-3555

Take it easy in the afternoon
Walk around the traditional
Uo-machi (Fishing village)



23 Lift bridge

MAP E-2

When walking around the town, music can be heard. It notifies people that the bridge is lifting. There is a crossing gate in front of the bridge, where people wait for the bridge to rise and boats to pass through. Prioritizing boats instead of people is a typical custom of fishing villages. The times of boats passing through are not set, so you are lucky if you get to see the sight.



Find your favorite taste

24 Himono-dori

MAP F-2

Sun-dried marine products line the shopfronts. Using fish caught on the same day and drying them in the sea breeze gives the products a completely different flavor. It is a flavor that cannot be made in large volumes, and which can only be tasted here.

When you are tired of walking

MAP F-2

25 Uo-machi no Tamariba (Former Maruhi Shoku-do)

An old house with the atmosphere of a bygone era. Inside there is a room with tatami mats where you can freely take a rest. Steeped in Uo-machi history, and with old-fashioned toys, it is the perfect place in which to relax. Note that it is sometimes closed!



Have a romantic evening
Scenic views created by the black sky

A first-rate experience you can enjoy for free

26 Starry sky

MAP D-3

The coast during the off season is a recommended spot where you can have the starry sky all to yourself. The air in Kihoku is clear, so if the weather is good you can see the Milky Way and shooting stars.

Like a train flying through the sky

21 Night train

MAP F-1

The last train on the Kisei Line departing from Kii-Nagashima and bound for Kameyama runs through the mountains. It creates a magical sight, as if the train is flying through the sky. At around 7:49 pm, look north from the parking lot of Michi-no-Eki Kii-Nagashima Manbo! The train has few cars, so the chance to see it will be gone in an instant!

Kihoku Town Map

Enlarged view



Enlarged view



Enlarged view



Access to Kihoku Town



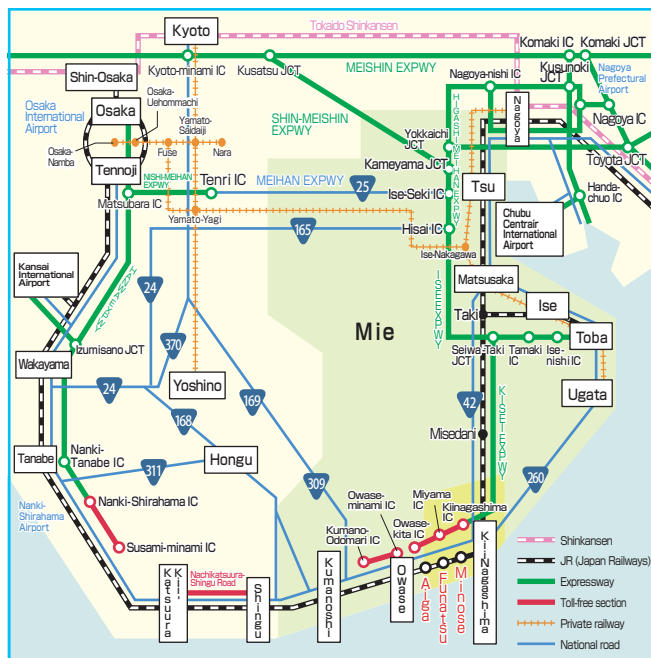
Kihoku Town is located in southern Mie Prefecture. It was established on October 11th, 2005 through the merger of Kii-Nagashima Town and Miyama Town. It has an abundance of nature and World Heritage sites of the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range, including Kumano Kodo.

Get tourist and food information
from Kihoku Town on **LINE**

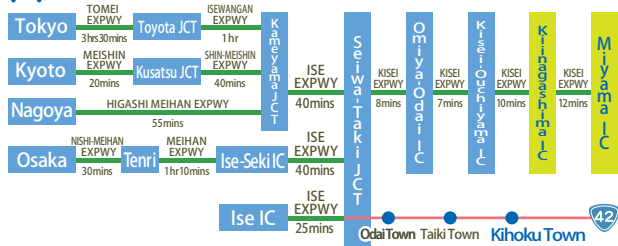
Search for the ID and register!

Tourist information 『@kihoku_shokan』

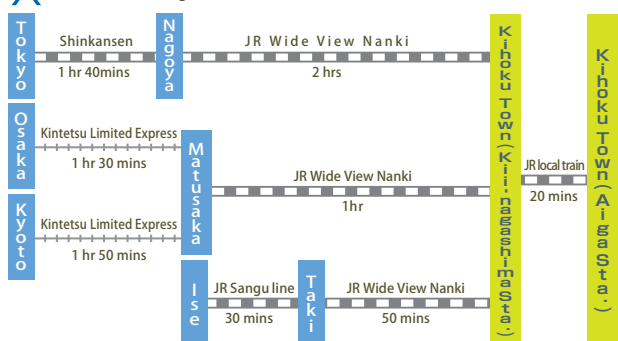
Food information 『@kihoku-kanko』



 Access by car



 Access by train



Commerce and Tourism Division, Kihoku Town Office

769-1 Higashi Nagashima, Kihoku Town,
Kitamuro-gun, Mie Prefecture 519-3292

Tel: 0597-46-3115 Fax: 0597-47-5906

E-mail : shokan@town.mie-kihoku.lg.jp

<http://www.town.mie-kihoku.lg.jp/>

Kihoku Town Tourist Association

2410-73 Higashi Nagashima, Kihoku Town,
Kitamuro-gun, Mie Prefecture 519-3204

Tel: 0597-46-3555 Fax: 0597-46-3556

E-mail : info@kihoku-kanko.com



Kihoku Town Tourist Association Website

<http://www.kihoku-kanko.com/>

There are also highway buses from Tokyo, Nagoya, Tsu and Matsusaka