観光ガイドマップ 三重

TRAVELLER'S INFORMATION MAP OF MIE

祭

古式ゆかしい神事や華やかな行列、ユニークな神輿など、地元ならではのお祭りが各地で開催されます。
Festivals/There are many local festivals featuring traditional rituals, spectacular parades and unique portable shrines throughout Mie.

1月1日 ゲーター祭（鳥羽市）
元服をかぞえたひいらぎの枝を、竹で元気に突き上げて豊漁を祈願。
One of NIHON-iichi no Matsuri/ 新春を迎えると言う年最大の祭りです。鳥無形民俗文化財。
January 1 Geta Festival (Toba City)/ A white wreath made from silverberry branches (a symbol of the sun) is placed at the end of a bamboo pole and raised high into the sky to pray for a good catch. It is said that this festival represents the thoughts and customs of the Period of the North and South Dynasties. It is designated as Prefectural Intangible Cultural Properties.

1月9～16日 おとく祝開基講（津市）
January 9 to 16 Dakichiya Ho-Onko (Eight-night Memorial Service) (Tsu City)

1月下旬 亀山大市（亀山市）
Late January: Kameyama Grand Market (Kameyama City)

1月 弓引き神事（志摩地方）
January: Yumihiki Shinji (Shima Region)

2月1～5日 ヤーヤ祭（尾鷲市）
February 1 to 5: Ya-ya Festival (Owase City)

2月8日 八日祭（名張市）
February 8: Yoka Ehou Festival (Nabari City)

2月11・12日 正月堂修正会（伊賀市）
February 11 & 12: Shogatsu-do Shushoe (Iga City)

2月中旬 御頭神事（伊勢地方）
Mid-February: Okashira Shinji (Ise Region)

3月 いなべ市農業公園梅まつり（いなべ市）
March: Inabe City Agricultural Park Plum Blossom Festival (Inabe City)

3月15日頃 神戸の延釈迦（鈴鹿市）
Around March 15: Kanbe no Nenbutsu (Suzuka City)

3月春分の日 修正お練り行列（松阪市）
Spring Equinox (March): Tanemaki Gohei Festival (Kiboke Town)

4月第1土・日曜 大社祭（菰貝町）
First Saturday & Sunday of April: Oyashiro Festival (Taki Town)

4月28～30日、9月22～24日 神楽祭（伊勢市）内宮の特設舞台で、神宮舞楽を観ゆくご奉納します。
April 28 to 30 & September 22 to 24: Kagura Festival (Ise City)/ Sacred music and dancing are performed on a specially prepared stage in the Inner Shrine of the Ise Grand Shrine.These performances are offerings to the gods.

神楽祭／Kagura Festival

4月第2土・日曜 大名行列（伊勢市）
First Saturday & Sunday of April: Daimyo Gyoretsu (Ise City)

4月20日頃 三多気桜祭り（津市）
Around April 20: Mitake Cherry Blossom Festival (Tsu City)

4月～5月上旬 伊賀上野NINJAフェスタ（伊賀市）
April & Early May: Iga Ueno NINJA Festa (Iga City)

5月4・5日 多度まつり（桑名市）
May 4 & 5: Tado Festival (Kuwana City)

5月5日/9月5日、12月中旬 夫婦岩大注連縄張神事（伊勢市）
May 5: September 5 & Mid-December: Shimenawa (Sacred Rope) Changing Ritual of the Wedded Rocks (Ise City)

5月第2土・日曜 高石まつり（四日市市）
Second Saturday & Sunday of May: Banko Festival (Yokkaichi City)

6月第1土曜 伊勢えび祭（志摩市）
First Saturday of June: Lobster Festival (Shima City)

6月第1土・日曜 鹿王まつり（菰貝町）
伊勢神宮に奉仕した鹿王の群行を再現。花吹雪が吹き荒ぶ中、鹿王、女官等に扮装した約100名がやかを行列が練り歩きます。
First Saturday & Sunday of June: Sao-Festival (Taki Town)/ This colorful festival celebrates the princess who served in the Inner Grand Shrine. About two hundred people dress up as the princess and her maids, and march to the shrine.
The lyless at the shrine are in full bloom during this season.

鹿王まつり／Sao-Festival

6月24日 伊賀宮御田植祭（志摩市）
June 24: Inawamoriya Rice Planting Festival (Shima City)

6月27～29日 御鍬山開基（伊勢市）
June 27 to 29: Memorial for the Restorer of the Temple on Mt. Asama (Ise City)

7月（隔年）海かけ祭り（志摩市）
7年に1度、海の神様に感謝の気持ちを込めて、海上安全と大漁を祈願した盛大な漁師の祭りです。
Every 7 years/ Kake-matsuri is a festival held in the Ise Bay to express gratitude to the sea god for a safe voyage and a good catch. This festival has more than 700 years of history. After female divers and fishermen pray for safety and a good catch, participating boats race in order to show their harmony in the water.

7月上旬 しろんご祭（志摩市）
島中の海女が一斉に海中にもぐり、つぶいのアワビの初採りを競うお祭り。
Around early July/ Shima City's Shirongo Festival is the biggest festival of the year. Hundreds of ama (female divers) dive into the sea to collect awabi (abalone) and sazae (turban shell). The festival has been designated as Prefectural Intangible Folk Cultural Property.

7月15日 ぎなやぶさ神事（津市）
July 15: Zaruyabusa Shinji (Tsu City)

7月第4土曜前後 菅島祭（紀北町）
Around fourth Saturday of July: Lanterns Festival (Kitaoki Town)

7月中旬 伊勢神宮奉納全国花火大会（伊勢市）
Mid-July: Ise Jingu Nationwide Fireworks Display (Ise City)

8月中旬 かんこ踊り（鳥羽市）
Mid-August: Kanko Dance (various locations in Mie Prefecture)

8月第1土曜 紀伊の火祭り（熊野市）
First Saturday of August: The First Festival of Kiwa (Kumano City)

8月第1日曜と その翌日 大河日差ようの（四日市市）
First Sunday of August & the Preceding day: Taikou Festival (Yokkaichi City)

8月第1日曜と その翌日 石取祭（桑名市）
「日本一やかましい祭」と言われる激やかさ。
桑名名物の祭が、屋と太鼓を鳴らしながら町中を練り歩きます。国指定重要無形民俗文化財。
First Sunday of August & the Preceding day: Ishidori Festival (Kuwana City)/ This lively, festive occasion has been described as "Japan's loudest festival". Magnificent floats parade through the town to the beat of gongs and drums. It is designated a National Important Intangible Cultural Property.

熊野大花火／Kumano Grand Fireworks Display

8月17日 熊野大花火（熊野市）
August 17: Kumano Grand Fireworks Display (Kumano City)

9月15・16日 安乗の人形芝居（志摩市）
September 15 & 16: Ameri-no-ningyoushibai (Shima City)

9月中の日 七夕祭り（志摩市）
その昔、大王の村で最れる大男がイタタボッチを追治するために作られたという大わらの伝説に基づく行事。これもあるわらには災厄神社に参納後、海へと流されます。
September: Watsuji Festival (Shima City)/ This festival was derived from an ancient legend in which huge warajl (straw sandals) were made in order to ward off a horrible giant, Daidarabocchi. In this festival, two motor-boag warajl are offered to the Nakai Shrine and then thrown into the sea.

10月上旬 借長まつり（鳥羽町）
Early October: Yoroyama Spa Soba Festival (Komono Town)

10月上旬 津まつり（津市）
17世紀後半に始まったという歴史ある祭で、特に見逃せないのが、ユニークな面を取り、かぶやかな衣装で歌で舞踊る「唐人踊り」。県無形民俗文化財にも指定されています。
Early October: Tsu Festival (Tsu City)/ This historic festival began in the first half of the 17th Century. The highlight is "Toji-Odori" (Chinese People's Dance) in which people wear strange masks and colorful clothing. The festival is designated a "Prefectural Intangible Cultural Property".

10月 九鬼まつり（津市）
October: Kuki Festival (Tsu City)

10月12日 岳祭祭（伊賀市）
October 12: Banke Festival (Iga City)

10月15～17日 神幸祭（伊勢市）
October 15 to 17: Kankosai Festival (Ise City)

10月第3日曜 紀宝ケルスティバル（紀宝町）
Third Sunday of October: Kiho Minato Festival (Kiho Town)

10月23～25日 上野天神祭（伊賀市）
October 23 to 25: Ueno Tenjin Autumn Festival (Iga City)

11月3日 氏場まつり（松阪市）
November 3: Ujiman Festival (Matsusaka City)

11月3日 二木島祭（熊野市）
November 3: Nishijima Festival (Kumano City)

11月23日 流鏑馬祭（桑名市）
November 23: Yabusame Festival (Kuwana City)

12月24日 伊勢大神楽（桑名市）
伊勢大神楽講社が新年迎慶の前に、舞の舞や四方の舞などの祝福や神事舞と、曲芸を祝福にします。伊勢音応座保無形民俗文化財。
December 24: Ise Dai-kagura (Kuwana City)/ Members of the Ise Dai-kagura Group perform ritual music and dance as a blessing for the coming year, such as "Iwai no Mai" and "Shiho no Mai", before they embark on their New Year's tour. The festival is designated a National Important Intangible Cultural Property.

The streets of Hokusei are lined with beautiful traditional houses that feature lattice windows and thick white walls; indications that this town used to be a flourishing posting station for travelers. The mountains of the Suzuka Ranges, such as Mt. Gozaisho-dake, provide a diverse range of dynamic scenery each season.

多度大社（桑名市／E-1）

古来より庄伊勢大神宮として崇拝されている。重要文化財を収蔵・展示する宝物殿や、芭蕉が参詣時に詠んだ石碑が並ぶ。
Tado Shrine (Kuwana City／E-1)
There is a treasure house where important cultural properties are displayed within the site. There is also a stone tablet inscribed with a haiku poem written by Basho.

宇賀渓（いなべ市／D-2）

鈴鹿国定公園の中でも有数の滝めぐりができるエリア。個所滝、魚止滝、燕滝など数々の名滝があり、深谷を川沿いに登ると、砂山山頂にたどり着く。
Uga-kei Canyon (Inabe City／D-2)
Uga-kei Canyon is an only area where you can visit waterfalls within the Suzuka National Park. There are many famous waterfalls such as Gosho, Udotome, and Tsubame.

なななの里（桑名市／E-2）

色とりどりの花に囲まれて、四天馬店やほヒールが楽しめる。4種の大温室には世界各国の植物のベゴニアを集めたガーデンは見もの。
Nanana-no-Sato (Kuwana City／E-2)
You can enjoy pretty flowers and delicious beer and an outdoor bath surrounded by beautifully colored flowers. The gardens in the four large greenhouses that display begonias from around the world should not be missed.

ナガシマスパーランド（桑名市／E-2）

木曽三川河口の県立水郷公園に位置する、東海地区最大のアミューズメントスポット。世界最大級の絶叫マシンやジャンボ海水プール、ホテル、温泉が揃う。
Nagashima Spa Land (Kuwana City／E-2)
Nagashima Spa Land, located in the Mie prefectural Riverside Park at the mouth of the Kiso three rivers, is the largest amusement park in the Tokai area. It has one of the world's largest and most exciting rides, a hotel, large seawater pool and a hot spa.

三井アウトレットパーク マリンピア桑名（桑名市／F-2）

ナガシマスパーランドに関連するアウトレットモール。国内外の187のショップがあり、お得うな価格で買い物が楽しめる。
Jazz Dream Nagashima (Kuwana City／F-2)
Jazz Dream Nagashima is an outlet mall located next to Nagashima Spa Land. There are 187 stores, which are under the direct management of manufacturers. You can enjoy shopping at reasonable prices.

七里の渡（桑名市／E-2）

東海道五十三次の42番目の宿場町として、江戸方面からの旅人を最初に出迎えた伊勢路の玄関口。尾張熱田の雪かき路海文里（28km）あったことに由来。
Shichiri-no-Watashi (Kuwana City／E-2)
This town was the 42nd of the 53 posting stations along the Tokaido Route from Edo (current-day Tokyo) to Kyoto. The name, "Shichiri" (Seven-ri, which is 28 km), is the distance by ferry between this area and the Owari-Atsuta region.

六華苑（桑名市／E-2）

大正2年（1913年）に建てられた赤煉瓦戸洋六弓建物で現在も往時の姿を留めています。桑名の豪商で名士であった森有礼が別荘として建築、明治・大正期を代表する文化遺産で、迎賓館並式庭園がある。
Rokka-en (Kuwana City／E-2)
This was the house of a rich merchant, Moroto Seiroku and was built in 1913. The architect of this house designed the Rokumei-kan. The building features both Japanese and Western styles, and is an important cultural heritage.

御衣所岳（湯野町／D-2）

鈴鹿山系の主峰で標高1,212mの山頂には、日本百名山でも知られる絶景が広がります。山頂には、ヒメシャラやリョウブなどの落葉樹林帯を抜けると、ミヤマキリシマの大群落が現れます。
Mt. Gozaisho-dake (Komono Town／D-2)
Mt. Gozaisho-dake is 1,212 meters high and is the highest peak of the Suzuka Mountains. The top of this mountain is famous for a house of wild animals and alpine flora. The splendid, natural landscape with the seasons. You can see Mount Fuji on a clear day. Yunoyama spa is at the foot of the mountain. Located at 1,300 M above sea level and is quite famous.

ばんこの里会館（四日市市／E-2）

四日市市の歴史が堂で現在する陶芸工房。260年の歴史や技法を紹介する展示室があり、高古焼の販売もしている。
Banko Pottery Center (Yokkaichi City／E-2)
Nagashima Land, located in the Mie prefectural Riverside Park at the mouth of the Kiso three rivers, is the largest amusement park in the Tokai area. It has one of the world's largest and most exciting rides, a hotel, large seawater pool and a hot spa.

椿大神社（鈴鹿市／D-2）

全国に約100のはが社に総頂する椿大神社は、伊勢国一の宮として猿田彦大神と全国二千余社の総本宮、平安七座を祭る様に「みちひの息神」として、今なお多くの動物を集めることができる。
Tsubaki Grand Shrine (Suzuka City／D-2)
Tsubaki Grand Shrine is located in the center of the base of Suzuka Cordillera. It is the main shrine of more than 2,000 shrines throughout the country which worship Sarutahiko no okami and is also the top shrine of the old Ise District. Sarutahiko no okami is called "the god of guidance", which means his kami or deity that brings people peace and happiness and prosperity.

鈴鹿サーキット（鈴鹿市／E-3）

世界有数のレーシングコースを持つモータースポーツ盛んF1日本グランプリや8時間耐久ロードレースなどが開催される。関連する設施には、天然温泉や宿泊施設も完備。
Suzuka Circuit (Suzuka City／E-3)
This is the "Mecca" of motor sports boasts an international racetrack. The Japan Formula One Grand Prix and Eight-hour Endurance Race are held here. There is an amusement park next to the circuit, and a natural spa and accommodation facilities within the park.

関宿（亀山市／D-3）

日本の宿百選にも選ばれた、東海道五十三次47番目の宿場町。格子や白壁の造型など江戸情緒を感じさせる町並みが保存され、往時の風情を色濃く残している。
Sekiyuku (Kameyama City／D-3)
This is the 47th posting station of the 53 posting stations along the Tokaido Route. The town was selected as one of the One Hundred Scenic Roads of Japan. The latticework and white painted walls with the atmosphere of the Edo era are preserved.

北勢の物産 Hokusei's specialty products

ローソク（亀山市）

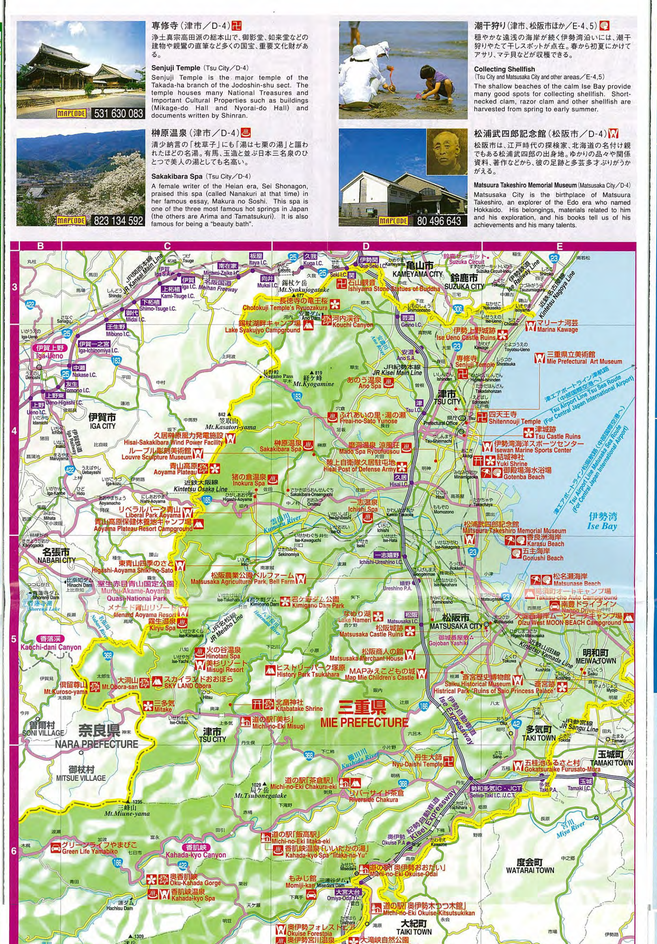
ろうそく生産高日本一。アロマランピーや丸山ひな祭などの女の子様多様で、繊細な細工を施したアートキャンドルは世界に誇る逸品。
Candles (Kameyama City)
Kameyama is the largest producer of candles in Japan. They produce various types of candles including candles used for aromatherapy, repelling insects, and art candles with such delicate workmanship that they are world-class art works.

伊勢型紙（鈴鹿市）

細い彫刻刀で細かい文様や模様を彫刻刀で彫り上げた独特の風味を堪能するなら、定番の鈴鹿をはずせないです。
Isekatagami (Suzuka City)
These intricate patterns are cut into Japanese paper using a fine, bladed tool. They are used in Yuzen dyeing, or to dye cloth for making Yukata. There are four types of cutting techniques.

焼給（桑名市）

江戸時代から知られる桑名の名産品。ひのきや竹などを独特の風味を堪能するなら、定番の焼をはずせないです。
Grilled Hamaguri Clam (Kuwana City)
Hamaguri clam has been a famous product of Kuwana since the Edo era. Simple grilled Hamaguri clam is the best way to enjoy the clam's subtle sweetness and unique flavors.



かつての城下町は、商業・文化が発展した足跡を近郊に残す。
Chusei used to be a castle town. Now it is a great place to walk around and retrace the history of its commercial and cultural prosperity. This area also provides a wide range of recreational activities – from shellfish collecting and fruit picking to outdoor activities in a primeval forest.

斎宮跡・斎宮歴史博物館（明和町／E-5）

発掘一踏襲時代のたからものと古跡の数々が発見された国史跡指定の斎宮跡。博物館では、出土品、調査品などの他、模型や映像を使用し、当時の斎宮の様子を分かりやすく展示。
斎宮跡 MAP 1 P.20 302
Historical Park "Ruins of Saio Princess Palace" / Saiku Historical Museum (Meiwa Town／E-5)
Various artifacts from the period beginning with the Asuka era and ending with the seventeen hundreds are displayed in the museum. It has been designated as a National Historical Ruins. In the museum, the original Saiku is reproduced by utilizing models and visual materials.

五社池ふるさと村（多気町／E-5）

ベタルボーやモニエールス、菓物狩りが楽しめる体験型レジャーエリア。花とふれ合い動物広場では、ウサギなどのふれ合いからダチョウやトラまで、たくさんの動物を見ることができる。
Gokatsuraike Furusato-Mura (Taki Town／E-5)
This is a leisure park where you can enjoy pedal-boat, mini-golf, or fruit picking. You can see many types of animals – from rabbits to ostriches and tigers – in the "Flowers and Animals Open Area".

松阪城跡／御城番屋敷（松阪市／E-5）

城を守るために派遣された紀伊藩士たちの住居として建てられた屋。松阪城跡の裏門から続く石畳の道も味わい深い。
松阪城跡 MAP 2 P.258 643
Matsusaka Castle Ruins /Gojoban Yashiki (Matsusaka City／E-5)
These quarters were built for the samurai who protected the Matsusaka Castle in the Kishu domain. Many samurai houses line both sides of the stone-paved road that starts at the back gate of the Matsusaka Castle.

松阪商人の館（松阪市／E-5）

江戸時代の豪商、小津清左衛門の屋敷を改修して公開している。20余りの座敷があり各部屋や土蔵、庭園などから、当時の商人の暮らしぶりがうかがえる。
Matsusaka Merchant House (Matsusaka City／E-5)
Once the house of a wealthy merchant in the Edo era, Ozu Kiyozaemon, the house was renovated and opened to the public. The main building, with more than 20 rooms, the warehouse and garden reveal the lifestyle of merchants of that time.

青山高原（津市、伊賀市ほか／C-4）

標高600～700mの高台にあり、大自然の彩りと建大な眼望が楽しめる。ブツジやアセビの名所としても有名。
Aoyama Plateau (Tsu City, Iga City and other areas／C-4)
Aoyama Plateau is located 600–700 meters above sea level. You can enjoy the changing colors and spectacular scenic views. It is famous for the azaleas and Asebi that grow here.

潮干狩り（津市、松阪市ほか／E-4, 5）

穏やかな遠浅の海岸が続く伊勢湾沿いには、潮干狩りやとてすしスポットが点在。春から初夏にかけてアサリ、マテ貝などが収穫できる。
Collecting Shellfish (Tsu City and Matsusaka City and other areas／E-4,5)
The shallow beaches of the calm Ise Bay provide many good spots for collecting shellfish. Short-necked clam, razor clam and other shellfish are harvested from spring to early summer.

松浦武四郎記念館（松阪市／D-4）

松阪市は、江戸時代の探検家、北海道の名付け親でもある松浦武四郎の出身地。ゆかりの品々や関係資料、書やとくから、彼の足跡と多足多才ぶりがうかがえる。
Matsura Takeshiro Memorial Museum (Matsusaka City／D-4)
Matsusaka City is the birthplace of Matsuura Takeshiro, an explorer of the Edo era who named Hokkaido. His belongings, materials related to him and his exploration, and his books tell us of his achievements and his many talents.

英虹リゾート（津市／C-5）

温泉と涼びと食の楽しみが集まった高台型リゾート。大自然の中で、春はバラゴールフや風景、夏はウォーターパーク、冬は温泉を楽しめる。
Misugi Resort (Tsu City／C-5)
Misugi Resort is a place full of pleasure. You can spend a day with nature enjoying the hot springs or amusement and dining facilities. In spring and golf or enjoy horse riding. In summer have fun bathing in the water amusement park. In winter you can relax in a hot spring bath.

北畠神社・北畠氏館跡園（津市／C-5）

伊勢国司の座・北畠顕家をはじめ、三国を統べる神社。境内の一角にある室町時代に作られたとされる庭は、米字型の池と岩石した築山が見事に調和している。
Kitabake Shrine and Kitabatake House Garden (Tsu City／C-5)
Kitabatake Shrine pays homage to Kitabatake Akiyoshi, the founder of the Ise government, and it also pays homage to his son Chikafusa. The shrine features a garden set in the Muromachi-style in which a 8-pointed star-shaped pond and mossy mounds are in beautiful harmony.

奥香肌峡（松阪市／E-5）

紫雲台神様宮台国定公園内にある落差で、樹間川上流に位置する、四季、滝水、滝が織りなす変化に富んだ眺めは、自然の神秘を実感させる。
Okukahada Gorge (Matsusaka City／E-5)
Oku-kahada Gorge is in the Muroo-Asame-Ayama Quasi-National Park. It is located upstream of the Kushida River. The diverse natural scenery that is created by the four seasons, waterfalls, and mysterious rock formations and waterfalls has a wondrous and mystical quality.

奥伊勢フォレストピア（大台町／D-6）

大台山系の山々と清流に囲まれた天然温泉を併設した リゾート施設。体験施設（木工の加工施設）では、陶芸やクラフト作り体験などが楽しめる。
Okuise Forestpia (Odai Town／D-6)
Okuise Forestpia is a resort facility with its own natural hot spa surrounded by the Daikō Mountains and clear streams. You can enjoy pottery or bread making in the "Morinokuni Kobo" facility.

中勢の物産 Chusei's specialty products

松阪肉

ビールを飲ませたり、焼酎でマッサージしたりと、手間ひまかけて丹念に育てました最高級の味。見た目にも美しい霜降り肉は、肉の芸術品といえる。
Matsusaka Beef
A lot of time and effort is devoted to raising the beef cattle of Matsusaka. They are even given beer and massages using alcoholic spirits. It is not surprising that this beef looks beautiful as well as is the finest that you can eat.

茶畑（大台町）

代々茶葉を営む家が多く、町の耕地面積の約4割が茶畑。豊かた自然環境で栽培され、伊勢茶といえばブランドで出荷されている。
Green Tea Field (Odai Town)
Approximately 40% of the cultivated fields are plantations. The tea is marketed under the brand name "Ise-cha".

伊勢志摩・南勢の物産 Ise-Shima's & Nansei's Specialty Products

てこね寿司

カツオをしょうゆで味付けして酢飯と合わせた郷土料理。漁師が沖に出ているとき、獲れたての魚をご飯としょうゆを手ごねて食べたのが始まりといわれる。
Tekone Sushi
Tekone Sushi is a regional dish made from bonito marinated in soy sauce and vinegared rice. It is said that this dish originated from fishermen using their hands to mix freshly caught fish, rice and soy sauce, and then eating it onboard their boats.

海産物

本場の伊勢えびをはじめ、アワビやカキなど、鮮度な海の幸をたっぷりと堪能できる。
Lobster and Other Seafood
Indulge yourself in authentic Ise-ebi lobsters, abalone, oysters and other freshly caught seafood.

真珠

養殖真珠発祥の地・伊勢志摩には、パールショップやギャラリーが多く、バラエティ豊かなアクセサリーが揃っている。
Pearls
Cultured pearls originated from Ise-Shima, and there are many pearl shops and galleries displaying a variety of pearl jewelry.

伊勢神宮をはじめ由緒ある名所旧跡が多く、海には美しいリアス式海岸が続く風光明媚な伊勢志摩・南勢エリア。伊勢えび、あわびなど新鮮な海の幸はもちろん、真珠のふるさとでもある。
Nansei and Ise-Shima are home to many famous sites of religious and historic interest, such as Ise Grand Shrine. There are also scenic places, such as the jagged, yet beautiful coastline (rias). In addition, Ise-Shima is famous for its pearl culturing and fresh seafood such as Ise-ebi lobsters and abalone.

夫婦岩（伊勢市／F-5）

太い注連縄で結ばれている夫婦岩は、縁結びの象徴として知られる。夏至の頃には、二つの岩の間から朝日が昇る。
Meotoiwa (Ise City／F-5)
Meotoiwa (wedded-rocks) tied with a thick, sacred, straw rope symbolize marriage. The sun appears to rise from between the two rocks around the summer solstice.

二見シーパラダイス（伊勢市／F-5）

アッカンベーをするアザラシや投げキッスをするセイウチが人気の海獣王国。見て、触って、一緒に記念撮影もできる。
Futami Sea Paradise (Ise City／F-5)
Futami Sea Paradise is a kingdom of sea animals. The seals that poke out their tongues and walruses that blow kisses are always popular. You can pet them, and even have your photograph taken with them.

ちふねまげワールド 伊勢・安土桃山文化村（伊勢市／F-5）

黄金の安土城をシンボルに情緒ある町並みが立ち並ぶ。忍者ショーやからくり屋敷など、大人から子どもまで楽しめるちふねワールド。
Chonmage World (Ise City／F-5)
This park reproduces the Japanese warring states period around the symbolic golden castle, Azuchi. The park is for people of all ages. You can see ninja shows, try to be a ninja, or fight the battle of the Sengoku era.

伊勢神宮（伊勢市／E-5, F-6）

五来より「お伊勢さん」の名で親しまれ、年間を通じて多くの参拝者で賑う、20年に一度の遷宮をはじめ、数多くの伝統行事が残る。
内宮 MAP 1 P.32 165
外宮 MAP 1 P.32 166
Ise Jingu (Ise City／E-5, F-6)
This shrine has been known as "O-Ise-san" since ancient times. It is still popular and many people visit it throughout the year. Many of the traditional rituals are still carried out. For example, "Sengu" (installing the sacred symbol of a deity in a new shrine) is held every 20 years.

おはらい町・おかげ横丁（伊勢市／F-6）

内宮の玄関口から五十鈴川に沿って、昔ながらの建物が軒を連ねるおはらい町と、その一本山ふるおかげ横丁には、伊勢名物のお福よや郷土の味覚が有数した建物、特産物や郷土料理の店が並ぶ。
Oharai Machi and Okage Yokocho (Ise City／F-6)
Old-style buildings stand along the road in Oharai Machi. Okage Yokocho is a part of the town where the buildings have gabled roofs and tiles entrances in style. There are souvenir shops and some replicas of the western-style houses during the Meiji era.

伊勢志摩スカイライン・金剛童寺（伊勢市／F-6）

標高555mの朝熊山を縦走して、伊勢～鳥羽間を結ぶドライブルート。朝熊山には伊勢神宮の奥の院と金剛童寺がある。
Ise-Shima Skyline Highway and Kongoshoji Temple (Ise City／F-6)
The Ise-Shima Skyline Highway traverses Mount Asama. In spring and autumn, golf or enjoy horse riding. In summer have fun bathing in the water amusement park. In winter you can relax in a hot spring bath.

英虞湾（志摩市／F-7）

日本有数のリアス式海岸の美しさを誇る英虞湾。湾内には、真珠の養殖筏が海面に浮かび、カメリ模様を描き出す。
Ago Bay (Shima City／F-7)
Ago Bay has one of the most stunning and rias coastlines in Japan. It is also an important pearl culturing area, and many pearl rafts can be seen spread across the surface of the sea.

ミキモト真珠島（鳥羽市／F-6）

真珠王・御木本幸吉が世界で初めて真珠養殖に成功した島で、各種イベントや真珠のデーマパーク、海女の実演などにより、真珠の歴史や魅力を楽しく紹介する資料、美術工芸品などを展示している。
Mikimoto Pearl Island (Toba City／F-6)
Mikimoto Kokichi is known as the "King of Pearls". He was the first person to successfully culture pearls, which he did at Mikimoto Pearl Island. You can see displays of pearl culturing, various pearl arts, materials of pearl culturing and the history of pearl culturing.

鳥羽水族館（鳥羽市／F-6）

環境やテーマごとに分けられた12のゾーンに、世界の海や川を再現。ラッコやジュゴン、アフリカやマナティーなど約850種2万点の生きものが飼育されている。
Toba Aquarium (Toba City／F-6)
Toba Aquarium is divided into 12 zones according to the environment and theme. It reproduces a variety of seas and rivers in the world. Approximately 20,000 animals from over 850 species of aquatic creatures, such as sea otters, dugongs, and African manatees, live at the aquarium.

鳥羽湾・ イルカ島（鳥羽市／F-5）

絶望の海に島々が浮かび、「志摩の松島」と称えられる鳥羽湾。遊覧船で行くイルカ島ではイルカやアシカのショーのほか、夏には海水浴も楽しめる。
Toba Bay and Dolphin Island (Toba City／F-5)
Toba Bay is called "The Matsushima of Shima" because of the green islands in the ocean provide an extraordinarily beautiful scenic view. A pleasure boat goes to Dolphin Island where you can enjoy performances by dolphins and sea lions. You can even swim there during summer.

志摩スペイン村（志摩市／F-6）

アルフンソ十国賞なエンターテイメントを通じて、スペインの魅力を満喫できるテーマパーク「パルケエスパーニャ」。首実風呂のある天然温泉や南欧風のホテルも併設されている。
Shima Spain Village (Shima City／F-6)
You can experience the magic of Spain through exciting attractions and lively entertainment at the "Parque España" theme park. There is a Southern European-style hotel in the village, as well as natural hot spas, including an outdoor bath.

志摩マリンランド（志摩市／F-7）

アンモナイトをかたどったユニークな外観で、入口ではペンギンがお出迎え。マンボウや小さな海の生き物、約5,000点の展示するス回遊水槽、太古の海を再現した古代大回遊水槽もある。
Shima Marineland (Shima City／F-7)
This unique building is in the shape of an ammonite (seen from above). Penguins welcome you at the entrance. You can walk around a huge aquarium, or watch sunfish and other small creatures. The aquarium in this park contains 2000 fish (50 species) and reproduces the ancient oceans.

志摩スペイン村（志摩市／F-6）

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鳥羽水族館（鳥羽市／G-6）

「海と人間」の長い歴史をテーマに5万点を超える民具や漁具などの実物資料を展示。水族館などを集めた文化財収蔵施設もあり、海と志摩半島の文化を案内。
Museum of the Sea (Toba City／G-6)
This museum features the history of the long relationship between people and the sea. There are more than 50,000 exhibits, such as daily tools or real fishing equipment and tools. There is also a cultural property storehouse for wooden ships. The museum exhibits the culture of Shima and the sea.

合歓の郷 ホテル&リゾート（志摩市／F-7）

総面積300万㎡を誇る三重県最大のリゾートスポット。各種スポーツ・環境施設のほか、ゴルフクラブ、マリーナ、天然温泉やリラクゼーション施設も充実。
Nemu no Sato Hotel & Resort (Shima City／F-7)
Nemu no Sato is a leading resort in Mie prefecture with a total area of 3,000,000 m². It has an extensive range of activities including various sports facilities, a golf club, marina, natural hot spas and relaxation facilities.

御座白浜海水浴場（志摩市／F-7）

「伊水浴場百選」にも選ばれた美しい海と白砂の浜辺は人気が高く、ラクスロッシュやアクリルサティーなどの水浴シーズンは賑わいます。
Goza-Shirahama Beach (Shima City／F-7)
This very popular beach has beautiful white sand and a rocky coloured ocean. It was selected as one of the "100 Most Comfortable Beaches". During the bathing season, you can see colorful parasols along the shore, creating an atmosphere of a tropical island.

おもてなし三重観光ボランティアガイド

三重各地に様々な趣味な自然や歴史、地元の観光ボランティアガイドがご案内します。
ご都合による団体旅行から個人旅行まで、お気軽にご相談ください。
●お問い合わせ：(社)三重観光連盟 TEL／059-224-5904
http://www.kankomie.or.jp/volunteer/

高野尾の七福神巡り

高野尾町に祀られている七福神を巡る。
Takihara Shrine (Taki Town／D-6)
Takihara Shrine is recognized as an auxiliary sanctuary of the Inner Shrine of the Ise Grand Shrine, which worships Amaterasu Omikami. The cedar and cypress trees, which are probably several hundred years old, enhance the sublime atmosphere.

2010年作成

インフォメーション・サービス

三重の観光情報を幅広くサポート！
Information and Services

ホームページ Homepage

http://www.kankomie.or.jp/
観光三重 検索

三重の見どころがすぐに分かる！観光・イベント・宿泊など、楽しくて役立つ情報満載です。
You will quickly learn about the highlights of Mie. Get good information on sights, events, accommodation, etc. Also, you can download a variety of original ("観光三重だより") or POI data.

携帯電話

観光ガイドマップ 三重

TRAVELLER'S INFORMATION MAP OF MIE

凡例 LEGEND

1:300,000

0 5 10km

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道路案内図 Road Map

鉄道案内図 Railroad Map

東紀州エリア HIGASHI KISHU AREA

伊賀エリア IGA AREA

東紀州の物産 Higashi Kishu's specialty products

那智黒石（熊野市）

神川町で採石される黄重な黒石。粒子状にした原石を加工し、碁石や置石、敷物などに活用する。

Nachiguro Stones (Kumano City)

Precious black stones are quarried in Shinkawa Town. Ores are grounded into powder and used in things such as ink stones, the pieces for the board game known as Go, or ornaments etc.

みかん

年中かんが収穫できる温暖な御浜町。観光施設「パークとま御浜モールピア」では、時期によっては、みかんジュースのミニ工場も見学できる。

Mandarins

As Mihama Town is warm throughout the year, mandarins can be harvested all year-round. You can also take a look around the juice factory at the "Park Shichiri-Mihama Mall Pine"(seasonal).

さんま寿司・めはり寿司

昔ばくく鳥の揚げたさんまに酢と塩を混ぜ込み、さっぱりした味で食欲をそそる「さんま寿司」と、めはり寿司」のふたつは、目を見張って食べるほどの大きさに由来している。

Pacific Saury Sushi & Mehari Sushi

Mildly rich aquatic saury which is lightly seasoned with vinegar and salt, will increase your appetite. Mehari Sushi is also popular and is very big that people tend to eat it with their eyes wide-open. (Mehari means eyes wide-open.)

伊賀肉

雪解の赤が美しい霊山山麓で飼育されている伊賀牛は、芳醇な香りとコクが特徴。口に含むとのさのまろやかさは天下一品。

Iga Beef

Iga cattle are raised at the foot of Mt. Rei, where the difference between warm and cold temperatures can be extreme. The meat has a rich aroma and delightful flavor. Its reputation is second to none.

伊賀焼

伝統とともに培われた、力強く風雅な作風が特色。創立し、鎌倉時代に起源のある。登り窯をはじめ、古くから伝統の技法が受け継がれている。

Iga Pottery

Iga pottery has a long tradition. It is known for its strength and artistic beauty. Iga clay is extremely fire and heat resistant, and there are many Iga casseroles and teapots.

Iga Braid

Iga braid is from the Iga-Ueno region. The origins of this art form are older than the Nara era. Iga-Ueno currently produces braids in more than any other region in Japan. The beautifully colored Iga braids, especially *obijime* and *hachimaki*, are very popular throughout Japan.

» An *obijime* is a cord tied over the sash (*obi*) to hold it in place.
» A *hachimaki* is a short cord for doing up a half-length coat (*haori*).

伊賀ぐみ

手組組の生産日本一を誇る伊賀上野の工芸品で、その起源は古く鎌倉時代以前にさかのぼる。美しい色合いの組紐が伊賀組は全国的に人気。

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Iga-ryu Ninja Museum (Iga City／B-4)

A female ninja takes you on a tour of the ninja house, and shows you various secrets of the house, such as a revolving wall. You can enjoy being a ninja in the Ninja Experience Museum and learn about the history and literature of ninja in the Ninja Legend Museum.

Menard Aoyama Resort (Iga City／C-5)

Menard Aoyama Resort has various facilities, such as tennis courts, a golf course, accommodation, a cosmetic studio, a studio for making bread, a studio where you can try handcrafted arts, and a herb garden. You can also enjoy the spa and putter golf.

Shimagahara Yabucchа (Iga City／B-4)

This large recreational complex boasts a wide range of outdoor attractions such as tennis courts and a golf course. The facilities include a hot-spring resort, pleasant restaurants and sites for day-camping and car-camping.

Moku Moku Farm (Iga City／C-3)

Moku Moku Farm features natural environment, agriculture, and the production of handmade goods. There is a hall featuring pigs and many workshops (studios) for manufacturing such as beer, ham and roast pork. Classes for hand-making sausages, and bread are popular.

Yono Park (Iga City／C-3)

Yono Park is known in kansai for its large wild azaleas. There are approximately 15,000 azaleas growing here. Many people visit the Azalea Festival, which is held in the park in May, when the azaleas are in bloom. The area is designated as a Special Protection Zone within the Suzuka Quasi-National Park.

Ueno Castle (Iga City／B-4)

Ueno Castle was built by Todo Takatora a master castle-builder. The castle is also called the Hakuho Castle (White Phoenix Castle) because of its beauty. The stone wall of the inner moat is approximately 30 meters tall and is one of the highest in Japan.

Haiseiden (Iga City／B-4)

The design of this building in Ueno Park is based on the figure of the poet, Matsuo Basho, as he traveled. Back then, travelers used to wear short kimonos and conic straw hats. His life-sized statue made from Iga ware is displayed inside the building.

忍者のふるさとといえまた松尾芭蕉や江戸川乱歩のゆかりの地として知られる伊賀エリア。城下町の面影を残す伊賀は、ノスタルジックな旅情を感じさせる。郊外には、赤目四十八滝や青山高原などご景勝地も多い。

Iga is known as the original home of the ninja. It is also an area associated with the poet Matsuo Basho, and the writer Edogawa Ranpo. Iga Ueno used to be a castle town. There are many beautiful places, such as the Forty-eight Falls of Akame and Aoyama Plateau.

赤目四十八滝（名張市／B-5）

滝川の上流に連なる不動滝、千手滝などの大小様々な滝が美しい。全長4kmの遊歩道は、四季を楽しみながらのハイキングに最適。日本の滝百選、森林浴の森百選にも選ばれている。

The Forty-eight Falls of Akame (Nabari City／B-5)

In Akame, there are many magnificent waterfalls, such as the Fudo and Senju waterfalls. The 4 km walking trail is suitable for hiking throughout the year. This area has been selected as one of the 100 Waterfalls in Japan and one of the Top 100 Forests to take a peaceful walk.

香落渓（名張市／B-5）

室生火山群の流動によってつくり出された雄大な渓谷。青蓮寺川に沿っての約8kmにわたり断崖奇岩の自然の造形美が続く。夏は新緑、秋は紅葉に彩られ、特に美しい。

Kaochi-dani Canyon (Nabari City／B-5)

The magnificent Kaochi-dani Canyon was formed by the volcanic activity of the Muroui Volcanic Mountains. Cliffs and strangely shaped rocks form 8 km of natural and beautiful landscapes that can be seen along the Shoreinji River. The new, green growth of summer and the colorful maple leaves of autumn make the canyon particularly scenic at these times.

名張藤堂家邸跡（名張市／B-5）

寛永13年（1636年）に建てられた名張藤堂藩・初代藩主、藤堂高吉の邸宅跡。中庭と枯山水杣山水庭園のみが現存し、重要美点の当日付と貴重品を展示している藩士の勤務が公開されている。

The Ruins of the Nabari Todo Family's House (Nabari City／B-5)

These ruins are the house of Todo Takayoshi, the first lord of the Nabari Todo domain. The house was built in 1636. Only the master's residence and the Shinsuiyu-Period, karesansui (traditional Japanese dry landscape) garden, have survived. Various historically valuable materials, such as an official letter with a red ink seal issued by Toyotomi Hideyoshi, are displayed.

青蓮寺湖（名張市／B-5）

青蓮寺川をせきとめて建設された多目的ダム、周辺の山々と水面に映し出される四季の景色は格別。近隣では いちご狩りが楽しめる。

Shoreinji Lake (Nabari City／B-5)

Shoreinji Dam is a multipurpose dam built on the Shoreinji River. The surrounding mountains and colors of each season are remarkably beautiful as they are reflected on the surface of the lake. You can enjoy strawberry and grape picking around here.

伊賀の物産 Iga's Specialty Products