观光指南地图
三重
TRAVELLER'S INFORMATION MAP OF MIE

节日活动

在当地各处都办会令人怦然的热神，盛大的游行队伍及独特的神舆等的节日活动。

Festivals:There are many local festivals featuring traditional rituals, spectacular parades and unique portable shrines throughout Mie.

1月1日 Gozu节（鸟羽市）
仿造太阳拥有或白色花环，并将它用竹竿高高撑入天空以祝愿渔业丰收。
为表达海老额叶代的思想及风俗的神秘性节日，县无形民俗文化财产。
January 1 Gebi Festival (Toba City) | A white wreath made from branches of oleverberry (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 fishing 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 a "prefectural intangible folk cultural properties".

1月最终 鬼山大市（鬼山市）
星期五、六、日 The last Friday, Saturday and Sunday of January: Kameyama Grand Market (Kameyama City)

1月 弓引马神（志摩地区）
January Yumihiki Shinji (Shima Region)

2月1～5日 Yaya节（尾鹭市）
February 1 to 5: Yaya Festival (Owase City)

2月8日 八日祝（名张市）
February 8: Yoka Iwai Festival (Nabari City)

2月11、12日 正月变祭立会（伊贺市）
February 11 & 12: Shogatsu-do Shutsue (Iga City)

2月中旬 御头祭神（伊势地区）
Mid-February: Okashira Shinji (Ise Region)

3月15日前后 神户的锻舞踊（钟鹿市）
Around March 15: Kanko no Neshaku (Suzuka City)

3月春分日 播种祝贺王节（纪北町）
Spring Equinox (March): Tanenaki Goshoi Festival (Kitoki Town)

神乐舞台 / Kagura Festival

4月28～30日、9月28～30日 神乐祭祀（伊势市）
April 28 to 30 & September 28 to 30: Kagura Festival (Ise City) | Sacred music and dancing are performed on the specially prepared stage in the Inner Shrine of the Ise Grand Shrine.These performances are offerings to the gods

4月20日前后 三叶大樱花节（伊贺）
Around April 20: Mitake Cherry Blossom Festival (Tsu City)

黄金周中一天 大平社踢花节（大纪町）
One day during Golden Week: Ohira Azalea Festival (Taiki Town)

4月～5月中旬 伊贺上野Ninja节（伊贺市）
April & Early May: Iga Ueno Ninja Festa (Iga City)

5月4、5日 圣纹祭祀（三马祭神）（桑名市）
May 4 & 5: Tado Festival <Agezuna Shinto Ceremony> (Kuwana City)

5月5日、9月5日 关妇岩大庄选闻龙祭祭典神（伊势市）
May 5 & September 5: The Toji Sumo <Agezuna Shinto Ceremony> (Ise City)

5月第二星期六、日 Gozu节（鸟羽市）
The second Saturday & Sunday of May: Banko Festival (Yokkaichi City)

6月第一星期六 伊势海祭祀祭礼（伊势市）
The first Saturday of June: Ise-Ebi Lobster Festival (Shima City)

6月第一星期六、日 斋王祭礼（明和町）
两度伊势神宫的皇室过去的斋王队伍，由250人纷演的齐王，女官们伴随着旅开的直渡花，以光彩照人的游行队伍行进。
The first Saturday & Sunday of June: Saio Festival (Meiwa Town) | This colorful festival celebrates the princess who served in the Ise Grand Shrine. Two hundred and fifty people dress up in the princess and her maids, and then they march to the shrine. The trees at the shrine are in full bloom during this season.

6月第四星期日前后 八仙花之路祭祀（大纪町）
Around the fourth Sunday of June: Hydrangea Festival (Taiki Town)

6月24日 伊杂宫镇祭节（志摩市）
June 24: Izawanomiya Rice Planting Festival (Shima City)

南王祭祀 / Saio Festival

6月27～29日 钢船出开总祭（伊势市）
June 27 to 29: Memorial for the Restorer of the Temple on Mt. Asama (Ise City)

7月 （北纬51日） 御祭花菖蒲节（伊贺）
已有相隐进行了760余年的历史，在折衷梅上安全和确金手欢之切，
安永2年刚洗完门每水百行撒烂红的安定。
July (The first day of the sixth month in the lunar calendar): Shiobake Festival (Shima City)
This festival has more than 760 years of history. After female divers and fishermen pray for safety and a good catch, participants splash each other furiously in the water.

7月11日 白鲸节（鸟羽市）
山上的采伐女一齐潜入海里，进行开世式个轮台的比赛，
最先把树根拉出的红对，"开神物鱼"的人就称为这一年的采伐女王。
July 11: Shirongyo Festival (Toba City) | All of the female divers of the island dive into the sea together and compete to get the first pair of abalone for the year. The diver who retrieves a black and a red abalone "maseki awabi" (abalone that brings fortune) is called "Amagashira" (Head Female Diver) for the year.

7月15日 给夕花篱鱼神（伊贺）
July 15: Zaroyashori Shinji (Tsu City)

7月第四星期六 灯笼节（纪北町）
Around the fourth Saturday of July: Lantern Festival (Kitoku Town)

7月中旬 伊势神宫花火大会（伊势市）
Mid-July: Ise Jingu National Fireworks Display (Ise City)

8月中旬 Kaiko祭（县内各地）
Mid-August: Kaiko Festa (each place in Mie Prefecture)

8月第一星期六、日 纪和之大祭祀（熊野市）
The first Saturday & August: The Fire Festival of Kiwa (Kumano City)

8月第一星期六、日 大四日祭祀社（四日市市）
The first Saturday & Sunday of August: Grand Yokkaichi Festival (Yokkaichi City)

8月第一星期六、日 石取节（桑名市）
被称为"日本第一相扑的节日"。
Kuwana Oyamato Nihon-ichi Sumo Festival (Kuwana City)

熊野大祭礼 / Kumano Grand Fireworks Display

8月下旬 鹿乡火祭礼（鹿乡町）
The first Saturday & Sunday of August: Ishidori Festival (Kuwana City) | This lively, festive summer festival has been described as "Japan's loudest festival". Magnificent floats march through the town with loud gongs and drums. It is designated as a "prefectural intangible cultural properties".

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

9月15、16日 安乘的木偶戏（志摩市）
September 15 & 16: <Ayaori Puppet Play (Shima City)

安乘的木偶戏 / Ayaori Puppet Play

9月中旬 草鞋祭祀（志摩市）
根据古代传说一在大王村为狂暴一个脚冲克阳的男人Ababaroboc由制服作的大草鞋
一年进行的祭祀。此草大作的草鞋获得这个神社后，越大越灵验。
September: Waraji Festival (Shima City) | This festival was derived from an ancient legend in which huge waraji (straw sandals) were made in order to ward off a horrible giant, Ababaroboc. In this festival, two massive waraji are offered to the Nakiri Shrine and then thrown can be seen.

10月上旬的星期六、日 鲣鱼祭祀（鹿野町）
Saturday & Sunday of early October: Yuniyama Spa Sobi Festival (Kosono Town)

10月上旬 津祭祀（津市）
在1723红前期就已开始的历史祭祀中，特别不能被错过的是豪若特的前具，穿着
华丽的服装在街道游行的"曳人舞"，已被指定为县无形民俗文化财产。
Early October: Tsu Festival (Tsu City) | This historic festival began in the first half of the 17th Century. The highlight is "Tojin Odori". (The Chinese People's Dance), in which people jump up and down wearing strange masks and colorful clothing. The festival is designated as a "prefectural intangible folk cultural properties".

10月上旬 久居节（津市）
Early October: Hisai Festival (Tsu City)

10月12日 芭蕉节（伊贺市）
October 12: Basho Festival (Iga City)

10月15～17日 神宫节（伊势市）
October 15 to 17: Kanname Festival (Ise City)

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

11月3日 秋乡祭（松阪市）
November 3: Utasio Festival (Matsusaka City)

11月3日 一本岛节（熊野市）
November 3: Nagshima Festival (Kumano City)

11月23日 祇骗马节（桑名市）
November 23: Tahoumie Festival (Kuwana City)

12月24日 伊势大神乐（桑名市）
伊势大神乐讲社在新年的近川演出之前，公布补之舞，四方之舞等的能悲祭祀舞曲
杂技，为当国家重要文化财仅留文化财产。
December 24: Ise Daikagura (Kuwana City) / Members of the Ise Daikagura Group perform ritual music and dance for exercises such as "Kuro ni Mai" and "Shiho ni Mai" before they embark on their New Year's tour. The festival is designated as a "national important intangible folk cultural properties".

古代式样的格子窗和涂黑墙保留至今的街道，洋溢着江户时代兴盛的客栈城镇风情。以聊在所后方主峰的铃鹿联邦群山，自然风光优美，四季景色丰富多彩。

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）
自古以来作为全世界外人神官可被开挥着，其境内有收藏和展示重要文化财产的宝物殿和松尾芭蕉前来参拜时所作俳句的石碑。传统活动有著名的上马神事。

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. The shrine is famous for the "Kamiuma-Shinji" (Horse Riding Ritual).

宇贺渓（INABE市／D-2）
这是静盖国定公园中唯一可视资源布群的景区。
御所濑、鱼止濑、燕濑等名瀑无数，沿着河川
壁绝，可以尽收山川风景。

Uga-kei Canyon (Inabe City/D-2)
Uga-kei Canyon is the only area where you can visit waterfalls within the Suzuka National Park. There are famous waterfalls such as Gosho, Uodome, and Tsubame.

Nabana之乡（桑名市／E-2）
在五彩缤纷的鲜花丛中，洗盥天温泉；喝自制啤酒，别有一番情趣。4座大温室中展示着来自世界各国的各种秋海棠。

Nabana-no-Sato (Kuwana City/E-2)
You can enjoy locally produced beer and an outdoor bath surrounded by beautifully colored flowers. The gardens in the four large greenhouses that display begonias from around the world are not to be missed.

长岛Spa Land（桑名市／E-2）
占地面积达63万平方米，是东海地区最大的娱乐服务区。拥有世界最大级的惊险游乐设施、大型的海水浴场、泡池、温泉等。

Nagashima Spa Land (Kuwana City/E-2)
This amusement park is 630,000 m² and is the largest in the Tokai area. It has a hotel, a huge seawater pool, a hot spring, and one of the world's largest and most exciting amusement rides.

Jazz Dream长岛（桑名市／E-2）
这是华落在长岛Spa Land能听的大型购物城。
其中有190家国内外品牌商店，货真价实，可尽情愉快地购物。

Jazz Dream Nagashima (Kuwana City/F-2)
Jazz Dream Nagashima is an outlet mall located next to Nagashima Spa Land. There are 190 brands which are under the direct management of the manufacturer. You can enjoy shopping with reasonable prices.

七里之渡（桑名市／E-2）
这是东海道五十三次第四十二宿客栈城镇，是来自江户方面的人们进入伊势路的门户。由于此处距离尾张旅馆之官七海里（28公里），故名。

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.

六军苑（桑名市／E-2）
这是建于1912年（大正2年）的宫寄迷户满式宅院。这座由庭鸣馆设计者，有名的建筑家建造的日洋折衷风格的建筑物是代表明治和大正时代的文化的贵重建筑物，它现内藏有独具匠器式摄园。

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 Rokumeikan. The building features both Japanese and Western styles, and is an important cultural heritage.

北勢物产 Hokusei's specialty products

蜡烧（龟山市）
蜡烧产量为日本之最，约占全国产量的百分之五十。蜡烧作家整多，有荐骨型、渐出型等，他工物巧的艺术型蜡烧是区别世界的艺术品。
Candles (Kameyama City)
Approximately 50% of Japan's domestically produced candles come from Kameyama City. It is clearly the largest producer of candles in Japan.

工匠大师手 / Crafts Tezuka

伊势形纸（铃鹿市）
使用最初刀在日本独立控制精细的花纹，用于印染友禅和浴衣等布料。图刻分为突通、镂通、染通工具等。花纹簿等印技巧。
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.

烧姑（桑名市）
这是从江户时代即据名的桑名特产。输送甘美，风味独特，堪称佳品。
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 clam's subtle sweetness and unique flavors.

专修寺（津市／D-4）
这是净土真宗高田派总寺院，建有御影堂、如来堂等，还有多宝塔等很多国宝和重要文化财产。

Senjuji Temple (Tsu City/D-4)
Senjuji Temple is the major temple of the Takada-ha branch of the Jodoshin-shu sect. The temple houses many National Treasures and Important Cultural Properties such as buildings (Mikage-do Hall and Nyorai-do Hall) and documents written by Shinran.

神照温泉（津市／D-4）
这是出现在清少纳言"枕草子"一书的著名温泉胜地，与有马、玉造并列为日本三大名泉，并是有名的美人泉。

Sakakibara Spa (Tsu City/D-4)
A female writer of the Heian era, Sei. Shonagon, praised this spa (called Nanakuri at that time) in her famous essay, Makura no Soshi. This spa is one of the three most famous hot springs in Japan (the others are Arima and Tamatsukuri). It is also famous for being a "beauty bath".

赶海（津市、松阪市等／E-4、5）
伊势湾海岸平坦，风平浪静，有很多赶海掘点，每年春季至初夏是收获海贝的好季节。

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.

松浦武四郎纪念馆（松阪市／D-4）
松阪市是江户时代探险家、北海道命名人松浦武四郎的出身地，从众多的物品和相关资料，著作中，可刻画出他的足迹并显示出他的多才多艺。

Matura Takeshiro Commemorative Center (Matsusaka City/D-4)
Matsusaka City is the birthplace of Matsura 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.

自古的城下町，全日的繁荣景。通过各种景点，可寻找商业和文化发展的足迹。想海下旅水果基成一地区的轮转活动，周超麻将茂盛的群山密是第一片大自然的壮丽景象。
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 the abundant nature.

斋宫遗迹、斋宫历史博物馆（明和町／E-5）
斋宫遗迹出土了1马形代宝替合时代的大量文物，被指定为国家级历史遗迹。博物馆展示着各种公土文物，并运用现代的手法再现了古代斋宫。
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 Kamakura era have been excavated from these ruins. The ruins are designated as National Historical Ruins. In the museum, the original Saiku is reproduced by exhibiting the models and visual materials.

斋宫遗迹 / Saikuden Ruins

五社池放乡村（多气町／E-6）
这是设有网球场、嘿型高尔夫球场、摘水果区的体验型度假公园。公园内的新忙和动物广场叫养鹿家鱼、驼鸟、老虎等动物。
Goshasuiike Furusato-Mura (Taki Town/E-6)
This is a leisure park where you can enjoy tennis, mini-golf, or picking fruit. You can see many types of animals – deer in the Deer Farm, ostriches and tigers – in the "Flowers and Animals Open Area".

铃鹿赛车场（铃鹿市／E-3）
这是东海道五十三次第四十二宿客栈城镇，是来自江户方面的人们进入伊势路的门户。由于此处距离尾张旅馆之官七海里（28公里），故名。
Suzuka Circuit (Suzuka City/E-3)
This "Mecca" of motor sports boasts an international racetrack. The Japan Formula One Grand Prix and Suzuka 8-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.

Matsusaka Castle Ruins / Gojoban Yashiki (Matsusaka City/E-5)
These auditorium is decorated with the "ramune white" produced the Matsusaka Castle in the Kishu domain. Many Ramune bottles from all over the store-covered roof that starts at the back gate of the Matsusaka Castle Ruins. One of these houses is open to the public.

松阪商人之馆（松阪市／E-5）
为了向江户时代繁荣一时的松阪商人致敬，现经改建后对外开放。主屋约有20多间，还有仓库、庭园等，从中可看出当年商人的豪华生活。
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、伊贺市等／C-4）
高地海拔600～700米，台阶景色优美，视界开阔。高原上的杜鹃和和通草也很有名。
Aoyama Plateau (Tsu City, Iga City and other areas/C-4)
Aoyama Plateau is 600–700 meters above sea level. You can enjoy the changing colors and spectacular scenic views. It is famous for the azaleas and Akebi that grow here.

青山高原 / Aoyama Plateau

美杉度假胜地（津市／C-5）
集温泉、游乐、饮食为一体的美杉度假胜地。在大自然中，可尽情享受春天的高尔夫球赏樱马、夏天的游泳、秋天的温泉之旅也。
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 play putting golf or enjoy horse riding. In summer have fun bathing in the water amusement park. In autumn you can enjoy and relax in a hot spring bath.

北岛神社、北岛殿筑造遗迹园（津市／C-5）
这是供奉伊势国司之祖北畠亲房等三座的神社。位于境内一角的重现宫殿建有来宁形池塘和假山，相辅相应，极为调和。
Kitabatake Shrine and Kitabatake House Garden (Tsu City/C-5)
Kitabatake Shrine was built to enshrine Kitabatake Akiyoshi, the founder of the Ise government, and it also pays homage to his father and grandfather. It features a garden set in the Muromachi-style in which a pond-style stroll garden and mossy mounds are in beautiful harmony.

奥鲁氏峡（松阪市／C-6）
这是宽广的奥鲁氏峡谷中自然与山溪交织而成的溪谷，位于标田川上游。溪谷内的巨石、奇岩、原始森林，瀑布等，相辉映照，富于变化，充满着神秘感。
Oku-kahoda Gorge (Matsusaka City/C-6)
Oku-kahoda Gorge is located in the Murou-Akame-Ayama Quasi-National Park. It is located upstream of the Kushida River. The excellent scenery that is created by the huge rocks, strange rock formations, primeval forests and waterfalls has a wondrous and mystical quality.

大杉谷、大台之原（大台町／B-7、B-8、C-7）
为了向江户时代繁荣一时的松阪商人致敬，现经改建后对外开放。主屋约有20多间，还有仓库、庭园等，从中可看出当年商人的豪华生活。
Osugi-dani Canyon and Odaigahara Plateau
(Mikawa Village / B-7, B-C-7)
The steep, V-shaped canyon has many famous waterfalls and mountain streams. There are the habitat of wild birds and rare flora. Osugi-dani Canyon is within the Yoshino-Kumano National Park.

大杉谷、大台之原 / Osugi-dani Canyon and Odaigahara Plateau

中勢物产 Chusei's specialty products

松阪肉
松阪牛在饲养过程中，嗜饮啤酒，用按酒按摩。精心照料，其肉质鲜美，味道最佳，外观如霜似雪，堪称牛肉的艺术品。
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.

茶田（大台町）
这里现多人家运营产代经营茶业，茶田占据地面积的百分之四十。茶田和环境优美，这里栽培的茶叶名为伊势茶，已成为名牌产品。
Green Tea Field (Odai Town)
Approximately 40% of the cultivated fields are plantations. The tea is marketed under the brand name "Ise-cha".

茶田 / Green Tea Field

伊势志摩拥有伊势神宫等名胜景区和优美的下的海岸线，风光明媚，伊势海虾、鲍鱼等海味饮食全国，拉骚珠名天下。
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.

夫妇岩（伊势市／F-5）
由相大的精紫相连的夫妇岩是有名的结缘象征。
每年夏至时节，朝阳从两座岩石中间升起。

Meoto-iwa (Ise City/F-5)
Meoto-iwa (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.

夫妇岩 / Meoto-iwa

二见海兽馆（伊势市／F-5）
作为蛋蛋乐的海豹和海象深受观众欢迎，观众脸了观赏以外，还可与海兽一起拍照摄影。

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 pat them, and even have your photograph taken with them.

二见海兽馆 / Futami Sea Paradise

伊势・安土桃山文化村（伊势市／F-5）
这是以黄金安土城为象征、重现战国时代的城乐世界。村内有微笑秀、体验馆、金次体验剧场等各种设施，大人和孩子均可大抵满之。

Edo Wonderland (Ise City/F-5)
This park reproduces the Japanese warring states period around the symbolic golden castle, Azuchi Castle. The park is for people of all ages. You can see ninja shows, try to be a ninja, or fight in the battle of the samurai.

伊势・安土桃山文化村 / Edo Wonderland

伊势神宫（伊势市／E-5、F-6）
伊势神宫自古闻名，一年四季参拜者络绎不绝。传统活动众多，包括每二十年举办一次的迁宫仪式。

Ise Grand Shrine (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.

伊势神宫 / Ise Grand Shrine

Oharai町、Okage横丁（伊势市／F-6）
Oharai町古有的茶屋建筑群，以及现代的风格餐馆和伴土仓于一角只可意思意思，让每个过客都可享受传统建筑的氛围和洋溢的情感。现在已开产系主要看。

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 with the relaxed roof and side entrance style. There are souvenir shops and some replicas of the western-style houses during the Meiji era.

Oharai町 / Oharai Machi

伊势志摩汽车公路、金刚证寺（伊势市／F-6）
该汽车公路横跨海拔555米的朝熊山，连接伊势和海湾。朝熊山山顶有报证是伊势神宫后院的金刚证寺，每年7月上旬约4000棵八仙花盛开。

Ise-Shima Skyline Highway and Kongoshoji Temple (Ise City/F-6)
The Ise-Shima Skyline Highway traverses Mount Asama, 555 meters above sea level. It connects Ise with Toba. The Kongoshoji Temple is at the top of Mount Asama. There are approximately 4,000 hydrangeas in the temple. They are at their most beautiful in early July.

伊势志摩汽车公路 / Ise-Shima Skyline Highway

Mikimoto珍珠岛（鸟羽市／F-6）
这是日本妇女潜水员的发祥地，也是日本最早的真珠养殖场所在地。
Mikimoto is the birthplace of the Japanese pearl culture and the first pearl farm in the world.

Mikimoto Pearl Island (Toba City/F-6)
Mikimoto Kokichi is known as the "King of Pearls". He was the first person ever to successfully culture pearls, which he did at Mikimoto Pearl Island. You can see women dive for pearl oysters, various pearl arts, materials of pearl culturing and the history of pearl culturing.

Mikimoto珍珠岛 / Mikimoto Pearl Island

鸟羽水族馆（鸟羽市／F-6）
这个馆饲养着伊势湾和三重外为1200种以上、展现世界的海洋状况，特外着海龙、海豚、美人鱼等约850种海洋生物。

Toba Aquarium (Toba City/F-6)
Toba Aquarium is divided into 12 zones according to environment or theme. In this way, it reproduces a number of the oceans of the world. There are approximately about 850 species of aquatic creatures, such as the popular sea otters, dolphins, manatee and dugong living in the aquarium.

鸟羽水族馆 / Toba Aquarium

鸟羽湾、海豚岛（鸟羽市／F-5）
鸟羽湾是"志摩的松山"，群聚的大岛上点缀着大小岛屿，美丽游艇前往海豚岛可观赏海豚和海豹作秀，夏季前成为海水浴场。

Toba Bay and Dolphin Island (Toba City/F-5)
Toba Bay is called "Matsuyama of Shima" because the green islands on an ocean of deep blue provide an extraordinarily beautiful scene. A pleasure boat takes you to Dolphin Island where you can enjoy performances by dolphins and sea lions. You can even swim there during summer.

鸟羽湾、海豚岛 / Toba Bay and Dolphin Island

大王崎灯塔（志摩市／G-7）
大王地是海湾拉区，1927年在此建造了白色灯塔。灯塔周围的石阶和渔村风光掏醉了很多游客。

Daio-zaki Lighthouse (Shima City/G-7)
This white lighthouse was built in 1927 on Daio-zaki, which was a treacherous point. Many artists have painted masterpieces based on the scenery of this fishing town. The town has stone paved roads and is full of atmosphere.

大王崎灯塔 / Daio-zaki Lighthouse

志摩西班牙村（志摩市／F-6）
这是西班牙风格的游乐园，惜指的飞车宫和和快乐的娱乐活动宽满着西班牙的魅力。园内还有欢迎西风流泡和葡萄酒的真馆。

Shima Spain Village (Shima City/F-6)
You can experience the magic of Spain through exciting attractions and lively entertainment at the Parque Espana. There is a Southern European-style hotel in the village as well as natural hot springs, including an outdoor bath.

志摩西班牙村 / Shima Spain Village

志摩海洋乐园（志摩市／F-7）
以岱菊石遍及到独特外观引人注目，企鹅在入口处欢迎游客，园内有鲸车鱼漫游的水槽，设即2000多海鸟群游动的大型游水槽以及鲨鱼古海洋的古代水族馆。

Shima Marine Land (Shima City/F-7)
The unique building is in the shape of an ammonite. Penguins welcome you at the entrance. You can walk around a huge aquarium, or watch sunfish moving slowly. One of the aquariums in this park contains 2,000 fish (50 species) and reproduces the ancient oceans.

志摩海洋乐园 / Shima Marine Land

英虞湾（志摩市／F-7）
这是日本最指可数的日下海岸线珍珠之乡。无数的珍珠筏在海面上勾画出美丽的花纹。

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.

英虞湾 / Ago Bay

合欢之乡（志摩市／F-7）
这是占面积达300万平方米的三重县最大级度假地，设有各种体育设施、住宿设施、天然温泉、休闲中心等。

Nemu no Sato (Shima City/F-7)
Nemu no Sato is a leading resort in Mie prefecture with a total area of 3,000,000 m². There is an extensive range of facilities for recreation, various sports facilities, accommodation, natural spas and relaxation facilities.

合欢之乡 / Nemu no Sato

御座白滨海水浴场（志摩市／F-7）
美丽的海滩和绿荫百的沙滩是这座海水浴场特色，被评为"日本海水浴场80选"之一，深受欢迎 每逢海水浴旺季，志郭镇的水和尔就已在御座白滨开设机关。

Goza-Shirahama Beach (Shima City/F-7)
This very popular beach has beautiful white sands and a richly colored ocean. It was selected as one of the "88 best bathing sites in Japan". During the bathing season you can see colorful parasols along the beach, creating an atmosphere of a tropical island.

御座白滨海水浴场 / Goza-Shirahama Beach

泷原宫（大纪町／D-6）
这是供奉天照大神的伊势神宫内宫的别宫，别宫格式表现，社伊为神话的数百年树龄的杉树和扁柏聚集着庄严的气围。

Takihara Shrine (Taiki 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.

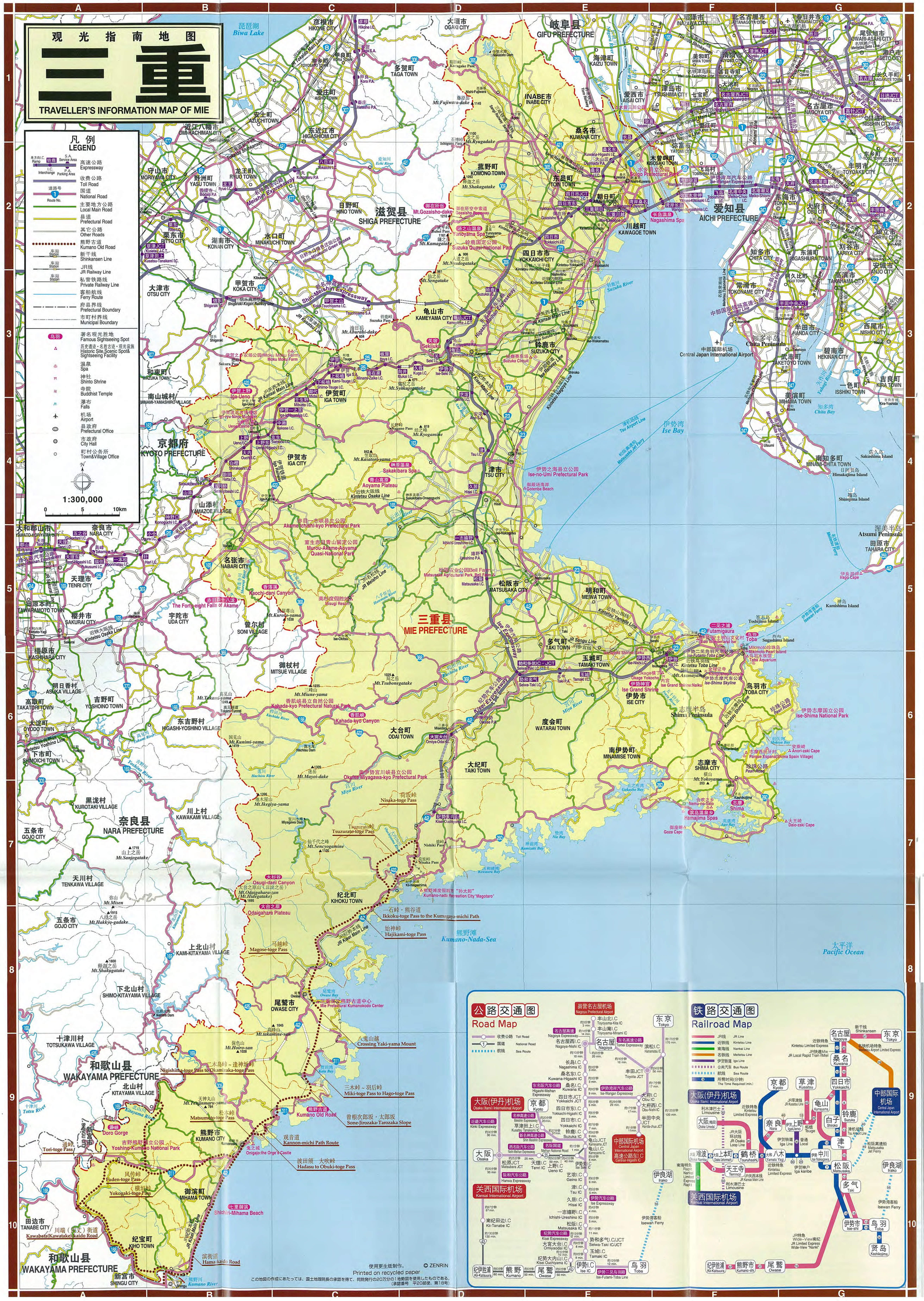
泷原宫 / Takihara Shrine

伊势志摩、南势物产 Ise-Shima's & Nansei's Specialty Products

手捏寿司
这是使用源味的鲣鱼和海可饭捏合而成的乡土菜肴。据说激民出海时将捕获的海鱼挪在米饭中用箱油调味食用是这种菜肴的起源。
Tekone Sushi
Tekone Zushi is a regional dish made from bonito marinated with soy sauce and sushi 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 on board their boats.

手捏寿司 / Tekone Sushi

海产物
伊势海虾、鲍鱼、鲸鲵等高级生鲜



东纪州阳光灿烂，满溢南国风情。沿着海岸线富于变化的岩壁和绿树成荫的深山，令人切身感受大自然的美丽和力量。闯荡江湖的古人走过的熊野古道深藏于绿荫和幽静之中，漂散着神秘的气氛。2004年7月登录为世界遗产。

The bright sunshine of Higashi-Kishu creates a tropical island atmosphere. Views of cliffs and deep green mountains reveal the beauty and strength of nature. The Kumano Old Road that travelers used to walk is quite serene. Its lush green surroundings create an enchanted and mysterious atmosphere. Listed as World Heritage in July, 2004.

孙太郎汽车野营场（纪北町／D－7）

这是东纪州最大的度假公园，广阔的区域内设有各种娱乐设施，位于夕阳晖映、优美海边的汽车野营场拥有充实的设备，也是极受欢迎的外景摄影地。

Magotaro Auto Camp (Kihoku Town／D-7)

"Magotaro" is the largest resort in Eastern Kishu. There are many leisure facilities within this huge site. The beachfront motor camping grounds with a beautiful sunset offer a fabulous location and a full range of facilities, and are very popular.

播种权兵卫之乡（纪北町／C－8）

权兵卫是日本著名民谣"权兵卫播种、大乌鸦偷食"中的主人公，在权兵卫故居中，展示着火绳枪和火石等多种民俗资料。

Tanemaki Gonbei no Sato (Kihoku Town／D-8)

This historic site was the home of Gonbei, the farmer who is featured in the words of a famous folk song: "Soon after Gonbei sows seeds, crows dig them up". A number of goods that features the farmers' life such as his matchlock-gun and "Zunbera" stones are displayed in Gonbei's house.

土井竹林（尾鹫市／C－8）

这是尾鹫的大富豪土井八郎兵卫从萨摩移植来的竹林，数千枝江南青竹郁郁葱葱，毕直挺拔，从通向竹林之路中途的隧道远眺竹林，甚为壮观。

Doi Bamboo Grove (Owase City／C-8)

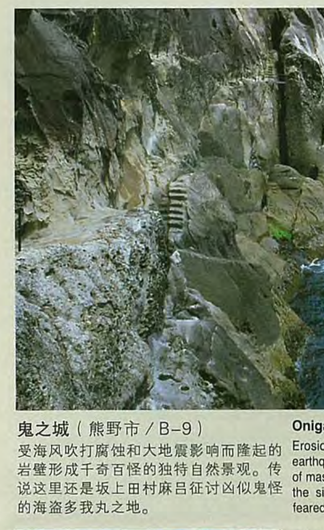
There are thousands of lush and vigorously growing bamboo plants in this forest. It is said that this grove was created by Hachirobei Doi, a very wealthy man from Owase. He transplanted bamboo plants from the Satsuma region (current-day Kyushu). When viewed from the tunnel that is on the way to the bamboo grove, the scenery of the bamboo grove is quite mystical.

熊野古道（熊野市、尾鹫市等／C－8）

这是从平安时代到江户时代前往号称熊野三山的熊野本宫、速玉大社、那智大社参拜的人们走过的巡礼之路。连接伊势和熊野这两大圣地的长满青苔的石阶道至今保存完好。2004年7月登录为世界遗产。

Kumano Old Road
(Kumano City, Owase City and other areas／C-8)

Pilgrims passed along this road during the Heian era and until the end of Edo era. Many people used this road to visit the Kumano Sanzan (the three shrines of Kumano). The three shrines are Kumano Hongu, Hayatama Taisha and Nachi Taisha. The mossy stone-paved road still connects two sacred places, Ise and Kumano.Listed as World Heritage in July, 2004.

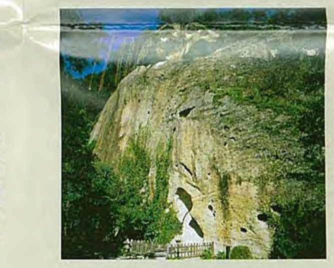


鬼之城（熊野市／B－9）

受海风吹打腐蚀和大地震影响而隆起的岩壁形成千奇百怪的独特自然景观。传说这里还是坂上田村麻吕征讨凶似鬼怪的海盗多我丸之地。

Oniga-jo (Kumano City／B-9)

Erosion caused by wind from the sea and massive earthquakes over the aeons have created a magnificent scene of massive, irregularly shaped rocks. According to legend, it is the site where Sakanoue no Tamuramaro beat the much feared Tagamaru pirates that were thought to be demons.

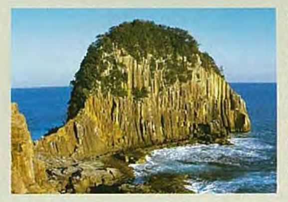


花之窟神社（熊野市／B－9）

这是载于日本书纪的日本最古的祭礼遗迹。神体是高45米的巨大岩石，祭神是伊邪那岐命。一年两次更换悬挂在岩石上的网绳，称之为"挂网神事"。

Hana-no-Iwaya Shrine (Kumano City／B-9)

Hana-no-Iwaya Shrine is Japan's oldest religious festival remains. It appears in Nihon Shoki (Chronicles of Japan), the oldest document in Japan. The gigantic rock in this shrine is 45 meters tall. It is worshipped along with the gods Izanami-no-Mikoto. In the "Otsunakake Shinji" (Rope Changing Ritual), the sacred straw rope that hangs from the rock is changed. This ritual is conducted here twice a year.



楯之崎（熊野市／C－9）

高100米的柱状峭壁和碧绿的大海形成绝妙的反差，景致壮观。相说是神武东征登陆地点的千叠敷更是绝佳的景点。

Tategasaki (Kumano City／C-9)

The columnar jointing of the cliffs stretching 100 meters toward the skies, and the ocean's blue expanse produce a beautiful contrast. Senjojiki is an excellent site from which to view the scenery. It is said that Emperor Jinmu landed here on his way to his conquest in the East.

丸山千枚田（熊野市／A－9）

层叠交错的梯田呈现出山间特有的田园风光。该地区致力于维护传统的耕作形态，保存完好的梯田模样，在全日本首当其冲。

Maruyama Senmaida Paddy Field (Kumano City／A-9)

Maruyama Senmaida Paddy Field offers a view that is typical of mountain paddy fields – many small paddies on terraced slopes. As the entire town has worked to preserve these fields, they are some of the most superbly maintained senmaida (thousand rice fields) in Japan.

道之站"纪宝町海龟公园"（纪宝町／B－10）

这座公园是制定了＜海龟保护条例＞的纪宝町独特的设施。公园内有介绍海龟生态和产卵情况的展示板和录像，还可以看到刚出生的小海龟。

Michi-no-Eki "Kiho-cho Umigame-koen" (Kiho Town／B-10)

Kiho Town has a unique regulation called "Sea Turtle Protection Regulation", which makes "Sea Turtle Park" particularly special. Display panels and videos present the habitat of sea turtles, including their spawning grounds. Newborn sea turtles can also be seen here.

东纪州物产

Higashi Kishu's specialty products

那智黑石（熊野市）

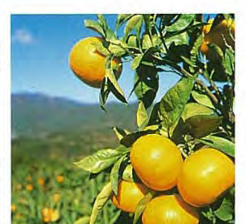
这是在神川町采集的珍贵黑石。研成粉末的原石可加工成砚台、围棋子、装饰品等。

Nachiguro Stones (Kumano City)

Precious black stones are quarried in Kamikawa Town. Ore is ground into powder that is used in things such as ink stones, the pieces for the board game known as Go, or ornaments etc.

柑橘

御浜町气候温暖，一年四季均可收获柑橘。在观光设施"七里御滨公园Mall Pine"内设有柑橘汁微型加工厂，定期对外开放。



Mandarins

As Mihama Town is warm throughout the year, mandarins can be harvested all year-round. You are able to observe a small juice factory at the "Park Shichiri-Mihama Mall Pine" (seasonal).

秋刀鱼寿司、Mehar i(瞪眼)寿司

秋刀鱼寿司取适宜脱脂的秋刀鱼加入醋盐混拌而成，令人食欲大开。瞪眼寿司因其硕大需瞪着眼睛食用，故名。

Pacific Saury Sushi & Mehari-zushi

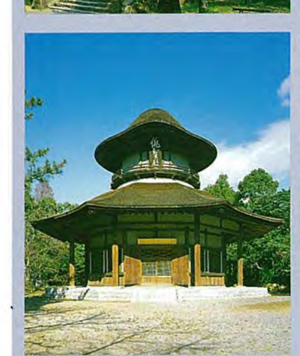
Mildly rich pacific saury, which is lightly seasoned with vinegar and salt, increases your appetite. Mehari-zushi is also popular and is very big that people tend to eat it with their eyes wide-open. (Mehari means eyes wide-open.)

上野城（伊贺市／B－4）

这是筑城名将藤堂高虎指挥建造的城楼，别名白凤城，甚为壮观。内沟石墙高30米，是日本之最。

Ueno Castle (Iga City／B-4)

Ueno Castle was built by Todo Takatora known as 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 the highest in Japan.



俳圣殿（伊贺市／B－4）

这是坐落在上野公园内的以松尾芭蕉漫游天下的旅姿为形象的建筑物。殿内供设使用伊贺烧瓷制作的松尾芭蕉等身大坐像。

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. In his ages, travelers used to wear short kimonos and conic straw hats. His life-sized statue made from Iga ware is displayed inside the building.

伊贺流忍者博物馆（伊贺市／B－4）

隐侠房间内表演翻筋头等隐侠秀，隐侠功夫体验馆供观众亲临隐侠境地，忍者传承馆展示隐侠的历史和相关文献。

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.

伊贺之乡农场公园(Moku Moku Farm)（伊贺市／C－3）

这是以自然、农业、手工为主题的观光农场。农场内建有家猪主题馆、自制啤酒作坊、火腿和烤肉作坊等，还有深受欢迎的香肠、面包、面糊等制作教室。

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 making things such as beer, ham and roast pork. Classes for hand-making sausages, bread are popular.

余野公园（伊贺市／C－3）

约15,000棵野生的杜鹃花颇为壮观，每年5月开花时，举办杜鹃花节活动，游客络绎不绝。余野公园是铃鹿国定公园特别指定区域。

Yono Park (Iga City／C-3)

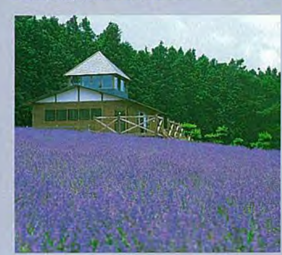
Yono Park is the impressive area of wild azaleas in Kansai. There are approximately 15,000 azaleas growing here. Many people visit the Azalea Festival, which is held in the park in May, when the azaleaÕs are in bloom. The area is designated as a Special Protection Zone within the Suzuka Quasi-National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

岛之原温泉YABUCCHA（伊贺市／B－4）

园内有网球场、高尔夫球等各种娱乐设施，是一个温泉、餐厅完备的休闲地，在此还可享受汽车野营地和日间野营地的快乐。

Shimagahara Yabuccha (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 restaints and sites for day-camping and car-camping.



Menard青山度假胜地（伊贺市／C－5）

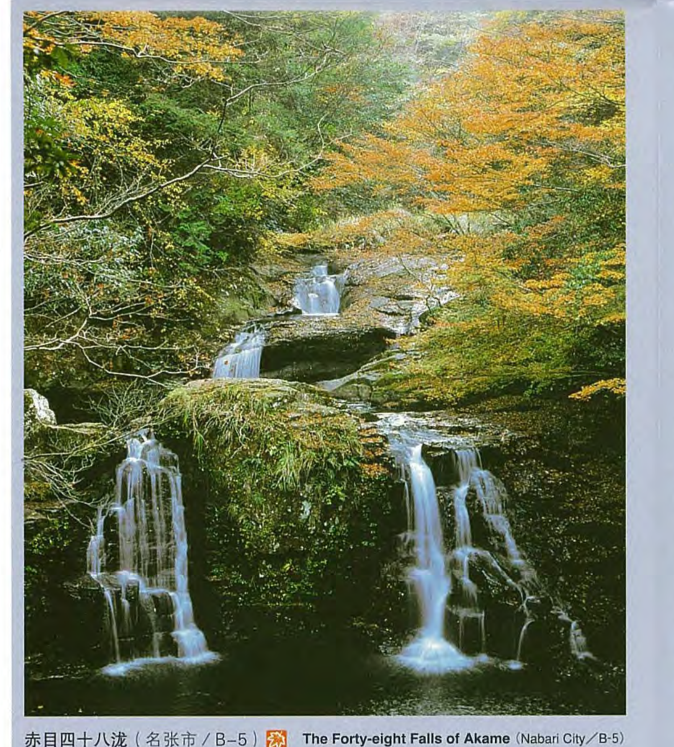
这是建有网球场、高尔夫球场、住宿设施的高原度假胜地。设有化妆品作坊、面包作坊、艺术品体验作坊、药草园等，还可利用雾生温泉的露天浴池和芳香疗法浴池。

Menard Aoyama Resort (Iga City／C-5)

Menard Aoyama Resort has the 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 outdoor spa and aromatherapy.

伊贺是著名的隐侠之乡，也是松尾芭蕉和江户川乱步的故里。在保留着城下町风貌的上野，为游人酝酿出一片怀古气氛。郊外满溢自然风光，有赤目四十八泷和青山公园等众多景区。

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.



赤目四十八泷（名张市／B－5）

由溪水上游川流而下的不动瀑布、千手瀑布等大小瀑布多姿多态，堪称美景。全长4公里的林中小径是绝佳的漫游行程。这里的瀑布和森林被评为日本瀑布百选之一和森林浴百选之一。

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 selection of Beautiful Waterfalls in Japan and the 100 selection of Best Forests for Forest Bathing.

香落溪（名张市／B－5）

这是室生火山群活动期造成的巨大溪谷，青莲寺川沿岸延续8公里的悬崖断壁，形状千奇百怪，呈现一片壮观的自然景色。盛夏时节满目青绿，深秋时节红叶尽染。

Kaochi-dani Canyon (Nabari City／B-5)

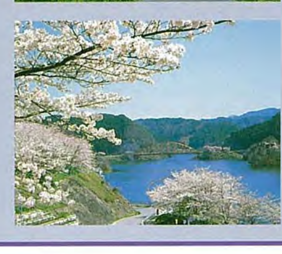
The magnificent Kaochi-dani Canyon was formed by the volcanic activity of the Murou Volcanic Mountains. Cliffs and strangely shaped rocks form 8 km of natural and beautiful landscape that can be seen along the Shorenji River. The new, green growth of summer and the colored maple leaves of autumn make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

名张藤堂家邸院遗址（名张市／B－5）

这是名张藤堂藩第一代藩主藤堂高吉的邸院遗迹，建于宽永13年（1636年）。目前仅存中天井和桃山风格枯山水庭园，展示盖有丰臣秀吉朱印的文书等珍贵资料的藩主私房对外开放。

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 Momoyama-style, karesansui garden, have survived. Various historically valuable materials, such as an official letter with a red ink seal issued by Toyotomi Hideyoshi, are displayed.



青莲寺水库（名张市／B－5）

这是在青莲寺川上截流建造的多功能水库，周围的群山倒映在水面上，构成一幅美丽的四季景色。附近有采草莓和摘葡萄服务设施。

Shorenji Lake (Nabari City／B-5)

Shorenji Dam is a multipurpose dam built on the Shorenji 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.

伊贺物产

Iga's Specialty Products

伊贺肉

在冷暖温度变化剧烈的灵山山麓饲养的伊贺牛，肉质滑腻，香味芳醇，为天下一品。

Iga Beef

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

伊贺烧瓷

传统悠久的伊贺烧瓷具有造型有力、风格雅致的特色。伊贺土耐火、耐热，故多用制作沙锅、瓷瓶等陶器。

Iga Stone Ware

Iga ware 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.

伊贺Kumihimo（扣带）

伊贺扣带是日本手编带子的最大产地伊贺上野地区的独特工艺品，其源于奈良王朝以前。五彩缤纷的腰带和上衣带子饮誉全日本。

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 more braid than any other region in Japan. The beautifully colored Iga braids, especially obijime* and haorihimo,** are very popular throughout Japan.

* An obijime is a cord tied over the sash (obi) that is worn with a kimono.
** A haorihimo is a short cord for doing up a half-length coat (haori).