

An aerial photograph of Amanemu Island, showing a vast expanse of turquoise water surrounded by lush green hills. The water is dotted with small boats and structures, and the hills are densely forested. In the distance, a bridge and other buildings are visible on the horizon under a clear blue sky with some light clouds.

Amanemu Experiences

AMANEMU

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

AMANEMU Journeys

Six unforgettable adventures
in Ise Shima

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





A day in the life of an *ama* diver

Available: May - October

Duration: 7 hours, 8am - 3pm

Price: From ¥100,000 for two Service charge, tax included



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

Ago Bay, situated a stone's throw from Amanemu, is a place of spectacular raw beauty. The oyster rafts dotting the calm waters are a telltale sign of the region's world-famous pearls. This Journey takes guests to one of the bay's most picturesque oyster farms - a weather-beaten place of quiet industry, where crabs scurry among sea-worn equipment at the water's edge. Here, guests work with a veteran of the industry to cultivate their very own akoya pearl - revered for their lustre and colouring. Months later, guests can either return to the region to extract their pearl, or have it

delivered to a destination of their choice. Those who make the trip back can also work with a local jewellery artist to create an accessory, with the pearl as its centerpiece.

Available: April - July

Duration: 4 hours, 10am - 2pm

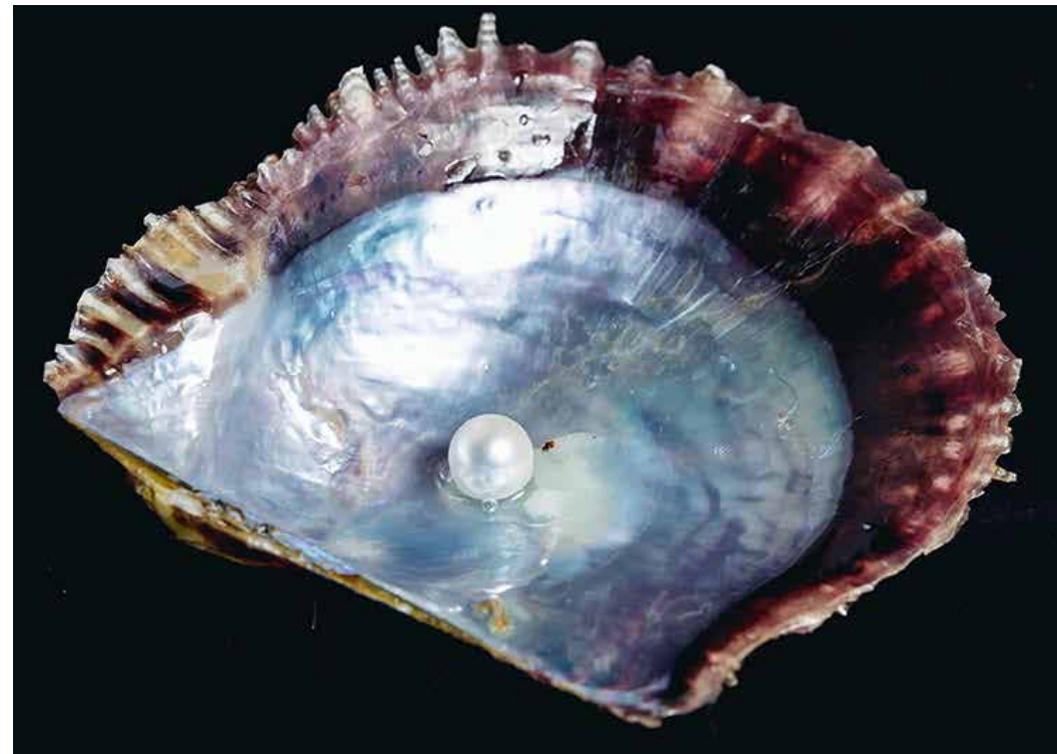
Pearl extraction or delivery

in the subsequent December to March period

Price: From ¥100,000 for two

Service charge, tax included

Cultivate your very own akoya pearl





Ise Jingu and the food of the gods

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

Available: All year

Duration: 10.5 hours, 7am - 5.30pm

Price: ¥100,000 for two

Service charge, tax included



A trip back in time to Nikenchaya and Kawasaki

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

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

Price: ¥90,000 for two Service charge, tax included

Cycling the peaks and shores of Ise Shima

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

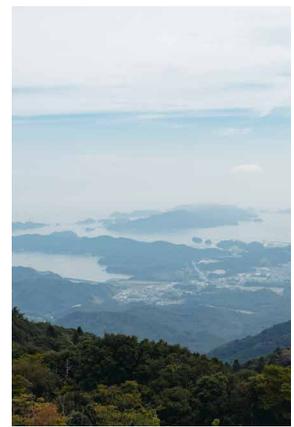
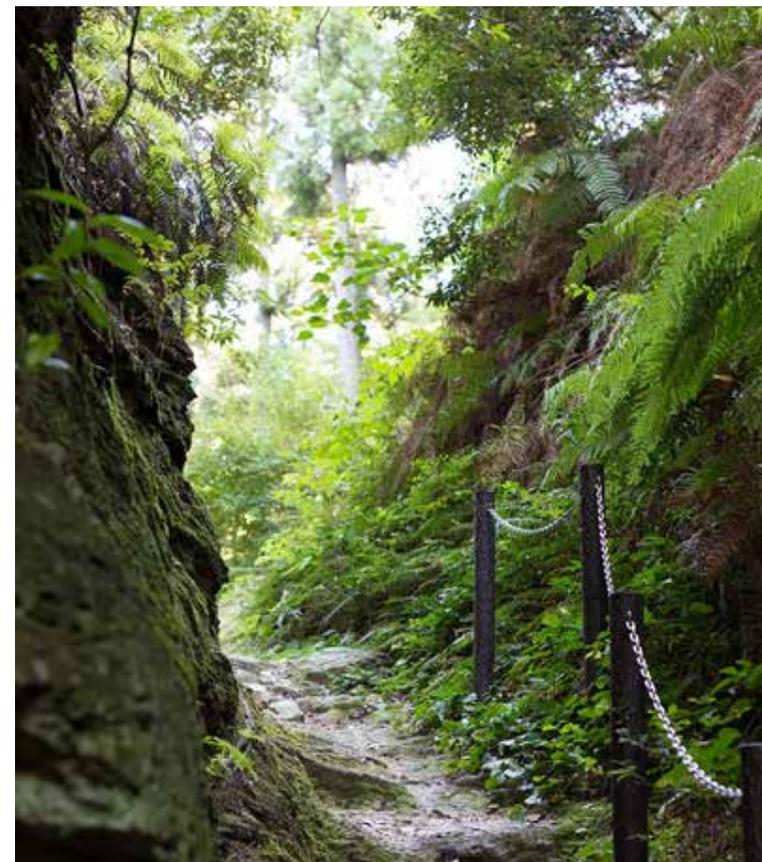
Kashikojima to Yokoyama short tour: 3 hours, 26.5 kilometres

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

Anori long tour: About 5 hours, 48.5 kilometres

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

Available: All year Duration: 3 - 5 hours, 9am - 12pm, 2pm - 5pm Price: ¥60,000 for two
Service charge, tax included



Hiking the majestic surrounds of Ise Jingu

Duration: 6 hours, 8am - 2pm

Price: ¥85,000 for two Service charge, tax included

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

Ise Jingu grand shrine

Kumano Kodo one-day tours

Lunch with an *ama* female diver

Short tours

Golf / Exploring the cultures of Ise Shima

Hiking / SUP and kayaking / Tennis

Fishing / Ago Bay cruises

Romantic al fresco evenings / Picnics at Amanemu

Tea tasting / Stories from Ise Shima

Experiencing the crafts of Ise Shima

Cultural Trips

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





Ise Jingu grand shrine

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

Naiku, Geku, and *kagura* theatrical dance

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

Naiku or Geku, and *seishiki sanpai* formal prayer

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

Duration: Approximately 5 hours, 10am - 3pm

Price: From ¥60,000 for one or two

Service charge, tax included



Kumano Kodo one-day tours

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

Available: All year, 8am - 6pm

Price: From ¥110,000 for two Service charge, tax included

Nachi course

Duration: 10 hours

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

Magose Toge course

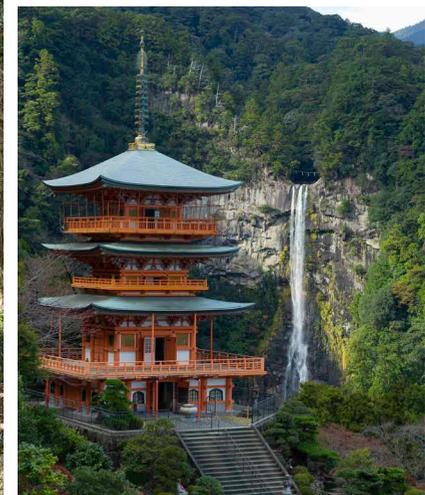
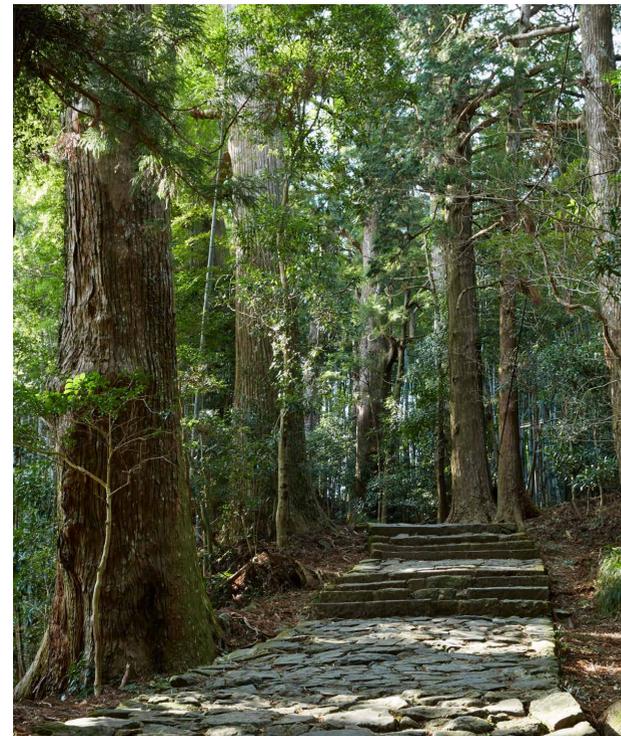
Duration: 7 hours

Magose Fudosen pass, Owase hinoki forest

Matsumoto Toge course

Duration: 9 hours

Hana-no-Iwaya shrine, Onigajo cliffside rock formation



Lunch with an *ama* female diver

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

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

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

Hachiman Kamado and Ishigami shrine

Amagoya Hachiman Kamado is located in the coastal city of Toba. After enjoying a grilled seafood lunch, guests can take pictures with the *ama* and try on their traditional attire. The experience can also include a stop at Ishigami shrine and Harusame observatory.

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

Price: From ¥45,000 for two Service charge, tax included



Short tours

Zen meditation and Nakiri village

Guests of Amanemu enjoy exclusive access to Daijiji Temple in Nakiri, where they can experience zazen meditation - an ascetic form of training for monks. The session is followed by a traditional Japanese tea ceremony, and then a stop at picturesque Nakiri village. A guide will accompany guests to help them better understand the area and its cultures.

Duration: Approximately 3 hours Price: From ¥65,000 for two Service charge, tax included

Road to Ise half-day tour

This tour of Ise Shima has been expertly created to take in some of the area's finest scenery and significant cultural attractions. It begins with a stop at Yokoyama observatory, offering splendid views of Ago Bay. It then moves on to Izawanomiya - one of the most important of Ise Jingu's auxiliary shrines. The tour passes through some of the region's most beautiful woodland - arriving at Amano Iwato, the legendary cave where the sun goddess Amaterasu-Omikami went into hiding.

Duration: Approximately 3 hours, 11am - 3pm

Price: From ¥45,000 per car Service charge, tax included

Life with the sea half-day tour

This adventure is all about getting the best out of Ise Shima's natural wonders. It begins with a grilled seafood lunch, prepared by an *ama* female diver in a traditional *amagoya* hut, before moving on to a pearl farm to extract a pearl from one of the countless floating rafts dotting the area's tranquil waters. Guests then have the chance to make an accessory, with their pearl as its centrepiece.

Duration: Approximately 3 hours, 11am - 3pm

Price: Adults ¥30,000, children (6-12 years old) ¥27,000 Service charge, tax included



Golf

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

Nemu Golf Club

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

Kintetsu Kashikojima Country Club

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

Kintetsu Hamajima Country Club

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

Available: All year, from 7am



Exploring the cultures of Ise Shima

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

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

Price: ¥110,000 Service charge, tax included

Availability dependent on suitable weather conditions



Hiking

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

Yokoyama Hazako course - intermediate

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

Mt. Asama course - intermediate to advanced

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

Duration: From 4 hours, 10am - 2pm

Price: From ¥30,000, including pickup and drop-off service via taxi Service charge, tax included



SUP and kayaking

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

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

Price: ¥36,000 Service charge, tax included

Tennis

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

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

Price: ¥3,000 per hour Service charge, tax included

Fishing

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

Duration: From 2 hours

Price: From ¥55,000 Service charge, tax included



Ago Bay cruises

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

26-foot boat Price: From ¥24,000, 1 hour 50-foot cruiser Price: From ¥42,000, 1 hour

Service charge, tax included

Please inquire for champagne, wine and sake

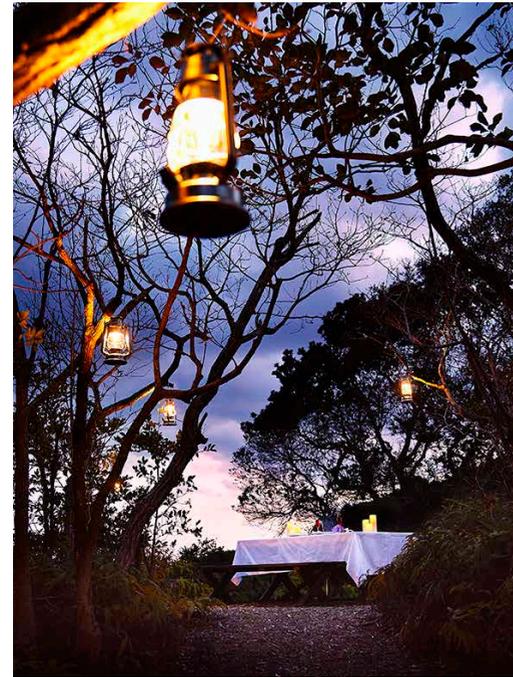
Romantic al fresco evenings

Amanemu offers private outdoor dinners exclusively for one couple per day. Timed just right, they capture the Ise Shima region's spectacular sunsets.

Duration: 2 hours

Price: ¥100,000 for two Drinks not included

Service charge and consumption tax apply



Picnics at Amanemu

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

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

Price: From ¥40,000 Drinks not included

Service charge and consumption tax apply



Tea tasting

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

Available: All year Duration: 2 hours, 11am - 3pm Price: From ¥25,000

Service charge, tax included

Stories from Ise Shima

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

Ise Jingu

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

Ama female divers

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

The pearls of Ise Shima

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

Available: All year Duration: Approximately 1 hour, 11am - 3pm Stories are free of charge

Experiencing the crafts of Ise Shima

Amanemu guests have the opportunity to try their hand at a range of crafts from the Ise Shima region.

Kumihimo

This is a braiding technique for making intricately woven cords, famously used by the samurai to decorate their *katana* swords, but also seen as part of kimono wear.

Shimenawa

These ropes, typically made of rice straw or hemp, are used to designate sacred Shinto spaces. They vary in size, from just a few centimetres to several metres. In Ise Shima, a *shimenawa* bonds the iconic Meoto Iwa "married" rocks.

Origami

Guests can learn some of the best paper-folding creations from the staff at Amanemu.

Duration and prices vary

