

Owase Bellybutton of Iseji

The coastal city of Owase (population ~18,000) is considered the belly button of the Iseji because of its central location. It is famous for its seafood served fresh at local restaurants.
Access: JR train run daily from Nagoya (~2.5 hrs), Kii-Katsuura (~1 hr), and Shingu (~45 min).

Owase-jinja

At the base of route is Owase-jinja with its giant camphor tree at the entrance, estimated to be ~1000 years old. The shrine dates from the 8th century, but records have been lost to Tsunamis in 1707 and 1854. The religious beliefs are influence by both Ise and Kumano—the deities are similar to Kumano, but the philosophy of repairing buildings ever 20 years is from Ise. The shrine is famous for its Shishimai lion dance purification rite and massive taiko drum. The energetic Ya Ya Matsuri quarrelling festival takes place over the first 5 days of February where teams of men from different neighborhoods push and shove each other into a frenzy. With over 300 years of history it is probably one of the oldest mosh pits in the world!

Kumano Kodo Center

The Kumano Kodo Center is a visitor center located on the outskirts of town. There are both permanent and temporary exhibits about the history and nature of Owase. The building itself is very impressive being made of over 6,500 locally harvested cypress trees.
Hours: 9:00-17:00
Closed New Year's holiday
Free Admission



Yumekodo Owase

Behind the facility is Yumekodo Owase with café, restaurant and hot spring baths. restaurant is open for lunch with a buffet made of local dishes by different groups of Owase “mothers”. The unique baths use mineral rich deep-sea water.
Bath Hours: 10:00-21:30 (last entrance 9:00)
Price: Adult 600 yen, Children 300 yen
Restaurant Hours: 11:00-14:00
Cafe Hours: 9:00-17:00 (LO 16:30)



Owase Tourist Information Center

Location: ~10 min walk from Owase station
Hours: 8:30-17:15 (Closed on New Year's holidays)
Rental bicycles available.



Machi-no-Eki

Machi-no-Eki まちの駅 is a network of rest stops and information points around Owase city. These are a diversity of establishments involved, each offering a place to take a quick break and use of toilets.












































Owase Itadaki Ichi Market

The popular Owase Itadaki Ichi is a monthly market (every first Saturday) held at the Owase fishing port with stalls selling fresh seafood, dried fish, fruit & vegetables and sweets.
NOTE: Held first and third Saturday in December, no market in January.



Restaurant Guide

 Local seafood	 Izakaya pub	 Full meals	 Sushi	 Udon&Soba noodles
1 Ofukuro おふくろ	0597-22-9040    	11:30~14:30 17:00~20:30	不定休 Variable holidays	
2 Kaitenzushi Owase 回転寿司おわせ	0597-23-2811  	11:00~14:00 16:30~21:00	不定休 Variable holidays	
3 Ichiju すし処 一重	0597-22-8991  	11:30~14:00 16:30~21:00	定休(水) Closed on Wed.	
4 Akebono Zushi あけぼの鮨	0597-22-0376   	11:00~14:00 16:00~22:00	定休(月) Closed on Mon.	
5 Tenguan 天狗庵	0597-23-2786 	11:00~14:00 17:00~21:00	定休(水) Closed on Wed.	
6 Edokko 江戸っ子	0597-22-2666   	17:30~23:30	不定休(月1回) Variable holidays	
7 Mameda 豆狸	0597-22-1166   	11:30~14:00 14:30~21:00	不定休 Variable holidays	
8 Daifuku 大福	0597-22-0237   	11:30~13:30 17:30~22:00	不定休 Variable holidays	
9 Hana Sushi 華すし	0597-22-8861   	11:30~14:00 16:30~21:30	定休(木) Closed on Thu.	
10 On Juan オン・ジュアン	0597-22-4222   	18:00~24:00	定休(水木) Closed on Wed. & Thu.	
11 Inaka 割烹 田舎	0597-22-8868   	11:00~14:00 16:00~22:00	不定休 Variable holidays	
12 Kusumoto お晩菜 くすもと	0597-23-2510   	17:30~24:00	定休(月) Closed on Mon.	
13 Onigawara 鬼瓦	0597-22-8055   	11:00~14:00 17:00~21:00	不定休(月4回) Variable holidays	

