

Ise Gateway to Iseji

Ise Jingu

Ise Jingu is an expansive shrine complex just inland from the protected southern shore of Ise Bay in the central part of the main island of Japan.



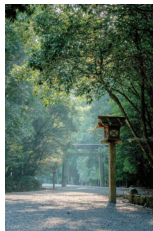
It is composed of 125 shrines, centered around two main ones located ~5 km apart are: Kotajingu (Naiku "Inner Shrine"), dedicated to Amaterasu-Omikami, and Toyo'uke-daijingu (Geku "Outer Shrine") dedicated to Toyo'uke-no-Omikami, the guardian deity of clothing, food and shelter. Amaterasu is the Sun Goddess and legendary ancestor of the imperial family.

HINT: It is recommended to spend a day before or after your walk to fully enjoy the sacred sites.

Naiku

Naiku's shrine grounds are expansive and includes many buildings and subsidiary shrines with the formal access for worshipers being across the Uji-bashi bridge. The main sanctuary is near the rear of the complex ~1 km from the entrance.

The main pavilion housing Amaterasu and the divine mirror are in the innermost courtyard enclosed within four rows of wooden fences.



Worshippers pay homage in front of the third-row gate. In this area it is strictly forbidden to take pictures or videos. Special ceremonies take place in the next level courtyard, but beyond that only the emperor and high-ranking priests are allowed.



Geku

Geku is the other major shrine dedicated to Toyo'uke-no-Omikami, the guardian deity of clothing, food and shelter. It is a short walk southwest from the Iseshi station through a shopping district, although

not as pronounced as Oharai-machi, there is a diversity of shops and restaurants.

Unlike Naiku there are two entrances to the grounds. Like Naiku the atmosphere is solemn with the shrine approach on gravel amongst a mature, old-growth forest. Buildings that offer similar functions to Naiku are scattered over the grounds.

Near the main entrance is the Sengukan museum, which has exhibitions on the unique rebuilding ceremony that takes place every 20 years when all of the shrines in Ise are taking down and rebuilt from scratch.



| Legend | | | |
|-------------------|------------------------|----------------|---------------------|
| Toilet | Public Wi-Fi | Parking | Temple |
| Public phone | Michi-no-Eki rest area | Gas Station | Unpaved trail |
| Convenience store | Stamp | Post Office | Paved road |
| Grocery store | Lodging | Police Station | Other Unpaved trail |
| Bakery | Coin Laundry | Fire Station | Other Paved road |
| Bento Lunch Box | Bank | School | |
| Japanese Sweets | Station | Hospital | |
| Information | Bus stop | Shrine | |

Oharai-machi

Oharai-machi or "purifying town" is a district replicating Edo era streets near the entrance to the Naiku shrine. There is a plethora of traditional sweet shops, restaurants serving local food and snacks, souvenir shops, etc. along the 800-meter-long street.

In the middle is Okage-yokocho or "blessing alley", a collection of around 60 stalls selling foods, crafts, and nostalgic souvenirs. Oharai-machi is one of the most visited tourist sites in the area, bustling with visitors year-round.



Iseshi Station

The Iseshi station serves two companies: JR Central and Kintetsu. The platforms of both companies are joined by a connected overhead crossing. The JR entrance opens onto the access street to the Geku shrine, ~10-minute walk from the station. There is an information center (hours 9:00-17:30, year-round) and luggage delivery/storage service nearby.

HINT: If you drop your bags off by 13:10 they can deliver it to your accommodation in Ise city. This is very convenient to see the sites on the day that you arrive without worrying about your bags.

NOTE: If you are taking the train to join a trailhead further south on the Iseji, it is usually easiest to take JR to Taki to connect to a southbound train.

