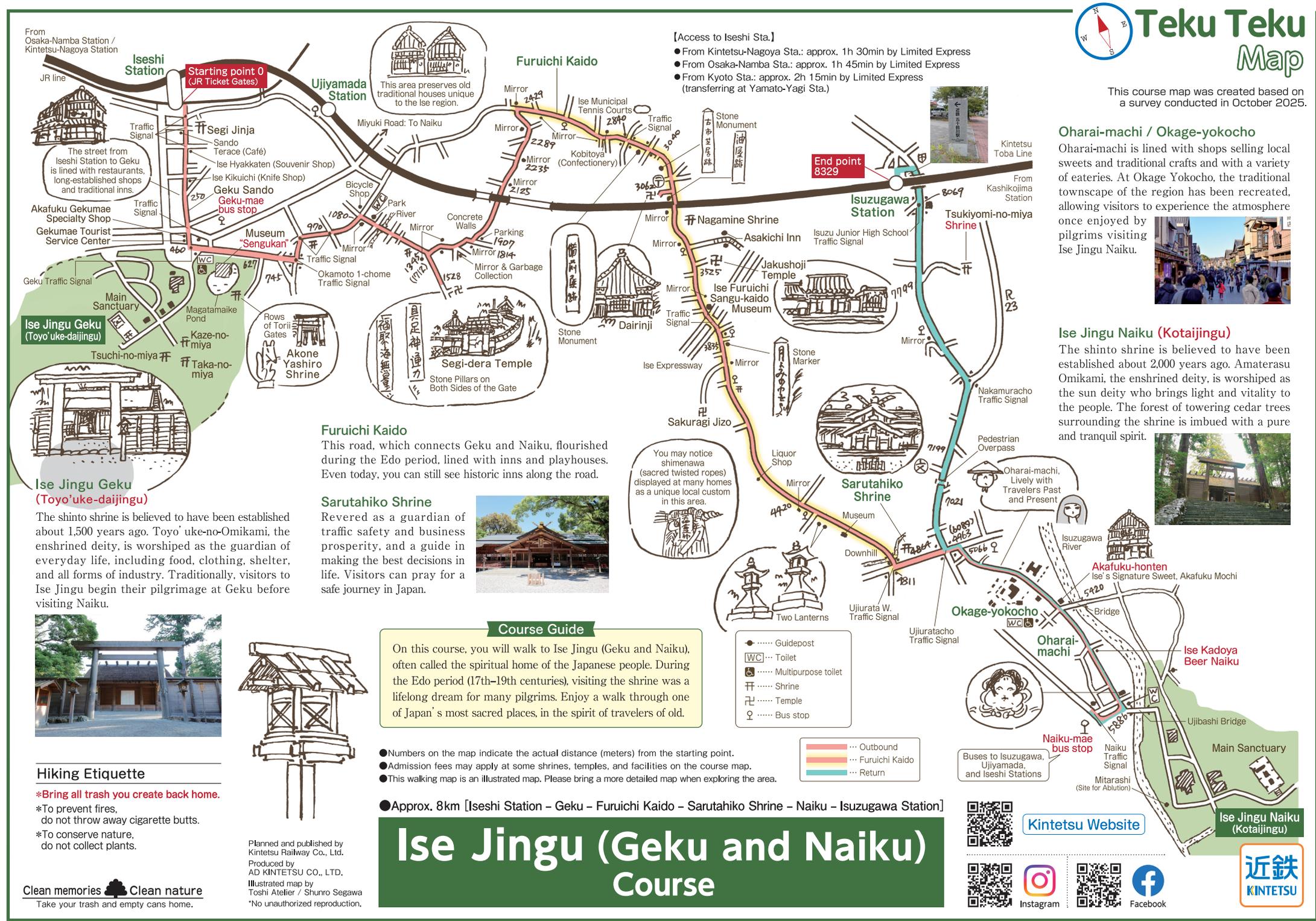


Teku Teku Map

This course map was created based on a survey conducted in October 2025.



[Access to Iseishi Sta.]

- From Kintetsu-Nagoya Sta.: approx. 1h 30min by Limited Express
- From Osaka-Namba Sta.: approx. 1h 45min by Limited Express
- From Kyoto Sta.: approx. 2h 15min by Limited Express (transferring at Yamato-Yagi Sta.)

Oharai-machi / Okage-yokocho
 Oharai-machi is lined with shops selling local sweets and traditional crafts and with a variety of eateries. At Okage Yokocho, the traditional townscape of the region has been recreated, allowing visitors to experience the atmosphere once enjoyed by pilgrims visiting Ise Jingu Naiku.



Ise Jingu Naiku (Kotajingu)
 The shinto shrine is believed to have been established about 2,000 years ago. Amaterasu Omikami, the enshrined deity, is worshiped as the sun deity who brings light and vitality to the people. The forest of towering cedar trees surrounding the shrine is imbued with a pure and tranquil spirit.



Furuichi Kaido
 This road, which connects Geku and Naiku, flourished during the Edo period, lined with inns and playhouses. Even today, you can still see historic inns along the road.

Sarutahiko Shrine
 Revered as a guardian of traffic safety and business prosperity, and a guide in making the best decisions in life. Visitors can pray for a safe journey in Japan.



Ise Jingu Geku (Toyo'uke-daijingu)
 The shinto shrine is believed to have been established about 1,500 years ago. Toyo' uke-no-Omikami, the enshrined deity, is worshiped as the guardian of everyday life, including food, clothing, shelter, and all forms of industry. Traditionally, visitors to Ise Jingu begin their pilgrimage at Geku before visiting Naiku.



Course Guide

On this course, you will walk to Ise Jingu (Geku and Naiku), often called the spiritual home of the Japanese people. During the Edo period (17th-19th centuries), visiting the shrine was a lifelong dream for many pilgrims. Enjoy a walk through one of Japan's most sacred places, in the spirit of travelers of old.

- Numbers on the map indicate the actual distance (meters) from the starting point.
- Admission fees may apply at some shrines, temples, and facilities on the course map.
- This walking map is an illustrated map. Please bring a more detailed map when exploring the area.

● Approx. 8km [Iseishi Station - Geku - Furuichi Kaido - Sarutahiko Shrine - Naiku - Isuzugawa Station]

Ise Jingu (Geku and Naiku) Course

Hiking Etiquette

- *Bring all trash you create back home.
- *To prevent fires, do not throw away cigarette butts.
- *To conserve nature, do not collect plants.

Clean memories Clean nature
 Take your trash and empty cans home.



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