

Toba Bicycle Rental

Explore Toba on two wheels. Regular and Electric Assist bicycles can be rented for the day at Toba's Ichibangai shopping centre and the Toba Guide Centre.

Regular Bicycle: ¥600 per day (¥300 after 15:00)

Electric Assist Bicycle: ¥1000 per day (¥600 after 15:00)

Hours: March~November 9:00~16:30 Closed: Toba Ichibangai - Thursdays

December~February 9:00~16:00 Toba Guide Centre - Tuesdays

Toba's Islands

Toba Marine Terminal (Sadahama Ferry Port 佐田浜桟橋)

Access any one of Toba's four inhabited islands via high-speed ferry. Departure times are posted online and ferry service is dependant on the weather. (Ferry cancellations are posted here: www.city.toba.mie.jp/teikisen/index.html)

One-way Fares: Kamishima (神島) ¥730

Tōshijima (Tōshi 答志 -Tōshi Wagū 和具) ¥540

Tōshijima (Mōmōtōri 桃取) ¥440

Sūgashima (菅島) ¥500

Sakatéjima (坂手島) ¥220 Timetable: www.city.toba.mie.jp/teikisen-kanri/page/documents/jikoku.pdf



Not being connected to the mainland has always limited outside influence, preserving many traditional ways of life. Come explore and experience the old ways where the locals live and work with nature.

Sample some of the freshest seafood in Japan from **Tōshijima**, which, since the 8th century, has been responsible for supplying the imperial court's seafood. Wander the small island of **Kamishima**, a home to many 14th-century aristocrat

exiles, as well as being the setting for Yukio Mishima's well known coming-of-age novel "The Sound of Waves".

Toba Island Tours

Gain an insider's perspective on island life through a locally guided tour. Walk the maze-like backstreets of the town and eat a grilled seafood lunch in one of the community-run Ama huts.

Shima no Tabisha

Kaito Yumin Club http://www.oz-group.jp/kaitoyu

Okita Floating Restaurant

Enjoy a wonderful seafood barbecue on the water with the beautiful islands of Toba as your meal's backdrop. Both lunchtime and dinner cruises are available. (Reservations are required. The boat may remain docked due to rough water and high winds. Medicine is available for guests who suffer from motion sickness)

Emergency Help

Emergency at Your Hotel

Keep Calm. Immediately inform the hotel staff. Call with an internal phone, go to the front desk.

If the staff does not understand you, follow the steps listed below.

Emergency Outside

Keep calm. Call free of charge (including payphones) 110 in the case of an accident or crime, 119 in the case of fire or grave injury. No phone? Find someone close by to make the call for you.

Earthquake

Keep calm. Earthquakes are common but often weak in Japan. Listen to public announcements and follow instructions from the staff. The transmission systems of Japanese hotels work even during blackouts. Use your cell phone only if necessary to avoid overloading the network. To learn the centre and intensity of an earthquake, see: http://www.jma.go.jp/en/quake/

Cafés

3 Akafuku 赤福 🙎 🌠 🥮 💬

One of Ise-Shima's best known sweets makers for over 300 years. Enjoy handmade rice cakes wrapped with sweet red bean paste. 9:00~17:00 (Subject to change during busy season) Closed: Fridays

🗿 MUSEA ミュゼア General Store & Cafè 🙎 🤮 🗟 👢 🕬 Freshly roasted coffee and a unique original curry make MUSEA the perfect place to

relax and enjoy great food and drinks.

11:00~17:00 Closed: Tuesdays

🔱 Jubilee Tea & Bakes ジュビリー ティー&ベイクス 🙎 📝 😰 🐯 Sit down with some English tea and delicious sweets baked daily at this cozily reformed Japanese house.

11:30~17:00 L.O. Closed: Wednesdays & special occasions.

16 KILLIBILLI Crêpe & Café Bar キリビリクレープ&カフェバー Enjoy specialty crepes made from locally sourced flour in the 🧗 😰 🚇 🗪 heart of Toba. Alcohol is also served in the evenings.

13:00~17:30 19:00~23:00 (22:00 L.O.) Closed: Mondays & Tuesdays

2 Blanca ブランカ 🛚 🕰 🥃

Come and try some baked goods at Toba's original western confectionery shop. 10:00~18:00 (Sun. 10:00~17:00) Open all year

33 MUSEA (Aquarium Shop) ミュゼア (鳥羽水族館店) 🕰 🧗 🗐 鼠 💬 Delicious locally roasted coffee and daily baked goods are available for takeout at Toba Aquarium

10:00~16:30 40 Prink'M プリンクM 😕 🛜 💬

Try your hand at a contemporary style of finger calligraphy or just relax with a drink and snack in this renovated cafe/studio..

Closed: Tuesdays

10:00~16:00 Closed for special occasions. 49 Cherry 喫茶チェリー (鳥羽−番街)
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A quaint coffee shop located in Toba's Ichibangai shopping centre. 9:25~17:30 Closed: Thursdays

Sweets

🕡 Ise-Shima Karinto 伊勢志摩かりんとー 🙎 🦞 🗟 Come and try some original sweet bite-sized snacks infused with local ingredients. ¥432~ 10:00~16:00 Closed: Wednesdays

30 Coppe-ya Bakery コッペ屋ベーカリー 🙎 🌠 🤮 💬 This simple style bakery produces bread reminiscent of Japanese elementary school

lunches. Come and experience the nostalgic taste the locals love. 11:00~17:30 Closed: Tuesdays & Wednesdays

50 Minerva Gelato ミネルヴァ(鳥羽一番街) 🙎 🌠 🗟 🙆 👨 👪 🥬 Come and taste an assortment of unique handmade gelato flavours made from many local ingredients.

9:00~17:30 (Mon.~Fri.)

9:00~18:00 (Sat. & Sun. and holidays) Closed: Thursdays

🚳 Taiyaki Warashibe たいやき わらしべ鳥羽店 🙎 🌠 🚇 🖫 One of Ise-Shima's best-known taiyaki makers. Enjoy the freshly grilled sweet red bean cakes with many unique fillings like pudding or sweet red beans with cream cheese. ¥160~¥180 (1 taiyaki) 10:00~18:00 Open all year

Seafood Snacks

🐠 Iroha 焼き貝いろは \, 🗐

~¥580

Located beside Toba station, enjoy fresh shellfish straight from the shop aguarium to your table. ¥1,000~¥2,000 10:00~18:00

💯 Yamato 海鮮大和 \, 🖭 🖭

This shop specializes in the local seafood as well as saké produced in Mie prefecture. ¥1,000~¥2,000 10:00~17:00 L.O. Open all year

🛂 Uminohana 海産物 海の華 🚇 📴 💬

Fresh Ise-ebi lobster, abalone, and turban shell grilled right before your eyes. ~¥990 9:00~21:00 Closed for special occasions.

4 Mizunuma Sazaé 水沼さざえ店 🚇

Come and enjoy the wonderful flavours of Ise-ebi lobster and various shellfish. 8:30~16:00 L.O. Open all year

45 Misaki Sazaé みさきさざえ店 🚇

After arriving in Toba, come and enjoy some the freshest local seafood. ¥1.000~¥2.000 8:30~16:00 L.O. Closed for special occasions.

🐠 The Kaiya ザ・貝屋 \: 🤐

A warm and inviting shop for spending time with friends. 10:00~17:00 L.O. ¥2,000~¥3,000 Closed for special occasions

Seafood Restaurants

🚺 lwashitei いわし亭 🤮

Offering many unique dishes using the freshest sardines. ¥1,500~¥2,500 11:00~15:00 (14:30 L.O.) Closed: Wednesdays

With a pleasant ocean breeze coming off the water, come sample some seasonal seafood prepared using local ingredients.

11:00~14:00 17:00~20:00 L.O. Closed for special occasions. ¥2.000~¥3.000

5 Maruei 丸栄 😕 😰 🚇 鼠 Enjoy fresh seafood caught in the local waters of the Ise Bay.

11:00~16:00 17:30~21:00 Closed: Tuesdays ¥2.000~¥5.000

🚺 Furusatokan ふる里館 🚇

Fresh seafood dishes created in a warm and homely atmosphere. 11:00~18:00 (Closing time may change) Closed: Thursdays ¥1,000~¥2,000

🕕 Sazanami 漣 🙎 😰 🥮 🚍 鼠 Known for deep fried shrimp set menus. Come see what makes this shop so popular! 11:00~15:00 16:30~19:00 L.O. Closed: Tuesdays ¥2.000~¥3.000

10:30~19:00 (Sat. & Sun. and holidays) 12 Tenbinya 天びん屋本店 🙎 🌠 😰 🚇 📴 👪 Come and taste the seasonal flavours of Toba's local seafood.

¥2,500~¥3,000 11:30~14:00 17:00~22:00 L.O. Closed: Mondays

🔞 Osakaya 大阪屋 🙎 🌠 🧐 🗐 鼠 Specializing in fresh seafood and fried shrimp set menus to get excited about. ¥2,000~¥3,000 11:00~14:00 17:00~20:00 L.O. Closed: Thursdays

🗿 lse Ebi 和食堂いせえび 🙎 🔽 😰 🚇 🚱

Overlooking Mikimoto Pearl Island, enjoy a wonderfully prepared seafood meal. Closed: Wednesdays ¥700~¥1.800 10:00~17:00

37 Chidoriya ちどり家 🙎 🛛 👪 Focussing on local seafood, this restaurant offers many locally popular dishes. ¥1,000~¥2,000 11:00~19:00 Closed for special occasions.

🥨 Nishikiya 錦屋 \: 🚇 🖫

A wonderful shop offering a wide range of meals like seafood topped rice bowls and various set menus. 11:00~19:30 L.O. ¥1.000~¥2.000 Closed: Thursdays

🐠 Tenbinya Ichibangai Shop 天びん屋一番街店 🙎 宮 👨

Rice bowl dishes topped with plentiful amounts of seafood are highly recommended. 10:30~17:30 (Mon.~Wed., Fri. and days before holidays) ¥1.000~¥2.000 10:00~18:00 (Sat. & Sun. and holidays) Closed: Thursdays

48 Ebishima えびしま (鳥羽一番街) 🧣 🤮 🖻 Enjoy seafood dishes created using the local islands' marine produce. 10:00~17:30 L.O. (Mon.~Fri.) ¥1,000~¥2,000 10:00~18:00 L.O. (Sat. & Sun.)

🛂 Okita Floating Restaurant 屋形船 おきた 🙎 🛜 鼠 🕸 A great mix of locally sourced seafood and standard Japanese cuisine with the scenery

12:00~14:30 18:30~21:30 ¥4,000~¥6,000 Open all year

Izakaya (Japanese Pubs) & Snack Bars

17 HANGOUT 肉バルHANG OUT

V

of Toba Bay as the backdrop for a delicious meal.

Stop by and try many kinds of simple meat dishes in a relaxing atmosphere. ¥3,000~¥4,000 11:30~14:30 17:00~00:00 L.O. Closed: Thursdays

18 Bun 海鮮ぶん

Enjoy a nice seafood lunch, or stop by in the evening for drinks and dinner. ¥2000~¥3000 11:00~14:00 17:00~22:00 L.O. Closed: Wednesdays, 3rd Tuesdays of the month

20 Toba Kyubei 鳥羽久兵衛 🛛 👪 🗫

Established over 40 years ago, Kyubei is a popular local pub offering tasty yakitori dishes.

¥2.000~¥3.000

18:00~23:00 L.O. Closed: Sundays, 2nd & 4th Mondays of the month

21 Hananoen 花乃宴

Sit down at the bar with a drink and get to know the local patrons. ¥3000~¥5000 20:00~1:00 L O Open all year

23 Tanpopo たんぽぽ

Hidden in the old entertainment district, stop by for a drink and conversation. ¥3000~ 19:30~23:30 L.O. Open all year

🛂 Snack Rurubu スナック るるぶ

Grab the karaoke microphone and sing a few songs with the shop owner and guests. 18:30~23:30 L.O. ¥2000~

25 Suisen 酔千

A small drinking establishment off the main road in the old part of town. 20:00~0:00 L.O. ¥3000~¥5000 Closed: Sundays

27 Ajisai ご馳走屋味彩 🛛 🗟 🖃 A nice place to enjoy local fresh seafood and rare types of saké. ¥2000~¥3000 17:00~22:30 L.O.

🛂 Kazuei —栄 \: 🙉 👪 🚱 A gathering spot for locals and their families for an enjoyable evening with nice food. 17:00~22:30 L.O. Closed: Wednesdays ¥4.000~¥5.000

Closed: Mondays

Restaurants

4 Cuccagna クッカーニャ 🛭 🖃 鼠 🕬 Utilizing local seafood, sample some amazing Italian dishes with a Toba twist. ¥1,000~¥4,000 11:00~14:30 17:00~22:00 L.O. Closed: Tuesdays

(Open national holidays)

Closed: 2nd and 4th Sundays of the month

Closed: Sundays

🟮 Nanakoshichava 七越茶屋 🚇 🚱

Stop by and taste the local Ise Udon, and their most popular dish, the tekonè sushi set. 11:00~15:00 L.O. Closed: Wednesdays

(Evening service for special occasions requires reservation)

8:00~19:00

🔟 Kamadoya かまどや鳥羽店 *Take-outonly 🙎 🗟 🚇 💬 A small shop in the centre of Toba that prepares and sells take-out bento lunches for those on the go.

ট Amiyaki Tenbinya あみ焼き天びん屋 🛛 🖺 🗐 🖽 The perfect place to enjoy grilled food such as Mastsusaka beef, Ise chicken, and

locally sourced seafood. ¥2.500~¥3.000 11:30~14:00 17:00~21:00 L.O. Closed: Tuesdays

🛂 Benkei Chinese Restaurant 中華料理弁慶 🔝 One of Toba's local restaurants focusing on Chinese cuisine.

11:00~21:00 L.O. Closed: Sundays 📧 Rikyu 喫茶利休 🛛 🖺

A great place to sit down for breakfast or lunch. 7:30~15:30 L.O.

🥸 Awako 阿波幸(ミキモト真珠島内) 🕰 🚇 🗐 Enjoy a nice meal with an ocean view and see what makes this restaurant's pearl udon

so well known. ¥1.000~¥2.000 9:00~16:00 Closed: 3 days in December

🥨 Hanasango レストラン花さんご (鳥羽水族館内) 🙎 😰 🚇 扈 鼠 💬 A reservation only restaurant located in Toba aquarium, serving many set meals utilizing local ingredients.

¥1,000~¥2,000 9:30~16:00 L.O. Open all year

🤨 Bayside レストランベイサイド (鳥羽水族館内) 🙎 🛜 🚇 風 🕪 Sit down and enjoy a meal in this bright and friendly restaurant inside Toba aquarium. 9:30~16:00 L.O.

🜃 Restaurant Ferry レストランフェリー (伊勢湾フェリーターミナル) 🔝 🗐 Take a break before boarding the ferry and enjoy some food, while taking in the

¥1,000~¥2,000 9:00~16:00 L.O. Open all year 🥨 Café Terrace Orange カフェテラスオレンジ 🔉 🔉

Stop by one of Toba's coffee shops that is a favourite among the locals.

picturesque view of the islands in Toba Bay.

Lunch ¥1,000~¥2,000 11:00~23:30 (L.O.) Closed: Wednesdays Evening ¥100~¥700

🗿 Sea Lounge SYM シーラウンジSYM 🙎 🔽 🛜 Take a moment and grab a coffee while watching the boats pass through Toba Bay. If you're looking for a nice simple breakfast, Sea Lounge SYM is a great choice. 7.00~17.00 Closed: Wednesdays

Sushi Shops

19 Sushi Umé すし梅 🚇 💬

Established over 100 years ago, Sushi Umé has proudly been serving the local community expertly crafted sushi. ¥2,000~¥3,000 10:00~19:00 (L.O.) Closed: Tuesdays

Tasuké 太助

Relax and enjoy the tastes of fresh seafood and skillfully prepared sushi. ¥4,000~¥5,000 17:00~22:00 Closed: Thursdays











Visit Ise Shima Toba SHIMA

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