

日本の魅力
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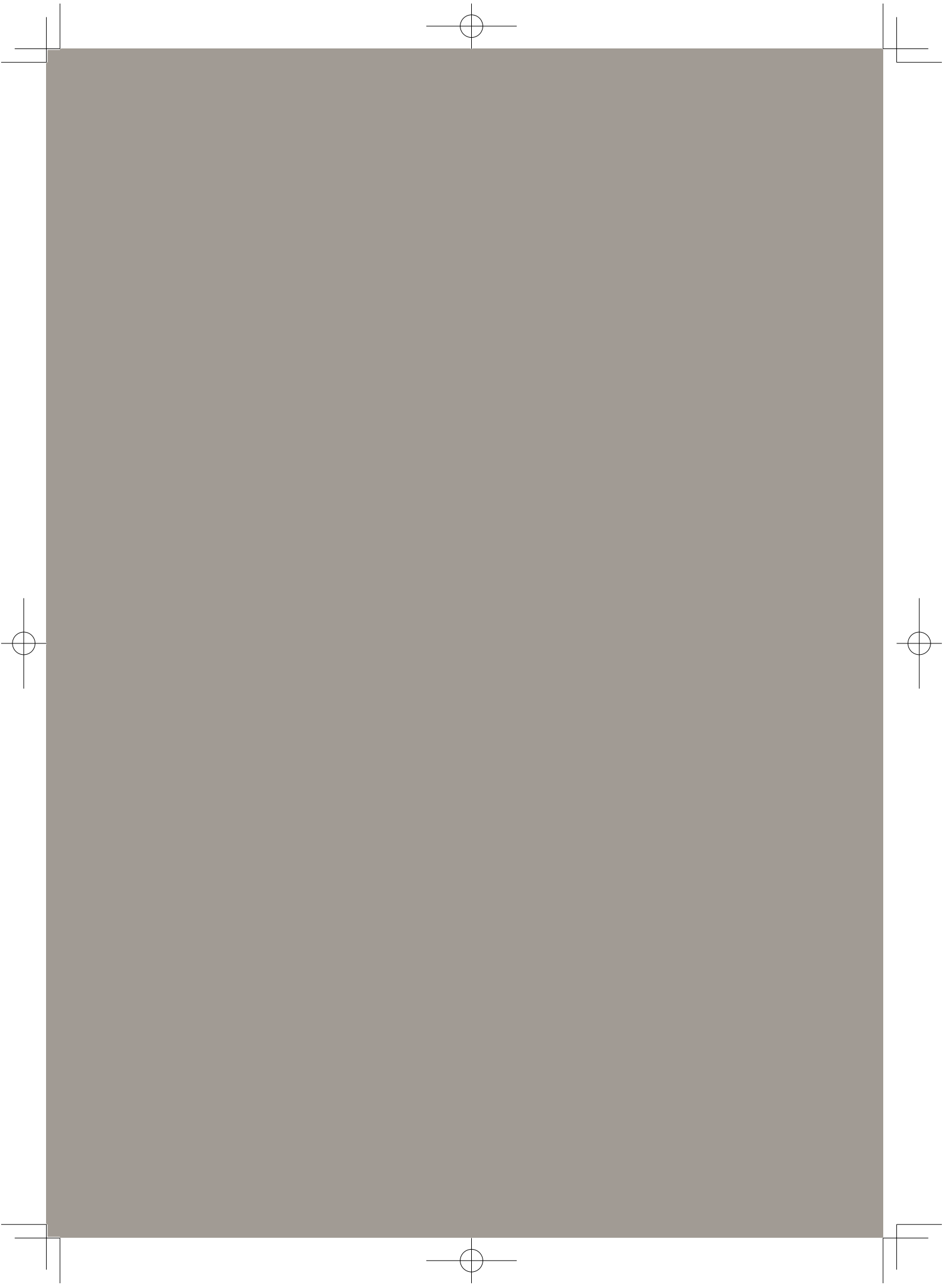
（静岡県伊豆半島（南伊豆・松崎・西伊豆））

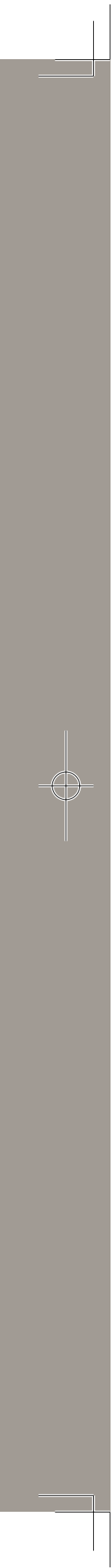
SHIZUOKA

静岡

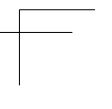
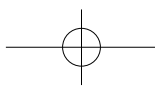
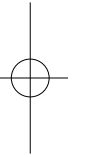
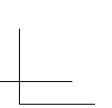
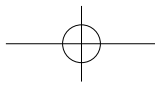
BEYOND ORDINARY ITINERARIES

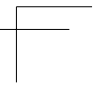
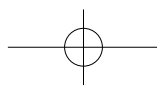
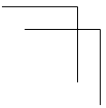
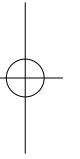
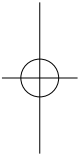
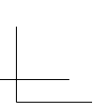
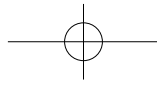
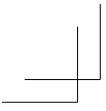
The Izu Peninsula (South and West Coast)
in Shizuoka Prefecture





Beyond Ordinary Itineraries
The Izu Peninsula (South and West Coast)
in Shizuoka Prefecture





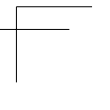
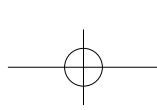
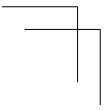
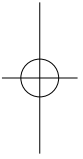
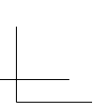
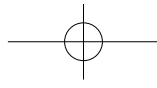
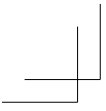
日本の魅力
発見プロジェクト

〔静岡県伊豆半島（南伊豆・松崎・西伊豆）〕

SHIZUOKA — 静岡

BEYOND ORDINARY ITINERARIES

The Izu Peninsula (South and West Coast)
in Shizuoka Prefecture





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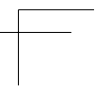
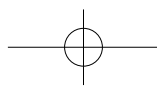
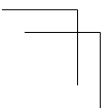
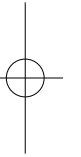
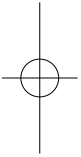
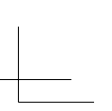
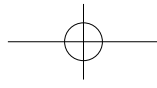
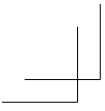
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Two - Day Trip

To the South and West Coast of the Izu Peninsula





まん ぼう
萬法、
伊豆に帰す

ドンガバチョが活躍する 1960年代のNHK人形劇「ひょっこりひょうたん島」で、島が南の海を漂流するようになってしまったのは火山の爆発が原因であった。ある一定の年齢以上の人にしか通じないかもしれないが、あえて言えば、「ひょっこりひょうたん島」のように、火山活動によって南の海から移動し、ついには日本に衝突した島こそが伊豆半島である。今からおよそ 2000 万年前、世界で最も標高の高いヒマラヤ山脈や世界最長のアンデス山脈などが形成され、世界初の湖であるバイカル湖ができた頃、伊豆半島は本州から南へおよそ 1500 キロ離れた場所の深い海に沈む海底火山群であった。その海底火山群は爆発を繰り返し、噴出した火砕岩が降り積もることにより火山島になっていった。やがてその火山島はフィリピン海プレートの移動とともにゆっくりと北へ移動し、ゲッターロボのごとく、トランスフォーマーのごとく、本州に合体し、半島という日本のパーツになったのがおよそ 60 万年前。恐竜が絶滅したのが 6500 万年前であることを考えれば、つい最近の出来事だ。

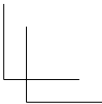
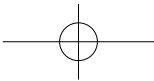
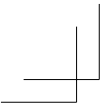
A long time ago — NOT in a galaxy far, far away, but on our mother earth — approximately 20 million years ago, the Himalayan range (which has the Earth's highest peaks) and the Andes (which is the longest mountain range in the world) began to form. At this time, the Lake Baikal in Russia (which is the Earth's first and is the largest by volume and the deepest) was also created. During this period, the Izu Peninsula was a group of submarine volcanoes about 1,500 kilometers away from Japan, towards the south. These volcanoes erupted continuously and became a volcanic island as it piled up with pyroclastic rocks, and the land mass slowly moved towards the north, accompanied by the Philippine Sea Plate. Eventually, it bumped into the mainland of Japan and coalesced with the land like Transformer's robots. Approximately 600,000 years ago this fuse was completed, which strongly influenced the formation of Mt. Fuji. While initially these events may appear to have occurred a long time before our current times, it actually is quite recent compared to the time of the dinosaurs that ended 65.5 million years ago.

The Peninsula That Encapsulates All the Best Features of Japan

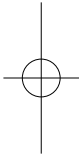
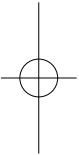
伊豆半島は、南北に約 50km、東西に 15～35km の大きさの半島。北部には三島。東海岸には熱海、伊東や伊豆高原。中央部には修善寺や天城。西海岸には西伊豆堂ヶ島。南部には下田など、人気の観光地が目白押しの土地である。東京から比較的近い場所にある大きな半島と言えば、千葉県の房総半島が思い出されるが、元々が海底火山群であったというプロフィールを持つ伊豆半島は、平坦な房総半島と比較すると、とても「山々」しく、それぞれのエリアが独自の景色や魅力を持つ半島である。それは伊豆半島の大きな魅力の一つである温泉にしても同じことが言える。伊豆半島には約 60 もの温泉があり、面白いことにその泉質も多岐に亘る。伊豆半島ジオパーク推進協議会が発行する『ワケあり伊豆半島 Tour Guide Book』に掲載されている地図を見ると、今は一つの半島だが、地域によって形成された年代が「海底火山時代」、「衝突の時代」、「陸上火山の時代」と異なっており、それが伊豆半島内の多様性を物語る理由であると分かる。

The Izu Peninsula is not that big (50 kilometers long from North to South, with a width varying between 15 to 35 kilometers) but it is not a simple peninsula. The surface features of Izu differ from zone to zone because each surface was formed at different times. They are divided roughly into three epochs according to the Izu Peninsula Geopark — “the epoch of submarine volcanoes”, “the epoch of coalition” and “the epoch of volcanoes above sea.” Each zone has its own characteristics, which makes Izu Peninsula enjoyable to explore. Atami on the east coast and Shuzenji in the mountainous central part are very famous also among non-Japanese tourists. But there is more to see if you want to have an authentic experience of Japan.

西伊豆の松崎町にある臨済宗の寺、帰一寺の名前の由縁となった「萬法一に帰す」という禅語がある。思文閣出版『禅語辞典』によれば、「森羅万象は一つの根源的な原理に立ち返る」という意味であり、全


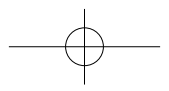
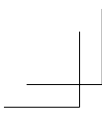


ての物は一から生じ、また一つに繋がり関わり合って存在しているという教えである。伊豆半島は火山活動によって生じ、その火山活動が起きた時代や場所によって変わる風景も、全てが繋がって伊豆半島を作り上げている。火山活動といえば地震と深い関係があり、そこに住む人々に多大な損害を与える、言うなれば荒ぶる神のような存在であるが、考えてみれば、日本列島は火山活動によって作られた土地であり、日本全国が同じような危険性を孕んでいる。しかし、火山は地震をもたらすのと同時に、温泉や美しい自然の風景ももたらしてくれており、日本が有する自然の美しさは、火山活動の賜物であるとも言える。伊豆半島を巡ることは、そんな日本の美の原型を存分に五感で感じる機会を得られることである。




We have absolutely no intention to frighten you, but there are 110 active volcanoes in Japan, which total to 7% of all the volcanoes in the world. They are concentrated in an area the size of 377,972 km², which is only 0.25% of all the land on the earth. Japan is famous for earthquakes, which is (needless to say) relevant to volcanoes. Volcanoes are disastrous when they erupt, but they also bless us with many gifts. As volcanic rocks are natural water purification systems, they provide us clean spring water, which is essential for good sake making. Hot springs, of course, are a pleasure to bathe in. Beautiful landscapes, such as lakes and ponds, are created by eruptions and enriching volcanic ash. As such, the real beauty and pleasure of Japan is related to the harshness of the nature. As Great Tea Ceremony Masters of the 16th century stated, richness is found in poverty and beauty is found in simple things. This encapsulates the nature of Izu Peninsula which is made by volcanoes!


今回の旅では、南伊豆から西伊豆を巡った。東京駅から東海道新幹線で熱海まで行き、伊豆急行に乗り換えて下田へ。下田からは南伊豆を経由して西伊豆まで車で移動し、修善寺へ抜けるというルート

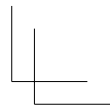
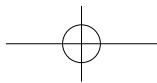
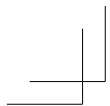


を取った。主に「海底火山時代」に形成された南伊豆から西伊豆にかけての景色を眺めている時に、頭の中で響いていたのは、「ひょっこりひょうたん島」のテーマではなく、バッハの「無伴奏チェロ組曲第1番」、プレリュードのチェロの音であった。景色そのものは穏やかであるものの、火山由来のゴツゴツとした岩肌の重厚感や、その地形を形成した悠久の時の流れを感じる。海底火山群が伊豆半島になるまでには、すさまじい変化があったのであろうが、一人の人間が体感できる時の流れの中では、恐らく不変に近しいだろう。伊豆半島の先端では、人間にはとうてい太刀打ちできない、自然の雄大さと、歴史を大切にしながら、そこで生活を営む人々の暮らしを興味深く垣間見ることができた。



We invite you to take a trip to the south and west coast of the peninsula, which is full of ruggedly rocky areas, formed mainly in the epoch of submarine volcanoes. A trip to this area by train, however, is not easy. Take the Tokaido Shinkansen (Kodama) to Atami and then change to JR Ito Line, which goes along the east coast to Shimoda (connected to Izu Kyuko Express Line on the way at Ito Station). Further, there is no railway to go around the peninsula. There is also another line (the Izu-Hakone Railway) but it covers only from Mishima to Shuzenji, the central part of the peninsula. The highway network is also limited. The Izu Skyline that starts from Atami ends at the central part, Amagi, and another highway, the Izu-Jukan Expressway, goes from Numazu to Shuzenji. It's true that it is a kind of tough to reach. Without a car it is almost impossible. But the taste of honey becomes sweeter if you obtain it with difficulty. Remember, Romantic Japan tends to lie beyond the reach of the railroad network. Your hard work will definitely pay off. Here, you may be able to see magnificent Mt. Fuji and an unforgettable sunset over the ocean. Standing at the very end of the peninsula, you may encounter the Earth's never ending story. The sight will recall the melody of Bach's *the Prelude of Cello Suite No. 1*.





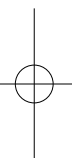
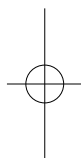
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日本の魅力 発見プロジェクト
静岡県

静岡県伊豆半島
(南伊豆・松崎・西伊豆)

1

“Izu Peninsula”
(South and West Coast)



古民家 cafe ごはん 天ぼうや

っし
飲んで
天ぶらを崇べば、
永く天命を保んず

「天ぼうや」という屋号は、「天ぶら」+江戸時代の「天保年間」に由来する。天保年間と言っても、受験生か、よほどの歴史好きでなければ何年前の時代かはピンとこないだろう。天保年間とは、1831年から1845年。今からおよそ180年前、文化の中心が京都から江戸に移り、「粋」を旨とする江戸町人文化が栄えた文化文政時代の後、天保の大飢饉から大塩平八郎の乱が起こった頃のことである。「天ぼうや」の建物は、この時代に建てられた建物を移築しリフォームしたものだ。元々は、南伊豆で伊豆石の商売で成功を収めた商人の家であったが、下田に移築されていた。しかしながら、近年、区画整理のため取り壊しの憂き目に遭いそうになっていたところ、再び南伊豆の地へ戻し、リフォームしたのが建築を営む「天ぼうや」の主人である鈴木海氏の父であった。



1 |

現代テイストを取り込んだモダンのインテリアは、建築当時の木材がそのまま使われた天井の梁や柱によって重厚さを増している。驚くべきことに、天保時代の木材は切られてから約180年経った今でも呼吸しており、樹脂を流している。

The interior of the house was renovated into a modern Japanese style. The roof lining and the pillars, however, remained as they were. The timbers in the house are 180 years old and are still breathing — you will see some sap flowing!



A half-hour car trip from Izukyu Shimoda Station will take you to a delicious lunch of tempura at a decent price — a great way to start your trip! There are buses to take you to the south coast of the Izu peninsula, but hiring a car or taxi from Izukyu Shimoda Station is recommended. A lunch course of *tempura* at Tempo-ya is full of locally harvested vegetables, shrimp and locally caught fish is what you may not encounter even in Tokyo. While the food is exquisite, you may also be surprised by the building itself, which has an interesting history. It used to be a house, built about 180 years ago in the Edo period (1603-1868) where a merchant lived. He was very successful in trading rocks, as the Izu Peninsula was famous for quarries (the rock quarried here is called *Izu-ishi*). This house was once transferred to Shimoda, however later on it was set to be demolished due to the re-planning of streets. However, there was an architect who could not bear to watch it be destroyed and so he saved it. He transferred it back to the area from which it came and renovated its interior. That architect is the father of the chef of Tempo-ya, Mr. Kai Suzuki.

カウンターで頂く「天ぷら」といえば、高級店を想像するが、「天ぷらや」は、さにあらず。地元のおじいさん、おばあさんでも気軽に食べられる天ぷら屋をコンセプトとしており、主に地元で採れた食

Tempo-ya (Kominka Café Gohan Tempo-ya)
A Tempura Restaurant
in a Quaint Old House



材の天ぷらを、リーズナブルな価格で提供している。むかご、あしたば、よもぎ、葉花、ししとう、インゲン豆、金時人参、小たまねぎ、かぼちゃなど、その季節に近所で採れた野菜を使っているため、1～2週間でメニューが変わるのが魅力的である。「巣籠もり」が思い出される人参の天ぷらも、「天ぼうや」では厚く切られた人参で揚げられる。衣の中でじっくり蒸されることによって引き出される人参本来の甘味が斬新。伊豆半島が美味しい物の宝庫であることを再認識できる店である。ゆっくりと時間が流れる古民家の落ち着いた雰囲気の中で、揚げたての天ぷらを一品一品食す贅沢を味わって欲しい。

古民家 cafe ごはん 天ぼうや

静岡県賀茂郡南伊豆町一色 185-2

TEL: 0558-62-5310

営業時間: 11:00～15:00 (夜は完全予約制)

定休日: 水曜日

伊豆急行線「伊豆急下田駅」から車で約30分

Various kinds of locally harvested vegetables and locally caught fish are served in tempura. You may know that tempura is not just a cooking method of deep-frying, but also involves steaming which draws out the features of each ingredient and encapsulates them. As the ingredients are all freshly harvested and caught, even the chef doesn't know what he will have next week. A lunch in Tempo-ya is a prelude to a trip in the south and west coast of the Izu Peninsula and is a testimony to the fact that Izu Peninsula is a cornucopia of gifts from the Earth.



店主 鈴木海氏。地元の食材を使う「地産地消」が声高に叫ばれている中、「生産者を知っているからこそ安全であるし、輸送コストがかからず安く手に入るから使う」と淡々と語る。

Mr. Kai Suzuki, Owner Chef
“Many restaurants are campaigners of ‘local production for local consumption.’ But I don’t use local production for the political reasons. Why I use local production is quite simple. I know the people who are involved in the production and I can obtain it from them without transportation cost,” says Mr. Suzuki.

石廊崎灯台・ 石室神社・ 熊野神社

伊豆大島を
彼方に眺めながら、
波間にきらめく
真珠光に息を呑む

伊豆半島の最南端に位置する石廊崎の岬めぐり遊覧船に乗り、ゴツゴツと切り立った断崖を見上げると、岩の間にまるでフジツボのように張り付いている古い木造の社が見える。遊覧船乗り場のある駐車場に、修験道の祖である役行者えんのぎょうじの大きな銅像が建っていたことを思い出し、もしや役行者と関係のある社なのではないかと思い、石段を登った。灯台まで往復30～40分という標識にもめげず、苦勞の後には絶景が待っているはずと息を弾ませながら坂道を登る。途中、思わず何度か足を止めてしまう景色は、文字通り息を呑むほど素晴らしい。鳥居をくぐり、木々を超えると、ずんぐりとした低めの白い石廊崎灯台にたどり着く。石廊崎は座礁する船が多かった航海の難所であったため、和式灯台である長津呂湊明堂ながつろみなとあかしどうが寛永13（1636）年に、洋式灯台である石廊崎灯台が明治4（1871）年に建てられた。伊豆半島の突端の岬から見る景色は、海原が延々と続く雄大な太平洋と、やや手前にうっすらと見える伊豆七島。この地が2000万年前には伊豆七島よりもっと遠くの、数百キロの彼方の海底に沈む火山群であったことを思い起こしながら海を眺めてみる。伊豆半島を形成している黒いゴツゴツとした岩は、火山が爆発した時に噴き出した溶岩なのであろうと地質学者のような目で景色を見るのも楽しい。

The cape Irozaki is situated at the Southernmost tip of the Izu Peninsula. There are two ways to see how the very end of Japan looks. One is from the ocean and the other is from the top of the cape. If you choose the first option, a short cruise by a small and old fashioned boat will fulfill your desire, regardless of the quality of the boat. From the boat you can see the rocky surface that the nature created millions of years ago. And you will find an old wooden house, which is actually an old shrine that clings to the gap in the rocks like a suborder of barnacles. You can also choose to explore there by both methods, which is the best way to fully savor the view. You can go inside the shrine if you choose to explore the top of the cape. You have to go up stone steps and slopes for 15 to 20 minutes, but the view, however, is worth the hard work. You will soon realize that your choice was right when you see the breathtaking view of the ocean on the way. Before arriving at the shrine, you will reach a white lighthouse of Cape Irozaki. It was built two years later after Japan's first Western-style lighthouse, and was constructed to prevent inbound ships from becoming stranded on the reef after Japan

Light House of the Cape Irozaki,
Iro Shrine and Kumano Shrine

Enigmatic Tip of the Peninsula



opened its doors to the world (cf. The first lighthouse is on the east coast of the Miura Peninsula in Kanagawa Prefecture). It is easy to imagine that the rocky surface continues under water.

灯台を後にし、200年以上前から整備されているという急な階段を下りていくと、下から岩にめり込んでいるかのように見えた社にたどり着く。岩の亀裂に入った海水から塩の結晶が大きくなることで、岩石を割ってできるタフォニと呼ばれる窪みにちょうど収まるように建てられた神社が、石室神社である。今から1300年以上前に建てられたと伝えられている。縁起はとても不思議なもので、えんのこづね役小角（役行者）が伊豆大島へ流刑された時、十一面観音の神力で石廊崎まで飛んできたとの話の他に、大地震があった際には、龍と白鳥が現れてこの地を守った伝説も伝わっている。また、祀られている御神宝が鮑の貝殻というのも興味深い。その由緒は、神社の建替えを行っ

た宮大工が、誤って足を滑らせ海へ転落してしまったが、無事に浮かび上がってきた。その際、宮大工が手にしていたノミの先に刺さった大きな鮑の殻に、十一面観音の尊像が浮かんでいたという。

The Pacific Ocean, seen from the cape, is beautiful and magnificent. It stretches as far as the horizon. Near the horizon you will see afar the seven islands of Izu faintly. This great view gives the impression



that you were on an island moving towards south. You may also imagine submarine volcanoes rising above the sea, hundreds of kilometers away, as they had been 20 millions ago.

Leaving the light house, continue your way to the shrine. This time you will go down steep steps which were made more than 200 years ago. The shrine is called Iro Shrine. It is believed that it was built more than 1,300 years ago and its beginning is very mythical. The founder of Shugendo (the principle of training to achieve enlightenment) called En no Gyoja or En no Ozunu was banished to Izu Oshima island (one of the seven islands of Izu) in 699 A.C. due to the rumor that he was able to manipulate demonic spirits, making them draw water and gather firewood. When the demons disobeyed, he would bind them using sorcery, according to the legend. The legend continues that he flew to the Cape Irozaki by the magic power of the eleven-faced Kannon. The treasure of this shrine is also interesting. It is a shell of abalone! An architect who was involved in the reconstruction of the shrine slipped and fell into the ocean. Luckily he was able to float to the surface of the water with the chisel in his hand. People found a big abalone stuck to his chisel and on the surface of the shell the image of the eleven-faced Kannon appeared! The shrine itself looks very mythical. These mysterious stories will seem somewhat reasonable if you consider why people built a shrine in such a strange place. In olden times when nobody knew the Earth was spherical, the tip of the cape would have appeared to be the border between the land of the living and the deceased.

神社の先には、さらに海に向かって小道が続いている。まるで平均台を渡るかのような、岸壁ギリギリの所にできた細道をさらに突端に向かって歩いていくと、縁結びの願をかけた絵馬がたくさん掛けられた小さな神社、熊野神社がある。ダイビングでもしないかぎり目にする事のない海底のような地形で形成され、波と風によってますます浸食された複雑な岩肌が特徴的である。その上に緑色のアイシングを流し込んだかのように木々が生えるまでには、どれだけの年月を要したのだろうか。動力も人力しかない時代に、どのよう



にして、この場所に建物を建てたのかという不思議もさることながら、はるか南から移動してきて本州に合体したという成り立ちそのものが不思議な伊豆半島の突端で、自然に立ち向かいながら生きてきた人間の歴史に思いを馳せてみる。

石廊崎岬めぐり（石廊崎港発着）

TEL：0558-22-1151（伊豆クルーズ）

出航時間：9:00～15:30（30分おき）

周遊時間：約25分

伊豆急行線「伊豆急下田駅」から石廊崎港口行き東海バスにて約40分。石廊崎港口バス停下車
天ぼうやから車で約15分

石廊崎灯台

静岡県賀茂郡南伊豆町石廊崎

TEL：0558-23-0118（下田海上保安部）

（灯台内部は、11月1日「灯台記念日」前後の1日のみ一般公開）

石室神社

静岡県賀茂郡南伊豆町石廊崎125

TEL：0558-62-0141（南伊豆町観光協会）

A narrow path continues to the very edge of the cape. You will find a small shrine, even smaller than Iro Shrine, called Kumano Shrine, with many small wooden plaques hung. These plaques are called ema on which people write wishes, especially wishes for a good matchmaking. No-one knows why there lies a shrine for good matchmaking here, on the edge of the cape. Perhaps the biggest wish the ancient Japanese had was not to obtain wealth or good health but to find one's soulmate!

Irozaki Misaki Meguri (Excursion Boat at the Cape Irozaki)

Tel: 0558-22-1151 (Izu Cruise)

Operation Hours: 9:00 a.m. to 3:30 p.m. (departure of a boat: every 30 minutes)

Excursion Length: About 25 minutes

40 minutes by Tokai bus bound for Irozaki Minato-guchi (Irozaki Port) from Izukyu Shimoda Station of the Izukyu Express Line, getting off the final stop.

Irozaki Todai (Light House of the Cape Irozaki)

Tel: 0558-23-0118 (Shimoda Coast Guard)

(Entry to the inner side of the light house is only permitted on one day of the year. The date varies, but is usually around the time of the Lighthouse's Anniversary Day, which is celebrated on the November 1st.)

Iro Jinja (Iro Shrine)

125 Irozaki, Minami-Izu-cho, Kamo-gun, Shizuoka Prefecture

Tel: 0558-62-0141 (Minami-Izu Tourist Association)



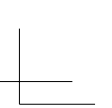
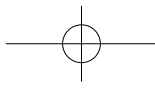
カノー伝説 探検ツアー

気の遠くなるような
時間が流れ、
ここもやがて遺跡となる

伊豆は江戸城の石垣として使われた伊豆石の産地であり、江戸城が皇居となった今でも、その石垣がそのまま残されていることは広く知られているが、調べてみると、伊豆石と言っても一種類ではないらしい。石垣として使われる硬い石は主に東伊豆地域が産地である一方、ここ南伊豆は、軟らかい石の産地であった。伊豆軟石は、伊豆半島がまだ海底火山だった時代の火山灰や軽石からできたもので、軟らかくて加工がしやすく、耐火性にも優れ、縞の模様が特徴の石である。この縞模様は海底に火山灰が降り積もった時にできたものであると知ると、模様ですら興味深い。この伊豆軟石の石切り場を探検できるのが、カノー伝説探検ツアーである。



As mentioned previously, the Izu Peninsula is well-known for its quarries and the rocks quarried here are called *Izu-ishi*. You can see *Izu-ishi* also in Tokyo. The stone walls of the Imperial Palace which used to be the Edo Castle are made of *Izu-ishi*. Actually there are two types of *Izu-ishi*; one is hard rocks quarried mainly in the east coast, and the other is soft ones quarried mainly in the south coast. Thus the rocks widely used as stone walls were not from this area.

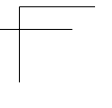
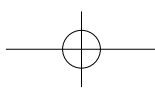


The soft Izu rocks were made from the volcanic ash and pumice formed during “the epoch of submarine volcanoes”. Because of their softness, they are appropriate for processing and have excellent fire resistance (because they are volcanic!). Moreover, these rocks have stripe patterns, which are strata of ash from different eruptions. In this mountain walking tour you can explore the mountain to find the old quarries of Izu rocks.

貸別荘・コテージ「ヴィラ弓ヶ浜」のオーナーでもある竹澤美恵子氏がオーナー兼ガイドを務める探検ツアーの成り立ちがまた興味深い。廃棄物処理業者の手に渡るのを阻止するために、この山を買い上げたところ、偶然、石切り場があることを発見し、何年もかけて自ら手作業で階段を作り、必要な所にはロープをかけ、山歩きが可能になるように整備したという、愛情が感じられる手作りの探検山なのである。「手つかずの自然」も素晴らしいが、時として自然は人には厳しすぎる。愛情ある人間の手が少し入ることにより、登山家を自称しない者でも、鹿のように山歩きを楽しむことができる。

The quarries in this mountain were found by chance. Madam Mieko Takezawa, the owner and the tour guide, is the owner of Villa Yumigahama, holiday cottages on Yumigahama beach (lit. an arch shaped beach) on the south coast of Izu Peninsula. She bought the mountain which was about to be purchased by a waste disposal company. One day she went into the mountain with her family and found quarries. With a desire to share these mysterious old quarries with many people, they decided to construct the steps and place ropes necessary for safe walking. It took years to be completed. Untouched wilderness is beautiful with no doubt. But the wilderness touched by warm hands is also beautiful, enjoyable and accessible also for non-professional mountain trekkers.

何処かへと導いているような小道を生い茂った雑木林の間を縫って進む。その導きに従い歩みを止めることなく、少し勇気を持って先に進んでいくと、自然物とは思えない、かつて人の手が入った様子が窺える岩壁にぶつかった。岩壁は湿り気を帯びた苔に覆われ、上





ヴィラ弓ヶ浜のオーナー 竹澤美恵子氏。切り出された石は、筏やカヌーのようなものに載せて青野川を下り、弓ヶ浜で大きな船に載せ替えられ、江戸に運ばれたと伝えられていること、加納という地区の名前から「カノー伝説」という名前になったという。

Madam Mieko Takezawa, the owner / tour guide, and the owner of Villa Yumigahama. The legend says quarried rocks were transported by canoes and rafts through the river Aono to Yumigahama beach. Then they were reloaded to larger ships and transported to Edo (Tokyo). This mountain trekking tour is named Kano Legend, to reflect the legendary role canoes played in this story (c.f. Kano is how the word "canoe" was once pronounced).

Guided Mountain Trekking Tour
Kano Densetsu Tanken Tour
(Exploration of Canoe Legend)
Become a Quarry Raider!

の方から藁が垂れ下がっているが、等間隔で横にノミで削った跡に、この岩壁がかつて石切り場であった頃から経過した時間を感じる。壁伝いに歩みを進めると、大きな岩壁はやがて石室へと続く迷路を形成していた。10メートル以上の高さはあるかと思われる天井の高い岩の部屋のような空間に足を踏み入ると、まるで王墓に忍び込んだ盗賊のような気持ちになる。伊豆石で栄えたかつての伊豆を支えた石工が石を削るノミの音が、今にも聞こえてきそうな神秘的な石切り場である。

—
カノー伝説ツアー

<http://www.kano-densetsu.com>

静岡県賀茂郡南伊豆町加納柿の木碓 1187-1
TEL: 090-6589-1906 (要事前予約)
石廊崎から車で約30分

Going up and down through copses led by a path, you will suddenly find a rock wall covered with moist moss, which doesn't seem to be a natural object. Horizontal, equally spaced marks from chisels on the rock surface will remind you that this is the old quarry. Keep on going along the wall, you will find yourself in the maze of rock that leads you to a rock chamber with a high ceiling. The roof may be more than 10 meters high. The rock chamber will make you feel as if you were Lara Croft from Tomb Raider or Dr. Henry Walton from Indiana Jones!

—
Kano Densetsu Tanken Tour
(Guided Mountain Trekking Tour of Kano Legend)

1600 Minato, Minami-izu-cho, Shizuoka Prefecture
Tel: 090-6589-1906
Reservation required

石花^せ海^の別邸^{うみ} かぎや

室町時代から
伝わる古湯で
疲れを癒す

元々が海底火山群であったという出生のため、温泉の宝庫である伊豆半島には、泉質が多岐に亘る温泉がある。南伊豆町の下賀茂温泉は、室町時代に傷ついたトビが温泉で傷を癒していたのを発見したことから始まったと伝えられている古湯で、約100°Cの高温の源泉が毎分4,000リットル湧出する。下賀茂という名前からは、京都の下鴨神社を想起させるが、京の都から追われてこの地に移り住んだ公家らが、望郷の思いを募らせて京風の地名を付けたのが由来らしい。

The Izu Peninsula is an exchequer of hot springs, one of the gifts provided by volcanoes. In its area of 1,430km² there are more than 60 hot springs (not the number of facilities, but the number of 'springs'!) It is also conspicuous by the varieties of water quality. Normally, the nature of spring varies depending on the region. But for the Izu Peninsula, this is not that case, as the timing of formation of the land differs depending on the 'area'. Hence, it would be a



great idea to go around the peninsula, if you are the lover of natural hot springs, to seek out various types of hot springs. You should leave no corner unsearched!

One of the natural hot springs in the southern coast that we would love to recommend you is Shimogamo *Osen* (Shimogamo Hot Spring), whose beginning is also charming. It was opened during the era from the 14th to the 16th century called the Muromachi period. Someone found a wounded black kite bathing itself in a pond and he noticed that the water had a healing effect! If you have been to Kyoto, its name may sound familiar to you. Shimogamo is a town in Kyoto where there is an important shrine called Shimogamo Shrine. It is said that court nobles who transferred to this area escaping from Kyoto named this hot spring after their hometown. In fact, Shimogamo Shrine was supported strongly by the imperial court. A small knowledge on the Japanese history would help you understand more. The Muromachi period came after the Kamakura period in which samurai of Minamoto clan in Kamakura ruled. Another warrior from a clan of samurai called Ashikaga, took their place and was proclaimed shogun, which enabled them to establish their government in Kyoto. After the Kamakura period, the emperor who failed to restore the imperial power escaped from Kyoto. Taking this historical fact into consideration, it may be easy

2 |

地元の食材をふんだんに使用した料理も、楽しみの一つ。

The dinner course is another charm of Kagiya, full of freshly caught fish.





「石花海別邸 かぎや」をはじめ、個性ある旅館を伊豆で5軒営む喜久多グループ代表取締役 定居康夫氏。

Mr. Yasuo Sadai, the president of Kikuta Group which manages five ryokans including Kagiya in the Izu Peninsula.

to imagine that some court nobles who were regarded with hostility traveled a long distance until they found a good place to live in this area at the edge of the peninsula.

2017年7月にリニューアルオープンされたばかりの「石花海別邸 かぎや」で、下賀茂温泉の食塩泉を楽しむ。下賀茂温泉は、日本で一番多い泉質の食塩泉だが、「石花海別邸 かぎや」の温泉は、より塩分濃度が高いそうだ。これは、2000万年以上前の海水が閉じ込められた化石水が地下の深い所から他の鉱石の成分を溶かしながら地上に出てきた温泉ゆえだ。塩分が毛穴をふさいで汗の蒸発を防ぐため、保温効果が高いことから、身体がとても温まる。海水よりも塩分が高いため、まるで死海のように身体がプカプカと浮くという、密かな楽しみもある。

石花海別邸 かぎや

<http://shimogamo-kagiya.jp>

静岡県賀茂郡南伊豆町加納508

TEL: 0558-62-0080

チェックイン: 15:00 ~ 18:00 チェックアウト: 10:00

伊豆急行線「伊豆急下田駅」より無料送迎あり(要事前予約)

カノー伝説から車で約10分

Kagiya is a luxurious and Japanese ryokan styled hotel which was reopened after renovation in July 2017. Here you can savor Japanese beauty and a relaxing moment in a fusion of modern and traditional Japanese circumstances. Its spa is marvelous, needless to say. The water of Shimogamo Springs is naturally salty, saltier than sea water. This is because the water has been contained in the benthic zone for more than 20 millions of years, which naturally discharges dissolving the minerals. The salt in the water adheres to your skin and warms up your body, a sensation that lingers for a long time. As tempting as it may be, don't try and float in the water like you might in the Dead Sea!

Senoumi Bettei Kagiya (Kagiya Annex of Senoumi)

508 Kano, Minami-Izu-cho, Kamo-gun, Shizuoka Prefecture

Tel: 0558-62-0080

Check In: from 3:00 p.m. to 6:00 p.m.

Check Out: 10:00 a.m.

Free transportation service from Izukyu Shimoda station is available

(An advance reservation is required.)

Senoumi Bettei Kagiya (Kagiya Annex of Senoumi)
Unwind Your Mind
in 20 Million-Year-Old Water

臨濟宗
建長寺派
萬まん法ぼう山ざん 歸き一いち寺じ

萬まん法ぼう一いつに歸す



時の幕府から鎌倉五山の第一位に格付けされ、桜の名所としても知られている名刹建長寺を本山とする帰一寺の歴史はとても古い。開山は正安3（1301）年、一山国師による。一山国師のことを知らなければ、なかなか感動までには及ばないが、住職から教科書には載っていない逸話を伺うことによって、この寺が日本の歴史の隠れた扉を一つ開け得る寺であることを知った。キーワードは「元寇」。元寇といえば、鎌倉時代の中期、ユーラシア大陸を横断する広大な帝国を築きあげていたモンゴル帝国が2度に亘って日本を攻めて来たが、「神風」によって日本は救われた、というところまでは多くの人に知られている。しかし、実は「元寇」は3回目も予定されていたということはあまり知られていない。3回目の武力攻撃の前に、平和裏に交渉を進めるべく、モンゴル帝国から使者が派遣されていたのである。この使者が何を隠そう、一山国師であった。当時の日本は臨済禅の興隆期にあり、禅僧を尊ぶ気風があったための戦略的な選出であったが、鎌倉幕府はその手には乗らず、一山国師にスパイの嫌疑をかけ、修善寺に幽閉した。ただのスパイであれば、話はここで終わるが、一山国師はただのスパイではなかった。一山国師は修善寺での日々を禅の修養をして過ごしているうちに、その名声が高まり、多くの僧侶が訪れるようになった。赦免を願い出る者が後を絶たなかったという。これに心を動かされた時の将軍、北條貞時は幽閉を解き、地震による倒壊によって衰退していた建長寺を再建し、一山国師を住職として迎え入れたという。この一山国師が、西伊豆の松崎町に開山したのが帰一寺なのである。

Many people may know the word *kamikaze*, but less may know its origin. The word dates back to the 13th century, when Mongol attempted to invade Japan two times. Both attempts failed because of *kamikaze* (literally meaning divine wind), which were actually the typhoons whose timing were perfect for Japan. On the other hand, less people including the Japanese know that a third attempt was ready to be made by Mongol. Before attacking by the military force, Mongol sent an important *zen* priest as an emissary for the negotiation. The Kamakura Shogunate was not that idiot to fall for the trick even though zen priests were highly respected at that time. The Shogunate arrested him and sent him to the Shuzen-ji (Shuzen Temple) in the central part of the Izu Peninsula to confine him. If this priest had been mediocre, the story would have ended here. But





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帰一寺の田中道源住職。

Mr. Dogen Tanaka, a priest of Kiichi-ji.

he was not. He spent his days in the temple doing ascetic training of zen, which made his fame spread all over Japan. Priests started to come to the Shuzen-ji to see him, and many of them asked for his remission. The Shogun at that time pardoned him and sent him to the Kencho-ji (Kencho Temple) in Kamakura which was in decline because of damage from an earthquake. This priest is Issan Kokushi, who established this Kiichi-ji in Matsuzaki-cho on the west coast of the Izu Peninsula in 1301!

帰一寺では、相談に応じて座禅や写経を行うことができる。臨済宗は、相手との対話で心を磨き、禅問答をしながら悟りを開くことを教えとしている宗派であり、さりげない親しみをもって、分かりやすくお話してくださる住職との会話も楽しい。また、帰一寺では、その人ならではの名前をプチ修行後に授けてもらえる。住職は出身地や性格を考慮に入れた漢字を使った「お名前」を作り出すため、事前の予約と連絡が必要である。

Kiichi-ji (Kiichi Temple)
 The Temple of a Zen Priest
 Who Was Not Blown Away
 by Kamikaze

臨済宗建長寺派 萬法山 帰一寺

<http://kiitiji.com/>

静岡県賀茂郡松崎町船田39

TEL: 0558-43-0213

伊豆急行線「蓮台寺駅」で下車。東海バスにて堂ヶ島、松崎方面へ約25分。

船田バス停下車、徒歩約3分。石花海別邸かぎやから車で約50分。

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総門をくぐった後に続く長い石段。再び山門をくぐり境内に至るまでの空間も厳かな空気に満ち溢れている。太い木々や苔は、自分が存在する現在までの時の流れを感じさせる。本堂裏にある庭園も優雅で美しい。

A long path with stone steps after the gate. The higher you go, the more solemnized you will feel. Trees are high and thick. The ground is covered with moss. All you see evokes the time that has passed. You also cannot miss the beautiful garden at the back of the hall.

Kiichi-ji holds *zazen* sessions on request. Sutra drawing courses are also available with an advance reservation. Through the *zazen* session in Kiichi-ji you will receive a reward, as well as the feeling of refreshment post-meditation. The priest will give you a Buddhist name, even though you are not Buddhist or Japanese, taking your place of birth and your character into consideration.

—
Kiichi-ji (Kiichi Temple of Rinzai Sect.)

39 Funata, Matsuzaki-cho, Kamo-gun, Shizuoka Prefecture
Tel: 0558-43-0213
About 50 minutes from Kagiya Annex by car.



カネサ 鰹節商店

鰹節の
三大名産地の誇りを、
今も手仕事の中に

「イマドキ」という枕詞から文章が始まると、ネガティブな要素が多少なりとも含まれていることが多い。進化しすぎた「現代」を揶揄している場合もあれば、「過去」を時代遅れと揶揄する場合もある。文化の進化とは、過去に抱いた憧れが具現化されることである故、「イマドキ」であることは、誇るべきことであり、喜ぶべきことであるが、手放しでは喜べない、複雑なオトナゴコロがそうさせるのかもしれない。また、進化の犠牲となって失われるモノに対する寂しさや、進化の行く末に対する不安も関係しているのかもしれない。「イマドキ」の日本茶はペットボトルで飲むものであり、急須が家にあることすら珍しくなったように、「イマドキ」の出汁は粉末か、液体を希釈するもの。鰹節から出汁をとることも、さらに、鰹節の削り器が家にあることも珍しくなった。「和食」がユネスコ無形文化遺産に登録されてから既に数年が経過していることに気付くと、複雑なオトナゴコロはさらに揺れる。

“Today’s youth is the worst generation ever!” — This complaint has repeatedly stated for two thousand years, even uttered by Greek philosophers like Plato and Socrates. If it is true, the evolution of human beings stopped more than two thousand years ago even though technology has developed. The development of the technology after the Industrial Revolution is astonishing. After the Digital Revolution, the leaps and bounds in technological advancement is even more impressive. Today’s new invention will be outdated by tomorrow.



Fundamental Principles Never Get Outdated

Japan is famous for its culture of tea. For example, the tea ceremony is one of the attractions foreign visitors want to try. However, in our daily life, tea has become something to be consumed in a plastic bottle. It is said that the number of households which don't have any teapots has increased. *Dashi* (broth), too. *Dashi* is something essential for Japanese cuisine, but the people who make *dashi* from kelp or bonito flakes in daily life has decreased. A few decades ago scraping the dried bonito was part of a morning routine. Now, the number of households which don't have a bonito scraper has become even less compared to tea pots!

西伊豆町の田子にあるカネサ鰹節商店は、イマドキ、最も効率が悪く、最も手間のかかる焙乾方法である手火山式焙乾にこだわり、伝統的な鰹節を作っている店である。効率と安全が尊ばれる現在、カネサ鰹節商店がこの方法を用いている理由は、それが鰹節を最も美味しくする焙乾方法の一つであると言われているからである。この手火山式焙乾法と呼ばれる方法では、鰹節に当たる熱量を均等にするため、常に手で熱を測り、火を調整する。その温度は最高 130℃ を超えるという。職人は、鰹節が焦げないように、ずっとこの作業を続け、ぎりぎりの高温で表面を焦し乾かすことによって、燻しの匂いを鰹節に染み込ませることなく、鰹の味を鰹節の中に閉じ込め、その旨みを凝縮させていく。焙乾の作業は 10～15 回繰り返し、1 ヶ月の時を要する。このように、文字通り、丹精込めて作られた鰹節から作る出汁は、濁りのない澄んだもので、鰹節本来の味と香りが豊か。これぞ和食には欠かすことのできない物なのである。カネサ鰹節商店のご主人は言う。「時間と手間をかけて美味しいものを食べるのか。時間と手間をかけずに美味しくないものを食べるのか」。このオトナの選択が、将来の和食の味を決めるのかもしれない。

Kanesa is a maker and seller of dried bonito, which is already becoming a long forgotten tradition. Remarkably the method of production adopted is a very traditional one which has been continued since its establishment in 1882. It is the most inefficient and the most dangerous way to produce dried bonito. Today, when efficiency and safety are prioritized, Kanesa ignores these golden rules because the president and all the staff know that this is the best way



to confine and to condense the deliciousness of bonitos. Freshly caught bonitos are cut horizontally into four pieces, and then are dried and fumigated over an open fire, which is the important and dangerous part. A man takes the fire's temperature by hand to keep the best temperature for bonitos. To make the best dried bonitoes the best temperature is as high as possible, just before the bonitoes start to scorch. The temperature goes higher than 130 degree Celsius! This process is done repeatedly 10 to 15 times, and takes one month to be completed. Next, bones are removed, the minced bonito is rubbed so that the small holes are completely covered, and then is sun dried. A piece of dried bonito in Kanesa is made through over thirty processes, mostly done by hand.

“It is your own choice whether you eat the best food taking time and labor or you eat ordinary food saving time and labor,” says the president of Kanesa .



カナサ鰹節商店 5代目の芹沢安久氏。工房では、鰹節作りの見学が可能（要事前予約）な他、鰹節の作り方や、鰹節の正しい削り方を伝授してもらえます。

Mr. Yasuhisa Serizawa, the 5th-generation president of Kanesa. A production tour and a short course on how to scrape a dried bonito is available in Kanesa but you have to take an interpreter or guide with you.

土佐、薩摩に並び、鰹節三大名産地として知られ、古くから鰹魚を中心とした漁師町として栄えていた田子では、鰹を丸ごと塩に漬け込み、乾燥させて作った潮鰹（塩鰹）を、航海の安全と豊漁豊作を祈願するために、ワラの飾りを付け、お正月の飾りとして吊るす風習がある。減塩志向の現在、この潮鰹を製造しているのは田子でも3社のみになってしまったが、小さく刻んだり、粉末状にした潮鰹

を塩の代わりにうどんやパスタに絡めると、鰹の旨みが全体に広がり滋味溢れる極上の逸品となる。

カネサ鱧節商店

<http://www.katsubushi.com>

静岡県賀茂郡西伊豆町田子 600-1

TEL: 0558-53-0016

婦一寺から車で約20分。

伊豆急行線「運台寺駅」で下車。東海バスにて堂ヶ島で下車、修善寺駅行きへ乗り換え、中谷下車。
伊豆箱根鉄道駿豆線「修善寺駅」で下車。東海バスにて堂ヶ島、松崎方面へ中谷下車。

※カネサ鱧節商店での見学・体験のお問い合わせ

NPO法人伊豆自然学校 担当 鈴木淳子

堂ヶ島ビジターセンター

静岡県賀茂郡西伊豆町仁科2097-1

TEL: 0558-52-0080

yoyaku@npo-izu.org

The town where Kanesa is located is well known as one of the three biggest producing areas of dried bonitoes. Bonitoes here are also preserved with salt called *shiogatsuo*, which is the local specialty. Udon noodles (or even spaghetti!) seasoned with bonito flakes and *shiogatsuo* is divine!

Kanesa Katsubushi Shoten (Kanesa Dried Bonito Shop)

600-1 Tago, Nishi-izu-cho, Kamo-gun, Shizuoka Prefecture

Tel: 0558-53-0016

20 minutes from Kiiichi-ji by car.

*Reservation and information of Kanesa Dried Bonito Shop is available at:
Dogashima Visitors' Center

2097-1 Nishina, Nishiizu-cho, Kamo-gun, Shizuoka Prefecture

TEL: 0558-52-0080

NPO Izu Shizen Gakko (Izu Nature School) Ms. Junko Suzuki





黄金崎公園

空と海が赤く染まる時、
黄金に輝く岬

西伊豆を訪れるなら、夕刻を逃す手はない。というのも、伊豆半島の西側では、海岸線に沈む夕陽を見ることができるからだ。特に、黄金崎の岩肌は、火山のマグマが冷えて固まることによってできた岩が熱水による風化で黄褐色に変化し、オレンジ色の夕陽に照らされて黄金のように輝く。黄金崎の断崖からは、空気が澄んでいれば海の向こうに見える富士山を楽しむこともできる。南から見る富士山は、東から見る富士山とは少し趣が違う。いつもの富士山よりも、細長く見えるのは気のせいだろうか。葛飾北斎の「山下白雨」の少し細く尖った富士を思い起こさせる。いくら冬の駿河湾は波が高いとはいえ、「神奈川冲浪裏」の富士に描かれているほどではないが、その様子を脳裏で想像し、西伊豆冲浪表の富士を楽しむのも一興である。

If you visit the west coast of the Izu Peninsula, you should aim to be there at the time of sunset. Here you can see the sun set over the ocean. Especially at Kogane-zaki (literally meaning the Golden Cape) as true to its name, the surface of the rocky walls glitters like gold in the sunset. This is caused by the volcanic components of the rocks. If you are lucky enough and the sky is clear, you will see Mt. Fuji over the ocean, which will remind you the Hokusai's great

Kogane-zaki (The Golden Cape)

When the Sky and Ocean Are Red, the Cape Glitters in Gold

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work, the Great Wave off Kanagawa. Speaking of Mt. Fuji, it appears different when looked upon from the south. It seems slightly narrow at the top like the woodblock print *Rainstorm Beneath the Summit in Thirty-Six Views of Mt. Fuji*. In your trip around the Izu Peninsula you will see Mt. Fuji from various directions. You can paint your own thirty-six views of Mt. Fuji like Hokusai did, which may be another way to savor the peninsula!

黄金崎は、岬全体が西伊豆町黄金崎公園となっており、展望台からの景色を楽しむ他、全長約4キロの遊歩道をゆっくりと歩いたりしながら西伊豆を満喫することができる。

—
西伊豆町 黄金崎公園

静岡県賀茂郡西伊豆町字久須 3566-7
TEL: 0558-52-1114
カネサ鱧節商店から車で約10分。

At the Cape Koganezaki, all the cape is designated as a park. You can relish the magnificent view from the observation deck and also stroll along the promenade.

—
Koganezaki Koen (Cape Koganezaki Park)

3566-7 Ugusu, Nishi-izu-cho, Kamo-gun, Shizuoka Prefecture
Tel: 0558-52-1114
10 minutes by car from Kanesa Dried Bonito Shop



SHIZUOKA



Kiichi-ji (Kiichi Temple)

(歸一寺)



Kogane-zaki Cape

(黄金崎海岸)



Kanasa Dried Bonito Shop

(カネサ鱈節商店)

South and West Coast of the Izu Peninsula
in Shizuoka prefecture
— *Shizuoka in your pockets*

Two-Day Trip

To the South and West Coast of the Izu Peninsula

INVITATION to IZU PENINSULA

The Izu Peninsula is not large (50km long from North to South, with a width varying between 15 to 35km) but is not a simple peninsula. The surface features of Izu differ from zone to zone because each surface was formed at different times. Each zone has its own characteristics, which makes Izu Peninsula enjoyable to explore. Atami on the east coast and Shuzenji in the mountainous central part are very famous among non-Japanese tourists. But there is more to see if you want to have an authentic experience of Japan. As the south and west coast of the Izu peninsula illustrate, Romantic Japan tends to lie beyond the reach of the railroad network.

TIME SCHEDULE [DAY 1]

TIME	SCHEDULE	TRANSPORTATION
08:26	Tokyo Station (東京駅) (arrives at Atami Station at 9:13)	Kodama No.639 bound for Nagoya (東海道新幹線こだま639号名古屋行き)
09:38	Atami Station (熱海駅)	JR Ito Line (local) bound for Ito (JR伊東線伊東行き) *The train automatically connected to Izu Kyuko Line at Ito Station.
11:09	Izuky-Shimoda Station (伊豆急下田駅)	Taxi or Car Hire (16km)
12:00	Lunch at Tempo-ya (天ぼうや)	Taxi or Car Hire (10km)
13:30	Cape Irozaki / Iro Shrine / Kumano Shrine (石廊崎灯台、 石室神社、熊野神社)	Taxi or Car Hire (13km)
15:00	Guided Mountain Trekking in Kano (カノー伝説ツアー)	Taxi or Car Hire (2km)
17:00	Hotel in Minami-Izu	

TIME TABLES

• Weekday Timetable of Tokaido Shinkansen Kodama (as of March, 2018)

From Tokyo (Departure Time, Arrival Time at Atami, Type of Train)

7:26, 8:11, Kodama No.635

7:56, 8:43, Kodama No.637

8:26, 9:13, Kodama No.639

8:56, 9:44, Kodama No.641

9:26, 10:12, Kodama No.643

• Weekday Timetable of JR Ito Line (local) on (as of March, 2018)

From Atami (Departure Time, Arrival Time at Izukyu-Shimoda)

8:26, 9:50

9:03, 10:33

9:38, 11:09

10:34, 12:02

*An Express Train called Odoriko-go is a faster alternative way from Tokyo to Izukyu-Shimoda.

Time Table of Odoriko-go

From Tokyo (Departure Time, Arrival Time at Izukyu-Shimoda, Type of Train)

9:00, 11:46, Odoriko-go No.105 (operates everyday)

10:00, 12:36, Odoriko-go No.107 (operates everyday)

(Other than these trains above, extra trains operate temporarily in high seasons. For further information please call JR or Tourist Information Center).

*Super View Express Odoriko-go is another alternative. It goes from Shinjuku, Ikebukuro or Tokyo Station to Izukyu-Shimoda (Be careful some trains do not stop at Tokyo Station).

Time Table of Super View Express Odoriko-go

(Departure Time (Departure Place), Arrival Time at Shimoda, Type of Train)

-9:16 (Ikebukuro) 9:25 (Shinjuku), 12:11 Super View Express Odoriko-go No.3 (Departure from Ikebukuro. It stops at Shinjuku but NOT at Tokyo. It operates only on Saturdays and Sundays).

-11:00, 13:29, Super View Express Odoriko-go No.5 (operates on all the weekdays) (Other than these trains above, extra trains operate temporarily in high seasons. For further information please call JR or Tourist Information Center).

TIME SCHEDULE [DAY 2]

TIME	SCHEDULE	TRANSPORTATION
9:00	Check Out	Taxi or Car Hire (27km)
10:00	Kiichi-ji (帰一寺)	Taxi or Car Hire (8km)
11:30	Dogashima (Short Cruise) (堂ヶ島)	Taxi or Car Hire (2km)
12:30	Lunch	Taxi or Car Hire(6km)
14:00	Kanesa Dried Bonito Shop (カネサ鰹節商店)	Taxi or Car Hire (5km)
15:00	Cape Koganezaki Park (黄金崎公園)	Taxi or Car Hire (29km)
17:00	Dinner around Heda Port (戸田港)	Taxi or Car Hire (38km)
19:56	Mishima Station (三島駅)	Tokaido Shinkansen Hikari No. 478 bound for Tokyo (東海道 新幹線ひかり478号東京行き)
20:40	Tokyo (東京駅)	

TIME TABLES

• Weekday Timetable of Izu Hakone Line (local) (as of March, 2018)
From Shuzenji (Departure Time, Arrival Time at Mishima, Type of Train)

18:58, 19:33
19:14, 19:49
19:30, 20:05
19:46, 20:20
20:01, 20:36
20:17, 20:52

• Weekday Timetable of Tokaido Shinkansen Kodama on (as of March, 2018)
From Mishima (Departure Time, Arrival Time, Type of Train)

19:45, 20:47, Kodama No.674
20:23, 21:16, Kodama No.676
20:50, 21:47, Kodama No.678
21:20, 22:16, Kodama No.680
21:50, 22:47, Kodama No.682

WHAT TO SEE



Iro Shrine (石室神社)



Kanasa Dried Bonito Shop (カネサ鱧節商店)



Heda Port (戸田港)

WHAT TO DO

•Irozaki Todai (Light House of the Cape Irozaki) (石廊崎灯台)

The southernmost tip of the Izu Peninsula provides a magnificent view of the ocean and rocky surface of the peninsula that the nature created millions of years ago.

Irozaki, Minami-Izu-cho, Kamo-gun (賀茂郡南伊豆町石廊崎)

TEL: 0558-23-0118

(Entry to the inner side of the light house is only permitted on one day of the year. The date varies, but is usually around the November 1st, the Lighthouse's Anniversary Day.)

•Iro Jinja (Iro Shrine) (石室神社)

An old shrine full of mystery, located in the gap of a cliff-face at the very end of the peninsula.

125 Irozaki, Minami-Izu-cho, Kamo-gun (賀茂郡南伊豆町石廊崎 125)

TEL: 0558-62-0141

•Kanasa Katsubushi Shoten (Kanasa Dried Bonito Shop) (カネサ鱧節商店)

A maker and seller of dried bonito established in 1882. Its production method is very traditional and unique. A factory tour and a short course on how to scrape dried bonito is available.

600-1 Tago, Nishi-izu-cho, Kamo-gun, Shizuoka Prefecture

TEL: 0558-53-0016

Opening Hours: 9:00 a.m. to 5:00 p.m.

No closing day.

•Koganezaki Koen (Cape Koganezaki Park) (黄金崎海岸)

A cape whose sunset view is magnificent as the surface of its rocky walls glitters like gold. The area is a designated parkland, and you can stroll along the promenade.

3566-7 Ugusu, Nishi-izu-cho, Kamo-gun, Shizuoka Prefecture

TEL: 0558-52-1114

•Heda Port (戸田港)

A small but historically important port on the west coast of the Izu Peninsula. Here Diana, the frigate of the Imperial Russian Navy which Putyatin used to visit Japan in the mid 19th century to make a treaty of commerce and navigation, was seriously damaged due to a tsunami. Three hundred Japanese carpenters built a new western style ship in two months in this port. Besides this, the view of Mt. Fuji over the pine trees and the ocean will make you feel as if you were Hokusai!

•Kano Densetsu Tour (Guided Mountain Trekking Tour of Kano Legend) (カノー伝説ツアー)

A guided mountain trekking tour through old quarries.

1600 Minato, Minami-izu-cho (賀茂郡南伊豆町加納柿の木碓 1187-1)

TEL: 090-6589-1906

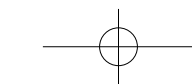
Reservation required

•Kiichi-ji (Kiichi Temple) (帰一寺)

A historical temple established by a Mongolian priest of zen who was sent to Japan as an emissary. Seated zen meditation sessions and sutra drawing courses are available with advance reservation.

39 Funata, Matsuzaki-cho, Kamo-gun (賀茂郡松崎町船田 39)

TEL: 0558-43-0213



•Dogashima Cruise (堂ヶ島クルーズ)

Offers four cruise courses (varying between 20 to 50 minutes long) via small boats. The cruises through caves reminiscent of the Blue Grotto in Capri are very enjoyable.

2060, Nishina, Nishi-izu-cho, Kamo-gun, (賀茂郡西伊豆町仁科 2060)

TEL: 0558-52-0013 (Dogashima Marin)

RESTAURANTS



Tempoya (天ぼうや)

•Tempoya (天ぼうや)

A restaurant which serves tempura made from local ingredients in a beautifully refurbished old house.

185-2, Isshiki, Minamiizu-cho, Kamo-gun (賀茂郡南伊豆町一色 185-2)

TEL: 0558-62-5310 Opening Hours: 11:00 a.m. to 3:00 p.m

•Aoki Sazae Ten (青木さざえ店)

A sea food restaurant specializing in shellfish.

894-53 Minato, Minami-izu-cho, Kamo-gun (賀茂郡南伊豆町湊 894-53)

TEL: 0558-62-0333 Opening Hours: 8:30 a.m. to 6:00 p.m. (8:30 a.m. to 7:00 p.m. on Weekends and holidays)

•Iso Kappo Kagura (磯割烹佳倉)

An elegant izakaya-style seafood restaurant.

357-2 Nishina, Niiizu-cho, Kamo-gun (賀茂郡西伊豆町仁科 357-2)

TEL: 0558-52-2001 Opening Hours: (lunch) 11:30 a.m. to 2:30 p.m. (dinner) 5:30 p.m. to 8:30 p.m.

•Noichi Shokudo (の一食堂)

A seafood restaurant which serves the local specialty, tall-legged crabs.

410-16 Heda, Numazu-shi (沼津市戸田 410-16)

TEL: 0558-94-3225 Opening Hours: 10:00 a.m. to 5:00 p.m.

ACCOMODATION



Kagiya Annex of Senoumi (Senoumi Bettei Kagiya) (石花海別邸かぎや)

•Kagiya Annex of Senoumi (Senoumi Bettei Kagiya) (石花海別邸かぎや)

A modern but traditional style of ryokan that has a large public baths. Rooms with a bathtub in the balcony are also available.

508 Kano, Minami-Izu-cho, Kamo-gun (賀茂郡南伊豆町加納 508)

TEL: 0558-62-0080

•Futari Towani En (ふたりとわに 縁)

A newly-opened gorgeous western style hotel with limited numbers of rooms. All the rooms have an ocean view.

1341-4 Koshimoda, Izu-shi (伊豆市小下田 1341-4)

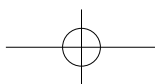
TEL: 0558-98-1692

•Gyokushoen Arai (玉樟園新井)

A historic Japanese-style ryokan with a very beautiful Japanese garden. Important matches of Igo and Shogi (kinds of oriental board games) are also taken place in this hotel.

284-2 Toi, Izu-shi (伊豆市土肥 284-2)

TEL: 0558-98-1000



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“SHIZUOKA”

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～静岡県 伊豆半島（南伊豆・松崎・西伊豆）～

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Beyond Ordinary Itineraries

The Izu Peninsula (South and West Coast) in Shizuoka Prefecture

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Supervision/Kay Abe, Concierge (Grand Hyatt Tokyo),

Professor (Meikai University)

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Writer/Rei Saionji, Team Mercurius

Photographer/Hide Urabe

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