

Toba Bicycle Rental

Explore Toba on two wheels. Regular and electric assist bicycles can be rented for the day at Toba's Ichibangai shopping center and the Toba Guide Center

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

Electric Assist Bicycle: ¥1,000 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 Center - Tuesdays

Toba's Islands

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

Kamishima (神島) ¥740

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 on the city's website in Japanese)

One-way Fares: *Subject to change

Timetable

Tōshijima (Tōshi 答志 -Tōshi Wagū 和具) ¥550 Tōshijima (Mōmōtōri 桃取) ¥450

Sūgashima (菅島) ¥510 Sakatéjima (坂手島) ¥220 Kamishima Tōshiiima Sūgashima Toba Marine Terminal Sakatéjima

Toba Mainland

(Sadahama Ferry Port)

Not being connected to the mainland has always limited outside influence, preserving many traditional ways of life. Come explore and experience the old wavs 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**, where 14th-century aristocrat exiles were sent, as well as being the setting for Yukio Mishima's well known coming-

* There are no convenience stores on the islands so plan accordingly.

Toba Island Tours

of-age novel "The Sound of Waves".

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 www.shima-tabi.net



Kaito Yumin Club https://oz-group.jp/english/



3 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 or 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.

If there is an 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 about the center and intensity of an earthquake, check: www.jma.go.jp/jma/indexe.html



🚺 MUSEA (Sta. Shop) ミュゼア駅店 😕 🥡 🗟 \\ 🗫

Grab a coffee when you arrive in Toba or get a drink and tasty snack before you ride the train to your next destination.

Open all year 10:00~16:00 Kamome Terrace かもめベイテラス (鳥羽駅内)
 「鼻羽駅内)
 「鼻口・下でする。

Located on the second floor of Toba station, enjoy a drink or meal before or after vour train ride.

10:00~17:00 (16:45 L.O.) Open all year

6 Cherry 喫茶チェリー (鳥羽ー番街)
(鳥羽ー本村)
(鳥田本村)
(鳥田本村) A quaint coffee shop located in Toba's Ichibangai shopping centre.

Mon~Fri: 10:00~17:30 Closed: Thursdays / Irregular Sat, Sun & Ntl. Holidays: 10:00~18:00

22 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.

11:00~16:00 Closed: Mondays & Tuesdays

31 Jubilee Tea & Bakes ジュビリーティー&ベイクス 😕 💬 Sit down with some English tea or coffee and freshly baked sweets at this cozy reformed Japanese house.

~¥2000 * Business days and hours are irregular. Check Instagram to confirm.

38 Hinoyama Lab ヒノヤマラボ 😕 🖺 💬

Hidden up a winding road on Hinoyama, this small shop serves freshly roasted coffee, iced drinks, and daily baked items. *Outdoor seating only

* Business days and hours are irregular. Check Instagram to confirm 40 MUSEA (Aquarium Shop) ミュゼア (鳥羽水族館店) 🕰 🥡 🔤 鼠 😲の Delicious locally roasted coffee and daily baked goods are available for takeout at

Toba Aquarium. 10:00~16:00 ~¥990

53 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: Sundays 54 The Lobby Lounge (Toba International Hotel) 🕰 😰 🤐 🗟 🐯

ザ・ロビーラウンジ (鳥羽国際ホテル内)

Enjoy the relaxing view of Toba Bay with hotel-prepared lunch or sweets. 10:00~22:30 (22:00 L.O.) Open all year (Occasional closure for maintenance)

Sweets

7 Minerva Gelato ミネルヴァ(鳥羽一番街) 🕰 丫 🗟 🤮 📾 🖺 🕑 Come and taste an assortment of unique handmade gelato flavours made from

many local ingredients. Mon~Fri: 9:30~17:30

Closed: Thursdays / Irregular

Closed: Wednesdays

Sat, Sun, Ntl. Holidays: 9:30~18:00 21 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.

10:00~16:30 ¥432~ 43 Blanca ブランカ 😕 🖃

Come and try some baked goods at Toba's original western confectionery shop. 10:00~17:00 Closed: Tuesdays

Seafood Snacks

10 Iroha 焼き貝いろは 🙎 😰 🚇 🐶

Located beside Toba station, enjoy fresh shellfish straight from the shop aquarium to your table. 10:00~18:30 ¥1.000~¥2.000 Closed: Irregular

11 Yamato 海鮮大和 🥮 関

This shop specializes in local seafood as well as saké produced in Mie prefecture. ¥1,000~¥2,000 10:00~16:00 Closed: Wednesdays & Fridays

12 Suzuki 鈴木水産 😕 鹽 🖃

Fresh Ise-ebi lobster, abalone, and turban shells grilled right before your eyes. ¥1,000~¥2,000 10:00~17:00 L.O. Closed: Wednesdays

13 Mizunuma 水沼さざえ店 🚇 鼠

Come and enjoy the wonderful flavours of Ise-ebi lobster and various shellfish. ¥2,000~¥3,000 9:00~17:00 (16:00 L.O.)

After arriving in Toba, come and enjoy some of the freshest local seafood. ¥1.000~ 11:00~18:00 Closed: Irregular 15 The Kaiya ザ・貝屋 🎏 😰 🚇 鼠

A warm and inviting shop for spending time with friends.

10:00~16:30 L.O. Closed: Thursdays

52 Takoyaki Waraiya たこ焼き わらい屋 Enjoy fresh takoyaki and yakisoba straight from the grill. If you have a sweeth tooth,

why not have an ice cream or shaved ice! 11.30~17.10 L O Closed: Sundays ~¥1 000

Seafood Restaurants

🗿 Okita Floating Restaurant 屋形船おきた 🙎 🗟 風 💬

A great mix of locally sourced seafood and standard Japanese cuisine with the scenery of Toba Bay as the backdrop for a delicious meal. ¥5.000~¥10.000 12:00~14:30 18:30~21:30 Open all year

5 Ebishima えびしま (鳥羽一番街) 😰 🚇 🖃

Enjoy seafood dishes created using the local islands' marine produce. ¥1,000~¥2,000 Mon~Fri: 10:30~17:30 L.O. Closed: Thursdays Sat & Sun: 10:30~18:00 L.O.

🚺 lwashitei いわし亭 🎏 🥮

Offering many unique dishes using the freshest sardines. ¥1.500~¥2.500 11:00~14:00 L.O. Closed: Wednesdays

With a pleasant ocean breeze coming off the water, come sample some seasonal seafood prepared using local ingredients. ¥2 000~¥3 000 Closed: Irregular 11.00~15.00

🕦 Maruei 丸栄 🔑 🕮 鼠

Enjoy fresh seafood caught in the local waters of Ise Bay.

Closed: Irregular ¥2,000~¥3,500 11:00~15:00 L.O. 17:30~19:30 L.O.

20 Furusatokan ふる里館 🛚 🤐

Fresh seafood dishes created in a warm and homely atmosphere. ¥2.000~ 11:00~15:00 Closed: Thursdays & Fridays

25 Sazanami 漣 🏻 🕰 😰 🚇 🖃 鼠

Known for its deep-fried shrimp set menus. Taste what makes this shop so popular! ¥3,000~ Mon~Fri: 11:00~15:00 16:30~19:00 L.O. Closed: Tuesdays Sat, Sun & Ntl. Holidays: 10:30~19:00 L.O.

26 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 18:00~21:30 L.O. Closed: Wednesdays, 3rd Tuesdays of the month

💇 Tenbinya 天びん屋本店 🏻 🕰 📝 🗟 🤮 🖃 🔉 Come and taste the seasonal flavours of Toba's local seafood.

¥3.000~ 11:30~14:00 17:00~21:00 L.O. Closed: Mondays (Sat. 21:30 L.O.)

🐠 Osakaya 大阪屋 🏻 🙎 💟 🗐 🔜 鼠 Specializing in fresh seafood and tasty fried shrimp set menus.

11:00~14:00 L.O. 17:00~20:00 L.O. Closed: Thursdays 4 lse Ebi 和食堂いせえび 🏻 🙎 🖺 🖫 💬

Overlooking Mikimoto Pearl Island, enjoy a wonderfully prepared seafood meal. ¥700~¥1.800 10:00~17:30

50 Nishikiya 錦屋 😕 🚇 🚯 💬 A wonderful shop offering a wide range of meals like seafood-topped rice bowls and various set menus. * Restaurant may close early if ingredients run out

Closed: Tuesdays, Wednesdays

Closed: Thursdays

Closed: Wednesdays

¥1.000~¥2.000 11:00~19:00 L.O. 57 Hamabeya 浜辺屋 🔑 鹽 <page-header>

Located not far from the station, this small ryokan/restaurant sits right at the water's edge. Enjoy some of the freshest seafood dishes in Toba!

¥1.500~¥3.000 11:30~13:30 L.O. 17:00~20:00 L.O. Closed: Tuesdays

Izakaya (Japanese Pubs) & Snack Bars

27 Mishio みしお 🐶

A small drinking and eating establishment off the main road in the old part of town. ¥2,000~¥3,000 18:00~23:00 L.O. (22:00 Food L.O.) Closed: Irregular

33 Toba Kyubei 鳥羽久兵衛 📝 🚨 🗫

19:00~0:00

Established over 50 years ago, Kyubei is a popular pub offering tasty yakitori dishes. 18:00~23:00 L.O. ¥2,000~¥3,000 Closed: Sundays & Mondays

34 New Rose ニューローゼ 👨 A classic Japanese snack bar offering nightime drinks and karaoke.

¥2,000~¥5,000 20:00~0:00 L.O. Closed: Sundays & Ntl. Holidays 35 Hananoen 花乃宴 Sit down at the bar with a drink and get to know the local patrons.

¥3,000~¥5,000 **36** Tanpopo たんぽぽ

¥4.000~¥5.000

Hidden in the old entertainment district, stop by for a drink and some conversation. 19:00~23:00 L.O. Open all year

③ Snack Rurubu スナック るるぶ

Grab the karaoke microphone and sing a few songs with the shop owner and guests. ¥2.000~ 19:00~23:30 L.O. Closed: Irregular

A gathering spot for locals and their families for an enjoyable evening with nice food.

42 Ajisai ご馳走屋味彩 🛛 🖺 🖃 A nice place to enjoy local, fresh seafood and rare types of saké.

¥2.000~¥3.000 17:00~23:00 Closed: Sundays 55 Kazuei 一栄 🙎 🖺 🖃 👭 💬

17:00~23:00 (22:00 L.O.)

Restaurants

4 Sea Lounge SYM シーラウンジSYM
②
■ Take a moment and grab a coffee while watching the boats pass through Toba Bay. If you're looking for breakfast, Sea Lounge SYM is a great choice.

7:00~16:30 Closed: Wednesdays

8 Kiipei 吉平 😕 😰 📴 🖃 🙌

Located in Toba Ichibangai, serving a great selection of local seafood dishes. Mon~Fri: 11:00~17:30 Closed: Thursdays Sat & Sun: 11:00~18:00

🧿 Misasa 味佐々 😕 🗟 🚇 🗐 🕟 Located in the Ichibangai shopping centre across from Toba Station, Misasa serves a

variety of dishes sure to please everyone. ¥1,000~¥3,000 10:00~17:30 L.O.

18 Cuccagna クッカーニャ 📝 🖃 🐘 🐶

Utilizing local seafood, sample some amazing Italian-style dishes with a Toba twist.

¥1.500~¥4.000 11:00~14:30 17:00~21:30 L.O. Closed: Tuesdays (Open national holidavs)

🔼 Nanakoshichaya 七越茶屋 🔑 🤐 🛤 💬

Stop by and taste the local Ise Udon, and their most popular dish, the tekonè sushi set. 11:00~18:00 ¥800~¥1.500 Closed: Wednesdays

(Thurs. 11:00~15:00)

A small shop in the centre of Toba that prepares and sells take-out bento lunches for

those on the go. ¥500~ 8:00~14:00 16:00~18:00 Closed: 2nd and 4th Sundays of the month

28 Amiyaki Tenbinya あみ焼き天びん屋 📝 🗟 🤮 📾 鼠 The perfect place to enjoy grilled food such as Matsusaka beef, Ise chicken, and locally

¥2,500~¥3,000 11:30~14:00 17:00~21:00 L.O. Closed: Mondays & Thursdays (Sat. 21:30 L.O.)

A great place to sit down and enjoy great set meals for lunch or dinner. 11:00~14:00 17:00~20:45 Closed: Tuesdays

4 Benkei Chinese Restaurant 中華料理弁慶

¥1,000~¥2,000 11:00~14:30 L.O. 17:00~21:00 L.O. Closed: Sundays

pearl oyster muscles so well known. *Mikimoto Pearl Island entrance required

A reservation only restaurant located in Toba aquarium, serving many set meals

¥1.000~¥2.000 10:00~16:30 (16:00 L.O.) Closed: Irregular 48 Bayside レストランベイサイド (鳥羽水族館内) 🙎 🖀 🚇 🛤 🚱

Sit down and enjoy a meal in this bright and friendly restaurant inside Toba aquarium *Aquarium entrance required

10:00~16:30 (16:00 L.O.) Closed: Irregular

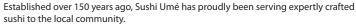
Take a break before boarding the ferry and enjoy some food, while taking in the serene view of the islands in Toba Bay. Non-passengers are welcome!

¥1.000~¥2.000 Mon~Fri: 10:30~16:00

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

¥1,000~¥2,000 11:30~21:00 L.O.

A small teppanyaki shop specializing in beef offal, grilled right at your table! ¥2.000~¥5.000 18:00~21:00 L.O. Closed: Sundays



37 Tasuké 太助

Relax and enjoy the tastes of fresh seafood and skillfully prepared sushi. 17:00~21:00 Closed: Wednesdays & Thursdays

No Smoking Vegetarian Dishes







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Closed: Thursdays, Irregular

sourced seafood

40 Fukutsugi ふくつぎ 🙎 🗟 風 💬

One of Toba's local restaurants focusing on Chinese cuisine.

45 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 udon with

¥1,500~¥3,000 9:30~16:30 (Lunch 11:00~14:00) Closed: 3 days in December 47 Hanasango レストラン花さんご (鳥羽水族館内) / 🕰 😰 🛄 📾 鼠

utilizing local ingredients. *Aquarium entrance required

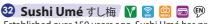
49 Restaurant Ferry レストランフェリー (伊勢湾フェリーターミナル) 🔝 📾

Sat, Sun & Ntl. Holidays: 10:30~17:00

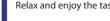
51 Café Terrace Orange カフェテラスオレンジ

Closed: Tuesdays & Wednesdays **56** Takuchan ホルモン たくちゃん

Sushi Shops



¥1,500~¥4,000 10:00~19:00 (L.O.) Closed: Tuesdays











L.O. (Last Order)

Free WiFi

