

KUMANO TRAVEL

Official Community Reservation System

www.kumano-travel.com

KUMANO TRAVEL is an international award-winning community-based initiative; a bilingual (Japanese & English) online reservation system for the region.

SERVICES & PRODUCTS

- ◆ Accommodations Reservations
- ◆ Tours & Activities
- ◆ Local Guides
- ◆ Travel Services (eg. Luggage shuttle)
- ◆ Model Itineraries



WHY BOOK WITH KUMANO TRAVEL?

- ◆ Locally Owned & Operated
- ◆ Intimate Local Knowledge
- ◆ Quality Personal Service
- ◆ Freedom to Discover
- ◆ Responsible & Sustainable
- ◆ Secure Online Booking

Note: Reservations are required at least 7~10 days in advance.

Useful Words and Phrases

Hello	Konichiwa こんにちは	Goodbye	Sayonara さようなら
Thank you	Arigato ありがとう	Excuse me	Sunimasan すみません
Do you speak English?		Eigo ga hanasemasu ka? 英語が話せますか?	
I don't understand. / I don't know		Wakarimasen わかりません	
I can't speak Japanese		Nihongo wa dekimasen 日本語はできません	
Is it OK to take a photo?		Shashin o totte mo ii desu ka? 写真を撮ってもいいですか?	
Yes	Ie はい	No	Ie いいえ
Would you please show me on this map where I am right now?		Kono chizu de iru tokoro o oshiete kudasai. この地図で現在地を教えてください	
Where is the XXXX?		XXXX wa doko desu ka? XXXXはどこですか?	
Bus stop	Basu-tai バス停	Trailhead	Tozan-guchi 登山口
Help me!	Tasukete! たすけて!	Toilet	O-tearai-toire お手洗トイレ
		I need a doctor	Isha ga hitotsu desu 医者がいます

06/2024 printed発行

KUMANO KODO

KOHECHI

Pilgrimage Route Maps



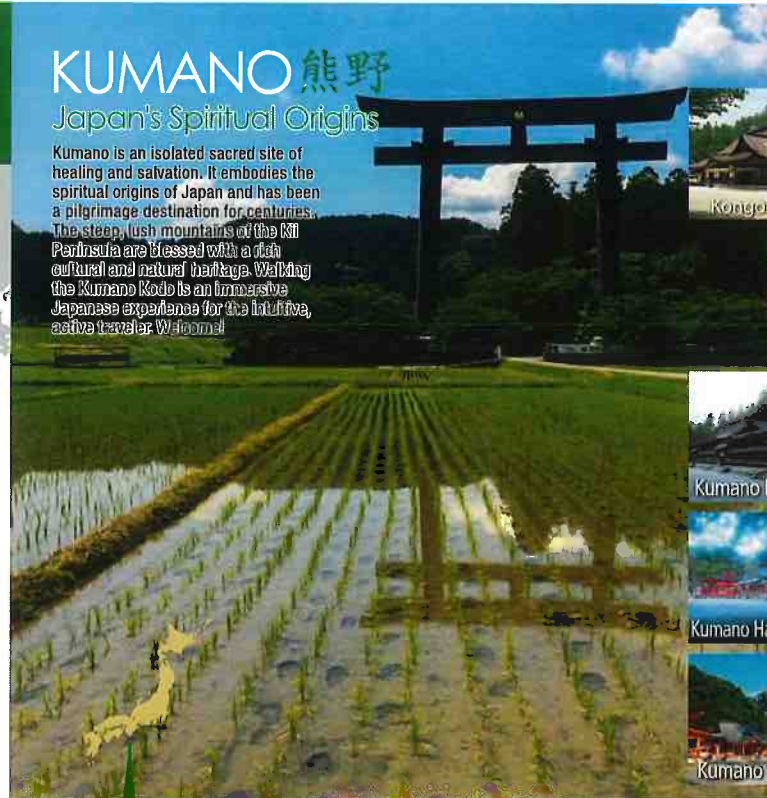
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KUMANO 熊野

Japan's Spiritual Origins

Kumano is an isolated sacred site of healing and salvation. It embodies the spiritual origins of Japan and has been a pilgrimage destination for centuries. The steep, lush mountains of the Kii Peninsula are blessed with a rich cultural and natural heritage. Walking the Kumano Kodo is an immersive Japanese experience for the intuitive, active traveler. Welcome!



Koyasan

Koyasan is an esoteric Buddhist monastic village set in the northern mountains of the Kii peninsula — a sacred site for spiritual training.



Kumano Sanzan

The main sites of worship in the Kumano region are the three Grand Shrines of Kumano: Kumano Hongu Taisha, Kumano Hayatama Taisha, and Kumano Nachi Taisha. As a set they are known as the Kumano Sanzan.



Kumano Hongu Taisha is situated in the heart of the Kumano. The austere shrine pavilions were originally located at Oyunohara, a sand-bank in the Kumano-gawa River.

Kumano Hayatama Taisha is located in Shingu city, where the impressive Kumano-gawa River empties into the expanse of the Pacific Ocean.

Kumano Nachi Taisha is built on a mountain side facing the inspiring Nachi water fall, which is the tallest in Japan and believed to be a deity.



UNESCO World Heritage

On July 7, 2004 three sacred sites (Kumano Sanzan, Koyasan, and Yoshino/Omine) and the pilgrimage routes that lead to and connect them, were registered on UNESCO's World Heritage list as the "Sacred Sites and Pilgrimage Routes in the Kii Mountain Range".

Kumano Kodo Pilgrimage Route

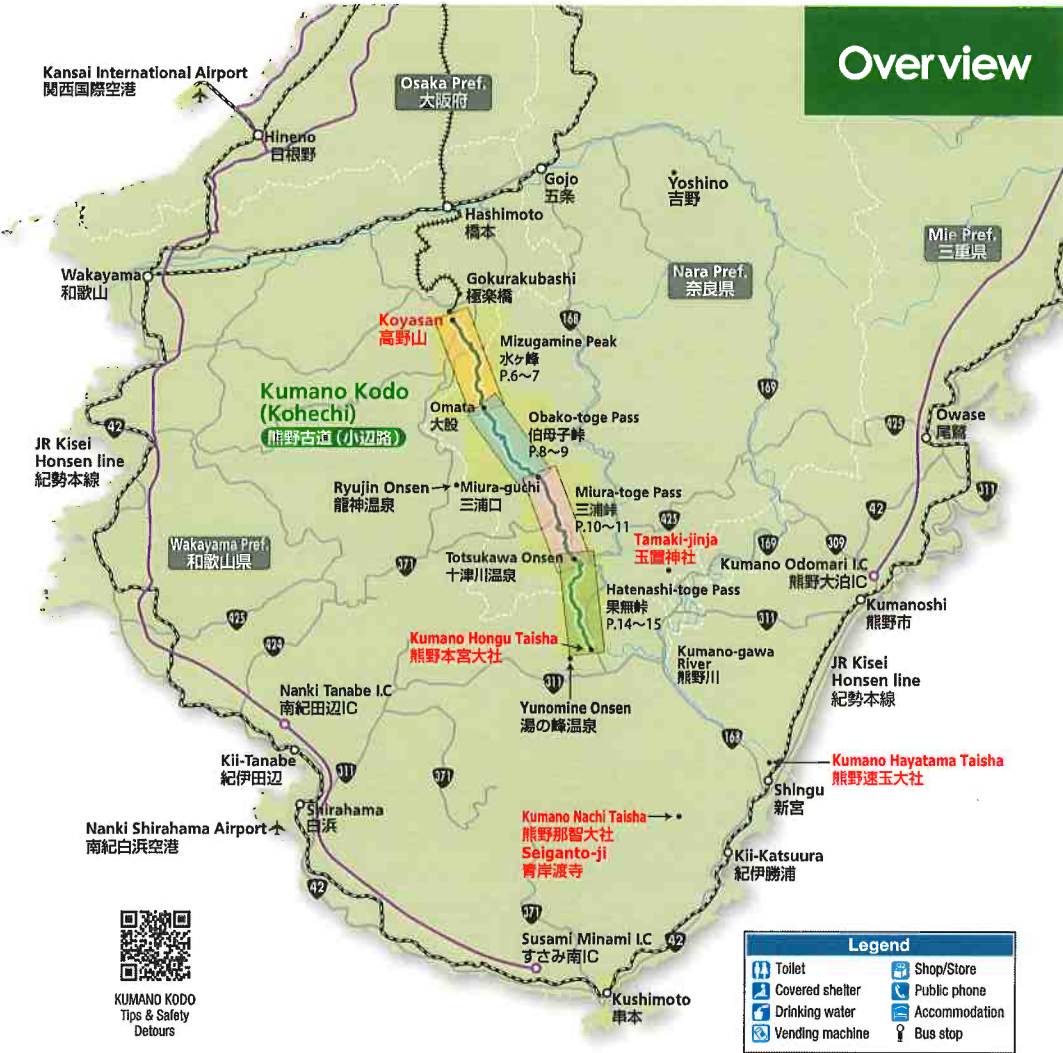
For over 1000 years people from all levels of society, including retired emperors and aristocrats, have made the arduous pilgrimage to Kumano. These pilgrims used a network of routes, now called the Kumano Kodo, which stretch across the mountainous Kii Peninsula.

Kohechi Mountainous Route

The Kohechi route runs north-south through the center of the Kii Peninsula, linking the Buddhist temple complex of Koyasan and the syncretic Grand Shrines of the Kumano Sanzan. It is characterized by steep trails that cross over four passes in excess of 1000 meters elevation along its ~65 km length. It was formed in the 13th to 14th centuries.

www.tb-kumano.jp

Totsukawa Village



IMPORTANT ⚠️

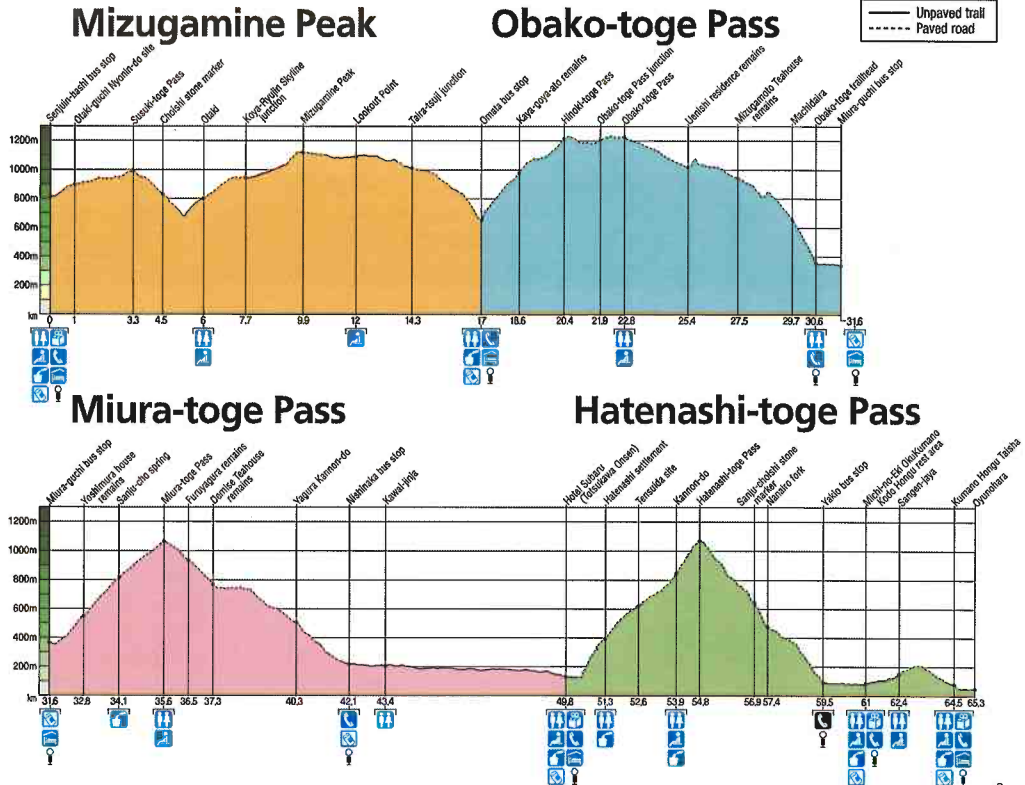
The Kohechi route is a mountainous trail not suitable for beginners. The passes are high and subsequently weather is variable with much rain, wind and fog.

The northern passes are essentially snowed in during the winter months making these sections technically closed from late December to mid-March. (The Hatnashi-toge Pass in the south is open year-round.)

Good preparation and excellent fitness is essential to make the full four day trek between Koyasan and Kumano Hongu Taisha. Please travel safely.

	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)
Mizugamine Peak (Koyasan~Omata)	~17	6-8	~690	~840
Obako-toge Pass (Omata~Miura-guchi)	~14.5	6-8	~740	~1090
Miura-toge Pass (Miura-guchi~Totsukawa Onsen)	~18	7-9	~815	~1050
Hatenashi-toge Pass (Totsukawa Onsen~Kumano Hongu Taisha)	~15.5	7-9	~1075	~1170
Hatenashi-toge Pass (Hotel Subaru~Yakio bus stop)	~10	5-7	~930	~990

IMPORTANT NOTE: Walking times vary greatly depending on weather, season, personal experience, and fitness. Please plan accordingly for a safe walk, as many people underestimate the difficulty of the terrain.



Koyasan Spiritual Sanctuary

Koyasan is a sacred Shingon Buddhist temple complex located in an alpine basin founded by the famous high priest Kukai, posthumously known as Kobo Daishi (774-835). The basin is surrounded by eight peaks which represent the pedals of a lotus, the symbol of enlightenment in Buddhism.

Main sites of the village are three areas (Danjo Garan, Kongobu-ji Honzan & Okunoin) plus the Daimon gate.

Danjo Garan

Danjo Garan is the religious center of Koyasan. The unique style of the temple complex is based on the Shingon doctrine exerted tremendous influence as the architectural model for nearly 4000 Shingon temples throughout Japan. Next to the Danjo Garan is Kongobu-ji Temple, the ecclesiastical headquarters of the Koyasan Shingon school.



Okuno-in

Okuno-in is 3 km to the east of Danjo Garan and contains the place revered as the sacred area where Kukai entered into a supreme plane of meditation waiting for the arrival of the Buddha of the future. Over 300,000 tombstones are densely distributed beneath giant 500 year old trees creating a spiritual atmosphere—a profound religious landscape.

Dai-mon Gate

The impressive 25.8 m high Daimon gate is located on the western edge of Koyasan. This large wooden structure houses sculptures of the Nio Guardian deities to protect the sacred compound.



Shukubo Temple Accommodation

An excellent way to experience Koyasan is to stay in one of the temples or Shukubo. This is a unique chance to see inside the buildings, eat Buddhist vegetarian cuisine, and take part in morning prayer services. Koyasan Shukubo Association eng-shukubo.net

