

Mystic Japan

Your pilgrimage to Sacred Kumano begins at Kansai International Airport

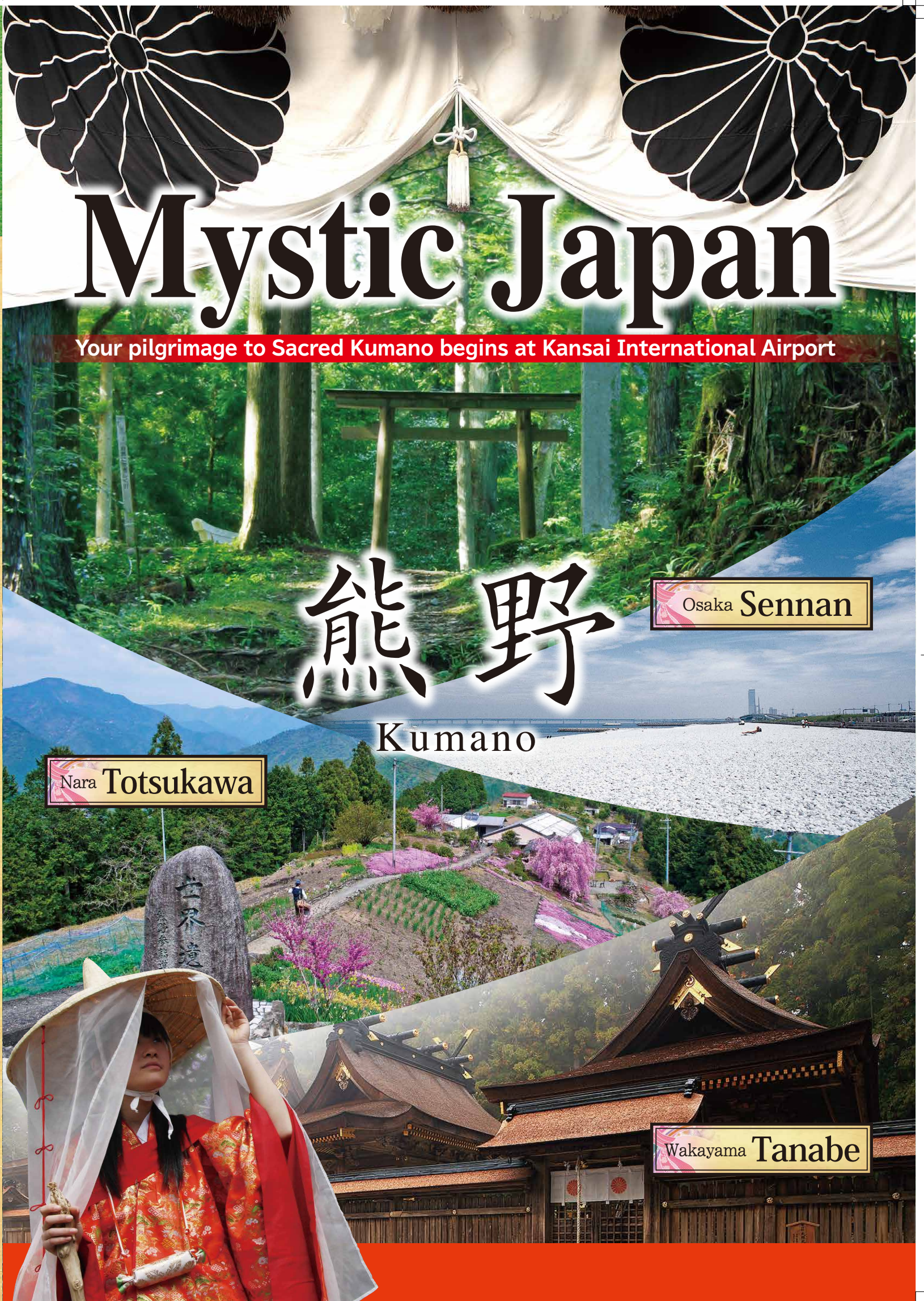
熊野

Osaka Sennan

Kumano

Nara Totsukawa

Wakayama Tanabe



World Heritage

熊野古道

Kumano Kodo

To Mystic Japan
Let your journey begin.

The Kumano Kodo(ancient trails) are pilgrimage routes that connect Kumano Sanzan(three grand shrines of Kumano) and Koyasan. Since ancient times, Kumano has been regarded as a sacred site that has fostered various forms of religions such as nature-worshiping Shinto, Buddhism that showed its own development in Japan after having been introduced from China, and Shugendo that combined both of them. For more than 1000 years, from retired emperors, nobles and samurais to ordinary people, so many have traveled on these routes, wishing to receive protections from kami (deities). The line of pilgrims was so long that it was likened to “Kumano visit of ants”. Today, many people from all over the world walks on the trails to reach the Sacred Kumano.

- 1 People who visit the history and the romance
The Kumano Kodo are the pilgrimage routes to Kumano Sanzan that are the center of the Kumano worshipping, and are historical routes. On the way, there are many historical sites scattered, and visitors can imagine the old times.
- 2 People who seeks healing powers
Kumano has been regarded as a place for recovering, and even today, some people seek refreshing powers of walking on the ancient trails surrounded by the deep forests.

Why don't you join the walk on Kumano Kodo trails that lead you to the mystic history of Japan?



Takijiri-oji

Oji are subsidiary shrines of the Kumano Grand Shrines that line the Kumano Kodo to protect and guide pilgrims. These shrines house the “child deities” of Kumano. Takijiri-oji is a very important spot on the Kumano Kodo Pilgrimage route and one of the five major Oji shrines.



Hosshinmon-oji

Hosshinmon-oji is one of the most important sites on the Kumano Kodo pilgrimage route marking the outermost entrance into the divine precincts of the grand shrine, Kumano Hongu Taisha.



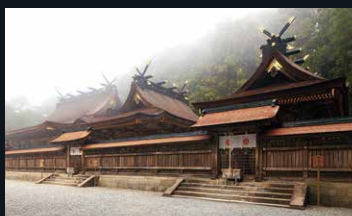
Fushiogami-oji

From the lookout point at Fushiogami-oji, pilgrims finally get their first glimpse of their goal, the Kumano Hongu Taisha. Pilgrims traditionally fell on their knees and prayed, which is what the word “Fushiogami” means.



Tokei-jinja Shrine

Tokei-jinja Shrine was part of the Kumano worshiping, being a sub-shrine that substitutes pilgrimage to the three grand shrines of Kumano. It is also said to have benefit as a deity of victory.



Kumano Hongu Taisha Grand Shrine

A long stone staircase leads to the sacred grounds of the Kumano Hongu Taisha located on a ridge surrounded by giant cedar and cypress trees. It is one of the Kumano Sanzan, three grand shrines of Kumano, and head shrine of over 3,000 Kumano shrines across Japan. It can be said that Kumano Hongu Taisha Grand Shrine is the connecting point of all the Kumano Kodo trails.



Hatenashi Settlement

A settlement that nestles in the hillside of Hatেনashi Path that Kohechi passes through. Inside the settlement, Kumano Kodo's cobblestoned trail goes through, and as one can overview the surrounding mountains from the settlement, it is also called ‘a village in the sky’.

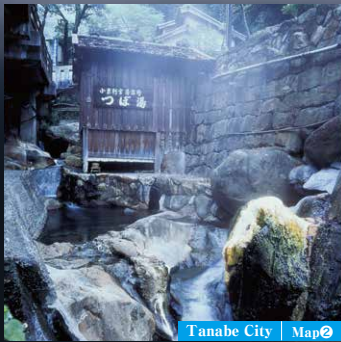




Tanabe City | Map①



Totsukawa Village | Map④



Tanabe City | Map②



Totsukawa Village | Map⑤

温泉

This area has many 'Onsen' (hot springs), particularly the secretive Onsen that are surrounded by rich natural environment and it is a popular destination among Japanese as well.

Onsen



Tanabe City | Map③

- ① **Ryuji Onsen Area** / A celebrated hot spring that was protected by Kishu han(feudal domain) in Edo period, there remain historical buildings even today. It is famous as one of the three 'beauty hot springs of Japan'.
- ② **Yunomine Onsen** / It is said to be the oldest hot spring in Japan, in which the pilgrims to Kumano bathed to ease their fatigue. Tsuboyu has been registered in the World Heritage.
- ③ **Kawayu Onsen** / A hot spring that naturally flows out in the river. In wintertime (Dec.-Feb.), a grand outdoor hot spring, Sennin-buro, is made by damming the river.
- ④ **Totsukawa Onsen** / It is said to have been discovered by a charcoal maker in Edo period (during Genroku time). The village of Totsukawa has two other hot springs besides Totsukawa Onsen: Tosenji Onsen and Kamiyu Onsen. And all three hot springs are 'free-flowing from the source'.
- ⑤ **Tosenji Onsen** / The oldest hot spring in Totsukawa-mura village with more than 560 years of history that flows out in the canyon. It is said that, in 16th century, many warriors of Sengoku Period came to get remedied.



Totsukawa Village | Map⑥



Tanabe City | Map⑦



Sennan City | Map⑧

食

This area is gifted with rich natural environments of the seas such as Pacific Ocean, Osaka Bay, and mountains of Kii Peninsula. It has abundance of food materials, and you can enjoy various local foods.

Gourmet



Tanabe City | Map⑦



Sennan City | Map⑨

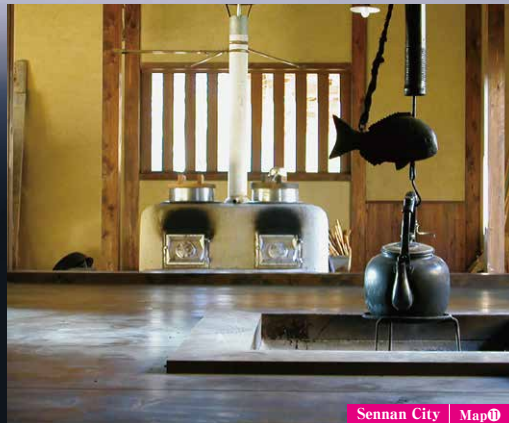
- ⑥ **Meharizushi** / Local food of Kumano. Vinegared rice is wrapped by pickled takana (green leaf vegetable). It has been taken to forestry work or field work as a lunch since the old times.
- ⑦ **Izakaya** / There are many characteristic izakaya in front of kii-tanabe station. Why not enjoying the local foods in Japanese style bars.
- ⑧ **Agaradon Rice Bowls** / Tanabe is surrounded by beautiful seas and mountains, which are sources of delicious foods. This donburi (bowl of rice topped with ingredients) is served with those gifts of nature generously.
- ⑨ **Anagotendon Rice Bowls** / Town of Sennan is open to Osaka Bay with its abundant sea foods. As they fry the conger eels after receiving your order for its Anago-tendon (deep-fried conger with rice), their crisp texture is popular.
- ⑩ **Tako-meshi** / The octopus landed in Sennan is called 'Izumi-dako', and its tender meat is characteristic. The tako-rice used 'Izumi-dako' is palatable menu you can enjoy its 'umami' as you chew it longer.

体験

Experience

You can have various experiences with the rich natural environments of the sea and the mountains, profound history and culture.

- ⑪ **Irori** / In the old times, people in Japan used irori – a fire pit in the floor – for cooking and heating the house. You can enjoy the experience of irori.
- ⑫ **Goemon-buro** / It is an old style bathtub of Japan – an enormous ‘pot’ with direct fire underneath to take a bath.
- ⑬ **Yaen** / It is a man-powered ropeway that has been used to carry people and goods to/from the other side of the river since more than 100 years ago. Currently it can be seen in the only village Totsukawa.
- ⑭ **Jibiki-ami** / On the shoaling beaches of Sennan, you can try ‘jibiki-ami’ – beach seining. Afterwards, enjoy your own catch on barbeque.



Sennan City | Map



Sennan City | Map



Totsukawa Village | Map

Sennan City | Map

華

Flower & Events

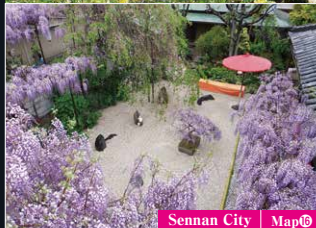
This area boasts beautiful flowers from spring to fall. There also are many matsuri –festivals– held that can be unforgettable experiences for those who visit them.



Tanabe City | Map



Sennan City | Map



Sennan City | Map



Totsukawa Village | Map



Totsukawa Village | Map

- ⑮ **Roses in the English Rose Garden** / It is the first authentic rose garden David Austin Roses Ltd. created outside Great Britain. May, June and October are the prime time of roses, and they have Rose Festivals during this time.
- ⑯ **Wisterias of Shindachi-Juku** / An inn town of Kumano Kodo, old townscape still remains today around JR Izumi-Sunagawa station. One of the old inns has a spectacular rack of Japanese Wisterias. The best time to see them is middle to the end of April. Wisteria Festival is scheduled to be held in the end of April.
- ⑰ **Kishu Ishigami Tanabe Bairin Ume Orchard** / Tanabe city and surrounding areas are the No.1 Ume(Japanese apricot) producing area in Japan, and it was registered on the World Heritage in 2015. In Kishu Ishigami Tanabe Bairin Ume Orchard, said-to-be 300,000 Ume trees bloom from the end of February to the beginning of March every year.
- ⑱ **Rhododendrons of Tamaki-jinja Shrine** / Tamaki-jinja Shrine that stands near the top of Tamaki-san mountain of altitude of 1000m (3300 feet) is colored by beautiful rhododendrons in its precinct.
- ⑲ **Tsuribashi Matsuri (Suspension Bridge Festival) ‘Yuredaiko’** / Tanise-no-Tsuribashi (Suspension Bridge of Tanise) is 297m(974ft) long and 54m(177ft) high. On August 4th every year, Japanese drums will be played on the swinging bridge, and their valiant sounds echo in the mountains.



History of Kumano Kodo

Kumano has been regarded as a place for recovery. Pilgrimage to Kumano that is Yominokuni (Hades, the next world after death) cleanses your soul, and when you come out of it, you would have a second life. Based on the theory of Honji suijaku that explains Buddhist deities appeared as Japanese native kami in order to save Japanese people, the main enshrined deities of Kumano Sanzan were regarded as Amida-nyorai (Kumano Hongu Taisha Grand Shrine), Yakushi-nyorai (Kumano Hayatama Taisha Grand Shrine) and Senju-Kannon (Kumano Nachi Taisha Grand Shrine), and attracted the worshippers. Kumano Kodo prospered as the destination of Kumano pilgrimage.

During the 11th to 13th centuries, Kumano was visited by many members of the imperial family and nobles, and from the 14th to the 16th century, it spread to samurais and ordinary people, and it became a destination of many people. There are several routes in Kumano Kodo, but along Kiiji Route, child deities called "Kumano Ninety-nine Oji" are enshrined, and it is the route that starts from Kyoto and Osaka, via Sennan, and at Tanabe, it goes into the Kii mountains to become Nakahechi Route that leads to Kumano Hongu Taisha Grand Shrine. Meanwhile,

Tamaki-jinja Shrine
It is said to have been built 378C, and it is an ancient shrine that is called "Okumiya (back shrine) of Kumano Sanzan".

Kohechi Route is the route that starts from the sacred ground of Shingon esoteric Buddhism, Koyasan, via Totsukawa to Kumano Hongu Taisha Grand Shrine, and it is the shortest route to connect Koyasan and Kumano. These sacred sites in Kii peninsula and the pilgrimage trails that connect them were registered on UNESCO's World Heritage list as "Sacred Sites and Pilgrimage Routes of the Kii Mountain Range" in 2004. Only two pilgrimage routes that span several hundred kilometers in distance are registered in the World Heritage: Way of St. James (in Spain) and Kumano Kodo. In 2011, it was given with three stars by Michelin Green Guide Japan as a place "worth traveling to", and today many tourists from Japan and elsewhere travel on Kumano Kodo's Nakahechi and Kohechi Route to visit Kumano.

■Kumano Kodo of climate Nakahechi (Kurisugawa)

From the Japan Meteorological Agency HP												
By month	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Spt	Oct	Nov	Dec
The average maximum temperature (C)	7.5	9.1	12.9	18.3	22.8	25.5	29.2	30.4	27.1	21.8	16	10.2
The average minimum temperature (C)	-1.6	-1.1	1.4	6	11.2	16	20.1	20.5	17.4	11.2	5.1	0.2
Precipitation (mm)	102.7	114.3	205.1	216.1	280.6	405.1	461.5	284.6	260.3	209	125.5	85.6

Model Course

JR + bus plan + taxi plan

First day
Kansai International Airport — Train approx.15min. — Hineno Station
— Limited Express approx.90min. — Kii-tanabe Station — Accommodation

the 2nd day
Accommodation — Kii-tanabe Station
— Bus approx.140min. — Hossinmon bus stop — Walk 7km approx.150min. — Kumano Hongu Taisha Grand Shrine
— Bus approx.20min. — Kumano Hongu Onsen Area — Accommodation

Third day
Accommodation — Bus approx.60min. — Totsukawa Onsen bus stop — Accommodation

Fourth day
Accommodation — Totsukawa Onsen bus stop — Bus approx.180min. — Gojo Station — Train approx.74min. — Wakayama Station — Limited Express approx.23min. — Izumi Sunagawa Station — Taxi approx.25min. — Kisen Wai Wai village
— Taxi approx.25min. — Izumi Sunagawa Station — Limited Express approx.10min. — Hineno Station — Train approx.10min. — Kansai International Airport

Car rental plan

First day
Kansai International Airport — Car approx.10min. — Accommodation

the 2nd day
Accommodation — Car approx.15min. (Sennan City) — Car approx.150min. — Totsukawa Onsen Area — Car approx.10min. — Accommodation

Third day
Accommodation — Car approx.30min. — Kumano Hongu Taisha Grand Shrine — Bus approx.15min. — Hossinmon Bus Stop — Walk 7km approx.150min. — Kumano Hongu Taisha Grand Shrine
— Car approx.15min. — Kumano Hongu Onsen Area — Accommodation

Fourth day
Accommodation — Car approx.150min. — Kisen Wai Wai village — Car approx.20min. — Accommodation

Fifth day
Accommodation — Car approx.10min. — Kansai International Airport

ACCESS
MAP



Guidance of access

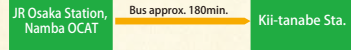
on the train

By JR From Kansai International Airport to Kii-tanabe Station
In JR Kinokuni-Express to Tanabe Sta.



by bus ※Take the train to the part of the process

From Osaka to Tanabe in the high-speed bus



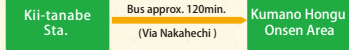
From Kansai International Airport to Kii-Tanabe Station



From Kansai International Airport to Totsukawa Onsen Area



From Kii-Tanabe Station to Kumano Hongu Onsen Area



From Kii-Tanabe Station to Ryujin Onsen Area

