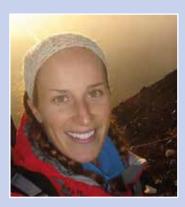
JAPAN'S KUMANO KODO PILGRIMAGE



About the Author

Originally from Melbourne, after graduating from university Kat moved to Japan, where she was an adventure tour guide and spent her time seeking out the local hotspots, eating *mochi*, and hiking whenever possible. 'A wise man climbs Mt Fuji; a fool climbs it twice' is a popular Japanese saying – so Kat climbed it seven times. From Japan she moved to Canada and then London, where she is now based. She quit her office job in 2013 to walk the Camino de Santiago and has never looked back. She has since completed numerous Caminos and walked over 10,000km around the world, including the Pacific Crest Trail and the Shikoku 88 Temple Pilgrimage, and is a registered Dual Pilgrim.

Other Cicerone guides by the author The Camino Portugués

JAPAN'S KUMANO KODO PILGRIMAGE

THE UNESCO WORLD HERITAGE TREK
by Kat Davis



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Updates to this Guide

While every effort is made by our authors to ensure the accuracy of guide-books as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/972/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

The route maps in this guide are derived from publicly available data, databases and crowd-sourced data. As such they have not been through the detailed checking procedures that would generally be applied to a published map from an official mapping agency, although naturally we have reviewed them closely in the light of local knowledge as part of the preparation of this guide.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

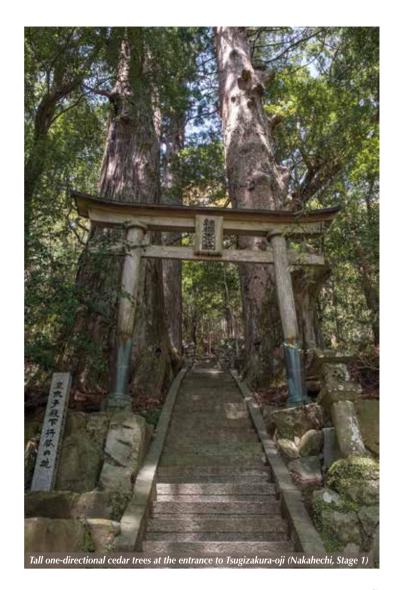
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Front cover: Hatenashi settlement (Kohechi, Stage 4)

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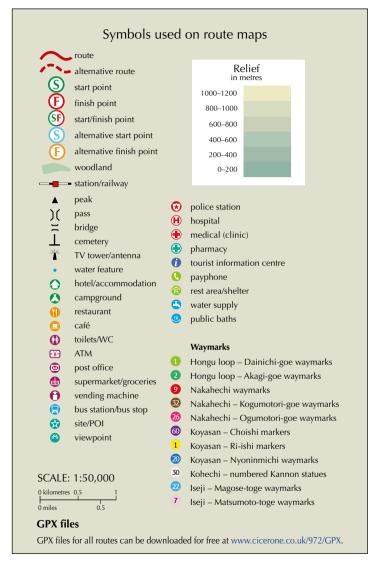
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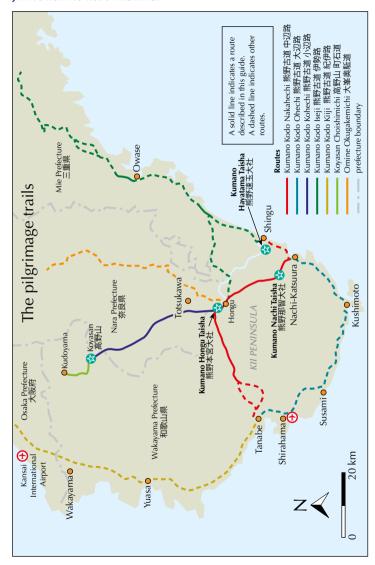
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JAPAN'S KUMANO KODO PILGRIMAGE MAP KEY









ROUTE SUMMARY TABLES

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J 6						
Section	Start	Finish	Distance (km)		Ascent Descent Page (m)	Page
Dainichi-goe route	Kumano Hongu Taisha Yunomine Onsen	Yunomine Onsen	2.8	240	185	86
Akagi-goe route	Yunomine Onsen	Funatama-jinja Shrine	5.7	415	275	102
Nakahechi route	Funatama-jinja Shrine	Kumano Hongu Taisha	8.2	220	415	103
Total	Kumano Hongu Taisha	Kumano Hongu Taisha	16.7	875	875	

Nakaho

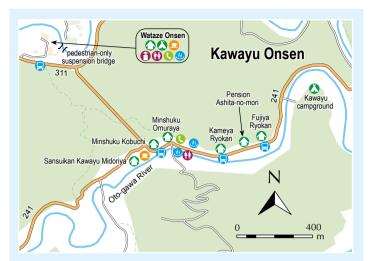
- Agranicalii						
Stage	Start	Finish	Distance (km)	Ascent (m)	Ascent Descent (m) (m)	Page
1	Takijiri-oji	Tsugizakura-oji, Nonaka	16.4	1205	765	113
2	Tsugizakura-oji, Nonaka	Kumano Hongu Taisha	20.6	820	1260	128
3 (Kogumotori-goe)	Ukegawa trailhead	Koguchi	12.6	665	650	137
4 (Ogumotori-goe)	Koguchi	Kumano Nachi Taisha	14.2	1180	895	145
Total	Takijiri-oji	Kumano Nachi Taisha	63.8	3870	3570	

Koyasan

Route	Start	Finish	Distance (km)	Ascent (m)	Descent (m)	Page
Choishimichi	Kudoyama station	Daimon gate, Koyasan	20.1	1145	395	152
Kohechi						
Stage	Start	Finish	Distance (km)	Ascent (m)	Descent (m)	Page
1	Koyasan central tourist office	Omata bus stop	16.8	099	825	166
2	Omata bus stop	Miura-guchi bus stop	14	755	1020	173
<i>c</i> 0	Miura-guchi bus stop	Yanagimoto-bashi suspension bridge. Totsukawa Onsen	18.3	780	935	180

			(Km)	(Km)	Œ)	
1	Koyasan central tourist office	Omata bus stop	16.8	099	825	166
2	Omata bus stop	Miura-guchi bus stop	14	755	1020	173
33	Miura-guchi bus stop	Yanagimoto-bashi suspension bridge, Totsukawa Onsen	18.3	780	935	180
4	Yanagimoto-bashi suspension bridge	Kumano Hongu Taisha	14.3	1050	1100	190
Total	Koyasan central tourist office	Kumano Hongu Taisha	63.4	3245	3880	
Iseji highlights						
Route	Start	Finish	Distance (km)	Ascent (m)	Descent (m)	Page

200						
Route	Start	Finish	Distance (km)	Ascent (m)	Descent (m)	Page
Magose-toge Pass	Aiga station	Owase station	6.7	325	335	200
Matsumoto-toge Pass	Odomari station	Arii station	4.9	125	130	209



are available for use in the river onsen. Located near Kawayu Onsen bus stop). Pension Ashita-no-mori ペンションあしたの森 (tel 0735-42-1525, www. ashitanomori.jp/english, six Western-style rooms, ¥¥¥ incl D&B, set in a Swiss-chalet-style log cabin, with Western-style meals served using local ingredients). Kameya Ryokan 亀屋旅館 (www.cameya.net/english.php, 10 rooms, ¥¥¥¥ incl D&B, one of the oldest inns in Kawayu Onsen, it oozes tradition, located next to Kameya-mae bus stop). Sansuikan Kawayu Midoriya 山水館 川湯みどりや (tel 0735-42-1011, www.kawayu-midoriya.jp (Japanese site), 90 Western- and Japanese-style rooms, ¥¥¥¥¥ incl D&B, this multi-storey accommodation has an indoor onsen and two rock-pool baths built into the Oto-gawa River). Fujiya Ryokan 富士屋 (tel 0735-42-0007, http://fuziya.co.jp/english, 31 Western- and Japanese-style rooms, ¥¥¥¥¥ incl D&B, a popular high-end traditional ryokan with indoor and riverbed onsen, as well as superb meals, opposite Fujiya-mae bus stop).

ROUTE 1

Hongu loop walk (including Dainichi-goe and Akagi-goe)

Start/Finish Kumano Hongu Taisha 熊野本宮大社

Distance 16.7km Ascent/Descent 875m Difficulty Moderate Duration 8hr–8hr 30min

Access Hongu: Hongu-taisha-mae bus stop 本宮大社前 バス

停 is the closest to Kumano Hongu Taisha, and Kumano Hongu bus stop 熊野本宮 バス停 is the closest to the Dainichi-goe trailhead in Hongu. Yunomine Onsen: Yunomine Onsen bus stop 湯の峰温泉 バス停 is near the Dainichi-goe and Akagi-goe trailheads. Hosshinmon-oji:

Hosshinmon-oii bus stop 発心門王子 バス停.

Waymarks The Dainichi-goe trail 大日越 from Hongu to Yunomine

Onsen has three waymarks counting up from 1 to 3. The Akagi-goe trail 赤木越 from Yunomine Onsen to Funatama-jinja Shrine has 11 waymarks counting down from 11 to 1. The Nakahechi trail 中辺路 from Funatama-jinja Shrine to Kumano Hongu Taisha has 17 waymarks

counting up from 59 to 75.

Note There are limited services so carry food and water and

set out early to complete the loop.

This loop is made up of three trails of varying distances and difficulty and provides a perfect flavour of the Kumano Kodo. Allow a full day to walk the whole loop, including time to explore Yunomine Onsen. The loop or individual trails can be walked in either direction and are all well waymarked with bilingual signs. If you don't have your own hiking poles you may find wooden walking sticks provided in boxes at each trailhead.

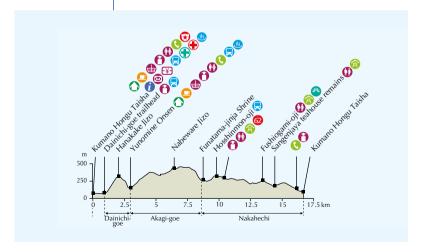
The Dainichi-goe trail 大日越 (1.9km) between Hongu and Yunomine Onsen is a short but sometimes steep forest trail over Mt Dainichi. Allow around 1hr.

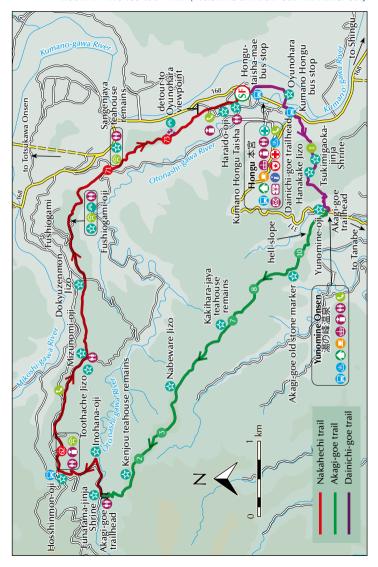
The Akagi-goe trail 赤木越 (5.7km) between Yunomine Onsen and Funatama-jinja Shrine has an initial steep ascent then an undulating forest trail before a final steep descent. The highpoint of the trail (alt 450m) between Akagi-goe waymarks 4 and 3 has mountain views. Allow 3hr–3hr 30min.

The Nakahechi trail 中辺路 (8.2km) between Funatama-jinja Shrine and Kumano Hongu Taisha is a relatively easy trail. If you have limited time, consider taking a bus to Hosshinmon-oji and walking to Hongu from there (7km). Allow around 3hr.

Starting at the base of the stairs to **Kumano Hongu Taisha**, cross the road (Route 168) and go down the small road opposite, following a wooden sign to 'Kumano Hongu Taisha Oyunohara'. Follow this narrow road around to the right and between rice paddies to Japan's largest *torii* gate, O-torii. You're now entering the original location of Kumano Hongu Taisha's shrine complex, called **Oyunohara** 大斎原. **350m**

Continue along the gravel road as far as the stamp box (RHS), then turn right and pass all that remains of





On the first day of Kumano Hongu Taisha's spring festival (13 April), young boys are carried over the Dainichigoe trail on their father's shoulders. the former shrine. Leave the grounds by turning right at the end, then go left and cross a small bridge over the Otonashi-gawa River. Go up the stairs and turn left onto Route 168. Take the next right then follow the road around to the left until the end, where you'll find **Kumano Hongu bus stop** 熊野本宮 バス停 and the **Dainichi-goe trailhead** 大日越登り口 (VM). 《 940m

Go up the concrete staircase, following a wooden sign to 'Yunomine Onsen 湯の峰温泉' and pass in front of a few houses before ascending a stone staircase, climbing steeply into the cedar and cypress forest. After 500m pass Dainichi-goe waymark 1 then after a further 100m reach Tsukimigaoka-jinja Shrine 月見ヶ丘神社. 1.5km



Large cypress trees near Tsukimigaokajinja Shrine

Meaning 'moon-viewing hill', the god of agriculture and the sun goddess Amaterasu are enshrined in **Tsukimigaoka-jinja Shrine**. The shrine is surrounded by 300–400-year-old trees.

Turn right at the shrine and continue ascending to reach the highpoint of the Dainichi-goe trail at Dainichi-goe waymark 2 (alt 300m). Shortly after, reach a stone inscribed with the Nembutsu prayer (RHS, '南無阿弥陀 仏' dating from 1342) near images carved into a rock called Hanakake Jizo 鼻欠け地蔵. ▶

Enjoy a brief section of level ground before starting to descend, steeply at times. After 700m and near the bottom, cross straight over an open grassy area then just before continuing down stone steps, **Yunomine-oji** 湯峯王子 (and the stamp) is a brief detour up to the right, sign-posted but easy to miss.

Continue downhill, soon passing a WC (RHS) opposite **Tsuboyu Onsen** つぼ湯 and cross the small bridge into the spa resort area of **Yunomine Onsen** 湯の峰温泉 (accommodation, café, supermarket, VM, WC – see 'Hongu onsen area: Yunomine Onsen' for details). **2.8km**

Hanakake Jizo, 'chipped nose Jizo', is associated with a local legend of a Jizo statue that protected an apprentice when his master thought he was selfishly eating his lunch.

Dainichi-goe trail near Hanakake Jizo



To continue the loop trail, turn right (or to visit Yunomine Onsen turn left). After 20m turn left up the stairs next to the sign for the Ippen Shonin stone inscription 伝一遍上人名号碑, at the Akagi-goe trailhead 赤木 越登り口. Start to ascend what's called 'hell-slope' (so called because when pilgrims were travelling the opposite direction, they were descending this slope to the hot steam and sulphur smells of Yunomine Onsen) and after 850m near Akagi-goe waymark 10, look right for mountain views through the wire fence. A few minutes later pass a small Akagi-goe stone marker (LHS, dated 1855, with a finger pointing to Yunomine Onsen). Continue ascending and after a further 700m pass Akagi-goe waymark 8. 4.6km



Akagi-goe stone marker (dated 1855)

The trail soon starts to descend, then shortly after passing **Akagi-goe waymark 7**, pass a small cemetery just before **Kakihara-jaya teahouse remains** 柿原茶屋跡 (RHS). Turn left and pass a statue of the Buddhist monk Kobo Daishi (LHS (774–835), the founder of Koyasan's Shingon Buddhist complex among many other things) and start uphill again for 1.1km to **Nabeware Jizo** 鍋割 地蔵. ▶ **6.3km**

Pass more mountain views then after a brief descent climb to the highpoint of the stage (alt 450m) shortly before **Akagi-goe waymark 3**. Continue as the trail undulates, then a few minutes after passing **Akagi-goe waymark 2**, pass the stone foundations of the **Kenjou teahouse** 献上茶屋跡 (no signpost) then turn right following signs to Funatama-jinja and descend, steeply at times. After 900m cross a log bridge over the Otonashi-gawa River, then turn right. Pass a **WC** (LHS, women: 女子便所, men: 男子便所) then a wooden pavilion housing an old river boat (the nearby Funatama-jinja Shrine is associated with the legend of the first boat) before a red metal bridge at the **Akagi-goe trailhead** 赤木越登り口. **8.5km**

Turn right onto a gravel road, following signs to Hosshinmon-oji 発心門王子, now on the Nakahechi route, soon passing Nakahechi waymark 59 next to Funatama-jinja Shrine 船玉神社.

Funatama-jinja Shrine is associated with the legend of the god Susanoo who built the first wooden boat nearby. Fishermen come here annually to celebrate on 3 May. Tamahime Inari-jinja Shrine is on the RHS, guarded by two foxes.

After 300m turn right, down a forest path to reach **Inohana-oji** 猪鼻王子 then follow the path to reconnect with the gravel road and turn right. Shortly after, turn right up a stone staircase and after 400m go through a wooden *torii* gate to reach a paved road at **Hosshinmon-oji** 発心門王子. **9.7km**

Nabeware Jizo means 'broken pot Jizo': legend has it a young disciple of Ippen Shonin was making rice here but ran out of water and the pot cracked as a result.

Of the two lizo

statues here, the one

on the RHS is broken

in half and people

coins in the split.

Volunteers often

serve delicious

the rest shelter.

onsen coffee and refreshing shiso juice

here: don't miss the viewpoint opposite

hoping to heal their back pain place One of the five most important oii, Hosshinmon means 'gate of spiritual awakening', referring to a

oii bus stop 発心門王子 バス停 then turn right onto a road, following a sign to Mizunomi-oji 水吞王子. Pass Nakahechi waymark 62 and a rest shelter (WC), then VMs, and take the right fork onto a smaller road. Walk through a small settlement, passing rice paddies and fields, merging right at the end onto a larger road. Pass a payphone (LHS, accepts ¥10 and ¥100 coins), then take the right fork. After descending the small hill, pass the 'toothache lizo' 歯痛の地蔵さん (RHS, with a red bib. hiding behind a tree), then turn left and pass Mizunomioji 水吞王子 (WC), meaning 'drinking water' because of the adjacent spring. ◀ 11.4km

shelter, viewpoint). ◀ 13.4km

Fushiogami-oji means 'kneel down and pray': this is where pilgrims have their first view of Hongu. Fushiogami-oji is also associated with the 10th-century female poet Izumi Shikibu: as a consequence of her pilgrimage, the Kumano region opened up to women.

Continuing on, after passing Nakahechi waymark 71 cross the bridge over a road to Sangenjaya teahouse remains 三軒茶屋跡 (WC, rest shelter). This is

gate that once stood here marking the outer boundary of the sacred area. Turn right, passing a stamp box and Hosshinmon-

Pass a white former school building and ascend a flagstone path into the forest. Shortly after passing a Jizo statue (called **Dokyuzenmon** 道休禅門の地 蔵 placed here as a memorial for a monk who passed away), continue straight onto a road into the settlement of Fushiogami 伏拝, passing houses and rows of green tea shrubs. The locals often sell seasonal fruit, vegetables and honey along the road, with honesty boxes for payment. As the road bends right, continue straight up a dirt path, soon reaching Fushiogami-oji 伏拝王子 (WC, rest

the junction of the Nakahechi and Kohechi. There was once a sekisho checkpoint near here (see glossary) and three teahouses (sangenjava). An Edo period stone marker remains, opposite the gate. 14.4km

Continue through the replica wooden checkpoint gate '九鬼ケ口関所', uphill onto a pleasant section of trail. After 1km pass Nakahechi waymark 73 then soon after, reach a side-loop trail (LHS) leading to a breathtaking view of Japan's largest torii gate in Hongu (highly recommended: to rejoin the trail from the viewpoint, descend along wooden steps, turning left at the end, then left again to rejoin the wide path of the Nakahechi 260m further along from where you left it). For the main trail, however, continue ahead and after a further 700m pass



A view of Ovunohara's O-torii gate, Hongu

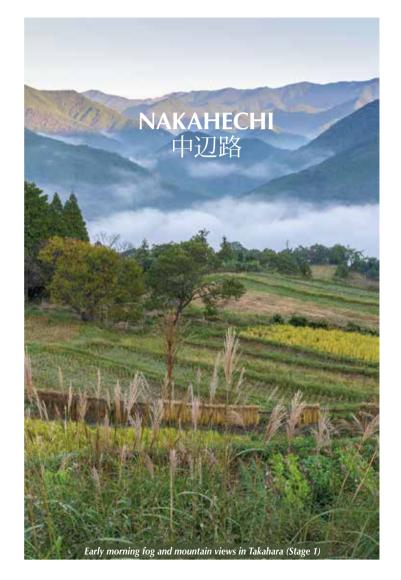
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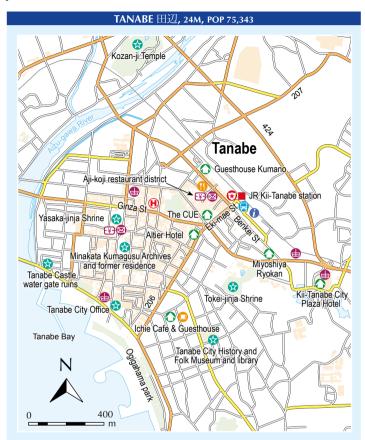
Meaning 'to exorcise', Haraidooji is the last chance to exorcise your sins and purify yourself before reaching the shrine! a **cemetery** (LHS) then join a road briefly before continuing straight down a stone staircase. Reach a road and continue downhill towards a VM and payphone (RHS), then pass Nakahechi waymark 75 and **Haraido-oji** 祓殿 王子. ◀ Go through the opening in the hedge beside the back *torii* gate of Kumano Hongu Taisha 熊野本宮大社裏鳥居 (along the old path) and into the grounds of **Kumano Hongu Taisha** 熊野本宮大社 (WC). 16.5km

See 'Kumano Hongu Taisha' for details on this and the surrounding area.

When leaving the shrine, the original Kumano Kodo route is parallel to the flag-lined stone steps, accessed just before the *temizuya* (water purification basin). The stage ends at the bottom of the stairs, where it began. 16.7km



JAPAN'S KUMANO KODO PILGRIMAGE NAKAHECHI



Tanabe is the second largest city in Wakayama Prefecture and is located in the southwest of the Kii Peninsula. Known as the 'gateway to Kumano', this is where the historic Kiiji route from Kyoto split into the Nakahechi and Ohechi routes to reach the Kumano Sanzan. Most people today take the 40min bus from Tanabe to the official starting point of the Nakahechi route at Takijiri-oji. During the Edo period (1603–1868), Tanabe became a castle



town and the ruins of the castle's water gate (田辺城水門跡) can be seen near the mouth of the Aizugawa River. Tanabe is the birth-place of the 12th-century warrior monk Musashibo Benkei, whose statue can be seen in front of Kii-Tanabe station. Often portrayed in traditional Kabuki and Noh dra-

mas, Benkei is mentioned in the 14th-century novel *The Tale of the Heike*. Tanabe is also the birthplace of Ueshiba Morihei (1883–1969), the founder of the Japanese martial art Aikido.

Tourist office: the excellent Tanabe Tourist Information Center 田辺市熊野ツーリズムビューロー is next to Kii-Tanabe station and has English-speaking staff, maps, a superb detailed guide for the Nakahechi, bicycle rental and wi-fi. Open Mon-Fri 9am-5pm, tel 0739-26-9025, www.tb-kumano.jp/en. If you need to make any last-minute bookings when you arrive, they also run the nearby Kumano Travel, open daily 9am-6pm, tel 0739-22-2180, www.kumano-travel.com/en.

Visit: Tokei-jinja Shrine 闘鶏神社 – included in the World Heritage, the shrine dates to the fifth century. The name means 'cockfighting' and came about when local ruler Betto Tanzo picked sides in the Gempei War (1180–1185) by a cockfight between white roosters (the colour of the Genji clan) and red roosters (the colour of the Heike clan). The white roosters won, so he sent the Kumano fleet to support the Genji clan at the naval Battle of Dannoura (near present-day Shimonoseki). The Genji were victorious, leading to the establishment of the Kamakura Shogunate (1185–1333). Ogigahama beach and park \boxplus 辺扇ケ浜海水浴場, a 15min walk from Kii-Tanabe station and a popular summertime bathing spot. Kozan-ji Temple 高山寺 – Kobo Daishi is believed to have visited before founding Koyasan and carved an image of himself for the temple after seeing his reflection in the river. There are shell mounds from the Jomon Era (around 10,000BC-300BC) with some pieces exhibited in the History and Folk Museum. The gravestones of Ueshiba Morihei and Minakata Kumagusu can be found here. Minakata Kumagusu Former Residence and Archives 南方熊楠顕彰 館 - Minakata Kumagusu (1867-1941) was born in Wakayama and settled in Tanabe after travelling around the world. A botanist and conservationist among other things, Kumagusu is best known for his studies of slime-mould and being instrumental in saving many of the local shrines and forests by petitioning the

government during the shrine-consolidation period that ran from 1906–1920. You can visit the house he lived in from 1916–1941, open Tue–Sun (closed every second and fourth Tuesday), 10am–5pm, ¥300.

Where to eat: Aji-koji 味光路 is the lively restaurant district a few minutes' walk from Kii-Tanabe station with over 200 establishments lining the narrow lanes. Pick up a city map from the tourist office for a list of restaurants and *izakayas* (Japanese-style pubs), many of which have English menus. Kanteki Izakaya かんてき oozes character (open 5pm-11pm, closed Wednesdays), Shinbe しんべ serves tasty shrimp croquettes 'ebi-koro エビコロ' and set menus (open 5pm-10.30pm, closed Sundays) and Ginchiro Honten 銀ちろ本店 is a traditional-style Japanese restaurant with superb seafood, open 11am-10pm. There are cafés and shops selling bento lunchboxes near the station.

Accommodation: there's a wide range of places to stay in Tanabe, including business hotels, *ryokans*, rental houses and guesthouses such as The CUE (tel 0739-20-4297, www.thecue.jp, ¥, four private rooms with shared bathroom and kitchen in a terrific location, 3min walk from Kii-Tanabe station). Guesthouse Kumano ゲストハウス熊野 (tel 0739-34-2130, one male and one female Japanese-style dorm rooms located above the owner's restaurant, ¥, 3min walk from Kii-Tanabe station). Miyoshiya Ryokan 美吉屋旅館 (tel 0739-22-3448, www.miyoshiya-ryokan.com/english, 17 rooms some with en-suite bathrooms, ¥, 4min walk from the station and close to a Family Mart convenience store. The friendly and helpful owner, Ken, speaks English). Ichie Café (tel 0739-26-3239, two rooms with shared bathroom in a beautiful traditional house attached to the café, ¥¥, the welcoming owner serves delightful chiffon cake for breakfast, 10min walk from the station and 5min from Ogigahama beach). Altier Hotel アルティエホテル紀伊田辺 (tel 0739-81-1111, www.altierhotel.com/english.html, business hotel with 49 Western-style rooms, ¥¥, 5min walk from the station).

ROUTE 2

Nakahechi route

Start Takijiri-oji

Finish Kumano Nachi Taisha

 Distance
 63.8km

 Ascent
 3870m

 Descent
 3570m

Note Detours as a result of weather-related damage are

commonplace; always follow new signs where

applicable.

