

Airplane

Japan Air Lines ☎0570-025-121

Railway JR Wakayama Station 250570-00-2486

Express Kuroshio / 3h20mi

Express Kuroshio / 4h20m

Express Kuroshio / 4h

Osaka JR Kisei Line Limited Express Kuroshid





Access

Shin-Osaka

Sanamus

Seiwataki JC1



Nachisan Seiganto-ji Temple

--- JR Line - Nankai Line — Kintetsu Line Osaka Metro Line Expressway

> scheduled to open Main local Road

Bus / Boat

230742-20-3100

☎0735-49-233°

230735-59-2335

Nara Kotsu

Kumano Gobo Nankai Bus 🕏 0735-22-5101 Kushimoto Community Bus 🕏 0735-62-0556

☎0739-42-3378 Kitayama Village Bus

富山平見道(串本町)

Tobiyatani-michi Route



Kumano Kodo which runs vertically and horizontally through the Kii Peninsula is a course of faith leading to "Kumano Sanzan (three main Kumano shrines)", the center of Kumano worship. "Kumano Sanzan" is the general term for three shrines and one temple, namely, Kumano Hayatama Taisha Grand Shrine, Kumano Nachi Taisha Grand Shrine, Kumano Hongu Taisha Grand Shrine, Kazan's journey. and Nachisan Seiganto-ji Temple. It is said that Hayatama purifies the sins one has committed in his or her previous life, Nachi forms ties between people in their present life, and Hongu saves one in the afterlife. It is believed that one can gain peace for one's past, present, and future by visiting Kumano Sanzan, and many people have walked Kumano Kodo and visited Kumano Sanzan since ancient times. In 2004, Kumano Kodo was registered among the "Sacred Sites and Pilgrimage Routes in the Kii Mountain Range" as a UNESCO World Heritage.





鬪雞神社(田辺市)

Takijiri-oji he Kumano Sanzan) who is considered to be Benkei 滝尻王子(田辺市中辺路町)



Takahara Kumano-jinja 高原熊野神社(田**辺市中辺路町**) This shrine is considered the oldest among the buildings on the Kumano Kodo. Hatenashi mountains can be seen in full view from the



considered to be part of Cloistered Emperor

Tsugizakura-oji 🖁

継桜王子(田辺市中辺路町)

nonuments by the prefecture.

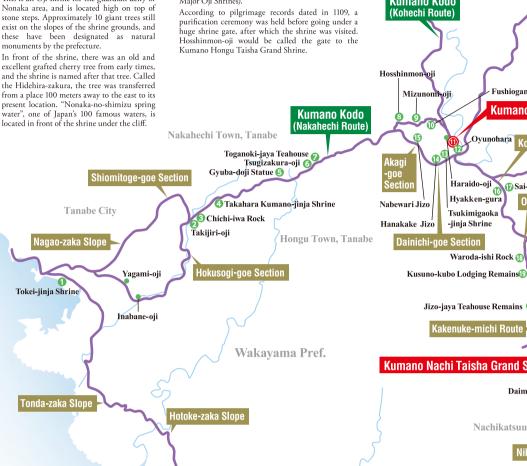
Tokei-jinja Shrine

Toganoki-jaya Teahouse

とがの木茶屋(田辺市中辺路町) be found near Tsugizakura-oji shrine with its giant cedar tree that is over a thousand years old. The main This is a popular spot to relax and take a break after climbing the steep ancient road. It is building was a private house constructed in the ustling with people coming to the Kodo. You can sense the historical atmosphere, and the place has become



発心門王子(田辺市本宮町) After the merger of the shrines at the end of the Meiii recently the place has been put into good condition nd a shrine has been rebuilt (which is one of the Five This is an Oji shrine for the guardian deity o According to pilgrimage records dated in 1109, a purification ceremony was held before going under a Hosshinmon-oji would be called the gate to the Kumano Hongu Taisha Grand Shrine.





Nara Pref.

Nai-no-kawara Jizo Statue

-jinja Shrine

in elevation of 100m, w you to the sacred place

the signs of the prosp

Since there used to be a

gate on the top of the slope, called "Daimon-zaka" ("I

means large "mon" means

Tafuke-oji

多富気王子(那智勝浦町)

This is the last Oji shrine on Kumano Sankeimichi Pilgrimage Route

Waroda-ishi Rock

nano Hongu Taisha Grand Shrii

lizunomi-oji

呑王子(田辺市本宮町)

ushiogami-oji

kibu of Heian Period.

Mie Pref.

s is an Oji shrine about a 30-minute walk fro one of the Oii shrines that has a long history. Here, a

which is said to heal lower back pain and is frequentl ed by the local residents, can be found next to a stone that is engraved with "Mizunomi-oji."

lgrims are said to have worshiped at this shrine where the

hiped here, and alongside them are stone pagodas, which

aid to be memorial towers for the female poet, Izumi

e the Oji shrine was not mentioned in the ex-Emperor

oba Goko-ki and other middle period records, it seems to

(umano Havatama Taisha Grand Sh

lgrims are said to have worsniped at this shiftine where the rest on the former Kumano Hongu Taisha Grand Shrine rounds can be seen from a distance. Small stone shrines are founds can be seen from a distance. Small stone shrines are sounds can be seen from a distance.

熊野本宮大社(田辺市本宮町)

bark roof, is filled with dignity.

斎原の大鳥居(田辺市本宮町)

vunohara O-torii Gate

that survived the flood of 1889, and were move

large torii gate about 34 meter high, and

nnant of the spectacular grounds of a

Hanakake Jizo

鼻欠地蔵(田辺市本宮町)

Hyakken-gura

百間ぐら(田辺市本宮町)

This is one of the best spots with a

After an approximately ten minute walk

A legend about an engraver in the Edo

from Tsukimigaoka-jinja Shrine on the path shrine. along the ridge, you can see Hanakake lize

This is one of the shrines of Kumano Sanzan. The main enshrined deity is

Ketsumiko-no-Okami and Honjibutsu, the original Buddhist divinity, is Amidanyorai. This is the first Grand Shrine you can reach as you walk from Tanabe City on the Nakahechi route.

Tsukimigaoka-jinja

月見ヶ丘神社(田辺市本宮町)

The premises and surroundings of Tsukimigaoka-jinja Shrine are covered

with giant trees, said to be 300-400 years

d, and the shrine has a dignified mosphere. Tsukimigaoka-Jinja Shrine

is an auxiliary shrine of the Kumano

Hongu Taisha Grand Shrine located on the mountainside of the Dainichi-goe

Section of Kumano Kodo. The sur

Tsukiyomi are enshrined in the stone

なべわり地蔵(田辺市本宮町)

Sai-no-kawara Jizo

Kusuno-kubo

楠の久保旅籠跡(新宮市)

Lodging Remains

Dogiri-zaka Slope

tough that it even makes climbers' flanks

胴切坂(新宮市)

More than a dozen lodgings are said to be a

Kusu-no-Kubo Lodging Remains, and Sakura-jaya Teahouse in Kogumotorigoe

can be seen to the north, and pilgrims are

This is called the Sai-no-Kawara Jizo statue and

small stones are stacked in front of it. A young

priest of the Kawagoe Domain of the Musash

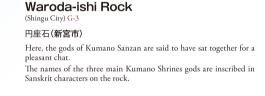
Statue

賽の河原地蔵(新宮市)

superb-view located on the Kogumo Pass, named after a legend where Priess tori-goe section. Ippen's disciple cooks rice and breaks a pot here. As you leave Jizo and walk for a

multiple layers of mountains extending while, the field of view opens and you can below your view is a must-see.

Shrine

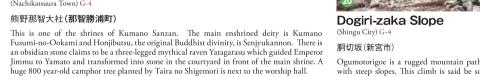








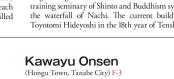
Kumano Nachi Taisha Grand Shrine 熊野那智大社(**那智勝浦町**)





Nachi Falls and Nachi-san Seiganto-ji Temple, Three Nachisan Seiganto-ji Temple

那智山青岸渡寺(那智勝浦町) A Tendai Buddhist temple known as the first temple of thirty-thr Kannon temples in western Japan. Until Shinto broke off from Buddhism in Meiji period, the temple had been united with neighboring Kumano Nachi Taisha Grand Shrine, and it was a large



川湯温泉(田辺市本宮町)

Restaurant

Cuisine which highlights the blessings of nature in Nanki Kumano, the sea and the mountains, can be enjoyed, increasing the joy of one's travels.

=Credit cards accepted

十割そば森本屋

Hours: 11:00-14:00

Closed: Tuesdays

Tel.: 0735-52-4578

Katsuragi

お食事処 桂城

Tel.: 0735-52-1845

Takehara

まぐろお食事 竹原

Closed: Irregular

Tel.: 0735-52-1134

Here, visitors can enjoy dishes that ar

as thick-sliced tuna sashimi and rarely availa

cuts of fish. Service can be provided in English.

Location: 4-3-23 Tsukiji, Nachikatsuura Towr

Price range: 1,650 yen for tuna set meal, etc.

Hours: 11:00-14:00, 17:00-21:00 (Sunday:11:00-14:00)

Activities

Due to its abundant nature and long

history, Nanki Kumano offers plans

in many forms. Experience the

appeal of Kumano by heart and soul.

English menu is available.

Hours: 11:30-14:00, 17:00-20:30

This shop serves a wide variety of dishes mad with tuna caught locally in Katsuura. A

Closed: Mondays and fourth Sunday of the

Location: 398-11 Katsuura, Nachikatsuura

Price range: 1,600 yen for tuna set meal, etc





Hours: 11:30-21:30

Closed: Wednesdays

Tel: 0735-62-0344

Location: 42-17 Kushimoto, Kushimoto Town

Price Range: 1,550 yen for Katsuo Chazuke, etc

refecture that serves Kumano beef. Eat th ith the secret sauce for exceptional

Juwari-soba Morimoto-ya 焼肉ひげ Here, in a relaxing old farmhouse, visitors of enjoy meticulously-made 100% buckwheat-st soba noodles and maguro-don (tuna rice bo made with tuna caught locally in Katsuura. English menu is available. Hours: 17:00-22:00 Closed: Tuesdays Location: 451 Katsuura, Nachikatsuura Tow

Location: 4-3-19 Kamikura, Shingu Cit Tel.: 0735-21-3488 Price range: 1,400 yen for maguro-don (tuna rice bowl) and zaru Price range: Yaki shabu Pork loin 1,980 ye 🔙 🎅 Wi-Fi



Hours: 17:30-22:00 Closed: Thursdays Location: 1-1-22 Tankaku, Shingu City Tel.: 0735-22-2069 https://www.shinguu.jp/en/spots/detail/C0055 Price range: 1,100 yen for assorted sashimi plate, etc.



Mivazushi

selection of sushi items.

Hours: 11:00-14:00, 17:00-21:00

Closed: Mondays, Tuesdays

Tel: 0735-62-0223

Hongu Town

tempura set meal, and sushi udon set are popular. Although located in a mountainous rea, the restaurant offers a freek and the sushi udon set are

Location: 247-4 Hongu, Hongu Town, Tanabe City

Price range: 1,650 yen for sushi & udon set meal, etc.

Price Range: 2,200 yen for Sushi assortmen

Hours: 17:00-22:30 Closed: Irregular Location: 1428-1 Kawayu, Hongu Town, Tanabe City Tel.: 0735-42-0075 Price range: Assorted tempura 3,000 yen, half size 1,800 yen, etc.

Kushimoto Town



Hours: 11:30-14:00(Last Order 13:45), 17:30-20:00(Last Order 19:45) Closed: Irregular Location: 1-10-47 Midorigaoka, Shingu City Tel.: 0735-21-6007

https://www.shinguu.jp/en/spots/detail/C0049

Price range: Chinese noodles (ramen) 750 yen, etc



traditional dish of Japan with a long hist An English menu is available Hours: 17:00-22:00 Closed: Sundays Location: 175-1 Wataze, Hongu Town, Tanabe City

This shop, which is frequented by loc

mainly serves yakitori grilled chicken, a

Price range: 320 yen for two sticks of yakitori grilled chicken, etc. 📟 🎅 WI-FI



ンタサイクル Shingu City Tourist Association H-4

Bicycle Rental

anki Kushimoto Koza Tourist Associatio



You can view "Kinomatsushima", islands

Port in the deep blue sea, by boat.

How about trying on clothing from the Heian Period, and experiencing a time the teach of the coastline created by Mother Nature.



ホエールウオッチング

to Summer. A truly spectacular sight.

Nanki Kushimoto Tourist Assciat

Kumano Tourism Bureau

■Nachi-katsuura Town Tourist Inform



This museum displays about 1,000 valuable items such a various sizes surrounding Katsuura Whale pods following the Japan Current arrive from early Spring materials on whale ecology and whaling, making it the largest of museum of its kind in the world. It also offers a

Scuba Diving

isitors the basics of diving and



キューバダイビング uring this activity, visitors can see ful marine life, coral reefs, and so in clear ocean waters. Instructor



(umano Kodo walk with

態野古道ガイドツアー this tour, visitors walk along Kuman an experience this area's history an





静峡めぐり川舟クルーズ Doro-kyo Gorge River Boat Cruise Enjoy the beauty of Doro-kyo Gorge on a traditional Japanese boat! With clear waters and nature unchanged since tim immemorial, this 40-minute tour through beautifu landscapes will relax and soothe you. Tel 0735-44-0987 Kumano Tourism Bureau

of exhilaration combined with a feeling o ime period: May through Septembe Tel 0735-49-2324

One of the greatest appeals of Kumano is the hot springs. Since there are many famous hot springs in the ocean and mountains, such as the World Heritage hot spring, as well as hot springs neighboring the beach and vast open air hot springs, both your mind and body can be healed by them.



still remains, so you can still feel the atmosphere of Kodo. can enjoy the abundant nature, and feel the history of Kodo.

Katsuura Onsen Kumotori Onsen

雲取温泉(新宮市) gest variety of hot spring sources in Kumotori Onsen, located between Mt. Nachi and Kumano-gaw refecture, is known as a hot spring talong the beautiful ocean.

River, is abundant in bluish milky white water which has a smooth touch. The hot springs can heal the mind and body, while being rately designed open-air hot surrounded by fore available at hotels and and songs of birds.



湯筒(田辺市本宮町)

n eggs cooking in the hot spring

Yunomine Onsen Tsuboyu 易の峰温泉つぼ湯(田辺市本宮町) er changes depending on the day.

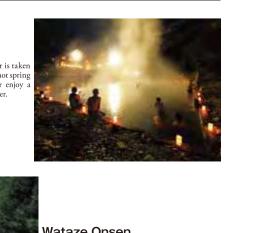
hot spring is registered as a World Heritage Site ding to tradition, the color of the hot spring

A rare hot spring even in Japan where hot water (dug) straight from the river. You can enjoy the hot sp hile playing in the river in the summer, or enjo "sennin buro", a huge outdoor bath, in the winter.















Japanese raft ride, in which the raft is skillfull

ervations for accommodation and ional tour can be made. nabe City Kumano Tourism Bureau

Tanabe City Kumano Tourism Bureau Fell:0739-26-9025 http://tb-kumano.jp/en/

☎0597-85-2196 Tour of Ki-no-Matsushima Islands ☎0735-52-8188 Kushimoto Sightseeing Tour Bus "Magutoru gou" **23**0735-62-0695 Nagoya JR Kisei Line Limited Express Nanki Koyasan and Kumano Access Bus Please check the days of operation in advance. 250739-22-2100 250736-56-2250 Limousine Bus (Kumano Transportation) Shingu Station-Nanki Shirahama Airport **☎**0735-22-5101 Inquiries 2-1-11 Jofuku, Shingu City 100-1 Hongu, Hongu Town 1-20 Minato, Tanabe City, Wakayama Prefecture 6-1-4 Tsukiji, Nachikatsuura Wakayama Prefecture Tanabe City 33 Kushimoto, Kushimoto (Second floor of Tanabe Tourist tel.0735-22-2840 Wakayama Prefecture Information Center next to the Wakayama Prefecture https://www.shinguu.jp/en/ tel.0735-42-0735 Wakayama Prefecture JR Kii-Tanabe station) tel.0735-52-5311 www.hongu.jp/en/ tel.0735-62-3171 tel.0739-26-9025 https://nachikan.ip/en. https://kankou-kushimote

Kumano-Shirahama



Asuka-jinja Shrine 阿須賀神社(新宮市) Kodo from Kushimoto Town Nittahirami to Legend says that the gods of Kumano first descended to Mt. Kamikura, and then moved to the forests of Asuka, where the gods of Sadatedani is one of the best- preserved ancient roads



Kamikura-jinja Shrine 神倉神社 (新宮市)



Koya-zaka Slope The 400m section between Tanami and Arita which passes Tobiyatani on the former National Route has been listed as a World Heritage Site. A mossy stone pavement This is the only road on Nakahechi Route which is listed as a World Heritage site and has an ocean view and the beautiful scenery of listed as a World Heritage Site. A mossy stone pavement. You

Kumano Hayatama Taisha Grand Shrine 熊野速玉大社(**新宮市**) This is one of the shrines of Kumano Sanzan. The main enshrined deity is Kumano

Both Kumano Hongu Taisha and Kumano Hayatama Taisha are enshrined near the

Kumano-gawa River. To go to Kumano-sanzan in Nakahechi route in ancient times, people would commonly travel down Kumano-gawa River as the means of transportation to go from

Hongu to Shingu. It was truly a "river pilgrimage route." Today, Kumano-gawa River is the only river listed as a river pilgrimage route World Heritage site.

Kumano-gawa River

熊野川(新宮市熊野川町)

Fudarakusan-ji Temple 補陀洛山寺(那智勝浦町 Here, priests would depart for Fudaraku jodo in the south crossing the sea. Fudaraku tokai means to seek to reach Kannon jodo by shutting themselves alive in planted by Taira no Shigemori has the trunk circumference of 6m and is said to be the largest in

那智の滝と那智山青岸渡寺三重の塔 (那智勝浦町)

This famous waterfall has a drop of 133m, the greatest in Japan, and is the site of the enshrined object of

Storied Pagoda

Hirou-jinja Shrine, a branch shrine of Kumano Nachi isha Grand Shrine. Walking up the mossy road from the square in front of the waterfall, you will reach the waterfall worship site, in the swirling wind filled with the mist from the waterfall. the waterfall of Nachi. The current building was founded by Toyotomi Hideyoshi in the 18th year of Tensho period (1590). Yuzutsu

Eggs can be purchased from the nearby



Heian Period

slip to ancient Kumano?

Daimon-zaka Chava

Nachi-katsuura Town Kumano Tourism Bureau

平安衣装体験

Costume Experience

How about trying on clothing from the

Tanabe City F-3, Shingu City H-4)





