

Kumano, A Sacred Area for Healing and Revitalizing

Kumano Hongu Taisha Grand Shrine



Kumano Hongu Taisha Grand Shrine was founded in 33 B.C. at the sandbank of three rivers meet where is now called "Oyunohara". After the big flood of Kumano-gawa River in 1889, unflowed four shrines were moved to the present site. Surrounded by cedar trees, the shrine buildings with cypress-bark-covered roofs are filled with traditional atmosphere.

Festivals



Oto Matsuri Festival
Men dressed all in white and carrying torches run down the 538 stone steps of Kamikura-jinja Shrine all together during this stirring festival (Feb. 6).



Kumano Hongu Taisha Annual Festival
During this Shinto rite a procession consisting of Shinto priests, portable shrines, little children carried on their fathers' shoulders, and so on makes its way on foot from the main shrine to Oyunohara. (Apr. 13-15)



Nachi-no-Ogi Matsuri Festival
Nachi-no-Ogi Matsuri is known as one of the three major fire festivals of Japan. In this Shinto rite the deities of Kumano Nachi Taisha Grand Shrine return home to Nachi Waterfall. (July 14)

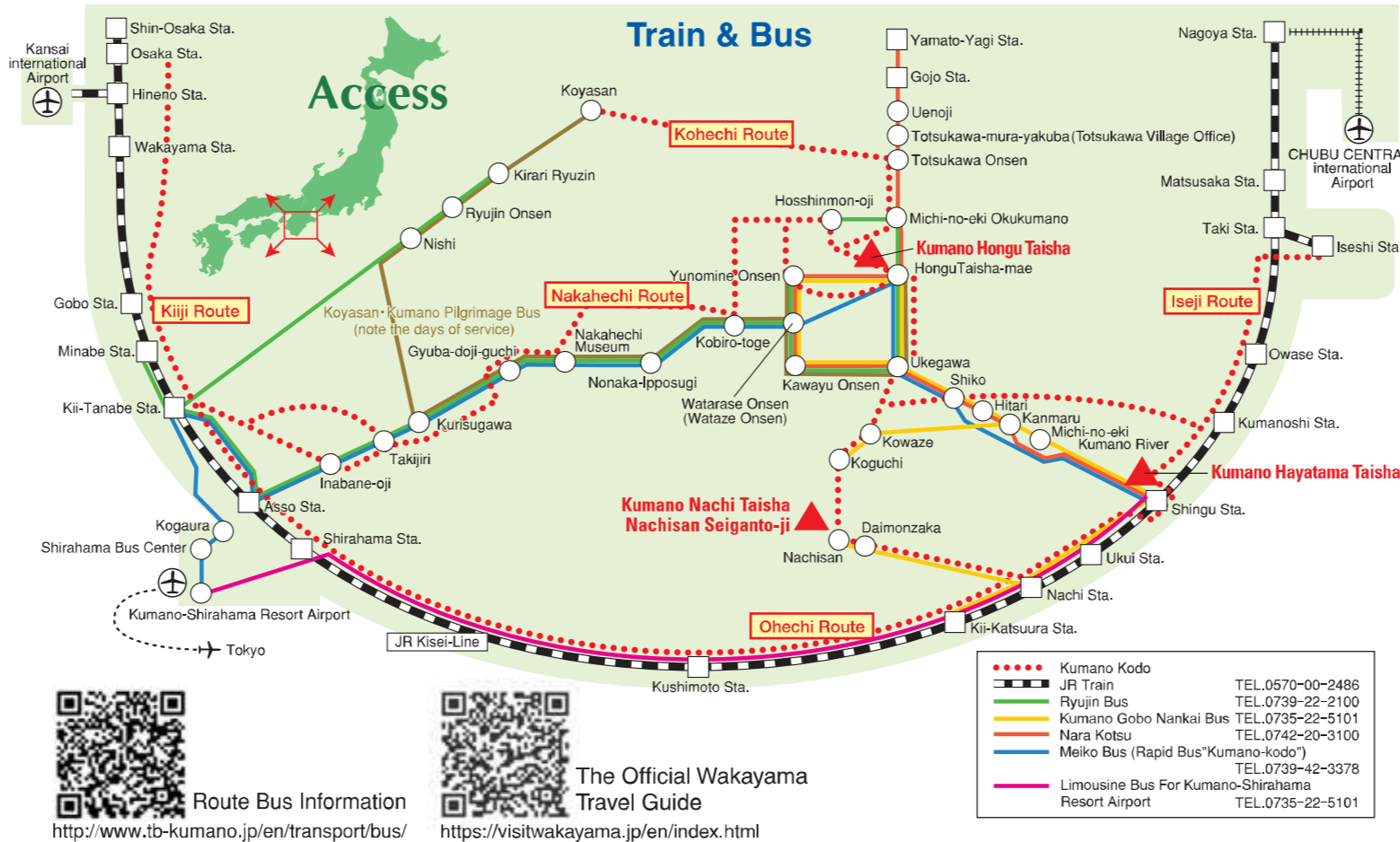


Mifune Matsuri Festival
Part of Kumano Hayatama Taisha Grand Shrine's annual festival, this exciting event sees nine boats race around the sacred Mifune-jima Island. (Oct. 16)

Yatagarasu



Kumano Hongu Taisha
A three-legged crow, the Yatagarasu is said to have guided Emperor Jimmu from Kumano to Kasahara in Yamato when he was unifying Japan. Based on this tradition, it is prayed to as a deity for giving guidance. It is worshipped at Kumano Sanzan as the messenger of the deities of Kumano, and a three-legged crow is also used as the emblem of the Japan Football Association.

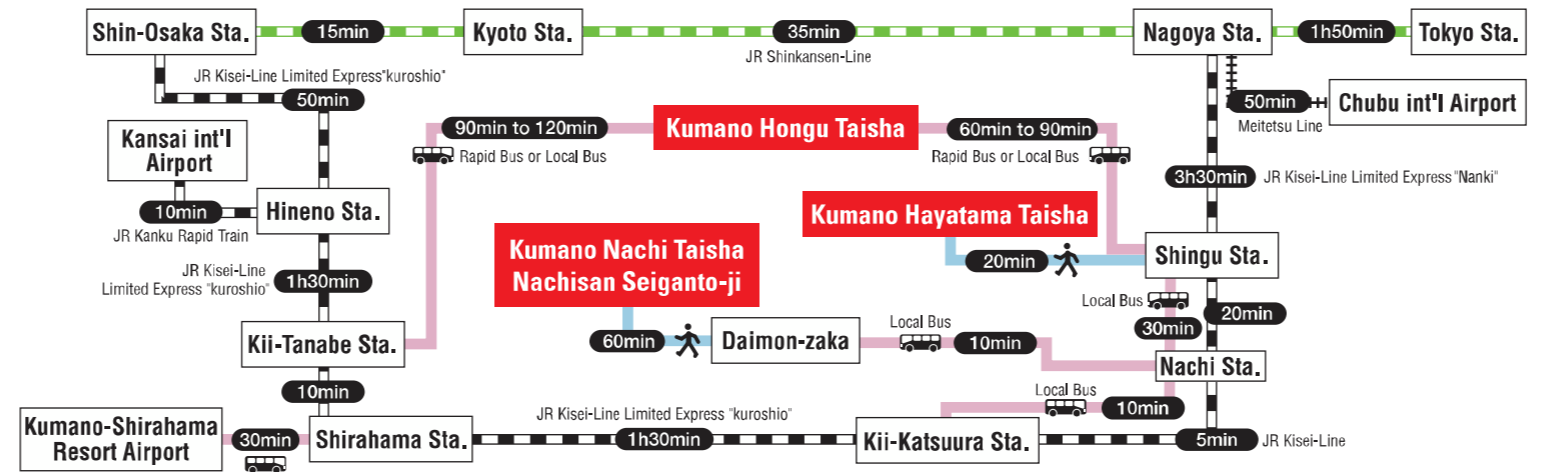


Route Bus Information
<http://www.tb-kumano.jp/en/transport/bus/>



The Official Wakayama Travel Guide
<https://visitwakayama.jp/en/index.html>

Access to Kumano Sanzan



Car



Kumano Sanzan Tourism Associations

Kumano Hongu Tourist Association
100-1 Hongu, Tanabe, Wakayama 647-1731
TEL.0735-42-0735 <http://www.hongu.jp/en/>
Open from 9:00 thru 17:00

Shingu City Tourist Association
2-1-11 Jofuku, Shingu, Wakayama 647-0021
TEL.0735-22-2840 <https://www.shinguu.jp/en/>
Open from 9:00 thru 17:00

Nachi-Katsuura Tourism Organization
6-1-4 Tsukiji, Nachikatsuura, Higashimuro, Wakayama 649-5335
TEL.0735-52-5311 <http://www.nachikan.jp/en/>
Open from 9:00 thru 18:00

UNESCO WORLD HERITAGE KUMANO SANZAN TOURIST GUIDE



KUMANO KODO



熊野古道

Kumano Kodo Hiking Courses

A 4 HOUR COURSE

Hongu-Taisha-Mae Bus Stop

15min
Ryujin Bus



Hosshinmon-oji

Hosshinmon-oji Bus Stop

7km
2h30min



Oyuhohara

Kumano Hongu Taisha
Oyuhohara
(Former Kumano Hongu Taisha)
(Stay 1h)

An easy course with gentle slopes following the trail through beautiful mountain villages.

B 3 HOUR COURSE

Hongu-Taisha-Mae Bus Stop

45min
Kumano Gobo
Nankai Bus

Boating trip downriver along the Kumano-gawa River, the river pilgrimage route of the World Heritage Kumano Kodo. With a storytelling guide, enjoy the history and magnificent nature of Kumano. (Reservations: Tanabe City Kumano Tourism Bureau)



Kumano-gawa River Boating

Shingu Sta.

45min
Kumano Gobo
Nankai Bus

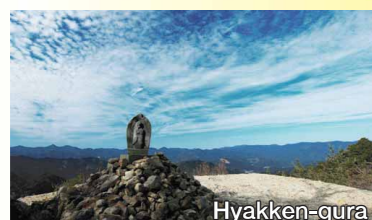
Michi-no-eki Kumano River Bus Stop

River Boating
90min

Kumano Hayatama Taisha
(Stay 20min)

D 2 DAYS 1 NIGHT COURSE

This route connects the majestic Kumano Nachi Taisha area with the isolated Kumano Hongu Taisha area. The route has steep places, but the spectacular views from the mountain passes and moss-covered paving stones give a strong sense of the mystery of Kumano.



Hyakken-gura

Kumano Hongu Taisha
Hongu-Taisha-Mae Bus Stop
(Stay 20min)

5min
Meiko Bus
Ryujin Bus
Kumano Gobo Nankai Bus



Waroda-ishi Rock

Ukegawa Bus Stop

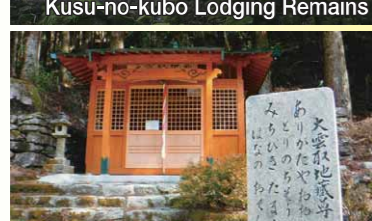
13km
5h30min



Kusu-no-kubo Lodging Remains

Stay 1 night at Koguchi

15km
7h



Jizo-jaya Teahouse Remains

Kumano Nachi Taisha
Nachisan Seiganto-ji
(Stay 30min)

C 4 HOUR COURSE

Nachi Sta.

0.2km
3min

This course offers the best selections, from ascending Daimon-zaka Slope retaining the ancient appearance of the Kumano Kodo to visiting the area of Nachi. Heian period costumes to wear on the course are available.



Fudarakusan-ji

Fudarakusan-ji

15min
Kumano Gobo
Nankai Bus

Daimon-zaka Bus Stop

1.3km
1h



Daimon-zaka Slope

Kumano Nachi Taisha
Nachisan Seiganto-ji
(Stay 30min)

1km
20min



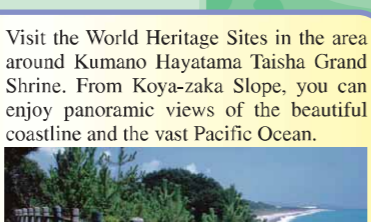
Nachi Waterfall Three-storied Pagoda

Nachi Waterfall
(Stay 20min)

25min
Kumano Gobo
Nankai Bus

Kii-Katsuura Sta.

5min
Kumano Gobo
Nankai Bus



Koya-zaka Slope

Miwasaki Sta.

5km
120min



Asuka-jinja Shrine

Asuka-jinja Shrine
(Stay 10min)

1.4km
20min



Kumano Hayatama Taisha

Kumano Hayatama Taisha
(Stay 20min)

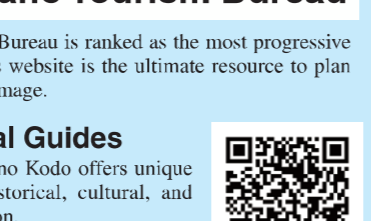
1km
15min



Kamikura-jinja Shrine

Kamikura-jinja Shrine
(Stay 40min)

1.2km
15min



Shingu Sta.

Shingu Sta.

15min

Shingu Sta.

Shingu Sta.

Shingu Sta.

Shingu Sta.

Shingu Sta.

Shingu Sta.

Tanabe City Kumano Tourism Bureau

The Tanabe City Kumano Tourism Bureau is ranked as the most progressive tourism association in Japan and its website is the ultimate resource to plan and book your Kumano Kodo pilgrimage.

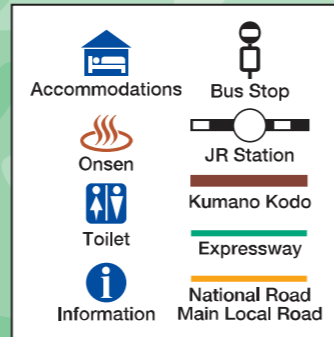
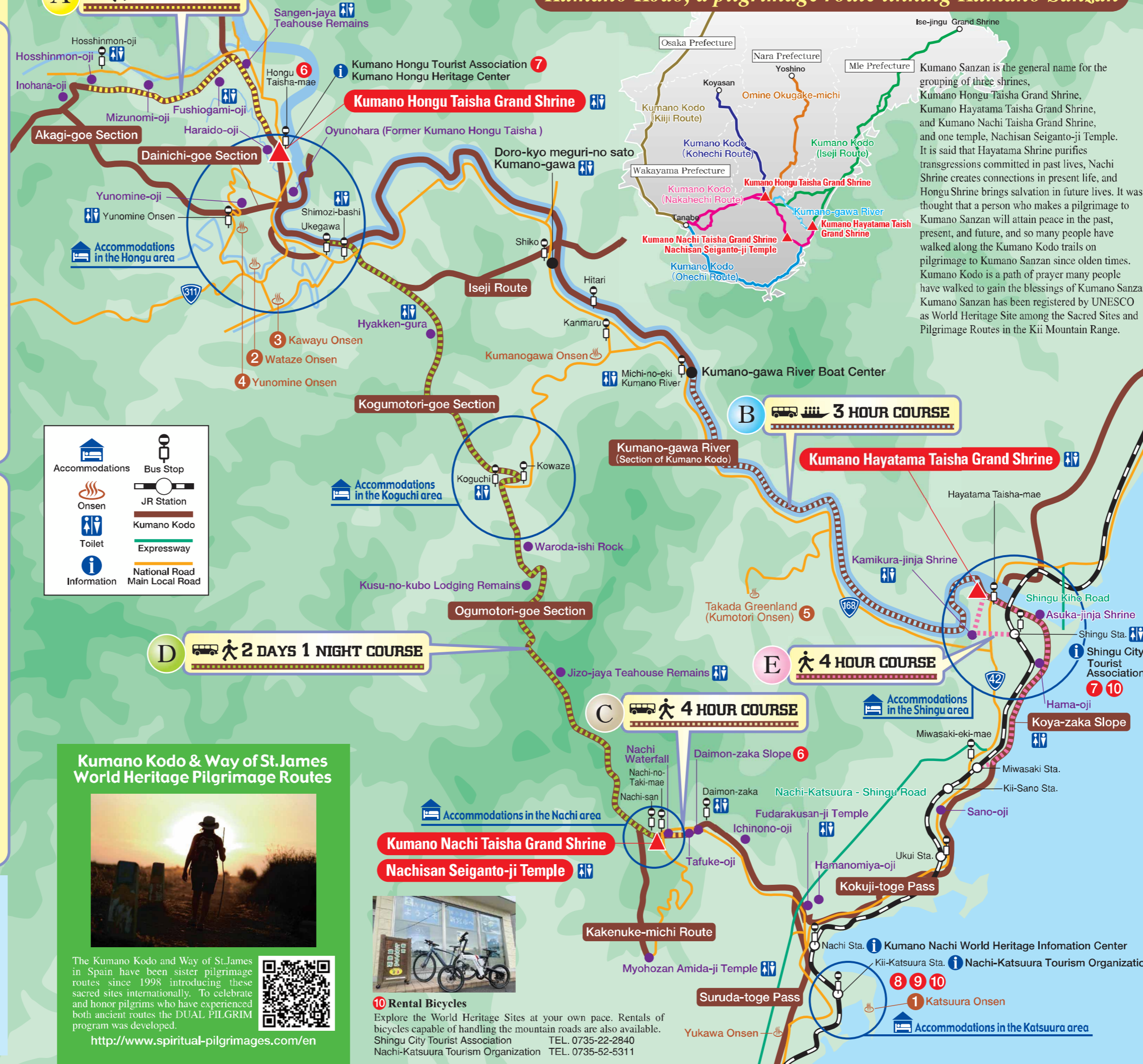
Kumano Kodo Local Guides

Joining a guided tour on the Kumano Kodo offers unique and personal insights into the historical, cultural, and spiritual heritage of this sacred region.

<http://www.tb-kumano.jp/en/>



A 4 HOUR COURSE



D 2 DAYS 1 NIGHT COURSE

Kumano Kodo & Way of St. James World Heritage Pilgrimage Routes



The Kumano Kodo and Way of St. James in Spain have been sister pilgrimage routes since 1998 introducing these sacred sites internationally. To celebrate and honor pilgrims who have experienced both ancient routes the DUAL PILGRIM program was developed.

<http://www.spiritual-pilgrimages.com/en>



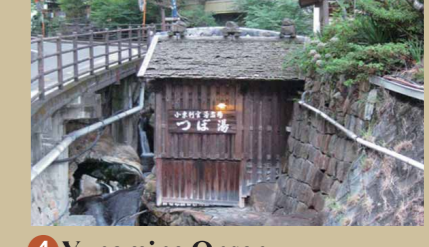
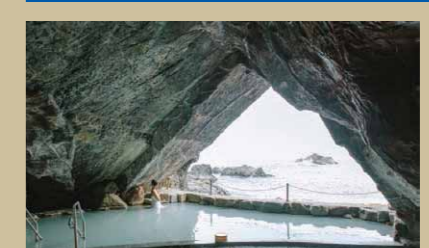
10 Rental Bicycles

Explore the World Heritage Sites at your own pace. Rentals of bicycles capable of handling the mountain roads are also available. Shingu City Tourist Association TEL. 0735-22-2840 Nachi-Katsuura Tourism Organization TEL. 0735-52-5311

Kumano Kodo, a pilgrimage route linking Kumano Sanzan

Kumano Sanzan is the general name for the grouping of three shrines, Kumano Hongu Taisha Grand Shrine, Kumano Hayatama Taisha Grand Shrine, and Kumano Nachi Taisha Grand Shrine, and one temple, Nachisan Seiganto-ji Temple. It is said that Hayatama Shrine purifies transgressions committed in past lives, Nachi Shrine creates connections in present life, and Hongu Shrine brings salvation in future lives. It was thought that a person who makes a pilgrimage to Kumano Sanzan will attain peace in the past, present, and future, and so many people have walked along the Kumano Kodo trails on pilgrimage to Kumano Sanzan since olden times. Kumano Kodo is a path of prayer many people have walked to gain the blessings of Kumano Sanzan. Kumano Sanzan has been registered by UNESCO as World Heritage Site among the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range.

Onsen



1 Katsuura Onsen
Famous as a seaside hot spring town, enjoy the hotels and inns facing the ocean with carefully designed open-air baths. Nearby is Yukawa Onsen, which has flourished as a place for purification on the Kumano pilgrimage. Nachi-Katsuura Tourism Organization TEL. 0735-52-5311

2 Wataze Onsen
Enjoy one of the largest open-air baths in western Japan, along with its hotels, health resorts, camping grounds, cottages, and so on, combining a visit to a famous hot spring with outdoor living. Kumano Hongu Tourist Association TEL. 0735-42-0735

3 Kawayu Onsen
Dig into the rivershore and hot water springs forth at this hot spring unusual even in Japan. In the summer visitors can enjoy the river along with the hot spring, and in the winter visit the large open-air bath called Senninburo. Kumano Hongu Tourist Association TEL. 0735-42-0735

4 Yunomine Onsen
Historically flourishing as a place for purification on the Kumano pilgrimage route, this hot spring contains the Tsuboyu bath registered as a World Heritage Site as part of the pilgrimage route. Kumano Hongu Tourist Association TEL. 0735-42-0735

5 Kumotori Onsen
The slightly greenish milky white water of the hot spring is rare in western Japan. There is also a herbal bath that uses Tendai Uyaku (spicebush), which is famous from the legend of Jofuku. Takada Greenland Kumotori Onsen TEL. 0735-29-0321

6 Heian Costume Experience
Walk along the Kumano Kodo trails wearing a Heian period costume to fully savor the ancient atmosphere of the Kumano pilgrimage. (Children's sizes are also available.) Daimonzaka Chaya TEL. 0735-55-0244 Kumashiroya TEL. 090-3285-9046

7 Kumano Mandala Pictorial Guide
Dressed in the traditional Bikuni nun outfit, a local guide will explain the history of the Kumano pilgrimage. Kumano Hongu Tourist Association TEL. 0735-42-0735 Shingu City Tourist Association TEL. 0735-22-2840

8 Tuna auction Market
Nachi-Katsuura is Japan's number one port for landing fresh tuna caught using sustainable longline fishing methods. At this market, you can participate in a guided tour where you can enjoy learning about the auction of fresh tuna. (reservation required 3 days before) <https://nachikan.jp/activity/8588/>

9 Tour of Kinomatsushima
The most beautiful seaside area of southern Wakayama is known as Kinomatsushima, and cruises through the area are available. You can also enjoy a dolphin show course on weekends and holidays. Kinomatsushima Tours TEL. 0735-52-8188

Activities