

Kumano Tourist Map



Kumano Kodo 世界遺産◆熊野古道 UNESCO World Heritage Sacred Sites and Pilgrimage Routes in the Kii Mountain Range

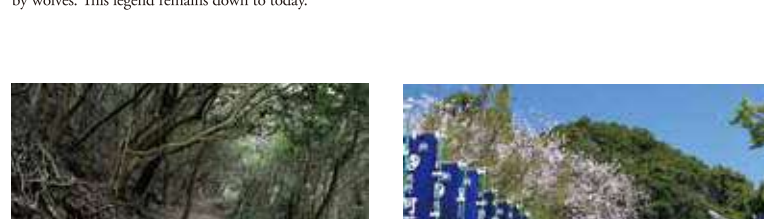
Kumano Kodo which runs vertically and horizontally through the Kii Peninsula is a course of faith leading to "Kumano Sanzan (three main Kumano shrines)", the center of Kumano worship. "Kumano Sanzan" is the general term for three shrines and one temple, namely, Kumano Hayatama Taisha Grand Shrine, Kumano Nachi Taisha Grand Shrine, Kumano Hongu Taisha Grand Shrine, 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.



1 Tokei-jinja Shrine
(Tanabe City) B-4
熊野神社 (田辺市)
Tanabe, a Kumano steward (entrusted with supervising the Kumano Sanzan) who is considered to be Benten's father, fought red and white chickens in front of the shrine in order to determine which side the Mitsu-no-daru (deity of Kumano Shrine) in a dream to leave the baby in front of him. When he returned to the shrine after worshipping at Kumano, the baby had survived by drinking milk that flowed from a cave, and was protected by wolves. This legend remains down to today.



2 Chichi-iwa Rock
(Nakatsuchi Town, Tanabe City) C-3
おぢい岩 (田辺市中辺路町)
There is a large stone connected to the legend of Hachida Fuyukawa. A long, long time ago, when Hachida went to Kumano with his pregnant wife, his wife suddenly went into labor and delivered a baby. In the future, he was commanded by the Mitsu-no-daru (deity of Kumano Shrine) to deliver the baby to the shrine. When he returned to the shrine after worshipping at Kumano, the baby had survived by drinking milk that flowed from a cave, and was protected by wolves. This legend remains down to today.



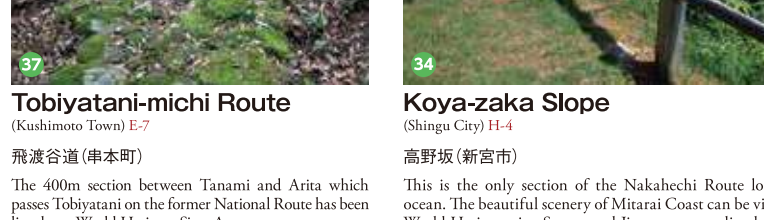
3 Nittahirami-michi Route
(Kushimoto Town) E-7
新田平見道 (新宮市)
In addition to the Tomiyamahirami-michi Route, there is a route called Nittahirami-michi. It is said that the deity of Kumano first descended to Mt. Nittahirami, and then moved to the town of Nittahirami. This is the only section of the Nakahechi Route located near the sea. The beautiful scenery of Mt. Nittahirami can be viewed from this route. The beautiful scenery of Mt. Nittahirami can be viewed from this route. The beautiful scenery of Mt. Nittahirami can be viewed from this route.



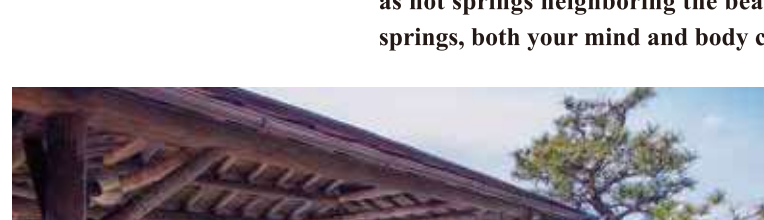
4 Tomiyamahirami-michi Route
(Kushimoto Town) E-7
富山平見道 (新宮市)
This is one of the best-preserved ancient roads in ancient times. Onochi, one of the best-preserved ancient roads in ancient times. Onochi, one of the best-preserved ancient roads in ancient times. Onochi, one of the best-preserved ancient roads in ancient times. Onochi, one of the best-preserved ancient roads in ancient times. Onochi, one of the best-preserved ancient roads in ancient times.



5 Kamikura-jinja Shrine
(Shingu City) F-4
神倉神社 (新宮市)
This is a sacred place where the deities of Kumano first descended. A huge rock, called "Goshiki-no-iwa", is set on top of 538 stone steps is called Goshiki-no-iwa, the deities and Buddhas of the pao here.



6 Koyaza-zaka Slope
(Shingu City) G-4
高野坂 (新宮市)
This is the only section of the Nakahechi Route located near the sea. The beautiful scenery of Mt. Nittahirami can be viewed from this route. The beautiful scenery of Mt. Nittahirami can be viewed from this route. The beautiful scenery of Mt. Nittahirami can be viewed from this route.



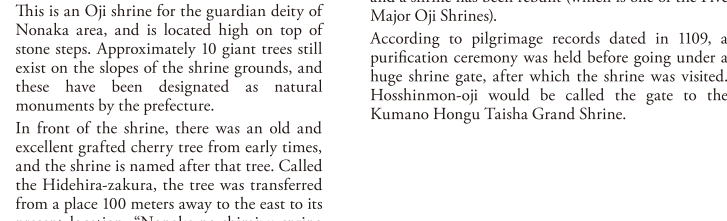
7 Nanki Katsura Onsen
(Nanki Katsura Onsen) H-5
熊野温泉 (新宮市)
Nanki Katsura Onsen, located between Mt. Nachi and Kumano-gawa, is abundant in black milky white water which has a smooth touch. The hot springs can bathe the mind and body, while being surrounded by forest trees and listening to the murmur of the river and songs of birds.



8 Toganoji-jaya Teahouse
(Nakatsuchi Town, Tanabe City) E-2
おたのじ屋 (田辺市中辺路町)
A natural thatched-roof teahouse, Toganoji-jaya can be found near Tugizakura-ji shrine with its giant cedar tree that is over a thousand years old. The main building was a private house constructed in the mid Edo Period. It had been used to serve as a tea inn, once housing with people coming to the Kodo. You can sense the historical atmosphere, and the place has become popular among tourists who come and visit Kodo.



9 Hosshimon-ji
(Hongo Town, Tanabe City) E-2
発心門王子 (田辺市本宮町)
After the merger of the shrines at the end of the Meiji period, only a monument of Oji shrine remained, but recently the place has been put into good condition and a shrine has been rebuilt (which is one of the Five Major Oji Shrines). According to pilgrimage records dated in 1109, a purification ceremony was held before going into the shrine gate, after which the shrine was visited. Hosshimon-ji, and alongside there are some pagoda, which are said to be memorial stones for the female post, Iami Shibu of Heian Period. Since the Oji shrine was not mentioned in the re-emperor Gooba Gokoku and other mid-period records, it seems to have been built in later generations.



10 Tsugizakura-ji
(Nakatsuchi Town, Tanabe City) E-2
経路王子 (田辺市中辺路町)
This is an Oji shrine for the guardian deity of Nanki area, and a second high on top of a stone step. Approximately 10 plant trees will exist on the slopes of the shrine grounds, and there have been designated as natural monuments by the prefecture. In front of the shrine, there was an old and excellent grafted cherry tree from early times, and the shrine is named after that tree. Called the "Hachida Fuyukawa", the tree was transferred from a place 100 meters away to the east to its present location. "Nanki-no-shimizu" (spring water), one of Japan's 100 famous waters, is located in front of the shrine under the cliff.



11 Takijiri-ji
(Tanabe City) C-3
滝沢王子 (田辺市中辺路町)
This is one of "Five Major Oji Shrines" which are designated among Kumano Ninety Nine Oji Shrines, and considered a gate to Kumano's spiritual realm, a deity of competition.



12 Takahara Kumano-jinja Shrine
(Shingu City) C-3
高野神社 (新宮市)
This shrine is considered the oldest among the buildings on the Kumano Kodo. Harachi mountains can be seen in full view from the Kumano Takahara tea stop.



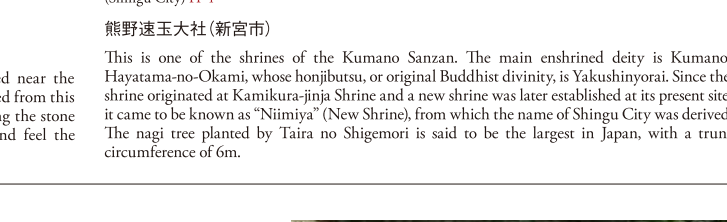
13 Kasu-Jizo
(Nakatsuchi Town, Tanabe City) E-5
加勢地蔵 (新宮市)
Kasu Jizo is enshrined on Surutoge Pass, right on the steep peak of the rocky hill. A long time ago, a prisoner lost his life here during a pilgrimage to Kumano and Jizo was enshrined in his memory. Since the Jizo came to be popularly known as "Kasu-Jizo".



14 Asuka-jinja Shrine
(Shingu City) F-4
阿蘇神社 (新宮市)
Legend says that the deities of Kumano first descended to Mt. Kamikura, and then moved to the town of Asuka, where the god of Kumano Sanzan has been enshrined since ancient times.



15 Kumano-gawa River
(Shingu City) G-3
熊野川 (新宮市)
Bath Kumano Hongu Taisha Grand Shrine and Kumano Hayatama Taisha Grand Shrine are located near the Kumano-gawa River. In ancient times, pilgrims traveling to the Kumano Sanzan, and the deity of Kumano first descended to Mt. Kamikura, and then moved to the town of Asuka, where the god of Kumano Sanzan has been enshrined since ancient times.



16 Kumano Hayatama Taisha Grand Shrine
(Shingu City) H-4
熊野大社 (新宮市)
This is one of the shrines of the Kumano Sanzan. The main enshrined deity is Kumano Hayatama Okami, whose bonhousu, or original Buddhist divinity, is Yakushikuni. Since the shrine originated in Kamikura-jinja Shrine and a new shrine was later established in its present site, it is known as "Ninigi" (New Shrine) from which the name of Shingu City was derived. The shrine was planned by Taira no Shigemasa in the middle of the 12th century, with a trunk circumference of ten.



17 Kumotori Onsen
(Shingu City) G-4
熊野湯 (新宮市)
Kumotori Onsen, located between Mt. Nachi and Kumano-gawa, is abundant in black milky white water which has a smooth touch. The hot springs can bathe the mind and body, while being surrounded by forest trees and listening to the murmur of the river and songs of birds.



18 Fushigami-ji
(Hongo Town, Tanabe City) F-2
伏拝王子 (田辺市本宮町)
Pilgrims are said to have worshipped at this shrine where the focus on the former Kumano Hongu Taisha Grand Shrine grounds can be seen from a distance. Small stone shrines are worshipped here, and alongside there are some pagoda, which are said to be memorial stones for the female post, Iami Shibu of Heian Period. Since the Oji shrine was not mentioned in the re-emperor Gooba Gokoku and other mid-period records, it seems to have been built in later generations.



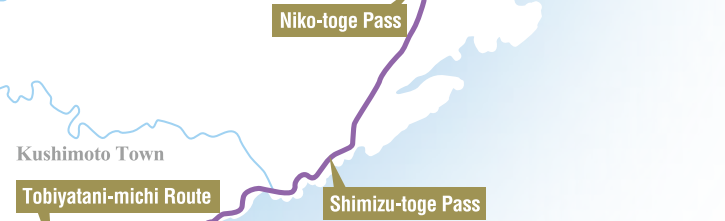
19 Oyunohara O-tori Gate
(Hongo Town, Tanabe City) F-2
大倉原の大鳥居 (田辺市本宮町)
This is a large torii gate about 34 meter high, and is a remnant of the spectacular grounds of a shrine that used to be at this location.



20 Hanakake Jizo
(Hongo Town, Tanabe City) F-3
鼻欠地蔵 (田辺市本宮町)
After an approximately ten minute walk from Takikura-jinja Shrine on the path along the ridge, you can see Hanakake Jizo. A legend about an engraver in the Edo Period and his disciples still remains.



21 Hyakken-gura
(Hongo Town, Tanabe City) F-3
百軒蔵 (新宮市)
This is one of the best spots with a superb view located on the Nanki-toge section. In particular, watching the sunset behind multiple layers of mountains extending below your view is a must-see.



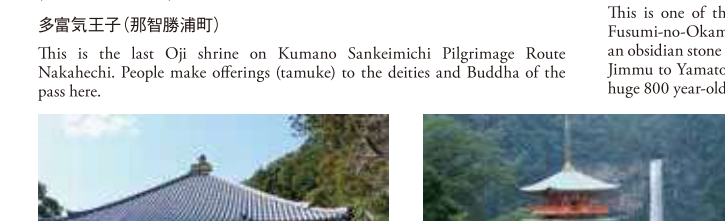
22 Warada-ishi Rock
(Shingu City) G-3
ワラダ石 (新宮市)
Here, the deities of the Kumano Sanzan are said to have gathered for a pleasant chat. The names of the three main deities of the Kumano Sanzan are inscribed on the rock in Sanskrit characters.



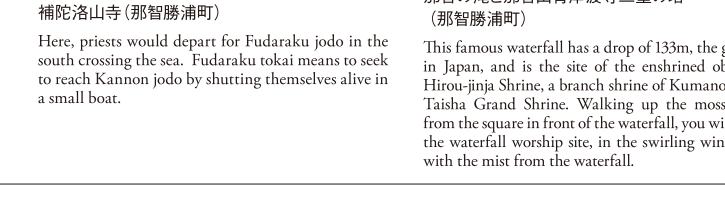
23 Kakenuke-michi Route
(Shingu City) H-4
かぬけ道 (新宮市)
As you walk along Ogumotoge, the Kumano kodo behind Nachisan Seiganto-ji Temple for about 10 minutes, a stone marker with "Left: Moshoran, Ogumotoge kakenuke michi" written on it will appear. The road leads to Moshoran Amida-ji Temple.



24 Kumano Nachi Taisha Grand Shrine
(Nakatsuchi Town, Tanabe City) E-2
熊野大社 (新宮市)
This is one of the shrines of the Kumano Sanzan. The main enshrined deity is Kumano Hayatama Okami, whose bonhousu, or original Buddhist divinity, is Yakushikuni. Since the shrine originated in Kamikura-jinja Shrine and a new shrine was later established in its present site, it is known as "Ninigi" (New Shrine) from which the name of Shingu City was derived. The shrine was planned by Taira no Shigemasa in the middle of the 12th century, with a trunk circumference of ten.



25 Nachisan Seiganto-ji Temple
(Nakatsuchi Town, Tanabe City) E-2
熊野大社 (新宮市)
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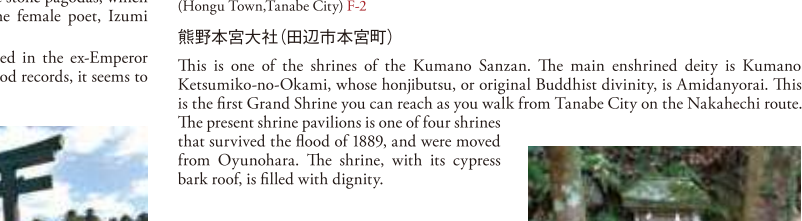
26 Fudarakan-ji Temple
(Shingu City) G-4
熊野大社 (新宮市)
This is one of the shrines of the Kumano Sanzan. The main enshrined deity is Kumano Hayatama Okami, whose bonhousu, or original Buddhist divinity, is Yakushikuni. Since the shrine originated in Kamikura-jinja Shrine and a new shrine was later established in its present site, it is known as "Ninigi" (New Shrine) from which the name of Shingu City was derived. The shrine was planned by Taira no Shigemasa in the middle of the 12th century, with a trunk circumference of ten.



27 Hot Well
(Hongo Town, Tanabe City) F-3
湯桶 (田辺市本宮町)
A rice hot spring exists in Japan where hot water is taken (dug) straight from the river. You can enjoy the hot spring while playing in the river in the summer, or enjoy "semin buri", a huge outdoor bath, in the winter.



28 Kumano Hongu Taisha Grand Shrine
(Hongo Town, Tanabe City) F-2
熊野大社 (田辺市本宮町)
This is one of the shrines of the Kumano Sanzan. The main enshrined deity is Kumano Hayatama Okami, whose bonhousu, or original Buddhist divinity, is Yakushikuni. Since the shrine originated in Kamikura-jinja Shrine and a new shrine was later established in its present site, it is known as "Ninigi" (New Shrine) from which the name of Shingu City was derived. The shrine was planned by Taira no Shigemasa in the middle of the 12th century, with a trunk circumference of ten.



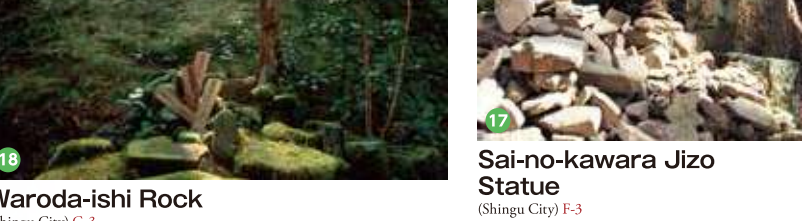
29 Tsukimigaoka-jinja Shrine
(Hongo Town, Tanabe City) F-3
月夜と貝塚 (田辺市本宮町)
The premises and surroundings of Tsukimigaoka-jinja Shrine are covered with gate trees, said to be 300-400 years old, and the shrine has a dignified atmosphere. Tsukimigaoka-jinja Shrine is an auxiliary shrine of the Kumano Hongu Taisha Grand Shrine located on the mountainside of the Daijingu Section of Kumano Kodo. The sun deity Amaterasu Omikami, and deity Takikami are enshrined in the stone shrine.



30 Nabewari Jizo
(Hongo Town, Tanabe City) F-3
なべわり地蔵 (田辺市本宮町)
Nabewari Jizo stands on the Nabewarige Pass, named after a legend where Prince Jijyo's disciple cooks rice and breaks a pot here. As you leave Jizo and walk for while, the field of view opens and you can enjoy a beautiful scene.



31 Sai-no-kawara Jizo Statue
(Shingu City) G-3
賽の原地蔵 (新宮市)
In front of the Sai-no-kawara Jizo Statue, small stones have been stacked. A young priest from the Kawaga Domain of Mitsu Province is said to have been attacked by a wolf and died here.



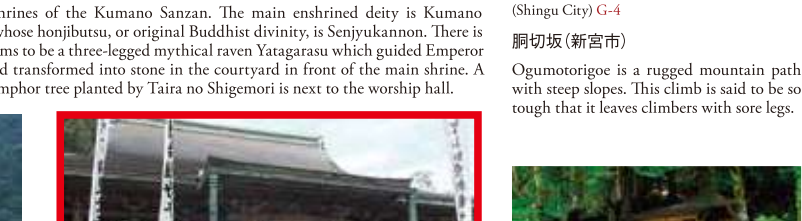
32 Kusanokubo Lodging Remains
(Shingu City) G-4
熊の久保旅館跡 (新宮市)
More than a dozen lodgings are said to have existed at Kusanokubo Lodging Remains, and the Sakura-jaya Teahouse is located to the north. Pilgrims are said to have lodged here as there were no lodgings beyond this point.



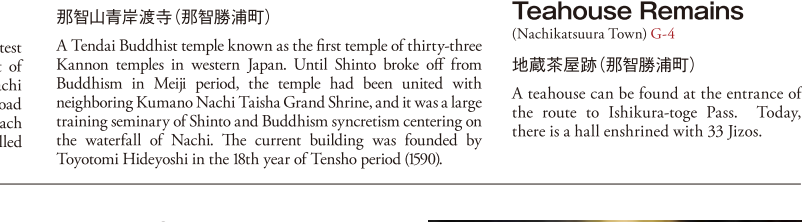
33 Kinomatsushima tour
(Nakatsuchi Town, Tanabe City) E-2
紀の島めぐり
You can visit "Kinomatsushima", islands of various sizes surrounding Kumano, and the Sakura-jaya Teahouse is located to the north. Pilgrims are said to have lodged here as there were no lodgings beyond this point.



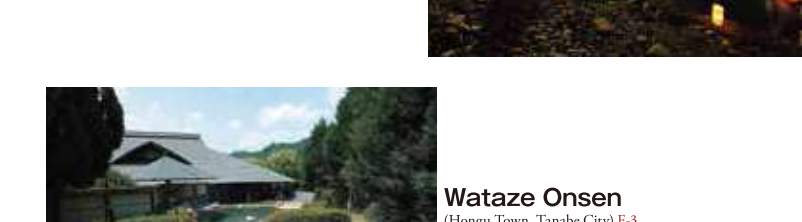
34 Heian Period Costume Experience
(Shingu City) G-4
平安装束体験
How about trying on clothing from the Heian Period, and experiencing a time slip to ancient Kumano?



35 Kayaking
(Shingu City) G-2
カヌー
The Kozagawa River is so clear that it is possible to see through to the riverbed, and has a gentle flow. As such, this activity, which visitors can enjoy the great outdoors with peace of mind.



36 Kuzo-jaya Teahouse Remains
(Shingu City) G-4
地蔵茶屋跡 (新宮市)
A teahouse can be found at the entrance of the river on Kuzo-jaya Pass. Today, there is a hall enshrined with 55 Jizos.



37 Wataze Onsen
(Shingu City) G-3
和達温泉 (田辺市本宮町)
There is a large outside bath, one of the largest in Kansai, as well as a bath, spa bath, camping grounds, playground, etc. Enjoy both a good hot spring and outdoor living at the same time.

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.

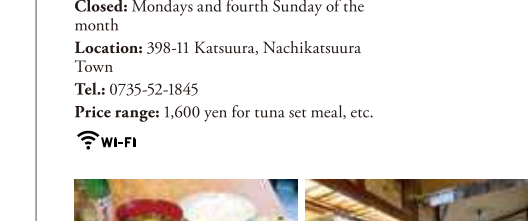
● Credit cards accepted
● Wi-Fi available
In case of 10% consumption tax



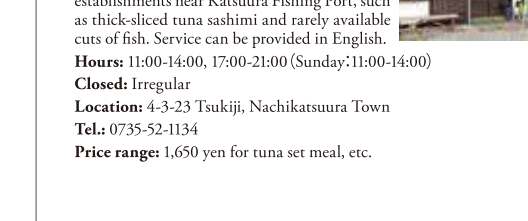
Nachikatsuura Town
● Juwari-soba Morimoto-ya
10番そば本舗
Here, in a relaxing old farmhouse, visitors can enjoy yakitori-sushi, and sushi set meal with the secret sauce for exceptional flavor. An English menu is available.
Hours: 11:00-22:00
Closed: Tuesdays
Location: 6-30 Katsura, Nachikatsuura Town
Tel: 0735-452-4578
Price range: 1,400 yen for maguro-don (tuna rice bowl) and zaru sobu (cold noodle) set, etc.



Katsuragi
お蕎麦屋 土蔵
This shop serves a wide variety of dishes made with tuna, caught locally in Katsuragi. An English menu is available.
Hours: 11:30-14:00, 17:00-20:30
Closed: Mondays and Thursdays
Location: 10-10 Katsura, Nachikatsuura Town
Tel: 0735-582-1845
Price range: 1,600 yen for tuna set meal, etc.



Washoku Kinoshita
和食屋 木下
This shop serves a wide range of dishes made from a variety of local ingredients. An English menu is available.
Hours: 11:30-22:00
Closed: Thursdays
Location: 14-22 Tanaka, Shingu City
Tel: 0735-442-8075
Price range: Assorted tempura 3,000 yen, half size 1,800 yen, etc.



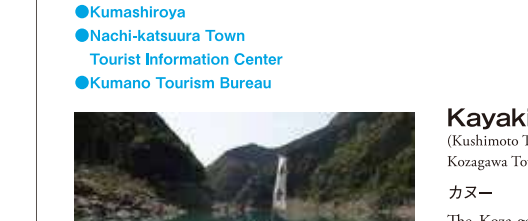
Chinese Noodles (ramen) Hayami
中野やばば
Wakayama shoyu ramen served in a dowsy steamed pot bone broth. An English menu is available.
Hours: 11:30-14:00, Last Order 13:45, 17:30-20:00, Last Order 19:45
Closed: Irregular
Location: 110-47 Midokura, Shingu City
Tel: 0735-232-0697
Price range: Chinese noodles (ramen) 750 yen, etc.



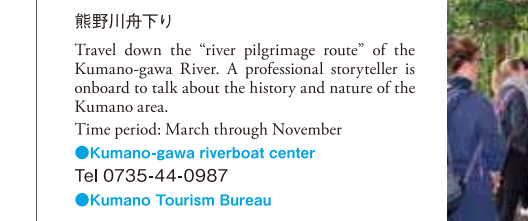
Yakitori & Kumano-oden Okagan
焼鳥と熊野おでん おかげ
This shop, which is frequented by locals, mainly serves yakitori, grilled chicken, a traditional dish of Japan with a long history. An English menu is available.
Hours: 17:00-22:00
Closed: Sundays, Mondays, Tuesdays
Location: 17-1 Wazawa, Tanabe City
Tel: 0735-30-0601
Price range: 360 yen for two sticks of yakitori, grilled chicken, etc.



Kumano Kodo walk with a dog
(Tanabe City) F-3
熊野古道 (田辺市本宮町)
In this area, visitors can learn to the community provided by a professional guide while walking along the Kumano Kodo, learning firsthand about the history and attractive features of the area.
● Kumano Tourist Bureau



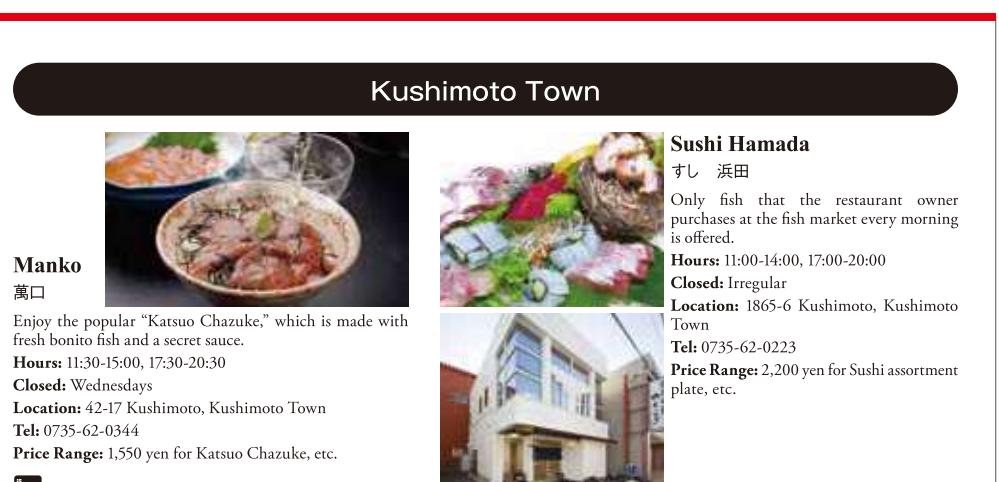
Kumano-gawa River Boat Cruise
(Shingu City) G-3
熊野川舟遊
Doro-kyo Gorge River Boat Cruise: Enjoy the beauty of Doro-kyo Gorge on a traditional Japanese boat. Watch clear waters and nature unchanged since time immemorial. This 40-minute tour through beautiful landscapes will relax and soothe you.
● Kumano Tourist Bureau



Ikada-Kudari Log Rafting
下流
Paddling downstream through the clear streams and rapids of Kuzagawa River is a traditional summer activity that is full of thrills. This uniquely Japanese raft ride, in which the raft is skillfully steered between rocks, is highly popular for its sense of exhilaration combined with a feeling of refreshing coolness.
Time period: May through September
● Kumano-gawa River Boat Center
● Kumano Tourist Bureau



Reservations for accommodation and optional tour can be made.
Tanabe City Kumano Tourism Bureau
Tel: 0739-26-0025 http://b-kumano.jp/en/



Manko
萬口
Enjoy the popular "Kansai Chanle", which is made with fresh bonito fish and a secret sauce.
Hours: 11:00-14:00, 17:00-20:00
Closed: Irregular
Location: 185-6 Kushimoto, Kushimoto Town
Tel: 0735-62-0223
Price Range: 2,200 yen for Sashimi assortment plate, etc.



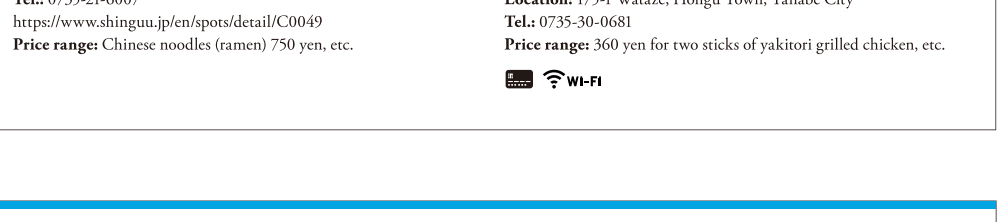
Yakiniku Hige
焼肉ひげ
This is the only designated Yakiniku shop in the prefecture that serves kani buri for the hot pot with the secret sauce for exceptional flavor. An English menu is available.
Hours: 17:00-22:00
Closed: Tuesdays
Location: 247-4 Hongo, Hongo Town, Tanabe City
Tel: 0735-30-0288
Price range: 1,699 yen for sashimi & don set meal, etc.



Miyazushi
みやずし
In addition to nigiri-zushi, the sushi set meal, tempura, set meal, and sushi set meal are popular. Although located in a mountainous area, the restaurant offers a fresh and abundant selection of sushi items.
Hours: 10:00-14:00, 17:00-21:00
Closed: Mondays, Tuesdays
Location: 247-4 Hongo, Hongo Town, Tanabe City
Tel: 0735-30-0288
Price range: 1,699 yen for sashimi & don set meal, etc.



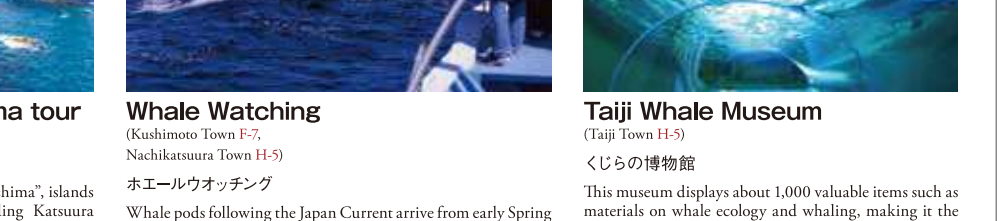
Tokiwaya
お蕎麦屋 とくや
Serving Japanese home style cooking. An English menu is available.
Hours: 11:30-22:00
Closed: Irregular
Location: 142-1 Katsura, Tanabe City
Tel: 0735-442-8075
Price range: Assorted tempura 3,000 yen, half size 1,800 yen, etc.



Yakitori & Kumano-oden Okagan
焼鳥と熊野おでん おかげ
This shop, which is frequented by locals, mainly serves yakitori, grilled chicken, a traditional dish of Japan with a long history. An English menu is available.
Hours: 17:00-22:00
Closed: Sundays, Mondays, Tuesdays
Location: 17-1 Wazawa, Tanabe City
Tel: 0735-30-0601
Price range: 360 yen for two sticks of yakitori, grilled chicken, etc.



Bicycle Rental
レンタサイクル
We recommend renting a bicycle and visiting sightseeing spots, or taking a stroll around town, etc.
● Shingu City Tourist Association H-4
● Nachikatsuura Town Tourist Information Center H-5
● Katsuragi Station G-3
● Kozagawa Tourism Association F-6
● Nanki Kushimoto Kozu Tourist Association F-7
● Nanki Kushimoto Tourist Association F-7



Taiji Whale Museum
たいじ鯨博物館
This museum displays about 1,000 valuable items such as skulls, skeletons, and whale teeth, and whale watching. This activity, which visitors can enjoy the great outdoors with peace of mind.
● Nanki Kushimoto Kozu Tourist Association F-7
● Nanki Kushimoto Tourist Association F-7



Whale Watching
(Nakatsuchi Town, Tanabe City) E-2
鯨の観察めぐり
You can visit "Kinomatsushima", islands of various sizes surrounding Kumano, and the Sakura-jaya Teahouse is located to the north. Pilgrims are said to have lodged here as there were no lodgings beyond this point.



Kayaking
(Shingu City) G-2
カヌー
The Koz

