Tanabe
Gateway to Kumano

Tanabe City is the historic and present day gateway to Kumano, a key location for both land and ocean transportation routes. It is a sleepy coastal city with a population of around 65,000, the largest in the south of the Kii Peninsula. Tanabe bay is to the west with mountains rising to the East. Across the bay to the south is the Shihama resort area.

Fishing and agriculture focused on Umé and orange production are the major industries. The mountains inland from the coast are covered with sweet orchards.

Access: JR Trains run daily from Kyoto and Osaka (~2.5 hrs)

Kii-Tanabe Station Area

The station area is the center of the older part of the city. Next to the Kii-Tanabe Station is the Tanabe Tourist Information Center. Most of the other main sites are to the south-west of the station. Buses for the Kumano Kodo leave from Bus Stop 2 in front of the station.

TANABE Tourist Information Center

Hours: 9:00-16:00 (Open year-round)

Travel Support Center

The Kumano Travel Shop is dedicated to supporting visitors onsite. It is located within short walking distance from the Kii-Tanabe Station and run by bilingual English/Japanese speaking staff. Services include baggage storage, luggage shuttle, accommodation reservations, etc. Outdoor gear and local souvenirs are for sale.

Hours: 9:00-16:00 (Open year-round)

Ajikoji - Restaurant & Entertainment District

The entertainment area is to the left of the JR Kii-Tanabe station called "Ajikoji" and is packed with with Western and Japanese style pubs (bar), restaurants, small bars and quaint places to eat and drink.

Tanabe is a safe place for non-Japanese speakers to fully experience delicious local cuisine in an authentic environment.

Kappa

Restaurant Guide

Tokai-jinja

Tokai-jinja Shrine was established in 419 A.D. and derives from Kumano Hongu Taisha. Many important and aristocratic officials paid homage here praying for safe passage into the land of Kumano. Because the Kumano deities were enshrined in Takanagi Shrine, some pilgrims did not make the voyage to the heart of Kumano. But prayed here, subsequently worshipping the Kumano Kanda from after.
Tsugizakura-oji～Hosshinmon-oji

Kobiro-toge Area

Walking Options from Chikatsuyu/Nonaka area

Full Walk:
Chikatsuyu-ji to Kumano Hongu Taisha — 25km, 9—12hr,
Tsugizakura-ji to Kumano Hongu Taisha — 21.5km, 6—11hr

Intermediate Walk (use local bus):
Kobir%C4%81tego bus stop to Kumano Hongu Taisha 19km, 2—6hr
Dyukawakoshi bus stop to Kumano Hongu Taisha — 17km, 6—9hr

Highlight Walk (use local bus):
Hosshinmon-ji to Kumano Hongu Taisha — 7.5km, 2—3hr
For those staying at Sunflower Gion you can add the Daimonji-ge — 2km, 1—2hr

ATTENTION!: Trail departs road descending sharply

NOTE: A major typhoon in 2011 caused a large crack in the mountain to develop near (gezaimashita). Subsequently a semi-permanent detour over the pass to the south was made to avoid the unstable slope.
Hongu Area Walks

There are three sections of pilgrimage route in the Hongu area, the last section of the Nakayome Main Route, Akagi-goe and Dainichi-goe. The Hosshinmon-oji to Kumano Hongu Taisha is a popular highlight walk. By combining these three it is also possible to do a full day hike walk. This Hongu Loop walk is usually done on a clockwise direction starting either in Yumomine Onsen or the Hongu basin area.

Akagi-goe 赤城越
Distance (km) 8.5
Time (hr) 3-4
Total Elevation Gain (m) 460
Total Elevation Loss (m) 320

Dainichi-goe 大日越
Distance (km) 2
Time (hr) 1-2
Total Elevation Gain (m) 250
Total Elevation Loss (m) 180

Hosshinmon-oji ~ Kumano Hongu Taisha
Distance (km) 2.5
Time (hr) 2-3
Total Elevation Gain (m) 190
Total Elevation Loss (m) 460

Legend
- U Shirm
- Rest area
- Sinking water
- Stopping area
- Public BBQ
- Car park
- Entrance
- Stairs
- Ranger regulations
- Campsite
- Rest area
- Bus stop
- Toa

Map legend with various markers and symbols indicating different points of interest.

Kumano Hongu Taisha

Hosshinmon-oji bus stop
Kumano-gawa

Haruyo-oji

Hara-ko

Harado-oji

Hosshinmon-oji

Kumano Hongu Taisha

Kumano Hongu Taisha

Yumomine Onsen

Kumano-gawa

Fushin-goka

Hara-ko

Harado-oji

Hosshinmon-oji

Kumano-Kodo (Main Route) from Yoshino Taisha

Kumano Kodo (Koshu Route) from Torigohe Onsen

Kumano Kodo (Koshu Route) from Toji

Kumano Kodo (Koshu Route) from Tanabe

Kumano Kodo (Koshu Route) from Yumomine Onsen

Yumomine Onsen

Kumano Kodo (Koshu Route) from Yumomine Onsen
Ogumotori-goe (Koguchi~Nachisan)

Bus Access to/from Koguchi

Nachisan

NOTES: The Ogumotori-goe is a demanding day walk. Therefore it is important to start early in the morning by at least 8:00. Please stay according so as not to get stuck in the dark.
Traditional Boat Tour

The Kumano Kodo was the main transportation route and pilgrimage historically traveled between Kumano Hongu Taisha and Kumano Hayatama Taisha by boat. There is a traditional boat tour which covers the lower half of this section of route, a unique way to experience the Kumano Kodo pilgrimage route by water.

Dates: March to November
Morning: 10:00 – 11:30
Afternoon: 14:30 – 16:00
Price: 3,900 yen, 4,700 yen
Boat Center: Near Machi-no-eki, Kumanan-gawa

Address: Wakayama Prefecture, Shingu City, Kumano-gawa-cho, Tanabe 544-8114
Tel: 0735-84-7687

Gotobiki-iwa, Kamikju-jinja

Halfway to the east side of Shingu city there is a large mountain, it is known as Gotobiki-iwa, and it is believed that the Kumano-Ga-Bune first descended here. Nestled under Gotobiki-iwa in Kamikujia-jinja shrine. Perched on the cliff side, it offers picturesque views of Shingu city and the Pacific Ocean.

An ancient stone staircase leads from the base of the mountain to Gotobiki-iwa and Kamikujia-jinja. The first section has such a steep incline that many people need to use their hands to scramble up.

Kumano Shingu Tourist Information Center

Hours: 9:00 – 17:00 (Open year-round)

Katsuura Information Center

Hours: 8:30 – 18:00 (Open year-round)
Kumano Kodo Tips

Clothing & Footwear
Proper clothing and footwear are essential especially if you are planning for a longer, multi-day trek.
Review the average temperatures for the time of your walk and be prepared for seasonal variability.
Dehydration and long distances require that dry socks be recommended, avoid cotton. sturdy, women, walking foot- warm clothing is essential.

Gear
The gear of your gear that you will need varies with the duration and extent of your walk. It is normal to bring a personal list of recommended items.

- Hiking trail (a reliable, sturdy gear)
- Rain gear (a reliable, sturdy gear)
- Sunscreen
- Compass/Life-saving whistle
- Water bottle
- Camera
- Small first aid kit, with Band-aids, etc.
- Small flashlight
- Maps

Water & Liquids
It is important to carry plenty of liquids during your trek or walk. Natural water sources along the trail have not been tested. In the villages and settlements, there are no natural or fresh water sources that are not used.

HINT: Fill up your water bottles at the accommodations before departure.

Luggage Shuttle
Let us take a load off your back! There are a few local service providers who offer daily luggage shuttle service. Perfect for walkers on the Kumano Kodo. Some restrictions apply.

Link: atmosphere.kumano-kodo.com/kumano-kodo-luggage-shuttle/

Money/ATM
Carry enough Japanese yen in cash, as many facilities and service providers do not accept credit cards, and places to exchange money are limited. If you do not have enough cash, the ATMs at the post offices are the best option. Hours vary.

HINT: Check your credit card company before you visit to confirm if your credit card is OK to use for withdraws at Japan Post Bank ATMs.


Electricity
The voltage in Japan is 100 Volts. Electrical plugs have two, parallel flat pins. Type A.

HINT: Bring an adapter if needed, as most accommodations do not have them.

Safety

Earthquake & Tsunami
Japan is prone to frequent natural disasters, such as earthquakes and tsunamis caused by earthquakes. If you are near the coastal areas, you might feel the effects. Head to higher ground immediately.
Note: Carpenter warning sign shown at right.

Extreme Weather & Typhoons
The climate is monsoonal in Japan. It is subject to the Pacific Ocean in the path of storms. Heavy rains and winds, especially from typhoons, can cause flash flooding, landslides, and damage from heavy winds. Keep up to date with the weather forecast and avoid walking during extreme weather conditions.

Slippery Stones
Most cafés and restaurants on the Kumano Kodo are known for their excellent food and wine.

Mamushi Snake
There is a small species of snake that is venomous in the area. Japanese Mamushi (naja nigricollis). It has a wide, triangular shaped head of a pit viper. It is distinguished by a pair of pale yellow, reddish-brown, or yellowish-brown background covered with a series of shaped pointed denticles. Its bite is potentially able to cause death. It can turn itself on and off by means of a pit viper. It can turn itself on and off by means of a pit viper. It can turn itself on and off by means of a pit viper.

Mukade Centipede
The Mukade is a giant centipede, and it is poisonous to humans. It can have yellow-orange legs. It is not as large as the Mukade. It has a triangular shaped head of a pit viper. It is distinguished by a pair of pale yellow, reddish-brown, or yellowish-brown background covered with a series of shaped pointed denticles. Its bite is potentially able to cause death. It can turn itself on and off by means of a pit viper. It can turn itself on and off by means of a pit viper.

Suzumebachi Hornet
The Suzumebachi is a giant hornet which can cause a painful sting. If you are stung by a hornet, you can use the hornet's area. You can be the most aggressive into the fall season.

In Case of Emergency
Seek the assistance of someone nearby. Even if they do not speak English they can understand and help. 119 is the emergency help line and a translation service in English, Spanish, Chinese, Russian, and Korean is available in most areas.

Shrines

Oomamori
An Oomamori is an amulet used for many purposes including warding off bad luck, avoiding illness, helping with studies, and many more. The word omamori (お守り) means protection, with omamori meaning honorable protection. The omamori often describe or one side the specific area of luck or protection they are intended for and have the name of the shrine or temple they were bought at on the other.

Emma
Emma are votes of places used to make requests or wishes to the deities. This practice dates back hundreds of years to the 8th century. Emma directly translates means ‘home place’. Originally, they were given as offerings to shrines and are now displayed in offices and homes. These days they are mostly used including e-mail signs.

Goochoin (Goshimpu)
The Goochoin Goochoin (ゴーシンプ) is a powerful amulet distinctive to the Kumano Sanzan Grand Shrines. Its main purpose is to ward off evil, and ensure good fortune. It is often displayed on house doors and in rice fields. The Goochoin (ゴーシンプ) is often composed of a red tear drop-shaped stamp, but to distinguish it from the Goochoin (ゴーシンプ) it is composed of an intricate design of stylized flowers and leaves. It is attached to the body by the person who wears it. Each Kumano Sanzan Grand Shinto Shrine has a different version based on the same theme.

Pilgrimage Etiquette
“Please abide by the following guidelines while visiting the Kumano Kodo. Please respect the area as "hallowed abode of mankind." Respect the faith of past and present worshipers. Protect the lives of animals and plants. Protect the local flora and fauna - do not remove or introduce animals or plants. Stay on the trails. Do not cut down trees, or cut through forest. Be prepared - bring your trip and equipment properly. Be kind to others with smile and warm heart.”

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Accommodations

Accommodations along the trail are mostly Japanese style with tatami mat flooring in the guest rooms and dining area. These rooms are equipped with a low table moved to the side to lay down futon mattresses to sleep. In the hot spring area, there is a large range of standards, from small family run minshuku guesthouses to larger traditional inns. Accommodations are limited in the smaller areas. Reservations are highly recommended as waiting up to lodgings is not custom.

NOTE: Reservations can be made online at the Kumano Travel Community reservation system.
LINK: www.kumano-travel.com

Meals

A dining along the Kumano Kodo is a culinary journey. Meals at the guesthouse and bees are Japanese-style. Ingredients vary from the coast to mountain side often featuring fresh, local ingredients. Rice is staple and eaten at most meals. Open your mind and mouth to trying these new and delicious foods.

HINT: Practice with chopsticks before you come.

Bedding (Futons)

Bedding in the Japanese style guesthouses are futon mattresses laid onto the tatami mat flooring. 

HINT: Japanese pillows can sometimes be hard, so if you need a soft pillow consider bringing an inflatable air mattress to make your sleep more comfortable.

Tatami

Tatami are straw mats used as flooring in traditional Japanese rooms. There are a few general rules to follow in a tatami room:

● Do not wear slippers on the tatami.
● Keep the tatami dry, for example, do not leave wet towel or rain-soaked gear on the floor.
● Avoid dragging tables or heavy luggage over the tatami, as this may tear the surface.

Slippers

Staying at a traditional Japanese accommodations keeps you busy with your footwear.

Baths (Onsen)

Japanese baths are the ultimate place to relax and unwind after a day’s walk. Hot springs are common in the area and feature минerar water. These are called onsen.

How to Bathe

The very essence of the bathing routine is as below for both hot spring and communal baths:

1. Take off clothes in change room
2. Relax or wash body
3. Soak in the bath
4. Relax and enjoy!

Be observant. Watch (But don’t stare!) the people around you so that you know what is going on.

Most places follow these general guidelines but some do differ slightly. The main thing is to remember to keep the bath water separate from the washing water, and be polite and courteous to other bathers.

NOTE: For a full guide to the Japanese bath visit the following page online.

Yukata

Yukata are cotton gowns to wear and around a Japanese style accommodation. They are also used as pajamas.

Fold the left side over the right and tie the belt around your waist.

HINT: Wearing something underneath can save yourself from an embarrassing moment. (If you are not sitting down with a gown on!

Model Itineraries

Below are basic overviews of ways to walk the Kumano Kodo Nahekehe’s route from a shorter highlight trip to a multi-day trek.

Takijiri to Hongu Trek

Day 1: Bus to Hongu area, overnight Day 2: Bus to Hoshimine-no-jii Walk Hoshimine-no-jii to Kumano Hongu Taisha (p.13-13) Day 3: Bus to Nachisan, overnight

Takijiri to Hongu Trek

Day 1: Bus to Takihana (p.7, overnight) Day 2: Bus to Chikatsuyu/Nakatani (p.8-8), overnight Day 3: Bus to Kumano Hongu Taisha (p.10-10), overnight Day 4: Transfer to next destination

Hongu to Nachisan Trek

Day 1: Bus to Hongu area, overnight Day 2: Walk Kogomotoni-goe (p.16-17), overnight Day 3: Walk Ogimonomori-goe (p.18-19), overnight Day 4: Transfer to next destination

Takijiri to Nachisan Trek

Day 1: Bus to Takihana (p.7), overnight Day 2: Walk to Chikatsuyu/Nakatani (p.8-8), overnight Day 3: Bus to Kumano Hongu Taisha (p.10-10), overnight Day 4: Walk Kogomotoni-goe (p.16-17), overnight Day 5: Walk Ogimonomori-goe (p.18-19), overnight Day 6: Transfer to next destination

2 nights, 3 days

3 nights, 4 days

3 nights, 4 days

3 nights, 4 days

5 nights, 6 days
Route Guide

The Nakacheh route of the Kumon Kodo pilgrimage network begins in Tanage in the west and continues to the Kumano Hongu Taisha. It includes the Toyota area with two sub-routes called Daisen and Nagashige which lead to Kumano Hongu, Yoshino. From Tsuo there are two south-west routes through the mountain landscape towards Koyasan in the Kumano Hongu Taisha, and a south-east route on the Kumano-gawa River to Koyatamahiyama Taisha in Shing city. The route cannot be walked, but there is a traditional bus tour on the southern portion.

Nakacheh Main Route

Takahara Settlement

Just descend from the parking lot and walking one mile with wonderful views of the Kumon Kodo north to the foot of the hill.

Takahara is known as “Yanagisawa” (the foot of the hill) and is visited by a number of visitors each year. It is a popular tourist destination with many restaurants and souvenir shops nearby. On the hillside there is a well-trodden path leading to the nearby mountain. The path is not very steep and is suitable for all ages.

Past Takahara

From Takahara, the path leads to the beautiful lake area and along a winding path between lakes and rivers. This path is known as the Koyatamahiyama Taisha, which is the oldest and most revered of the Kumano Kodo shrines.

The Koyatamahiyama Taisha is known for its beautiful scenery, which is best seen during the spring and summer months. The path is well-marked and is suitable for all ages, with a few steep sections along the way. The temple is open to the public and is free of charge.

Kumano Hongu Taisha

The Kumano Hongu Taisha is known for its magnificent architecture and the beauty of its surroundings. The temple is located at the northern end of the Kumano Kodo pilgrimage route. It is considered the most important shrine in the region, and is a UNESCO World Heritage Site.

The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.

Kyoguda-jinja Shrine

A small shrine located in the Koyatamahiyama Taisha area. It is dedicated to the local deity and is known for its beautiful scenery.

The shrine is open to the public and is free of charge. The path to the shrine is well-marked and is suitable for all ages. The shrine is open from sunrise to sunset, and is closed on Mondays.

Fushigihoni-ji

This is a small temple that is located just before the temple. It is known for its serene and peaceful environment. The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages.

How to get there:

The temple is located in the Koyatamahiyama Taisha area. It is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.

Sangen-jaya

Sangen-jaya is the starting point of the Kumano Kodo pilgrimage route. It is known for its beautiful scenery and tranquil atmosphere. The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.

Oyuhora

Oyuhora is the starting point of the Kumano Kodo pilgrimage route. It is known for its beautiful scenery and tranquil atmosphere. The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.

Yatagashira Three-legged God

An ancient deity that is said to have the power to bring good fortune and health. It is known for its beautiful scenery and tranquil atmosphere. The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.

Yatagashira Shrine

A shrine located near the entrance of the Kumano Kodo pilgrimage route. It is known for its beautiful scenery and tranquil atmosphere. The temple is open to the public and is free of charge. The path to the temple is well-marked and is suitable for all ages. The temple is open from sunrise to sunset, and is closed on Mondays.
Dagiri-sake
Dagiri-sake is often used in Japanese meals and is an important part of the traditional diet. For hundreds of years, it has been enjoyed by many people.

Jo-oya Teahouse Remains
Jo-oya is one of the top attractions in the area. It is a place where you can relax and enjoy the peaceful atmosphere.

Mojo-no-Undo, Abode of the Dead
Mojo-no-Undo is a place that is visited by many people. It is a place where you can reflect on the meaning of life and death.

Funami-ko Pass
Funami-ko Pass is a place that is visited by many people. It is a place where you can enjoy the beautiful scenery.

Naklon
Naklon is a place that is visited by many people. It is a place where you can enjoy the beautiful scenery.

Seitango-ji
Seitango-ji is a place that is visited by many people. It is a place where you can enjoy the beautiful scenery.

Kumano Nachi Taisha
Kumano Nachi Taisha is a place that is visited by many people. It is a place where you can enjoy the beautiful scenery.

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