Kumano City Iseji Crossroads

Kumano City (population ~17,400) is a quiet coastal city at the northern end of the long-crescent shaped Shichirimihama beach. There are many interesting sacred sites and shorter walks on the Kumano Kodo accessible from here.

Kinan Tour Design Center

A residence that was built 130 years by one of the regions power timber tycoons has been transformed into the Kinan Tour Design Center, and information office, shop and experience programs. It worth a visit to see inside this beautiful traditional home.

Hours: 9:00-17:00
Closed Wednesdays

Kumano Kodo Omotenashi-kan

On the Iseji in Kumano city is the Kumano Kodo Omotenashi-kan visitor center housed in a beautifully renovated house designated as a National Registered Tangible Cultural Property. There is a rest area, shop, and cafe that serves light meals and snacks.

Hour: 9:30-16:30
Closed Mondays (open on Mondays that are national holidays)

Kumano City Tourist Information Center

Next to the Kumanoshi train station.

Hours: 9:00-17:00
Open year-round

Onigajo

Onigajo is unique landform of hardened volcanic ash that has been eroded by the sea and wind. The name Onigajo is appropriate and means demon castle. There is a walking trail around the coast in and amongst these dramatic formations.

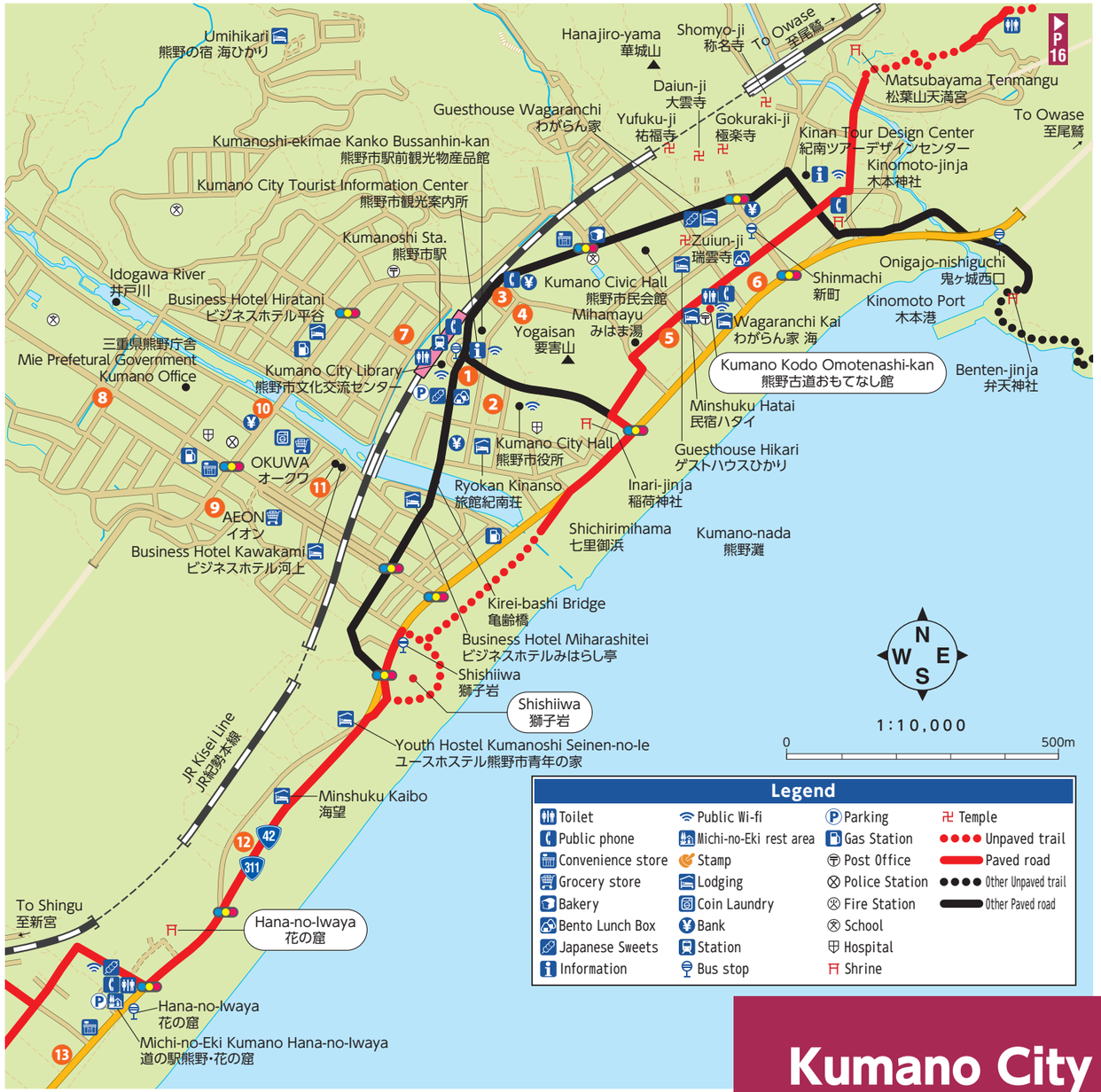
Shishiiwa

Another dramatic rock formation is located south along the coast called Shishiiwa. It is 25 m high and looks like a lion or beast with its mouth open in a roar. This is said to be the guardian deity of the Oma-jinja shrine located inland near the mouth of the river.

Hana-no-Iwaya

Hana-no-Iwaya is the next site along the coast and the oldest shrine in Japan. This is the gravesite of Izanami-no-Mikoto, the female creative deity in Japanese mythology, who died giving birth to the fire deity. There is no pavilion but the rock face itself is the object of worship. Kumano is believed to be the land of dead where the spirits congregate, a spiritual conduit between this world and the next.

Restaurant Guide

Local seafood | Izakaya pub | Full meals | Sushi | Udon&Soba noodles

1	**Kiraku** 喜楽	**0597-85-2336**	11:00～20:00	7、17、27日(日祝時は振替) Closed on 7th, 17th, 27th
2	**Mukai** お食事処むかい	**0597-85-2898**	11:30～13:30 17:00～20:00	定休(日祝) Closed on Sun. & Holiday
3	**Tenmaru** 赤ちょうちん てんまる	**0597-70-4190**	16:00～22:00	定休(日祝) Closed on Sun. & Holiday
4	**Kaisen** 味処 海鮮	**0597-89-3363**	17:00～22:00	定休(日) Closed on Sun.
5	**Kappa** 居酒屋 かっぱ	**0597-85-3515**	17:00～22:00	定休(月、第3日) Closed on Mon. & every 3rd Sun.
6	**IL REGALO** イルレガーロ	**0597-89-0300**	月～土11:30～14:30 木金土17:00～21:00	定休(日、第2月) Closed on Sun. & every 2nd Mon.
7	**Kokoro** おたべや 心	**0597-85-2355**	17:00～22:00	定休(月) Closed on Mon.
8	**Kagetsu** 創作料理 華月	**090-5622-5328**	11:30～14:00 17:00～22:00	定休(日) Closed on Sun.
9	**Yamamoto** やま本	**090-7682-5845**	17:00～24:00	定休(火) Closed on Tue.
10	**Shinbashi** しんばし	**0597-89-1754**	月～金11:30～13:30 月～土17:00～22:00	定休(日)※月曜が祝日時、翌曜営業、月曜休。 Closed on Sun. & Mon. holiday
11	**Shintaku** 宥屋しんたく	**050-5570-7457**	17:30～23:00	定休(日と第2月) Closed on Sun. & every 2nd Mon.
12	**Koroku** 小六	**0597-85-2856**	11:00～14:00 17:00～20:00	定休(月) Closed on Mon.
13	**Hana-no-Iwayatei** 花のいわや亭	**0597-89-6598**	11:00～14:00 17:00～22:00	定休なし Open all year