

Overview

KUMANO KODO ISEJI (North)

KUMANO KODO ISEJI (Central)

KUMANO KODO ISEJI (South)

Legend

- Toilet
- Public phone
- Convenience store
- Grocery store
- Shop/Store
- Vending machine
- Drinking water
- Covered shelter
- Accommodation
- Station
- Station nearby
- Bus stop

	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)
Kiinagashima ~ Furusato Onsen	~6	1.5~2	~90	~90
Furusato Onsen ~ Aiga	~17	5.5~7.5	~350	~360
Furusato Onsen ~ Owase	~24	8~11	~700	~710
Aiga ~ Mikisato	~18	7~10	~1030	~1040
Owase ~ Kata Sta.	~18	7~10	~1000	~1020
Mikisato ~ Atashika	~18	7~10	~1050	~1060
Kata Sta. ~ Atashika	~11	4.5~6	~730	~730
Kata Sta. ~ Kumano City	~20	7.5~10.5	~1170	~1180
Nigishima Sta. ~ Hana-no-Iwaya	~16	6~8.5	~780	~790
Atashika ~ Hana-no-Iwaya	~11	4~5.5	~460	~470

