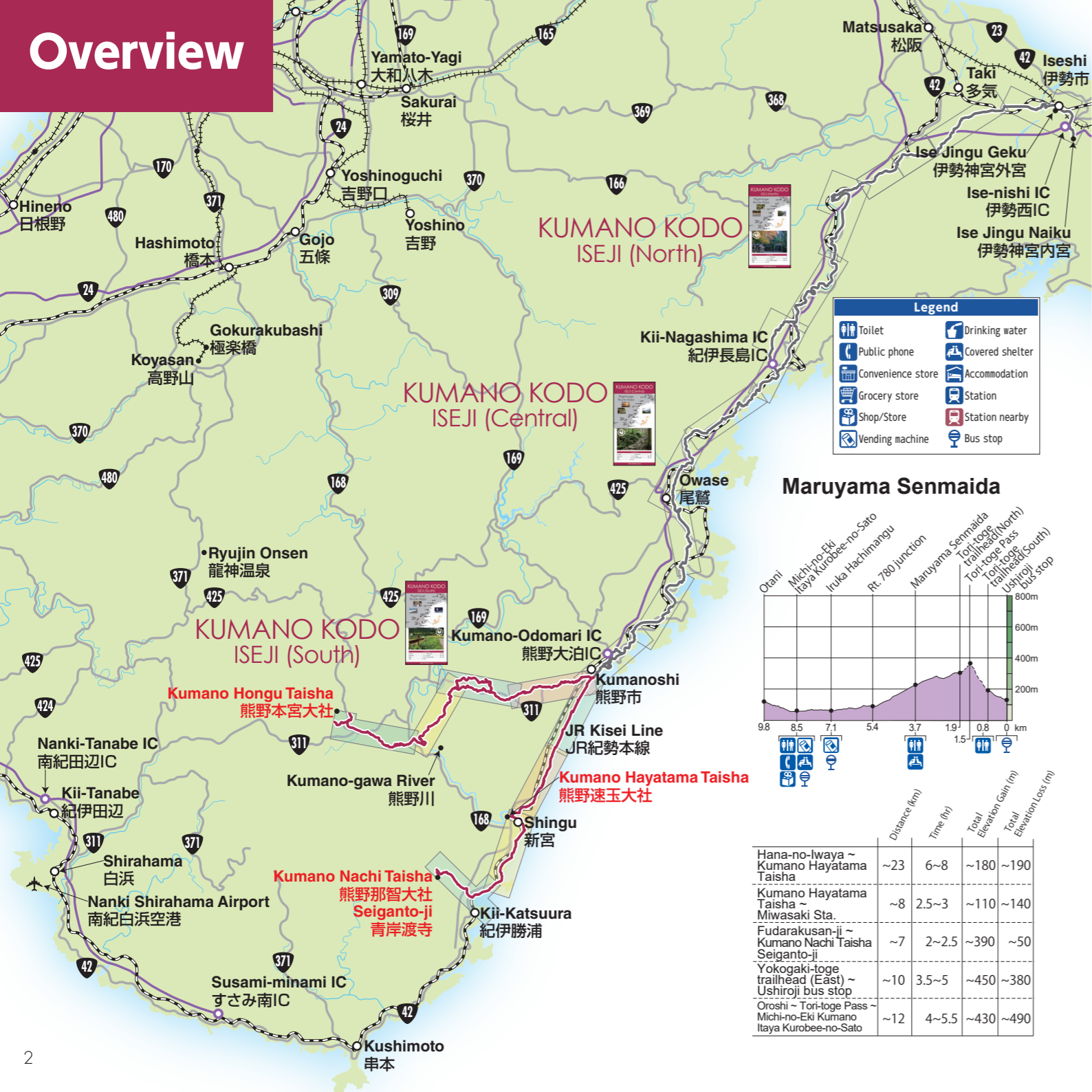
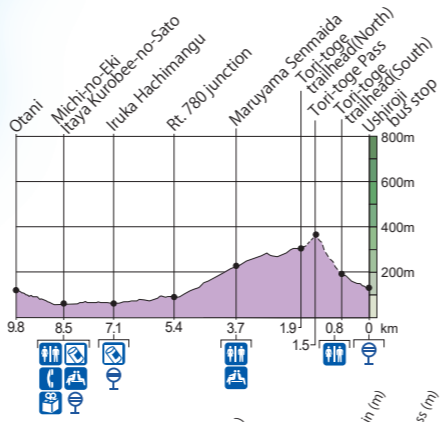


# Overview

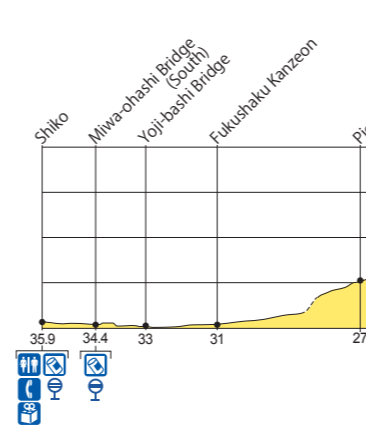


## Maruyama Senmaida

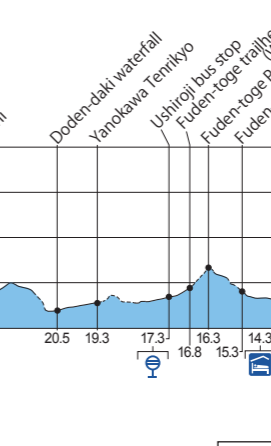


	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)
Hana-no-Iwaya ~ Kumano Hayatama Taisha	~23	6~8	~180	~190
Kumano Hayatama Taisha ~ Miwasa Sta.	~8	2.5~3	~110	~140
Fudarakusan-ji ~ Kumano Nachi Taisha Seiganto-ji	~7	2~2.5	~390	~50
Yokogaki-toge trailhead (East) ~ Ushiroji bus stop	~10	3.5~5	~450	~380
Oroshi ~ Tori-toge Pass ~ Michi-no-Eki Kumano Itaya Kurobee-no-Sato	~12	4~5.5	~430	~490

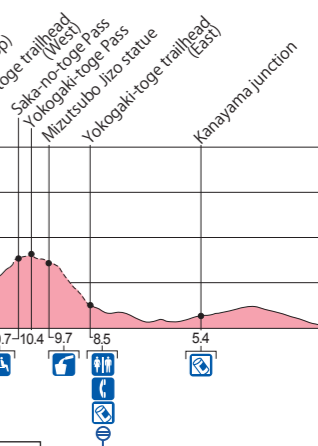
## Hongudo



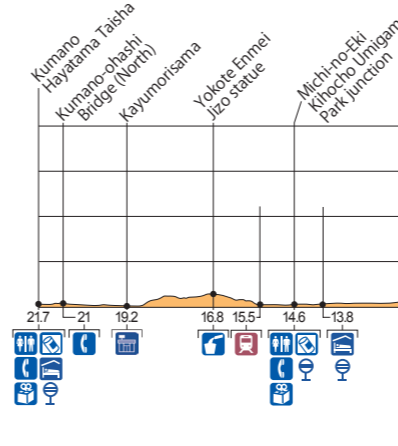
## Fuden-toge Pass



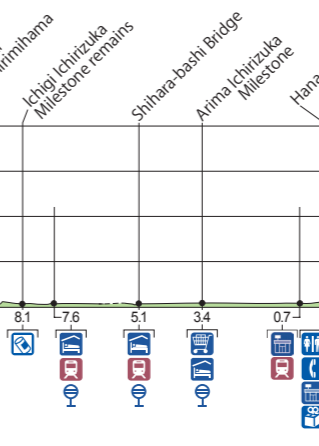
## Yokogaki-toge Pass



## Hamakaido (South)

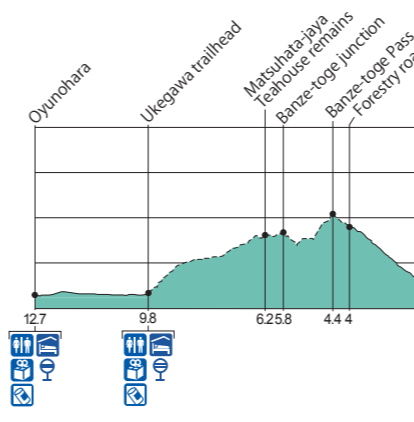


## Hamakaido (North)



	Distance (km)	Time (hr)	Total Elevation Gain (m)	Total Elevation Loss (m)
Hamakaido (North)	~11	3~4	~60	~20
Hamakaido (South)	~12	3~4	~120	~130
Kumano Nachi Taisha ~ Kumano Hayatama Taisha	~22	6~7.5	~620	~310
Yokogaki-toge Pass	~14	5~6	~450	~320
Fuden-toge Pass	~9	3~4	~310	~330
Hongudo	~14	3.5~4.5	~230	~340
Maruyama Senmaida	~10	3~4	~350	~360
Banze-toge Pass	~13	3.5~4.5	~480	~490

## Banze-toge Pass



## Kumano Nachi Taisha ~ Kumano Hayatama Taisha

