**Overview**

The Kumano Kodo is an ancient pilgrimage route dating back over 1000 years.

This itinerary consists of one shorter walk from Yunomine Onsen to Kumano Hongu Taisha, and 2 full day walks culminating with a view of Japan's tallest waterfall at Kumano Nachi Taisha.

Day 1:  **Train** from Kyoto to Kii-Tanabe (3 hrs)  
**Bus** from Kii-Tanabe to Yunomine Onsen (~1 hr, 45 min)  
**Walk** Yunomine Onsen to Hongu (~3.5 km, ~1.5 hrs)  
**Bus** from Hongu to Yunomine Onsen (~10 min)  
**Sleep** in Yunomine Onsen

Day 2:  **Bus** from Yunomine Onsen to Ukegawa (~10 min)  
**Walk** Ukegawa to Koguchi (~13 km, 4.5~6 hrs)  
**Sleep** in Koguchi

Day 3:  **Walk** Koguchi to Kumano Nachi Taisha (~14.5 km, 6~8 hrs)  
**Sleep** in Nachi

Day 4:  **Bus** from Nachisan to Kii-Katsuura station (~20 min)  
**Train** from Kii-Katsuura to next destination

**Length of trip:** 4 day, 3 nights  
**Start:** Kyoto/Osaka  
**Finish:** Katsuura  
**Overnight:** Yunomine Onsen, Koguchi, Nachi  
**Total Walking Distance:** ~31 km

**NOTE:** Double check transportation times before departure as timetables sometimes change.
Day 1

### TRAIN FROM KYOTO/OSAKA TO KII-TANABE (Kuroshio 3)

<table>
<thead>
<tr>
<th>Time</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:36</td>
<td>depart: Kyoto</td>
</tr>
<tr>
<td>9:03</td>
<td>depart: Shin-Osaka</td>
</tr>
<tr>
<td>11:11</td>
<td>arrive: Kii-Tanabe</td>
</tr>
</tbody>
</table>

**VISIT TANABE TOURIST INFORMATION CENTER**

_This information center is next to the Kii-Tanabe station to the left. There are maps (including area and Kumano Kodo maps, and bus timetables) and other useful information._

**LUNCH:** at restaurant nearby, or buy something at the bakery inside the station.

*Ask at the tourist information center for ideas.*

**BUS FROM KII-TANABE TO YUNOMINE ONSEN**

<table>
<thead>
<tr>
<th>Time</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:35</td>
<td>depart: Kii-Tanabe</td>
</tr>
<tr>
<td></td>
<td>station (bus stop 2)</td>
</tr>
<tr>
<td>14:13</td>
<td>arrive: Yunomine Onsen</td>
</tr>
</tbody>
</table>

**DROP OFF LUGGAGE AT ACCOMMODATION**

**VISIT YUNOMINE ONSEN**

_Yunomine Onsen is one of the oldest hot springs in Japan and directly connected with the Kumano Kodo. It is a quaint little collection of inns tucked into a small valley._

_Each accommodation has their own hot spring bath, and there is a special public bath called Tsuboyu. This bath was used by pilgrims past to purify themselves with the hot water. Tickets are sold at the booth next to the temple._
WALK KUMANO KODO - YUNOMINE ONSEN TO KUMANO HONGU TAISHA

~3.5 km, ~1.5 hr

Beginning your walk as soon as you can is recommended so that you can catch the bus back to Yunomine Onsen later in the afternoon in time for supper.

This is a very nice half day walk on the pilgrimage route. It goes through a mixture of ridge top settlements and forest trails. There are some good panoramic lookout spots along the trail.

VISIT KUMANO HONGU TAISHA & OYUNOHARA

Visit Kumano Hongu Taisha, one of the three Grand Shrines of Kumano. Be on the lookout for the Yatagarasu, three legged-crow, the symbol of Kumano.

An amulet with this sacred motif is a common souvenir for pilgrims.

Near the Heritage Center on the river bank is Oyunohara, the original shrine ground of the Kumano Hongu Taisha. It is marked by an immense Torii gateway, the biggest in Japan.

VISIT KUMANO HONGU HERITAGE CENTER

This information center is on the east side of route 311 across from the Kumano Hongu Taisha grand shrine.

It has detailed information and exhibits about the area in English.

BUS FROM HONGU TO YUNOMINE ONSEN

300 yen
**Day 2**

**BREAKFAST:** at ryokan

**LUGGAGE SHUTTLE**

*Leave luggage at front desk. It will arrive between 17:00~18:30.

**PICK UP LUNCH BOX AT ACCOMMODATION**

- Some accommodations offer lunch boxes.
- A local bento lunch box made by Minshuku Omuraya can also be pre-ordered and delivered to your accommodation in the morning.
- Another option is to buy your lunch at the Yamazaki Y-shop near the Ukegawa bus stop.

**BUS FROM YUNOMINE ONSEN TO UKEGAWA**

8:40 depart: Yunomine Onsen

8:53 arrive: Ukegawa

*The trailhead is a short way south from the Ukegawa bus stop.*

**On the way there is a store on the right hand side of the road "Yamazaki Y-shop Shimoji". It is open from 8:00~19:00 (closed Wednesdays).**

*You can buy drinks and snacks here for your walk.*
Day 3

WALK KUMANO KODO - KOGUMOTORI-GOE
~13 km, 4.5~6 hrs

Please refer to "KUMANO KODO, Kogumotori-goe (Hongu area to Koguchi)" route guide.

This is goes up an over a pass. There are pleasant sections of ridges walks in the forest, with some nice panoramic view points.

The Hyakken-gura viewpoint is often used as a lunch stop.

LUNCH: picnic lunch along the trail

NOTE: The Kogumotori-goe section can be skipped by taking a bus to Kanmaru, and then a bus to Koguchi.

OVERNIGHT IN KOGUCHI

SUPPER: at accommodation

BREAKFAST: at accommodation

LUGGAGE SHUTTLE

Leave luggage at front desk. It will arrive between 17:00~18:30.

PICK UP LUNCH BOX AT ACCOMMODATION

WALK KUMANO KODO - OGUMOTORI-GOE
~14.5 km, 6~8 hrs

Please refer to "KUMANO KODO, Ogumotori-goe (Koguchi to Nachisan)" route guide.
The Ogumotori-goe is the second day of a two day from the Hongu area to Kumano Nachi Taisha. It is one of the toughest sections of the Nakahechi section of the Kumano Kodo.

It is a climb and descent over a pass, and is mostly in the forested mountains.

LUNCH: picnic lunch along the trail

VISIT KUMANO NACHI TAISHA, SEIGANTO-JI, AND NACHI FALLS

Kumano Nachi Taisha is the third of the three grand shrines of Kumano, and Seiganto-ji is a Buddhist temple next it.

Nachi falls is 133 meters high, the tallest in Japan.

NOTE: The Ogumotori-goe section can be skipped by taking a bus to Shingu, a train/bus to Kii-Katsuura station, and then a bus to Nachisan.

OVERNIGHT IN NACHI

SUPPER: at accommodation
### Day 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>BREAKFAST:</strong> at accommodation</td>
<td></td>
<td><em>If you have an the energy join the morning early ceremony at Seiganto-ji before breakfast.</em></td>
</tr>
<tr>
<td></td>
<td><strong>BUS FROM NACHISAN TO KATSUURA</strong></td>
<td>620 yen</td>
<td><strong>Bus timetable 8</strong></td>
</tr>
<tr>
<td>7:58</td>
<td>depart: Nachi-no-Taki-mae</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:23</td>
<td>arrive: Kii-Katsuura station</td>
<td></td>
<td><em>The nearest bus stop is Nachi-no-Taki-mae, near the entrance to the waterfall. Walk down hill from Mitaki Sanso and you will see the bus stop on your left after a series of shops on your right.</em></td>
</tr>
<tr>
<td>8:54</td>
<td>depart: Kii-Katsuura</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:50</td>
<td>arrive: Shin-Osaka</td>
<td></td>
<td><em>There are many trains from Shin-Osaka to Kyoto.</em></td>
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