

ITINERARY

Kumano Kodo Trek, Takijiri to Kumano Hongu Taisha, Shingu, Nachi falls

Length of trip: 5 day, 4 nights

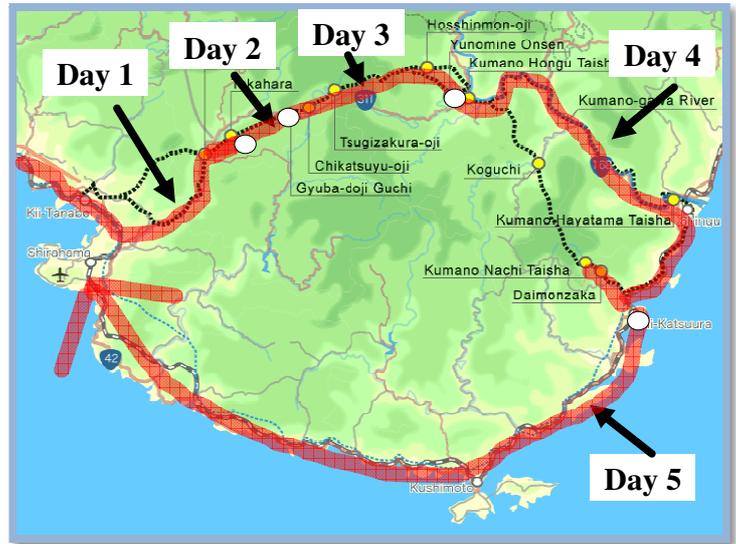
Start : Kyoto/Osaka

Finish : Katsuura

Overnight: Takahara, Chikatsuyu, Yunomine Onsen, Katsuura

Total Walking Distance: ~21 km

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



Overview

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

This itinerary consists of multi-day walks (some with moderate difficulty, some highlight walks) on the Nakahechi trail and visits the three grand shrines of Kumano, culminating with a view of Japan's tallest waterfall at Kumano Nachi Taisha.

- Day 1: **Train** from Kyoto/Osaka to Kii-Tanabe (3 hrs)
Bus from Kii-Tanabe to Takijiri (~40 min)
Walk Takijiri-oji to Takahara (3.7 km, ~2.5 hrs)
Sleep in Takahara
- Day 2: **Walk** Takahara to Chikatsuyu-oji (9 km, 5~6 hrs)
Sleep in Chikatsuyu
- Day 3: **Bus** from Chikatsuyu to Hongu (~30 min)
Bus from Hongu to Hosshinmon-oji (~15 min)
Walk Hosshinmon-oji to Kumano Hongu Taisha (~7 km, ~3 hrs)
Bus from Hongu to Yunomine Onsen (~20 min)
or **walk** (~3.5 km ~1.5 hrs)
Sleep in Yunomine Onsen
- Day 4: **Bus** from Hongu to Hitari (~30 min)
Boat tour to Shingu (~1 hr 30 min)
Bus/train from Shingu to Katsuura (~40 min or less)
Sleep in Katsuura
- Day 5: **Bus** from Kii-Katsuura Station to Daimon-zaka (~10 min)
Walk Daimon-zaka to Kumano Nachi Taisha (~1.5 km, ~1.5 hrs)
Bus from Nachisan to Kii-Katsuura (~20 min)
Train from Kii-Katsuura to Shin-Osaka (~3 hr, 50 min)

NOTE: The thumb nail images of maps on the right hand side of the page marked with the symbol ※ refer to the local area maps.

Please use these as a reference to which area maps to use during your trip.

CAUTION: In the case of extreme weather, please listen to the advice of locals, and take the bus instead of walking if need be.

Day 1

	TRAIN FROM KYOTO/OSAKA TO KII-TANABE (Kuroshio 3)
8:36	depart: Kyoto
9:03	depart: Shin-Osaka
11:11	arrive: Kii-Tanabe
	VISIT TANABE TOURIST INFORMATION CENTER TOUR ORIENTATION
	<i>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.</i>
	LUNCH: at restaurant nearby, or buy something at the bakery inside the station.
	<i>Ask at the tourist information center for ideas.</i>
	BUS FROM KII-TANABE TO TAKIJIRI
12:35	depart: Kii-Tanabe station
13:12	arrive: Takijiri
	LUGGAGE SHUTTLE
	<i>Please meet the luggage shuttle staff at the Kumano Kodo Pilgrimage Center. Do not leave them with the center staff, but rather hand them directly to the luggage shuttle service provider.</i>
	VISIT KUMANO KODO KAN PILGRIMAGE CENTER
	<i>The Kumano Kodo Pilgrimage Center has an overview of the pilgrimage route with exhibitions in English.</i> <i>It is located across the river from the Takijiri bus stop.</i>



960 yen

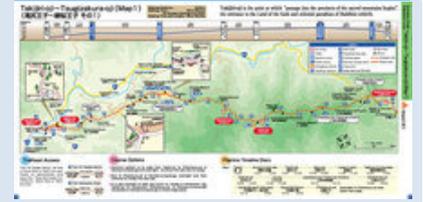
Bus timetable 1

MUST BE PREBOOKED



※Nakahechi West Area Map

	<p>WALK KUMANO KODO - TAKIJIRI-OJI TO TAKAHARA</p> <p>3.7 km, ~2.5 hr</p>
	<p><i>This is short but steep uphill walk from Takijiri (the sacred entrance to the Kumano mountains, and the ridge top village of Takahara.</i></p> <p><i>Please refer to the "KUMANO KODO, Takijiri-oji to Takahara Route guide for detailed information about the walk.</i></p>
	<p>VISIT TAKAHARA</p>
	<p><i>When you arrive at Takahara enjoy the view from the central parking area. From there the trail continues up a small sidewalk through the houses. It starts from the intersection behind (to the south) of the parking area.</i></p> <p><i>Follow this trail up a couple of minutes and you will come to a small trail which branches to the left. This is the trail to Kiri-no-Sato Takahara Lodge.</i></p>
	<p>OVERNIGHT IN TAKAHARA</p>
	<p>SUPPER: at accommodation (or other)</p>



※Kumano Kodo pilgrimage route map booklet page 4.



※Takahara map

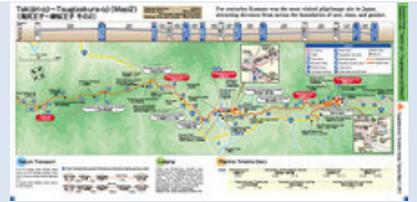
Day 2

	<p>BREAKFAST: at accommodation (or other)</p>
	<p>LUGGAGE SHUTTLE</p>
	<p><i>Leave luggage at front desk.</i></p>
	<p>PICK UP LUNCH BOX AT ACCOMMODATION</p>
	<p>WALK KUMANO KODO - TAKAHARA TO CHIKATSUYU-OJI</p> <p>9 km, 5~6 hr</p>

MUST BE PREBOOKED



	<p><i>This walk continues into the forested mountains east of Takahara climbing up and over ridges into the next watershed, descending into the village of Chikatsuyu.</i></p> <p><i>Please refer to the "KUMANO KODO, "Takahara to Chikatsuyu-oji" route guide for detailed information about the walk.</i></p>
	LUNCH: at picnic lunch along the way
	VISIT CHIKATSUYU VILLAGE
	<p><i>Chikatsuyu is a small village along the Hiki-gawa River.</i></p> <p><i>Over 900 years ago, during the peak of the imperial pilgrimages to Kumano, parties of up to 300 people would be accommodated in the area. They performed cold-water purification rites in the river before worshipping. The buried remains of 13th-century religious artifacts were discovered close by, and until 1906 a large pavilion was located at Chikatsuyu-oji. It was dismantled because of an imperial edict to merge shrines.</i></p>
	OVERNIGHT IN CHIKATSUYU
	SUPPER: at accommodation



※Kumano Kodo pilgrimage route map booklet page 4,5,6.



※Chikatsuyu map

Day 3

	BREAKFAST: at accommodation
	LUGGAGE SHUTTLE
	<i>Leave luggage at front desk.</i>
	PICK UP LUNCH BOX AT ACCOMMODATION
	BUS FROM CHIKATSUYU-OJI TO HONGU (Meiko bus)
9:05	depart: Nakahechi art museum
9:35	arrive: Hongu Taisha-mae
	<i>This is an express bus and does not stop at the Chikatsuyu-oji bus stop. The Nakahechi art museum is just south from the Chikatsuyu-oji at the entrance to the large public parking lot.</i>

MUST BE PREBOOKED

1,070 yen

Bus timetable 1

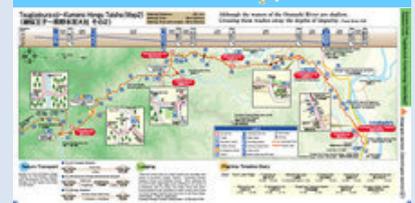
	VISIT KUMANO HONGU HERITAGE CENTER
	<p><i>This information center is on the east side route 311 across from the Kumano Hongu Taisha grand shrine.</i></p> <p><i>It has detailed information and exhibits about the area in English.</i></p>
	BUS FROM HONGU TO HOSSHINMON-OJI
10:10	depart: Hongu Taisha-mae
10:25	arrive: Hosshinmon-oji
	<i>The bus stop for Hosshinmon-oji is on the west side of route 311, across the street from the Kumano Hongu Heritage Center.</i>
	<p>WALK KUMANO KODO - HOSSHINMON-OJI TO KUMANO HONGU TAISHA</p> <p>7 km, ~3 hr</p> <p>Please refer to "KUMANO KODO, Hosshinmon-oji to Kumano Hongu Taisha" route guide.</p>
	<p><i>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.</i></p> <p><i>Please refer to "KUMANO KODO, Hosshinmon-oji to Kumano Hongu Taisha" route guide.</i></p>
	LUNCH: picnic lunch along the trail
	VISIT KUMANO HONGU TAISHA & OYUNOHARA



※Hongu map

460 yen

Bus timetable 1



※Kumano Kodo pilgrimage route map booklet page 11.

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.



OPTION ONE - Bus

	BUS FROM HONGU TO YUNOMINE ONSEN
15:05	depart: Hongu Taisha-mae
15:26	arrive: Yunomine Onsen
	or
16:58	depart: Hongu Taisha-mae
17:09	arrive: Yunomine Onsen
	<i>Hongu Taisha-mae bus stop for Yunomine Onsen is located in front of the Kumano Hongu Heritage Center.</i>

300 yen

Bus timetable 11

Bus timetable 11

OPTION TWO - Walk

 WALK KUMANO KODO - DAINICHI-GOE HONGU TO YUNOMINE ONSEN

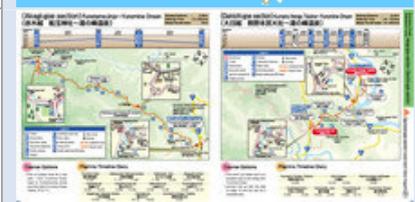
~3.5 km, ~1.5 hr

Please refer to "KUMANO KODO, Dainichi-goe" route guide.



This is short but steep trail up and over a mountain. It begins from the south end of the Hongu town site.

It descends into the center of Yunomine Onsen village. You know you are getting close if you can smell the sulfur rising up through the forest.



※Kumano Kodo pilgrimage route map booklet page 13.

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.



※Yunomine Onsen map

	<i>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.</i>
	OVERNIGHT IN YUNOMINE ONSEN
	SUPPER: at accommodation



Day 4

	BREAKFAST: at accommodation
	LUGGAGE SHUTTLE
	<i>Leave luggage at front desk. It will arrive between 17:00~18:30.</i>
	BUS FROM YUNOMINE ONSEN TO HITARI
8:50	depart: Yunomine Onsen
9:23	arrive: Hitari
	TRADITIONAL BOAT TOUR
10:00~ 11:30	<i>Historically pilgrimage travelled by boat between Kumano Hongu Taisha and Kumano Hayatama Taisha. These tours follows the same route in flat bottom wooden boats. This is an excellent way to view the spiritual landscape from the river like pilgrims past.</i> <i>The boat tour finishes at Kumano Hayatama Taisha</i>
	VISIT KUMANO HAYATAMA TAISHA
	<i>Kumano Hayatama Taisha is the second of the three Kumano grand shrines.</i>

MUST BE PREBOOKED

920 yen

Bus timetable 4



	<p>LUNCH: on own, possibly at a restaurant in Shingu</p>	 <p>※Shingu map</p>
<p>Option</p>	<p>VISIT KAMIKURA-JINJA & GOTOBIKI-IWA</p>	
	<p><i>This is a small shrine located next to a giant rock on the side of Mt. Gongen overlooking Shingu city. There is a steep stone staircase leading up to the clearing.</i></p> <p><i>This is where the Kumano deities originally descended, and the natural object of worship of the Kumano Hayatama Taisha.</i></p>	
	<p>BUS FROM SHINGU TO KATSUURA</p>	<p>620 yen</p>
<p>15:00</p>	<p>depart: Shingu station</p>	<p>Bus timetable 12</p>
<p>15:36</p>	<p>arrive: Kii-Katsuura station</p>	
<p>OR</p>		
	<p>TRAIN FROM SHINGU TO KATSUURA</p>	<p>240 yen</p>
<p>15:25</p>	<p>depart: Shingu station</p>	
<p>15:48</p>	<p>arrive: Kii-Katsuura station</p>	
	<p>VISIT KATSUURA</p> <p><i>Katsuura is a fishing port on the Pacific coast, with one of the largest tuna markets in Japan, making the seafood is world-class.</i></p> <p><i>This is also a hot spring area, with famous mineral waters.</i></p>	 <p>※ Katsuura map</p>
	<p>OVERNIGHT IN KATSUURA</p>	
	<p>SUPPER: at accommodation (or other)</p>	

Day 5

	<p>BREAKFAST: at accommodation</p>	
	<p>Option: Visit the fish market. Katsuura is famous for its tuna</p>	

	<i>market which runs early morning at the port. This is a commercial market so please be courteous and abide by all rules. Variably closed.</i>
	LEAVE LUGGAGE IN COIN-LOCKER AT KII-KATSUURA STATION
	BUS FROM KII-KATSUURA STATION TO DAIMON-ZAKA TRAILHEAD
8:25	depart: Kii-Katsuura station
8:44	arrive: Daimonzaka Chushajo-mae
	WALK KUMANO KODO - DAIMON-ZAKA 1.5 km, ~1 hr
	<i>Daimon-zaka is picturesque stone staircase with giant trees lining the way.</i>
	VISIT KUMANO NACHI TAISHA, SEIGANTO-JI, AND NACHI FALLS
	<i>Kumano Nachi Taisha is the third of the three grand shrines of Kumano. Seiganto-ji temple is next to the shrine and is the oldest building in the area, being reconstructed in 1590.</i> <i>Nachi falls is 133 meters high, the tallest in Japan. You can walk to the base of the falls down a stone staircase.</i>
	BUS FROM NACHISAN TO KATSUURA
11:46	depart: Nachi-no-Taki-mae
12:10	arrive: Kii-Katsuura station
	<i>The nearest bus stop is Nachi-no-Taki-mae at the entrance to the waterfall.</i>
	LUNCH: on own, at restaurant in Kii-Katsuura.
	TRAIN FROM KII-KATSUURA TO SHIN-OSAKA (Kuroshio 22)
13:01	depart: Kii-Katsuura
16:50	arrive: Shin-Osaka

420 yen

Bus timetable 8



※Nachi map



620 yen

Bus timetable 8