

# ITINERARY

## Kumano Kodo Trek, Takijiri-oji to Kumano Nachi Taisha

**Length of trip:** 4 day, 3 nights

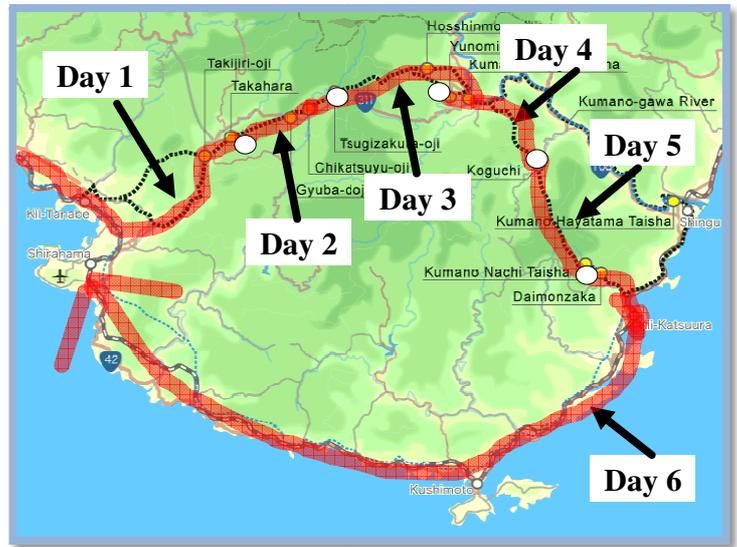
**Start :** Kyoto/Osaka

**Finish :** Katsuura

**Overnight:** Takahara, Nonaka, Yunomine Onsen, Koguchi, Nachi

**Total Walking Distance:** ~70 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 4 and half days walk from Takijiri-oji to Kumano Nachi Taisha. It is a classic walk following in the footsteps of ancient pilgrims.

- Day 1: **Train** from Kyoto to Kii-Tanabe (3 hrs)  
**Bus** from Kii-Tanabe to Takijiri (~40 min)  
**Walk** from Takijiri-oji to Takahara (3.7 km, ~2.5 hrs)  
**Bus** from Hongu to Yunomine Onsen (~10 min)  
**Sleep** in Takahara
- Day 2: **Walk** from Takahara to Tsugizakura-oji (~14 km, 6~7 hrs)  
**Sleep** in Nonaka area
- Day 3: **Walk** from Takahara to Tsugizakura-oji (~14 km, 6~7 hrs)  
**Walk** Tsugizakura-oji to Kumano Hongu Taisha (21 km, 7~8 hrs)  
**Bus** from Hongu to Yunomine Onsen (~10 min)  
**Sleep** in Yunomine Onsen
- Day 4: **Bus** from Yunomine Onsen to Ukegawa (~10 min)  
**Walk** Ukegawa to Koguchi (~13 km, 4.5~6 hrs)  
**Sleep** in Koguchi
- Day 5: **Walk** Koguchi to Kumano Nachi Taisha (~14.5 km, 6~8 hrs)  
**Sleep** in Nachi
- Day 6: **Bus** from Nachisan to Kii-Katsuura station (~20 min)  
**Train** from Kii-Katsuura to next destination

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 SHIN-OSAKA TO KII-TANABE (Kuroshio 3)
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, or buy something to go. The bakery inside the train station is convenient place to buy something.  <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>  <i>The staff meets guests at a specific time, so please make sure to arrive on the bus chosen in advance when booking.</i>
	VISIT KUMANO KODO KAN PILGRIMAGE CENTER



960 yen

Bus timetable 1

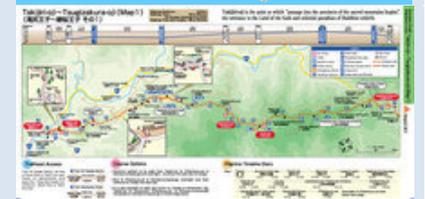
**MUST BE PREBOOKED**



	<p><i>The Kumano Kodo Pilgrimage Center has an overview of the pilgrimage route with exhibitions in English.</i></p> <p><i>It is located across the river from the Takijiri bus stop.</i></p>
	<p><b>WALK KUMANO KODO - TAKIJIRI-OJI TO TAKAHARA</b></p> <p>3.7 km, ~2.5 hr</p> <p>Please refer to the "KUMANO KODO, Takijiri-oji to Takahara Route guide for detailed information about the walk.</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><b>VISIT TAKAHARA</b></p>
	<p><i>When you arrive at <b>Takahara</b> 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><b>OVERNIGHT IN TAKAHARA</b></p>
	<p><b>SUPPER:</b> at accommodation</p>



※ Nakahechi West Area Map



※ Kumano Kodo pilgrimage route map booklet page 4.



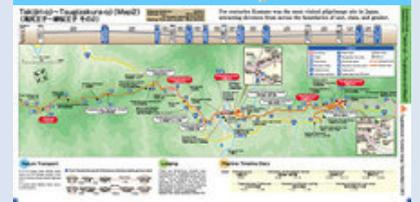
※ Takahara map

## Day 2

	<p><b>BREAKFAST:</b> at accommodation</p>
	<p><b>LUGGAGE SHUTTLE</b></p>

**MUST BE PREBOOKED**

	<i>Leave luggage at front desk.</i>
	PICK UP LUNCH BOX AT ACCOMMODATION
	<p>WALK KUMANO KODO - TAKAHARA TO TSUGIZAKURA-OJI</p> <p>14 km, 6~7 hr</p> <p>Please refer to the "KUMANO KODO, "Takahara to Tsugizakura-oji" route guide for detailed information about the walk.</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>
	LUNCH: at picnic lunch along the way
	OVERNIGHT IN NONAKA AREA
	SUPPER: at accommodation



※ Kumano Kodo pilgrimage route map booklet page 4,5,6,7.



※ Nakahechi East Area map

### Day 3

	BREAKFAST: at accommodation
	LUGGAGE SHUTTLE
	<i>Leave luggage at front desk.</i>
	PICK UP LUNCH BOX AT ACCOMMODATION
	OPTION ONE - Long Walk

MUST BE PREBOOKED

	<p><b>WALK KUMANO KODO FROM TSUGIZAKURA-OJI TO KUMANO HONGU TAISHA</b></p> <p>21 km, 7~8 hrs</p> <p>Please refer to the "KUMANO KODO, " Tsugizakura-oji to Kumano Hongu Taisha" route guide for detailed information about the walk.</p>
	<p><i>This is a challenging full day walk with many climbs and descents, finishing at the Kumano Hongu Taisha.</i></p>



※Kumano Kodo pilgrimage route map booklet page 8,9,10,11.



Please note that there is a detour in place just after number marker 43.

This is because of damage to the route from a typhoon in September 2011.

The detour is well marked.

<p><b>OPTION TWO -Short Walk</b></p>	
	<p><b>WALK (~25 min) or SHUTTLE (by accommodation) TO NONAKA-NO-IPPOSUGU BUS STOP</b></p>
	<p><b>BUS FROM NONAKA-NO-IPPOSUGU BUS STOP TO HONGU</b></p>
<p>9:10</p>	<p>depart: Nonaka-no-Ipposugi</p>
<p>9:35</p>	<p>arrive: Hongu Taisha-mae</p>
<p><i>The Nonaka-no-Ipposugi bus stop is located on route 311.</i></p>	
<p><b>VISIT KUMANO HONGU HERITAGE CENTER</b></p>	

970 yen

Bus timetable 1



*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.*



※Hongu map

 BUS FROM HONGU TO HOSSHINMON-OJI

460 yen

10:10 depart: Hongu Taisha-mae

Bus timetable 1

10:25 arrive: Hosshinmon-oji

*The bus stop for Hosshinmon-oji is on the west side of route 311, across the street from the Kumano Hongu Heritage Center.*

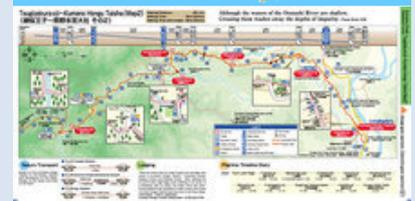
 WALK KUMANO KODO - HOSSHINMON-OJI TO KUMANO HONGU TAISHA

7 km, ~3 hr



※Kumano Kodo pilgrimage route map booklet page 11.

*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.*



 LUNCH: picnic lunch 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*



	<i>by an immense <b>Torii</b> gateway, the biggest in Japan.</i>
	<b>BUS FROM HONGU TO YUNOMINE ONSEN</b>
15:25	depart: Hongu Taisha-mae
15:46	arrive: Yunomine Onsen
	or
16:45	depart: Hongu Taisha-mae
17:06	arrive: Yunomine Onsen
	<i>Hongu Taisha-mae bus stop is located in front of the Kumano Hongu Heritage Center. There are other busses, please refer to bus timetable for more options.</i>
	<b>VISIT YUNOMINE ONSEN</b>
	<i>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.</i>
	<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>
	<b>OVERNIGHT IN YUNOMINE ONSEN</b>
	<b>SUPPER:</b> at accommodation

300 yen

Bus timetable 11

Bus timetable 11



※ Yunomine Onsen map



## Day 4

	<b>BREAKFAST:</b> at accommodation
	<b>LUGGAGE SHUTTLE</b>
	<i>Leave luggage at front desk. It will arrive between 17:00~18:30.</i>
	<b>PICK UP LUNCH BOX AT ACCOMMODATION</b>

**MUST BE PRE-BOOKED**

- 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**

330 yen

8:50

depart: Yunomine Onsen

Bus timetable 4

9:03

arrive: Ukegawa

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



※Hongu Area map

*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 Tuesdays).*

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



**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.*



※Kumano Kodo pilgrimage route map booklet page 17,16.



**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.*

Bus timetable 5



**OVERNIGHT IN KOGUCHI**



SUPPER: at accommodation

## Day 5



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.*



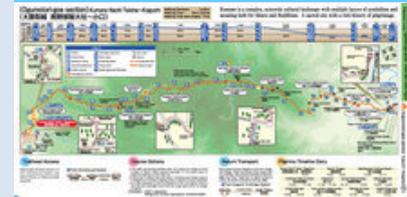
LUNCH: picnic lunch along the trail

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.*

MUST BE PRE-BOOKED



※Kumano Kodo pilgrimage route map booklet page 15,14.



※Nachi map



	<i>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.</i>	Bus timetable 5 Bus timetable 12 Bus timetable 8
	OVERNIGHT IN NACHI	
	SUPPER: at accommodation	

## Day 6

	BREAKFAST: at accommodation	
	<i>If you have an the energy join the morning early ceremony at Seiganto-ji before breakfast.</i>	
	BUS FROM NACHISAN TO KATSUURA	620 yen
7:58	depart: Nachi-no-Taki-mae	Bus timetable 8
8:23	arrive: Kii-Katsuura station	
	<i>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.</i>	
	TRAIN FROM KII-KATSUURA TO SHIN-OSAKA (Kuroshio 14)	
8:54	depart: Kii-Katsuura	
12:50	arrive: Shin-Osaka	
	<i>There are many trains from Shin-Osaka to Kyoto.</i>	