

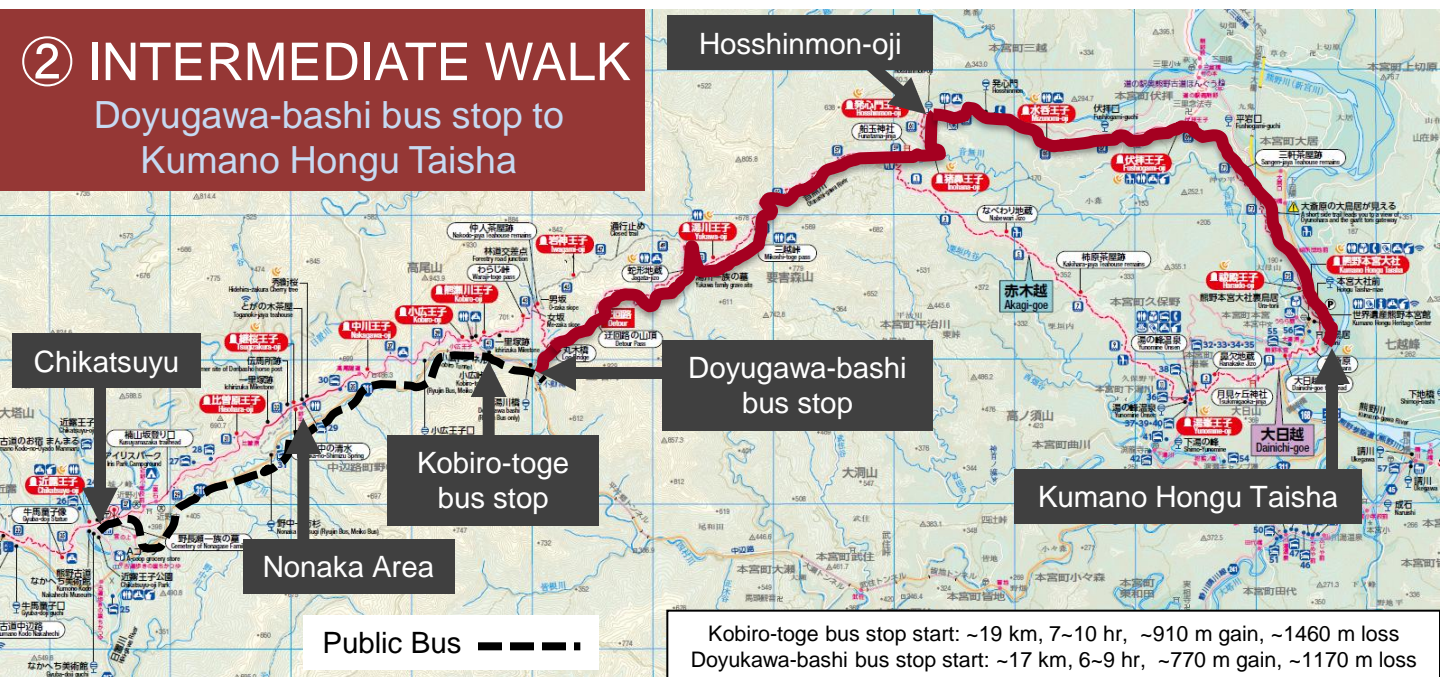
① FULL WALK

Chikatsuyu/Nonaka Area to Kumano Hongu Taisha



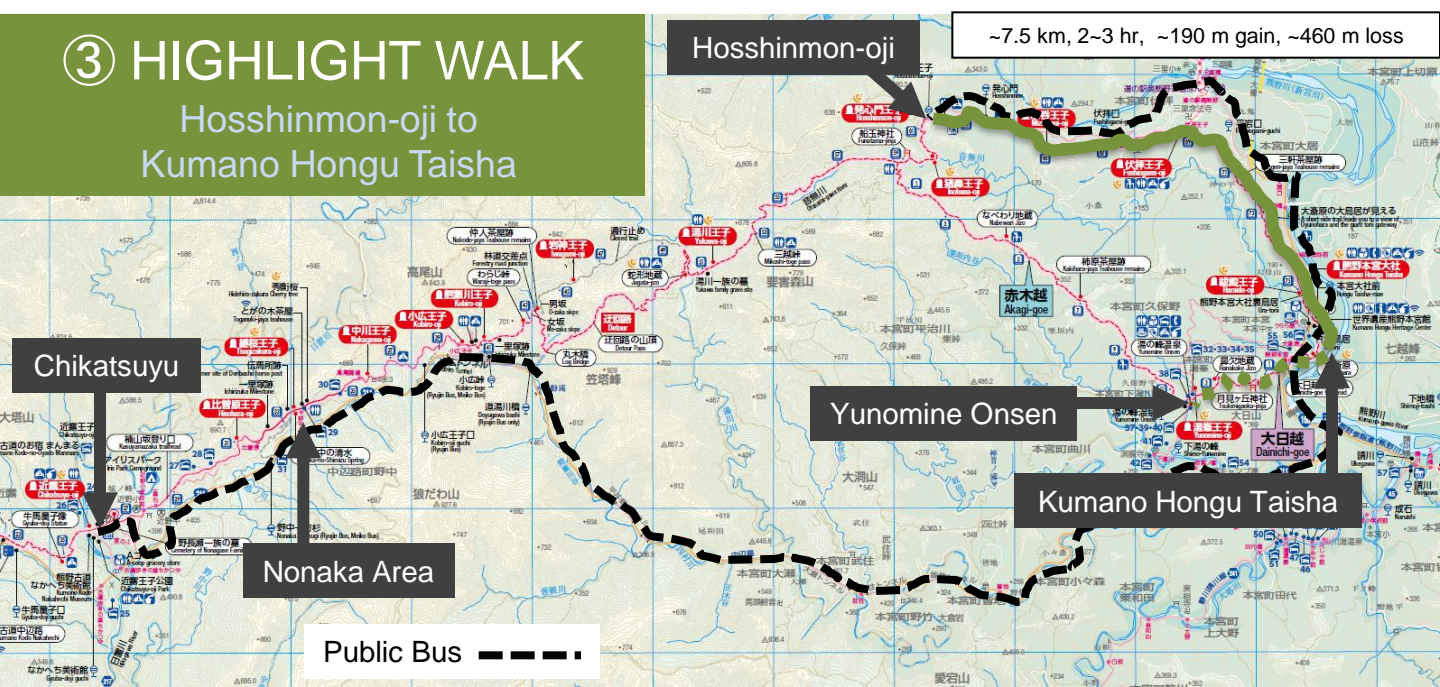
② INTERMEDIATE WALK

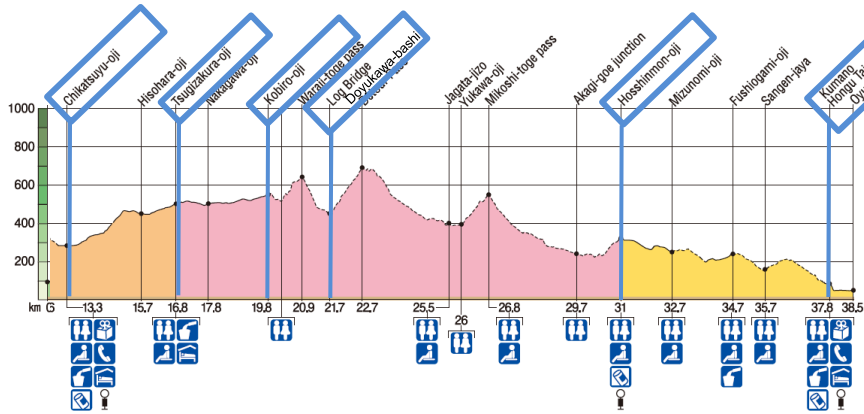
Doyugawa-bashi bus stop to Kumano Hongu Taisha



③ HIGHLIGHT WALK

Hosshinmon-oji to Kumano Hongu Taisha





① Chikatsuyu-oji to Kumano Hongu Taisha

~25 km, 9~12 hr, ~1210 m gain, ~1470 m loss

① Nonaka Area to Kumano Hongu Taisha

~21.5 km, 8~11 hr, ~960m gain, ~1440 m loss

② Kobi-ro-toge bus stop to Kumano Hongu Taisha

~19 km, 7~10 hr, ~910 m gain, ~1460 m loss

② Doyukawa-bashi bus stop to Kumano Hongu Taisha

~17 km, 6~9 hr, ~770 m gain, ~1170 m loss

③ Hosshinmon-oji to Kumano Hongu Taisha

~7.5 km, 2~3 hr, ~190 m gain, ~460 m loss

③ Kumano Hongu Taisha to Yunomine Onsen

~2 km, 1~2 hr, ~250 m gain, ~190 m loss

Bus Timetable

	R 81	M 91	R 81
Nakahechi Bijutsukan (Nakahechi Museum)	7:22	9:42	
Chikatsuyu-oji	7:23	X	
Nonaka Ipposugi	7:29	9:47	
Kobi-ro Toge	7:33	9:51	
Doyukawa-bashi	7:33	X	
Hongu Taisha-mae	8:20	10:12	10:30
Hosshinmon-oji	8:37	X	10:45

R = Ryujin Bus

M = Meiko Bus (express bus, does not stop at all bus stops)

For the **Intermediate Walk** the early departure is recommended.

For the **Highlight Walk** the later departure is recommended.
(NOTE: transfer at Hongu Taisha-mae)



OPTIONAL WALKS

Chikatsuyu/Nonaka to Kumano Hongu Taisha

① FULL WALK

- Covers the entire route from the Chikatsuyu or Nonaka area.
- Mostly on paved road until Kobi-ro-oji.
- Some views of mountains.
- Small collection of homes.
- Tsugizakura-oji with large trees.
- NOTE: Very long day only recommended for very fit walkers and requires early start. Not much time to see Kumano Hongu Taisha. Many people choose to shorten the walk with the Intermediate or highlight walk options.

② INTERMEDIATE WALK

- Skip paved road section at beginning of walk. Start walk directly in mountains.
- Shorter than full walk but still a full day walk.
- Bus connection from Chikatsuyu-oji and Nonaka Ipposugi bus stop Doyukawa-bashi bus stop.
- Doyukawa-bashi bus stop is near start of detour pass.
- Some accommodations in Chikatsuyu and Nonaka area offer rides to Doyukawa-bashi bus stop.
- Allows for better opportunity to visit Kumano Hongu Taisha at end of walk.

③ HIGHLIGHT WALK

- Bus connection from Chikatsuyu-oji and Nonaka Ipposugi bus stop to Hosshinmon-oji bus stop.
- More time for very nice section from Hosshinmon-oji to Kumano Hongu Taisha.
- Allow time for leisurely pace walk and visiting time to Kumano Hongu Taisha, Kumano Hongu Heritage Center, and Oyunohara.
- Still get nice views of settlements and mountain views. Good diversity in shorter distance.
- Can check into accommodation earlier to enjoy hot spring baths in staying in an Onsen area.
- NOTE: Option to extend walk on Dainichi-goe to Yunomine Onsen. Good option for those staying in Yunomine Onsen.