

World Heritage

Kumano Kodo Iseji Route

English
Take free

熊野古道 伊勢路

*—Pilgrimage to Holy Sanctuaries
through the Paths of Prayer*

Mie Prefecture



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TOGETHER, SPECIAL FOR VISITORS

World Heritage

Sacred Sites and Pilgrimage Routes in the Kii Mountain Range



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※Note: not all the passes, paths, etc. shown here are registered as UNESCO World Heritage sites.

There are three sacred sites, namely the “Kumano Sanzan (Three Grand Shrines of Kumano),” “Koyasan” and “Yoshino and Omine,” in the Kii Mountain Range located roughly in the center of Japan, and different types of religion, such as Shinto based on nature worship, Buddhism introduced from China and developed in a unique way in Japan and Shugendo spread as a mixture of Shinto and Buddhism, have been fostered there.

In July 2004, the three sacred sites and the pilgrimage routes connecting them as well as their traditional cultures developed in harmony between nature and human beings over time were finally recognized by UNESCO as shared properties of all humankind and registered on its World Heritage List as “Sacred Sites and Pilgrimage Routes in the Kii Mountain Range.”



“Kumano Kodo” as the Paths of Prayer that lead to Kumano Sanzan

Kumano Sanzan, which is known as one of the sacred sites in the Kii Mountain Range, consists of three grand shrines of Kumano, namely “Kumano Hongu-taisha Shrine,” “Kumano Hayatama-taisha Shrine” and “Kumano Nachi-taisha Shrine.” The origins of those shrines have something to do with nature worship respectively, but they came to enshrine the same deities called “Kumano Sansho Gongen,” which have been widely venerated by the public.

Since ancient times, many people have made a pilgrimage to Kumano Sanzan from all over Japan, and the major pilgrimage routes, such as the “Nakahechi Route” from Tanabe to those shrines (through mountains), the “Ohechi Route” along the coast, the “Kohechi Route” connecting Koyasan and those shrines and the “Iseji Route” from Ise-jingu Shrine to those shrines, have been gradually formed as a result. The pilgrimage routes connecting those shrines and many different places are generally known as the “Kumano Kodo.”

“Kumano Kodo Iseji Route” as the Path to Connect the Two Major Sacred Sites

The “Kumano Kodo Iseji Route” is the path to connect Kumano Sanzan (Three Grand Shrines of Kumano) and Ise-jingu Shrine that is a very special sacred site for Japanese people. As the old proverb “Seven times to Ise, three times to Kumano” says, people in the Edo Period (1603 to 1868) generally had a strong desire to visit them in their lifetime.

It is said that pilgrims in pilgrimage costume crossed a lot of steep mountains to get to Kumano to give a prayer to the deities enshrined there after they had visited Ise-jingu Shrine. Today, you can still enjoy the traditional landscapes and feel the rich history and culture of each area along the “Kumano Kodo Iseji Route.”



Kumano Hongu-taisha Shrine



Kumano Hayatama-taisha Shrine



Kumano Nachi-taisha Shrine

Magose-toge Pass

Location: Kihoku Town and Owase City, Mie Prefecture

Walking route: approx. 7 km (approx. 3 hours on foot)



The Magose-toge Pass is a very popular site on the Iseji Route since it is relatively easy to cross. Its stone-paved path and forest of hinoki (Japanese cypress) are definitely worth seeing because they are said to be the most beautiful part of the Kumano Kodo.

Must-See Sites



1 Yonaki Jizo

"Jizo" is a guardian deity of children. The statue of Jizo enshrined here is believed to have mystical power to prevent children from crying at night.



2 Stone-paved path

The path here is paved with heavy natural stones as if they were lying over one another.



3 Magose-fudosen

This small temple, which enshrines the Buddhist deity "Fudo Myo-o" and the founder of Shugendo "En-no-Gyoja," is situated right by a beautiful waterfall with a height of about 20 meters.



Forest of Owase Hinoki (one of the Three Most Beautiful Artificial Forests in Japan)

The forest of Owase Hinoki (Japanese cypress in Owase) looks magical with a thick bunch of tall dark-green trees and sunlight filtering through their leaves.

Scenic Sites



A Mt. Tengurasan (30 minutes from the Magose-toge Pass)

Climbing the ladder on the top of the mountain, you can fully enjoy a panoramic view of Owase City and the mountains around.



B Mt. Binshiyama (120 minutes from the Magose-toge Pass)

You can fully enjoy fantastic scenery from the huge rock that is located on the top of the mountain and looks like the back of an elephant!

Tourist Sites Around



Choshi River and Uotobikei Ravine

The Choshi River is a river with remarkably clear water. The Uotobikei Ravine, which has a natural stone slide with a height of 3 meters, is located upstream of the river.



Camp inn Miyama

Camp inn Miyama is a camping site situated along the Choshi River. You can enjoy a barbecue, play at the riverside and refresh yourself in the middle of nature!



Owase Fish Market "Ototo"

This fish market sells fresh fish at reasonable prices! You can see different types of fish from day to day. There are also a restaurant and a local product booth in the market.

Matsumoto-toge Pass

Location: Kumano City, Mie Prefecture

Walking route: approx. 5 km (approx. 2 hours on foot)



It is easy even for beginners of mountain climbing to cross the Matsumoto-toge Pass since it is located at a relatively low altitude. You can surely enjoy walking along the pass with a beautiful stone-paved path surrounded by bamboo forest.

Must-See Sites



1 Stone-paved path Constructed in the Edo Period

This stair-like stone-paved path was constructed back in the Edo Period (1603 to 1868), and its sides are reinforced with well-built stone walls.



2 Jizo of the Matsumoto-toge Pass

According to legend, this statue of Jizo, a guardian deity of children, was wrongly shot by a sharp shooter because he mistook it for a specter. You can still see a scar in the lower left part of the statue.



3 Shishiiwa

The Shishiiwa (literally "Lion Rock") is a huge uniquely-shaped rock with a height of 25 meters. It looks like a lion roaring at the Kumano Sea.



4 Hana-no-Iwaya Shrine

Hana-no-Iwaya Shrine is the tomb of Izanami-no-Mikoto known as the mother of Japanese deities. It is also said to be the oldest Shinto shrine in Japan.

Tourist Sites Around

Kinan Tour Design Center

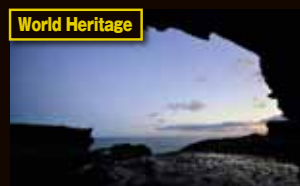
Tourists can take a rest free of charge at this center. It also plans courses and tours to provide them with an opportunity to feel the nature and culture of this area.



Otsuna Chaya

Otsuna Chaya is a shopping and restaurant complex that offers Hana-no-Iwaya-related products as well as delicious local specialties. You can also visit the Hana-no-Iwaya shrine Museum located on the same site.

Scenic Sites



A Oniga-jo

Oniga-jo (literally "Demon's Castle"), which extends for a distance of about 1.2 kilometers along the coast, consists of uniquely-shaped rocks created by wave erosion and rapid ground uplift.



B Oni-no-Miharashidai Lookout

It takes about 35 minutes from the Matsumoto-toge Pass to this lookout, where you can fully enjoy a panoramic view of the Kumano Sea for refreshment.

Other Must-See Sites on the Kumano Kodo Iseji Route

Besides the Magose-toge and Matsumoto-toge Passes, there are also many other recommended sites on the Kumano Kodo Iseji Route. Please be sure to visit them as well.



Kumano River and Sandanbo
(Course ② on page 2)

The Kumano River has been registered on the UNESCO World Heritage List as a pilgrimage route through water. Sandanbo sail elegantly on the river before the wind. You can definitely have a very comfortable time enjoying the magnificent scenery around the river.



Crossing Mt. Yakiyama
(Course ⑧ on page 2)

It used to be said that Mt. Yakiyama was the hardest place to cross in western Japan. This mountain has a lot of steep slopes, but is blessed with a beautiful stone-paved path, many historic sites and gorgeous scenery.



Tsuzurato-toge Pass
(Course ④ on page 2)

"Tsuzurato" means a zigzag course. As indicated by the name, the Tsuzurato-toge Pass with a well-preserved stone-paved path reinforced with sturdy stone walls has a number of consecutive curves.

— Information to Support Your Trip —



Multilingual audio guide (English, Chinese, Taiwanese, Korean and French)
Kumano Kodo Center has prepared a multilingual audio guide for use within the center.

As a Base for Your Trip Mie Prefecture Kumano Kodo Center



Mie Prefecture Kumano Kodo Center provides a lot of useful information to help you learn more about the Kumano Kodo. The building of the center, which was constructed using 6,549 trees of Owase Hinoki (Japanese cypress in Owase), has an air of elegance and dignity and gives visitors a deep impression because of its beautiful grain. It exhibits objects and documents related to the history, nature and culture of the Kumano Kodo and its surroundings. Besides, it also plays the role of a communication and learning site for visitors to the Kumano Kodo as well as local residents of this area.

Address 12-4 Mukai, Owase City, Mie Prefecture, 519-3625, Japan

Contact information 0597-25-2666

Access

Approx. 12 minutes from "Owase-Eki (Owase Station)" Bus Stop by Fureai Bus for "Kii-Matsumoto" or approx. 8 minutes from the "Owase-Eki-Guchi" bus stop by Mie Kotsu Nanki Expressway Bus for "Kumano Kodo Center"
Note: please get off at "Kumano-Kodo-Center-Mae (Kumano Kodo Center)" Bus Stop.

URL <http://www.kumanokodocenter.com/index.html>



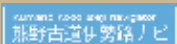
Located next to Kumano Kodo Center

Yume Kodo Owase

Yume Kodo Owase is a shopping and restaurant complex with a restaurant serving buffet lunches made by local mothers and a kominka (traditional house) cafe. Besides, it also has souvenir shop as well as very unusual bathing facilities using deep-sea water. Please be sure to visit it to heal your body if you are tired after crossing a pass on foot.



Kumano Kodo Iseji Navigator



You can gain information on the Kumano Kodo Routes as well as other tourist sites using Google Maps.

URL <http://www.kodo.pref.mie.lg.jp/navi/index.html>

Mie Travel Guide

Please visit the following website for detailed information on accommodation, etc.

URL <http://www.kankomie.or.jp/>

Attractive Foods to Make Your Trip More Enjoyable

The area around the Kumano Kodo is filled with attractiveness thanks to its great nature, delicious foods, traditional craft products, onsen (hot springs), etc.



Bowl of rice topped with fresh Seafood

This area is famous for its fishing industry since it is blessed with fertile fishing grounds because of the Kuroshio Current! A wide variety of fish are caught and landed. Rice bowls topped with sliced fresh raw fish come highly recommended.



Owase Wappa

This handmade wooden box, which is made of high-quality Owase Hinoki (Japanese cypress in Owase), is a traditional lacquered product to represent this area. It is best used as a lunch box.



Mandarin Oranges

In this area, you can enjoy different types of mandarin oranges throughout the year. The oranges grown here taste incredibly sweet because of the mild weather and sea breezes of the area.



Kumano Chicken

Kumano Chickens are raised very carefully in the great nature of Kumano. Their meat is moderately tough and rich in flavor.



Onsen

Onsen (hot springs) can heal your body if you are tired after crossing a pass on foot. You can enjoy different health benefits since the nature of water differs depending on the onsen resort.



Himono(Dried Fish)

Fresh fish are dried to be sold as processed food. They become richer in taste and more non-perishable after they are dried.



Mehari Sushi

Mehari sushi is a large rice ball rolled in lightly-pickled takana leaves. It is generally believed that the origin of its name can be traced back to a Japanese word meaning "eye-opening." That means people cannot help but open their eyes wide because they are very surprised by its size and fine flavor.



Sanma Sushi(Saury Sushi)

Sanma sushi consists of lightly-pressed pieces of sushi rice topped with saury slices pickled with salt. This sushi is very easy to eat because of its firm-textured and odorless saury slices.



Kiho Town Sea Turtle Park

This park is a major base for educational activities for the protection of endangered sea turtles. You can learn about sea turtles in detail at the museum of the park as well as at the sea turtle pools where you can enjoy closeness with real sea turtles.



Maruyama Senmaida

Along the Tori-toge Pass located to the west of the Matsumoto-toge Pass, there are thousands of tanada (rice terraces) known as "Maruyama Senmaida" on the slope of a mountain, which are said to be the most beautiful rice fields in Japan. You can see beautifully-shining rice fields throughout the months of May and June where they are filled with water for rice planting.



ACCESS MAP



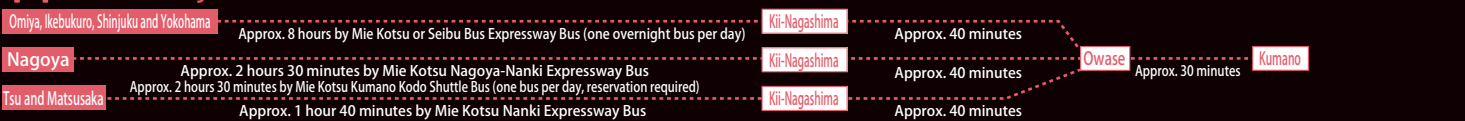
Access by Train



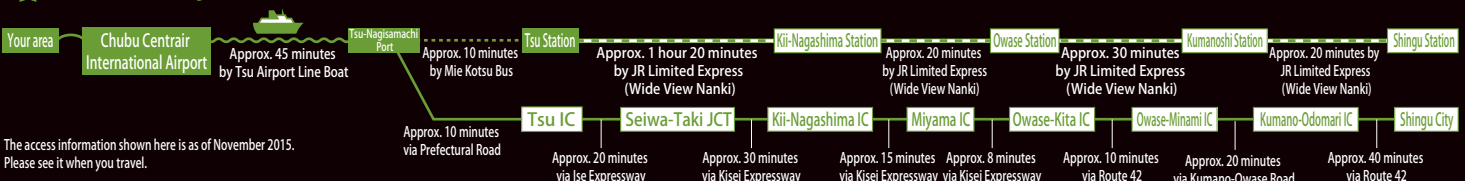
Access by Car



Access by Bus



Access by Air



The access information shown here is as of November 2015.
Please see it when you travel.

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