

#### World Heritage

# Sacred Sites and Pilgrimage Routes "In the Kii Mountain Range

Osaka Prefecture

Nara Prefecture

Nara Prefecture

Yoshinoyama Kinpusen-ji Yoshimizu-jinja Sacred Site (Yoshino and Omine)
Niusakadono-jinja—
Niusuhime-jinja Sacred Site (Koyasan)

Niutsuhime-jinja Sacred Site (Koyasan)

Ominesan-ji

Osaka Prefecture

Ise Jingu

Odai Town

Taki Town

Odai Town

Kongobu-ji

Mizugamine

Kohechi

Obako-toge Pass

Miura-toge Pass

Miura-toge Pass

Wakayama Prefecture

Hatenashi-foge Pass
Hosshinmon-oji

Nakahechi

Takijiri-oji

Gyuba-doji

Winana Hongu Taisha

Entsukawa Onsen

Shirahama Town

Nachi-no-Otaki Falls
Nachi Primeval Forest
Tonda-zaka

Shirahama Town

Nachi-no-Otaki Falls
Nachi-no-Otaki Falls
Nachi-no-Otaki Falls
Nachi-no-Otaki Falls
Nachi-no-Otaki Falls
Nachi-no-Otaki Falls

Ago-no-Watashi remains
Hotoke-zaka
Susami Town

Kumano Nachi Taisha

Seiganto-ji Nachi-Katsuura
Town

Kumano Nachi Taisha

\*Note: not all the passes, paths, etc. shown here are registered as UNESCO World Heritage sites Introduction of the Kumano Kodo Iseji



- 1 Meki-toge Pass
- Misesaka-toge Pass
- Nisaka-toge Pass
- 4 Tsuzurato-toge Pass
- 5 Ikkoku-toge Pass, Hirakata-toge Pass and Kumagaya-michi
- 6 Hajikami-toge Pass
- 7 Magose-toge Pass (on page 4)
- 8 Yakiyama-goe
- Miki-toge Pass and Hago-toge Pass
- 10 Sone Jiro-zaka Taro-zaka
- 11 Nigishima-toge Pass and Okamizaka-toge Pass
- 12 Hadasu-no-Michi
- Obuki-toge Pass
- 14 Kannon-michi

#### 15 Matsumoto-toge Pass (on page 5)

- 16 Yokogaki-toge Pass
- 17 Fuden-toge Pass
- 18 Tori-toge Pass
- 19 Hamakaido
- 20 Kumano-gawa River

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" "Kumano Hayatama Taisha" and "Kumano Nachi Taisha" 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" from Tanabe to those shrines (through mountains), the "Ohechi" along the coast, the "Kohechi" connecting Koyasan and those shrines and the "Iseji" from Ise Jingu 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" as the Path to Connect the Two Major Sacred Sites

The "Kumano Kodo Iseji" is the path to connect Kumano Sanzan (Three Grand Shrines of Kumano) and Ise Jingu 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 lse Jingu. Today, you can still enjoy the traditional landscapes and feel the rich history and culture of each area along the "Kumano Kodo lseji"







Kumano Hayatama Taisha

Kumano Nachi Taisha

Kareki-nada Sea

# Magose-toge Pass

Location: Kihoku Town and Owase City, Mie Prefecture Walking route: approx. 7 km (approx. 3 hours on foot)



#### Scenic Sites



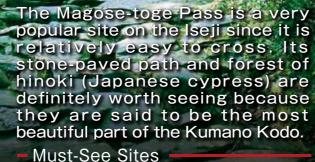
#### Mt. Tengurasan

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



#### R Mt. Binshiyama

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





#### 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.



#### Magose Fudoson statue

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



#### 2 Stone-paved path

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



#### 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



# Matsumoto-toge Pass

Location: Kumano City, Mie Prefecture Walking route: approx. 5 km (approx. 2 hours on foot)



Tourist Information Center

In addition to tourist

bicycle and luggage

storage are also

available

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**



Stone-paved path Constructed

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



#### 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



#### 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.



#### 4 Hana-no-lwaya Shrine

Hana-no-lwaya 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

#### Scenic Sites



#### A Onigajo

Hana-no-lwaya (Otsuna-chaya)

Otsuna-chaya is a shopping and

restaurant complex that offers

Hana-no-lwaya-related products as well

as delicious local specialties. You can

also visit the Hana-no-lwava shrine

Museum located on the same site

Onigajo (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



#### Oni-no-Miharashidai \_ookout

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



#### Choshi-gawa River and Uotobikei Ravine

The Choshi-gawa 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

This fish market sells fresh You can see different types of fish from day to day. There are also a restauran and a local product booth in



yourself in the middle of

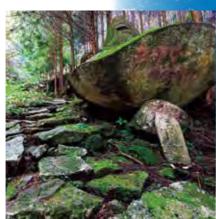
### Other Must-See Sites on the Kumano Kodo Iseji

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



#### Kumano-gawa River and Sandanbo (Course 20on page 2)

The Kumano-gawa 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



#### Yakiyama-goe (Course ®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 Kumano Kodo Center







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.

ddress 12-4 Mukai, Owse City, Mie Prefecture, 519-3625, Japan

act information 0597-25-2666

Approx. 10 minutes from "Owase Station" to "Kumano Kodo Center-mae" bus stop by Fureai Bus for "Kii-Matsumoto" or approx. 10 minutes from "Owase-eki guchi" bus stop to "Kumano Kodo Center" bus stop by Mie Kotsu Bus for "Kumano Kodo Center"

R L http://www.kumanokod ocenter.com/index.html



#### Yumekodo Owase

Yumekodo Owase is a shopping and restaurant complex with a restaurant 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

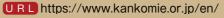
You can gain information on the Kumano Kodo Routes as well a other tourist sites using Google Maps.

URL https://www.kodo.pref.mie.lg.jp/navi/index.html



#### Mie Travel Guide

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





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.



#### 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



#### 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)

**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.

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



fresh raw fish come highly recommended

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

Kumano Jidori are raised

very carefully in the great

nature of Kumano. Their

and rich in flavor.

Mehari-zushi 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



Kumano Jidori (The Local Brand Chicken)

#### 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.



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

#### 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.







