

JAPAN

日本



文部科学省委託事業 平成20年度「社会人の学び直しニーズ対応教育推進プログラム」
広域連携による地方活性化のための潜在的な社会参加ニーズ対応就労促進プログラム
外国人向け観光ガイドの育成プロジェクト

This brochure was developed by the members of "The Training Project for Tour Guides for Foreigners", a program to support employment by galvanizing regional networks in response to emerging social-care needs. It is an "Educational support program for the upgrading needs of people in the working world in 2008" consigned to Meiji University by MEXT (Ministry of Education, Culture, Sports, Science and Technology-Japan). The program was held in the city of Shingu from June 2008 to January 2009.

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The city of Shingu and Higashi-Kishu Regional Revitalization Project Promotion Council



The city of Shingu

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WORLD HERITAGE KUMANO

HONGU・SHINGU・NACHI-KATSUURA・ISEJI ROUTE
Sacred Sites and Pilgrimage Routes in the Kii Mountain Range

Kumano, an ancient land

rich in natural beauty and spiritual tradition.

*Come join generations of pilgrims and discover
a place where an older way of life lives on.*

熊野



HONGU本宮

①Kumano Hongu Taisha 熊野本宮大社
This shrine has been a center of religious faith for over 1000 years. People pray here for their future and to ensure their entrance to heaven.



新宮SHINGU

①Kumano Hayatama Taisha 熊野速玉大社
People pray at this shrine to clear their past karma.



②Oyunohara 大齋原
Kumano Hongu Taisha once stood here where 3 rivers converge. The great gateway is about 34m tall, making it one of the largest in Japan.



④Hosshinmon-oji 発心門王子
The gateway to the sacred area of Kumano Hongu Taisha.

⑥Kawayu Onsen 川湯温泉
You can dig and enjoy your own natural hot tub on the edge of the river. In winter, a huge hot spring on the river bank is open to the public.

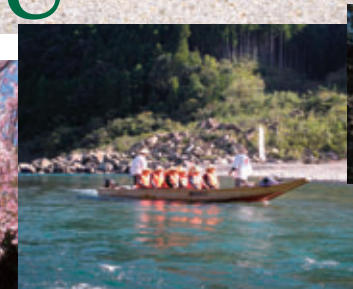


③Yunomine Onsen 湯の峰温泉
The oldest hot spring facilities in Japan. Tsuboyu, one of the hot springs here, is the only hot spring registered as a World Heritage.

⑤Fushigami-oji 伏拝王子
Pilgrims first laid eyes on their destination, Hongu Taisha from this scenic viewpoint.



②Kamikura-jinja 神倉神社
Don't miss this shrine with its spectacular view of the city and the Pacific, or the 800 hundred-year-old path leading up to it. It's said that the deities of Kumano first descended to earth here.



③Kumano River 熊野川
Pilgrims once traveled down this river on their way to Hayatama Taisha. Modern day visitors can experience the same journey on replicas of ships used in ancient times.



④Tankaku-jo Castle 丹鶴城跡
The castle is gone now, but massive stone walls hint at the grandeur of this once powerful fortress.



⑤Koyazaka 高野坂
This easy 1.5km walk along the coast offers fine ocean views to pilgrims and hikers alike.



⑥Jofuku Park 徐福公園
Over 2200 years ago, the first emperor of unified China ordered his royal doctor and adviser Jofuku, to find the elixir of immortality. It is said that his search brought him to Kumano, and his grave stands in this park.



①Kumano Nachi Taisha 熊野那智大社
People pray at this Shinto shrine to say good-bye to bad karma from this life, so they can start living in happiness.

NACHI-KATSUURA 那智勝浦



②Seiganto-ji 青岸渡寺 This temple is famous as the first stop of the "Pilgrimage to 33 Merciful Deities" in western Japan.

③Nachi Falls 那智の滝

At 133m, this is the highest waterfall in Japan. It is worshipped as a deity, with ceremonial festivals throughout the year, including the Nachi Fire Festival held on July 14th.



⑤Daimonzaka 大門坂

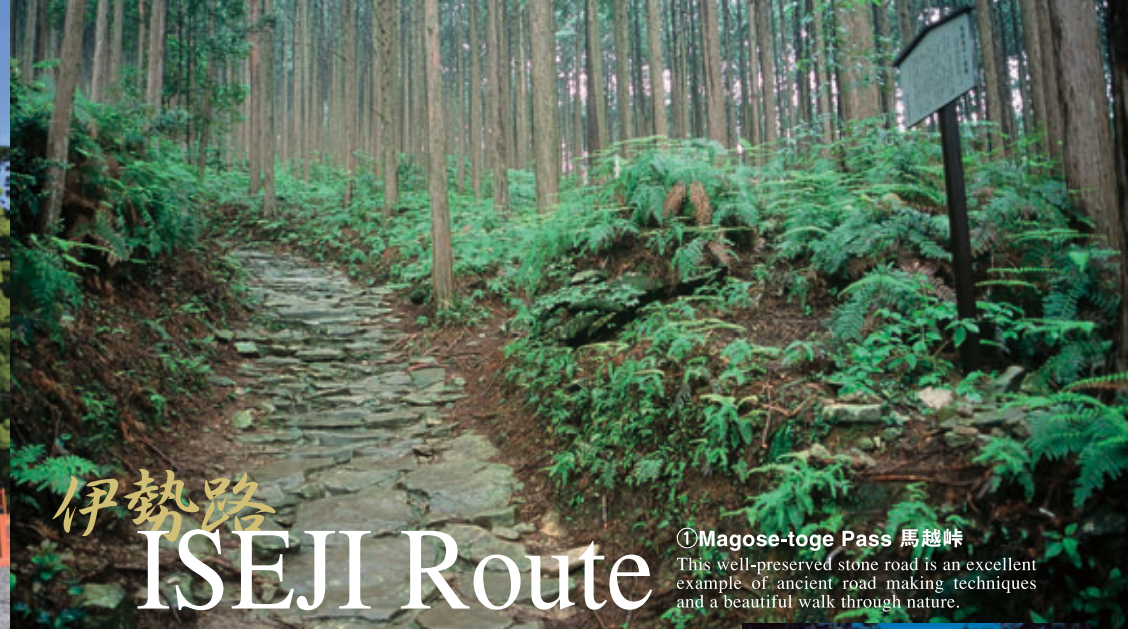
This ancient 600m path lined with towering trees leads up to the falls. Take a stroll back in time along this magnificent stone-paved road.



Hot Springs 温泉
Katsuura is famous for its hot spring hotels.



④Fudarakusan-ji Temple 補陀洛山寺



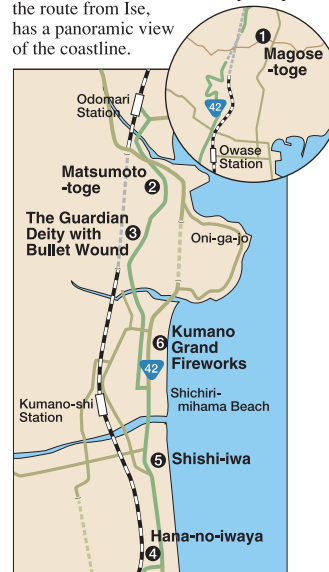
①Magose-toge Pass 馬越峠

This well-preserved stone road is an excellent example of ancient road making techniques and a beautiful walk through nature.



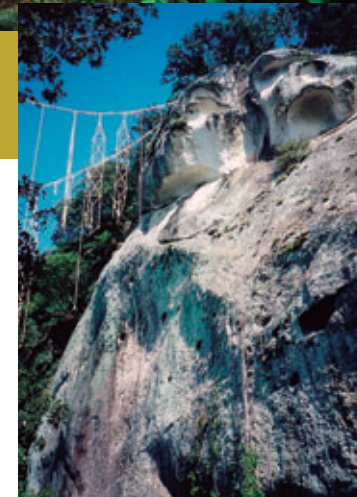
②Matsumoto-toge Pass 松本峠

This beautiful ancient stone path, part of the route from Ise, has a panoramic view of the coastline.



③The Guardian Deity with Bullet Wound お地藏様

A stone statue of a guardian deity (jizo) stands on the crest of Matsumoto-toge pass. You can see the bullet hole from a hunter who mistook this statue for a goblin over 300 years ago.



④Hana-no-iwaya 花の窟

This is said to be the oldest shrine in Japan. People pray to the huge rock as they have since the days of ancient nature worship.



⑤Shishi-iwa 獅子岩

This huge rock resembles a shishi, or lion. It is a natural monument.



⑥Kumano Grand Fireworks 熊野大花火大会

Held every year on August 17th.

Anyway, let's enjoy the walk

Kumano Sanzan

Kumano has been a religious center for over a thousand years. Many pilgrims traveled far to pray at the Three Grand Shrines of Kumano: Hongu Taisha, Hayatama Taisha and Nachi Taisha. These three shrines are called Kumano Sanzan.

When you come...

Be sure to consult the local tourist information offices at major stations for local maps and further travel details.

◆◆Recommended Course◆◆

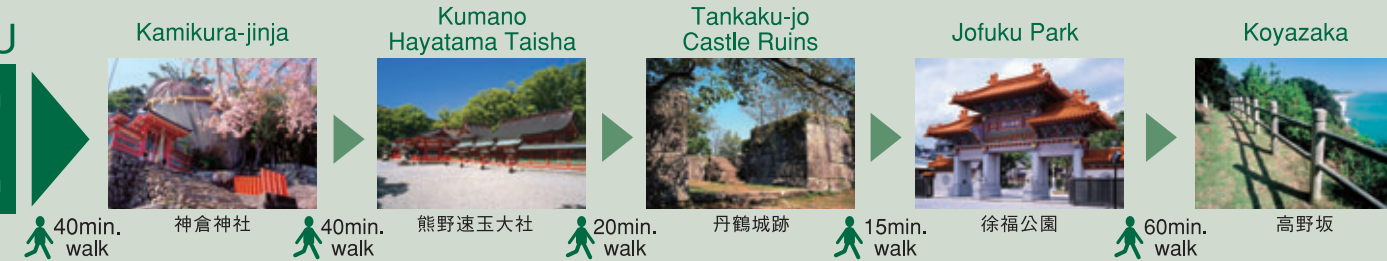
HONGU

From
Kii-Tanabe
Station



SHINGU

From
Shingu
Station



NACHI KATSUURA

From
Kii-Katsuura
Station



ISEJI Route

From
Odomari
Station



Local Specialities



Mehari-zushi
Rice wrapped in pickled mustard leaves.

Samma-zushi

A type of pressed sushi with marinated saury.



Minachi-gasa (HONGU)
A type of pilgrim's hat made from cypress wood.

Maguro Tuna (NACHI-KATSUURA)

Katsuura is one of the largest tuna ports in Japan.



Jofuku-cha (SHINGU)
Tea blended with *tendai uyaku*, an herb once thought to have been the elixir of life.

Kumano-kodo-yakuso-bento (ISEJI Route)

Healthy local boxed lunch made with healing herbs.



Mikan
Mandarin oranges and many other citrus fruits are grown here.