

The difficulty level of each of model course is divided into fitness level and skill level, each of which are expressed on a three-level scale. Please refer to it when selecting a course.

■ Fitness Level This is based on the distance walked and elevation gained.

🏠 🖈 🖈 The course is a leisurely stroll.

The course's ups and downs will not be a problem for a reasonably fit person.

🏠 🏠 The course is extremely long, hilly, and best left to very fit individuals.

Skill Level This is based on the technical difficulty of the course.

The course is well-marked and only requires leisurely walking.

☆☆★ The course is relatively easy, but requires hiking well-marked trails.

The course is mostly climbing. Trails may not be marked or maintained, requiring map reading, route finding, and other climbing skills. For experienced climbers.

*The difficulty of a course will vary depending on factors such as weather conditions, the fitness and climbing experience of the individual, and the load they are carrying.

Trail conditions are also subject to change due to natural disasters and other factors.

(The information in this Map & Guide is current as of July 2022.)

Contacts (Foreign language assistance may not be available for all inquiries and facilities.)

Nankai Telephone Center	206-6643-1005
JR-West Customer Center	20570-00-2486
 Semboku Rapid Railway Line (Transportation Operating Division) 	2 0725-57-3000
Kintetsu Railway Telephone Center	2 050-3536-3957
Wakayama Bus (Wakayama Office)	2 073-445-3131
(Wakayamashi Station Office)	2 073-431-8751
Wakayama Bus Naga (Naga Office)	2 0736-75-2151
Nankai Wing Bus / Orange Bus	2 072-467-0601
Nankai Bus (Sales Division)	2 072-221-0781
 Katsuragi-cho On Demand Taxi-sharing Service (Ariko-Kihoku Taxi) ······ 	20736-22-3333
Kawachinagano-shi Hino-Takihata Community Bus	
(Kawachinagano City Planning Division)	2 0721-53-1111
Nara Kotsu Bus (Customer Service Center)	20742-20-3100
 Gose-shi Community Bus (Planning Policy Division, Planning Department, Gose City Office) 	2 0745-62-3001
Kongo Bus	20721-23-2287

Contact Information

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1-1 Komatsubara-dori, Wakayama-shi, Wakayama 640-8585, Japan

Tel:073-441-2424 Fax:073-432-8313

Katsuragi Shugen Website

https://katsuragisyugen-nihonisan.com/en/







Katsuragi Shugen Facebook

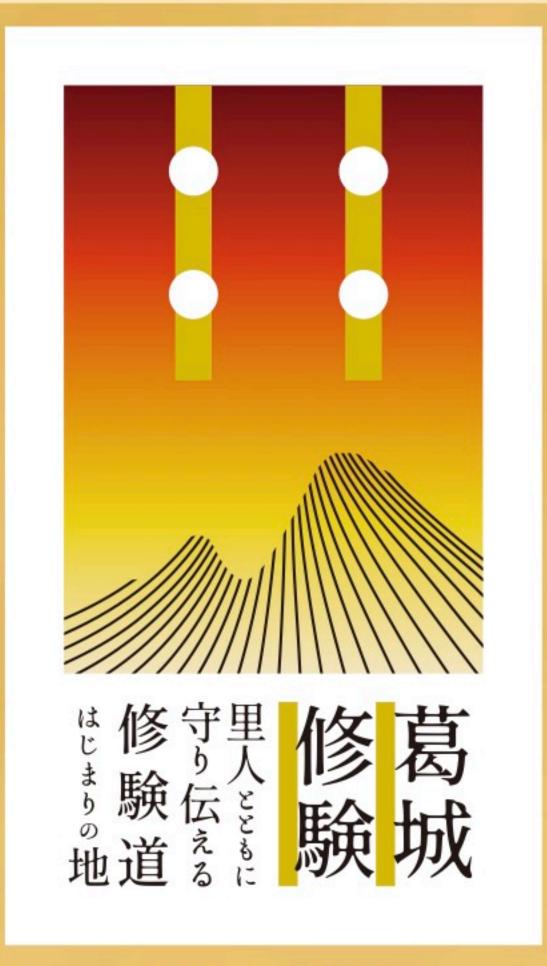
https://www.facebook.com/ nihonisan.katsuragishugen/



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Supported by a 2022 grant from the Agency for Cultural Affairs' Cultural Resource Utilization Projects

Japan Heritage: The Katsuragi Shugen



Map and Guide



About the Katsuragi Shugen



Shugendo practitioners heading from to the Johon-kutsu Cave on Torajima in the Tomogashima Islands, the site of the first of the 28 sutra mounds

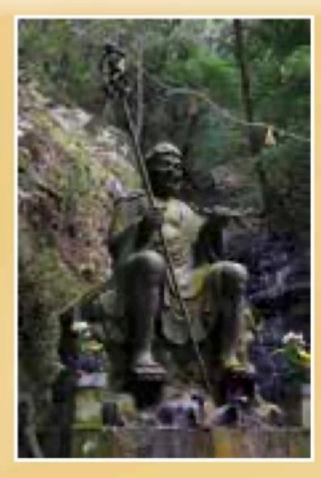
Shugendo is a unique Japanese religion in which practitioners following an ascetic lifestyle in the mountains. Its founder En no Ozunu, better known as En no Gyoja, was born at the foot of Mt. Katsuragi in present-day Chihara district in the city of Gose, Nara Prefecture. This was long ago in the 7th century, during the Asuka period.

The Omine Okugakemichi, the pilgrimage route that traverses the Kii Peninsula, is known as a sacred site of Shugendo. Before its pioneering by En no Gyoja, it is said that he buried the 28 chapters of the eight volumes of the Lotus Sutra throughout the mountains near where he was born, though there multiple theories as to the exact locations.

The grand route begins on Wakayama Prefecture's Tomogashima Islands, traverses west to east through the Izumi Range, and then south to north through the Kongo Range, before finally arriving at the Yamato-gawa River. Ascetic training sites sprang up throughout the mountain range and became a part of the lives of the region's people. The Shugendo practiced in this mountain range is called Katsuragi Shugen.

There are many interesting places in the area, such as the places where En no Gyoja practiced asceticism and the temple he founded.

These ancient traditions are no mere relic of the past, but are still carried on today. Shugendo practitioners, known as gyoja or yamabushi, still offer prayers and practice asceticism in the peaks of Katsuragi. These mountains are the spiritual home of the Japanese people, who have lived together with nature and have diverse religious views.





Left: Statue of En no Gyoja at Inunakisan
Shipporyu-ji Temple
Top: Many inscribed wooden plaques (hide) have
been placed here at the Nishino Gyoja. The plaques
are proof that an ascetic practiced here.

Readiness when Walking Katsuragi Shugen

Visit with reverence!

The sutra mounds, ascetic training sites, and other sacred sites are places where practitioners of Shugendo have prayed for over a millennia. Please visit with a sense of reverence.

Make a point to meet and greet the locals!

Katsuragi Shugen is practiced in the mountains near villages where the religion is still deeply-rooted the lives and beliefs of the people who live there. They are the ones who have protected and preserved the many temples, shrines, Jizo statues, and other sites associated with the ascetic religion over the many centuries. With this in mind, exchange greetings with the local people you meet.

Choose an appropriate course for your skill

While the mountains of Kongo, Katsuragi, and Kisen are popular hiking and climbing destinations, some of the trails featured in this Map & Guide are quite demanding and not necessarily well-maintained. Tackle them at your own risk. Review the details of each course carefully and choose according to your skill. We strongly recommend that you go in a group of people, as there may be situations that solo travelers cannot handle alone, including unforeseen accidents.

Plan carefully!

Some of the courses have poor accessibility, and bus service may also be limited. There are also many places where cell phone reception is poor. As such, do your research and plan your trip carefully in advance, making sure to allow plenty of time. Course times listed are walking times only and do not include breaks.

Plan for an additional hour to hour and a half. If you are tackling one of the climbing courses, submit a climbing notification to the authorities.

Bring the proper equipment!

Most of the courses in this Map & Guide will require climbing. Please bring proper hiking footwear, rain wear, and other hiking equipment, and make sure to carry enough food and water.

Behave yourselves!

The places you will visit are not all on widely-recognized hiking and climbing courses. Many of them are on private property. Please pick up your trash and put out your fires. Please also refrain from being noisy and from straying into areas that are off the course. Follow the instructions on any signage along the course.



You will often be hiking the Diamond Trail, a nature trail along the Osaka-Nara border.



There are also places where you will need to hang onto ropes and follow red tape on your hike.



•••• Model Course 1 ••••

Tomogashima and the Kada Area

[Katsuragi Sutra Mound #1 (Tomogashima Islands)]

Strolling around the Tomogashima Islands and the port town of Kada The first step in exploring the land of Katsuragi Shugen

The Tomogashima Islands are a cluster of four uninhabited islands in the Kitan Strait: Jinoshima, Torajima, Okinoshima, and Kamishima. The first sutra mound, Johon, is located on one of these islands, Torajima.

Head west from Kada Station and take the alley from the stone marker pointing toward Kada Awashima-jinja Shrine. Along the way, stop by Jogyo-ji Temple, with its towering Chinese juniper tree, and Kada Kasuga-jinja Shrine, the main shrine of which is designated as a National Important Cultural Property. Cross the canal and continue west until you can see the ferry terminal on your right. You will eventually arrive at the stairs to the Ajigamine Gyoja-do. After visiting the Gyoja-do, which enshrines a statue of En no Gyoja, continue further west until you arrive at Awashima-jinja Shrine. This shrine is famous for its doll funeral services and hina doll floating ritual.

After visiting the shrine, take the ferry to the Tomogashima Islands. After disembarking at Nonaura Pier, head west to Mt. Takanosu, the highest point in the islands, and the Tomogashima Island Third Weapons Battery remains. Continue along the coast past the beach huts and you will find the trailhead to Mt. Takanosu. From the clearing at the peak of Mt. Takanosu, the Third Weapons Battery remains, an Imperial Japanese Army historic site, are just a short distance away. Continuing down the trail, you will take the low pass between Minami-Tarumi and Kita-Tarumi, with a clearing just to the south. There is a campground at the clearing in Minami-Tarumi. Nearby is the Otaki Fudo Myo-o, one of the islands' ascetic training sites.

From Kita-Tarumi, take a round trip to the Site of Akai Well (Akai-ato). The crossing to Torajima is too dangerous unless the conditions are perfect, so just offer your prayer from here. Shinja-ike Pond, another one of the islands' ascetic training sites, can be found along the way to the Site of Akai Well.

After completing the walk, take the ferry from Nonaura Pier back to Kada Port.





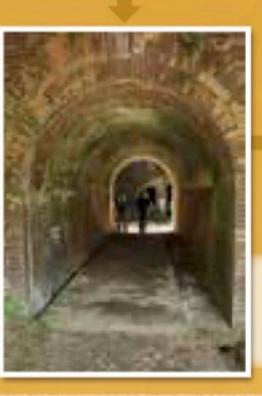
Course Information



The townscape of Kada retains their old stone road signs



Nonaura Pier bustling with tourists and hikers



The seemingly ancient Third Weapons Battery



Evergreen-shaded trail on the Tomogashima Islands



The wide-open clearing at Minami-Tarumi



View of Torajima from the east tip





Advice

Ferry service to the Tomogashima Islands is subject to weather conditions, so check with the operator ahead of time. The ferry only operates on Saturdays, Sundays, and holidays in winter. The Kada walk and Tomogashima walk can be done in either order. The crossing to Torajima Island is dangerous it has partially collapsed and disappears at high tide.

· • • • Model Course 2 • • • •

Kyoshi-toge Pass from Mt. Kabuto

[Katsuragi Sutra Mound #2 (Former Shinpuku-ji Temple)]

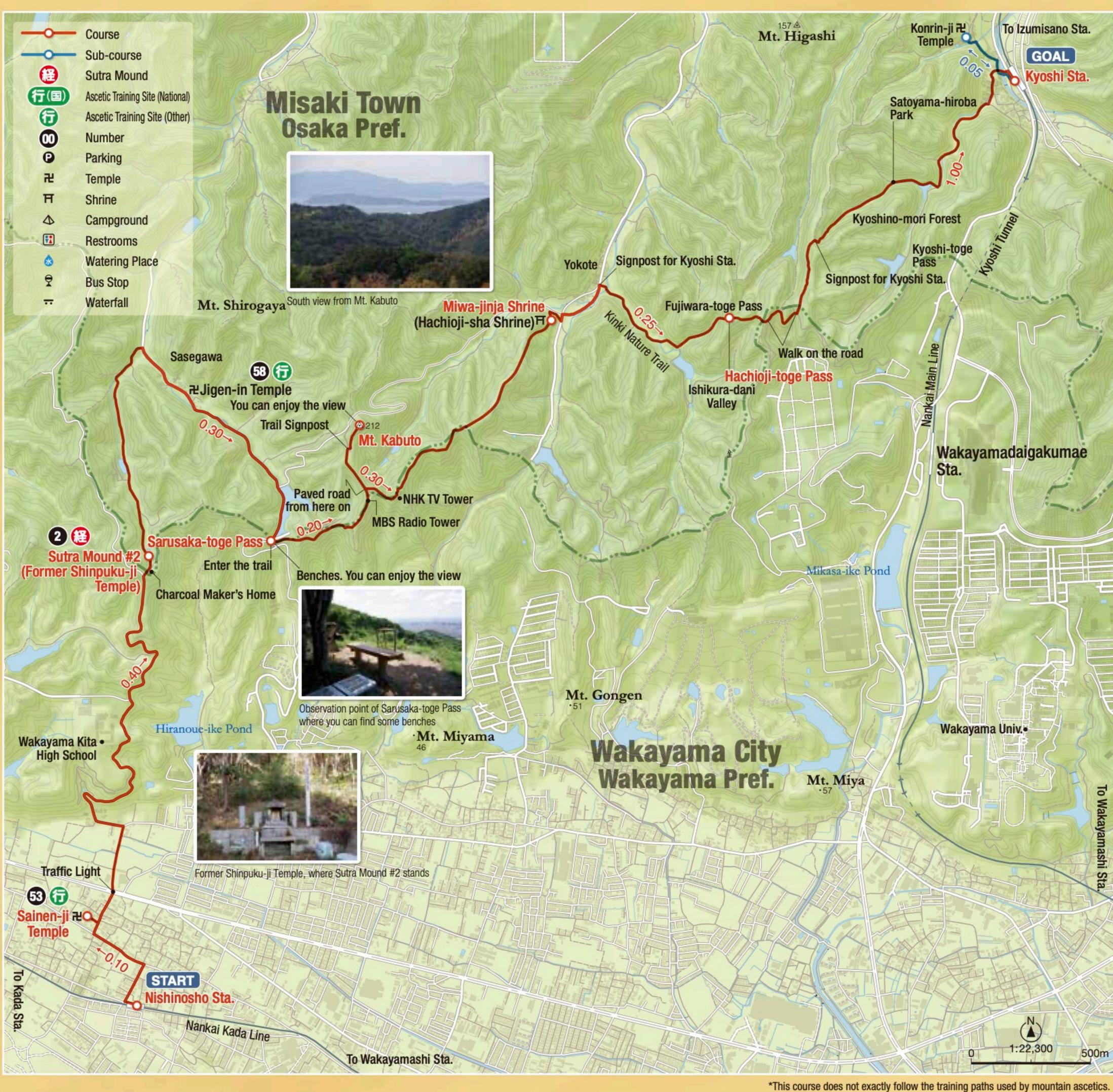
From the second sutra mound to the vistas of Mt. Kabuto Hiking the old roads of Kyoshi-toge Pass

First, head from Nishinosho Station to Sainen-ji Temple. It is the temple to which the Juichimen (eleven-faced) Kannon statue of the former Shinpuku-ji Temple was relocated. Head north from the station, turn left at the end of the street, and then turn right after about 250 m. Beyond the stone marker for Sainen-ji Temple, you can see the temple with its distinctive shachihoko and komainu on its gate. From the marker, head straight north. At the end of the road, turn left and follow the road up the hill to Wakayama Kita High School. When you come to the three-way junction, turn right onto the unpaved forest road, going past the charcoal maker's home. After a while, you will come to the site of the second sutra mound, which stands far to your left out of sight.

Continue down the unpaved forest road. After arriving at the paved road, turn right. You will find Jigen-in Temple in the settlement of Sasegawa. The trail eventually turns uphill and passes by a pond before reaching Sarusaka-toge Pass. From here, you will enter the trail via the trailhead next to the prefectural road sign. There is a bench nearby from which to enjoy the southerly view.

After walking along the ridge for a while, you will see a Kinki Nature Trail signpost in front of the MBS radio tower indicating the way to Kyoshi Station, Miwa-jinja Shrine and Mt. Kabuto. Take a left and head to Mt. Kabuto to enjoy the view. To reach Miwa-jinja Shrine, return to the paved road and continue on without returning to the signpost. Once you reach the NHK broadcast tower, descend the trail that starts from there. Once you arrive at Miwa-jinja Shrine, go out onto the road and turn right at the intersection just north of there. Immediately turn right following the signpost for Kyoshi Station and continue along the Kinki Nature Trail. Following the signposts, cross Hachioji-toge Pass and Fujiwara-toge Pass. The trail briefly joins a public road, then turns back into a mountain trail. Eventually, you will find a signpost for Kyoshi Station on the nature trail that directs you right, taking you down and off the ridge. Descend along the river and through the village to arrive at Kyoshi Station.

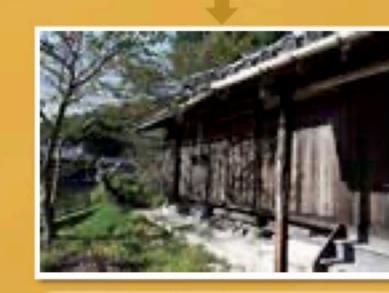




Course Information



Sainen-ji Temple, where the Kannon-do of Shinpuku-ji Temple was relocated



Jigen-in Temple, a destination for many ascetic practitioners



The peak of Mt. Kabuto, popular with hikers for its great views



Miwa-jinja Shrine and its three stone mini





Advice

Most of the course is on the Kinki Nature Trail, which is well-maintained and has benches along the way. To reach Mt. Kabuto, go down a little from the signpost at the MBS radio tower and follow the paved road. You will find a trail on your right. A short walk from Kyoshi Station is Konrin-ji Temple, which is associated with En no Gyoja.

•••• Model Course 3 ••••

Mt. Iimori to Mt. Fudatate

A tour of ascetic training sites from Kosen-ji Temple to the scenic Mt. Iimori and Mt. Fudatate, before a descent to the Narutaki Fudoson

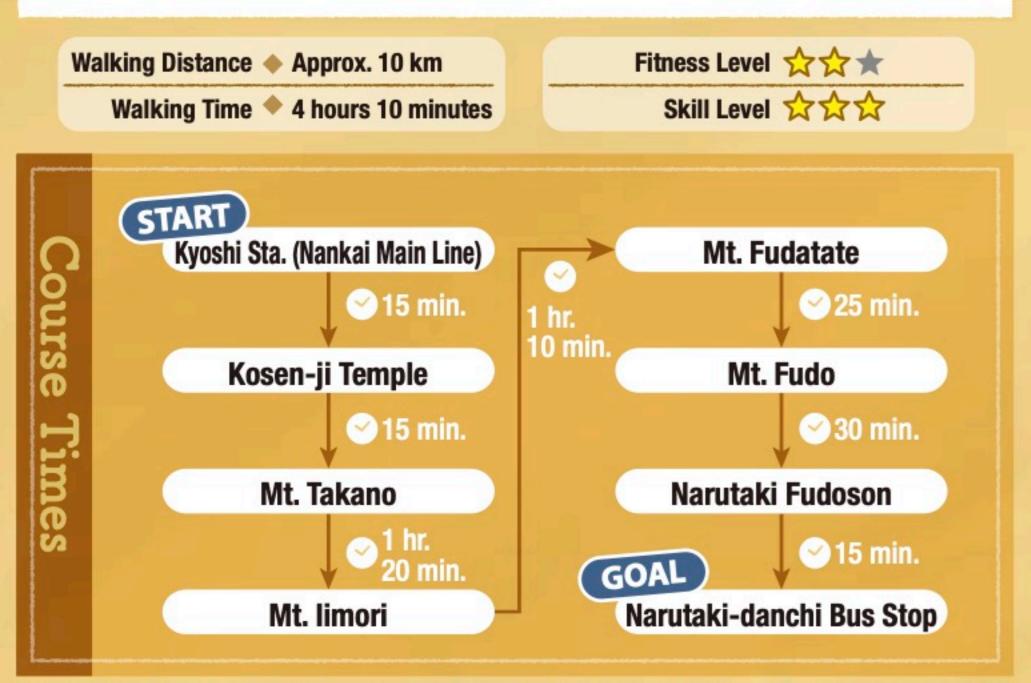
Though there are no sutra mounds along this course, there are many ascetic training sites important to Katsuragi Shugen. The first of these is Kosen-ji Temple, known for the Kyoshi Kannon. One of the tombs on its grounds is said to be that of Shiratoume, the mother of En no Gyoja.

Leave Kyoshi Station, turn left, continue along the railroad tracks, and then cross the railroad crossing. You will see a large stone marker that reads "Kan-onmichi." Follow the road and you will see a signpost for the Kyoshi Kannon, which will lead you to the base of the mountain. Reaching the ridge, you will see the main gate to the temple and the stairs. The grave of En no Gyoja's Mother is located further into the mountain path on the left of the main hall. The trail begins to the right of the main hall. It is a straight climb to Mt. Takano, but after Mt. Fujito, the trail ascends and descends repeatedly until it reaches the Mt. Fudatate branch.

When you come upon the Mt. Fudatate branch, you are near the summit of Mt. Iimori. As you start to climb, you will see the ruins of Sengen-ji Temple, which was the fourth ascetic training site of Katsuragi Shugen, on your left. In front of the observatory at the summit there is a stone shrine with a *hide* (wooden plaques as proof of the visit) inside. Return to the branch and head for Mt. Fudatate. The summit of Mt. Fudatate offers a good view.

Following the signposts, head south to the Narutaki Fudoson. After 500 m, enter the ridge on the left, making sure not miss the signpost. After passing Mt. Fudo and crossing one peak, the trail becomes steep and descends to an unpaved forest road. Go right on the forest road, and you will come to a proper road. Go left, and you will reach the Narutaki Fudoson, or more properly, Narutakisan Enmyo-ji Temple.

Proceeding from the temple, you will come to a well-lit road. Walk along the river, go straight at the crossroads, turn right at the next corner, and walk up the gentle slope. After passing the pond, you will arrive at the Narutaki-danchi Bus Stop.

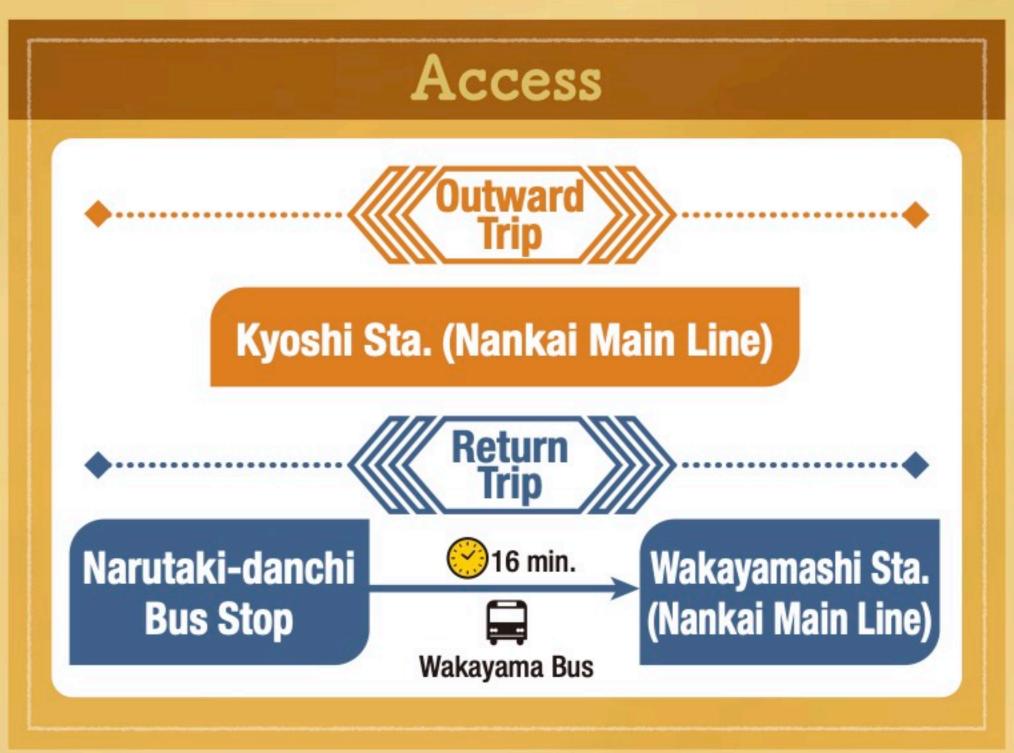




*This course does not exactly follow the training paths used by mountain ascetics.

Course Information Kosen-ji Temple, the trailhead of Mt. limori Ridge trail connecting Mt. limori and Mt. Fudatate The observatory on Mt. limori offers a view

of Osaka Bay



Enmyo-ji Temple, the Narutaki Fudo, has a

Advice

This course involves climbing, so proper hiking footwear is recommended. The area between Mt. Takano and Mt. Fujito has intersecting forest roads, so make sure to check the signposts. The same applies to the signposts for entrance to the ridge trail to Mt. Fudo on the ridge south of Mt. Fudatate. Bus service from the Narutaki-danchi Bus Stop to Wakayamashi Station is relatively frequent.

• • • • Model Course 4 • • • •

Mt. Daifuku to Mt. Unzan

[Katsuragi Sutra Mound #3 (Mt. Daifuku, Mt. Unzan)]

Traversing the Kisen Alps to the two mountains believed to be the location of the third sutra mound

There are two places believed to be the location of the third sutra mound: the summit of Mt. Daifuku and Mt. Unzan. Known as the Kisen Alps, this area is popular with hikers.

Start at Musota Station. Walk along the railroad tracks toward the mountains to the Nougawa Kannon at Hon'ei-ji Temple, also known with the honorific mountain name of Daifukusan (Mt. Daifuku), which can be seen located halfway up the mountain directly in front of you. After visiting the temple, cross the Kannon-bashi Bridge and then the Ozeki-bashi Bridge. If you have the time, stop by the Shusse Fudoson across the river. Further on, you will find the small Ogawa Jizo statue at the trailhead of Mt. Daifuku. Follow the flat trail that branches off to the left. Eventually, the trail turns uphill and reaches the mountain's ridge. This area was once the location of Hachioji-sha Shrine, the foundation stones of which still remain. After climbing up the ridge to the top, you will come to a level trail where you can rest a bit.

Continue right to the Okube-toge Pass, which will take you to Mt. Daifuku. The summit of Mt. Daifuku is just beyond the viewpoint with a Jizo mini shrine.

From Mt. Daifuku, follow the signposts down briefly and then back up the ridge to western and eastern peaks of Mt. Senpogadake before descending Iseki-toge Pass. There is another Jizo mini shrine south of the pass. As you continue to traverse, the trail splits into two before Mt. Jizo, but it is faster to go straight. At the fork, take a left to reach Mt. Unzan. Return to the fork and continue straight ahead, passing through the scenic clearing and then the rest area in Rokkaku-do before heading to the Hakanotani Gyoja-do hall. Continue along the rugged valley, and you will come to Gyoja-do hall. A statue of En no Gyoja sits on the boulder behind the hall.

Following the long forest road from here, you will reach the Ogawa Jizo Statue Fork you passed on the outward leg. From here, head back to Musota Station.





Course Information



Daifukusan Hon'ei-ji Temple, also known as the Nougawa Kannon



The mini shrine containing a statue of Jizo, the guardian deity of travelers, on Okubetoge Pass



Beautiful ridge trail to Mt. Daifuku



Lookout point just below Mt. Daifuku



Spectacular view from the clearing in Seishonen no Mori Park



There is a statue of En no Gyoja in a mini shrine on a boulder above the Hakanotani Gyoja-do hall

Access



Advice

This course is almost entirely climbing, so make sure to wear proper hiking footwear. The path from Seishonen no Mori Park to the Gyoja-do hall is slippery in places, so be careful. The trails are all well-marked, so there are no places you are likely to get lost.

· • • • Model Course 3 • • • •

Crossing Onoyama-toge Pass from Yamanakadani (Kumano Kodo)

[Katsuragi Sutra Mound #4 (Sakura Jizo Shingehon)]

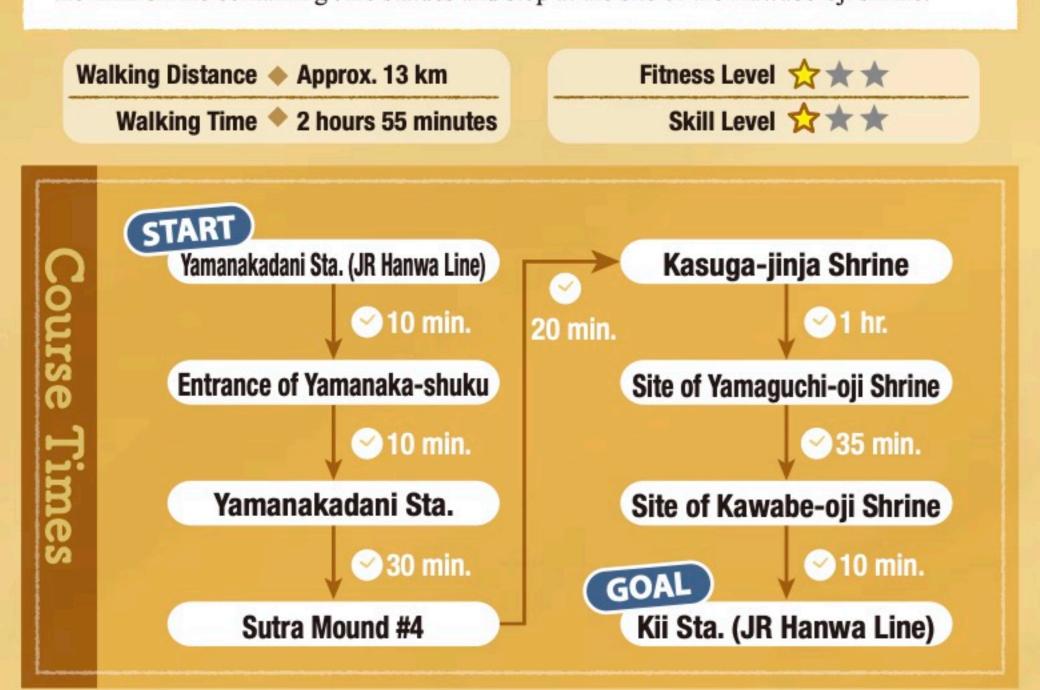
Tracing the Kii Route, part of the Kumano Kodo, an ancient pilgrimage route to Kumano Sanzan, and enjoying the historic sites and sacred paths of Katsuragi Shugen

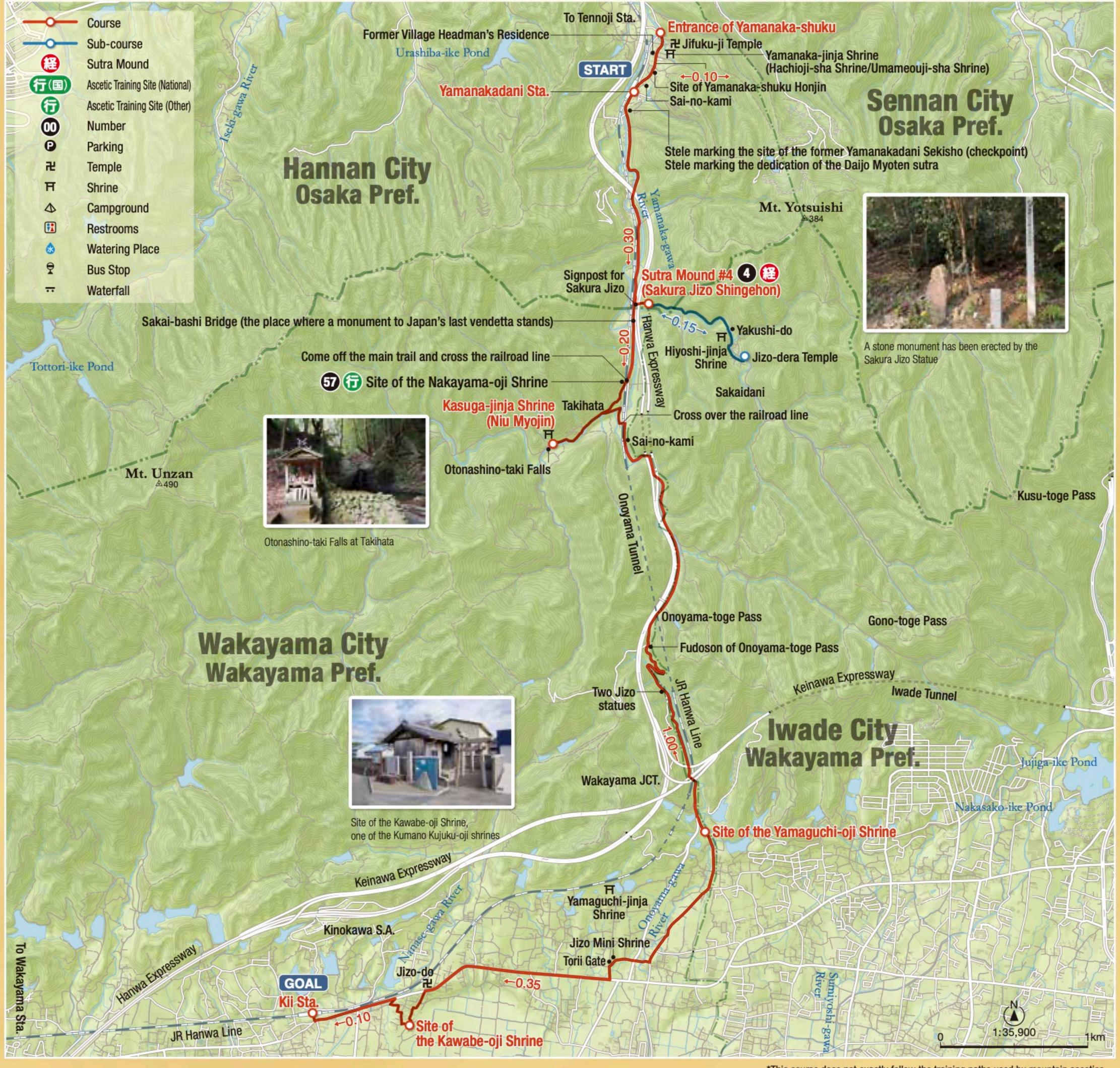
The fourth sutra mound also known as the Sakura Jizo, is located a little off the Kii Route, part of the sacred paths of the Kumano Kodo. The actual trail used for the ascetic training is too severe for hiking, so instead we follow the ancient path that crosses Onoyama-toge Pass.

Head north from Yamanakadani Station. Stroll through Yamanaka-shuku and enjoy the atmosphere of this old post town. Points of interest include the former site of its honjin, the official inn used by traveling feudal lords, and the Umameoji-sha Shrine, one of the Kumano Kujuku-oji shrines. Return to the station and follow the main road south. To reach the fourth sutra mound, take the road that branches off to the left. The sutra mound is located a short distance up the slope of the mountain. The village of Sakaidani is just beyond it, so you can stop by if you are interested.

Return to the main road and head further south. Follow the Kumano Kodo signpost across the railroad crossing. Walk past the site of the Nakayama-oji Shrine where hide (wooden plaques that serve as proof of a visit) are stored and enter the settlement of Takihata. Proceeding deeper into the settlement, you will find the Kasuga-jinja Shrine and Otonashino-taki Falls, an ascetic training site. Return to the main road again and walk the gently sloping route toward Onoyama-toge Pass. There are no historical sites related to Katsuragi Shugen beyond this point. However, you can find a Sai-no-kami, a stone representing the guardian deity of travelers. Just past the top of Onoyama-toge Pass, you can find its Fudoson mini shrine, where hide plaques have been placed. Descend the pass and go through the tunnel under the JR railroad. You will eventually come upon the site of the Yamaguchi-oji Shrine.

Turn right at the corner of the cemetery. Then turn left in front of the torii gate of the Yamaguchi-jinja Shrine before turning right onto Prefectural Road 7. If you continue on, you will soon reach Kii Station, but instead turn into the alley that goes south in front of the mini shrine containing Jizo statues and stop at the site of the Kawabe-oji shrine.





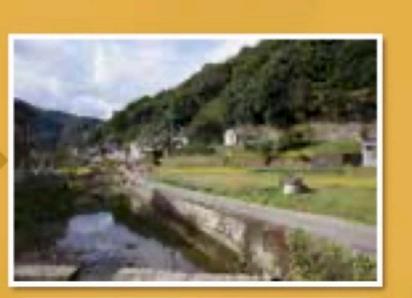
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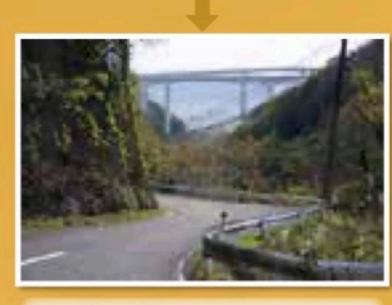
Yamanaka-shuku retains the atmosphere of an old post town



Site of the Nakayama-oji Shrine at the entrance to the settlement of Takihata



Peaceful scenery on the way to Kasuga-jinja Shrine (dedicated to the Niu Myojin)



Crossing Onoyama-toge Pass into Wakayama City





Advice

The entire course is walking on pavement, so sneakers may be best. The main road over Onoyama-toge Pass has no sidewalks, so be careful of traffic. The route becomes somewhat more complicated as it descends into the city on the Wakayama side. However, there are many Kumano Kodo signposts all the way to the site of the Kawabe-oji Shrine.

· • • • Model Course 3 • • • •

Jinzu to Negoro-ji Temple

[Katsuragi Sutra Mound #5 (Mt. Kuratani)]

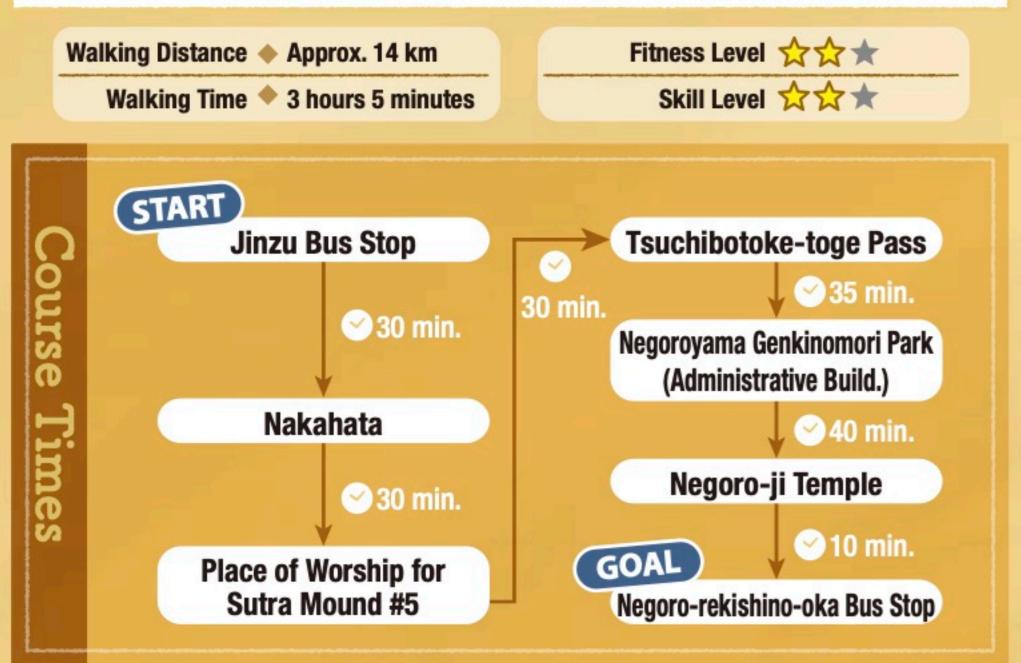
A visit to a sutra mound deep in the mountains and a crossing of a mountain pass to the ancient Negoro-ji Temple

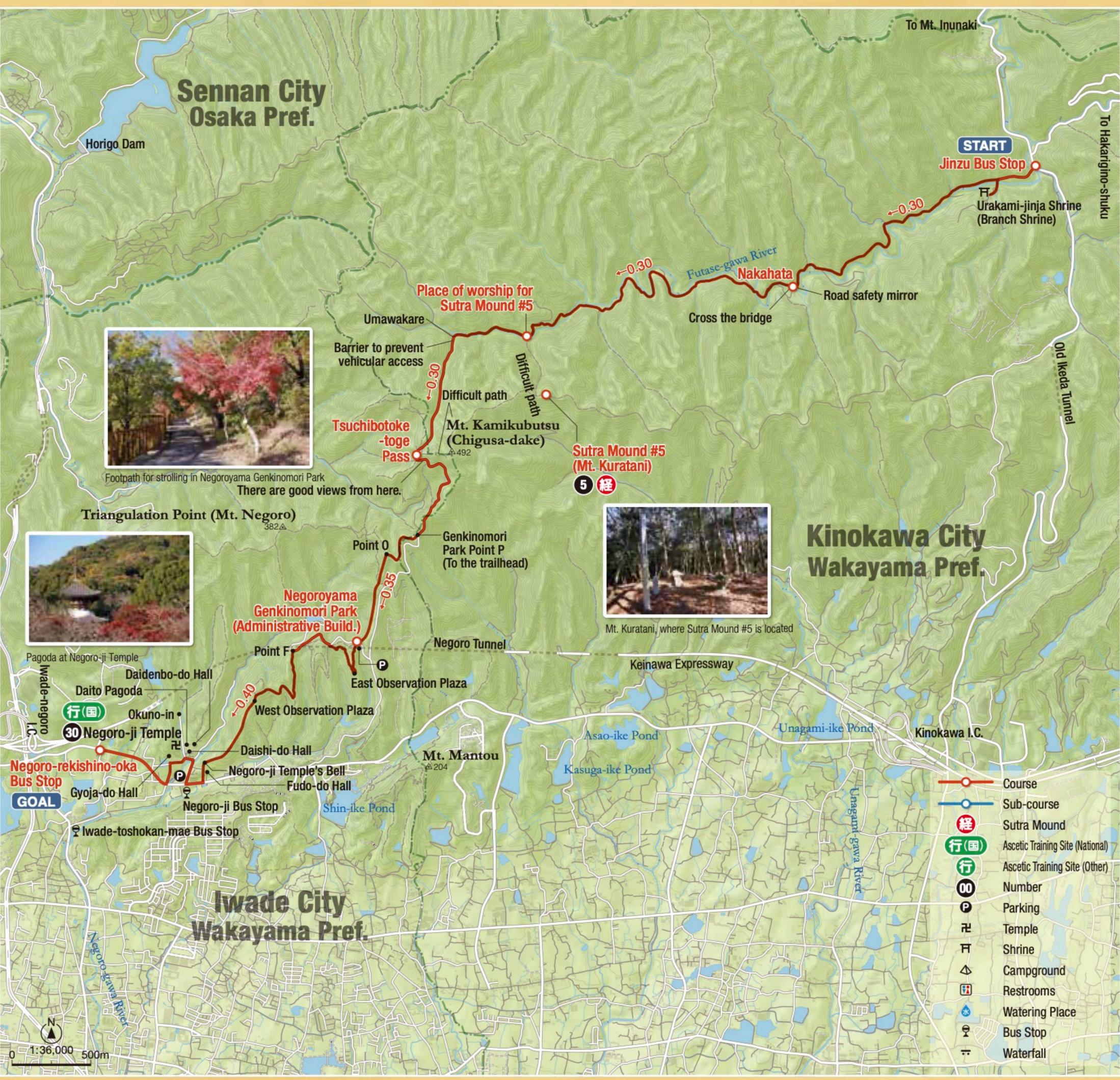
The fifth sutra mound, located in a secluded location in the mountains, is the most conspicuous of many sutra mounds.

Head west from the Jinzu Bus Stop. Immediately after crossing the bridge to the settlement of Jinzu, you will find Urakami-jinja Shrine, one of the ascetic training sites and a hanging place for *hide* (wooden plaques that serve as proof of a visit). Next, walk along the Futase-gawa River, passing through the settlement of Nakahata. You will eventually come to an unpaved forest road, but keep going until you will see a cedar tree with *hide* plaques tied to it on your left. The fifth sutra mound is located on the mountain across the river, but the trails to it are treacherous, so offer your prayer from here. Continue straight on the forest road and you will arrive at Umawakare. Turn left and hike up and over Tsuchibotoke-toge Pass. When you arrive at the sign for the parking lot of Negoroyama Genkinomori Park, check your route on the signboard before entering the trail. Head for the park office via the walking trail.

When you arrive at the park office, check the park map and go to the west observation plaza before descending to Negoro-ji Temple. After eventually reaching the temple grounds, continue your descent until you reach the bell tower of Negoro-ji Temple. Head for the center of the temple via its Fudo-do Hall. Negoro-ji Temple is an ancient temple originating at the end of the Heian period (794-1185) with the priest Kakuban's establishment of Enmyo-ji Temple at the site of Bufuku-ji Temple, which had been a temple of mountain worship in Katsuragi. The temple is known for having been a major religious power during the Warring States period, as well as for having been devastated in Toyotomi Hideyoshi's attack on Kishu. Gyoja-do hall is in the west side of the grounds, on the side of Shoten-ike Pond.

To return to the station, you can take the bus from the Negoro-ji Bus Stop located in front of the temple's parking lot. However, if you walk to the Negoro-rekishino-oka Bus Stop, you can use the shopping and dining at the nearby roadside station.





Course Information



Visiting Urakami-jinja Shrine in the settlement of Jinzu



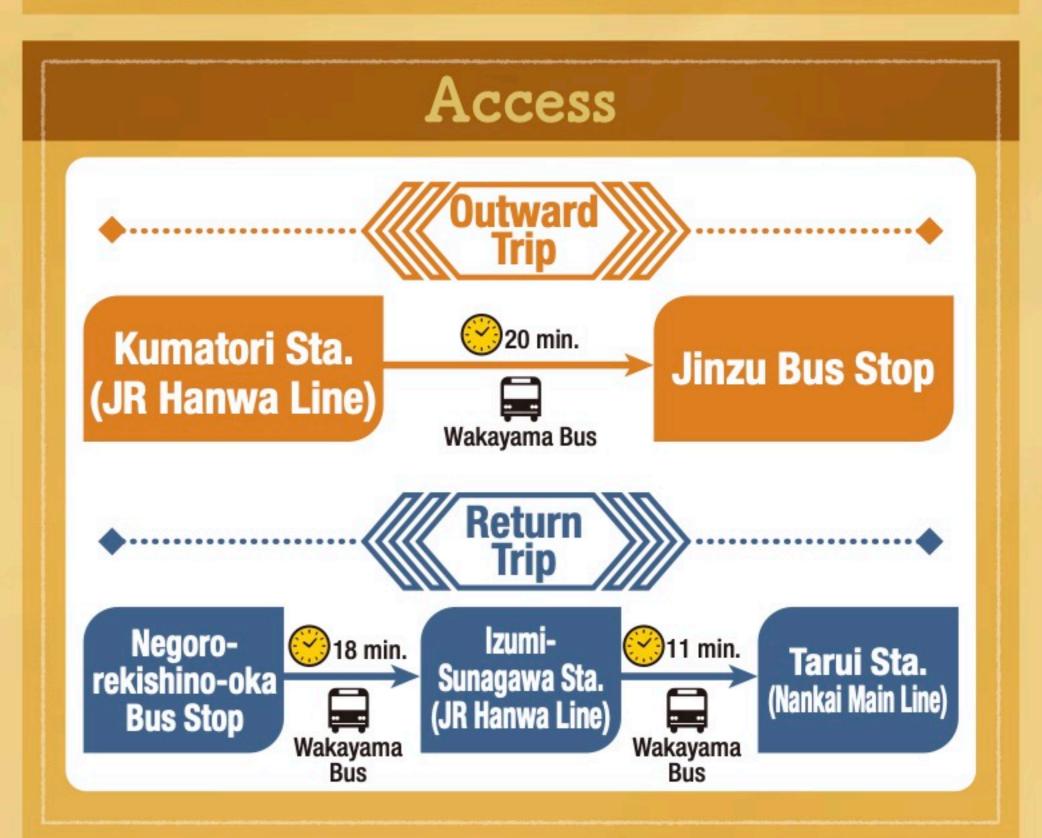
Crossing Tsuchibotoke-toge Pass on the way to Negoroyama Genkinomori Park



Mt. Ryumon seen from the east observation plaza in Negoroyama Genkinomori Park



Arriving at Negoro-ji Temple from the west observation plaza



Advice

Proper hiking footwear is recommended, as the trails after entering Negoroyama Genkinomori Park are quite mountainous. Head to the park's office building first, as its walking trails are fairly complicated. Bus service back to the station is also limited, so check the bus schedule in advance.

· • • • Model Course 2 • • • •

Shino-toge Pass to Nakatsugawa and Kokawa-dera Temple

[Katsuragi Sutra Mound #6 (Shino-toge Pass)]

A journey from the sixth sutra mound in the mountains to Nakatsugawa, an important site in Shugendo, and then to Kokawa-dera Temple

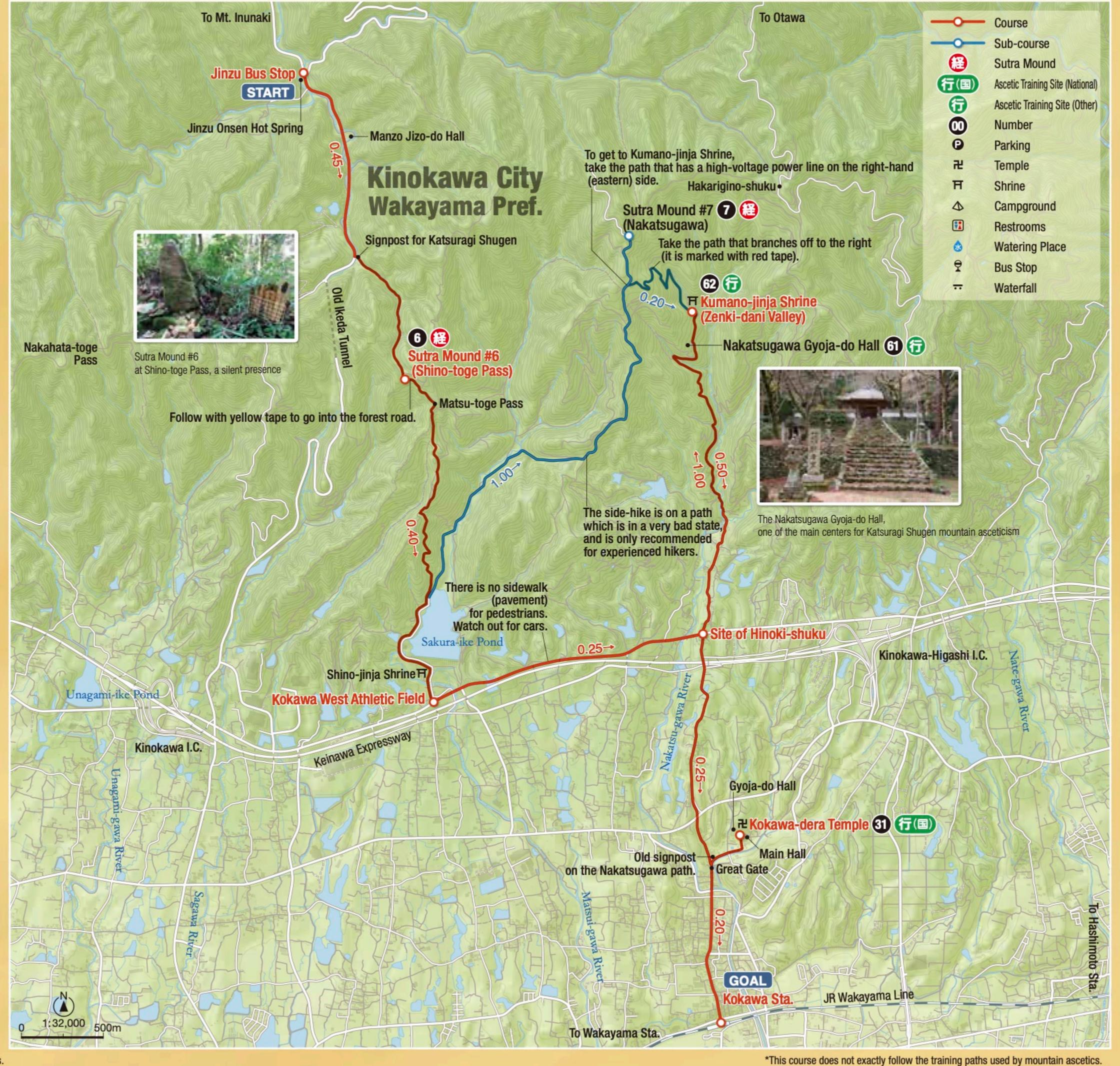
The sixth sutra mound is located on Shino-toge Pass. The sutra mound at Matsu-toge Pass was believed by worshippers to be the site of the sixth sutra mound until its actual site was discovered atop Shino-toge Pass in 1989. The sub-route from Sakura-ike Pond to Kumano-jinja Shrine follows a road that is nearly abandoned, so this course is for advanced hikers only.

Heading south from the Jinzu Bus Stop, find the signpost for Katsuragi Shugen and enter the forest road that shoots off to the left. After hiking up the forest road for a while, you will come to Shino-toge Pass. A stone monument with the inscription "Sutra Mound" is located beyond the left embankment of the pass at the three-way junction. Continue straight down the pass and you will find Matsu-toge Pass in the woods on your left. The road splits past this point, but if you continue straight down, you will come to Sakura-ike Pond. Descend further, turn left in front of the Kokawa West Athletic Field, and continue parallel to the Keinawa Expressway. At the intersection with a monument engraved with the words "Site of the Hinoki-shuku." in the southwest corner, turn left and go north. You will come upon a fork in the road, but there is a sign showing the way to the Gyoja-do hall and Kumano-jinja Shrine. Pass through the settlement and follow the branching valley to the Nakatsugawa Gyoja-do hall. Ascend the old steep stone steps, and you will come upon a Goma burning pit and a temple hall. This is an important site for Katsuragi Shugen, and is also where the monks of Shogo-in Temple perform the Katsuragi Kanjo initiation ritual. Beyond the Gyoja-do hall is Kumano-jinja Shrine. This area is called Zenki-dani Valley.

Go back the way you came, and continue straight past the site of the monument of Hinoki-shuku you passed earlier. When you see the great gate of Kokawa-deraTemple in front of you, turn left. There is another Gyoja-do hall in the hills to the left of the main

Kokawa Station is located directly south of the temple's great gate.





Course Information



Sutra Mound #6 is located behind the left embankment of Shino-toge Pass



Kumano-jinja Shrine in Nakatsugawa's Zenki-dani Valley



Site of Hinoki-shuku, one of the ascetic training sites of Katsuragi Shugen



The majestic main hall of Kokawa-dera





Advice

While there are some unpaved sections, this course mainly involves walking on paved roads, so sturdy walking shoes will suffice. Although admission to the grounds of Kokawa-dera Temple is free of charge, there is a fee to view the inner sanctuary of the main hall. There is also about one outbound bus per hour.

• • • • Model Course 3 • • • •

Inunakisan (Mt. Inunaki)

[Katsuragi Sutra Mound #8 (Inunakisan Shipporyu-ji Reishogatake)]

From Shipporyu-ji Temple, the headquarter of Katsuragi Shugen, to a mountain summit with sutra mounds and ascetic training sites

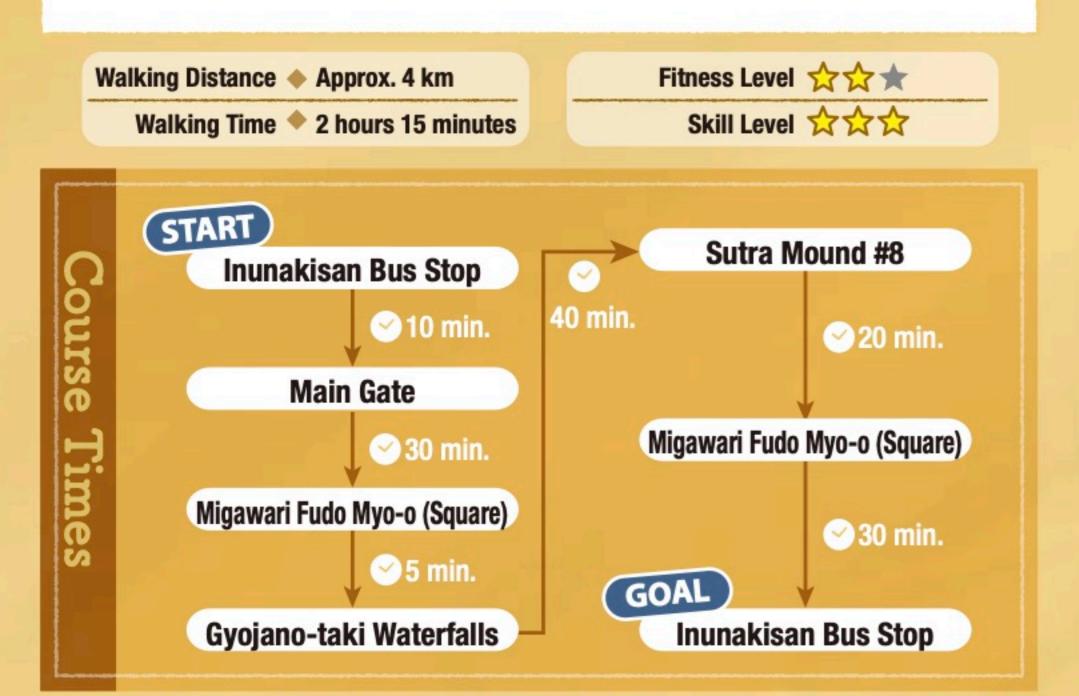
Inunakisan Shipporyu-ji Temple is one of the centers of Katsuragi Shugen. It was said to be founded by En no Gyoja before he began training at Mt. Omine, part of the Nara's World Heritage Site. While the area's waterfalls, such as the Gyojano-taki waterfalls, are the training sites best known to the public, there are numerous others in the surrounding mountains.

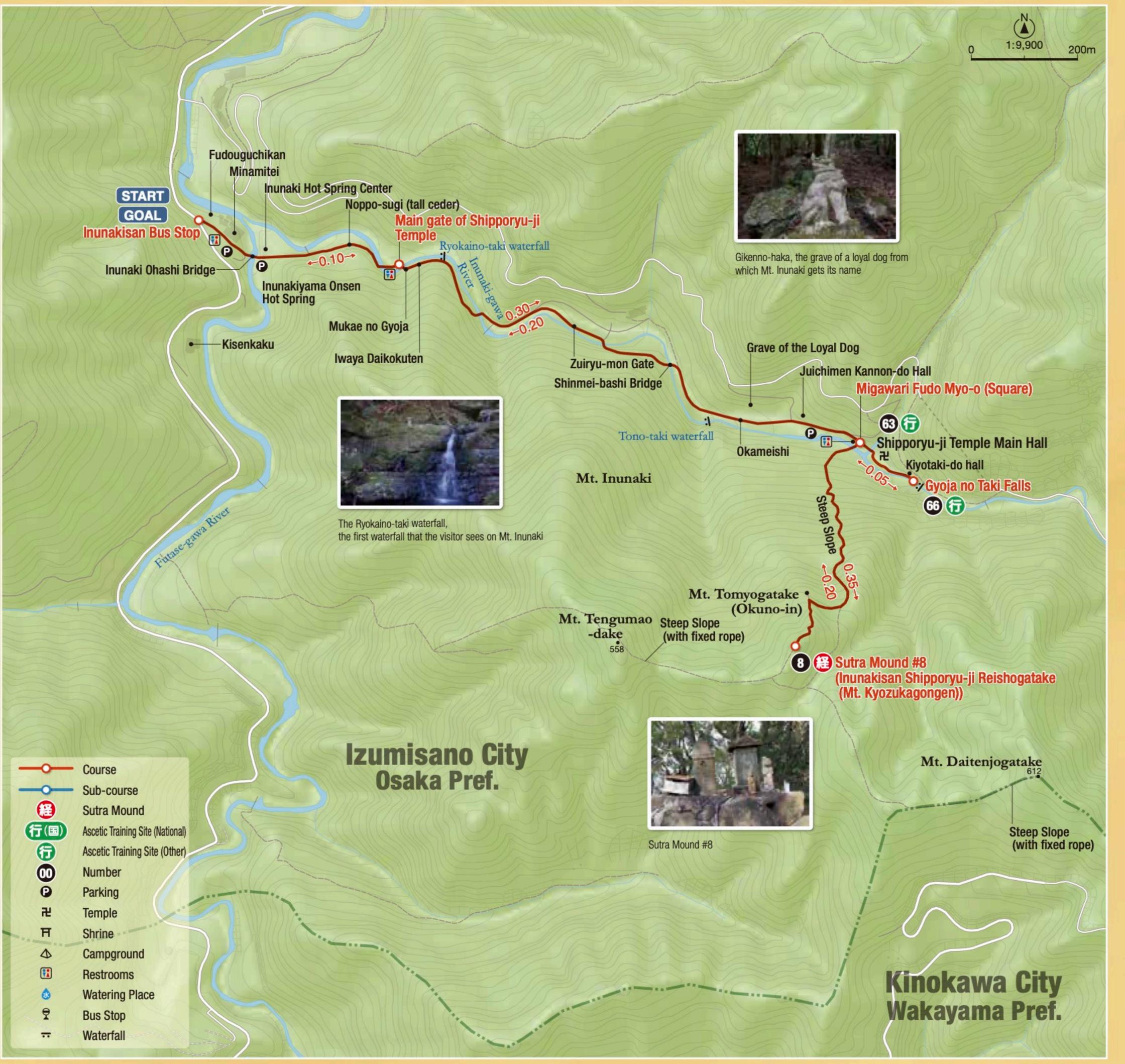
Inunakiyama Onsen is the only hot spring town in Osaka Prefecture, albeit a small one. From the Inunakisan Bus Stop, head through the hot spring town and along the valley towards Shipporyu-ji Temple. The atmosphere greatly changes as soon as you pass the main gate marking the boundary of the temple grounds. Head for the temple's main hall while enjoying the view of the Ryokaino-taki and Tono-taki waterfalls.

Continue onward, looking up and to the left at the Gikenno-haka, the grave of the loyal dog, from which Inunakisan gets its name. You will soon come to a clearing with a large statue of the Migawari ("substitute") Fudo Myo-o on your right. Behind and to the right of statue is the trailhead to Mt. Kyozukagongen, the location of eighth sutra mound. Set off on the trail after visiting the main hall of the temple and the Gyojano-taki waterfalls, where members of the public can practice waterfall meditation during the temple's day-long ascetic experiences.

From this point, the previous walking path transforms into a mountain trail. After climbing the steep hill, turn right to Mt. Tomyogadake, where there is a Goma pit. This is the inner sanctuary of Shipporyu-ji Temple, complete with a torii gate and small stone shrine. The eighth sutra mound can be found further up the ridge.

From here, you can retrace your steps back to the starting point. If you are in the mood for some more mountain climbing, consider crossing Mt. Kyozukagongen and following the trail that branches off to the right all the way to Mt. Tengumao-dake.





Course Information



Sacred ground beyond the temple's main gate



Gyojano-taki waterfalls is among the best-known of Inunakisan's ascetic training sites



The trailhead is located behind and the right of the Migawari Fudo Myo-o statue



View of Ogi District at the foot of Mt. Tomyogadake

Access



*26 min. from Hineno Sta. (JR Hanwa Line) by Nankai Wing Bus bound for Inunakisan *15 min. from Kumatori Sta. (JR Hanwa Line) by Wakayama Bus Naga bound for Kokawa Sta.

Advice

While the first half of the outbound trip is on a walkway, there are steep mountain trails in the latter half. Proper hiking footwear is recommended. There is an admission fee to go beyond the main hall to the Kiyotaki-do hall. Mt. Tengumao-dake is frequently climbed, but caution is required in the fixed rope section before the peak. Mt. Daitenjogatake to the east is a difficult climb.

• • • • Model Course 2 • • • •

Mt. Izumi-Katsuragi

[Katsuragi Sutra Mound #9 (Mine no Ryu-o)]
[Katsuragi Sutra Mound #10 (Dai-itoku-ji Temple)]

A sutra mound on a mountain summit covered with a monumental beech forest, and Dai-itoku-ji Temple, known for its autumn foliage

The summit of Mt. Izumi Katsuragi is the site of Takaokami-jinja Shrine, which is dedicated to rainmaking rituals, and the ninth sutra mound. We will take the trail from Tonohara, which has the flavor of a worship trail, before descending the Jizo-san Trail to visit Dai-itoku-ji Temple.

There is a trail map at the Tonohara Bus Stop. Head toward the mountains and enter the trail by going right at the branch with the stone marker. After passing Biwa-daira, where the remains of stone lanterns lie, climb until you come to a paved road, then walk this road for a while. Follow the signpost and enter the path on the right. There, you will find an informational sign about the beech forest. Once the path turns to trail again, the surrounding area is increasingly covered with bamboo grass. After coming to the torii gate and climbing the stairs, you will arrive at the summit. Once you have visited the Takaokami-jinja Shrine and the sutra mound, turn right at the summit to find a circular observation deck with a panoramic view of Osaka Bay.

Take a left and descend the road before taking a left at the intersection past the restrooms. Descending the road for about 30 minutes, you will find the Nijuiccho Jizo statue (the 21st distance indicator). From there, you will turn off the road and onto the Jizo-san Trail, where you will find Choishi Jizo statues placed every 109 m along the way and each serves as a distance indicator. Take a right down the trail at the Shichicho Jizo statue (the seventh distance indicator) and head toward Dai-itoku-ji Temple. The rock engraved with a Sanskrit character to the left of the temple gate is believed to be the tenth sutra mound.

The course from Sobura to Mt. Izumi Katsuragi is also popular. Marked with a blue line, this pleasant alternate course takes you along the canyon and follows paved roads until Hashikakeno-taki waterfall. A guidepost to Sobura Tochinokidani can be found in front of Sobra no Mori Restaurant. Take the Kaizuka City Community Bus from Sobura Bus Stop to Mizuma Kannon Station.

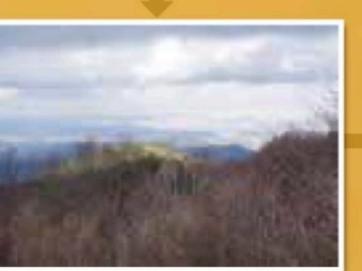




Course Information



Remains of stone lanterns on Biwa-daira



View of Osaka Bay from the observation deck atop Mt. Izumi-Katsuragi

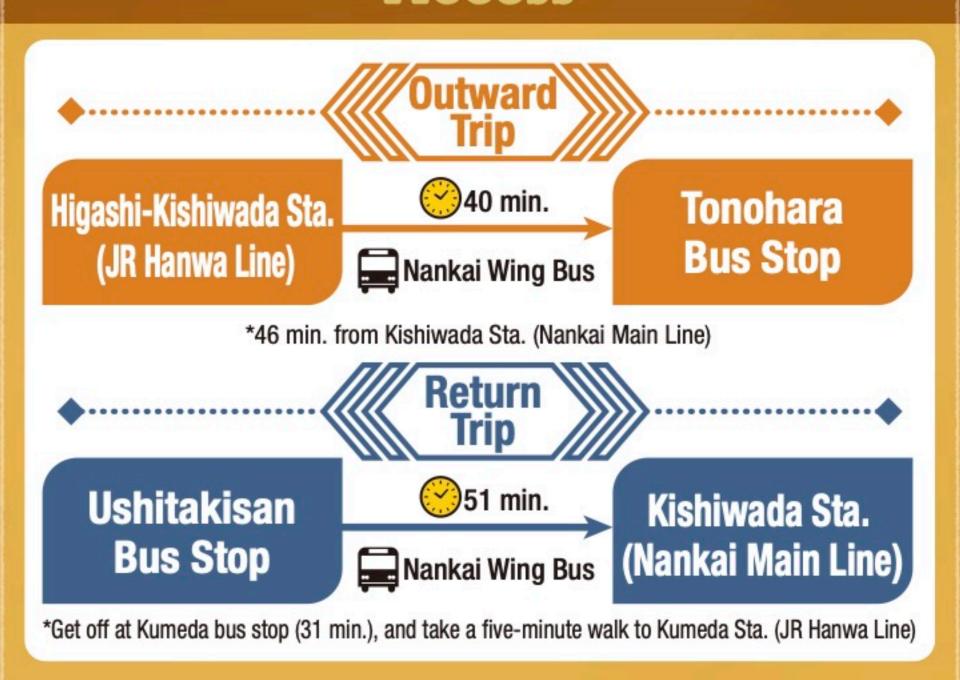


The Choishi Jizo statues of the Jizo-san Trail watch over hikers



The famous fall foliage of Dai-itoku-ji





Advice

This course involves climbing, so proper hiking footwear is recommended. The trails are well marked, but return bus service is infrequent.

· • • • Model Course (1) • • • •

Nanakoshi-toge Pass to Sefuku-ji Temple through Hibaragoe Route

[Katsuragi Sutra Mound #11 (Nanakoshi-toge Pass Mt. Kyozuka)]

Follow an old mountain pass and take the Hibaragoe route, part of the Saikoku Kannon pilgrimage route, to one of its amulet-issuing temples, Sefuku-ji Temple

This course will take an approach up the challenging pass from Chichioni toward the 11th sutra mound on the main ridge of the Izumi Range.

After getting off at the Chichioni Bus Stop, you will find the Yasaka-jinja Shrine as well as Kannon-ji Temple, an ascetic training site. Start walking upstream the Chichioni-gawa River. Continue past the Chichitaki Fudoson and the statue of En no Gyoja at the top of the area with fixed chains to the left of the entrance to the shed. Next, take the path on the left before the lumber mill. Eventually, the road narrows and becomes a forest road that takes you into a thickly wooded area. After walking down this concrete road for some time, take the path that appears on your right, and you will soon come to the trailhead of Nanakoshi-toge Pass.

You will immediately come upon an old stone distance indicator. After climbing for a while, the road surface changes to dirt. After rounding the ridge, take the path that goes off to the right from the forest road. You will be walking on what appears to be an ancient highway for a while. This path will take you into and out of the woods several times. As you continue to climb, you will reach the top of Nanakoshi-toge Pass, where you can find a jizo statue serving as a signpost, as well as a monument engraved with a poem by Saigyo. The sutra mound is located on Mt. Kyozuka to the southwest. However, the mountain is private property and off-limits to the public, so just offer your prayer from here.

Continuing the gentle ascent from the pass, you will come to a roadside shrine to the Shichidai Kongo-doji, where you will find a descending path to the Shichidai-Ryuo-sha Shrine on the right. Continue walking on the road until the Ushizaka trailhead, where you will start up the mountain trail. Along the trail, you will find Jizo statues and stone signposts indicating the way to Mt. Makio, as well as other elements that give the trail the atmosphere of an ancient highway. There are forks in the road, but the signposts will point you to Sefuku-ji Temple.

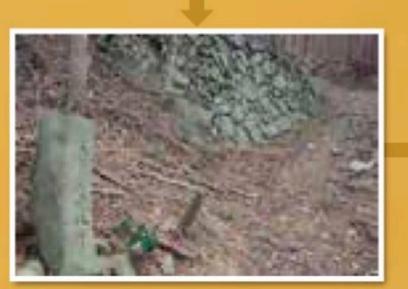




Course Information



The Chichitaki Fudoson is a short walk uphill from the Chichioni Bus Stop



Stone signpost on the old Nanakoshi-toge Pass highway

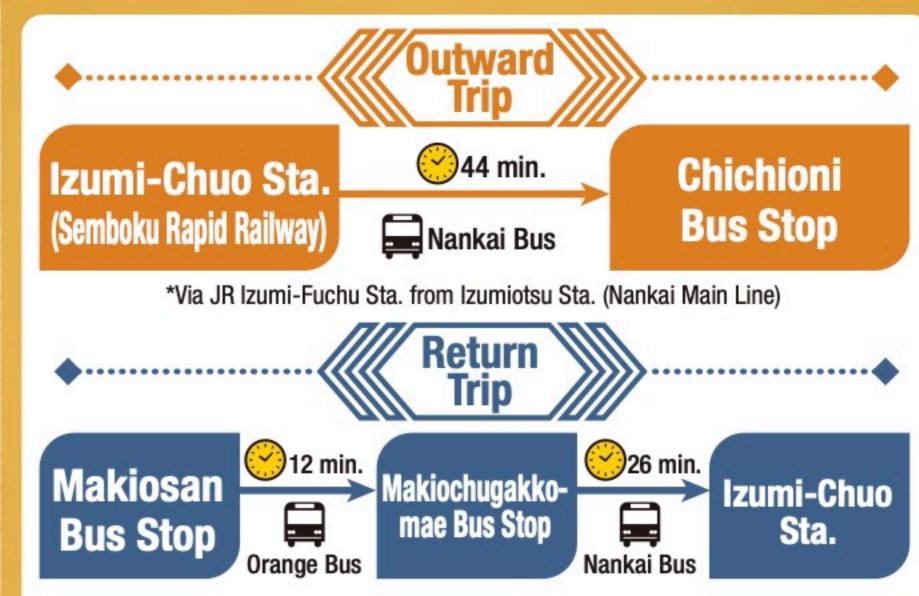


One of Jizo statues serving as road markers on Nanakoshi-toge Pass



Hibaragoe, part of the Saikoku Kannon pilgrimage route





*There is also a bus via JR Izumi-Fuchu Sta. bound for Izumiotsu Sta. (Nankai Main Line)

Advice

This course involves climbing, so wear proper hiking footwear. The forest roads before Nanakoshi-toge Pass intersect and diverge many times, so follow the yellow forest fire prevention signs put up by Izumi City. Bus service to Chichioni is extremely limited. Bus service from Mt. Makio is also limited on weekdays.

· • • • Model Course (1) • • • •

Shigo and Horikoshi to Kotakiji Temple

[Katsuragi Sutra Mound #12 (Goma no Tawa Hodome)]
[Katsuragi Sutra Mound #13 (Mukai Tawa)]
[Katsuragi Sutra Mound #14 (Kotakiji Temple Buttokutawa)]

A stroll around Shigo, famous for its kushigaki, before a descent to Kotakiji Temple.

Shigo is best known for its kushigaki, the skewered dried persimmons it produces in the late fall each year. First, you will tour the many points of interested related to Katsuragi Shugen in and around the communities of Kono and Horikoshi. You will then visit Kotakiji Temple, which is believed to be location of the 14th sutra mound.

After getting off at the Horihata Bus Stop, cross the bridge, and walk upstream of the Dogawa River. Follow the signposts off the road and to Bunzono-taki waterfalls. After viewing the waterfall, turn back to Kono before heading up the trail again. Located at the center of the community is the Kono Amida-do Hall, a national tangible cultural property. Just outside of the settlement, you will find Shoraku-ji Temple as well as the place of worship for the Shichidai-Ryuo-sha Shrine, where visitors worship its enshrined deity from afar.

Continuing north, you will reach one end of the Kinki Nature Trail where there are benches. Turn right here and follow the nature trail toward Horikoshi and Zao-toge Pass. To reach the 12th sutra mound, turn left immediately after reaching the pass and take the dirt road that goes up the ridge.

A little south of the pass, the forest road splits in two. There is a trail up the ridge between the fork in the road, which you can take to the peak of Mt. Higashinotomyogadake, where a mini shrine to En no Gyoja stands. If you change direction 90 degrees to the west and go down the trail, you will find an observation deck. Further down from there, you will rejoin the nature trail. Follow the signposts to Horikoshi Shaku-kannon Temple. From there, take the road that extends east of the temple's parking lot to the 13th sutra mound. The sutra mound is located off the road, but there are signposts to guide you. Return to the road and continue east to Zao-toge Pass. The Katsuragi Zao Gongen-sha Shrine is located on the Wakayama side of the pass. Return to Zao-toge Pass and descend toward Takihata for a while before visiting the 14th sutra mound, Kotakiji Temple.





Course Information



Kono district in Shigo settlement (a.k.a. Homeland of Kushigaki)



Horikoshi Shaku-kannon Temple, which venerates the Juichimen Kannon



Zao-toge Pass, location of the Katsuragi Zao Gongen-sha Shrine



Kotakiji Temple, believed to be the location of Sutra Mound #14





Kaseda Sta. (JR Wakayama Line)



Horihata Bus Stop







Kawachinagano-shi Hino-Takihata Community Bus

Kawachinagano Sta. (Nankai Koya Line/ Kintetsu Nagano Line)

Advice

The two sutra mounds are a little hard to find, because they are located off the road. The course can be divided into an out-and-back course from Takihata Dam to Kotakiji Temple (for #14) and a touring course from Horikoshi Shaku-kannon Temple (for #12 and #13). Katsuragi-cho On-demand Taxi-sharing Service operates on weekdays only and require a reservation. You must use a regular taxi on weekends and holidays.

••• Model Course D ••••

Mt. Minami-Katsuragi

[Katsuragi Sutra Mound #14 (Mt. Minami-Katsuragi Kagami no Shuku)]

A visit to a sutra mound in Ipponsugi on Mt. Minami-Katsuragi before a descent to Kimitoge Station

There are two places believed to be the location of the 14th sutra mound. The first sutra mound, "Kagami no Shuku," is located next to Ipponsugi, the solitary cedar tree, near the summit of Mt. Minami-Katsuragi. The other is Kotakiji Temple at the foot of the mountain. On this course, we will visit the sutra mound on the Ipponsugi Hiking Trail from Koyaguchi Station before descending to Kimitoge Station.

Heading south from Koyaguchi Station and walking the Yamato-kaido Road before starting your hike will make this course more enjoyable. Turn right at the Edo-period Maeda Residence and head west on the Yamato-kaido Road. At the kimono boutique, take the right path of the fork, and head north when you come to a corner with the fire brigade garage. Continue heading north after passing through the Meiji-era brick tunnel. You will see a large water tank and a waste disposal plant on your left. As you enter this scenic hilly area, you can see Mt. Minami-Katsuragi ahead. When you come to a wide road, turn left. At the next light, turn right and head for the mountains. You will eventually arrive at Shinoda-jinja Shrine, with its great camphor tree, which is said to be one of the places En no Gyoja prayed during his ascetic training. From here, follow the signposts for the Ipponsugi Hiking Trail.

Pass through the settlement of Kuju and beyond the orchard. After entering the forested area, climb the winding road. Just as you begin tire of walking on the road, you will finally enter the trail and cross a forest road once to reach the 14th sutra mound. Stop by the summit of Mt. Minami-Katsuragi just to the west before heading from the sutra mound toward the Diamond Trail/Kimi-toge Pass direction. Halfway there, the trail becomes a forest road before it joins the Diamond Trail near Mt. Amida. After passing Mt. Neko-mine, the trail eventually turns downward and takes you down to the third station of Mt. Iwawaki. Here, you will turn right and descend the trail. As you reach the forest road, you will come to Koshigataki waterfalls. Continue descending the forest road until you come to a settlement, then take a right turn and you will soon arrive at Kimitoge Station.



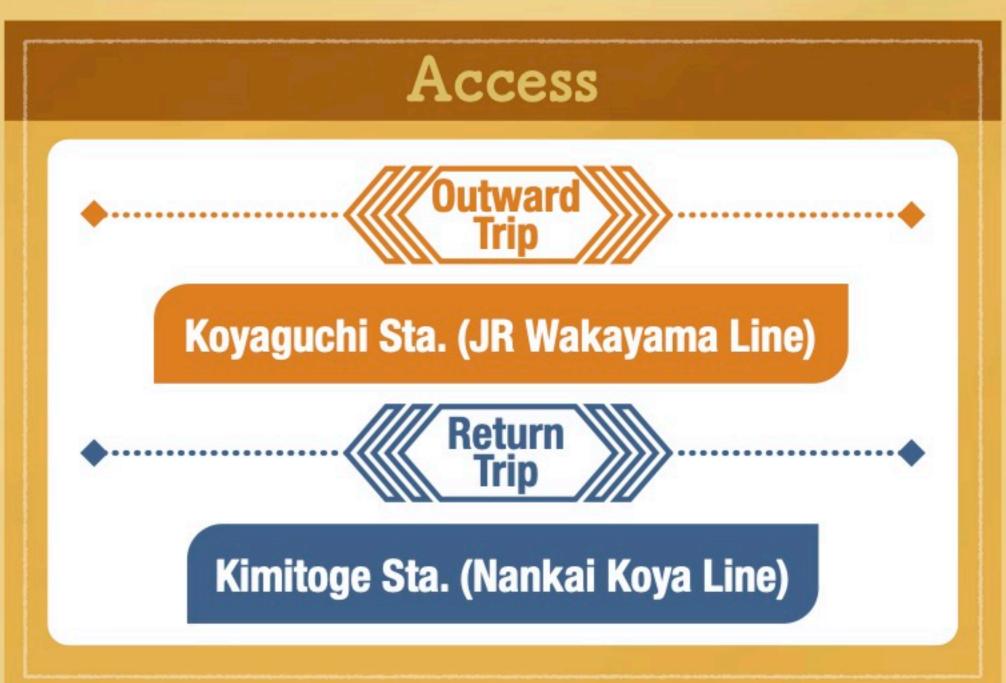


Course Information



View of the Koyaguchi district from Kuju

Mt. Iwawaki Third Station on the Diamond Trail



Advice

There are no places you are likely to get lost after turning north at the corner next to the fire brigade garage. The latter half of the course is mountainous, so proper hiking footwear is recommended. It is a long course, so bring plenty of drinking water. There are no places to buy drinks beyond Shinoda-jinja Shrine.

• • • • Model Course 📵 • • • •

Nagaredani to Iwawakiji Temple and the Amami-fudo

[Katsuragi Sutra Mound #15 (Mt. Iwawaki)]
[Katsuragi Sutra Mound #16 (Nagaredani Kongodoji)]
[Katsuragi Sutra Mound #17 (Amami-fudo)]

A tour of three sutra mounds around Mt. Iwawaki

Mt. Iwawaki, one of the most famous peaks of the Izumi Range, is best known for its plateau-like peak covered with silvergrass. Its name is derived from its steepness, which was likened to rocks pouring out of its cliffs. Even now, you can find traces of when the area around Iwawakiji Temple flourished as a center of ascetic practice.

Head west from the Amami Station. Cross National Route 371 at the Deainotsuji intersection and enter the settlement of Nagaredani. Across the river is the ancient Hachimanjinja Shrine. Heading up the road while looking to your left at the Toishi Valley, which you will use during your descent, you will find a signpost. Cross the river here and pass along the edge of the field to the bamboo thicket where you will find the first of the three sutra mounds you will visit on this course.

From here, you will ascend a mountain pass called Takeno-tawa before taking the long walk on the road through Katatsumuri Tunnel. From the Gyoji-gawara fork, continue south to Iwawakiji Temple. After passing the No. 2 parking lot, you will see the trailhead for the Inishie no Michi trail. Enter the trail, before immediately turning on to the Ochiba no Komichi trail to the right. Take this trail to Iwawakiji via the Iwawaki-no-mori Shikisaikan information center. Follow the path located just beyond Iwawakiji Temple to the 15th sutra mound. As it curves up the hill, you will find a signpost on your right, indicating the trail to the sutra mound. Take this trail and you will find the sutra mound just beyond a small peak.

Head back toward the temple and take the Iwawaki no Michi trail. The course joins the Diamond Trail just before the Itsutsu-tsuji crossroad. From here, head in the direction indicated by the sign for Kimi-toge Pass. The trail stays flat for a while, but becomes quite steep after the third station. When the trail turns flat again, continue past the fork to Toishi Valley and on to the 17th sutra mound. Return to the fork and retrace your steps to Toishi Valley. Once you reach the road you walked on your outbound trip, proceed back to the Amami Station.





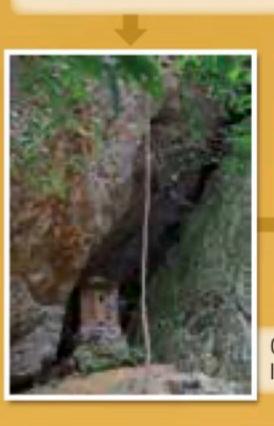
Course Information



View of Mt. Hatao-dake from near the Hachimanjinja Shrine



Head up the Ochiba no Komichi trail to lwawaki-no-mori Shikisaikan





Benches can be found at the Diamond Trail's Itsutsu-tsuji crossroad



Sutra Mound #17 on the Diamond Trail

Access



Advice

All of the sutra mounds on this course other than the 17th sutra mound are somewhat hard to find. The course involves climbing past Iwawakiji Temple, so wear proper hiking footwear. If you have the energy to spare, we recommend taking the Diamond Trail to Kimi-toge Pass.

· • • • Model Course (• • • •

From Iwaze Mt. Kyozuka to Mt. Jinpuku

[Katsuragi Sutra Mound #18 (Iwaze Mt. Kyozuka)] [Katsuragi Sutra Mound #19 (Mt. Jinpuku)]

Visit Shugen ascetic training sites along the Diamond Trail

This area has an ambience that reflect the fact that the Kongo-Katsuragi Range has been an important ascetic training site in the Shugen tradition.

From Chihayaguchi station, cross the railroad line to the south and head east. Following the signpost, take the path on the right along the valley at the fork that you will see right after seeing a café/restaurant on your right. Just off the road, there is a stone mini shrine to Sai-no-kami, the guardian deity of borders, at the other side of the valley. Continue walking along the trail through an open valley, and you will soon enter a wooded area. Though the trail forks twice, keep to the main trail. After reaching the end of the woodland path, you can ascend the trail on the right-hand valley to get to a low pass. The 18th sutra mound is located at the top of the steep slope (with rope a fixed to assist in the ascent) on the right side of the pass.

Descend the pass carefully and proceed straight ahead until you reach the ridge, then turn left and cross Mt. Fucho. Shortly after the trail joins a woodland path, you will reach Juji-toge Pass. Continuing beyond the pass, the woodland path curves to the left. Take the narrow path that branches off to the right. Leave the narrow path and proceed along the woodland path again, and when the slope becomes flatter, the path starts running parallel to the main ridgeline and joins the Diamond Trail.

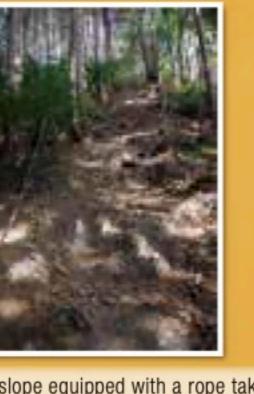
Once on the trail, head west. The mini shrine of Nishi no Gyoja sits beyond the large signboard. Return the way you came and head east. After crossing Sugio-toge Pass and walking past the Gyoja-sugi cedar, you will descend slightly to reach the downward path that leads to the Kongo Tunnel. Go straight ahead on a rocky trail to visit the 19th sutra mound on the summit of Mt. Jinpuku. Proceed on the decline to the tunnel, and this will lead you to a point slightly south of the tunnel. Proceed toward the tunnel and you will find a trailhead opening to your left. Take this trail and cross a small ridge, then descend on the path to Daitaku-ji Temple. Descend along the river and take the left turn when you reach a wide road, then you will be at Denen-gochome-minami Bus Stop.





*This course does not exactly follow the training paths used by mountain ascetics.

Course Information



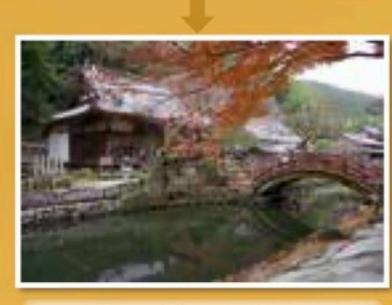
A steep slope equipped with a rope takes you to Sutra Mound #18



Natural forest around Mt. Tanbo



Gyoja-sugi cedar, also known as Higashi no



Daitaku-ji Temple is believed to have been constructed on the site of En no Gyoja's thatched hut

Gojo Bus Center



Advice

Nara Koiitsu Bus

This route involves climbing from beginning to end, so be sure to wear proper hiking footwear. Going up and down the 18th sutra mound will require extra caution, even though the slopes have ropes to help you. The bus service from the finishing point of the hike is infrequent. Be sure to check the timetable, including the service for Gojo Bus Center.

· • • • Model Course (B) • • • •

Mt. Kongo

[Katsuragi Sutra Mound #20 (Former Ishi-dera Temple)] [Katsuragi Sutra Mound #21 (Mt. Kongo)]

> Climbing Mt. Kongo, the leader of the Kongo Range — An ascent from the hamlet of Katsuragi to the settlement of Chihaya

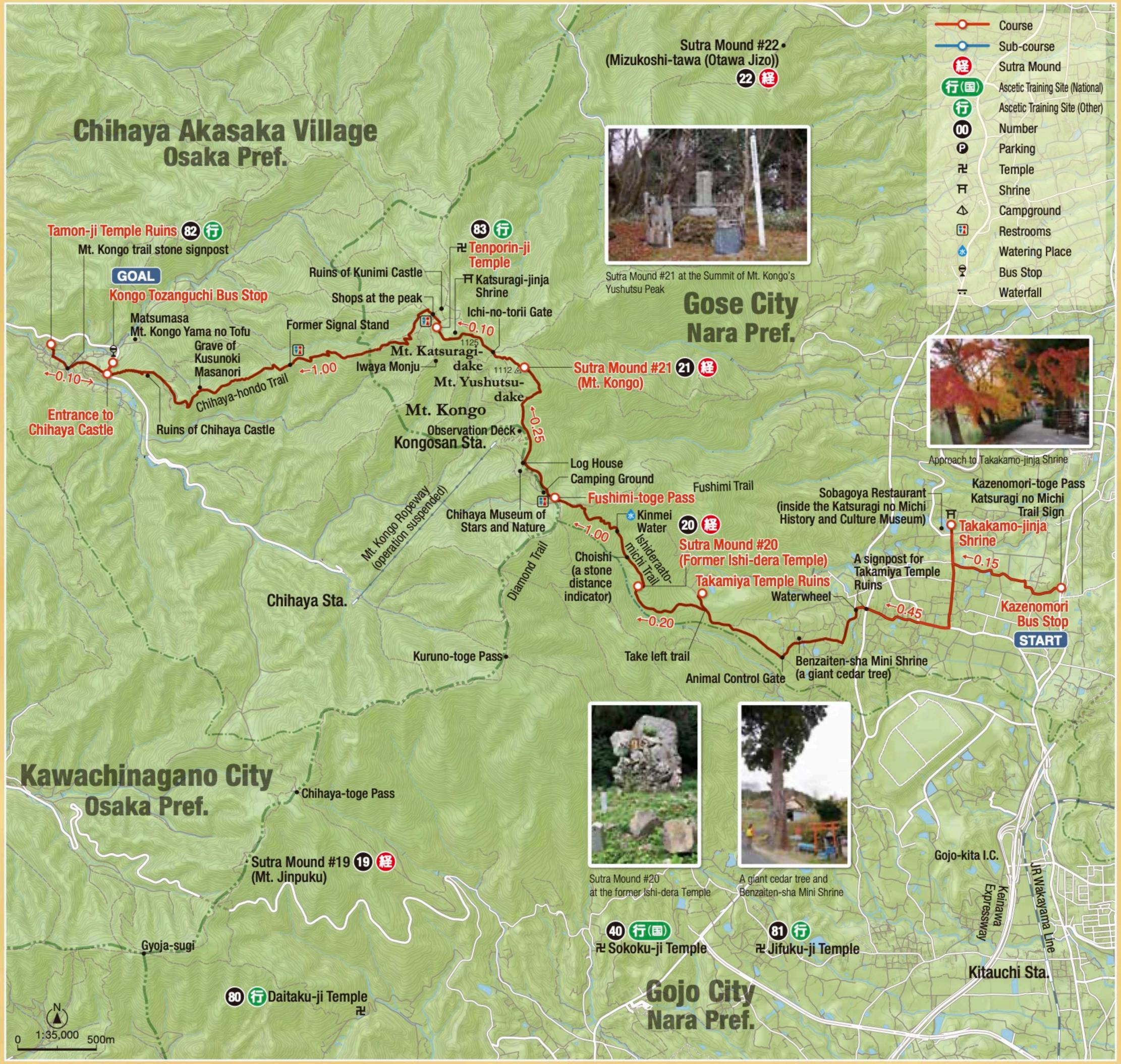
Mt. Kongo has many old roads. Long ago, it was the site of a number of mountain temples, but the only that remains today is Tenporin-ji Temple. The former Ishi-dera Temple, where the 20th sutra mound is located, is the remnants of one such temple.

The course starts at the Kazenomori Bus Stop. You will depart after taking a look at the nearby Katsuragi no Michi trail sign. First, let's stop at Takakamo-jinja Shrine. Next, we will head toward a national historic site called Takamiya temple ruins. Follow the signposts, passing between the houses beyond a giant cedar tree, where a mini shrine is located. You will then reach the forest trail that leads to the Takamiya temple ruins. While the Ishidera trail branches off to the left just before the path to the temple ruins, we will stop by the ruins before continuing up the trail. After a short climb, you will come to opening that is the former Ishi-dera Temple, where a large rock is enshrined as a sutra mound. Further up the trail, the route merges with the Fushimi trail just before Fushimi-toge Pass on the Diamond Trail.

Head right from the pass, passing by an opening with a log cabin and a lookout tower, and the bamboo grass-covered trail to Mt. Yushutsu-dake will appear on your right. Climb it to the summit of Mt. Yushutsu-dake, where the 21st sutra mound is found. Descend the forest trail to the north of the sutra mound and rejoin the Diamond Trail. Pass through the Ichi-no-torii gate to the Katsuragi-jinja Shrine, which enshrines the deity Hitokoto-nushi, before arriving at Tenporin-ji Temple. Incidentally, the top of Mt. Kongo, the peak of Mt. Katsuragi-dake, is located behind the shrine, but is off-limits.

After passing by the shop and enjoying the view at the ruins of Kunimi Castle, take the Chihaya-hondo trail down. While you can choose to take the shortest path down, we will instead turn left just past the grave of Kusunoki Masanori and take the route that goes through the ruins of Chihaya Castle. After descending the long flight of stone steps to reach the bus route, turn right to go to the Kongo Tozanguchi Bus Stop. If you keeping going straight, you will arrive at the ruins of Tamon-ji Temple, one of area's ascetic training sites.





*This course does not exactly follow the training paths used by mountain ascetics.

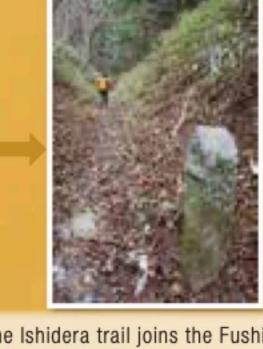
Course Information



The mountains of Kongo-Katsuragi can be seen ahead on Katsuragi no Michi



Only the foundation stones remain at the Takamiya temple ruins

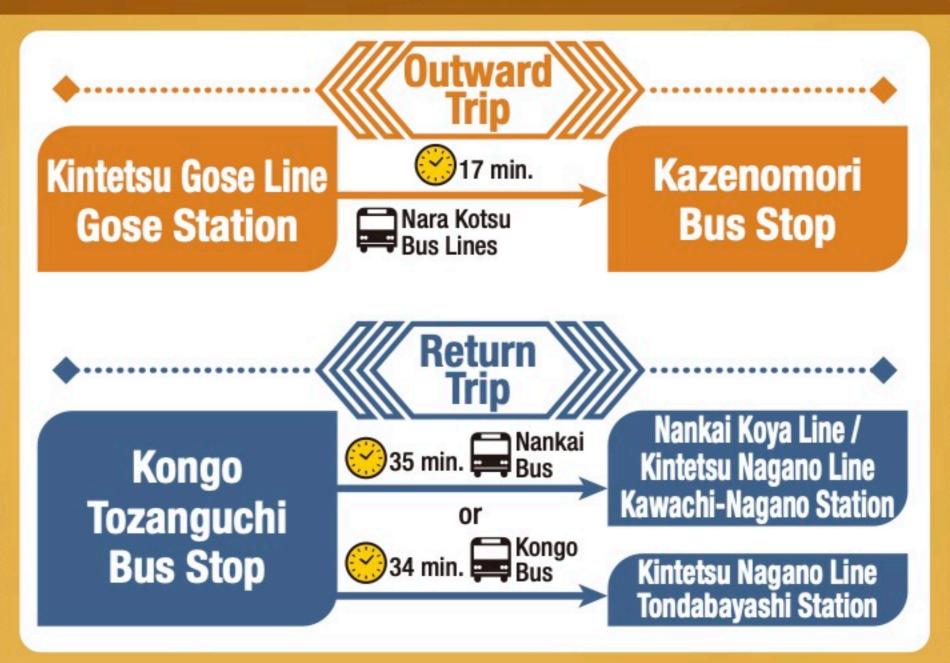


The Ishidera trail joins the Fushimi trail before Fushimi-toge Pass



The ruins of Chihaya Castle, the impregnable fortress of Kusunoki Masashige

Access



Advice

This course is a climb from beginning to end, so proper hiking footwear is necessary. The trail is well maintained, so there are no places you are likely to get lost. Near the summit of Mt. Kongo is the Iwaya Monju, one of the ascetic training sites. This place is where En no Gyoja practiced asceticism and where Kusunoki Masashige received wisdom. The ruins of Tamon-ji Temple in Chihaya is hard to find, so ask the locals.

• • • • Model Course (1) • • • •

Katsuragi no Michi Trail

[Katsuragi Sutra Mound #22 (Mizukoshi-tawa)] [Katsuragi Sutra Mound #23 (Kushira)]

A walk through the peaceful rural setting of the Katsuragi no Michi trail and a visit to two sutra mounds and the birthplace of En no Gyoja

The foothills of Mt. Yamato-Katsuragi are alive with ancient history. Walk the Katsuragi no Michi historical trail before visiting Kisshoso-ji Temple in Chihara, said to be the birthplace of En no Gyoja.

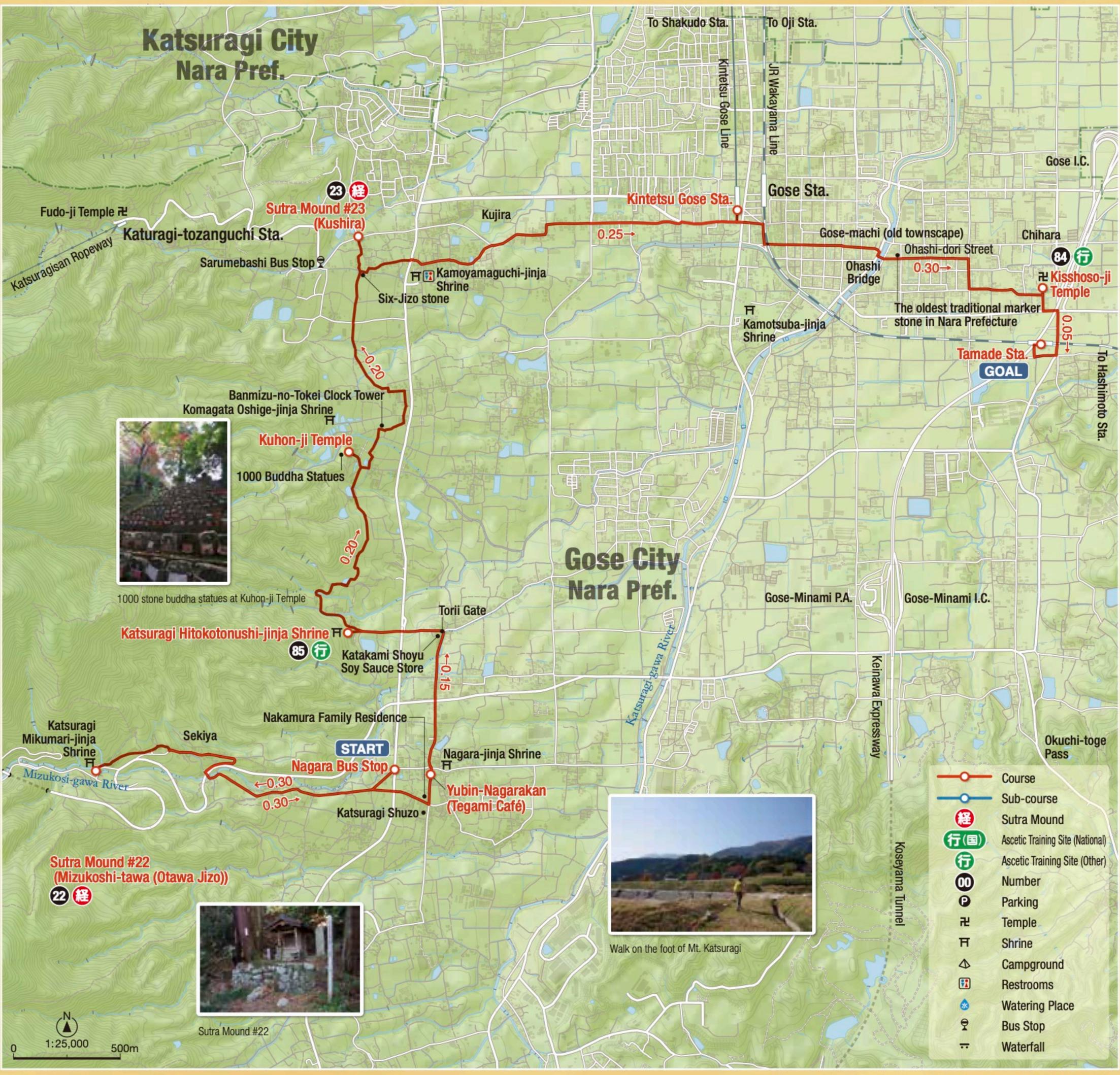
Get off at the Nagara Bus Stop and head toward the mountains. Cross National Route 309 and enter the settlement of Sekiya. Continuing along the foot of the mountain, you will find Katsuragi Mikumari-jinja Shrine on the outskirts of the settlement. The 22nd sutra mound is located in the mountains across the river, so just offer your prayer from here

Return the way you came and reenter the settlement of Nagara. Once you come to the old Nakamura Family Residence, you can just follow the Katsuragi no Michi trail signs. Turn left at the corner next to the stone torii gate of Hitokotonushi-jinja Shrine and walk along the approach to the shrine, known to locals as "Ichigon-san." Hitokotonushi is the local deity of the Katsuragi area. He is believed to grant wishes consisting of just a single word ("hitokoto" or "ichigon" in Japanese).

Next, walk along the foot of the mountain to Kuhon-ji Temple, famous for the more than 1,000 stone Buddhist statues of located behind it. The 23rd sutra mound is located straight north of the crossroads with a large stone carved with six images of the Jizo in a place said to be the site of the Jizo-ji Temple. The five-story pagoda is believed by some to be sutra mound, though there is also a competing theory that the six-Jizo stone is the 23rd sutra mound.

Head back to the six-Jizo stone and then down toward Kintetsu Gose Station. Along the way you will find the Kamoyamaguchi-jinja Shrine. When you come to Kintetsu Gose Station, cross at the traffic light, turn right before the JR railroad, and turn left after passing through the shopping district. Walk through the old townscape of Gose on the way to Kisshoso-ji Temple. Your return trip will be from nearby Tamade Station.





Course Information



Nagara Post Office Museum and Tegami Café



The Omine Mountains can be seen from Sekiya on clear days

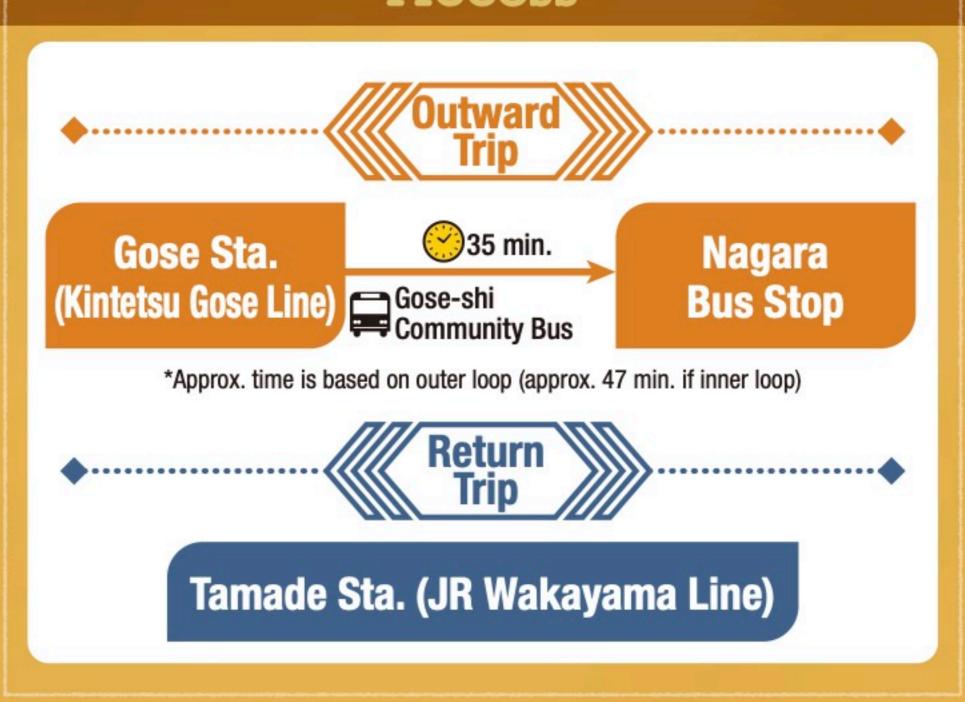


Approach to Katsuragi Hitokotonushi-jinja Shrine



Well-preserved old townscape of Gose

Access



Advice

The entire course is on paved roads, so stiff hiking footwears are not ideal. The path from the Katsuragi Shuzo brewery to the six-Jizo stone is well-marked as the "Katsuragi no Michi." Bus service to Nagara and trains on the JR Wakayama line are infrequent.

•••• Model Course (1) ••••

Mt. Iwahashi

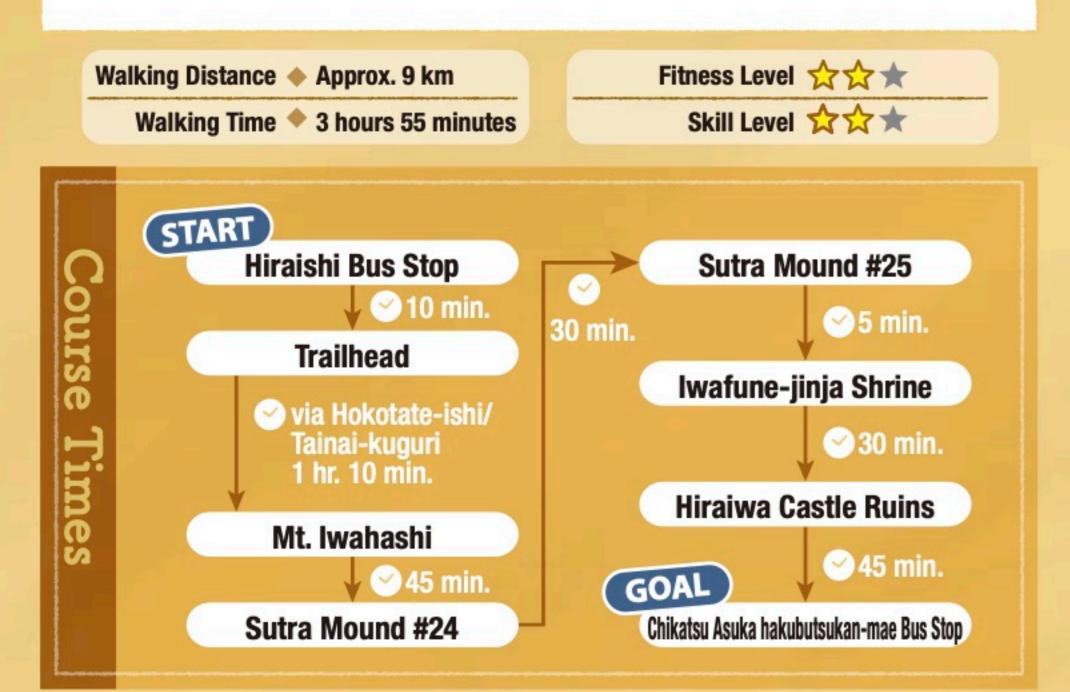
[Katsuragi Sutra Mound #24 (Hiraishi-toge Pass)]
[Katsuragi Sutra Mound #25 (Koki-ji Temple Kogebata)]

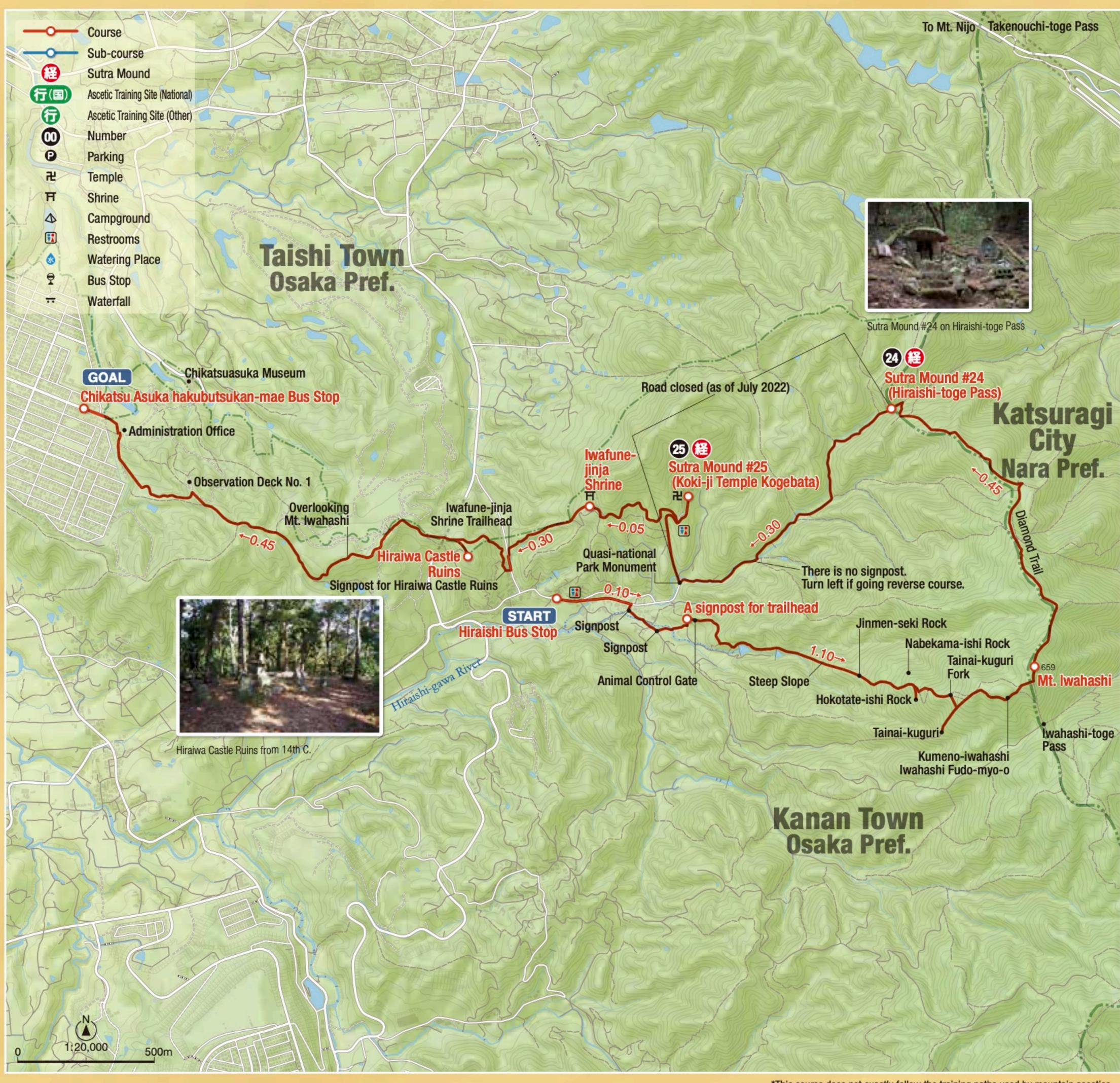
Huge rocks are a highlight of a route adorned with fantastically shaped stones, which takes you to the top of Mt. Iwahashi

Numerous fantastically shaped rocks sit on the western slope of Mt. Iwahashi, which is used as ascetic training sites for practitioners of Katsuragi Shugen. Starting from the Hiraishi Bus Stop, head to the Mt. Iwahashi trailhead, which is located behind terraced rice fields. The trail becomes a steep climb after crossing the river. Keep going, and you will find the Jinmen-seki (human-faced) Rock by the side of the trail. The Nabekama-ishi (pots-and-kettles) Rock is located a bit higher up from there and slightly off the trail to the left. The next one, the Hokotate-ishi (standing spear) Rock soars off to the right of the trail. Continue hiking up the trail a little further, and the path to Tainai-kuguri (narrow sanctified) Cavern branches off to the right. Although it would mean descending quite a bit, you may want to visit this spot since it is one of the local ascetic training sites. Go back to the trail and proceed until the slope gets gentler, then you will reach Kumeno-iwahashi (stone bridge of Kume).

From Kumeno-iwahashi to Diamond Trail is a fairly short distance, and the summit of Mt. Iwahashi is only a few minutes away to the left. Continue descending northward until you reach Hiraishi-toge Pass, where the 24th sutra mound is located. From Hiraishi-toge Pass, descend westward. Take a right at the quasi-national park monument and head for Koki-ji Temple, where the 25th sutra mound is located. The sutra mound is behind the main hall of the temple, and is off limits to visitors, so offer a prayer in the direction of the hall. From Koki-ji Temple, take the trail on the side of the mountain to Iwafune-jinja Shrine. The huge rocks on the slope have deities enshrined in them.

For the way home, take the right trail outside the torii gate of the shrine to descend, then keep going down to the left once you reach the paved road. You will immediately find the signpost for the trail to the Hiraiwa Castle Ruins on your right. Take a look round the ruins near the trail, then follow the signposts to head for Chikatsu Asuka Fudoki-No-Oka Historical Park.





Course Information



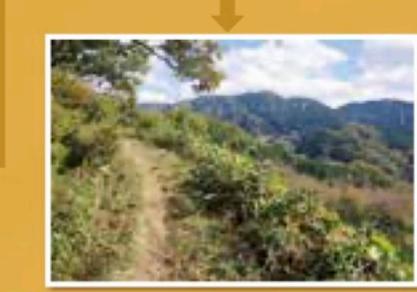
A trail linking fantastically shaped rocks with the Kumeno-iwahashi



An open space at the summit of Mt. lwahashi

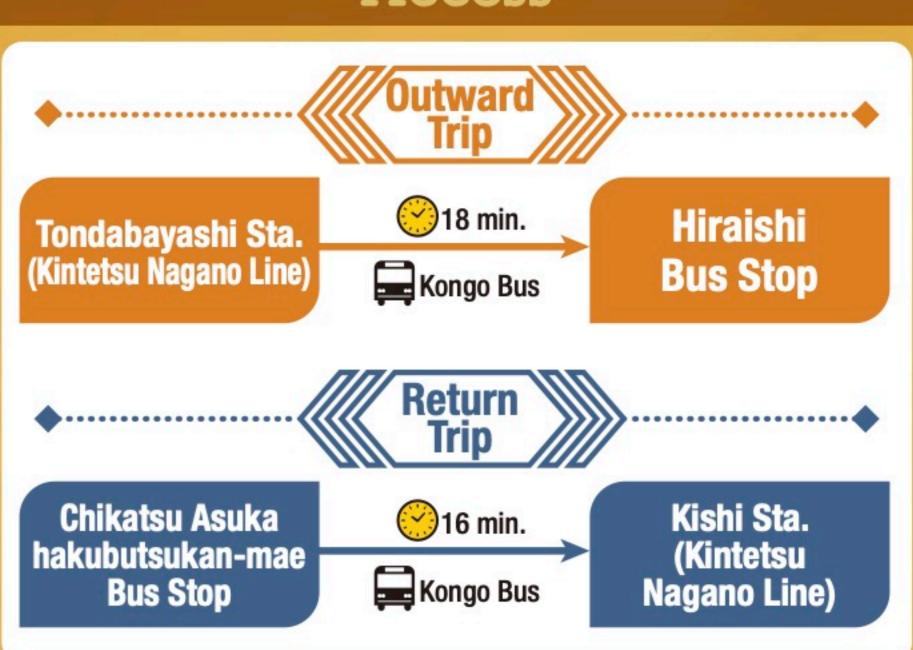


Main hall of Koki-ji Temple. The sutra mound is off limits to visitors.



Head for Chikatsu Asuka Fudoki-No-Oka Historical Park





Advice

The route consists mostly of walking on mountain trails, so be sure to wear proper hiking footwear. Although signposts are plentiful, the path from Koki-ji Temple to Iwafune-jinja Shrine is an unmarked horizontal path on the side of the mountain, so be careful. If you can time it right, taking the bus back from the Hiraishi Bus Stop may be an option, but the service is extremely infrequent. Be sure to check the bus schedule for getting there as well.

••• Model Course (1) ••••

Mt. Nijo

[Katsuragi Sutra Mound #26 (Mt. Nijo)] [Katsuragi Sutra Mound #27 (Ousaka)]

Look around ancient temples related to En no Gyoja.

Head to the Mt. Nijo sutra mound, and then continue on to the distinctively-shaped Donzuru-bo Peak

With its twin peaks, Odake and Medake, Mt. Nijo is a mountain the name of which has been familiar to many since the time of the Manyoshu, the 8th century poetry anthology. However, the existence of the sutra mound atop Odake is less well-known. Many old temples related to En no Gyoja sit along the eastern ridge.

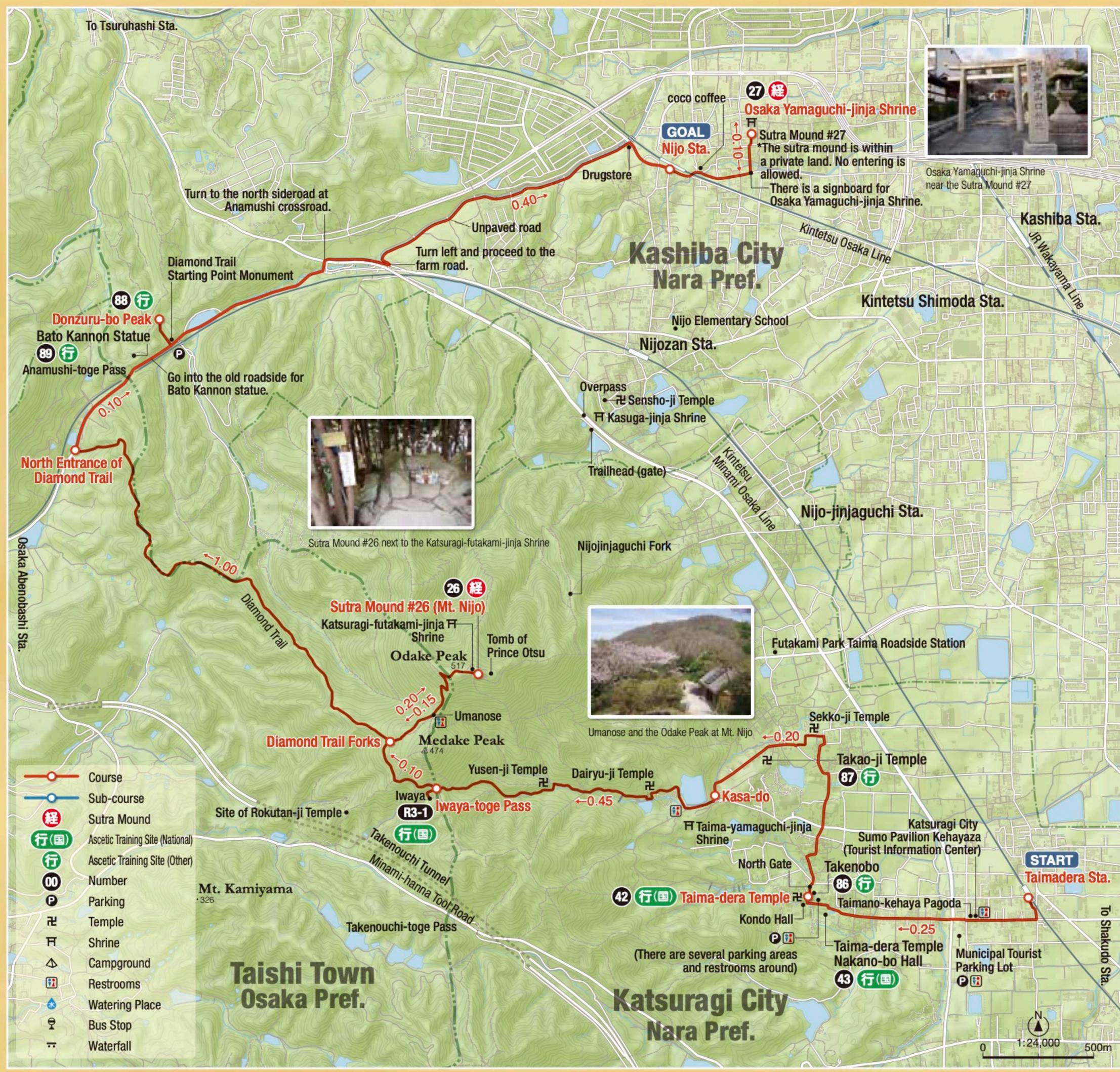
Donzuru-bo Peak is the northernmost peak of the Diamond Trail and is also an ascetic training site for Katsuragi Shugen. It should be noted that the 27th sutra mound is located on private property, so offer a prayer from the neighboring Osaka Yamaguchi-jinja Shrine.

Start from Taimadera Station and head west straight ahead on the entrance path to Taima-dera Temple. There are some historic sites related to En no Gyoja within the precincts of Taima-dera Temple. Exit from the northern gate. Head for Kasa-do, a structure famous for its single column, via Sekko-ji and Takao-ji Temples, both of which are believed to have been established by En no Gyoja. Then the trail to Mt. Nijo begins. The trail splits in two at Yusen-ji Temple. Take the left path to climb through Iwaya-toge Pass. Directly beneath the pass stands the National Historic Site of "Iwaya," which used to be the 26th sutra mound in the Middle Ages, and is worth taking a look at.

From the pass, take the path on the western hillside of Medake Peak. Although the Diamond Trail branches off to the left, take the right path for now to climb up Odake Peak to pay a visit to the sutra mound. When you come back down to where the path branches, head north and gradually descend on the undulating trail until you reach the north end of Diamond Trail, then head east. Over the Anamushi-toge Pass, you will find the trailhead to Donzuru-bo Peak on your left. It is famous for its distinctive scenery with exposed tuff rocks.

Continue along the road eastward, take the northern road on the Anamushi crossroad, and head to Nijo Station via a farm road. Go past the station and cross over the railroad crossing, and continue on eastward along the road. Follow the direction board and turn left to visit Osaka Yamaguchi-jinja Shrine.





Course Information





Advice

Most of the route involves climbing, so be sure to wear proper hiking footwear. There is an admission fee for visiting the Taima-dera Temple Nakano-bo Hall. This includes access to the temple's garden, Reiho-den Hall, Gyoja's cauldron, well, and Ryu-o-sha Shrine. Sekko-ji Temple also requires an admission fee as well. Also, getting to the summit of Medake Peak where the sundial is takes 5 minutes from Umanose.

· • • • Model Course (P) • • • •

From Mt. Myojin to Kamenose

[Katsuragi Sutra Mound #28 (Kameno-o-shuku and Mt. Myojin)]

Visiting the last of the 28 sutra mounds From Mt. Myojin, which commands a spectacular view of the Kongo-Katsuragi area, to the Kameishi rock in the Yamato-gawa River

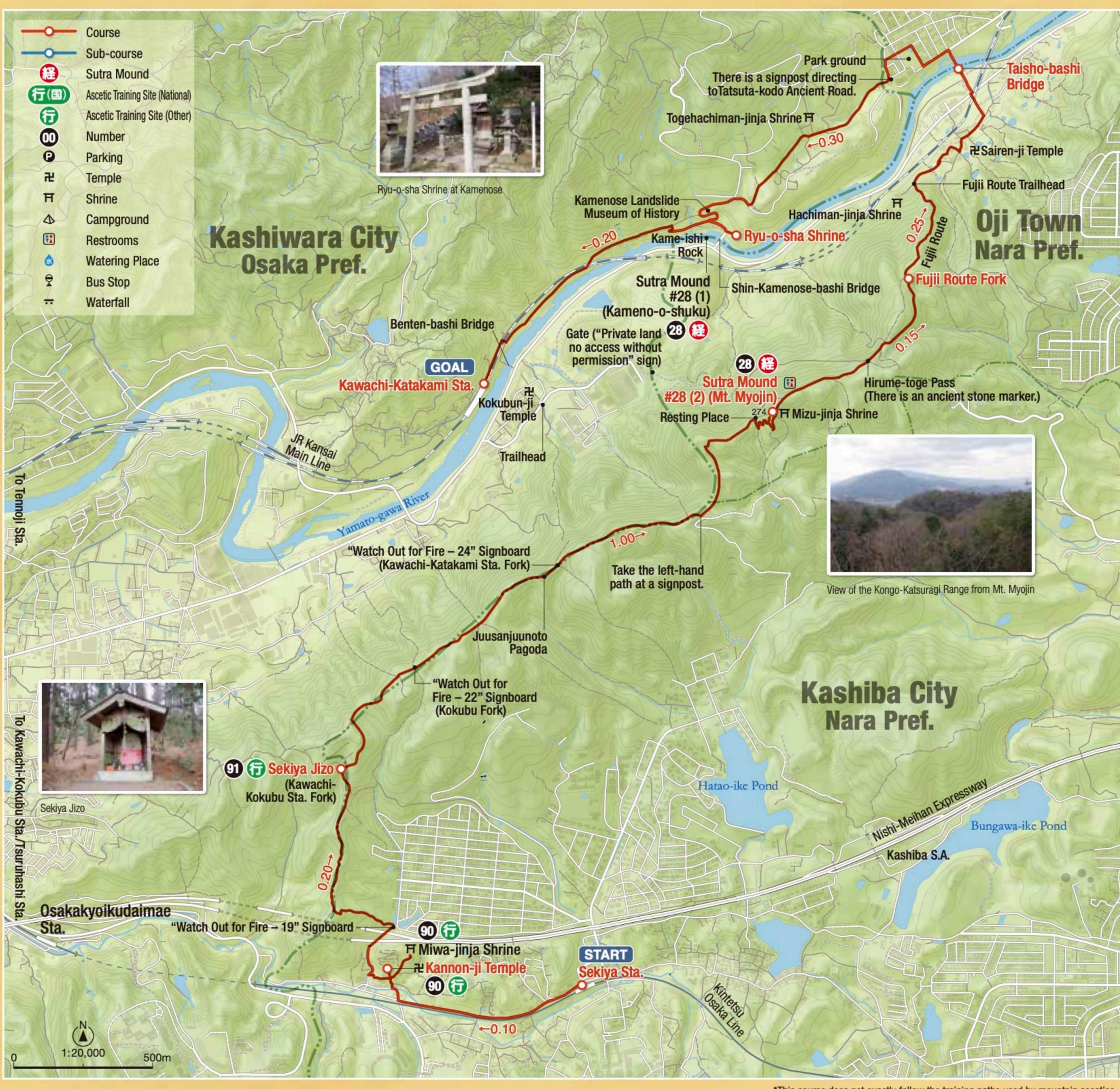
The pilgrimage of the 28 sutra mounds starting in the Tomogashima Islands in the Kitan Strait comes to an end at the Kameishi, a turtle-shaped rock in the Yamato-gawa River. Both Kameishi, located in Kameno-o-shuku, and Mt. Myojin, on the southern bank of the Yamato-gawa River, are considered to be the 28th sutra mound.

From Sekiya Station, first, head west to visit Kannon-ji Temple, known for the Yayoke Migawari Kannon (literally, arrow-evading substitute Kannon). The temple houses a magnificent stone statue of En no Gyoja, and there is also Miwa-jinja Shrine, which used to be an ascetic training site, on the mountain behind. Leaving the temple, take the path between a group of houses westward and turn right at the end. Then go through a tunnel to find the trailhead for Mt. Myojin on the left. Climb up to the ridge and head north on the easy ridge path. Turn east when you reach Sekiya Jizo, one of the ascetic training sites. The path from here is also through the ridge, and has some scenic sites here and there. You will need to change direction once on the way, so be careful not to miss any signposts. Descend a little to get to the route for Mt. Myojin and proceed until you reach a resting place. Climb straight up from the side of the resting place to get to the summit of Mt. Myojin, where an observation deck has been built. Mizu-jinja Shrine sits right in the middle. One theory suggests that this is the site of the 28th sutra

The eastern trail from the summit is paved. Take the Fujii Route when it starts at a fork. Descend all the way and then go right. Walk in front of Sairen-ji Temple to get to the main road. Keeping going in an easterly direction and cross the Taisho-bashi Bridge to get to the northern bank, and then head for Kamenose via Togehachiman-jinja Shrine. The trail curves to the left after you walk pass the Landslide Education Hall. Go off the road to visit Ryu-o-sha Shrine. Kameishi is located on a spot a little downstream of Shin-Kamenose-bashi Bridge.

Keeping Kameishi to one side, proceed along the road on the northern bank and head for Kawachikatakami Station.

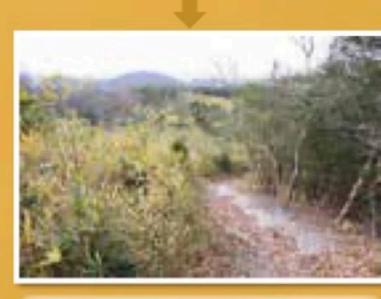




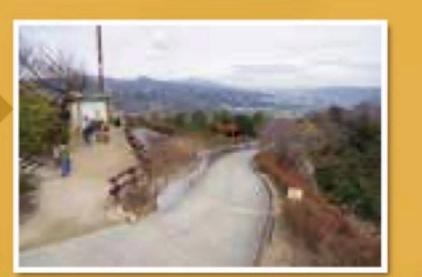
Course Information



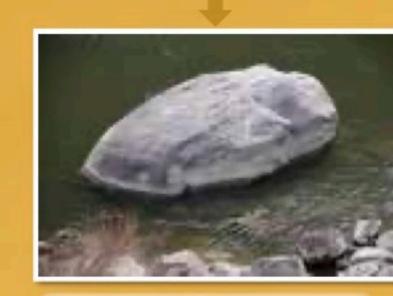
Kannon-ji Temple holds a statue of En no



The trail on the ridge of Mt. Myojin offers great views at some spots



Hikers can often be seen on the summit of Mt. Myojin



Kameishi in Yamato-gawa River is considered to be Sutra Mound #28





Sekiya Station (Kintetsu Osaka Line)



Kawachikatakami Sta. (JR Kansai Main Line)

Advice

Though the elevation is relatively low, this walk involves climbing, so proper hiking footwear is recommended. The trailhead for Mt. Myojin is marked with a signboard that reads "Watch Out for Fire - 19." Mt. Myojin is also a popular spot for viewing the first sunrise on New Year's Day.

Japan Heritage of the Katsuragi Shugen Constituent Cultural Asset

*Listed here are the constituent cultural assets of the story of "Katsuragi Shugen - The birthplace of Shugendo, a tradition passed down through generations of believers and villagers," which is acknowledged as a Japan Heritage.

Location

Kawachinagano-shi, Osaka

Kawachinagano-shi, Osaka

Kawachinagano-shi, Osaka

Gojo-shi, Nara

Gose-shi, Nara

Gose-shi, Nara

Gose-shi, Nara

Gose-shi, Nara

Kanan-cho,

Katsuragi-shi, Nara

Kashiba-shi, Nara

Kashiwara-shi, Osaka

Oji-cho, Kitakatsuragi-gun,

Classification

Undesignated (historic site)

Undesignated (historic site)

Undesignated (historic site)

Undesignated (historic site)

Sutra Mound

Classification	Location	
Undesignated (historic site)	Wakayama-shi, Wakayama	1
Undesignated (historic site)	Misaki-cho, Sennan-gun, Osaka	1
Undesignated (historic site)	Wakayama-shi, Wakayama	1
Undesignated (historic site)	Wakayama-shi, Wakayama	1
Undesignated (historic site)	Hannan-shi, Osaka	2
Undesignated (historic site)	Kinokawa-shi, Wakayama	2
Undesignated (historic site)	Kinokawa-shi, Wakayama	2
Undesignated (historic site)	Kinokawa-shi, Wakayama	2
Undesignated (historic site)	Izumisano-shi, Osaka	2
Undesignated (historic site)	Kinokawa-shi, Wakayama	2
Undesignated (historic site)	Kishiwada-shi, Osaka	2
Undesignated (historic site)	Izumi-shi, Osaka	2
Undesignated (historic site)	Katsuragi-cho, Ito-gun, Wakayama	2
Undesignated (historic site)	Katsuragi-cho, Ito-gun, Wakayama	۷
Undesignated (historic site)	Hashimoto-shi, Wakayama	.6
City scenic spot	Kawachinagano-shi, Osaka	
Prefectural scenic spot	Kawachinagano-shi, Osaka	
	Undesignated (historic site)	Undesignated (historic site)

Places of Ascetic Practice (nationally designated/registered)

Name	Classification	Location		
Kada Kasuga-jinja Shrine	National important cultural asset (structure)	Wakayama-shi, Wakayama		
Negoro-ji Temple	National treasure (Daito pagoda)/National important cultural asset (Daishi-do, etc.)/National historic site (precinct)	lwade-shi, Wakayama	1	
Kokawa-dera Temple	National important cultural asset (structure)	Kinokawa-shi, Wakayama	43	
Historical Remains of Hinenosho The rural landscape of Hinenosho Ogi	National historic site National important cultural landscape	Izumisano-shi, Osaka Izumisano-shi, Osaka	R	
3 Hibashiri-jinja Shrine	National historic site	Izumisano-shi, Osaka		
30 Oku Family Residence	National important cultural asset (structure)	Izumisano-shi, Osaka		
3 Matsuo-dera Temple	National important cultural asset (artifact)/Prefecture-designated (historic site, structure, artifact, natural monument)/City-designated (artifact)	Izumi-shi, Osaka		
Makiosan Sefuku-ji Temple	National important cultural asset (artifact)/Prefecture- designated (artifact)/City-designated (artifact)	Izumi-shi, Osaka		
Niutsuhime-jinja Shrine	National historic site	Katsuragi-cho, Ito-gun, Wakayama		
❸ Kono Amida-do Hall	National registered (structure)	Katsuragi-cho, Ito-gun, Wakayama		
Iwawakiji Temple	National important cultural asset (structure)/ City-designated tangible (structure)	Kawachinagano-shi, Osaka		
Sokoku-ji Temple	Nationally designated (artifact)/ City-designated (artifact)	Gojo-shi, Nara		
1 Mt. Kongo	National historic site	Gose-shi, Nara		



Name

Mami-fudo Funbetsu-kudokuhon

B Iwaze Mt. Kyozuka Zuiki-kudokuhon Mt. Jinpuku Hosshi-kudokuhon

Jofukyo Bosatsuhon at former Ishi-dera Temple

Mt. Kongo Nyorai-jinrikihon

Mizukoshi-tawa Zokuruihon

3 Kushira Yakuo Bosatsu Honjihon

Hiraishi-toge Pass Myo-on Bosatsuhon

35 Koki-ji Temple Kogebata Kanzeon Bosatsu Fumonhon

Mt. Nijo Daranihon

Ousaka Myoshogon-no-honjihon Kameno-o-shuku Fugen Bosatsu Kanbotsuhon

Mt. Myojin Fugen Bosatsu Kanbotsuhon

Undesignated (historic site) Undesignated (historic site) Undesignated (historic site) Undesignated (historic site) Undesignated Minamikawachi-gun, Osaka Undesignated (historic site) Minamikawachi-gun, Osaka Undesignated (historic site) City tangible structure Undesignated (historic site)

Undesignated (historic site)







Mt. Kongo Nyorai-jinrikihon

Name	Classification	Location Katsuragi-shi, Nara Katsuragi-shi, Nara	
Taima-dera Temple	National treasure (Taima Mandala, etc.)/ Many national cultural assets		
Taima-dera Temple Nakanobo	National historic site/Scenic spot		
3-1 Iwaya	National historic site	Taishi-cho,	



3 Kokawa-dera Temple



35 Matsuo-dera Temple



37 Niutsuhime-jinja Shrine



40 Sokoku-ji Temple

Places of Ascetic Practice (not nationally designated/registered)

Places of Ascetic Practice (not nat	ionally desig	gnated/regis	tered)
Name	Classification	Location	Nan
W Kannen-kutsu Cavern	Undesignated (historic site)	Wakayama-shi, Wakayama	Sasa-odori Dance
Shinja-ike Pond	Prefectural natural monument	Wakayama-shi, Wakayama	Morikoshi Shaku-ka
Site of Akai Well	Undesignated (historic site)	Wakayama-shi, Wakayama	Katsuragi Zao Gong
Tsurugino-ike Pond on Kamishima Island	Undesignated (historic site)	Wakayama-shi, Wakayama	Tennyosan Shoraku
48 Ebi-matsuri Festival at Kada Kasuga-jinja Shrine	Undesignated (intangible folk cultural property)	Wakayama-shi, Wakayama	R3-2 Shigo Senryo-od
Kishu Kadaura Saito Daigomaku Ritual	Undesignated (intangible folk cultural property)	Wakayama-shi, Wakayama	3 Omine-ji Temple
Ajigamine Gyoja-do	Undesignated (structure)	Wakayama-shi, Wakayama	Tudoyama no Kyose
1 Kada Awashima-jinja Shrine	Undesignated (historic site)	Wakayama-shi, Wakayama	Hachidai-ryuo/ Katsuragi Myojin Spring
ூ Jogyo-ji Temple	Prefectural natural monument	Wakayama-shi, Wakayama	Miyanoko and Katsurag New Year's Event
Sainen-ji Temple	Undesignated (structure)	Wakayama-shi, Wakayama	Gyoja-mairi Ritual
Marutakisan Enmyo-ji Temple (Narutaki Fudoson)	Undesignated (structure)	Wakayama-shi, Wakayama	® Kotakiji Temple
Daifukusan Hon'ei-ji Temple (Nougawa Kannon)	Undesignated (structure)	Wakayama-shi, Wakayama	W Kotakiji Temple Sun
60 Hakanotani Gyoja-do	Undesignated (structure)	Wakayama-shi, Wakayama	100 Daitaku-ji Temple
Site of Nakayama-oji Shrine	Undesignated (historic site)	Wakayama-shi, Wakayama	3 Jifuku-ji Temple
53 Jigen-in Temple	Undesignated (historic site)	Misaki-cho, Sennan-gun, Osaka	3 Site of Tamon-ji Ter
59 Kosen-ji Temple	Undesignated (historic site)	Misaki-cho, Sennan-gun, Osaka	3 Tenporin-ji Temple
10 Old Drawing of Negoro-ji Temple	Prefectural tangible (historical resource)	lwade-shi, Wakayama	W Kisshoso-ji Temple
Nakatsugawa Gyoja-do Hall	Undesignated (structure)	Kinokawa-shi, Wakayama	85 Katsuragi Hitokoton
1 Kumano-jinja Shrine	City-designated structure	Kinokawa-shi, Wakayama	85 Taima-dera Temple
③ Inunakisan (Shipporyu-ji Temple)	Prefectural scenic spot	Izumisano-shi, Osaka	Takao-ji Temple
Matsurei-zakki	Undesignated (historical resource)	Izumisano-shi, Osaka	8 Donzuru-bo Peak
Masamoto-ko Tabihikitsuke	Undesignated (historical resource)	Izumisano-shi, Osaka	Bato Kannon of Ana
65 Seven waterfalls, including Gyoja no Taki Falls	Undesignated (scenic spot)	Izumisano-shi, Osaka	Mannon-ji Temple a
 Katsuragi-odori Dance	Prefectural intangible folk cultural property	Kishiwada-shi, Osaka	Sekiya Jizoson
68 Amefuri no Taki Falls at Ogami-jinja Shrine	City natural monument	Kishiwada-shi, Osaka	R6-1 Kinyu-ji Temple
			0/0 0



58 Jigen-in Temple



68 Amefuri no Taki Falls at Ogami-jinja Shrine

ihi, 1	Sasa-odori Dance	Undesignated (intangible folk cultural property)	Izumi-shi, Osaka
shi, 1	Morikoshi Shaku-kannon Temple	Undesignated (structure)	Katsuragi-cho, Ito-gun, Wakayama
shi, 1	Matsuragi Zao Gongen-sha Shrine	Undesignated (structure)	Katsuragi-cho, Ito-gun, Wakayama
shi, 1	Tennyosan Shoraku-ji Temple	Undesignated (historic site)	Katsuragi-cho, Ito-gun, Wakayama
shi, 1	R3-2 Shigo Senryo-odori Dance	Undesignated (intangible folk cultural property)	Katsuragi-cho, Ito-gun, Wakayama
shi, 1	® Omine-ji Temple	Undesignated (structure)	Hashimoto-shi, Wakayam
shi, 1	Tudoyama no Kyoseki Boulders	Undesignated (historic site)	Hashimoto-shi, Wakayam
shi, 1	Hachidai-ryuo/ Katsuragi Myojin Spring Festival at Tokaku-ji Temple	Undesignated (intangible folk cultural property)	Hashimoto-shi, Wakayam
shi, 1		Undesignated (intangible folk cultural property)	Hashimoto-shi, Wakayam
ihi, 1	7 Gyoja-mairi Ritual	Undesignated (intangible folk cultural property)	Hashimoto-shi, Wakayam
ihi, 1	18 Kotakiji Temple	City scenic spot	Kawachinagano-shi, Osak
ihi, 1	7 Kotakiji Temple Sumiyaki Fudoson	City tangible folk cultural property	Kawachinagano-shi, Osak
hi, 1	1 Daitaku-ji Temple	Prefecture-designated (artifact)/ City-designated (artifact)	Goin-chi Nara
ihi, 1	3 Jifuku-ji Temple	Undesignated (structure)	Gojo-shi, Nara
saka	③ Site of Tamon-ji Temple	Undesignated (historic site)	Chihaya-akasaka-mura, Minamikawachi-gun, Osal
saka	3 Tenporin-ji Temple	Undesignated (structure)	Gose-shi, Nara
ayama	W Kisshoso-ji Temple	Undesignated (structure)	Gose-shi, Nara
hi, 1	S Katsuragi Hitokotonushi-jinja Shrine	Undesignated (structure)	Gose-shi, Nara
hi, 1	Taima-dera Temple Takenobo	Undesignated (structure)	Katsuragi-shi, Nara
Osaka	Takao-ji Temple	Prefecture-designated (artifact)	Katsuragi-shi, Nara
Osaka	3 Donzuru-bo Peak	Prefecture-designated (natural monument)	Kashiba-shi, Nara
Osaka	Bato Kannon of Anamushi-toge Pass	Undesignated (sculpture)	Kashiba-shi, Nara
Osaka	Mannon-ji Temple and Miwa-jinja Shrine	Undesignated (structure)	Kashiba-shi, Nara
Osaka	Sekiya Jizoson	Undesignated (sculpture)	Kashiba-shi, Nara
Osaka	R6-1 Kinyu-ji Temple	Undesignated (structure)	Sennan-shi, Osaka
4	R6-2 Shindachi-jinja Shrine	Undesignated (structure)	Sennan-shi, Osaka
	R6-3 Sobura Tochinokidani	Undesignated (historic site)	Kaizuka-shi, Osaka
	R6-4 Furui Family Residence	Undesignated (the study is an important cultural asset)	Kumatori-cho, Sennan-gun, Osaka

Classification

Location



62 Kumano-jinja Shrine



3 Jifuku-ji Temple