



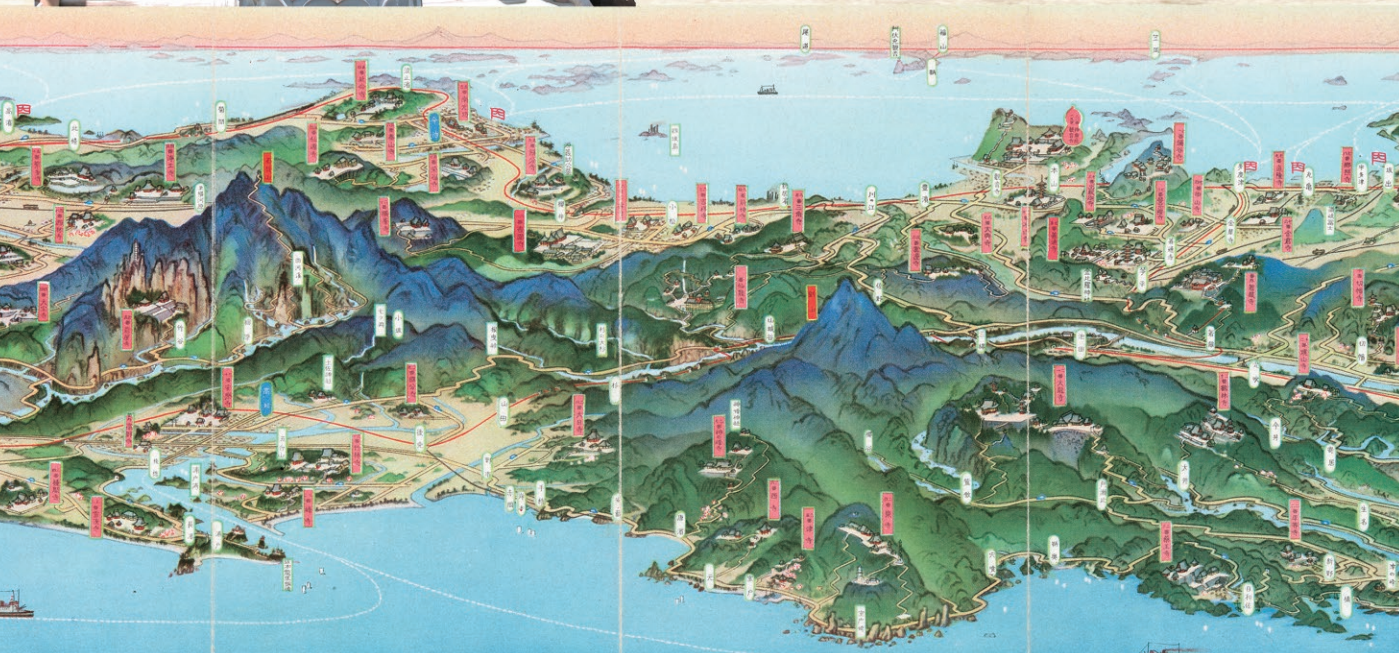
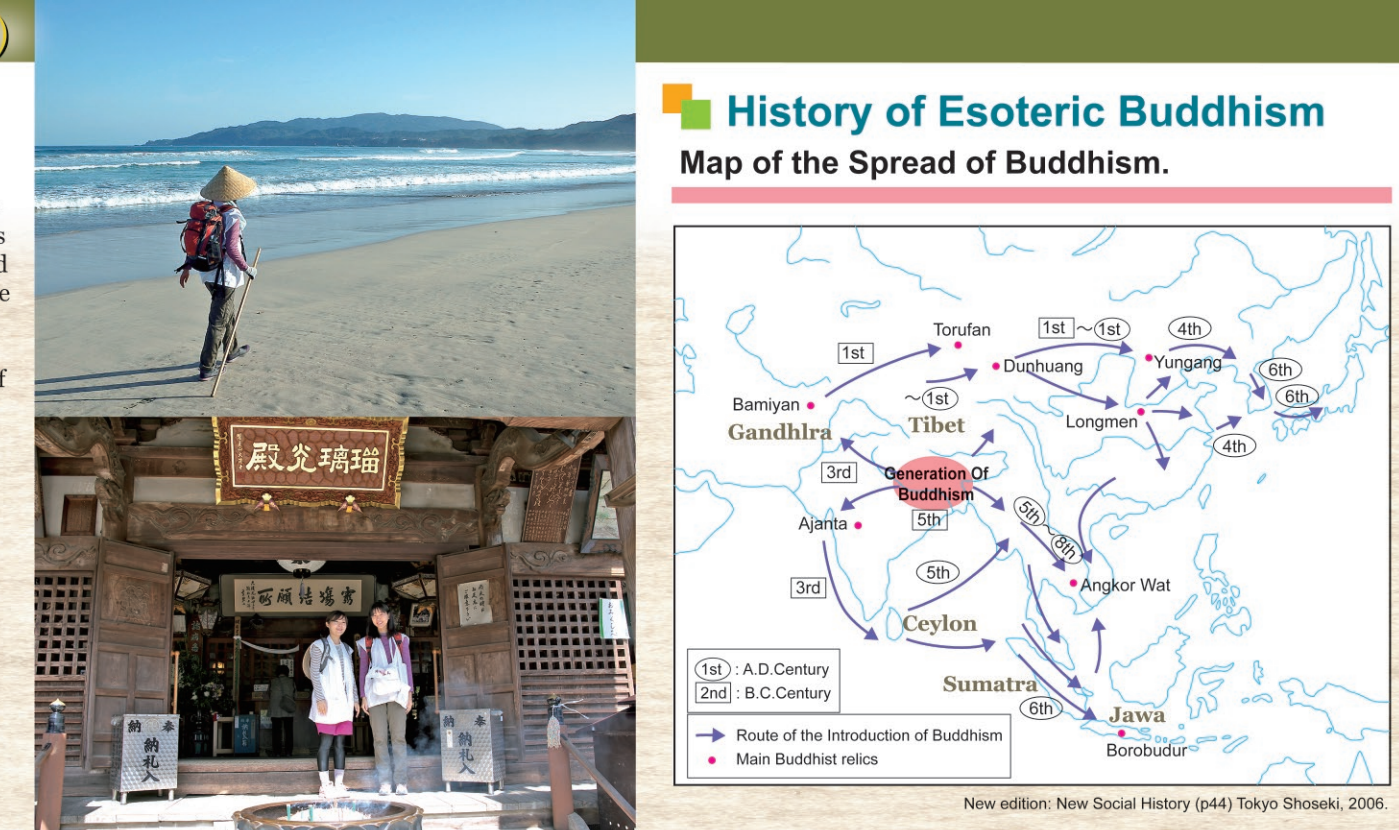
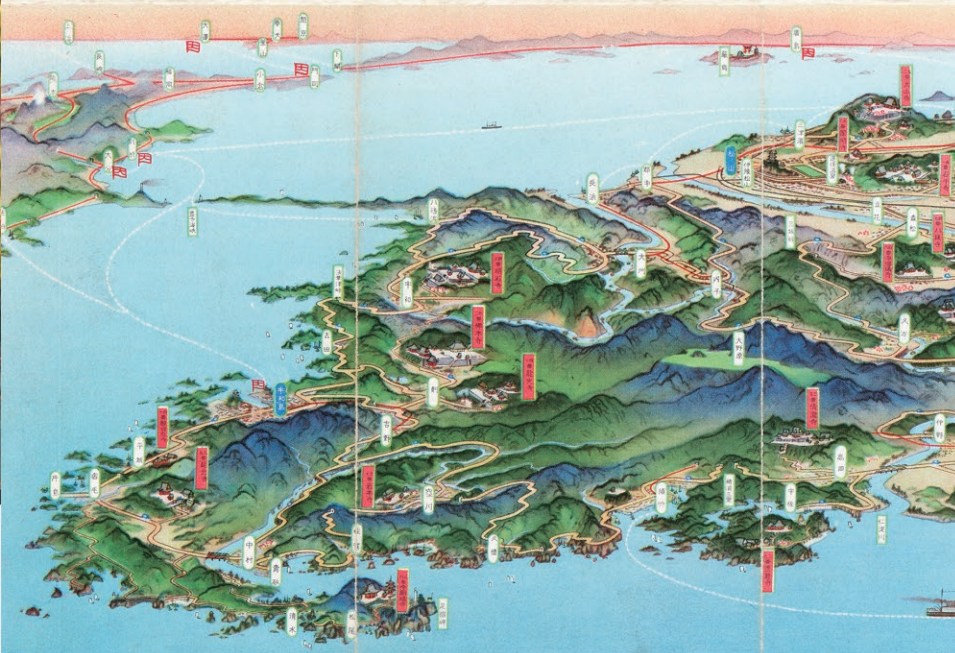
Spiritual Island ~ Shikoku Henro ~ Pilgrimage to the 88 Sacred Places

What is the Shikoku pilgrimage?

The Shikoku pilgrimage route (or Shikoku Henro) is one of the few circular-shaped pilgrimages in the world. It includes 88 *shikoku* temples and numerous other sacred sites where the Buddhist priest Kukai (Kobo Daishi) is believed to have trained or have spent time during the 9th Century. If walked, the entire route is about 1,200 kilometers long which allows one to experience the abundant natural surroundings of Shikoku and presents one with numerous opportunities to mix with the local people. This pilgrimage provides the an opportunity to reflect on one's life and to change for the better. People's motives for making this pilgrimage are varied. For example, some come for religious reasons, some to pray for healing or safety in the home, or some in memory of those who have passed away. As well, some come just to get away from regular life, some for recreation, or some to spend time alone in reflection and to find oneself. To people today, it is being re-discovered as a healing journey. This pilgrimage should not be considered as a stamp relay, but as a religious journey. Do not worry too much. Just take the first step and as you travel around, you will have time to reflect on yourself and obtain something from this endeavor. The local people will welcome you for your decision to embark on the Shikoku pilgrimage.

History

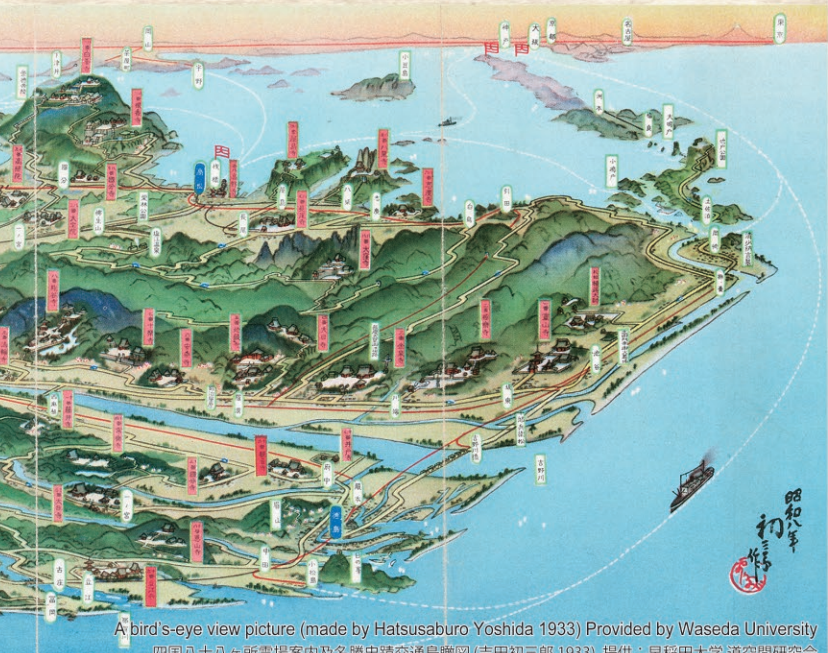
The first reference to the Shikoku pilgrimage appears in documents from around the 12th Century; however, specific temples or route are not mentioned. The present pilgrimage consisting of the 88 temples is thought to have formed between the late 16th and 17th Century. In the modern era with the development of roads, increasingly more people are coming to make the pilgrimage either by car or bus. However, in recent years the numbers of walking pilgrims have also been increasing.



History of Esoteric Buddhism

Map of the Spread of Buddhism.

It is thought that Buddhism came to Japan in either 538 or 552 from the Korean kingdom of Baekje, however, Mikkyo came during the Tenpyo period (729-749) and later, Kukai organized its teachings and taught it to the common people. Presently, only in Japan and around Tibet is Mikkyo believed by people to be a living religion and where priests continue to pursue academic research of it. After Buddhism arrived to Japan it developed on its own and repeatedly broke into different groups. As a result, people believed more in the founder of each new group than in the founder, Buddha. One example is Kukai who established Shingon Buddhism in Japan. However, one common aspect among many sects of Buddhism is the Hanrya-shingyo (Heart Sutra), which is a sutra of 266 characters that expresses the contents of the 600-volume Perfection of Wisdom texts.

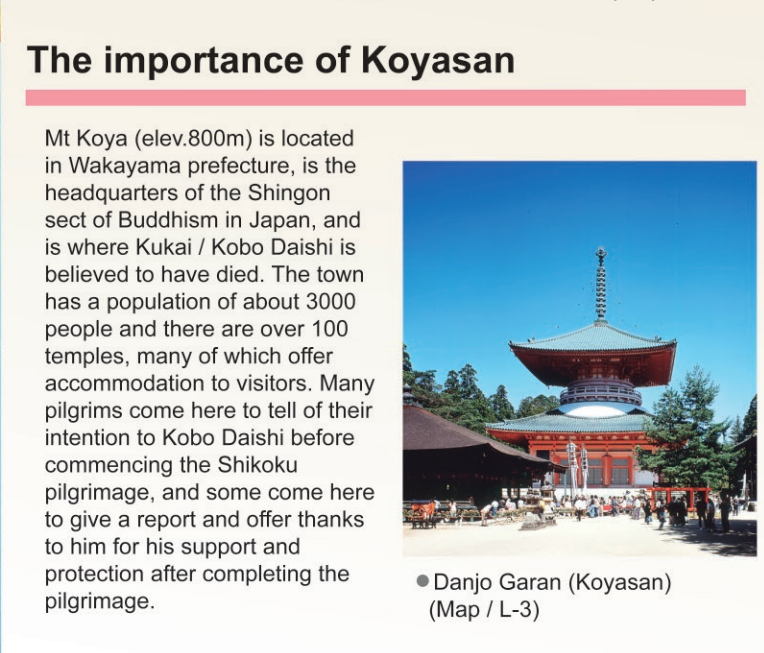


Buddhism in Japan

Kobo Daishi (Kukai) (774-835)

弘法大師「空海」

He is one of the most well-known figures in Japanese history and is accredited with many great deeds. Throughout Japan, one often hears his name and one can visit the many places that he is said to have visited during his lifetime. He became the 8th Patriarch of Shingon Buddhism and actively spread the teachings of this new religion in Japan. As well, he is accredited with founding the Shikoku pilgrimage and so, people today believe that this route is a journey which carries his footsteps. However, people also believe that Kobo Daishi accompanies pilgrims as they do the pilgrimage as shown by the phrase, dogyo ninin (same practice, two people). However, he is often called by the more familiar term, "O-Daishi-san", which demonstrates how close he is to the hearts of the people.



Basic Information on Buddhist Statues

Introduction to the Main Deities of the 88 temples

如来像 Nyorai Statues

This is an enlightened being and holds the highest position of all statues. 释迦如来: Shaka Nyorai 阿弥陀如来: Amida Nyorai 药师如来: Yakushi Nyorai 大日如来: Daichini Nyorai

菩薩像 Bodhisattva (Bosatsu) Statues

Bodhisattva statues can be identified by their crowns, necklaces, earrings and other body decorations, and the things held in the hands which are meant to be the tools for granting people's wishes.

明王像 Myoo Statues

With an angry expression, he subdues evil. 不动明王: Fudo Myoo

天部像 Deva Statues

They protect Nyorai, Bosatsu and Myoo from the enemies of Buddhism. 四天王: Four Heavenly Kings 金剛力士像: Statue of Kongo rikishi



Shodoshima Pilgrimage

Shodoshima, an island in the seto inland sea, has an 88 temple pilgrimage as well. There are circular, 88 temple pilgrimages all over Japan, but only Shodoshima has the same Kukai foundation myth as the main 88 temple pilgrimage on Shikoku. It takes about 1 week to walk (140km) and is characterized by an abundance of isolated, mountain cave temples where one can feel the ocean breeze even in the most remote areas.



HENRO (通路)

Throughout the world and Japan there are numerous pilgrimage routes, but the one that includes visiting eighty-eight temples on the island of Shikoku in Japan is called the Shikoku Henro.

This map provides a basic description of various topics related to the Shikoku pilgrimage, but if you would like further information we suggest that you contact one of the following public information associations where English-speaking staff are available and / or look at the recommended websites.

Government Tourism Agencies

- Organization for Promotion of Tourism in Shikoku
 - 2-1 Surport, Takamatsu, Kagawa Prefecture 760-0019
 - https://shikoku-tourism.com/en/ E-mail: info@shikoku-tourism.com
- Tokushima Prefecture Tourist Association
 - 1-1 Hoi, Higashihama, Yamashiro-cho, Tokushima, Tokushima Prefecture 770-3055
 - https://discoverytokushima.net/en/
- Kagawa Prefecture Tourism Association
 - 4-1-10 Bancho, Takamatsu, Kagawa Prefecture 760-8570
 - https://www.my-kagawa.jp/en/
- EHime Prefecture Tourism Association
 - 3-6-1 Okado, Matsuyama, Ehime Prefecture 790-0004
 - https://www.visitehime.jp/en/
- Kochi Visitors & Convention Association
 - 2-10-10 Kitanomachi, Kochi, Kochi Prefecture 780-0056
 - https://visitchiokuchi.com/en/

Tourist Information Desk

- Tokushima Prefectural International Exchange Association (TOPIA)
 - Client Plaza, 6F, 1-61 Teramishino-cho, Tokushima, Tokushima Prefecture 770-0831
 - https://www.visitshikoku.com/en/ (in JR Tokushima Station Building 6F) Phone: 088-656-3303
- Kagawa-Takamatsu Tourist Information
 - 1-20 Hamano-cho, Takamatsu, Kagawa Prefecture 760-0011 (in Takamatsu One) Phone: 087-826-1170
- Dogo Tourist Information
 - 6-8 Dogo Yunomachi, Matsuyama, Ehime Prefecture 790-0842 (in front of Dogo Onsen Station) Phone: 089-921-3708
- Kochi Information Center
 - 2-10-17, Kitanomachi, Kochi, Kochi Prefecture 780-0056 (in front of JR Kochi Station) Phone: 088-879-6400

Recommended Website <http://shikokuhenrotrai.com/>

Facebook Group: Oheno San <https://www.facebook.com/groups/30617087712/>

How to make the pilgrimage & Guide Map Book

Shikoku Henro for Outside Japan <https://henro88map.com/>

Shikoku Japan 88 Route Guide <https://88shikokuhenro.jp/en/>

Shikoku Henro Guide-Interpreter Association <https://shg45988.wixsite.com/website>

(One company) 88 sites in Shikoku <https://88shikokuhenro.jp/en/>

September 2025

Planning Ahead HENRO (通路)

Different Styles of a Shikoku pilgrim

There are many ways to make the Shikoku pilgrimage based on one's schedule, physical health and budget.

- Walking:** This will take about 6 weeks (approx. 30km/day) and cost about 400,000yen. This is the most traditional way, but it takes the most time and money.
- Charter bus:** This will take 10-12 days and cost about 250,000yen. There is a variety of bus tours provided by travel and bus companies and in each case an official guide (sendaiji) will accompany the group. At present, there are no bus tours for non-Japanese. If a non-Japanese would like to participate in a bus tour then sufficient Japanese ability is required.
- Car:** This will take about 10 days and cost about 140,000yen. You can rent a car from the closest train station or airport, but make sure that you are familiar with the rules of the road. It might be possible to request a car with a navigational system that has audio guidance in English or another foreign language.

Note: The above days and amount are estimates of costs while in Shikoku for accommodation, food, transportation etc. and will vary according to the individual and method of travel. If you are not walking, you will have to take a different route up the mountains.

Other methods: Using a combination of public transportation (train, bus etc) and walking. Exclusively for non-Japanese there is an 'All Shikoku Rail Pass' (3-7 days) which can be used on all railways in Shikoku. You can buy it after you arrive in Shikoku.

Weather

March - May and October - November are the best months for good weather and comfortable temperatures. The route along the Seto Inland Sea has the least amount of rainfall and the route along the Pacific Ocean has the most. There is not much difference in temperature between the Seto Inland Sea side and Pacific Ocean side.

Takamatsu

Kochi

Source: Takamatsu Local Meteorological Observatory

Where to Start

Many people start at Temple 1, Ryozenji in Tokushima prefecture, proceed in clockwise order and finish at Temple 88, Okuboji in Kagawa prefecture. This method is called Jun-uchi and it is easier to follow the path markers this way. Others go in reverse order, called gyaku-uchi, but there is no rule as to what order you visit the temples. Another method is called kugiri-uchi, which means completing a part of the pilgrimage at one time. This is quite common because most people cannot easily leave their everyday lives for a couple of weeks or longer. Thus some visit the temples in one prefecture or some complete miniature pilgrimages, ie between temples 13 and 17, or temples 71-77. It is important to start and proceed at your own speed and in your own way.

Few-days walking model courses

It might seem intimidating to walk for over a month in unknown land. So why not try a 3 or 4 day Oheno experience?

- ① 4 days: Temple No.1 — Temple No.17
- ② 3 days: Temple No.18 — Temple No.23
- ③ 3 days: Temple No.27 — Temple No.33
- ④ 4 days: Temple No.37 — Temple No.38
- ⑤ 4 days: Temple No.41 — Temple No.44
- ⑥ 3 days: Temple No.44 — Temple No.51
- ⑦ 3 days: Temple No.65 — Temple No.75
- ⑧ 3 days: Temple No.80 — Temple No.88

Last 8 temples of the Shikoku 88 temple pilgrimage course

Minshuku

Guesthouse

Ryokan

Business Hotel, Hotel

Shukubo

These are lodging facilities run by temples and are mainly geared for groups, however, if a room is available, single travelers are welcome. Here one can participate in the nightly or morning service (*otsunome*) and hear the priest give a talk (*nowa*). As well, one can observe up-close the Buddhist statues and other religious artifacts on display at each temple. (Includes breakfast and dinner. Futon or bed with shared bath.)

Washrooms

Once outside of urban areas, toilets may be more difficult to find. Aside from the temples themselves, you can make use of the facilities at train stations, convenience stores, community centers and community parks. Washrooms on the trail are marked in the English guide! 'Shikoku Japan 88 Route guide'.

Lodging

Around each temple there are often other places to stay such as minshuku or business hotels; however, since many places need to prepare meals for the guests, it is necessary to book a room ahead of time. During the busy season, there is a chance that all rooms will be full. At some places, it is possible to request for special regional cuisine at the time of reservation.

Backpacker

There is an increasing amount of foreign Oheno who are camping in undesignated areas which has the potential to cause friction with locals and police. It is recommended to only camp in designated campgrounds, or to stay in other accommodations. There are cheap and/or free places to stay along the pilgrimage that are not mentioned in the official literature as it is administratively very delicate and legally problematic.

Meals

This is a small type of Japanese-style accommodation run by families and is often nearby temples. Includes breakfast and dinner. Futon with shared bath.

Money Planning

It is advisable to limit the amount of cash carried. Credit cards are becoming more widely accepted, but Shikoku remains a cash society. Every post office (even in small towns) has an ATM which accepts most international bank and credit cards and transaction fees are relatively low. ATMs located in convenience stores can also handle cash advances on major credit cards. https://www.jp-bank.japanpost.jp/en/as/en_jas_index.html

Medical treatment & Safety

We recommended that you purchase travel insurance in case you injure yourself or become ill while on the pilgrimage. But, even with insurance you may be required to pay for the initial costs of the medical fee, so keep some money aside for this possible emergency. Shikoku is comparatively safe for walking travelers, but there is always a possibility that one could become a victim of a crime or be involved in some sort of accident. Individuals are responsible for their own actions.

110 (Police) / 119 (Ambulance)

These emergency numbers can be called at no charge. Whenever possible, have a Japanese speaker make the call.

Japanese

Most of the people you will meet on your journey will not be able to understand English. However, if people are aware that you are a pilgrim (henro), they will do their best to help you with anything you need. The language barrier is not insurmountable. Many foreign oheno use translation apps on their smart phone to communicate with locals and understand signage.

Traffic Conditions

There are areas outside the cities, where public transportation, such as trains and bus, are very infrequent. Please visit the public information associations (listed on this map) for schedules or other useful travel information such as what to do in case of trouble. Bus and train timetables are posted in the English guide map 'Shikoku Japan 88 Route Guide'.

Ways of communication

Places, such as hotels, convenience stores, restaurants, cafes and public facilities, with WIFI are increasing. As well, in some places there are vending machines that sell SIM cards. There are a few places to buy SIM cards in Shikoku. Sometimes cell phone service might not be available in mountainous regions.

How to get around

There are a variety of markers leading the way. For example, stone markers - some of which were erected 300 years ago, wooden markers, red circular or rectangular stickers or paper hanging from tree branches.

- Edo period (1603-1868) path marker
- Governmental path markers
- Volunteer Group path markers

Practice and preparation in Shikoku

What to Wear

It is not necessary to use all of the following items, which can be bought at various temples and stores along the pilgrimage route, but this is the traditional style of attire. As a minimum, we recommended wearing a white vest and using a staff. If so, people will recognize, welcome and assist you as a pilgrim. As well, you will have more chances to talk with the local people.

- 1 sedge hat (菅笠 / sugegasa)
- 2 white vest (白袴 / hakui or Haku)
- 3 rosary (数珠 / juzu)
- 4 bell (鈴 / suzu)
- 5 bag (荷籠 / zodabukuro)
- 6 stole (袴足 / wagasa)
- 7 staff (金剛杖 / kongozue)
- 8 osamefuda
- 9 sugegasa

Proper etiquette at a temple

- 1 Main Gate 山門: Stand to the left of the main gate, put your hands together and bow once.
- 2 Wash basin 水屋: Wash your hands and mouth here, and then put on your wagas and juzu.
- 3 Bell tower 鐘楼: Ring the bell once. It is bad luck to ring it when you leave. Note: some temples have limited hours for ringing the bell.
- 4 Main Hall 本堂: Place your nameslip and copied sutra in the appropriate box, light three sticks of incense and one candle, place a donation in the offertory box, stand to the left, put your hands together, and recite the sutras.
- 5 Daishi Hall 大師堂: Worship in the same way as at the Main hall.
- 6 Administration Office 納経所: The office where you can have your pilgrimage book (nokyochu) stamped and signed for 50yen is open all year round from 7am to 5pm. Allow extra time here during the busy seasons.
- 7 Main gate 山門: Exit the main gate on the left side, turn around, and bow once.

At the Main Hall, it is common to begin reciting in order the Heart Sutra, then continue with the GoHonzon Shingon and Gohogo sutras. However, it is all right to pray silently. Later on, you might start reciting the sutras when you get used to hearing them.

From the 2nd time walking the pilgrimage, you only receive stamps, so the nokyochu will slowly get more and more red as the stamps begin to cover the pages.

David Moreton

Research Theme: History of non-Japanese and the Shikoku Pilgrimage

The Shikoku pilgrimage route has been experiencing a boom in recent years and it is said that annually 150,000 make the pilgrimage by bus, car, motorcycle, bicycle, foot or other means. Not only Japanese, but also an increasing amount of non-Japanese are deciding to make the pilgrimage gear and do some or all of the 1,200-kilometer journey that circumambulates Shikoku. For those interested in coming to Shikoku and participating in this centuries-old pilgrimage that is believed to follow the footsteps of the great Japanese Buddhist saint Kobo Daishi (774-835), I recommend being able to speak and understand a basic level of Japanese which will assist you when are booking a room, asking people for directions or talking with the local people and other pilgrims (henro). Do not expect anyone to be able to speak English or any other foreign language. As well, become involved in the pilgrimage by wearing the white vest (haku) and / or using a staff. When people see that you are a henro, they will treat you as such and you will be included into the culture of selfless support (osetta). Also, remember that this is a religious journey, not a stamp relay or a back-packing relay. Please show respect at each temple and every other sacred site you visit along the way. As a henro you will have the chance to go through big cities, small towns and villages, to travel along the ocean, and to go up and down numerous mountains, however, you might be surprised at the amount of time spent on asphalt.

I hope that you will come to Shikoku to experience the wonderful Shikoku pilgrimage. Start from wherever and do as much or as little as you can. Come and see Shikoku's famous sites, eat its wonderful cuisine and interact with the local people and other henro.

Three major figures in the history of Westerners and the Shikoku Pilgrimage

Frederick Starr (1858-1933)

University of Chicago professor. Completed half the pilgrimage in 1917 and the whole pilgrimage in 1921. "This journey has been one of the most interesting experiences in my life."

"One unsaid rule of the pilgrimage states that no matter where you go to please help and support each other as much as possible."

Alfred Bohner (1894-1958)

Teacher at Matsuyama High school (1922-1928). Completed the pilgrimage in 1927. "... if the pilgrimage is undertaken only for pleasure and without a loftier purpose, the pilgrim will soon lose the desire to continue... every year charitable hands are opened along the pilgrim road, giving to the pilgrims food, drink, and other gifts... this [custom] has been going on for centuries."

Oliver Stalter (1915-2002)

University of Hawaii professor. Completed the pilgrimage in 1968 and 1971. Led student group tours in 1970, 1977, 1983, 1985.

One participant from 1970 said: "...Japanese people recognize and respect the henro in a wonderful way. I found barriers torn down when I became a pilgrim."

A participant from 1985 said that during the pilgrimage: "One encounters a rich spectrum of Japanese religious life, the beautiful scenery of Shikoku, and an aspect of Japanese rural life the foreign visitor seldom sees."

Scenes from along the pilgrimage route

- Receiving fruit from a local person.
- A string of beads (juzu) sold as a good luck charm
- Two American pilgrims during cherry blossom season
- Long term rental bikes: <https://cyclishikoku.com/>
- Starting at Temple No. 1
- Breathtaking view at early morning
- Taking a break at a rest hut
- Talking with school children

Cool Experience for example No.75 Zentsuji

Staying at a temple

A service in the Main hall is held either in the early evening before dinner or early morning before breakfast. Most times sutras are recited and then the priest gives a talk. This optional opportunity is a good chance to observe the cultural and historical artifacts in the Main hall and to worship with other pilgrims.

Copying sutras

One popular aspect of the pilgrimage is the custom of copying sutras, which is called *shakyo*. By focusing on writing each character, you can calm your mind. Once a month Temple 75 Zentsuji holds a free *shakyo* gathering, open to anyone, where interested participants usually copy the Heart Sutra.

Cultural properties / Paintings / Sculptures / Art Work

At each temple along the pilgrimage route there are many historical and artistic cultural properties which are definitely worth seeing. For example,

- Gold-plated copper staff ornament (National Treasure) Temple No. 75, Zentsuji (Map / F-3)
- This ornament is attached to the staff used by Buddhist priests. It is said that Kukai received this one from the priest Hui-kuo (Japote: Keika) in China and brought it back to Japan.
- Shiteiji Niomon (National Treasure) Temple No. 51, Ishiteji (Map / C-5)
- Temple No. 45, Iwayaji (Map / D-5) The temple (elev. 630m) has a Main hall that seems to protrude from the rising cliff beside it. The area has been designated as a Place of Scenic Beauty.
- Standing Statue of Kuya (Important Cultural Property) Temple No. 49, Jodoji (Map / C-5) Kuya (903-962) is the founder of 'odori nembutsu' a ritual dance and recitation of Nembutsu to achieve salvation. He stayed at this temple for three years and when he left, the people of the village asked that he carve a statue of himself. In his left hand he holds a staff with a deer antler on the top. Out of his mouth emerge six images of Amida.
- Motoyamaji Main Hall (National Treasure) Temple No. 70, Motoyamaji, (Map / F-3) According to legend, Kobo Daishi constructed this building in one night. It was restored in 1281 and is presently the only building deemed as a national treasure in Kagawa prefecture.
- Picture story of the founding of Shidoji Temple (Important Cultural Property) The Kagawa Museum (Map / G-3) When Fujiwara no Fuhito (659-720) was constructing Kofukuji temple in Nara, his sister sent him three treasure balls in memorial of their father who had passed away; however, as the boat bearing these jewels passed through Shido Bay, the undersea dragon-god stole them. Fuhito married a local woman, diver whom he asked to retrieve the balls. She agreed if their son could inherit the Fujiwara clan. She was successful in getting the treasures, but unfortunately died as a result. Fuhito built his wife's tomb by the seaside and later, his son, Fusasaki extended the temple and named it Shidoji. This sad story has been drawn out on these paintings.
- Treasure Hall of Temple No.26 (Map / G-6) This temple has many national important cultural properties such as Amida Nyorai Statue, Shingon 8 ancestors sculpture, various Mikkyo equipments, Kongocho sutra and more. Only temple No.26 and No.75 have so many temple treasures in Shikoku (reservation required to see them)
- Treasure Building of Chikuriji (Map / F-6) Seventeen Buddhist statues from the 9th to the 14th Century are on display. They are all National Important Cultural Properties and consist of more than one-third of all such properties in Kochi prefecture.

Proper etiquette at a temple

At the Main Hall, it is common to begin reciting in order the Heart Sutra, then continue with the GoHonzon Shingon and Gohogo sutras. However, it is all right to pray silently. Later on, you might start reciting the sutras when you get used to hearing them.

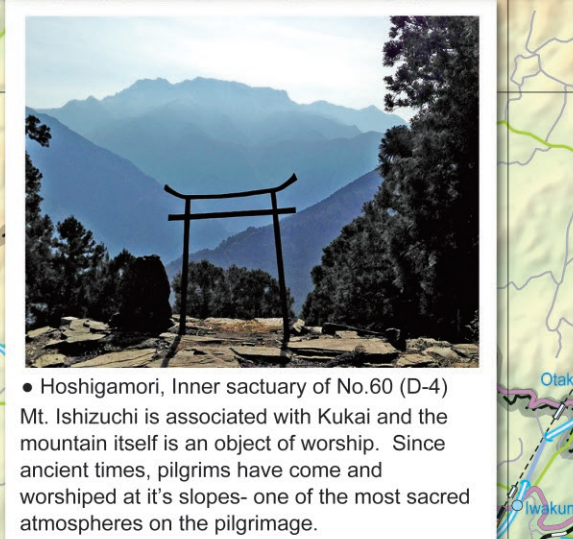
Proper etiquette at a temple

At the Main Hall, it is common to begin reciting in order the Heart Sutra, then continue with the GoHonzon Shingon and Gohogo sutras. However, it is all right to pray silently. Later on, you might start reciting the sutras when you get used to hearing them.



Access to Shikoku

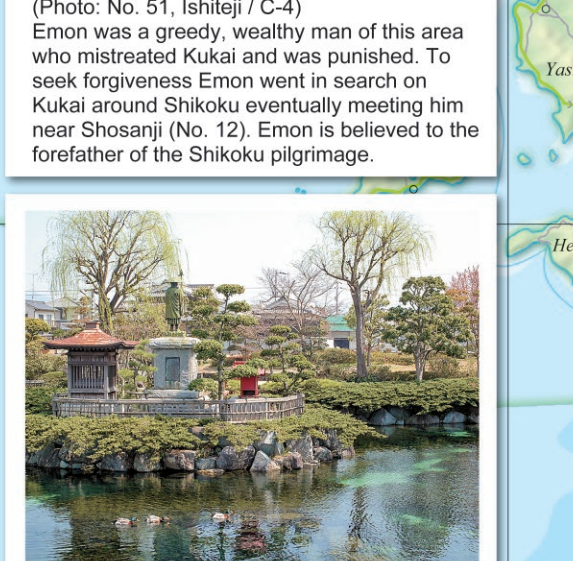
As of September, 2025



• Hoshigamori, Inner sanctuary of No.60 (D-4)
Mt. Ishizuchi is associated with Kukai and the mountain itself is an object of worship. Since ancient times, pilgrims have come and worshipped at it's slopes-one of the most sacred atmospheres on the pilgrimage.



• The legend of Emon Saburo (Photo: No. 51, Ishiteji / C-4)
Emon was a greedy, wealthy man of this area who mistreated Kukai and was punished. To seek forgiveness Emon went in search on Kukai around Shikoku eventually meeting him near Shosanjii (No. 12). Emon is believed to be the forefather of the Shikoku pilgrimage.



• Jo no Fuchi Park (C-5)
In order to stop a famine in the area, Kukai struck his staff at a spot here, and water came gushing up forming a pond. The local people enshrined a statue of him, and the surrounding area has now become a park.

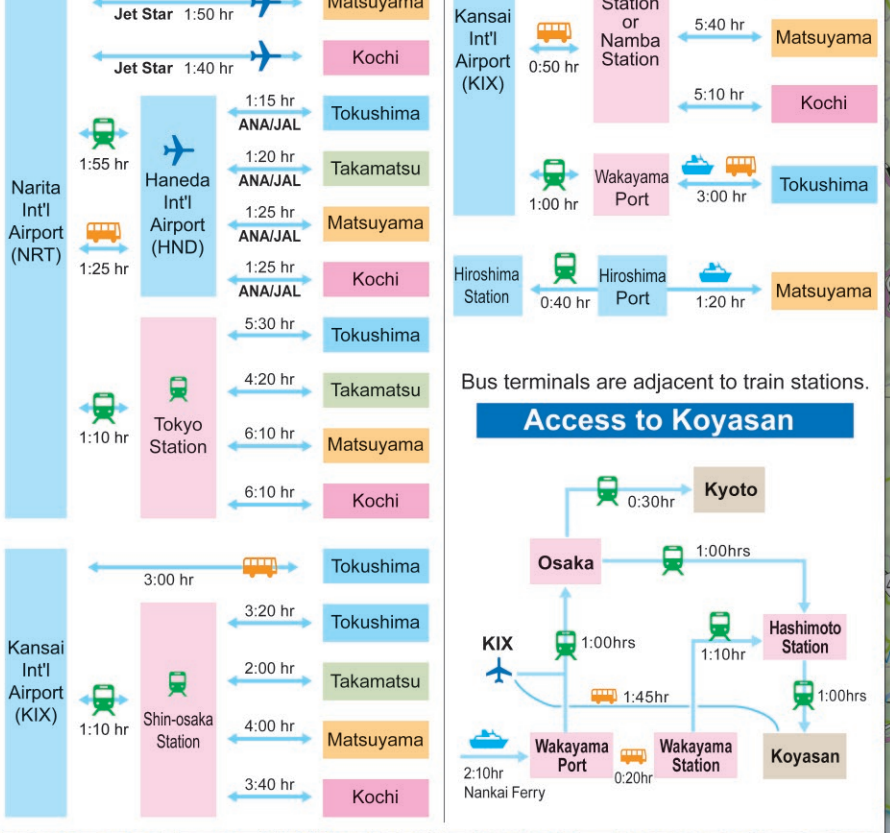


• Trekking the Kukai in Ainan (C-7)
Event held every autumn; locals walk the oheno trail emphasizing community exchange, health and the continuation of Oheno culture.



• No.38 Kongo-fukuji (D-8)
It is believed that your wish will come true if you pat the head of the Daishi turtle on the temple grounds. Most visitors come to Cape Ashizuri to experience the tropical atmosphere and enjoy the hot springs.

Domestic



Access to Koyasan



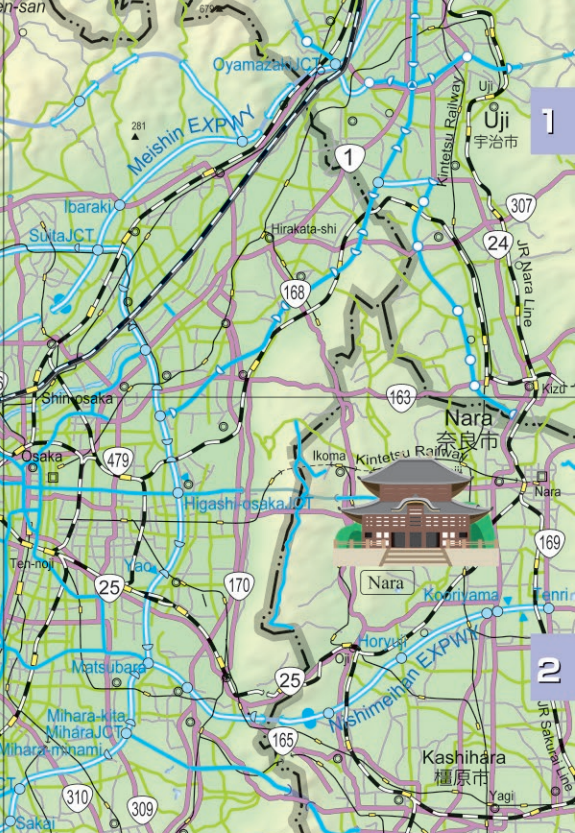
International (direct to Shikoku)



Time Required by Train



Time Required by Car



• The Legend of Temple No.73 (E-3)
According to legend, Kukai, at the age of seven, climbed the mountain (left) and said, "I want to enter the world of Buddhism and save many people. If it is not possible for this wish to come true, I command that Shaka Nyora appear for me. I will throw away my life." He then jumped off a cliff and Shaka Nyora and a heavenly being appeared and saved his life. As a result, he carved a statue, constructed temple buildings, and founded this temple.

• No.82 Negoriji (G-3)
The forests around this temple are popular among visitors because of the different colors and shades seen throughout the year especially during the fall. At the edge of the temple parking lot there is a large statue of a fierce-looking osh-on (cow-devil). The trail leading to temple 88, the last hard climb of the pilgrimage, Mt. Nyotai. Pilgrims can experience complex feelings of both excitement and sadness knowing that one's pilgrimage is nearing completion.



• Matsuyama Ohno Koryo Salon (Pilgrim Community Center / Museum)
This facility is located between Temple 87, Nagaoji and Temple 88. Okuboji and has a large, display room for pilgrim-related materials and another room where one can spend time relaxing and talking with other pilgrims. The excellent exhibition of historical materials allows one to fully understand the culture of the Shikoku pilgrimage. It is a wonderful place for all people to visit. An English brochure is available.

Each prefecture has been given a Buddhist dojo (place of spiritual training) name.

Tokushima Prefecture			Ehime Prefecture		
No.	Name	Index	No.	Name	Index
1	Ryozanji	I-3	40	Kanjizaiji	観自在寺 C-7
2	Gokurakuji	徳楽寺 I-3	41	Kyurakuji	龍光寺 C-6
3	Konsenji	金泉寺 H-3	42	Butsumokuji	仏木寺 C-6
4	Dainichiji	大白寺 H-3	43	Meisekiji	明石寺 C-6
5	Jizoji	地蔵寺 H-4	44	Daihoji	大五寺 D-5
6	Anrakuji	安楽寺 H-4	45	Iwayajji	岩屋寺 D-5
7	Jurakuji	十楽寺 H-4	46	Jorunji	浄瑠璃寺 C-5
8	Komadandaji	熊谷寺 H-4	47	Yasakuni	八坂寺 C-5
9	Horninji	法華寺 H-4	48	Sairinji	西林寺 C-5
10	Kirihataji	切幡寺 H-4	49	Jodoji	浄土寺 C-5
11	Fujidera	藤井寺 H-4	50	Hantaji	雁多寺 C-4
12	Shosanzaiji	浄心山寺 H-4	51	Ishiteji	石手寺 C-4
13	Dainichiji	大白寺 H-4	52	Taisanzaiji	太山寺 C-4
14	Jorakuji	常楽寺 H-4	53	Enmyoji	円明寺 C-4
15	Kokubunji	国分寺 H-4	54	Enmeiji	延命寺 D-4
16	Kanonji	観音寺 H-4	55	Nankobu	南光坊 D-4
17	Idoji	井寺 H-4	56	Taisanzaiji	太山寺 D-4
18	Onzanji	恩山寺 H-4	57	Erikuji	栄徳寺 D-4
19	Tatsueji	立寺 H-4	58	Sennyuji	善遊寺 D-4
20	Kakurinji	鶴林寺 H-4	59	Kokubunji	国分寺 D-4
21	Tairyuji	天龍寺 H-4	60	Yokomineji	横峰寺 D-4
22	Byodoji	平等寺 H-4	61	Koonji	権寺 D-4
23	Yakuuji	薬王寺 I-5	62	Hojiuji	浄心寺 D-4
			63	Kichijoji	吉祥寺 D-4
			64	Maegamiji	前寺 D-4
			65	Sankakuji	三角寺 E-4

Kochi Prefecture

No.	Name	Index
24	Hotsumisakiji	最勝寺 H-7
25	Shimashoji	津島寺 G-6
26	Kongochoji	金剛洞寺 G-6
27	Konomeiji	権宗寺 G-6
28	Dainichiji	大白寺 F-5
29	Kokubunji	国分寺 F-5
30	Zenrakuji	禅若寺 F-5
31	Chikurakuji	竹林寺 F-6
32	Zenjibuji	禅寂寺 F-6
33	Sekkeiji	雪隠寺 F-6
34	Tanemaji	檀庵寺 E-6
35	Kiyotakiji	清滝寺 E-6
36	Shoryuji	首領寺 E-4
37	Iwamotoji	岩本寺 D-7
38	Kongofukuji	金剛福寺 D-8
39	Shiroineji	白峯寺 G-3
40	Negoroji	根香寺 G-3
41	Ichinimiyaji	一智尼寺 G-3
42	Yashimaji	八雲寺 G-3
43	Yakuriji	八束寺 G-3
44	Shidoji	志道寺 G-3
45	Nagaioji	長尾寺 H-3
46	Okuboji	大窪寺 H-3

Kagawa Prefecture

No.	Name	Index
66	Unpenji	雲井寺 F-4
67	Daikoji	大興寺 F-4
68	Jeinjin	神恩院 F-4
69	Konomeiji	権宗寺 F-3
70	Motoyamaji	本山寺 F-3
71	Iyadani	岩谷寺 F-3
72	Mandaraji	曼陀羅寺 F-3
73	Shussakakuji	出家堂寺 F-3
74	Koyamaji	甲山寺 F-3
75	Zentsuji	善通寺 F-3
76	Konzoji	金倉寺 F-3
77	Doryuji	通海寺 F-3
78	Goshoryuji	高首寺 F-3
79	Tennoji	天皇寺 G-3
80	Kokubunji	国分寺 G-3
81	Shiramineji	白峯寺 G-3
82	Negoroji	根香寺 G-3
83	Ichinimiyaji	一智尼寺 G-3
84	Yashimaji	八雲寺 G-3
85	Yakuriji	八束寺 G-3
86	Shidoji	志道寺 G-3
87	Nagaioji	長尾寺 H-3
88	Okuboji	大窪寺 H-3

Legend

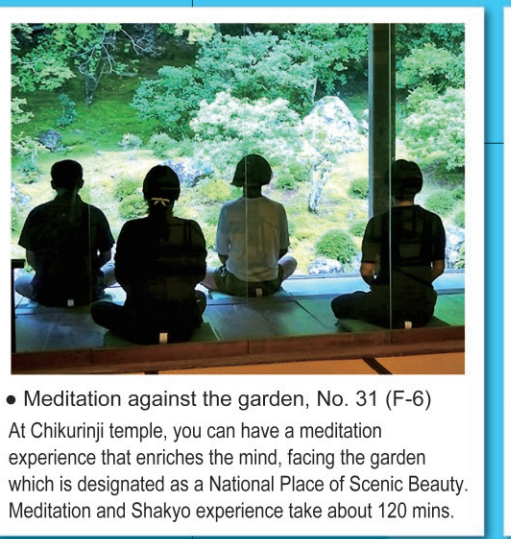
- Express Ways
- Toll Roads
- National Roads
- Main Regional Roads
- Other Roads
- Ferry Boat Route
- Prefectural Boundary
- Japan Railways
- Major Stations
- Private Railways
- National Park
- Quasi National Park
- Airport
- Road Station
- Swimming Beach
- Campground
- Hot Spring
- Golf Course
- See back page

88 Temples

- 1 Iwamotoji One of the 88 Temples
- 2 Jigenji One of the 20 other temples
- 3 Walking Henro Trail
- 4 Shikoku no Michi (ENV)
- 5 Shikoku no Michi (MLIT)
- 6 Shikoku no Michi (Amalgamation)
- 7 Sight Seeing Spots
- 8 Noted Historic Places or Spots, Natural Monument
- 9 Ok Castle
- 10 Eki Museum
- 11 Hot Springs
- 12 Sato Festival
- 13 Outdoor Event or Festival



• No.37 Iwamotoji (D-7)
On the ceiling of the Main Hall, 575 different pictures can be seen. Regardless of whether one likes Western or Eastern art, this temple is definitely worth a visit.



• Meditation against the garden, No.31 (F-6)
At Chikuriji temple, you can have a meditation experience that enriches the mind, facing the garden which is designated as a National Place of Scenic Beauty. Meditation and Shakyu experience take about 120 mins.



• Kukai Pilgrim Lycium (G-6)
Oasis for pilgrims built in 2021 in Cape Gyodo where young Kukai trained by the rough waves of the Pacific Ocean. Cape Gyodo is named from "Gyodo", training method comprising of chanting sutras while turning around.



• Saba Daishi (No. 4 Bekkaku temple) (H-5)
This name in transporting mackerel on his horse. The man refused to give Kukai a fish, and as a result, his horse fell sick, but the man realized his inappropriate action and sought repentance.



• No.11 Fujidera (H-4)
The name of this temple means "a well of wisteria" and every year from late April to early May, one can see various shades of purple wisteria hanging from the trellises.



• Kawashima bridge and Zennyuji Island (H-4)
No one has lived on the flat island of Zennyuji in Yoshino river, but pilgrims must still cross over it and the narrow, concrete Kawashima bridge to get to Temple 11.

