英語

# Spiritual Island ~Shikoku Henro~

## Pilgrimage to the 88 Sacred Places

https://shikoku-tourism.com/en

## HENRO（遍路）

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 Sunport, Takamatsu, Kagawa Prefecture 760-0019
  https://shikoku-tourism.com/en E-mail : info@shikoku-tourism.com
- **Tokushima Prefecture Tourist Association**
  1 Hoji, Higashihama, Yamashiro-cho, Tokushima, Tokushima Prefecture 770-8055
  https://discovertokushima.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 Okaido, Matsuyama, Ehime Prefecture 790-0004
  https://www.visitehimejapan.com/en
- **Kochi Visitors & Convention Association**
  1-2-20 Marunouchi, Kochi, Kochi Prefecture 780-8570
  https://visitkochijapan.com/en

### Tourist Information Desk

- **Tokushima Prefectural International Exchange Association (TOPIA)**
  Clement Plaza, 6/F, 1-61 Terashimahon-chō , Tokushima City 770-0831
  https://www.topia.ne.jp/
  (in JR Tokushima Station Building 6/F) Phone: 088-656-3303
- **Takamatsu City Information Plaza**
  1-16 Hamano-chō, Takamatsu City, Kagawa Prefecture 760-0011
  (in JR Takamatsu Station) Phone: 087-851-2009
- **Dōgo Tourist Information**
  6-8 Dōgo Yunomachi, Matsuyama City, Ehime Prefecture 790-0842
  (in front of Dōgo Onsen Station) Phone: 089-943-8342
- **" i " information Center**
  2-10-17, Kitahonmachi, Kochi City Kochi Prefecture 780-0056
  (in front of JR Kochi Station) Phone: 088-879-6400

### Recommended Website

http://shikokuhenrotrail.com/

Facebook Group: Ohenro San https://www.facebook.com/groups/30817087712/

### How to make the pilgrimage & Guide Map Book

**Shikoku Henro for Outside Japan**
**Shikoku Japan 88 Route Guide** https://henro88map.com/

### Shikoku Henro Guide-Interpreter Association

https://shga45988.wixsite.com/website

March 2022

### 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 Kōbō 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 (hakui) 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 (osettai). Also, remember that this is a religious journey, not a stamp relay or a back-packing route. 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.

Western Henro pioneers since 1993, from left: Naoyuki Matsushita, Tom Ward, David Turkington, David Moreton, Don Weiss.

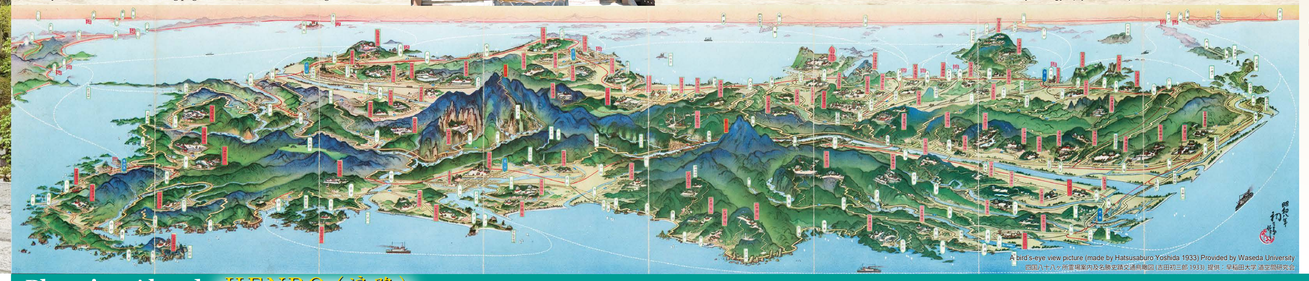
## Prologue HENRO（遍路）

### 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 'official' temples and numerous other sacred sites where the Buddhist priest Kūkai (Kōbō 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 age 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.



A bird's-eye view picture (made by Matsusaburo Yoshida 1933) Provided by Waseda University
吉田初三郎の鳥瞰図「四国八十八カ所霊場巡拝案内図」昭和8（1933）年作。早稲田大学図書館所蔵

### History of Esoteric Buddhism

**Map of the Spread of Buddhism.**

New edition: New Social History (p44) Tokyo Shoseki, 2006.

### Buddhism in Japan

It is thought that Buddhism came to Japan in either 538 or 552 from the Korean kingdom of Baekje, however, Mikkyō came during the Tenpyo period (729-749) and later, Kūkai organized its teachings and taught it to the common people. Presently, only in Japan and around Tibet is Mikkyō 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 Kūkai who established Shingon Buddhism in Japan.
However, one common aspect among many sects of Buddhism is the Hannya-shingyō (Heart Sutra), which is a sutra of 266 characters that expresses the contents of the 600-volume Perfection of Wisdom texts.



Hannya-shingyō (Kyōhon book)

### Kōbō Daishi (Kūkai) (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 follows his footsteps. However, people also believe that Kōbō Daishi accompanies pilgrims as they do the pilgrimage as shown by the phrase, dōgyō 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.

Picture:
Provided by Museum of Ehime History & Culture

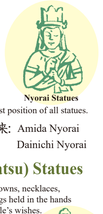
### The importance of Kōyasan

Mt Kōya (elev.800m) is located in Wakayama prefecture, is the headquarters of the Shingon sect of Buddhism in Japan, and is where Kūkai / Kōbō Daishi is believed to have died. The town has a population of about 3000 people and there are over 100 temples, many of which offer accommodation to visitors. Many pilgrims come here to tell of their intention to Kōbō Daishi before commencing the Shikoku pilgrimage, and some come here to give a report and offer thanks to him for his support and protection after completing the pilgrimage.

Danjō Garan (Kōyasan)
(Map / L-3)

### Basic Information on Buddhist Statues

Introduction to the Main Deities of the 88 temples



Nyorai Statues

#### 如来像 Nyorai Statues

This is an enlightened being and holds the highest position of all statues.

釈迦如来: Shaka Nyorai　阿弥陀如来: Amida Nyorai
薬師如来: Yakushi Nyorai　大日如来: Dainichi Nyorai

#### 菩薩像 Boddhisattva (Bosatsu) Statues

Boddhisattva 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.

十一面観音菩薩: Jūichimen Kannon Bosatsu
聖観音菩薩: Shō Kannon Bosatsu
地蔵菩薩: Jizō Bosatsu
千手観音菩薩: Senju Kannon Bosatsu

Boddhisattva (Bosatsu) Statues

#### 明王像 Myōō Statues

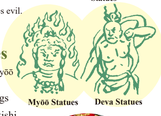
With an angry expression, he subdues evil.

不動明王: Fudō Myōō

#### 天部像 Deva Statues

They protect Nyorai, Bosatsu and Myōō from the enemies of Buddhism.

四天王: Four Heavenly Kings
金剛力士像: Statue of Kongō rikishi



Myōō Statues　Deva Statues

Kongō rikishi at Temple No.76, Konzōji

Four Heavenly Kings (Bishamon-ten)
Temple No.19, Tatsueji

### 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.

Temple No.1 Dōunzan
(Map / H-2)

Isolated Temple Kasagataki
(Map / H-2)

### Shikoku no Michi 四国の道

The "Shikoku no Michi" route is a walking course around Shikoku which, at times, makes use of the pilgrim trail allowing one to visit the various temples along the route and to experience Shikoku. There are two routes: 1) The Ministry of Environment (ENV) route for those interested in nature and 2) The Ministry of Land, Infrastructure and Transport (MLIT) route for those interested in history and culture.

Pass Marker

## Planning Ahead HENRO（遍路）

### 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.
- **Charted bus:**
  This will take 10-12 days and cost about 250,000yen.
  There is a variety of bus plans provided by travel and bus companies and in each case an official guide (sendatsu) 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.

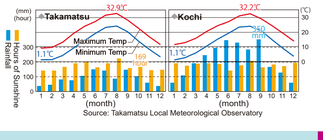
**Note:**
The above days and amount are estimates of costs while in Shikoku for accommodation, food, transportation etc. and will vary according to the individual and method of travel. If you are not walking, you will have to take a different route up the mountains.

**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 once 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.

**Temperature, precipitation, hours of sunshine**

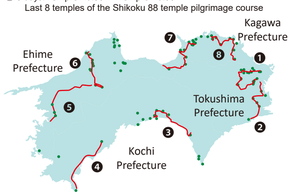



Source: Takamatsu Local Meteorological Observatory

### Where to Start

Many people start at Temple 1, Ryōzenji in Tokushima prefecture, proceed in clockwise order and finish at Temple 88, Ōkuboji 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 Ohenro experience?
  ① 4 days: Temple No.1 ― Temple No.17
  First section where that you can get an overall ohenro impression
  ② 3 days: Temple No.18 ― Temple No.23
  Varied ohenro experience course: mountains, valleys and costal hiking in Eastern Tokushima
  ③ 3 days: Temple No.27 ― Temple No.33
  Cycling road and scenic course along the spectacular Pacific Ocean
  ④ 4 days: Temple No.37 ― Temple No.38
  Majestic crushing waves of the Pacific Ocean course
  ⑤ 4 days: Temple No.41 ― Temple No.44
  Walking through old townscapes, traditional Japanese cultural course
  ⑥ 3 days: Temple No.44 ― Temple No.51
  Isolated temples in the highlands to the famous Dogo hot spring course
  ⑦ 3 days: Temple No.65 ― Temple No.75
  From temple #65 to the place where Kukai spent his childhood
  ⑧ 3 days: Temple No.80 ― Temple No.88
  Last 8 temples of the Shikoku 88 temple pilgrimage course




### 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.

- **Minshuku**
  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.
- **Guesthouse**
  Small scale budget accommodation; meal services and room types vary upon location, most have dormitory rooms as well.
- **Ryokan**
  Offers a higher degree of service in a more traditional Japanese-style type of accommodation than at a minshuku. Includes breakfast and dinner. Futon with shared bath.
- **Business Hotel, Hotel**
  Business hotel is a hotel with small self-contained rooms. Bed with private bath.
- **Shukubō**
  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 *(otsutome)* and hear the priest give a talk *(hōwa)*. 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.)

Temple Accommodation at Temple No.6, Anrakuji

Minshuku

### 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'.

### Backpacker

There is an increasing amount of foreign Ohenro 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

At Japanese-style accommodation facilities such as minshuku and ryokan, breakfast and dinner is included. Western-style hotels are usually located in urban areas where restaurants and supermarkets are plentiful. Outside the cities, restaurants and shops are less common but there is no risk of running out of food. There are many places along the road where you'll have a chance to partake of Shikoku's culinary specialties.

### 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.



Post Office Sign and ATM
(Post Office: International ATM Service)
Not all ATMs have the same operating hours
https://www.jp-bank.japanpost.jp/en/ias/en_ias_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.









Safty tips useful app

### 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 ohenro 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, cafés 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 HENRO（遍路）

### 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.

**❶ sedge hat**（菅笠 / sugegasa）
It is useful to block the sun or rain. It is not necessary to remove it when worshipping at a sacred site or when talking with temple staff.

**❷ white vest**（白衣 / hakui or Hakue）
The white clothing worn by the pilgrim represents purity and innocence, however in the past it also held the meaning of a death shroud, symbolizing that the pilgrim was prepared to die at any time.

**❸ rosary**（数珠 / juzu）
This is a very familiar religious object to the Japanese. If you hold this while holding your hands together, it is said that the illusions of the mind will disappear and good fortune will come upon you.

**❹ bell**（鈴鈴 / Jirei）
The bell should be rung after each sutra is recited.

**❺ bag**（頭陀袋/Zudabukuro）
Items such as candles, incense, nameslips, pilgrimage book etc are put in here.

**❻ stole**（輪袈裟 / wagesa）
This is symbolic of the full Buddhist robe and shows one's devotion. Choose the colour that you like.

**❼ staff**（金剛杖 / kongōzue）
This is said to be the embodiment of Kōbō Daishi, who guides pilgrims around the route. Formerly it was used as a grave marker for pilgrims who passed away while on the pilgrimage.along the journey.

osamefuda

**nameslips**（納札 / osamefuda）
Write your name, address, date and wish on this and place it in the nameslip box at the Main hall and Daishi hall. Give it to people from whom you receive gifts.

**pilgrimage book**（納経帳 / nōkyōchō）
This acts as proof that you have visited each temple. Have it signed and stamped after worshipping at each sacred site.

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 wagesa 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.

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.

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 (nōkyōchō) stamped and signed for 300yen 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.

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

## 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 Statler**
(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."

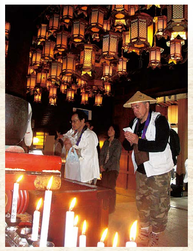
## Scenes from along the pilgrimage route HENRO（遍路）

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://cycleshikoku.com/



Traditional grilled rice cake sold at Temple 51

Starting at Temple No 1.



Breathtaking view at early morning

Taking a break at a rest hut

### Pilgrim manners

**We ask that you:**

1) do not be a nuisance to other people.
2) do not take the custom of selfless support (osettai) for granted.
3) accept osettai graciously and give an osamefuda (nameslip) in return.
4) cheerfully greet other pilgrims and local people along your journey.
5) show respect to the temples, the inn keepers, and others.
6) do not litter and help keep the pilgrimage route in good shape for those that follow.

Talking with school children

### Cool Experience

for example No.75 Zentsūji

**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.

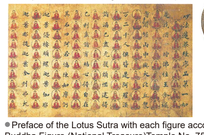
**Copying sutras**

One popular aspect of the pilgrimage is the custom of copying sutras, which is called *shakyō*. By focusing on writing each character, you can calm your mind. Once a month Temple 75 Zentsūji holds a free *shakyō* 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, Zentsūji (Map / F-3)
This ornament is attached to the staff used by Buddhist priests. It is said that Kūkai received this one from the priest Hui-kuo (Japan: Keika) in China and brought it back to Japan.



Preface of the Lotus Sutra with each figure accompanied by a Buddha Figure (National Treasure)Temple No. 75, Zentsūji (Map / F-3)
This document was written by Kōbō Daishi where between each line of the sutra, he has drawn a picture of his mother, *Tamayorigozen*, as a Bodhisattva.

Motoyamaji Main Hall (National Treasure)
Temple No. 70, Motoyamaji.
(Map / F-3)
According to legend, Kōbō Daishi constructed this building in one night. It was restored in 1291 and is presently the only building deemed as a national treasure in Kagawa prefecture.

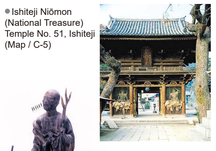
Awa Pilgrim Trail (Place of Scenic Beauty)
(Map / I-4)
The path between Kakurinji (No.20) and Tairyūji (No.21) has been devotedly maintained for hundreds of years.

Garden of Temple No.15 (Place of Scenic Beauty)
(Map / H-4)
The garden behind the main hall; separated into two areas representing the ocean and other bodies of water without the use of water. One of the best gardens in Japan, Awa Aoishi, a local famous stone, is skillfully placed on the embankment to create a dynamic model.

Provided by Shidoji

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 Kōfukuji 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.

Ishiteji Niōmon (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 Kūya (Important Cultural Property)
Temple No. 49, Jōdoji (Map / C-5)
*Kūya* (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*.

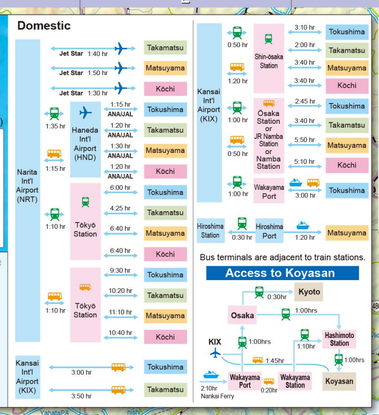
Treasure Building of Chikurinji (Map / F-6)
Seventeen Buddhist statues from the 9th to the 14th Century are on display. They are all National Important Cultural Properties and consist of more than one-third of all such properties in Kochi prefecture.

Treasure Hall of Temple No.26 (Map / G-6)
This temple have 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)

# Access to Shikoku

As of March, 2025

## Domestic




Bus terminals are adjacent to train stations.

## Access to Koyasan




## Time Required by Train




## Time Required by Car


Seto-Chuo Expwy
Kobe-Awaji-Naruto Expwy
Takamatsu
Tokushima
Matsuyama
Kochi
Uwajima
Kawanoe
Kansai Expwy
Hanshin Expwy
Meishin Expwy
Chugoku Expwy
Sanyo Expwy
Kyushu Expwy
Tomei Expwy
Chuo Expwy
Hokuriku Expwy
Tohoku Expwy
Kanetsu Expwy
Joban Expwy
Kitakanto Expwy
Tokyo Wan Aqua Line Expwy
Tokyo Expwy
Shin-Meishin Expwy
Shin-Tomei Expwy
Kan-Etsu Expwy
Tohoku Expwy
Sakaki JCT
Kawanishi JCT
Ikeda JCT
Kobe JCT
Ashiya JCT
Nishinomiya JCT
Takarazuka JCT
Kawanishi JCT
Ikeda JCT
Kobe JCT
Ashiya JCT
Nishinomiya JCT
Takarazuka JCT
Sakai JCT
Kinokawa JCT
Kinokawa JCT
Sakai JCT
Kyoto JCT
Kyoto JCT
Ichikawa JCT
Ichikawa JCT
Kawaguchi JCT
Kawaguchi