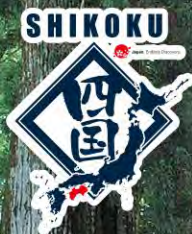


英語

# Spiritual Island ~ Shikoku Henro ~

Pilgrimage to the 88 Sacred Places



四  
国  
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

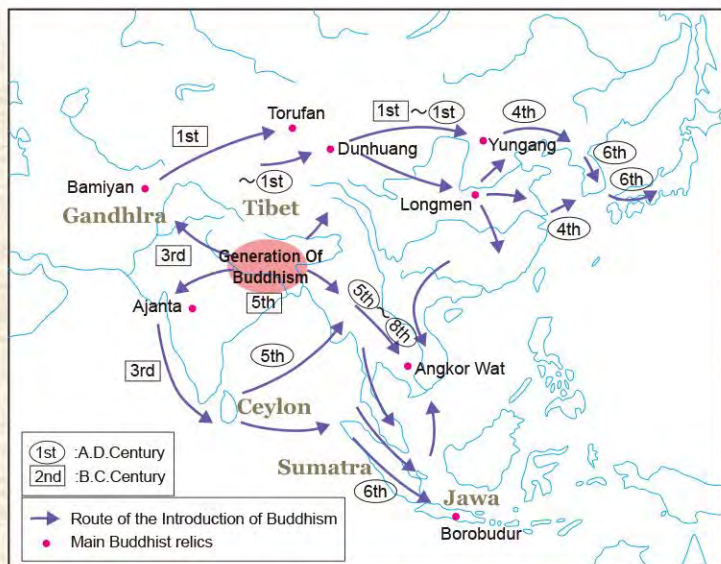
The first reference to the Shikoku pilgrimage appears in documents from around the 12th Century; however, specific temples or route are not mentioned. The present pilgrimage consisting of the 88 temples is thought to have formed between the late 16th and 17th Century. In the modern age with the development 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.





# History of Esoteric Buddhism

## Map of the Spread of Buddhism.

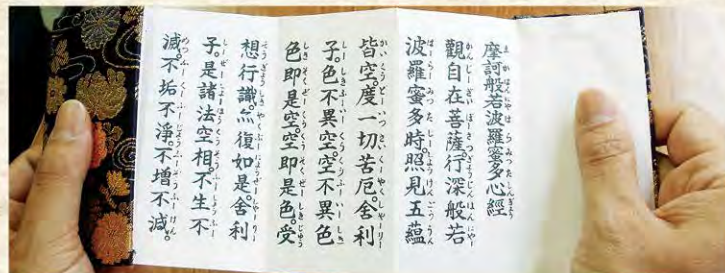


New edition: New Social History (p44) Tokyo Shoseki, 2006.

## 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 Tenpyō 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.



## 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)  
(Wakayama Pref. 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  
地藏菩薩: 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



● Statues at Temple No.32, Zenjibuji



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



# 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 (aver 30km/day) and cost about 400,000yen.  
This is the most traditional way, but it takes the most time and money.

### ●Chartered bus:

This will take 9-12 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" (2-5 days), which can be used on all railways in Shikoku. You can buy it once you arrive in Shikoku.

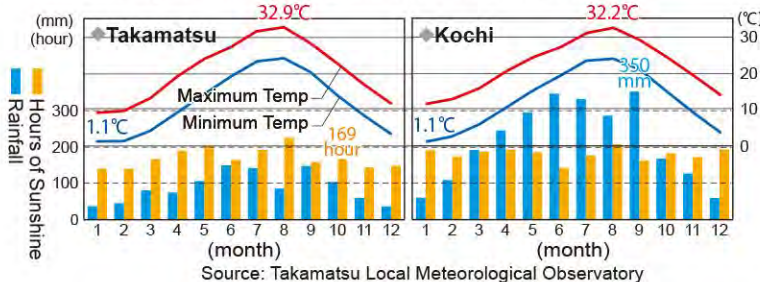
## Weather

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



## 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.

### ●One-day walking courses:

#### Dainichiji (No.13)



7.7km



#### Idoji (No.17)

This easy-to-walk route traverses beside rice fields and passes through quiet residential areas. (see map H-4)

#### Chikurinji (No.31)



13.2 km



#### Sekkeiji (No. 33)

You will pass by Mt. Godai and Katsurahama beach, as well as get to use the free ferry. (see map F-6)

#### Jōruriji (No.46)



12.9 km



#### Ishteiji (No.51)

Along the way is Jōno Fuchi park, and close to Ishteiji is the famous Dōgo Onsen (hot spring) - an area, which is also popular with tourists. (see map C-4.5)

#### Iyadaniiji (No.71)



15.8km



#### Dōryūji (No.77)

It is said that happiness and good fortune will come upon you if you complete this old 7-temple pilgrimage route. (see map F-3)

## 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.

110



119





## Temple Administration Office Hours

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.

## 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.

### ● 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:

It is a hotel with small self-contained rooms. Bed with private bath.

### ● Hotel:

Similar to a typical Western-style hotel. No meals. 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
- Minshuku Room



## Backpacker

There are bus stops, parks, rest huts for pilgrims and other places to spend the night; however, it is important to greet and / or ask for permission to use facilities either from people living nearby or from those in charge. Another choice for free accommodation is *zenkon-yado* (homes of people at which pilgrims can stay for free or a low cost). Many people believe that they will obtain merit by offering their home to pilgrims.

## 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.

## 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 (7-Eleven) 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  
[http://www.jp-bank.japanpost.jp/en/ias/en\\_ias\\_index.html](http://www.jp-bank.japanpost.jp/en/ias/en_ias_index.html)



● 7-Eleven Sign and ATM



(7-Eleven Stores: Seven Bank ATM)  
Any day of the week 24 hours a day  
<http://www.sevenbank.co.jp/oos/adv/intlcard02/en/>

We recommend that you exchange traveler's checks into Japanese yen at international airports, but as of November 2015, there are 15 Japanese post offices that provide this service within Shikoku.

## 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.

## 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.

### ALL SHIKOKU Rail Pass

- ★ Rail pass for unlimited travel on all trains in Shikoku!
- ★ Special price for foreign visitors to Japan!
- ★ Rail passes can be purchased outside or within Japan! (YEN)

Duration	2-day	3-day	4-day	5-day
Adult	6,300	7,200	7,900	9,700
Child	3,150	3,600	3,950	4,850

## Ways of communication

Places, such as hotels, convenience stores, restaurants, cafes and public facilities, with WIFI are increasing. As well, one can rent a WIFI router or a cell phone from major airports. In some places there are vending machines that sell SIM cards. 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



## 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)

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.

### 3 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.

### 5 bag

(頭陀袋 / Zudabukuro)

Items such as candles, incense, nameslips, pilgrimage book etc are put in here.

### 7 staff

(金剛杖 / kongōzue)

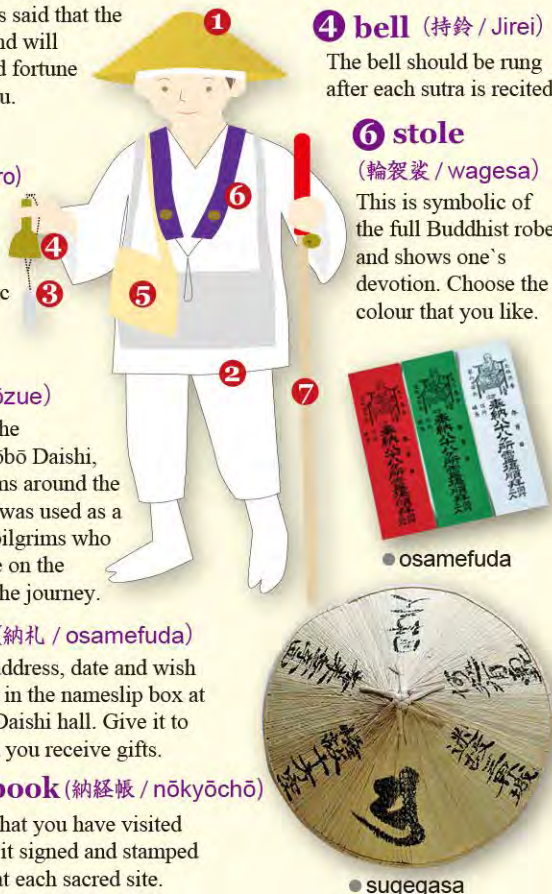
This is said to be the embodiment of Kōbō Daishi, who guides pilgrims around the route. Formerly it was used as a grave marker for pilgrims who passed away while on the pilgrimage along the journey.

### 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 temple 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.



## 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** 鐘樓 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 Get your pilgrimage book stamped and signed here. (Fee: 300yen)



- 7 Main gate** 山門 Exit the main gate on the left side, turn around, and bow once.



David C. 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 C. Moreton, Don Weiss.

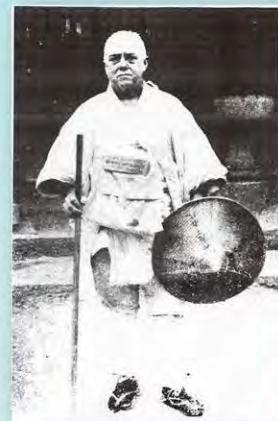
## Three major figures in the history of Westerners and the Shikoku Pilgrimage

**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**

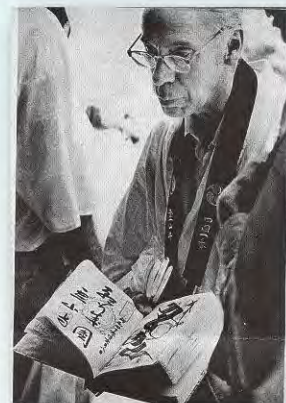
(1915-2002)

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."







● Receiving fruit from a local person.



● A string of beads (juzu) sold as a good luck charm



● Two American pilgrims during cherry blossom season



● Traveling by bike



● Starting at Temple No. 1.



● Traditional grilled rice cake sold at Temple 51



● French pilgrims taking a break



● Taking a break at a rest hut



● Talking with school children

## Pilgrim manners

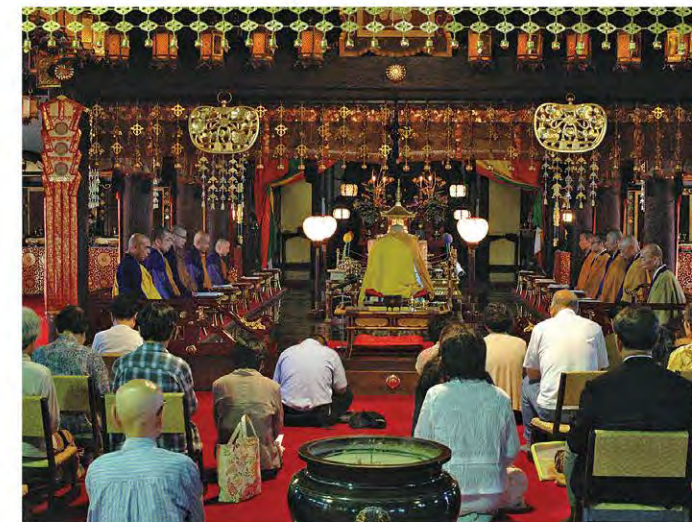
### We ask that you:

- 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.

## 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,

- Gardens of Chikurinji Temple No. 31, Chikurinji (Kochi City Map / F-6)



It is said that a Zen priest called *Musō Kokushi* constructed this garden in 1318, which is now considered to be one of three most renowned gardens in Kochi. In 2005, it was designated as a National Place of Scenic Beauty.



- Treasure Building of Chikurinji (No.31)  
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.

- Gold-plated copper staff ornament (National Treasure)  
Temple No. 75, Zentsūji (Zentsūji City 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 (Zentsūji City 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.

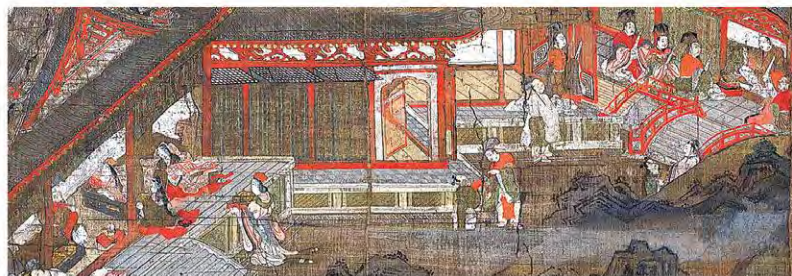


- Treasure Building of Temple No.84, Yashimaji (Takamatsu City Map / G-3)

Such historical artifacts such as Buddhist statues, art, and a scroll depicting the Gempei War (1180-1185) can be seen here.

- Temple No. 45, Iwayaji (Kuma-kōgen Town 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.



- Picture story of the founding of Shidoji Temple (Important Cultural Property)  
Kagawa History Museum (Takamatsu City 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.

- Standing Statue of Kūya (Important Cultural Property)  
Temple No. 49, Jōdoji (Matsuyama City 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*.



- Ishiteji Niōmon (Important Cultural Property)  
Temple No. 51, Ishiteji (Matsuyama City Map / C-5)

This gate was constructed in 1318 and the two Niō statues, which stand guard on each side of the gate, are 2.5 meters high and are said to have been made by Unkei (1148?-1224), a renowned Japanese sculptor.



- Treasure Building of Ishiteji  
Over 300 items such as artwork, old documents etc. are on display allowing one to understand the founding of this temple.

- Awa Pilgrim Trail (Place of Scenic Beauty)  
(Katsuura Town, Anan City Map / I-4)

The path between Kakurinji (No.20) and Tairyūji (No.21) has been devotedly maintained for hundreds of years.



- Motoyamaji Main Hall (National Treasure)  
Temple No. 70, Motoyamaji. (Mitoyo City 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.





# Michinoeki (Road Station)

● Sign



For travelers, pilgrims, and backpackers etc., there are 78 of these useful places located along the main roads in Shikoku, which often display materials describing the local area, as well as sell food products and souvenirs. In most cases, staff are on duty from 9am until 5pm. Washrooms are available.

● Genpeinosato Mure  
(Takamatsu City Map / G-3)



● Hiwasa (Minami Town Map / I-5)

This road station is furnished with a free foot bath.

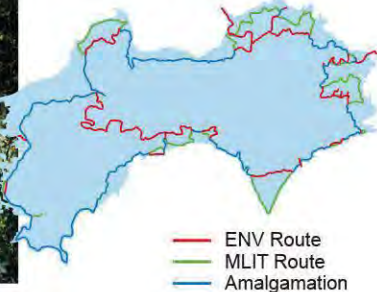


## 四国のみち

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 Land, Infrastructure and Transport (MLIT) route for those interested in history and culture and 2) The Ministry of Environment (ENV) route for those interested in nature.



● Pass Marker



# 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.

## Visit Japan Campaign Information Network Offices *English speaking staff on duty*

### ◆ Tokushima Prefectural International Exchange Association (TOPIA)

Clement Plaza, 6/F, 1-61 Terashimahon-chō, Tokushima City 770-0831

E-mail: [topia@topia.ne.jp](mailto:topia@topia.ne.jp) <http://www.topia.ne.jp/>

(in JR Tokushima Station Building 6/F)

Phone: 088-656-3303

### ◆ Miyoshi City Tourist Information Center

1810-18, Sarada, Ikedachō, Miyoshi City, Tokushima Pref. 778-0003

(in front of JR Awa-ikeda Station)

Phone: 0883-76-0877

### ◆ Takamatsu City Information Plaza

1312-7 Konan-chō Oka, Takamatsu City, Kagawa Pref. 760-0011

(in front of JR Takamatsu Station)

Phone: 087-851-2009

### ◆ Takamatsu Airport Information

1-16 Hamano-chō, Takamatsu City, Kagawa Pref. 760-0011

(1st floor of Takamatsu Airport)

Phone: 087-835-8110

### ◆ Ehime Prefectural International Center (EPIC)

1-1 Dōgo Ichiman, Matsuyama City, Ehime Pref. 790-0844

E-mail: [info@epic.or.jp](mailto:info@epic.or.jp) <http://www.epic.or.jp/>

Phone: 089-917-5678

### ◆ Dōgo Tourist Information

6-8 Dōgo Yunomachi, Matsuyama City, Ehime Pref. 790-0842

(in front of Dōgo Onsen Station)

Phone: 089-943-8342

### ◆ Imabari District Sightseeing Information

1-729-8, Kitahōraicho, Imabari City Ehime Pref. 794-0028

(in JR Imabari Station)

Phone: 0898-36-1118

### ◆ "i" information Center

2-10-17, Kitahonmachi, Kochi City Kochi Pref. 780-0056

(in front of JR Kochi Station)

Phone: 088-826-3337

### ◆ Shimanto City Tourist Information Center

383-15, Uyama, Shimanto City Kochi Pref. 787-0015

(in Sun River Shimanto Shopping Center)

Phone: 0880-35-4171

**Recommended Website (English)** <http://www.shikokuhenrotrail.com>

## A guidebook to the 88 temples (English)

### A Journey of the Soul (ebook)

By Tatsurō Muro and David C. Moreton

<http://www.davidmoreton.com/>

## How to make the pilgrimage (English)

### Visiting the Sacred Sites of Kūkai

By Tateki Miyazaki and David C. Moreton

<http://henro88map.com/>

## Guide Map Book (English)

### Shikoku Japan 88 Route Guide

Buyodo Co., Tokyo Japan

<http://henro88map.com/>

January 2016