

訪日グローバルキャンペーンに対応したコンテンツ造成事業  
「四国遍路」滞在型コンテンツ開発事業

**ライト層向けコンテンツ（英語版）**

令和2年3月24日

国土交通省 四国運輸局

# Hidden Mountains:Tairyūji, Kakurinji and the Valleys of Tokushima

One of the more challenging temples to reach by foot, Tairyūji lies atop Mount Tairyūji surrounded by cedars, pines, bamboo and mountain slopes. Walking through the lofty gates and ascending the stone stairs one can feel the history of the location as one can see monks going about their temple business in bright yellow robes. The peaks of Kakurinji too, allows one to view the rugged landscape and hidden statues. The hike to reach untouched Tairyūji is well worth the effort but the ropeway to the mountain temple shouldn't be missed. Rising high over two mountain peaks one can see the sweeping mountains and farms that stretch across the region as the ropeway gondola glides over mountain slopes. The area is important too for the story of Kūkai as the monk also had an enlightenment experience amid the mountains here. And visitors can actually walk to "Shashingatake," the area were Kūkai reportedly did his ascetic training and view the mountain scenery next to a massive statue of the monk overlooking the valley. Due to the heavy forests and deep valleys the area is also famous for wild game and fresh local produce making a great meal to finish the day.

Simple  
Natural  
Beautiful  
- Tokushima -

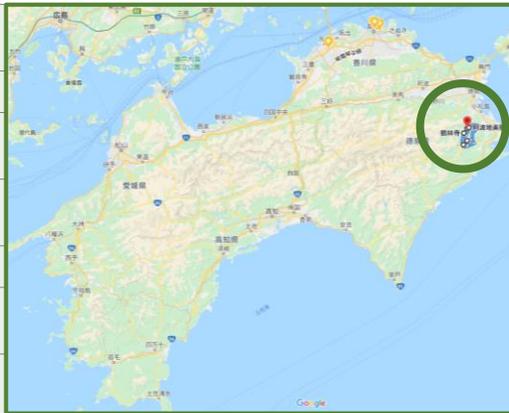


## Information about Kamo, Katsuura Area

Sightseeing Spots (Viewpoints, Facilities etc.)	The ancient walking road connecting Tatsueji to Kakurinji and the ancient Pilgrimage trails between Kakurinji and Tairyūji, Yotteneichi Market, Tairyūji Ropeway, mountain side statue of Kūkai, Katsuura Doll Museum (open from late February to early April)
Nearby Temples	Temple #20 Kakurinji, Temple #21 Tairyūji, Temple #22 Byōdōji Temple
Nearby Restaurants	Garden Time KONOMU (café, western style dishes) "AOKI" Awa Gibier & Sweetfish Restaurant (wild game, local food)

# 【Day Trip】 【Hidden Mountains: Tairyūji, Kakurinji and the Valleys of Tokushima】

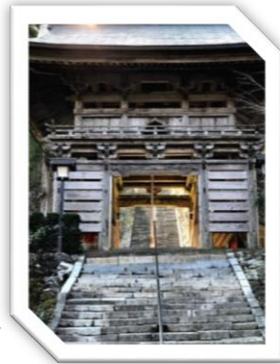
10:00~	Meet at the farm-fresh supermarket, "Yotteneichi Market"
10:50~	#20 Kakurinji Temple
11:40~	Lunch at "AOKI" Awa Gibier & Sweetfish Restaurant
13:10~	Tairyūji Temple Route (walk pilgrimage trails) ~ #21 Tairyūji Temple
15:20~	Shasingatake
16:00~	Tairyūji Ropeway (A superb view of Nakagawa river and the mountains)
~17:00	Back to Washi-no-sato, Roadside Station.



## #21 Tairyūji Temple (Tradition)

Tairyūji Temple is No. 21 on the Shikoku Pilgrimage, located 600 meters, near the top of Mount Tairyūji. It is a famous temple that is called "Nishi no Koya" (Mount Koya in the west) and is one of the highest temples. It is said Kūkai founded it in 792.

<http://www.88shikokuhenro.jp/21tairyuji/>



## "AOKI" Awa Gibier & Sweetfish Restaurant (Cuisine)

Featuring sweetfish dishes during the summer and wild boar stews in winter. AOKI presents an abundant menu including unique cuisine created from venison, duck, and similar wild game.

<http://awagibier-aoki.com/index-e.html>

## Yotteneichi Market (Cuisine, Tradition)

A farm-fresh supermarket used by local people. Local vegetables and fruits are lined up on shelves.



## #20 Kakurinji Temple (Tradition)

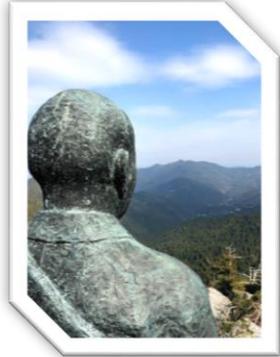
Kakurinji Temple is No. 20 on the Shikoku Pilgrimage. located at the top of Mount Washigao at an altitude of 470 meters. It is nicknamed "Otsuru-san" from local people as there is a pair of cranes in front of the main hall and crane sculptures.

<http://www.88shikokuhenro.jp/20kakurinji/>



## Shasingatake, Inner Sanctuary of Tairyūji Temple (Tradition)

Here is the place where Kūkai is said to have trained on the cliff. The approach of 600 meters from Tairyūji Temple leaves an atmosphere of old pilgrimage trails with a chain handrail. The bronze statue of Kūkai sits on the edge of the cliff.



## Tairyūji Temple Pilgrimage trails (Tradition)

A pilgrimage trail where you can walk a total length of 6.7 km and elevation difference is 470 meters.

"Funagata \*Choseki" which is lined up along the trail, shows the distance to Tairyūji Temple.

Choseki...are roadside stone distance indicators placed at intervals of one cho (approx. 109 meters)



## Tairyūji Ropeway (Nature)

The 2,775 meter-long ropeway is the longest in western Japan. From the ropeway, you can enjoy views of the countryside, Nakagawa River and Mount Tsurugi-san. It makes easy work of the ascent.

<http://www.shikoku-cable.co.jp/tairyuji/>

# Hiwasa: Old Traditions, New Styles

②徳島-2

The seaside town of Hiwasa is a unique blend of classic architecture, stunning nature and emerging businesses. Boutique shops, restaurants, and cafés exist side by side with hundred-year-old buildings and homes that are currently being renovated by enterprising locals who want to preserve the townscape while supporting new businesses. The blend of modern and antique creates an atmosphere of a trendy modern city that still possesses a comforting nostalgia.

Visible from almost every point of the surrounding area, Yakuōji Temple towers above the town facing the Ocean. The famous red pagoda acts as a beacon for pilgrims, trekkers, and the curious who come to pray or to take a dip in the temple onsen. With impressive architecture and statuary and a main hall boasting 2 main deities, the pagoda too holds secrets to be discovered. Descending the steps into the basement level of the tower, visitors can see depictions of the Buddhist afterlife as well as temple artifacts and examples of Buddhist art before ascending to the top level of the pagoda for a sweeping view of the surrounding town, mountains, and the Pacific.

Facing the Pacific, In Between Blues has a modern atmosphere with trendy drinks and also offers a unique traditional experience. The café keeps the secrets of traditional indigo dyeing alive and well, as visitors can try their hand at dyeing their own personalized souvenir in vats of the warm dye that overlook the beach. The mellow atmosphere and friendly well-travelled staff make this café a great stop to relax with coffee and enjoy the view and help keep this traditional craft going.

## Quiet Coasts And Peaceful Towns - Tokushima -

### 2 days 1 night Trip

DAY 1

ACCESS SPOT

11:30



Let's have a Special Lunch ♪

Walk - 2 minutes

12:30

#23 Yakuōji Temple

Walk - 2 minutes

Walk Hiwasa Townscape  
enjoy the townscape, Tainohama Beach, Ebisu Cape etc.

Dinner at the local pub  
"Tsukushi" ♪

DAY 2

Car - 45 minutes

10:00

in Between Blues  
藍染の体験

Car - 10 minutes

13:15

Marine sport at a World renowned surf spot "Kaifu Point" ♪



Sightseeing Spots  
(Viewpoints, Facilities etc.)

Yakuōji Hot Spring, Hiwasa Chelonian Museum Caretta, Ohama Beach, Ebisu Cave, Hiwasa Townscape, Kaiyo Natural Ocean Museum Marine Jam, in Between Blues (indigo dyeing experience)

Nearby Temples

Temple #23 Yakuōji, Bekkaku Saba Daishi #4 Temple of special 20 Sacred Temples

Nearby Restaurants

Restaurant Minami (Japanese dishes), Tsukushi (Local pub)

Nearby Hotels

The Guest House Oyado Hiwasa (A guest house renovated from a 100-year old house built during the Taisho period)

Introduction to the Hiwasa Town Foreign Language Guide Association

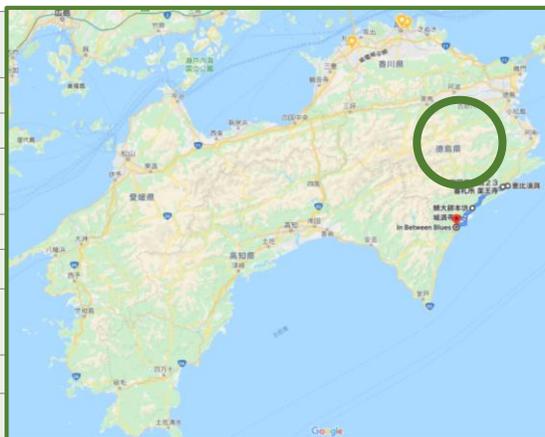
Some locals who act as volunteer guides for foreign visitors. They'd like to extend to you the warmest of welcomes and invite you to experience all that Hiwasa has to offer as they show you around their beautiful town. Why don't you come and share in the fun! Contact them at

[hiwasa123@ma.pikara.ne.jp](mailto:hiwasa123@ma.pikara.ne.jp) to make your reservations now!



# 【 2 days 1 night Trip 】 【 Hiwasa: Old Traditions, New Styles 】

Day1 10 : 00	Meet at JR Hiwasa station
11:30	Lunch at Restaurant Minami
	Visit #23 Yakuōji temple
	Stroll around the town of Hiwasa and visit Ebisu cave
18:00	Dinner at Izakaya Tsukushi
	Stay at Oyado Hiwasa
Day2 10 : 00	Visit Sabataishi Temple
	Visit Jōmanji Temple for Zen meditation
	Visit "in Between Blues" for indigo dyeing



## Saba Daishi #4 Temple of special 20 Sacred Temples

Saba Daishi Temple performs the \*Goma every day. Next to the main hall is a cave with a total length of 88 meters. You can step on the sands of the 88 temples and also the special 20 sacred temples in Shikoku. It is a mysterious training.

<http://www.sabadaishihonbou.jp/>

Goma...It is a fire ritual involves burning wooden tablets with prayers written on them as the monks chant and recite their prayers.

## Jōmanji Temple (Tradition)

Jōmanji Temple is the oldest Zen temple in Shikoku. It was incinerated during a battle in 1575. After that, it was abandoned for 350 years, but reconstruction plans were made by Koya Tamura, who entered the temple and then became a chief priest in 2011.

There are English, Korean, and French speaking priests and staffs welcome you. No matter who you are, you're welcome here.



## Restaurant Minami (Cuisine)

A restaurant run by a couple relocated from Tokyo, who were attracted by the rich nature and the close proximity of local people.

They mainly provide Japanese dishes using seasonal fish and vegetables. The main lunch menu for customers are monthly set meals. In the evening, the restaurant offers course dishes as well as à-la-carte dishes.

## The Guest House Oyado Hiwasa (Tradition)

A rebuilt 100-year-old house you can stay overnight near Yakuōji temple. Here you can truly feel the past and enjoy your time comfortably. <http://oyadohiwasa.com/>



## #23 Yakuōji Temple (Tradition)

Yakuōji temple is No. 23 on the Shikoku Pilgrimage. It is well-known all over Japan for \*Yakuyoke and more than one million people visit the temple every year.

There is a unique scene in which one-yen coins are placed as offerings for every step you go up toward the main hall and it is said that your troubles will be reduced by doing so. Many worshipers who are not in the critical age go up with one-yen coins, placing one for each number of their age.

You can experience Ajikan (a method of meditation introduced by Kūkai in Shingon Buddhism), Shakyo (making a handwritten copy of a sutra) and try Shojin Ryori (vegetarian temple cuisine).

<https://yakuouji.net/>

Yakuyoke...is a way to avoid bad luck and warding off evil spirits during certain ill-fated years.



## in Between Blues (Tradition)

Facing the Pacific Ocean, the shop offers an indigo dyeing experience, a traditional craft of Tokushima prefecture.

<https://inbetweenblues.jp/>

## Izakaya (Local Pub) Tsukushi (Cuisine)

Try fresh local fish. The owner goes to the seaside fish market every morning to evaluate the fish so you can enjoy seasonal seafood anytime.



# Roaring Surf and Clear Breezes

The south-western coastline where Kōchi and Tokushima meet to form Muroto Cape is a land of dramatic nature and sweeping views. As the road dips and turns one can have an up-close view of the Ocean meeting the sprawling beaches comprised of turbidite rock formations. The flatness of the area lends itself well to cycling by the roaring Pacific and through the charming seaside towns that dot the rocky shores. Here also amid the crashing waves is mysterious Hotsumisakiji Temple, reputedly one of the places Kūkai reached enlightenment. Visitors to the area can actually visit the caves where the monk trained and view the same stretch of beach and sky he saw upon reaching spiritual awakening.

The surrounding waters are also rich with fresh fish that dwell in the deep-sea waters off the coast. These deep-water stretches are perfect for hauling in fish in abundance and local restaurants prepare them in the freshest ways possible.

  
**Muroto Cape**  
**Where the Ocean**  
**Meets The Sky**  
 - Kochi -

## Information about Muroto Cape Area

Sightseeing Spots (Viewpoints, Facilities etc.)	Mikurodo Cave, Turbidite Walking Trail, Young Kukai Trail, Muroto Aquarium, Muroto UNESCO Global Geopark
Nearby Temples	Temple #24 Hotsumisakiji, Temple #25 Shinshōji, Temple #26 Kongōchōji
Nearby Restaurants	Ryotei Kagetsu (freshly caught fish and other local dishes)

## Cycle Shikoku – Bicycle Rental –

They rent professionally maintained bicycles for both guided tours of Takamatsu city, and for longer, independent tours of Shikoku. Their years of cycling experience and local knowledge means they can assist your tour of Shikoku. Whether you are doing the 88 Temple Pilgrimage or following your own path, they are here to help you enjoy Shikoku. Please feel free to contact them. We look forward to you having a wonderful time in Shikoku. Contact us at [Inbound@anabukitravel.jp](mailto:Inbound@anabukitravel.jp) to make your reservations now!



### Cycling Day Trip

DAY 1

ACCESS SPOT

Muroto UNESCO Global Geopark 10:00  
 Bicycle - 30 minutes  
 Let's Go ♪

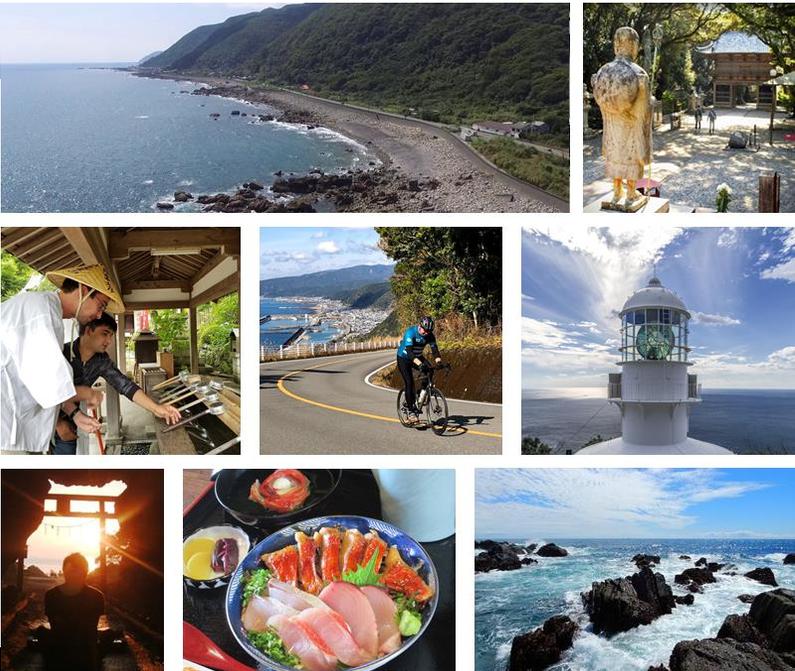
Mikurodo Cave 10:30  
 Bicycle - 29 minutes

#24 Hotsumisakiji Temple 11:15  
 Enjoy panoramic Pacific ocean from Muroto Cape lighthouse ♪

A Redream for lunch ♪ 12:00  
 Bicycle - 35 minutes  
 Lunch at Ryotei Kagetsu ♪

#25 Shinshoji Temple 13:40  
 Bicycle - 29 minutes  
 Views from the observatory are magnificent! ♪

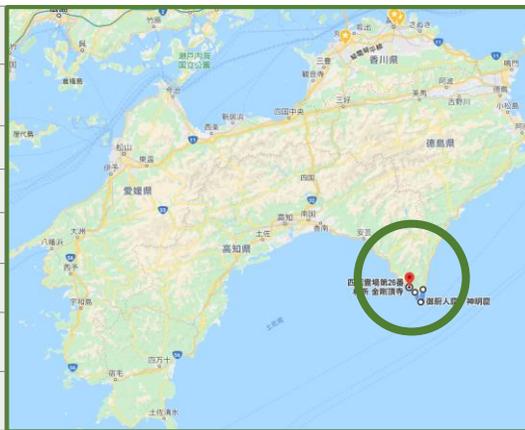
Muroto UNESCO Global Geopark 14:45  
 Bicycle - 1 minutes



# 【Day Trip】 【Roaring Surf and Clear Breezes with Rental Bicycles】

Guided Tours with an interpreter

10 : 00	Meet at Muroto UNESCO Global Geopark
10 : 30	Visit Mikurodo Cave
	Walk along the promenade and find turbidite.
11 : 15	#24 Hotsumisakiji Temple
12:30	Lunch at Ryotei Kagetsu
	#25 Shinshōji Temple
option	#26 Kongochōji Temple
14:45	Back to Muroto UNESCO Global Geopark



## #24 Hotsumisakiji Temple (Tradition)

Hotsumisakiji temple is No. 24 on the Shikoku Pilgrimage. It has a rare stone statue made of marble in the late Heian period.

The temple is located at the very tip of Cape Muroto, so you can enjoy cycling with a magnificent view of the Pacific Ocean. <http://www.88shikokuhenro.jp/24hotsumisakiji/>

For lunch, why not try a kind of fish called “red bream” caught from offshore Muroto at Ryotei Kagetsu.



## Muroto UNESCO Global Geopark (Tradition)

Muroto UNESCO Global Geopark juts out into the Pacific Ocean. It is a place where you can read the history of the Earth as it is written in the rocks. You can go to a place that was once in a deep sea area.

With the sound of the waves, the chirping of birds, and the wind passing through the forest as background music, you can take a leisurely stroll with the guide along the forest path leading to the lighthouse and Hotsumisakiji Temple.

<https://www.muroto-geo.jp/en/>



## #25 Shinshōji Temple (Tradition)

Shinshōji temple is No. 25 on the Shikoku Pilgrimage, located on a hill with steep steps and has a wonderful view. Local people call it Tsudera.

When the ship on which the Tosa clan, lord Kazutoyo Yamauchi was on board, in the distress of a sudden storm, a monk appeared and took the helm and returned the ship safely. The next day, when someone visited Shinshoji Temple, there is a legend that \*jizō Bodhisattva was soaked in water. So after this, the main deity was called Kajitorijizō (steer a ship) Bodhisattva.

<http://www.88shikokuhenro.jp/25shinshoji/>

Jizō...is a deity fondly loved by Japanese people. Its main role is to protect children. It also protect the souls of children who passed away and unborn babies.



## Mikurodo Cave (Tradition)

Kūkai is believed to have been trained and practiced meditation to increase his memory capacity in Mikurodo Cave over 1200 years ago.

It is said that he gave himself the name "Kūkai" in this place as he could only see the sky (“ku”) and the sea (“kai”) from the cave.

## #26 Kongochōji Temple (Tradition)

Kongochōji Temple is No. 26 on the Shikoku Pilgrimage, located in the middle of a mountain pass at an altitude of 165 meters. From here you can enjoy a sweeping view of the Pacific Ocean. Established in 807 by Kūkai as the first place dedicated for imperial prayers.

At that time, the temple was closed to women, so women prayed from the Fudo hall instead.

<http://www.88shikokuhenro.jp/26kongochoji/>



# Healthy Body and Healthy Mind

As well as the easy-going rustic charm of this small town, Kubokawa also offers experiences aimed at enriching our body and mind. Set in a hall dedicated to the future Buddha \*Miroku Bosatsu, you can experience yoga under the watchful gaze of an experienced teacher in addition to the saintly Buddha. Stretching in crisp morning air in the quietude of the temple is an interesting experience regardless of how easily (or not) you're able to bend and twist your body along with the instructor. After unwinding at the temple, the restored Hanpei Café offers a range of drinks to refresh including creamy smoothies made using local produce and a kind of malted rice. The tangy-sweet beverage is a perfect compliment after so much stretching and the classic Japanese architecture of the café itself is inherently relaxing and it is possible to do yoga here as well. And to bring a bit of the healthiness back with you, there is also the opportunity to make your very own miso. Using a traditional "hands-on" approach, you are able to crush fermented soy then mix it along with fermented rice to the consistency of your liking. After labeling it, then writing the date and giving it a personal name, you are ready to have a one of a kind memory and a souvenir that you will be able to personally use.

Miroku Bosatsu... is Maitreya, regarded as a future Buddha of this world in Buddhist eschatology. It is derived from the Sanskrit word maitrī "friendship".



Simple  
Wholesome  
Charming  
- Kochi -

## 2 days 1 night Trip



## Information about Kubokawa Area

Sightseeing Spots (Viewpoints, Facilities etc.)	Roadside station Agri Kubokawa, Minshuku Kawasemi (riverside activities, Ayu (sweetfish) Fishing, hunting and outdoor experiences) Inoue Kojiten (miso making experience), Hobby Train
Nearby Temples	Temple #37 Iwamotoji
Nearby Restaurants	Hanpei Café (restored home now being used as a café with a Japanese garden)
Nearby Hotels	Mima Ryokan and Ki-No Hotel (stylish hotel made by using local Shimanto cypress, full of Japanese design)

# 【 2 days 1 night Trip 】 【Healthy Body and Healthy Mind】

Day1	Inoue Kojiten (Malted Rice Shop)
14:00	Miso making experience
15:30	Kominka Hanpei Café
16:30	Mima Ryokan Ki-no-Hotel (annex)
Day2	#37 Iwamotoji temple, Yoga Experience
9:00	
	Walk the Kubokawa Townscape
13:13	A journey on JR local line (Yodo Line) with a Hobby Train



## Miso making experience at Inoue Kojiten (Cuisine)

At this shop, you can choose ingredients from rice, barley, and mixed miso to make miso by yourself. You can also buy amazake (a sweet fermented rice drink). <https://inoue-kouji.com/>

## Kominka Hanpei Café (Cuisine)

also formerly known as Tsuzuki House.



## Mima Ryokan Ki-No-Hotel (Cuisine)

Mima Ryokan was founded in 1884 as a ryokan for pilgrims. Then Ki-No-Hotel was built as an annex to it recently. It is nice and calm space with a Japanese appearance using local Shimanto cypress and Washi (Japanese paper). The owner of this hotel also owns a Kimono fabric store and he makes kimonos for traditional famous Japanese performers. <https://www.mimaryokan.jp/>



## #37 Iwamotoji Temple (Tradition)

Iwamotoji Temple is No. 37 on the Shikoku Pilgrimage. It is located at an altitude of 300 meters. The ceiling of the main hall is decorated with 575 ceiling paintings created by painters and the public from all over Japan. A Buddhist service is held early every morning. During the ceremony, the priest chants Buddhist sutras with the dynamic pounding of a temple drum.

If you stay overnight, you can also participate. <http://www.88shikokuhenro.jp/37iwamotoji/>



## A journey on the local Yodo Line's Hobby Train

On JR local line (Yodo Line), there is a hobby train using the theme of a \*Kappa. In the boarding section from Kubogawa to Uwajima, the train offers the best views of Shimanto River which is also called "the last clear river in Japan." A volunteer guide offers original services, such as providing in-vehicle guide announcements along the route and they sell local specialty products, too.

[http://www.jr-shikoku.co.jp/01\\_trainbus/event\\_train/tetsudohobby.html](http://www.jr-shikoku.co.jp/01_trainbus/event_train/tetsudohobby.html)

Kappa... It is an amphibious imp found in traditional Japanese folklore, typically depicted as green, human-like beings.

## Walk the Kubokawa Townscape (Tradition)

After you have a matcha\* at Hanpei Café, just rent a bicycle there and explore the town of Kubokawa. Shimanto River flowing through the town is neatly maintained and cleaned by the locals. You can stroll on the riverbanks. In addition, if you book town guiding in advance, a local guide will show you the great spots that only the locals know.



# Eat, Sit, Walk: Kappa Dōjō and Ohenro Trail

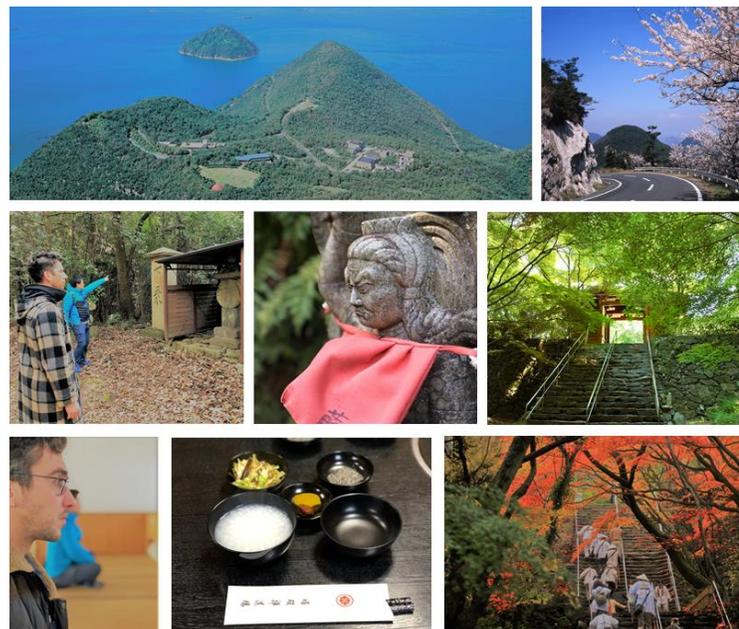


Colorful Mountains  
Ancient Trails  
- Kagawa -

Located on the slopes of the towering Goshikidai Mountain Range, Kappa Dōjō is a Zen temple that offers visitors a chance at awakening. Under the careful eye of the head priest visitors can experience “zazen,” a type of sitting meditation, in the Dōjō alongside other monks. This experience tests the spiritual endurance of the practitioner and offers a time for self-contemplation inside the hall. The temple also offers a chance to dine with the monks and listen to instructions for visitors on the proper Zen way to start and end an authentic temple meal.

The winding trail from Shiromineji Temple to Negoroji Temple cuts through the slopes and forests atop the mountain. Following the cool trail under a canopy of forest one can feel the history in each step as you pass along the well-worn trail and pass by old monuments and crumbling stone markers still directing pilgrims. Along the trail lies a “koya” or small cabin to rest. This structure was erected by the monks of Kappa Dōjō for weary travelers to rest and they have continued to update and improve the facility to accommodate foreign visitors as well.

## English Speaking guide + private car [Day Trip]



Information about Goshikidai Area	
Sightseeing Spots (Viewpoints, Facilities etc.)	Kappa Dōjō, Negoroji Pilgrimage Trail, Goshikidai Observatory, Seto Inland Sea Folk History Museum, Mausoleum of Emperor Sutoku, Ōmi Shrine, Bonsai farms, Sakura Koubou Café
Nearby Temples	Temple #79 Tennōji, Temple #80 Kokubunji Temple #81 Shiromineji Temple, Temple #82 Negoroji
Nearby Restaurants	Yasoba *Tokoroten (sweet shop) Tokoroten...is a traditional Japanese dish of jelly noodles.

# 【Day Trip】 【Eat, Sit, Walk: Kappa Dōjō and Ohenro Trail】

8:00	Start at Kappa Dōjō
9:15	Visit #81 Shiromineji Temple
9:45	Visit Shiromine Mausoleum of the Emperor Sutoku
	Visit Negoroji Temple pilgrimage trail (5km) (Dismounting Stone, Akai Well, and Ashio Daimyojin)
12:00	Visit #82 Negoroji Temple



## Negoroji Temple Ohenro Trail (Tradition)

Walking from Shiromineji Temple to Negoroji Temple, you can experience a short 5 km pilgrimage trail. Along the way, the road maintains a landscape full of historic districts from the Edo Period (1603-1868). The first big stone, which is written as Gejo (a dismounting stone, a sign to notify of the prohibition to enter on horse or vehicle)", is the stone sign that indicates the boundary between sacred and secular areas. Since it is a sacred place from here, even people of high status need to get off vehicles and walk by their own feet. The second stone, Akai refers to the water that is offered before Buddha from the well. It seemed that 50 roadside stones were installed along the pilgrimage trail between temples at intervals of 109m, still 41 of them are confirmed.



Gejo (dismounting stone)



## Kappa Dōjō (Tradition)

Kappa Dōjō is located between #81 Shiramineji Temple and #82 Negoroji Temple, and can be used as a pilgrimage inn. Zen meditation is held every morning. If you stay overnight, you can experience it. In the Zen meditation, in a cross-legged position, trying not to get distracted by your past, future, and comparisons with others. You just concentrate on the here and now. After that, the temple offers a chance to dine with the monks and instructs visitors on the proper Zen way to start and end an authentic temple meal.  
<https://www.kappa.or.jp/>



## #81 Shiromineji Temple (Tradition)

Shiromineji Temple is No. 81 on the Shikoku Pilgrimage. It is located at 280 meters, hillside of Shiromine of Goshikidai. You can enjoy flowers all year round, especially the cherry blossoms in spring, the hydrangeas in summer, and the red leaves in autumn. In addition, Shiromine Mausoleum of the Emperor Sutoku is the only imperial tomb in Shikoku, is adjacent to it.  
<http://www.88shikokuhenro.jp/81shiromineji/>

## #82 Negoroji Temple (Tradition)

Negoroji Temple is No. 82 on the Shikoku Pilgrimage. It is located at 365 meters, hillside of Aomine of Goshikidai. It is famous for the beauty of fresh greenery in Spring and autumn leaves. It is said that Kūkai founded the place for esoteric training. In front of the gate, you will be greeted by the statue of the terrifying monster "Ushioni" that eats humans.  
<http://www.88shikokuhenro.jp/82negoroji/>



# Takamatsu: Beauty in Art, Beauty in Spirit

Classic  
And  
Modern  
- Kagawa -

Not quite modern, not quite traditional but somewhere in between. Kagawa has a certain atmosphere that is just the perfect blend of old and new. Dotted with ancient temples, art museums, and streets and towns still dripping with the trappings of the Shōwa period. there is always some unique experience to be had. The traditional, the modern, the spiritual and the beautiful. And this is the true charm of Kagawa, the surprise of what we discover and the joy that follows.

As with most secrets, it is easy to miss the George Nakashima Memorial Hall along the Shōwa period streets and rice fields of Eastern Kagawa. The museum offers a large collection of works of furniture from the Japanese-American architect George Nakashima. And while the pieces are technically furniture, the skill and beauty with which the pieces have been created make them more like works of art. In the same vein, Takamatsu is also home to the outdoor museum of sculptor Isamu Noguchi where people can ponder his works as well.

## Information about Yakuri Area

Sightseeing Spots (Viewpoints, Facilities etc.)	The Isamu Noguchi Garden Museum Japan, George Nakashima Memorial Hall, Nagare Studio, Yakuri Cable Car, Shikokumura, Takeikannon Cape, Aji Ryuzoan Park
Nearby Temples	Temple #84 Yashimaji, Tempe #85 Yakuriji, Temple #86 Shidoji
Nearby Restaurants	Udon Honjin Yamadaya (Udon), Sora Café (shojin ryori-vegetarian dishes), Remza (café), RANA COFEE (café)

### Day Trip

DAY 1

ACCESS SPOT

※Subject to advance reservation

10:00 Isamu Noguchi Garden Museum  
Car - 10minutes

11:30 George Nakashima Memorial Gallery  
Car - 10minutes

13:00 Lunch at **Udon Honjin Yamadaya**  
Sanuki Udon is a must in Kagawa Prefecture ♪

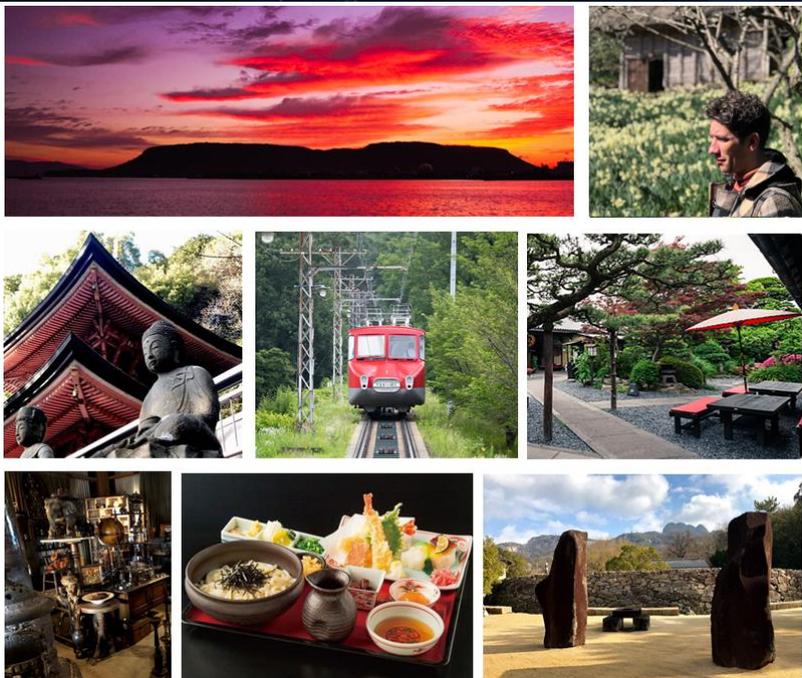
14:15 Take the **Yakuri Cable Car** ♪

14:20 **Temple #85 Yakuri**

15:45 **Temple #84 Yashima**  
View of Takamatsu city from Yashima's observation tower ♪ ♪

Local Sanuki Udon Lunch ♪

Takamatsu city looks beautiful from the observation tower ♪



# 【Day Trip】 【Takamatsu: Beauty in Art, Beauty in Spirit】

10:00	George Nakashima Memorial hall Opens 3 days a week, Tue. Thu. and Saturday
11:30	The Isamu Noguchi Garden Museum Japan
13:00	Udon Honjin Yamadaya
14:15	Yakuri Cable car #85 Yakuriji Temple
option	Aji-Ryuoizan Park #84 Yashimaji Temple & Yashimanoki



## George Nakashima Memorial hall

George Nakashima is a Japanese-American furniture maker. At George Nakashima Memorial hall, you will find about 60 works. It's the only place to see his works outside the United States. [https://www.sakurashop.co.jp/memorial\\_hall/](https://www.sakurashop.co.jp/memorial_hall/)



## The Isamu Noguchi Garden Museum Japan

The Isamu Noguchi Garden Museum is located in Mure, where Aji stone (granite) is produced. You will find about 150 sculptures. From 1969, Noguchi lived and created works of art here for over 20 years. From the small hill at the back, you can enjoy a magnificent view of the Seto Inland Sea. <http://www.isamunoguchi.or.jp/>



## Udon Honjin Yamadaya

For lunch, enjoy “\*Udon”, a specialty product of Kagawa Prefecture in a residence of samurai in the past. If the weather permits, you can eat outside in the beautiful garden. <https://yamada-ya.com/>  
Udon...is a type of thick, wheat-flour noodle used frequently in Japanese cuisine.



## Aji-Ryuoizan Park

Aji-Ryuoizan Park is a mountain top park where you will be surrounded by beautiful nature. There is a plaza with various sculptural works using Aji stone are lined up. From the observatory, you will find the superb view of islands and the Seto Inland Sea. <https://mure-aji-park.com/高松市立-あじ竜王山公園/>



## #85 Yakuriji Temple

Yakuriji Temple is No. 85 on the Shikoku Pilgrimage. It is located on the hillside of Mount Goken-zan, the mountainous stony peninsula at an altitude of 366 meters. A large number of worshipers take a retro cable car to the temple, it only takes 4 minutes. <http://yakuriji.jp/>

## #84 Yashimaji Temple

Yashima Temple is No. 84 on the Shikoku Pilgrimage. It is located on the top of Mount Yashima. The temple is protected by the spirit of a raccoon dog. Wild raccoon dogs sometimes appear in this area. Yashima is a peninsula shaped like a roof with an altitude of 293 meters, it has mountain trails. From the top of the mountain, you can enjoy the view of islands and the Seto Inland Sea. The beauty of a sunset and a night view are both indescribable. <http://www.88shikokuhenro.jp/84yashimaji/>



## Yashimanoki (Ancient mountain castle)

About 1300 years ago, Yamashiro (mountain castle) was built on Mount Yashima to protect Japan from foreign enemies. The route to the castle gate is maintained. With your smartphone or tablet terminal, you can see the restoration. <http://www.88shikokuhenro.jp/85yakuriji/>



# Uchiko: A Portrait of the Past

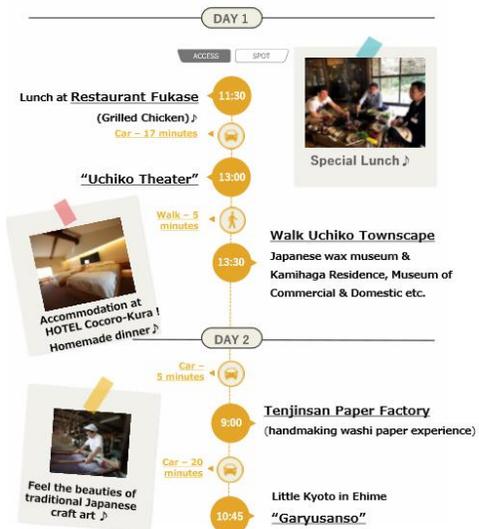
Dashing school children, smiling elders strolling, the occasional jangling of the pilgrim's staff, all within the shadow of Uchiko's Edo period buildings still beautifully preserved through the efforts of this small town. Formerly a mercantile hub specializing in the production of special kind of wax, the dignity of this town continues as one walks past shops heaped with locally produced goods including candles still made the traditional way, washi paper, and an abundance of fresh produce. The traditional feeling can also be felt in many of the town's local traditional lodgings. Outwardly they seem frozen in time, but the interior seamlessly melds modern convenience with the ever-pervasive motifs of nostalgia present in washi lanterns, tatami mats, traditional baths, and center gardens. The town could be considered Shikoku's answer to Kyoto given the abundance of antiquity, but I find there is greater sense of freedom as one gets lost in the back alleys and main street lined with tradition: no crowds or barriers, people smiling and willing to take the time to chat. No stress and no rush, just a feeling of nostalgia as one seemingly walks back into time.



## Shikoku's Timeless Towns

- Ehime -

### 2 days 1 night Trip



### Information about Uchiko Area

Sightseeing Spots (Viewpoints, Facilities etc.)	Garyu Sanso (Mountain Villa), Ōzu Castle, Uchiko Theater, Kamihaga Residence, Tenjinsan paper factory, Yokaichi · Gokoku Townscape, Izumitani rice terraces
Nearby Temples	Temple #41 Ryukoji, Temple #42 Butsumokuji
Nearby Restaurants	Fukase (local chicken grilled over an open fire)
Nearby Hotels	Hotel Cocoro-Kura (Registered cultural property built in the Taisho period) Uchiko-no-Yado ORI · Hisa (a guest house renovated from a 100-year old house built in the Taisho period)



### Introduction to the Uchiko Town Foreign Language Guide Association

They are the locals who act as guides for foreign visitors. They'd like to extend to you the warmest of welcomes and invite you to experience all that Uchiko has to offer as they show you around their beautiful town. Guide's fee is only 500 yen. Why don't you come and share in the fun! Contact them at [uchiko-k@lagoon.ocn.ne.jp](mailto:uchiko-k@lagoon.ocn.ne.jp) to make your reservations now!

# 【 2 days 1 night Trip 】 【 Uchiko: A Portrait of the Past 】

Day1 11:30	Lunch at Fukase (Grilled Chicken Restaurant)
13:00	Uchiko-za Theater
13:30	Walk the Uchiko Townscape
15:00	Check in at Hotel Cocoro-Kura
Day2 9:00	Tenjinsan Paper Factory (handmade washi paper experience )
10:45	Visit Garyusanso and Ozu area



## Hotel Cocoro- \*Kura

It is a renovated warehouse built in the Meiji period. I would like you to soak in a cypress bathtub, and heal your daily fatigue while viewing the private garden from the window.

<https://www.we-love-uchiko.jp/stay/520/>

Kura... It is traditional Japanese storehouses specifically used to store precious items. They are common and durable buildings built from timber, stone or clay.

## Tenjinsan Paper Factory (handmaking washi paper experience)

Experience making paper at Tenjinsan Paper Factory. Washi (Japanese paper) is carefully handmade one by one. Paper for \*shoji, calligraphy, crafts are sold, too. If you make a reservation in advance, you can have a handmaking paper experience for 500 yen.

<http://www.ikazaki.ne.jp/crafts/t-san2.htm>  
Shoji... It is a door, window or room divider used in traditional Japanese architecture, consisting of translucent sheets on a lattice frame.



## Ozu: Little Kyoto in Ehime, Garyusanso (mountain villa)

Garyusanso is the most extensive mountain villa in this area which has been registered as a national important cultural property. You will enjoy the wonderful scenery of nature and slowly flowing time in this villa. At Furoan, there is a tea room where you can sip a matcha with a traditional sweet arranged by a tea master while taking in the beautiful scenery of the villa and Hiji River.

<http://www.garyusanso.jp/>



## Uchiko-za Theater and Yokaichi Old Town

Uchiko-za Theater is a magnificent kabuki theater in the center of town. Built in 1916 and still continues to host various events, including \* kabuki and \*bunraku performances. Local guides take you National important cultural properties in this important preservation district.

Contact information : Uchiko Town Foreign Language Guide Association <https://www.facebook.com/uchiko.locals>  
[uchiko-k@lagoon.ocn.ne.jp](mailto:uchiko-k@lagoon.ocn.ne.jp)

Kabuki... It is a classical Japanese dance-drama.  
Bunraku... It is also known as Ningyō jōruri, is a form of traditional Japanese puppet theater.



## Top attractions in Uchiko area are a good deal!

(Japanese wax museum & Kamihaga Residence, Museum of Commercial & Domestic and Uchiko-za Theater) \*Set tickets for 3 traditional culture facilities at a bargain price and you can buy them at any of the 3 facilities above. [https://www.we-love-uchiko.jp/spot\\_center/spot\\_c2/](https://www.we-love-uchiko.jp/spot_center/spot_c2/)



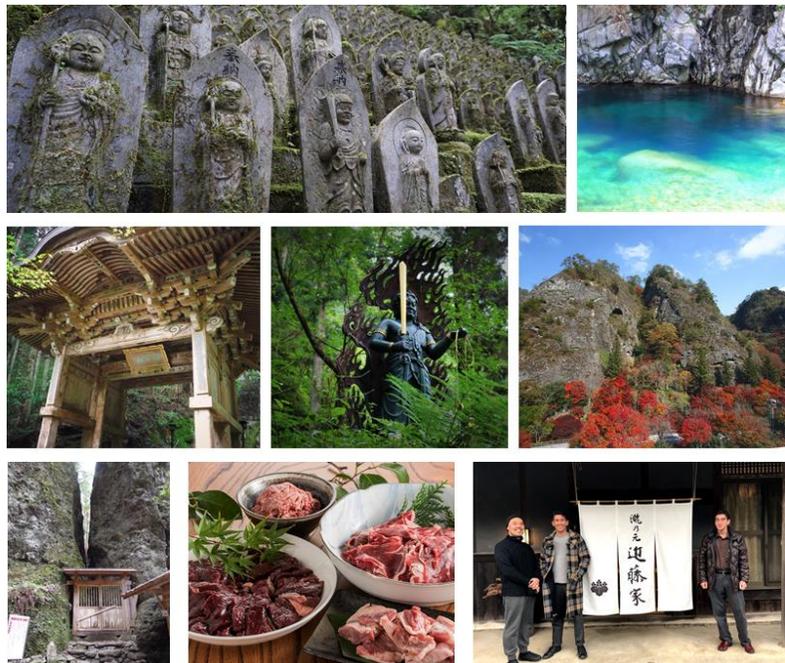
# Wild Nature and Hidden Shrines

Located in the mountainous heart of Ehime one can experience the true nature that Shikoku offers. The sky becomes a twilight blanket of stars free from city lights as one lodges in a traditional mountain farmhouse. Here the immersion is complete as the smell and feel of the tatami and wood is combined with dishes that are plucked right from the rugged landscape: rich stews of wild game, vegetables from the local fields, and even konnyaku (a kind of savory jelly made from mountain plant roots) made by local grandmothers completely transports one to a simpler rustic time. In these rolling hills is also Iwayaji Temple and Omogo Gorge. Fully hidden by verdant forests this temple is practically carved into the mountain side and radiates a mysterious atmosphere as one disappears along the mossy steps that lead through the forest leading toward the temple's inner sanctuary. The gorge is a powerful stream of clear water that allows one to get up close and personal with the natural splendor of the region. This is the power of rustic Ehime, no stress, no rush, no city lights, just a seamless experience of the countryside as it truly is.



  
**Deep Forests  
High Peaks**  
 - Ehime -

## 2 days 1 night Trip



### Information about Kumakougen Area

Sightseeing Spots (Viewpoints, Facilities etc.)	Omogo Gorge, Iwayaji Temple inner sanctum, Kuma Kogen Astronomical Observatory, Kamikuroiwa Ruins
Nearby Temples	Temple #44 Daihoji, Temple #45 Iwayaji
Nearby Restaurants	Roadside station Tenku-no-Sato Sansan (Offers healthy buffet made with local ingredients)
Nearby Hotels	Kondo-ke (Superbly renovated home. People can enjoy local wild game and vegetables during dinner)

# 【 2 days 1 night Trip 】 【Wild Nature and Hidden Shrines】

Day1	Omogo Mountain Museum
13:30	Omogo Gorge
15:30	Walking trails
17:30	Check in at Takinomoto "Kondo-ke"
Day2	#45 Iwayaji Temple
9:00	Okunoin Seriwari Zenjo (Iwayaji Inner Sanctum/)
10:30	
11:30	#44 Daihoii Temple



## #45 Iwayaji Temple

Iwayaji Temple is No. 45 on the Shikoku Pilgrimage. It is embedded in a huge rock at an altitude of 700 meters. This is a typical mountain sacred ground. According to the legend, the whole mountain is the main deity, it is built to be one with the huge rocks behind it. Many monks have been training in the cave for a long time. When the fog rises around, it creates a more spiritual atmosphere.  
<https://shikoku88-iwayaji.com/en/>

## Omogo Gorge / Omogo Mountain Museum

Omogo Gorge is well known as a national scenic site and delights visitors with its seasonal beauty. The water in the gorge is crystal clear and you can see to the bottom of the river even from the walking trails. At the museum, there are plants which have been recorded in the Ishizuchi mountain range. Also, there are over 30 species of plants first discovered. In addition, the museum exhibits rocks and fossil specimens and introduces mountain worship of Mount Ishizuchi.  
<https://kuma-kanko.com/spot/spot26/>



## Seriwari Zenjo (meditation in inner sanctuary)

The process of "Seriwari Zenjo" training is exactly the practice of mountain worship. Walking up the slope from the main hall of Iwayaji Temple toward inner sanctuary, you pass through the narrow crevice of the huge rock, then climb up the steep cliff with chains and ladders to reach it. The place is noted for its superb view.  
<https://shikoku88-iwayaji.com/en/visit.php>



## #44 Daihōii Temple

Daihōji Temple is No. 44 on the Shikoku Pilgrimage. The temple is located on a plateau with an altitude of 500 meters. Climb the mountain path surrounded by forests and mountain streams, pass through the mountain gate, you will find it. In the precincts, there are old trees and huge trees that are over 800 years old, which create a secret atmosphere.  
<http://www.88shikokuhenro.jp/44daihoji/>



## Takinomoto "Kondo-ke"

"Kondo-ke" was built 130 years ago, then renovated as a Lodging facility. It is a traditional Japanese farmhouse you can feel the peacefulness and experience the local lifestyle and the farm villages in the fields, enjoy the delicacies of the region with local ingredients and enjoy a sky full of stars. You might feel that you are back in your own town.  
<https://kondo.ke.yours-llc.net/en/index.html>

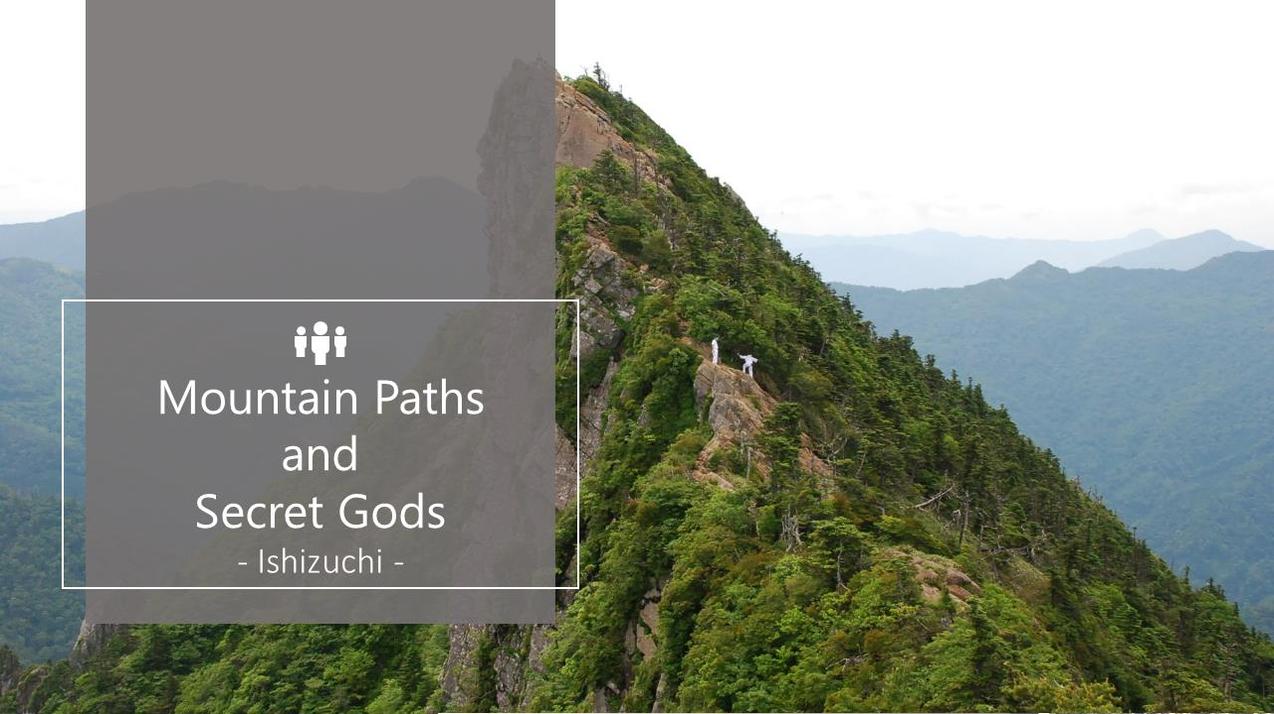


## Following Kūkai 's Path: Exploring Mikkyo

Learn, feel, move. Climbing the slopes of Mount Ishizuchi is akin to rebirth according the Yamabushi, or mountain ascetics of Japan. Following a unique blend of Esoteric Buddhism and Shintō known as Shugendō (an ancient Japanese ascetic tradition to achieve spiritual powers) to the Yamabushi the mountain itself is considered to be holy ground.

Here on the craggy crests and dense forests of Mount Ishizuchi you can experience this particular fusion of spirituality and nature to its full extent.

Located in the rugged center of Ehime, the temple complex of Gokurakuji goes deep into the mountain forest and offers sweeping views of the valley and river below. Here too, one can witness a unique branch of Esoteric Buddhism that reveres the god of Mount Ishizuchi as a principal deity offering a unique and interesting spiritual experience as you join the priests' ceremony.



**Mountain Paths and Secret Gods**  
- Ishizuchi -

### Guided by Mountain Ascetic Day Trip

**DAY 1**

ACCESS SPOT

8:00 Shimodani Station

8:15 Sancho-Joju Station

9:00 At Joju station, you will be purified before entering the pilgrimage trail. A Yamabushi will explain about the mountain before departing.

11:20 Zenjagamori-Goya Hut

13:00 Ishizuchi Shrine Chojosha Shrine  
Worship, purification

16:00 Descending the mountain

Let's go >

Interested participants can use the chain to climb this mountain!

Echoes of Triton's trumpet are heard on the top >



Information about Ishizuchi Area	
Sightseeing Spots (Viewpoint, Facilities etc.)	Ishizuchi Shrine, Ishizuchi Ropeway, Mt. Ishizuchi, Mt. Tengu, Mt. Yokomine inner sanctum "Hoshi-ga-Mori"
Nearby Temples	Temple #60 Yokomineji, Ishizuchi Shrine, Gokurakuji Temple

# 【Day Trip】 【Following Kūkai 's Path: Exploring Mikkyo】

Guided by a mountain ascetic with an interpreter

8:00	Meet up at the Shimodani Station.
8:15	Arrive at Sancho-Joju station by Ishizuchi Ropeway
9:00	At Ishizuchi Chugu (middle ground) Jojusha, receive a purification ceremony at worship hall before entering Mount Ishizuchi.
11:20	Zenshagamori-Goya (hut)
13:00	Worship at Chojo Shaden (Mountaintop shrine), receive a purification Ceremony of Shugendō (an ancient Japanese ascetic tradition)
16:00	After descending from the mountain, disband

## Ishizuchi Chugu (middle ground) Jojusha

Jojusha is at 1450 meters on the hillside of Mount Ishizuchi.

It has long been regarded as an important base for practitioners who aim to reach the summit.

A long time ago, Yamabushi, "En-no-Odunu" prayed to found a temple on the area, and later his wish was fulfilled. "Joju" means fulfillment. Therefore, it was named Jojusha.

<http://ishizuchisan.jp/>



## About Mount Ishizuchi

Mount Ishizuchi is known as "the roof of Shikoku" and is the highest peak in western Japan located in the western part of the Shikoku Mountain. It is 1982 meters high. It is designated as a national park.

Since ancient times, people worshipped this mountain, so it has flourished as a place for training Mikkyo (Esoteric Buddhism) centered religion. It is considered to be one of Japan's 100 Famous religious experiences.

It is one of Japan's sacred mountains. In addition, it is also famous as the best rock climbing area in Shikoku.



## Chojo Shaden (Mountaintop shrine)

When you arrive at Chojo Shaden, you'll worship at the top of the mountain then a chief priest of the shrine will perform a purification ceremony.

Then you'll hear the sound of a conch shell as if yourself were training in the mountains.

Just like a shepherd blows a horn, a Yamabushi blows a conch shell and sends various spiritual calls to the ancients.



## Ishizuchi Ropeway

Mount Ishizuchi can be climbed easily with the ropeway. In a blink of an eye, you will arrive at your destination "Joju station" in 8 mins.

If you walk the hiking course to Ishizuchi Jojusha, enjoy the wonderful scenery of nature and chirping of small birds. You see a big panorama of nature there.

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



