

Yoshino-Kumano National Park

From the subtle and profound mountains, deep valleys to the southern sea where the Japan Current flows, visitors encounter the diversity of nature, unending history, and the culture of the Kii Peninsula.

Yoshino-Kumano National Park is a park of varied landscapes consisting of mountains, rivers, and beaches and encompasses the Omine Mountain Range, known as the Roof of the Kinki Region. The region stretches from north to south in the center of the peninsula with Odaigahara Plateau to the east; the Osugi Valley and the Kumano River from its source in these mountains to the Kumano-nada Sea; the middle and lower basin of the Kitayama River; the coastal line overlooking the southernmost Kumano-nada Sea from Owase to Cape Shiono-

misaki; and Mt. Nachi, which was protected over its long history by those who worshipped Kumano. In addition, a portion of the area is designated a World Heritage site, named the "Sacred Sites and Pilgrimage Routes in the Kii Mountain Range" and a part of the northern area is designated as a UNESCO Eco Park aimed at the harmonization of preserving the ecosystems and ensuring sustainable utilization, as well as the Nanki Kumano area in Wakayama Prefecture is registered as the Japanese Geopark.

Date of Designation :
February 1, 1936

Area : 61,604 ha (land area)

Related Prefecture :
Mie, Nara, Wakayama



Enjoy the ocean, rivers, and other water scenery



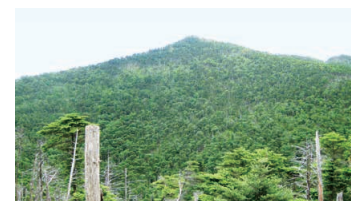
Sandanbeki Cliff



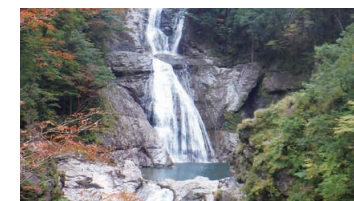
Hashigui-Iwa Rock



Enjoy the mountains and flora



Mt. Hakkyogatake



Osugidani



Experience culture and local life



Hananoiwaya



Shishiwa (Lion Rock)



Meet the wildlife



A Newly Hatched Loggerhead Turtle



Coral Community

Itinerary

Immerse yourself in nature and talk to your body and mind through a more than millennium-old Omine Shugen experience

The Yoshino and Omine area is known as the birthplace of Shugendō, a syncretic mix of Shinto, Daoism and Buddhism. Omine Shugen is the worship of mountains and finding divinities in all things in nature and has grown from the pursuit of enlightenment and supernatural power through training in the mountains. Nowadays, visitors who wish to speak to their inner self and undergo mental training climb Mt. Omine. The tour includes climbing steep mountain roads, but rest assured a reliable guide called sendatsu, who understands the hardship of mountain asceticism very well, will lead the way. Follow in the footsteps of actual Shugen practitioners and walk some of the roads and temples and shrines which are an actual part of a pilgrimage. Immerse yourself in the world of Shugen with its long history of relations between humans and nature.

web site



Day 1

Starting with Zaodo (main hall) of the Kinpusenji Temple, which is the head temple of the Shugendō religion, Yoshinoyama has many visitor spots and ruins. The E-bike cycling tour offers the opportunity to learn the history and culture and experience the world of Shugen by visiting temples and shrines designated as national treasures and important cultural assets of Japan with a cafe-owner resident of Yoshinoyama as your guide. Cherry blossoms in spring, hydrangea and festivals in summer, autumn foliage in fall, and landscape blanketed with snow in winter. Each season features a different facet of Yoshinoyama.

(Overnight stay the previous night in Yoshinoyama)

- 9:00 ● Cycling tour
} Visit temples and shrines in the mountains worshipped as divine and feel the history exceeding a thousand years in the mountains
 - 12:00 ● Lunch
} 13:00
 - 13:00 ● Visit to Kinpusenji Temple and stroll Yoshinoyama
} 15:30
 - 15:30 ● Yoshinoyama (Overnight stay)
- Kanamine Shrine, Kinpusenji Temple, Hanayagura Observatory, Yoshino-jingu Shrine, etc.

Day 2

Visit Tenkawa Daibenzaiten Shrine and learn about Shugendō that dates back more than one thousand years from a sendatsu guide

- 6:30 ● Kinpusenji Temple morning prayer ceremony
} 7:10 Move to Kashihara Navi Plaza
- Shugendō training experience with sendatsu guide
Pray for a safe journey with a sendatsu guide with abundant knowledge of the harsh training in the mountain and mountain climbing
- 13:00 ●  Chauffeured car
- 15:00 ● Tenkawa Daibenzaiten Shrine official visit (30 minutes)
- 16:00 ●  Chauffeured car
- Overnight stay at Dorogawa Onsen

Day 3

Shugendō training experience at Mt. Inamura-gatake, which has been worshipped as the divinity for rainfall

- Shugendō training experience with a sendatsu guide
} Sharpen the five senses and immerse yourself in the world of Shugen
- 7:45 ● Suigyo (purification ritual of immersion) or takigyō waterfall meditation at Ryusen-ji Temple
- 8:15 ● Move to Hahakodo
- 8:20 ● Service in Hahakodo
- 8:30 ● Climb to Mt. Inamura-gatake (Pray for Dainichi Nyorai (the Cosmic Buddha at the center of all things) at the peak of Mt. Inamura-gatake)
- 16:30 ● Purifying goma fire ritual in the inner sanctum of Ryusen-ji Temple
- 17:15 ● Tour ends at Ryusen-ji Temple

Inquiry

Kinki Regional Environment Office

TEL 06-6881-6500

MAIL REO-KINKI@env.go.jp