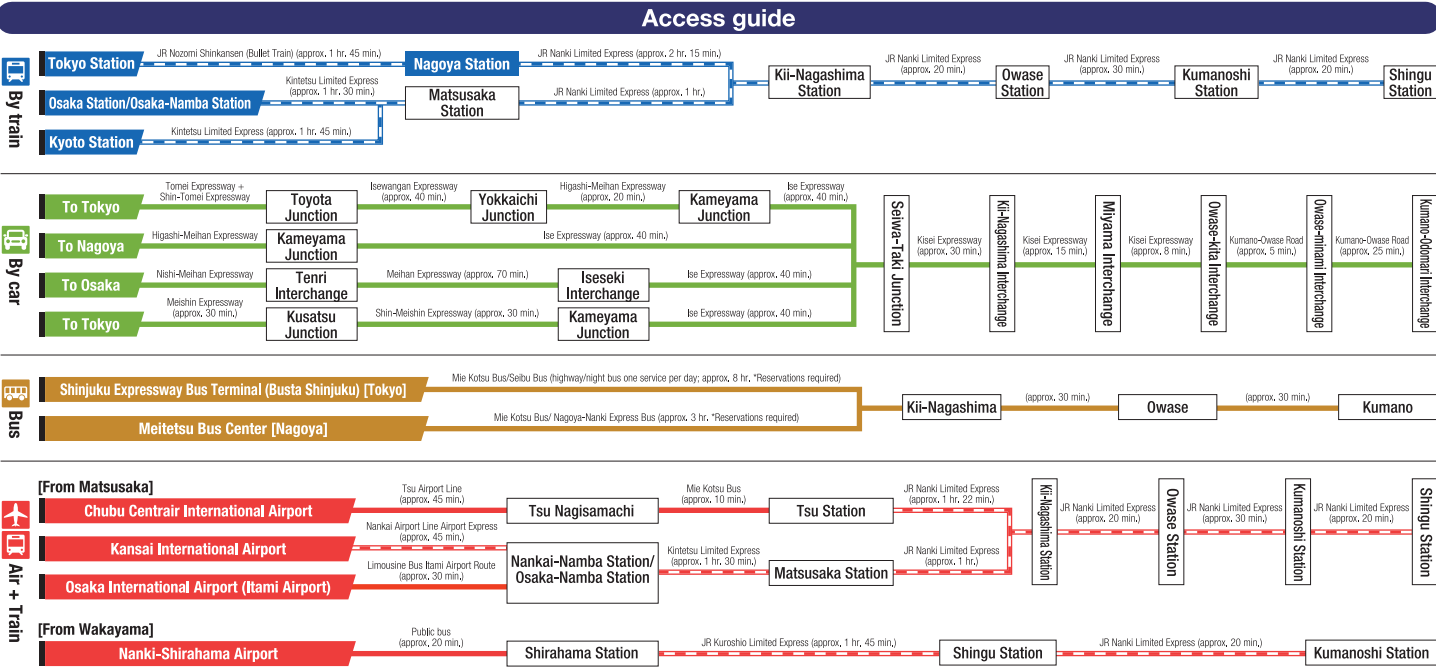




Access map





**Explore in comfort with a rental cycle**

Rental cycles are available for hire at numerous locations throughout the area. Enjoy the refreshing breeze as you cycle around freely.



**Eight Legendary Heroes of Higashikishu come to life with AR along the Kumano Kodo!**

Eight legendary heroes with links to Higashikishu make appearances with the aid of AR (Augmented Reality). Use your smartphone to scan the QR codes at AR spots along the Kumano Kodo Road and other sites, and the Eight Heroes will appear! You can take photos with them and learn about the history and traditions of the area.



# Higashikishu

## Paths of Discovery

## World Heritage Site Kumano Kodo Iseji Route



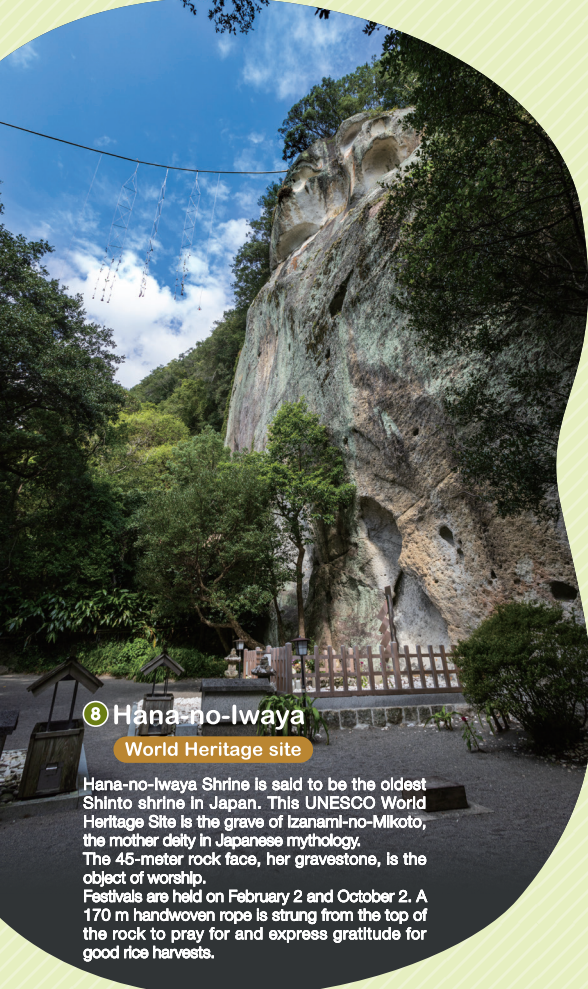
Scan the QR code for information about sightseeing in Higashikishu



A pilgrimage route winding through the spectacular nature of rural Japan

# World Heritage Site

# Kumano Kodo Iseji Route



**8 Hana-no-Iwaya**  
World Heritage site

Hana-no-Iwaya Shrine is said to be the oldest Shinto shrine in Japan. This UNESCO World Heritage Site is the grave of Izanami-no-Mikoto, the mother deity in Japanese mythology. The 45-meter rock face, her gravestone, is the object of worship. Festivals are held on February 2 and October 2. A 170 m handwoven rope is strung from the top of the rock to pray for and express gratitude for good rice harvests.



**9 Maruyama Senmaida**  
(The Thousand Terraced Rice paddies)

Comprising some 1,340 rice paddies covering a steep slope with a difference in elevation from top to bottom of 160 m, Maruyama Senmaida is Japan's largest rice paddy terrace. The picturesque landscape presents a variety of expressions depending on the time of day and the season—planting, harvesting, etc.—and has been selected as one of Japan's 100 most beautiful rice terraces.



**5 Matsumoto-toge Pass**  
World Heritage site

The gorgeous stone steps of this route lead up to the pass. From there you can enjoy the breathtaking views of Shichirimihama (beach), which stretches for some 22 km. The pass is protected by a life-sized guardian jizo statue, which was placed there to make sure travelers would have a safe trip. There is a bullet hole at the base of the statue where it was shot by a hunter who mistook it for a monster.



**3 Kumano Kodo Center**

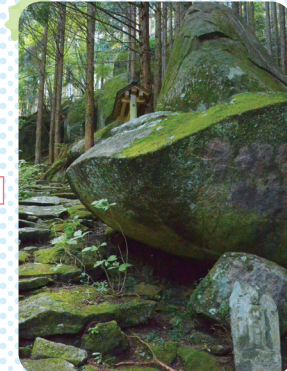
Here at this visitors' center you can learn about the Kumano Kodo Road and the surrounding nature, history, and culture surrounding it. Another attraction of the center is the beautiful building, which was built using raw timber from more than 6,000 Owase cypress trees.

Kumano Kodo Iseji Route is an ancient road connecting two of the most sacred places in Japan, Ise Jingu and the Three Grand Shrines of Kumano. This pilgrimage route takes you through the heart of rural Japan and gives you a glimpse into the ancient way of life of Japan. Here history and culture come alive as you walk over mountain paths, through small fishing villages and terraced rice fields.



**1 Tsuzurato-toge Pass**  
World Heritage site

This used to be the border between Ise and Kii provinces. *Tsuzurato* means "99 switchbacks," which refer to the many switchbacks on the steep route. Much of the original stone path remains. You can enjoy a spectacular view of the many islands off the coast and the great Pacific beyond.



**4 Yakiyama-goe trail**  
World Heritage site

This steep mountain path is said to be one of the most difficult trails in western Japan. This stone-paved paths, stone Buddhist statues, guardian jizo statues, and many other relics line the path to help you along. At the top, you can savor the wide view of the Pacific stretching off to the horizon.



**2 Magose-toge Pass** World Heritage site

The sight of the gorgeous cobblestone paving weaving through Owase cypress woods is the most beautiful scenery along the Iseji Route. From the pass, you can also access popular hiking courses and access hiking courses to Mt. Binshiyama (Zo-no-Se) and Mt. Tenguasan (Ochobo-twa Rock).



**6 Onigajo** World Heritage site

This oddly shaped 1.2 km long rock formation was created by repeated abrupt land uplifts and the rough waves of the Kumano-nada Sea, and this is the setting of the famous local Demon Extermination Legend. All around you can enjoy spectacular ever-changing scenery where the land meets the sea. The site is designated a national natural monument and a place of scenic beauty.



**7 Shishiwa** World Heritage site

Standing 25 m high, this enormous rock rises abruptly from Shichirimihama Beach. The rock earned the name *shishiwa* ("Lion Rock") from its resemblance to a lion roaring at the sea. The rock is the guardian lion-dog of the Oma-jinja Shrine located 6 km away and is the largest guardian lion-dog in Japan. It is designated as a national natural monument and a place of scenic beauty.



Close your **eyes**, **listen** closely, and let nature fill your **heart**

# You will never tire of the magnificent views here

Use the reference letters/numbers for each spot to check its location on the map shown on pp. 2–3.

## Mountains

Since ancient times, the deep recesses of the Kii Mountain Range have been revered as sacred places where the gods dwell. From the mountain passes along the Kumano Kodo Iseji Route, you can enjoy magnificent views.



Scan the QR code for more detailed information.



**A Mt. Binshiyama (Zo-no-Se)** Approx. 2 km northwest of Magose-toge Pass.



**B View from Ochobo-iwa Rock**  
Approx. 2 km east of Magose-toge Pass.



**C The precipitous face of Onigura rock**  
300 m high, 500 m wide  
Said to have been a training site for Buddhist ascetic practitioners.



**D Sea of clouds under Mt. Tsuenomine**  
Often appears from late autumn through winter in the early morning.



**Mandarin orchard** Mandarin orchards stretching as far as the eye can see throughout the village.



**G Maruyama Senmaida** Selected as one of Japan's 100 most beautiful rice terraces.



**E Fishing village in Sugari**  
Selected as one of Japan's 100 most beautiful villages.



**F Fuden Oroshi (Morning Mist)** Often appears from spring through late autumn in the Oroshi District.

## Villages

Numerous villages have been built over many years of human settlement and activity. Villages have spanned the millennia over countless generations of people who have called this area home. Here you can find nostalgic scenery that reflects the Japan of long ago.



Scan the QR code for more detailed information.

## Rivers

Countless crystal-clear streams flow down from the recesses of the Kii Mountain Range and on to the sea of Kumano-nada. These rivers and streams shape the landscape to create the breathtaking scenery of this area, providing perfect places to rest and relax.



Scan the QR code for more detailed information.



**G Doro-kyo Gorge**  
One of the most scenic spots on the Kii Peninsula. Designated a national special scenic spot.



**H Nunobiki-no-taki Falls**  
Some 29 m high, these falls have been selected as one of Japan's 100 most beautiful waterfalls.



**I Choshi-gawa River**  
This river has become known for its miraculous transparency. It also has some natural water slides.

## The sea

The Kumano-nada Sea to the east of the Kii Peninsula provides spectacular views all along the coast.

The dynamic coastline changes from rocky points, sandy beaches, and long stretches of pebble beaches that offer a variety you will never tire of.



Scan the QR code for more detailed information.



**J Shichirimihama** A 22 km long World Heritage listed Beach Road.



**K Mt. Takatsuka Observation Platform**  
Breathtaking views of the Kii-no-Matsushima islands.



**L Ohai**  
This spectacular spot is famous for its Ohai Blue water.



**M Tategasaki** Towering 80 m high, this enormous columnar rock formation was created by volcanic activity in ancient times.



Travel experiences are  
lifelong treasures!

Laugh lots, eat lots

# Enjoy Higashikishu even more!

Scan the QR code  
for more detailed  
information!

## Camping

Camping is a great way to enjoy new experiences surrounded by nature.  
Here are three camping facilities to choose from.



### A Camp Inn Miyama

Situated alongside the crystal-clear waters of the Choshi-gawa River, these campgrounds offer activities, such as Canadian canoeing and river swimming, for you to enjoy.



### B Magotaro Auto Camp

Situated next to the sea, these campgrounds provide everything you need to enjoy a BBQ or marine activities—Just bring yourself! You can also experience hotel-quality glamping!



### C Hisetsu-no-taki Falls Campsite

This campsite is adjacent to the 30 m high Hisetsu-no-taki Falls. The pool at the foot of the falls is a great place to cool off after some time in the tent saunas.



Scan the QR code  
for more detailed  
information!



## Nature experiences

Unique experiences in Higashikishu.



### D Kozan Torokko trolley

The trolley was originally used in the mines. Here you can also experience rail mountain bike riding.

**Suspended for the time being**



### Fixed-net fishing experience

Here you can experience fixed-net fishing, working together with fishermen to pull in nets full of fish.

Scan the QR code  
for more detailed  
information!



## Onsen (hot springs)

After a full day of fun, soaking in a hot spring tub is the ultimate bliss!



### E Yunokuchi Onsen

These hot springs have a long history, having been used as a hot-spring sanatorium for more than 600 years. You can also enjoy hot spring water flowing directly from the wellspring.



### F Kii-Nagashima Furusato Onsen

These hot springs are located in a guesthouse district by the sea. The slippery spring quality is also popular among the locals.

Scan the QR code  
for more detailed  
information!



## Traditional crafts of Mie Prefecture



### Owase wappa (traditional handicraft)

Owase cypress is used to make oval-shaped boxes called wappa. These make perfect lunchboxes!



### Nachiguro black stone

Within Japan, this stone is only mined in Kamikawa-cho, Kumano City. It is used for making Go Japanese chess pieces, ink stones, and jewelry/accessories.



### Ichigimomen (Ichigi cotton)

The appeal of this cotton cloth is its texture, which is created by carefully weaving soft single threads. Perfect for cushion covers, bags, and accessories!

Scan the QR code  
for more detailed  
information!



## Food

## Delicacies from the ocean

A rich array of ocean delicacies nurtured by the plankton-rich Kuroshio Current.



### Ise ebi (Japanese spiny lobster) and abalone

Not only spiny lobster and abalone, but also a wide range of other seafood is caught here.



### Watari kaki (oyster)

Farmed in Lake Shiraishiko, where there is a mixture of freshwater and saltwater, these oysters are also known as Phantom Oysters because their production volume is limited.



### Manbo (ocean sunfish)

This ocean delicacy is particular to Higashikishu. The flesh has a light flavor like chicken tender, while the intestines have a crunchy texture like plain tripe. Various processed products are also available.



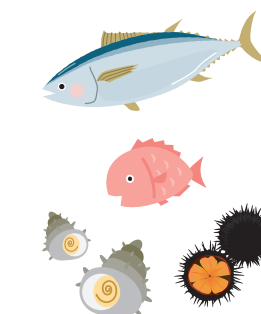
### Dried fish

Pacific saury, mackerel, barracuda, sea bream, blowfish, and various other fish caught fresh each season in the local fishing port are dried, condensing the delicious flavor.



### Seafood rice bowl

With this dish, you can enjoy the various seafood caught fresh from the Kumano-nada Sea all at once! The seafood and flavors differ depending on the season, area, and restaurant, so enjoy eating around and comparing.



Scan the QR code  
for more detailed  
information!



## Local sushi dishes



### Sanma sushi (saury sushi)

Sushi comprising just pickled Pacific saury and rice



### Mehari-zushi (traditional rice dish)

Sushi comprising rice rolled in pickled takana leaves



### Oshizushi

Sushi comprising multiple layers of fish, root vegetables, thin omelet, and other ingredients

Scan the QR code  
for more detailed  
information!



## Delicacies from the mountain

The delicious taste of Mie Prefecture brand food products.



### Kumano jidori (local brand chicken)

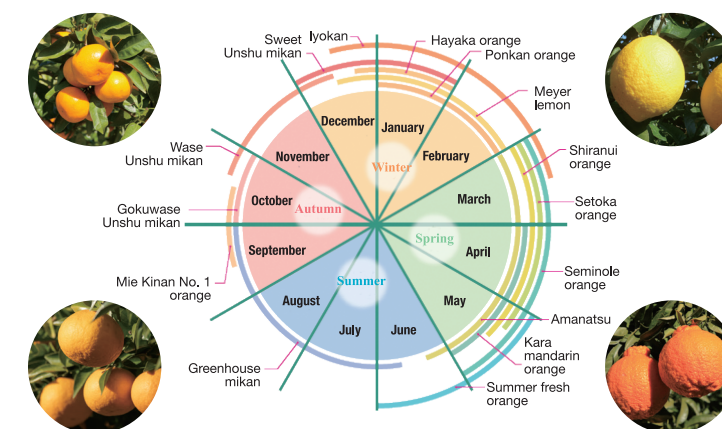
Raised in a stress-free environment surrounded by Kumano's abundant nature, this chicken brand is characterized by the meat's deep flavor and firm texture.

Scan the QR code  
for more detailed  
information!



## Delicacies from the village

Enjoy a variety of citrus fruits all year round!



Scan the QR code  
for more detailed  
information!

