



I appreciate your kindness

Handbook for Walking Pilgrimage

The Shikoku 88 Sacred places Pilgrim First Walking Pilgrimage



Now in the pilgrimage
Doqyō -Ninin



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Preface

Ladies and Gentlemen, welcome to O-Shikoku. You are invited to O-Shikoku by O-Daishi-Sama.(Dear Daishi)

The Ohenro(Pilgrimage) are all even without relations of nationality, religion, social position, beginner, leader, fast walker, slow walker, rich people, poor people. One pilgrimage who puts on white uniform for pilgrim make tour of temples by two people with O-Daishi-Sama. This is the Henro. Its behaviour is mental and physical training.

Please enjoy your pilgrimage by O-Settai(gift with no returns), the four seasons, lovely flowers, etc. Walking speed is 4km an hour, with O-Daishi-Sama.

You may meet with many persons on the way, it may be surprise from O-Daishi.

The fundamental rule of walking pilgrimage is self-responsibility. The world of O-Shikoku is consist of good intention of many persons, but there are also ill will persons. O-Shikoku is not special world, you must take care of swindler, thief, threat, ect. Specialy, women must take care of sexual crime.

I hope that you can go to the goal by the help of O-Daishi-Sama.

2 Term of Pilgrim

O-Daishi-Sama Kōbō-Daishi•Kūkai

Many person think that he is even now walking on pilgrimage road in Shikoku.

Shingon-Syū The sect of esoteric Buddhism. The founder is Kūkai.

Shingon means true word.

Dōgyō-Ninin The pilgrim is always with O-Daishi-Sama.

Daishi-Dō Daishi Hall. A figure of Kōbō-Daishi can be seen here.

Gobyō Grave of O-Daishi-Sama.

Fudasyō 88 temples of Shikoku. Pilgrimage make tour these temples.

Bangai-Fudasyō These temples are related to the history of the Shikoku pilgrimage, but are not part of the 88 main temples.

Hotsuganji-temple The first temple. It is not necessary No. Ryōzenji-Temple.

Kechigan The action of completing one's to all 88 temples.

Kechiganji-Temple Last temple. It is not necessary No,88 Okuboji-Temple.

Orei-Mairi After Kechigan, pilgrimage go to Kōyasan Okunoin where Kōbō-Daishi rest in eternal meditation, to report and give thanks to him for the successful completion of the pilgrimage.

Hondō Main temple. There is Honzon(Major Chief Deity).

Go-honzon It is the main object of worship.

Bekkaku-20 Reijō Special 20 temples of Bangai-Fudasyō.

Okuno-In It is built at the back of the Main hall. Special Buddhist image is install here.

3 Noukyō-Chō Stamp-Book.

Omie Osugata. Paper card of temple's Honzon.

Go-Syuin Red stamp. Temple's staff stamp on the Noukyou-Cho, white uniform,and scroll.d

Kyōhon Sutra book.

Hanya-Shingyō Heart Sutra. The sutra of summarized Buddhist doctrine.

Tsuyadō Originally, training room with all night reading sutra.

Now, simple inn of temple with free of charge and no service.

Zenkon-Yado Simple no charge inn for pilgrimage. One of the Osettai.

Utsu Pray in the Fudasyo.

Jun-Uchi Doing the pilgrimage in order.

4 **Gyaku-Uchi** (Saka-Uchi) Doing the pilgrimage reverse order.

Tōshi-Uchi Doing the pilgrimage at one time.

Kugiri-Uchi Doing only a part of the pilgrimage at one time.

Ikkoku-Mairi Visiting the temples in only one prefecture.

Go-Shingon Its means "true word". Sanskrit spell.Sound transcription.

Oshikokusan It means the pilgrimage.

O-Settai These are 'gifts' (material or non-material) willingly given to

pilgrims. It is believed that by giving to a pilgrim, one is actually

giving to Kobo-Daishi, so it is considered impolite to refuse

an offer of o-settai. This custom has been prevalent for

hundreds of years. This is an important part of the pilgrimage culture.

Syokugyō-Henro They are going to Pilgrimage throughout the year, live on

o-settai and begging. They take zenkoyado or sleep outside.

Oshikoku-Byō This is illness that a man of experience pilgrimages want to

go O-shikoku again. It is not care, no specific medicine.

Sendatsu (sendachi) This person is a licensed and experienced pilgrim

who can act as guide.

Henro-Korogashi Dangerous place. Rough road. Hard pass.

Ex. 11 ~ 12. 19 ~ 20. 21 ~ 22. No.60th. No,66th. Etc.

5 **Manners of worship at a temple**

1 Main Gate (Sanmon) To ward off evil spirits.

First, in front of the gate bow once facing the

2 Wash basin (Mizuya) To purify oneself

This is a place to wash one's hands and mouth, as well as putting
on the waga and juzu.

3 Bell tower (Syūjō) Ring to mark one's arrival.

Ring the bell upon arrival. It is considered bad luck to ring when leaving.

Some temples have limited hours for ringing the bell. Please adhere to
such a rule.

4 Main Hall (Hondō) The main deity can be seen here.

First, light incense and a candle. Ring the bell once and declare to the main
deity that you have come to worship. Place the name-slip (osame-fuda) and
copied sutra (syakyō) in the box. Place a donation in the offertory box, 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 Gohōgō 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 (Daishi-dō) A figure of Kōbō-Daishi can be seen here

Worship in the same way as at the Main Hall.

6 Stamp office (Nōkyōsho) Administration Office.

Receive the temple stamp in your stampbook (for fee).

7 Main Gate (Sanmon)

Face the Main gate and bow once.

7 Information for walking pilgrimage

The season

Best season of walking pilgrimage is from in early March that you feel chilling yet to late April and from in early October that the heart remains to Mid-November.

In particular, plums, peaches, rape blossoms, cherry blossoms, ect. Are blooming in bloom.

From the sunrise to the sunset is basically the pedestrian walkway.

Walking in the dark is dangerous. And it is said that evilspirits will arrive.

Spring is a season where you can walk fairly well in a faint warmth as the time of daytime becomes longer. The comfortable temperature is 10 to 20 degrees.

Autumn has a shorter daytime than Spring. Also, as a countermeasure against cold, disposable warmers (sticking type) are most effective.

Walking and Shoes

Even those who do not routinely walk, people can walk fun until about 20 Km. When it exceeds 20 Km, the pain of the leg suddenly becomes severe. We listen to the voices that there was not much effect from practicing who walks 10 Km every day in advance every day for one month in advance.

We recommend that you go up and down stairs of buildings of 3, 4 times and 5 floors in a few times once a week, about 30Km. I think that it will be pretty muscle pain at the beginning, but it will be the best exercise.

Shoes are bigger than one size as big as you usually get used to. It is about the size of the five fingers move in the shoes. Socks with 5 fingers are also effective for countermeasure against blisters. If a foot dances in shoes it will cause injury.

Laces of shoes can be fixed by loosening their toes and connecting near the ankle slightly stronger. Adjustment of shoelaces is also effective each time, such as flatland, uphill, downhill.

Pilgrim way is a road where more than 90 % are paved, so it places a considerable burden on the heels and soles. Basically, walking shoes are good. Climbing shoes are considered unsuitable. It is also important to choose shoes, but it is also good to put the inner fitting to your feet. When you feel a little uncomfortable while walking, stop at once, we recommend you to check your shoes off once. Because there are things that can not be recovered from just a bit of pain, please be careful.

About a week of walking start, you will consciously walk more slowly than usual as a practice period. After that, it becomes the foot of the walking pilgrimage which can endure a long distance.

The walking rhythm varies from person to person, but basically if you walk for 1 hour (about 4 -5 Km), please rest your legs down for about 5 minutes.

Also, when you have a break during the day, it is effective for countermeasures to take out socks and dry their feet. By taking a break, in the long way, eventually the walking distance of the day will be longer.

Either way, your legs hurt. You will either get used to pain or stop giving up and stopping walking.

Do not push yourself, you must persevere until your legs get used to it.

Baggage Ruck sack

When staying at inn, there is a coin laundry along the pilgrim way to the inn, so you can change one clothes. In case of a backpack, we recommend a backpack of 35 to 45 liters, about 25 to 35 liters when dividing, weighing down (within 10 Kg). Also, since you walk with heavy baggage, we recommend that the backpack be carried by the waist without being carried by the shoulder.

Tighten the shoulder harness until it fits the body with the backpack with hip belt.

As much as possible backpack at the position on the back, if you tighten the chest support lightly feel, also relieve tired way.

8 **Measures against rain**

Pilgrim way does not have trees unlike mountain walking, so it catches rain all over when rain falls.

It is not an exaggeration to say that backcover is meaningless. Also, waterproof tools may get so wet that can not be trusted. Backpack body, inside the backpack will get wet, so please protect inside the backpack with a waterproof bag. Be sure to subdivide your luggage at the inner and into smaller garbage bags. By doing this, it is possible to prevent rain from bleeding on an important stampbook or changing clothes.

About the difference between rain wear and poncho kappa. As rain weather wears both up and down, it is effective as measures against rain. However, it is heavy and bulky, and it takes time and effort to wear, take off, and dry. Conversely, poncho kappa is lightweight, it is convenient for desorption time, dry ect. However, it may be useless when the wind is strong.

IF it is used properly according to the season, we recommend rain wear as early spring, autumn, as warm clothes, poncho kappa is spring and early autumn. Be sure to dry all the waterproofing tools so as not to impair the original waterproofness before packing.

Shoes will be soaked. When you finish walking the day you can dry some shoes using old newspaper. For the first time, please roll old newspaper, stuffed from toe, stand up shoes and dry. With one shoe you need about 2 to 3 old newspapers, about 5 with one pair.

You will take out the newspaper once in about 20 minutes after putting the first time. You pack the new old newspaper like the first time. The second time, please remove again after about 1 hour. Finally you will reinsert the old newspaper as well for the time as well. Keep your shoes dry as you please while keeping old newspaper until the next morning.

A little humidity remains, but it will dry to the extent that you do not mind if you start walking.

9 **Lodging, Inn, Homeless**

When you arrive at the inn, or, when you have finished walking the day, let's remove the stain of staff which is Koubou-Daishi's avatar. When staying at the inn, bring a staff to your room and put it on the upper seat such as a floor.

On the last page of this book, I introduce "☆☆☆ with two meals a night with my friends" but there is also a bad place not to stay on the way.

Inn, Zenkoyado, Tsuyadō, etc., where the pilgrimage gathers are a treasure trove of information, such as the pilgrim way, the place you want to watch out and the inn, so let's not miss a talk with other pilgrims and inns.

When doing a homeless, you must bring garbage home so as not to disturb locals. Let's discard at convenient places such as convenience stores, supermarkets, inns and other places.

If you have a private house near the campus location, please do not hesitate to call him a word.

Besides bad weather, even if it is late you will withdraw at 7 o'clock, and you would like to leave it cleaner than when you came.

For the tent, the self-standing ceremony is convenient as the place of setting where pegs can be hit is limited on the pilgrim way.

In addition, there are many installations where there are roofs such as the pavilion, we also shower rain and night fog ect. It is recommended not a normal fry tent but a lightweight single tent or shelter.

Relationship

Walking pilgrimage is a two person trip with Kōbō-Daishi. In addition to walking quietly by alone, it is the pilgrimage that you talk to yourself, such as pilgrim, who is accompanying you, local people, and others. It is important to have relationship with them.

When walking, when you say hello to the passing people, you can briefly greet each other by bowing lightly while walking slightly in front of you.

While there are many opportunities to receive o-settai during the pilgrimage, when you entertain him, thank you for giving thanks to the virtue that you gained during the pilgrimage training, hand out your osame-fuda (name-slip).

I do not talk much about past history of myself, past occupation, personal talks etc in the pilgrimage, I will not ask. Please think that it is an opportunity to look back on yourself in the wonderful relationships with many people away from this world for a while in the pilgrimage.

It would be greatly appreciated if you could try the pilgrimage that you fully feel the warmth of O-Shikoku.

10 Pilgrim Article and other items

Stampbook (Nōkyō-chō)

This acts as proof that you visited each temple. Take it to the temple stamp office after finishing worshipping at each site. Cost per temple stamp: 300yen.

Nameslips (Osame-fuda)

You write your name, address, and date, and wish on this. It is placed in the nameslip box at the both the Main Hall and Daishi Hall. As well, it is given to those you receive gifts from.

The color of the nameslip depends on the number of times one has done the pilgrimage.

1-4 times: white

5-7 times: green

8-24 times: red

25-49 times: silver

50-99 times: gold

100+ times: brocade

A candle one/Main Hall, one/Daishi Hall

Incense stick three/Main Hall, three/Daishi Hall

White vest (Hakue) (Hakui)

The white clothing worn by the pilgrim represents purity and innocence, however in the past it also held the meaning of a death shroud, symbolizing that the pilgrim was prepared to die at any time.

Some people receive the temple stamp on an extra vest. This becomes a family treasure and is later put on the deceased before cremation.

Stole (Wagesa)

The stole is part of the attire that a priest wears; however, this has been adapted for traveling. Take it off when going into a washroom and when eating meals.

Staff (Kongōzue)

It is said to be the embodiment of Kōbō-Daishi which guides pilgrims.

Formerly, it seems to have been used as a grave marker for pilgrims who passed away along the journey.

Roles:

1. When you stop for a rest, make sure the staff is taken care of before yourself.
2. When you reach a place to stay, wash the end of the staff and place it in the room alcove (tokonoma).
3. There is a belief that Kōbō-Daishi might be sleeping under a bridge, so do not tap the staff when going over any bridge.
4. The end of the staff will fray over time. Do not cut with a knife, however using a stone or other blunt object is allowed.

Sedge hat (Sugegasa)

It is useful to block the sun or as raingear. It is not necessary to remove one's hat when worshipping at a sacred site, whether inside or outside, or when talking with a priest. The Sanskrit mark should face forward.

Rosary (Juzu)

To the Japanese, this is a very familiar religious object. If one holds this and holds one's hands together, it is said that illusions of one's mind will disappear and one will obtain merit.

Bag (Zutabukuro)

Things necessary for the journey, such as sutras, stamp book, ect are put in here.

11 Order of Sutra Reading

1. Place the palms of your hands together and hold your hands in front of your chest with your thumbs facing toward you. This is called *gasshou*. Bow three times and each time say "uyayuyashiku mihotoke wo raihai shi-tatematsuru"
I have come to reverently worship the Buddha.

2. Recite the *Kaigyōge* (once)

Words spoken at the beginning of reciting sutras that praise Buddhism.

Mujou jin jin mi myō hō Hyakusenman gō nan sou gū

Gakon kenmon toku jūji Ganke nyorai shin jitsu gi

3. Recite the *Sange-Mon* (once)

Penitential sentence

Gasyaku syozō syō akuō Kaiyū mushi ton jin chi

Jūshin qoishi syō syō Issai qakon kai sange

4. Recite the *Sanki* (ones or 3 times)

Conversion to Buddhism

Deshi mukō jinmi raisai kie butsu kie hō kie sō

12 5. Recite the *Sankyō* (ones or 3 times)

Conversion to Buddhism forever

Deshi mukō jinmi raisai kie bukkyō kie hōkyō kie sōkyō

6. Recite the *Jūzennkai* (ones or 3 times)

Ten Commandments

Deshi mukō jinmi raisai

fuseshō (I will not harm life)

fuchūto (I will not steal)

fujain (I will not commit adultery)

fumōgo (I will not tell a lie)

fukigo (I will not exaggerate)

fuakku (I will not speak abusively)

furyōzetsu (I will not equivocate)

fukendon (I will not be greedy)

fushin-ni (I will not be hateful)

fujaken (I will not lose sight of the truth)

7. Recite the *Hotsu-Bodaishin-Shingon* (3 times)

On bouji shitta bodahayami

8. Recite the *Sanmayakai-Shingon* (3 times)

On sanmaya satoban

9. *Hannya Shingyō* (once)

The Heart of the *Prajna-paramita* (By Tycnatto Han)

The Bodhisattva avaalokita,
 while moving in the deep course of perfect understanding,
 shed light on the five skandhas and found them equally empty,
 no object of mind;
 Listen', Shariputara, form emptiness, emptiness does not differ from form.
 The Bodhisattva avaalokita,
 the same is true with feelings, perceptions, mental formations, and consciousness,
 Here, Shariputra, all dharmas are marked with emptiness;
 they are neither produced nor destroyed,
 neither defiled nor immaculate, neither increasing nor decreasing,
 Therefore, in emptiness there neither form,
 nor feeling, nor perception, nor mental formations, nor consciousness;
 no eye, or nose, or tongue, or body, or mind, no form,
 no sound, no smell, no taste, no touch, no object of mind;
 no realms of element (from eye to mind consciousness);
 no interdependent origins and no extinction of them (from ignorance to old age
 and death);
 no suffering, no origination of suffering, no extinction of suffering,
 no path; no understanding, no attainment.
 Because there is no attainment, the bodhisattvas,
 supported by the perfect of Understanding, find no obstacles for the minds.
 Having no obstacles, they overcome fear,
 liberating themselves forever from illusion and realizing perfect Nirvana.
 All Buddhas in the past, present, and future, thanks to this Perfect Understanding,
 arrive at full, right and universal Enlightenment.
 Therefore, one should know that Perfect Understanding is a great mantra,
 is the highest mantra, is the unequalled mantra,
 the destroyer of all suffering, the incorruptible truth.
 A mantra of Prajñā-paramitā should therefore be proclaimed.
 This is the mantra:
 Gate gate paragate parasamgate bodhi svaha.'

10. Recite the Gohonzon Shingon sutra (3 times)
 Sanskrit words that differ according to the main deity.

Fudō-Myōō

Noumaku sanmanda bazaradan senda makarosyada sowataya un tarata kanman

Syaka-Nyorai Noumaku sanmanda bonadan baku

Miroku-Bosatsu On mai tareiya sowaka

Amida-Nyorai On amirita teisei kara un

Dainichi-Nyorai On abiraunken bazarada toban

Kokuzō-Bosatsu Nōbō akyasya kyarabaya on arikyā maribori sowaka

Jūichimenn-Kan-non On bazara tarama kiriku

Jūichimenn-Senju-Kan-non On bazara tarama kiriku sowaka

Daitsūchisūyō-Butsu Namu daitsuuchisūyou butsu

Bisyamon-Ten On beishira mandaya sowaka

Batō-Kan-non On amirito dohanba unpatta sowaka

Monju-Bosatsu On arahasya nou

Jzō-Bosatsu On kakakabi sanmaei sowaka

Yakushi-Nyorai On korokoro sendari matouqi sowaka

11. Recite the Kōmyō Shingon (3 times)

On abokya beirosyanou maka bodara mani handoma jinbara harabaritaya un

12. Daishi-Hōqō (3 times) Namu daishi henjou kongō

13. Ekō-mon (once)

Negawaku wa kono kudoku wo motte amaneku issai ni oyoboshi warera to
 syujou to mina tomoni butsudou wo jouzen

Information of walking pilgrimage way
Walking Route Toilet Supply of foods Traffic Facilities

No.12 Shōzannji ~ 20,8Km ~ via Tamaqa-pass ~ No.13 Dainichiji

It is about 40Km from No.1 to No.11. No.10 has 333 steps of stairs, but it is a section of the break in the flat ground continued. Those who are walking for the first time walk in 2days from No.1 to No.11. It is best leave N.11 to No.12 the biggest difficulty, early in the morning of the third day.

12.9Km from No.11 to No.12 has 3 rise and 2 drops. No.11 ~ 3.2Km ~ Choudo-an (There is a ladies toilet) ~ 3.4Km ~ Ryūsui-an (toilet, water, pilgrim lodge). Ryūsui-an ~ 6.3Km (no toilet) ~ No.12. **When departing from No.11, please bring water and food.**

No.11 to No.12, 3 to 4 hours for those who are climbing, 5 hours for early feet, 6 hours for footings, 7 hours for those who do not have confidence in the legs.

From No.12 to Nabeiwa is 3,8Km (with toilet). In the case of via Tamaqa-Pass, it takes 30 to 40 minutes to ride pass, but all the way down from pass to Uemura-Ryokan. In the case of via Kamiyama, the road is 6,3 Km to the Michino-eki Kamiyama, the road is flat compared to via Tamaqa-Pass, but the national road has a considerable traffic volume, 5 Km longer than the pass. Kamiyama Town is famous for its drooping cherry blossoms. Please enjoy the wonderful scenery through Kamiyama by all means during the cherry blossoms season. The Tokushima bus is running.

No.19 Tatsueji ~ 13,1Km ~ No.20 Kakurinnji ~ 6,7Km ~ No.21 Tairyūji

There no toilet from the No.19 to the convenience store 6,3 Km away. After that, there is no toilet until 3,6Km ahead of "Michinoeki Hinanosato Katsuura". There is no 16km (5 ~ 6 hours), food procurement, restaurant, etc from Ikuna(Michinoeki) to Asebi which is 6,3 Km down No.21. There is Michinoeki Wajiki 200m west of Asebi.

Please prepare drinking water in the summer. For No.20 please ask at the Administration office (Stamp office) for drinking water.

Between No.20 and No21, there is only a toilet in an elementary school.

From Asebi, The Tokushima bus is running.

No.21 Tairyūji ~ 11.0Km ~ No.22 Byōdōji ~ 22,4Km (via Yuki) ~ No.23 Yakuōji

In case of via Yuki from No.22, there is a cafeteria in the Yuki station premises, but there is no convenience store and cafeteria along the pilgrim way along the national road No.55 until before No.23. **Please procure food in advance.**

From No.21, the ancient road which can fully enjoy the old pilgrim way, Iwaya-michi·Byōdōji-michi is opened in 2015.

At the Tairyūji Temple ropeway platform, disposal takes place at 0,7Km, the disposition goes to Syashinga-Dake, from there to Iwaya-Michi(way), the distance is about 7Km to Asebi, which is almost the same as the conventional pilgrim way. If you confirm the signpost, you will not get lost. But it is bad way of feet, women and older people will recommend a pilgrim way that used to be. Please go through the traditional pilgrim way in rainy weather and after rain. There is Kamo-Michi(way) 4,5Km, which is said to be the oldest pilgrim way in Japan, from Issyukuji-Temple in Kamodani to Tairyūji-Temple. (not posted on the map of Pilgrimage Road Conservation Society)

The point for Iwaya-Michi, Byōdōji-Michi, Kamo-Michi is "A fruit owner's inn Aoi" TEL 0889-25-0627

In the case of via the pilgrim way, there is a toilet 3,8Km down from No.21. From there until No.22, it is only "Michino-Eki Wajiki"

From Asebi to Ōne-Pass, local elementary school students are having a service of stick. You can enjoy the pilgrim way of pass.

There is a toilet at the branch point of the Yukuroute and the national road route from No.22 to 7Km (Fukui-minami elementary school under leave). After that, there are signs of many toilet guidance in case of via Yuki.

In the case of via the national road, there is no food store, cafeteria, and toilet at about 11Km to "Hiwasa-Kaizoku-Fune"

No.23 Yakuōji ~ 75,4Km ~ No.24 Hotsumisakiji

No.23 ~ 2,6Km ~ Kaifu-Mokuzai(wood) (toilet) 2,4Km ~ Awaodori-restrant (outdoor toilet) ~ 6,4Km ~ Pilgrim Rest area(toilet near Komatsu-Daishi) ~ 2,7Km ~ Mugi Tawn many toilet ~ 3.8Km Saba-Daishi(toilet) ~ 3,6Km ~ JR Asakawa Station ~ 2,2Km Kaifu Town 2,3Km (toilet) ~ 3,5Km Kaifu-jidousya (automobil) (back side toilet) 2,5Km ~ Michino-Eki Shishikui ~ 3,5Km ~ Umino-Eki Shirahama (toilet)

From Seven-Eleven before Michino-Eki Shishikui to Sakihama Town, about 20Km, you can not get food and water and no toilet.

Umino-Eki Shirahama ~ 2,3Km ~ Ikumi (toilet) ~ 4,1Km None-Gyokou (Fishery cooper) (toilet, cast a voice to Fishery cooper) 4,7Km ~ Hokkai-Shōnin-Hall (toilet)(Water) 5,0Km ~ Bukkaian(toilet, water)

* Summer, watch out. About 10Km from None fishing port to Sakihama elementary school no vending machine.

Bukkaian ~ 3,4Km ~ Sakihama Town super market "Fenikkusu" (toilet) getting food Ok. Sakihama Town ~ Ozaki Bridge (toilet) ~ 4,7Km ~ Shiina Fishing Cooper (toilet, cast a voice to Cooper) 3,3Km ~ Muroto World Geo-park (toilet) ~ 1,5Km ~ Mitani-Kumi (toilet, rest area, drinking water) ~ 4,5Km ~ the climb of Hotsumisaki Temple (toilet)

22 No.26 Kongōchōji Temple ~ 27,5Km No.27 Kōnomine Temple

Kiramesse Muroto (toilet) ~ 6Km Kiragawa-Machinami parking (toilet) ~ 2,1Km ~ Tateishi (toilet) ~ 3,5Km ~ Hane Town (shopping)

Nakayama pass no toilet, in case of via national road, Tateishi (toilet) ~ 6,3Km ~ Hane Cape (toilet).

In case of Nakayama pass road, get off the national road conflnne elevated down to the left, for the national road take the elevated road down.

Karyougo Fishing Cooper (toilet) ~ 3,5Km ~ Nahari Town Seaside nature school (toilet) Recommend B grade Gourmet : Hotel Nahari before 600m, along R.55 Shop Yoshida's fried chicken.

Tano Station (toilet) ~ 4,5Km ~ Teru Port Yasuda (washlet) ~ 3Km ~ No.27 rest area (toilet) ~ No.27 Kōnomine Temple

No.36 Syōryūji Temple ~ 58,5Km ~ No.37 Iwamotoji Temple

From No.36 back to the Usa-Ōhashi Bridge there is a route to the walk Uchinoura Bay and a route to walk along Yokonami road. To the Uchinoura Bay route, it is possible to travel on a cruise ship which is called "Pilgrim Road of the Sea" at 10Km from Umetate to Yokonami. Umetate departure time 7:05, 10:05, 13:47, 16:00, one way 620yen, required time 60 minutes. The boarding hall is at 4,0Km from No.36, turn left at 30m from Usa bus stop.

Saturday, Sunday, and public holidays are closed.

The Uchinoura Bay route is flat as it goes around the bay. There are somewhat undulating Yokonami route and there are trees, so the view can not be hopes as much as you expected.

Recommend B grade Gourmet : From Michino-Eki Kawausonosato 300m, along R56 "Takezaki" Fried eggs

Tosakure ~ Tokonabe(Nanaqo pass) There are 3 routes from Tosakure.

①Soemimizu route ②National road route ③Ōsaka route

You will climb about 300m from Tosakure to Nanaqo pass.

①up to 400m of rise, ②ridgeline rise, ③flat until just before the pass, finally steep uphill Recommended ③, rainy ②, highway open, ②traffic volume has decreased considerable. Recommend B grade Gourmet :

"Yuuingu Shimannto" Handmade rice ball of Niida rice

No.37 Iwamotoji Temple ~ 80Km ~ No.38 Kongōfukuji Temple

From Iwamotoji Temple about 1,5 Km from Lawson to Kumai-Tunnel until it is about 10 Km, there is no food procurement place, so prepare in advance .

The meal service is only "Tosasaga hot spring Kobushinosato".

No.37 ~ 1,5Km ~ Lawson ~ 5Km ~ Pilgrim rest area by Nishio-automobil (toilet)

~ 3,5Km ~ Tosasaga hot spring Kobushinosato ~ 0,5Km ~ Ninari station (toilet)

~ 5Km ~ Iyoki station (toilet) ~ 3Km ~ Lawson/Michino-Eki Nabura ~

Tosasaga ~ 3Km ~ Tosasaga Park (toilet) ~ 1,5Km ~ Nada pavilion (toilet) ~

10Km ~ Tosa-Kuroshio-Line each stations ~ Michino-Eki Biosu Ōgata ~ 3,5Km

~ Tosa West Sousei large Park (toilet, shower) ~ 10Km ~ Shimannto Ōhashi

Bridge convenience store ~ 4Km ~ Udon Taqosaku ~ Wild Bird Nature Park

(toilet) ~ Ichinose pavilion (toilet) ~ 5Km ~ Shimonokae convenience store

When using Shimoda's ferry ship, please call to Mr. Oki 30 minutes before the

desired boarding time.TEL 090-869-3809

Shimonokae Lawson is the last convenience store for No.38.

Shimonokae Lawson ~ 6Km ~ Ōki seashore (toilet, shower) ~ 4Km ~ Ifuri port

Ōsaka Kaiyūkan Square (toilet, shower) ~ 3,5Km ~ Kubotsu port (toilet) ~

4,5Km ~ Tsuru pilgrim rest area(toilet) ~ No.38 Kongōfukuji Temple

No.38 Kongōfukuji Temple ~ (via Shimonokae, Mihara 51,6Km), (via Tatsukushi, Minokoshi seashore, Ootsuki 72,5Km) ~ No.39 Enkōji Temple

There are roughly three routes from No.38 Kongōfukuji Temple to No.39 enkōji Temple.

①Return course (1) Mihara Village course No.38 ~ Kubotsu port ~ Shimonokae ~ Shinnen-An ~ Mihara Village No.39 ~ (51,6Km)

①Return course (2) Mihara Village course No.38 ~ Kubotsu port ~ Shimonokae ~ Gomibashi Bridge ~ Kawachi Jinja Shrine ~ Mihara village ~ No.39 (52,8Km)

①Return course (3) Mihara Village course No.38 ~ Tosashimizu ~ Shimonokae ~ Shinnen-An ~ Mihara Village No.39 ~ (52,2Km)

②Western route along the Pacific Ocean No.38 ~ Tosashimizu ~ Tatsukushi-Minokoshi seashore ~ Tosaki-Tōdai (Light house) ~ Ootsuki pilgrim way ~ Tsukiyama Jinja Shrine ~ No.39 (72,5Km)

③Tatsukushi-Mihara Village route No.38 ~ Tosashimizu ~ Tatsukushi-Minokoshi seashore ~ Shimokawaguchi ~ Deabashi bridge ~ Mihara village ~ No.39 (62,2Km)

"Recommended route" Return course (3) Kongōfukuji Temple ~ Matsuo tunnel ~ Nakahama (John Manjiro bourn house) ~ Tosashimizu ~ R321 ~ Ifuri-tunnel ~ Ooki ~ Shimonokae ~ Shinnen-An ~ Mihara Village ~ No.39

The scenery will change on the west side and east side of Ashizuri Cape.

"Recommended route" Western route along the Pacific Ocean While enjoying magnificent scenery along the Pacific Ocean. Via Kuukai Minokoshi seashore of Tatsukushi, the Kuroshio approaching Kanouzaki cape lightinghouse, extraordinary sacred place Tsukiyama jinja Shrine related with Kūkai, Ōtsuki pilgrim way, about 73Km. **The west-round course walking along the wonderful Pacific Ocean is full of charm.**

Many pilgrimages walk on the return course (1), but I recommend return course (3) Tatsukushi-Mihara village route becomes lonesome road from Shimokawaguchi, there are not such as signposts, shops, and vending machines until Mihara village. In the past, crime was reported. For women, recommend the above recommended route.

When weather is rough, return course (1). After rain, you may not be able to cross the river on the Ooki beach. Please walk through the national road.

23 **Uchiko town ~ 34,2Km ~ Hiwada pass ~ No.44 Daihōji Temple**

From Uchiko town to Tsukiawase at 14Km. Tashiroguchi (Pilgrim Free Accommodation), there is a toilet near Oose Elementary school. From Tsukiawase, there are 2 routes, Nouse pass route and Hiwada pass route. Many first time pilgrimages choose low Nouse pass route. Although there are 2 pass of Shimosakaba and Hiwada, the Hiwada pass route has a short distance, there is no hardness enough to feel the difference in elevation. The Nouse pass route is the climbing of the roadway to the Shin-Mayumi Tunnel.

No.59 Kokubunji Temple ~ 27Km ~ No.60 Yokomineji Temple ~ 9,7Km ~ No.61 Kouonji Temple

There is way of walking from No.59 in of the number (59 → 60 → 61 → 62 → 63 → 64) and (59 → 61 → 62 → 63 → 60 → 64). **The Stamp-office time only No.62 is from 8 to 12 in the morning and 1 to 5 in the afternoon, so please be careful.**

For a long section without a toilet, 5Km from Higiri-Daishi to Tanbara Elementary school and 6Km from from Ohtoh intersection to Yunami at the entrance of the mountain path.

The convenience store along the pilgrim way is near the JR Iyosakurai station, in front of Tanbara Elementary school, at the Ōtō intersection.

The large supermarket is located in front of Tanbara Elementary school and ahead of Miyoshi Elementary school. The Ehime Prefecture has been renovated in 2016 from the mountain entrance of Yunami to No.60.

There is no toilet from No.60 to Shirataki (Okunoin of No.61.) (7,6Km)

No.59 ~ 2,5Km ~ JR Iyosakurai station (toilet) ~ 3Km ~ Michino-Eki "Yunoura" (toilet) ~ 3Km ~ Seta-Yakushi Temple (toilet) ~ 2Km ~ Shin-Shikoku No.76 Dōanji Temple (toilet) ~ 1Km ~ Higiri-Daishi • Kōmyōji Temple (toilet, Wi-Fi) ~ Tanbara Elementary school intersection Supermarket "YAMASAN", convenience store ~ Ohtoh intersection convenience store ~ 6Km ~ Yunami mountain entrance (toilet, water) ~ 2,2Km ~ Yokomineji Temple ~ 7,6Km ~ Shirataki Temple (toilet) ~ 1Km ~ Komatsu Ōtani-Ike(pond) Park (toilet) ~ 1Km ~ No.61 Kouonji Temple

When you stop at Ohtoh Setouchi bus Time table Tel 0898-23-3881

Departure time for Komatsu 6:49, 7:47, 8:51, 10:46, 11:46, 13:46, 16:46, 18:01

Express bus for Niihama at 42 minutes each Hour

Kouonji to Ohtoh 6:59 → 7:05

No.63 Kichijōji Temple ~ 12,0Km ~ No.60 Yokomineji Temple ~ 12,0Km ~ No.63 Kichijōji Temple

No.60 ~ 5,0Km ~ Toll gate Of Toll gate (toilet, spring water) ~ 2,5Km ~ Setouchi bus transit station (toilet) ~ 4,5Km ~ No.63

No.65 Sankakuji Temple ~ 18,1Km ~ No.66 Unpenji Temple ~ 9,4Km ~ No.67 Daikōji Temple

From Iyomishima, No.65 Sankakuji Temple, No.66 Unpenji Temple, No.67 Daikōji Temple to Kan-onji City, there are no convenience stores and cafeteria along the pilgrim way.

Please procure food at supermarkets and convenience stores in Iyomishima.

From No.65 to Bekkaku No.14 Tsubakidou Temple, there is no toilet. And up to 6Km ahead Sano bus stop (Minsyuku Okada) no toilet (along the national road). From No.66 to No.66 (9,4Km), No toilet.

From No.65 3,5Km ahead Hirayama bus stop to Iyomishima, there is bus service .
Hirayama 15:55 → Iyomishima 30 minutes 510 yen Setouchi Bus TEL 0896-56-2975
Sano bus stop 17:00 → Awaikeda 30minutes Miyoshi City bus TEL 0883-72 7649

No.70 Motoyamaji Temple ~ No.71 Iyadaniji Temple

From Takase Town To "Iyadani hot spring Fureai park Mino", (4,5Km), along pilgrim way, there is no toilet.

Recommended B grade gulmet No.69 ~ 2,4Km by Zaidogawa rever "Kanakuma-Mochi Fukuda" Ebiokowa @110yen, Udon

No.79 Kōshōin Temple ~ No.83 Ichinomiya Temple

Route 1. No.79 ~ No. 80 ~ No.81 ~ No.82 ~ via Kinashi ~ No.83

Route 2. No.79 ~ No.81 ~ No.82 ~ No.80 ~ No.83

No.81 ~ 3,4Km "Michikusa" (toilet meal)

There is not water, vending machine in No.82.

No.87 Nagaoji Temple ~ No.88 Ōkuboji Temple

It is about 5Km from No.87 to "Michino Eki Nagao". On the opposite side of the "Maeyama Pilgrimage Exchange Salon", only walking pilgrimage can be issued "Shikoku 88 route Pilgrim Ambassador Appointment" for free. Please stand by all means. Open time 8 AM ~ 4 PM

The hanging scroll with red stamp is very expensive, so after No.85, theft is occurin Please be sure to wear it. frequently.

There are 3 routes from "Michino Eki Nagao" to No.88.

① Nyotaisan Mountain route Salon ~ 7,1Km ~ No.88

② National road route Salon ~ 10,9Km ~ No.88

③ Hanaore pass route Salon ~ 9,9Km ~ No.88

Characteristic A view & Pleasure of Pilgrimage ① → ③ → ②

When it rains, Time, Toilet, Meel, ② → ③ → ①

Although the original pilgrim way is ③, ① is recommended for a sunny day.

At sunny day, the view from the Mt. Nyotai is worth a visit.

There is a market of local products at Tawa Elementary school site.

Inn (without meals)
Zenkonyado
 (homes of people at witch pilgrims can stay for free or a low cost)
Vigil room of temple
Homeless
Osettai (Service not asking for return)

To those who are doing homeless

Be sure to take out garbage etc. so as not to disturb the local people, and let's discard it at the proper place.
 Except bad weather, even if it is late you will withdraw at 7 o'clock, and let's make it more beautiful than you came.

To women ! Voice call from car, Male and Femal Same room, No locking at accommodation are permitted. Do not let your guard down.

Tokushima Prefecture Awa Country Starting Place

Oshikoku Guest House 2,000 yen (no meal) dormitory
 front of No.1 080-4034-4593 Bath Washing machine
Tabibito no Yado Michishirube From No.3 12minutes walk 2,625 yen (no meal)
 088-672-6171 Transfer available dormitory
Itano Guest House near the Itano station 1,500 yen no meal single
 3,5Km ahead Hot spring Rental bicycle (free) Kiuchi 080-6390-2138
Ryokan Bandō front of Bandō station From No.1 to No.11, transfer available
 English conversation OK 088-672-1001 Ichikawa 090-6415-0211 Rental bicycle
 3,900 yen (no meal) 5,850 yen (2 meals)
Zenkonyado Mizobuchi-kōmuten No.5 ~ No.6 along Pref. road 500 yen
Pavilion near Kanyake Elementary school along pilgrim way
No.6 Anrakuji Temple Vigil room (main gate 2F)
Miki former Prime Minister Park North West of Donari IC toilet tent OK
Kirihata Pilgrim Lodge Near No.10 2 floors toilet
Pilgrim Rest area cross the Kawashimabashi Bridge, above the bank
Guest House Channelkan 0883-24-7059 in front of No.11 convenience store
 2,900 yen (no meal) dormitory rental cycle pick up (No.5 ~ No.11)
Kamonoyu(hot spring) House Before 2Km of No.11 1,5Km from Kamojima Station
 lodging OK with bath (450 yen) Identification card required 0883-22-1926
Pilgrim Rest area Ryuusuian 50m down 4 persons lodging OK (water, toilet)
 No.11 ~ No.12 * There is a toilet for women at Choudoan
No.12 Shōzanji Temple Syukubō (only busy season, request inquiry)
Sudachikan Nabeiwa 3,3Km down from No.12 4000 Yen (2 meals) 088-677-1180
Cotton Field 600m from Michino Eki Kamiyama 3,240 yen (no meal) 088-676-0803
Dōshin Zen-Doujō near Jōshinan 090-2829-4260
Pavilion back of Kamiyama Hot Spring Parking (silent)
Daishi-Hall of Tamaga Pass Do't lodge Pilgrim rest area "Kamiyama" toilet
Zenkonyado Sakae Taxi 088-642-1391 No.16 ~ No.17
No.17. Idoji Temple Vigil room (2 persons)
Ootsuru-Ryokan Tokushima City 3,000 yen (no meal) 088-653-0768
Tokushima Share Room 5 minutes walking from Tokushima Station 2,100 yen
 male / femal shared room (Max 8 peoples) 080-6390-2138 air conditioner
STA Guest House women only 2 minutes walking from Tokushima Station
 2,300 yen Kiuchi 080-6390-2138 air conditioner
Business Kikuno ryokan 6 minutes walking from Tokushima Station
 3,300 yen ~ (no meal) 088-623-5010 090-1003-5152
 No.17 ~ No.18 around Pond of Jizouinn toilet
 Pilgrim Rest area along R.55 Katsuura River ahead lodging OK (no toilet)
 No.17 ~ No.18 **Zenkonyado Maruhashi** 090-8691-3436

Minsyuku Kakufutei before No.20 4,000 yen (no meal) 090-8970-4724
 next day washing and box lunch service
Pilgrim Lodge No.11 1Km from Michino Eki Katsuura toilet lodqing
Ooi Elementary School (closed) near Sui Bridge toilet water camp OK
Guest House Ryūgasou (Sakaquchiya) 3,9Km down from No.21 0884-35-1213
 4,000 yen (no meal) 4,500 ~ (2 meals) Japanese style private room
Zenkonyado Kikuya 200m from No.22 0884-36-3020
Dmitory Hijirigaoka 15 minutes walking from Kiki Station 0884-70-1293
 advance reservation 3,500 yen (no meal) Rice 360 CC self catering
 No.23 ~ No.24 **Saba Daishi Pavilion Nasa-Sports-Park**
Pilgrim Lodge No.39 Shishikui lodge
Kaiyō Town Pilgrim Rest area Kannoura Umino Eki
Guest house Haryugetsu 3,5Km from Kaifu3,4Km 3,500 yen (no meal)
 English OK convenience store near 080-6377-0011 Aoyama
Minsyuku Ikumi Touyou Town 23Km from No.23 along Pilgrim way 3,500 yen
 (no meal) Japanese style private room 0887-24-3838
Meitokuji Temple Vigil room Toyou Tawn
Minsyuku Kaifu 3,500 yen (no meal)

Kochi Prefecture Tosa Country Training Place

Minsyuku Sun-Fish Manbō along Pilgrim way 2,0Km from Jio Park 0887-23-0776
 3,000 yen (no meal) 5,000 yen (2meals) no convenience store near
Minsyuku Kawasaki No.24 ~ No.25 3,500 yen (no meal) 090-1003-7968
Minsyuku Urashima No.25 ~ No.26 3,500 yen (no meal) 0887-22-2291
 No.26 ~ No.27 **Kiragawa-Machinami-Parking** Pavilion water toilet
Karyōgō Fisheries Cooperative Pavilion water toilet
Michino-Eki Tanoekiya right side lodqing OK chair convenience store
Geust house Cosmo 100m before Michino-Eki Ooyama 3,000 yen (no meal)
 Japanese style dormitory 090-3080-4665
 No.27 ~ No.28 **Pavilion of Kōnomine Temple** middle of the mountain
Aki Fukushi(Welfare) Center Pavilion Tōnohama Station no lodqing
Minsyuku Kagami-Syuku 1,5Km from Michino-Eki Yasu 4,000 yen 0887-55-2091
Vigal room of No.28 Dainichiji Temple
Zenkonyado Up floor of No.5 Pilgrim rest area No charge **Zenkonyado Hidaka**
 No.30 ~ No.31 **Katsuo Guest house** 2,800 yen (no meal) dormitory 070-5352-1167
 Tosa-Bekkan 7 minutes walkin from Kochi Station near Hirome Market
 3,500 yen (no meal) 088-883-5685
Guest house Tosa Harimaya-chou 3,000 yen (no meal) 090-7148-8787
Harimayabashi Guest house 2,800 yen (no meal) 070-4032-6308
No.32 Zenjibuji Temple Waiting room
Vigal room of No.33 Sekkeiji Temple
Minsyuku Sakamoto cross Urado-Oohashi Bridge 3,500 yen (no meal) 088-841-2348
Vigal room of No.34 Tanemaji Temple hot water shower claim to Stamp Office
Vigal room of No.35 Kiyotakiji Temple by gender prior confirmation
 No.35 ~ No.36 **Pavilio** before Tsukachi Tunnel back of rest area Tent OK toilet
 No.36 Syouryuuji Temple **Kokumin-Syukusya** closed 2017
 No.36 ~ No.37 Near Usa-Oohashi Bridge **Old Bus Stop** Tent OK
Susaki Pilgrim rest area water toilet Elecric-Power homeless 16:00 ~
Ichikawa Ryokan 5 minutes walking from Susaki Station 3,500 yen no meal
 0889-42-0668
Michino-Eki Kwauso Osaka pilgrm Way rest area lodqing OK
Michino-Eki Aguri
Guest house Kei 2minutes walking from Tosakure Station 3,000 yen dormitory
 090-4780-7813 0889-52-2658 near Kure-Taishou Market
 Ossetai place for walking pilgrim **FUJIYUAN** 4,5Km before No.37 Iwamotoji
 before Niida Station old Pilgrim way Osettai toilet lodqing NO
Guest house 40010(Shimanto) after Niida Station along R55 3,000 yen (no meal)
 080-7960-3382
Minsyuku Murano-Ie Before No.37 3,500 yen (no meal) breakfast 500yen

0880-22-0648

Vigal room of No.37 Iwamotoji Temple

No.37 ~ No.38 **Minsyuku-Tea room Nishinoya** 2Km from No.36 before RAWSON
3,500 yen (no meal) 0880-22-3558

Nada Pavilion Shimanto River up the embankment 700m Takeshima Daishi-Hall
to the lower left homeless tent OK

Guest house Maaru 0,6Km before Ariigawa Station 080-2336- 8773
3,000 yen (no meal) 2,000 yen (bring a sleeping bag)

Lodge of Tosa Yuutopia Country 2,700 yen (no meal) single room bath
0880-43-2345 Pickup from BIOSU Oogata

Minsyuku Big Marine before BIOSU Oogata 3,000 yen (no meal) single room
0880-44-1239

Kujira (Whale) Park Kamikawaguchi Port Toilet Big Pavilion good view
Kuroshio Town Office 0880-55-3115 summer season shower

Irino Matsubara (Pine Field) toilet shower homeless tent

New Minsyuku Nakamura 5 minutes walking from Nakamura Station 3,500 yen
(no meals) 6,000 yen (2 meals) Japanese style single room 0880-34-9311

Shimanto-Wild Bard Park near Udon shop Tagosaku toilet tent only

Kan-nondō after passing Izuta tunnel

Drive Inn Suisya Pavilion toilet water

Shimonokae Junior high school camp place 23Km before Ashizuri-Misaki(Cape)

Logde Kameria front of Shimonokae Junior high school 3,000 yen (no meal)
single bed room evening (curry rice) breakfast service 0880-84-1377

No.37 ~ No.38 **Ōkihama(beach)** toilet water shower tent OK

Minsyuku Ōkinohama 4,200 yen (no meal) single bed room TV 0880-82-8304
6,800 yen (2 meals) Washer free sleeping bag 2,800 yen convenient to return

Ifuri Jinbei Square before 12Km from Ashizuri -Misaki(Cape) convenience store

Ashizuri Club 3,200 yen (no meal) beautiful Japanese style single room
breakfast service 0880-83-0183 **Recommended place**

Tsuro Pilgrim lodge before 4Km from No.38 **Kutsuroginosato** (Zenkonyado)
Via Tatsukushi, Ootsuki, No.38 ~ 73Km ~ No.39 Michino-Eki Sukumo toilet

Sukumo-Oohashi Bridge **Pilgrim Pavilion** lodging OK

Sukumo Flex Hotel 3,000 yen (no meal) (business hotel) 0880-63-6123

Tatsukushi-Tsumeshiro Champ Site Kanouzaki Lighthouse Kan-nondou

Minsyuku Kanouzaki 3,000 yen (no meal) 0880- 87-020

Belleef Ōtsuki (resort hotel) no meal 3,000 yen ~ 0880-74-0222
transfer available from R321

Hatago 4,000 yen (1 meal) 2,500 yen (no meal) 0880-73-1324 by Michino-Eki

Ehime Prefecture Iyo Country Enlightenment Place

No.39 ~ No.40 **Koyasujizō-Hall Matsuo-Daishi-Hall** toilet

Ipponmatsu Hot spring Ground homeless OK toilet

Vigal room of No.40 Kanjizaiji Temple

No.40 ~ No.41 Kashiwasaka (slope) entrance **Ainan Town Office** lodging OK

Sunokawa camp site 300 yen under the eaves of shop (hot spring 500 yen)

Pocket Parak Arashizaka Pavilion 3 toilet water

Pavilion of Rest area before Matsuo Tunnel Yamazaki-Y shop 0895-35-0231

Pilgrm lodge Moyai 2,4Km from Uwajima Station 3,000 yen (no meal)
Japanese style (breakfast service) 0895-22-5508 090-4978-7754

No.42 ~ No.43 Pavilion front of No.42 main gate toilet (No.42)

Tea Room Casual intersestion front of Unomachi Station luggage storage service

Garyū Park tent OK toilet Ōzu Garyūno Bath 550 yen

Ōzu Kyōdokan Youth Hostel near Ōzu Castel 3,200 yen 0893-24-2258

Ōzu Shiromachi Guest house 3,000 yen (no meal) dmitry 0893-23-9903

No.43 ~ No.44 **Toyogahashi Temple** under the bridge 5 minute walking bath

Rest area Jin-nandō Pavilion bath self service noise of cars and train

Uchiko sports Park Nakayoshi Hiroba front of Uchiko Station toilet

Pavilion 600m from Uchiko Station along the Pilgrm way toilet

For Pilgrim charge free inn 6Km from Uchiko Michino-Eki Naqaokayama Tunnel

toilet futon no shower

Dōyama Daishi-Hall near Obata cafeteria Bus Stop lodqing OK

Michino-Eki Tenkunosato Sansan front of Kumakougenn Police office

Minsyuku Ichirigi near No.44 3,000 yen (no meal) Japanese style single room
6,000 ye (2 meals) 090-7784-4317 near convenience store

No.44 ~ No.55 **Pavilon** next to Furuiwayasou Hotel bath (500 yen)

Yayoi cafeteria 4Km from Higash-Myoujin along R33 2,500 yen (no meal)
0892-21-2712 090-3461-4777

No.45 ~ No.46 **Rest Park Myoujin** Pavilon toilet

Sakura Pavilon Misaka Pass 2Km down **Kubono Park Pavilon** toilet

No.47 Yasakaji Temple Vigal room 2 rooms

No.47 ~ No.48 **Fudahajime Daishi Hall** **Jōnofuchi Park Pavilon** toilet water

No.51 **Ishiteji Temple Vigal room** Ishitegawa River Park **Pavilon** toilet

Fujiya Douqo hot spring 2,000 yen (no meal) dormitory 080-1750-5454

Dōgo Dormitory Dōgo hot spring 2,600 yen (no meal) 089-907-0456

Eco Dōgo Dōgo hot spring 2,500 yen (no meal) dormitory 089-908-5444 English

Dōgoya Dōgo 3,200 yen (no meal) dormitory Japanese style 089-934-0661

Taisanji Motomura Park Pavilon front of No.52 toilet

No.53 ~ No.54 **Wake Park Pavilon** front of No.53 toilet

Business Hotel Daiichi front of the Matsuyama Station 3,000 yen (no meal)
089-946-2422

Business Hotel Utsukushichō 3,200 yen (no meal) 089-921-6924

Guest House Casablanca 3 minutes from Matsuyama Station dormitory
women only room 2,000 yen ~ 090-4331-9074

Hōjō-Suigun-Youth hostel dormitory 2,700 yen ~ Iyohoujou
8089-992-4150

Hoshinoura Beach Park Pavilon toilet **traffic volume is high with noise**

Shikuro House 1 minute from Imabari Station 2,000 yen dormitory 0898-35-4496

No.56 Taisanji Temple Vigal room

Pilgrim lodge No.41 Soujagawa River

No.58 Senyūji Temple Vigal room

Pavilon under No.58

No.59 ~ No.60 **Usui-Goraigō Hall Pavlion** no toilet contact to Douanji Temple

Kōmyōji Temple Vigal room contact to Priesthood Abstinnence
near super makert bathhouse

Pavilon by Shirataki Okuno-In of No.61 toilet

Komatsu Ōtaniike(pond) Park Pavlion toilet

Oyado-Sukeya 800m from Nyūqawa Station 2,800 yen nomeal 089- 64-3478
near Toyo-bathhouse

No.60 Yokomineji Temple Rest Room lodqing OK

Dōgyō Minsyuku Suzu 3,800 yen 0898-72-6123

Hotel Eleven 3Km from No.64 Maeqamiji Temple 3,150 yen (no meal)
single room shower 0897-56-1212

Nikitatsu-Ryokan 2 minutes walking from Iyosaijou Station 3,100 yen (no meal)
Japanese style single room 0897-56-2792

Yunotani Onsen (hot spring) 2,916 yen (no meal) dormitory bed bath 360 yen
0897-55-2135 before holday 4,320 yen

No.64 ~ No.65 **Zenkonyado Hagyan** 12,3Km from No.64 0897-41-6754

Pilgrim lodge Yokoya 5,3Km from Nakahaqi Station along pilgrim way
2,800 yen (no meal) breakfast 500 yen dinner 1,500 yen 050-3797-2413

Information of Rest area, toilet no toilet and convenience stor From last shop
at Niihama City about Km to near Enmeiji Temple midpoint Koubouno-Yakata

No.64 ~ No.65 **Pavilon** near Enmeiji Temple

Mishima Park Pavilon **Togawa Park Pavilon** toilet water

No.65 Sankakuji Temple Pavlion

No.65 ~ No.66 **Mōrisō** befor 800m from Tsubakidō Temple 2,500 yen (no meal)
food procurement at Mishima 090-6889-7591

Zenkonyado Nishikawa near Handa rest area no charge 090-7570-7214

Minsyuku Tabibitoyado 3,000 yen after Sakaime Tunnel Tel from

Suisya (water mill) pick up 090-5275-1951

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Kagawa Prefecture Sanuki Country Nirvana Place

No.66 Unpenji Temple Vigal room

No.67 Daikōji Temple Main Gate tent OK ask for Temple

No.69 Kan-onji Temple tent OK ask for Temple

Top of Mountain **Kotohikihama Observatory Pavlion** toilet

Michino-Eki Music Hall

Near No.70 Motoyamaji Temple **Motodai Business Hotel** 3,000 yen(no meal) ~ 0875-24-1384

No.71 ~ No.71 **Fureai Park Mino hot spring** bath 1,500 yen

No.75 Zentsūji Temple Office introduction of Zenkonyado

Pilgrim Inn **Kazeno kuguru** 1,8Km from Zentsuui Main Hall 2,900 yen (no meal) dormitory 0877-63-6110

No.76 Konzouji Temple **Gues tHouse Mikasasukasa** 2,800 yen (no meal) dormitory 080-3926-1353

No.77 Douryuuji Temple **Rest Place Bench**

Marugame Guest House Ueru-Kame 2,500 yen (no meal) 090-1997-3983 near public bath

Zenkonyado Utangura 300m from No.78 Goushouji Temple 1,000 yen (no meal) breakfast 0877-85-5172 (call by 15 o'clock on the day)

No.78 ~ No.79 **Shikoku Kenkō Mura** 1,2Km from Utazu Station Tour Bus service

Pilgrim srvice plan 2,00o yen (no meal) (Stamp note required) 0877-49-2600

Taozaka Park 1,8Km from No.78 toilet tent OK

Miki-Ryokan 9 minutes walking from Sakaide Station north exit 3,500 yen (no meal) 0877-46-5441

Nakayama Rest area 3,3Km from No.81 toilet

No.82 Neqoroji Temple no drink water no vending machine

Goshikidai Childen Omotenashi Place (operation Kappa-Doujou) lodqing OK toilet water women only room Noda 090-2640-8059

Kappa Dōjō 5,000 yen (2 meals) 087-882-4022

Zenkonyado Slow Life 3.5Km from No.83 along R.11 500yen (no meal)

Japanese style dormitory shower bath (winter) toilet tent OK 087-816-7030

Guest House Sora to Umi (Sky and Sea) near No.83 3,000 ~ 3,500 yen (no meal) bath shower 090-9055-2995 087-899-8756

Guest House Wakabaya near Hanazono Station 6,6Km from No.83 3000 yen no meal domirtory 070-5683-5335

Osettai Place Jinan the entrance to the approach for No.85

warm service Pilgrim information no lodqing

Taiya Ryokan 4minutes walking from Shido Station 3,000 yen (no meal) 087-894-0038

No.87 ~ No.88 Tsuru-Kame Park Pavlion

Ohenro-Kōryū-Saloon Pavlion Pilqri Ambassador Awarding of appoiment letter until 4 o'clock

No.88 **Pavlion** front of No.88 tent OK

Minsyuku Yasokubo 4,500 yen (no meal) Japanese style single room 6,500 yen (2 meals) (red rice) 0879-56-2031

Full Aplication Kōyasan Mountain

Rrom Tokushima to Kōyasan Mountain, there are 2 routes : Nankai Ferry Ship via Wakayam, High way Bus via Osaka Nanba, change to Nankai line.

Nankai Ferry from Tokushima Station City bus No.4 about 20minutes to

Tokushima port. Tokushima port ~ Wakayama 130 minutes ~ Wakayam port ~

15 minutes ~ JR Wakayama Station ~ JR hashimoto Station change to Nankai Line

Hashimoto ~ Gokurakubashi change Cable car ~ Kōyasan

High bus Tokushima Station ~ High bus (150 minutes) ~ Osaka Nanba

Nanba ~ Nankai Line, Kōyasan Cable ~ Kōyasan about 2 hours

From Nanba Kōyasan 2day round trip free ticket 3,400 yen

Walking from Nankai Kudoyama Station to Kyasan Okunoin about 7 hours

Kōyasan Guest House Kokuu 3minits walking from Okunoin Nakanohashi
3,500 yen (no meal) capsule type bed shwear 0736-26-7261

3,500 yen (no meal) capsule type bed shwear 0736-26-7261

30 **Inn with two meals a night with my friends about 6,000 ~ 9,000yen**

Sometimes you may not be satisfied with the timing of when you get crowded. Please pardon.

near No.3 "Ryokan Bandō" near No.11 "Ryokan Yoshino" No.11 ~ 12 "Shikinosato"
No.19 "Funanosato" No.20 "Fureainosato Sakamoto" foot No.21 "Aoi"
No.22. "Byoudouji Bouzunoyado" "Sazannka" No.23 ~ 24. "Harurutei" "Rodge Ozaki"
"Minnsyuku Tokumasu" foot No.24 "Umamenoki" No.26 "Konqōchōji Syukubō"
No.26 ~ 27 "Kiragawachou Kurakuukan chaya" "Hotel Nahari" No.33 "Kouchiya"
No.36 "Sanyousou" No.37 ~ 38 "Saqoonsen Kobushinosato" "Minsyuku Shirahama"
"Minsyuku Miyako" "Isaribi" "Minsyuku Kumomo" "Ooki marin"
No.38 ~ 39 "Minsyuku Yuuhi" No.39 ~ 40 "Fudakakeno Yado"
No.40 ~ 41 "Minsyuku Isoya" "Iwamatsu Miyoshi ryokan"
No.42 ~ 43 "Minsyuku Miyako" No.43 ~ 44 "Oozu Tokiwa Ryokan"
"Hiwada pass Ebisuya Ryokan" No.44 ~ 45 "Hacchouzaka"
No.45 ~ 46 "Tourian" No.46 "Chouchinya" No.58 "Senyūji Syukubō"
No.62 "Bijinesu Ryokan Komatsu" No.64 "Yunotani Onsen"
No.64 ~ 65 "tsutanoya" No.66 "Minsyuku Okada" No.70 "Ichifuji Ryokan"
No.86 "Ishiya Ryokan" No.88 "Minsyuku Yasokubo"

Shikoku 88 Temples Inn (Syukubō)

about 5,800 yen ~ (2 meals)

No.2 Gokurakuji No.6 Anrakuji No.7 Jūrokuji No.12 Syōzanji No.13 Dainichiji
No.19 Tatsueji No.23 Yakuōji No.24 Hotsumisakiji No.26 Konqōchōji
No.37 Iwamotoji No.40 Kanjizaiji No.58 Senyūji No.75 Zentsūji
88 temples pilgrimage party Tel 0877-56-5688

Just right

You are exactly for you
Face body name family name you are just right for you
Both greed wealth parents and children my son's daughter and her
grandchildren that is exactly right for you
Happiness and unhappiness joy and even sadness are exactly good
Your life you walked was not bad or not good it is exactly good for you
To go to hell or to go to paradise where you went is just good for you
You do not need to be conceited no need to despair
There is neither above nor below
Even the day to die is exactly right
Two people's life with Koubou-Daishi It can not be just good
Leave it all to Buddha and Koubou-Daishi
Thankfully ThankFully
Namu Daishi Henjō Kongō



To all walking henro, thank you for embarking on this arduous journey.
Please do not put your backpack or other bags on the bench.
Please take care as you continue your pilgrimage around Shikoku.