



Walking with a Yamabushi ascetic monk

Buddhist monk's ascetic training along the Kumano Kodo pilgrimage trail

EXPERIENCE / TOUR EXTENSION

1 day

Spend a half day hiking with a real Yamabushi ascetic monk and find out about the tough physical training these remarkable individuals undergo in the mountains

Shugendo, literally “the path of training to achieve spiritual powers” is a synthesis of mountain worship, esoteric Buddhism and Shinto. The religion’s Yamabushi, an ascetic monk or a mountain priest, is considered to have supernatural powers.

You’ll walk together on the trail from Hongu to Sanzai touge. The walk is around 5 miles / 8 kilometres and takes around 5 hours. Watch him blow the sacred conch shell horn and learn the tenets of Shugendo. Time on the trail with this fascinating, English-speaking monk will be a real highlight of your Kumano Kodo trip.

This experience is an Add-on package

This experience is ideal for those staying in Yunomine Onsen or Kawayu Onsen on the Kumano Kodo Trail. All our Self-Guided Kumano Kodo tours offer the opportunity to spend a leisurely second night in one of these hot-spring villages near the Grand Shrine at Hongu. Clients choosing the two-night stay can request this Experience for their intervening free day.

ITINERARY

DAY 1 > Meeting point in Hongu

Meet your Yamabushi guide in the morning and hike together on the trail, while learning the teachings of Shugendo.

Enjoy a mountaintop lunch together before descending back to the village of Hongu below.

