The Shikoku 88 Pilgrimage

A hike through spectacular scenery, with beautiful temples, terrific Onsen baths and delicious traditional cuisine on the ancient 88 Temple Pilgrimage in Tokushima and Kagawa Prefectures at the north-east tip of Shikoku Island.
safety & advice

Oku Japan/belocal.jp cannot be held responsible for any physical injury, theft, loss, accident or any incident arising from a journey you undertake with our itinerary, maps or walking directions. As with any journey on foot in a rural or mountainous area, proper care and planning is essential. These walking directions have been prepared on the understanding that you have the necessary experience to undertake the walk described.

It is safe to drink water from taps and some mountain springs, where you will usually find a small cup. Avoid rivers and still water.

Small snakes live in the mountains. They are afraid of humans and will normally hide long before you see them, but take care nonetheless; only the very rarest species is poisonous.

Japanese macaques live in the forest. They are not aggressive and will normally avoid you. If you do see them, do not feed or provoke them. They may try to steal any food you leave unattended, or even a backpack holding food!

Small brown bears also live in the mountains, though they are rarely seen. They will hear or smell you and move away long before you spot them. If you are walking early in the morning or if the trail is very quiet, it is best to make some noise as you walk - Japanese hikers sometimes wear ‘bear-bells’ which can be bought at stores selling hiking gear in Japan.

It is your responsibility to:

1. Check all train and bus times locally in case of changes.
2. Prepare adequately for your trip, including wearing appropriate clothing and checking weather daily.
3. Make sure you have adequate physical strength to complete the suggested route.
4. Notify Oku Japan if you change your plans. We have prepaid your accommodation; fees will apply if you cancel or fail to arrive. Please see our general conditions for changes if you need to cancel or change your itinerary.
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reproduced in any form without written consent.
Introduction

Even today, Shikoku has only three physical links with Japan’s main island of Honshu – one bridge from Tokushima Prefecture, one from Kagawa Prefecture and one from Ehime Prefecture. We have chosen sections of the Shikoku 88 Temple Pilgrimage trail in Tokushima and Kagawa which feature both rural trails and more urban routes. The walks are varied and at times challenging, but always rewarding.

Tokushima Walk 1 (Temple 1 Ryōzen-ji to Temple 3 Konsen-ji) is the gentlest of the four walks in Tokushima Prefecture, passing through suburban areas and visiting pretty temples; the optional extension to Temple 7 Jūraku-ji feels more rural.

Tokushima Walk 2 (Temple 11 Fujii-dera to Temple 12 Shōsan-ji) is one of the most demanding hikes – a long and strenuous trek over three peaks. Tokushima Walk 3 (Temple 20 Kakurin-ji to Temple 21 Tairyu-ji) is slightly less demanding, but still has a long, steady ascent if you choose to walk both sections; the second section is mainly level and passes through more suburban areas. Tokushima Walk 4 visits two beautifully remote temples on paved forest tracks. Kagawa Walk 1 (Temple 82 Negoro-ji to Temple 80 Sanuki Kokubun-ji) is extremely flexible, with several different options.

How to use this booklet

This booklet contains Walking Directions for the Shikoku 88 self-guided walking tour. Use it together with your Day-by-Day Itinerary and Walking Map. If you have not received your Day-by-Day Itinerary or your Walking Map along with your original paper documents in Japan, please contact us.

Numbers in the Walking Directions refer to numbered Way Points marked on our Walking Maps. Map orientation is north up. Distances are measured from the map and are approximate. We have printed the maps at different scales to include as much detail as possible on the map pages. The time needed for each walk is approximate and will vary according to your own pace.
# Walking Overview

## Tokushima Walk 1

<table>
<thead>
<tr>
<th>Section A: T1 Ryōzen-ji to T3 Konsen-ji</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 hours</td>
<td>6km / 3.7 miles negligble ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>negligble descent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Section B: T6 Anraku-ji to T7 Jūraku-ji</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>45 minutes</td>
<td>3km / 1.9 miles negligble ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>negligble descent</td>
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## Tokushima Walk 2

<table>
<thead>
<tr>
<th>Section A: T6 Anraku-ji to Inouchi bus stop</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>45 minutes</td>
<td>2.8km / 1.7 miles negligble ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>negligble descent</td>
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</table>

<table>
<thead>
<tr>
<th>Section B: Kamojima to T11 Fujii-dera</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 hour</td>
<td>3.1km / 1.9 miles negligble ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>negligble descent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Section C: T11 Fujii-dera to T12 Shōsan-ji</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5 hours</td>
<td>11.9km / 7.4 miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1230m / 4035 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>560m / 1840 feet of descent</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Section D: T12 Shōsan-ji to Nabeiwasō</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1.5 hours</td>
<td>3.6km / 2.2 miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100m / 330 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>570m / 1870 feet of descent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Section E: Nabeiwasō to Yorii</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 hour</td>
<td>3.7km / 2.3 miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>negligble ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>80m / 260 feet of descent</td>
</tr>
<tr>
<td><strong>Tokushima Walk 3</strong></td>
<td><strong>Approximate time needed</strong></td>
<td><strong>Walking distance &amp; elevation gain</strong></td>
</tr>
<tr>
<td>----------------------</td>
<td>----------------------------</td>
<td>-----------------------------------</td>
</tr>
</tbody>
</table>
| **Section A**  
Nabeiwasō to Hirono | 3.5 hours | 11.5km / 7.1 miles  
335m / 1100 feet of ascent  
505m / 1660 feet of descent |
| **Section B**  
T13 Dainichi-ji to  
T17 Ido-ji  | 3 hours | 9.2km / 5.7 miles  
140m/460 feet of ascent  
125m/410 feet of descent |

<table>
<thead>
<tr>
<th><strong>Tokushima Walk 4</strong></th>
<th><strong>Approximate time needed</strong></th>
<th><strong>Walking distance &amp; elevation gain</strong></th>
</tr>
</thead>
</table>
| **Section A:**  
Ikuna to T20 Kakurin-ji | 1.5 hours | 3.2km / 2 miles  
440m / 1440 feet of ascent  
negligible descent |
| **Section B:**  
T20 Kakurin-ji to  
T21 Tairyū-ji  | 2.5 hours | 7.1km / 4.4 miles  
460m / 1510 feet of ascent  
470m / 1540 feet of descent |
| **Section C:**  
Sanroku Station to  
Wajiki Higashi  | 20 minutes | 1.1km / 0.7 miles  
Negligible ascent  
Negligible descent |

<table>
<thead>
<tr>
<th><strong>Kagawa Walk 1</strong></th>
<th><strong>Approximate time needed</strong></th>
<th><strong>Walking distance &amp; elevation gain</strong></th>
</tr>
</thead>
</table>
| **Section A:**  
Negoro-guchi to  
T82 Negoro-ji  | 1.5 hours | 5km / 3.1 miles  
290 m / 950 feet of ascent  
negligible descent |
| **Section B:**  
T82 Negoro-ji to  
Shiromine-ji Rest Area  | 45 minutes | 2.3km / 1.4 miles  
145m / 475 feet of ascent  
90m / 295 feet of descent |
| **Section C:**  
Shiromine Rest Area to  
T81 Shiromine-ji  | 1.5 hours | 5.4km / 3.4 miles  
190m / 625 feet of ascent  
190m / 625 feet of descent |
| **Section D:**  
Shiromine-ji Rest Area to  
T80 Sanuki Kokubun-ji  | 2 hours | 5.8km / 3.6 miles  
negligible ascent  
375m / 1230 feet of descent |
Shikoku 88 Pilgrimage
Walking Directions
Tokushima & Kagawa
Tokushima Walk 1
Temple 1 Ryōzen-ji to Temple 3 Konsen-ji

Walking overview
Today’s walk is a gentle route through quiet suburbs of Tokushima. The course visits the first three temples of the Shikoku 88, some of the most beautiful on the whole pilgrimage. The walk is mostly on level, paved roads and should take about two hours. There is also a short optional walk from Temple 6 Anraku-ji to Temple 7 at the end of the day.

<table>
<thead>
<tr>
<th>Tokushima Walk 1</th>
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<th>Walking distance &amp; elevation gain</th>
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<tbody>
<tr>
<td>Section A:</td>
<td></td>
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</tr>
<tr>
<td>T1 Ryōzen-ji to T3 Konsen-ji</td>
<td>2 hours</td>
<td>6km / 3.7 miles negligible ascent negligible descent</td>
</tr>
<tr>
<td>Section B:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T6 Anraku-ji to T7 Jūraku-ji</td>
<td>45 minutes</td>
<td>3km / 1.9 miles negligible ascent negligible descent</td>
</tr>
</tbody>
</table>

Food and snacks
The route today passes a number of convenience stores, cafes and restaurants. There are also frequent opportunities to purchase drinks at vending machines along the way.
Section A: To Temple 1 Ryōzen-ji and Temple 3 Konsen-ji

Walking overview
Start from Naruto Nishi bus stop and head towards Temple 3 Konsen-ji, passing Temple 1 Ryōzen-ji and Temple 2 Gokuraku-ji along paved suburban roads.

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<td>2 hours</td>
<td>6km / 3.7 miles negligible ascent negligible descent</td>
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</table>

Walking directions

Head to the east side of Naruto Nishi service area, with a drinking fountain on the left and toilets on the right 1. Head right up stone steps beside a signboard.

At the end of the path, go through a metal gate ahead 2 and continue as the path descends.

Just after a car park on the right, turn left between two posts onto a fenced path skirting a small lake 3.
At the end of the lake, turn right and continue along the path 4.

Cross a road, pass between blue railings and enter Doitsu no Mori (the German Forest) 5. Follow the path round to the left, with a toilet on the left and a rest area on the right.

70m ahead, turn left at a fork and leave the park through a set of low concrete posts 6. Go straight ahead along the road in front of you. In 125m turn right.

120m ahead, turn left onto Route 12 at the intersection with traffic signals 7. The Sanmon entrance gate to Ryôzen-ji is 420m along this road on the left. There are some restaurants for lunch in this vicinity, and a convenience store 250m further along Route 12.
Temple 1 Ryōzen-ji (Vulture Mountain Temple)

The very first temple on the Shikoku 88 Pilgrimage, Ryōzen-ji was built during the Tenpyō era (729-749 AD) and more recently restored from 1644 to 1648. Tucked away behind the entrance building are a Daishido hall, a Sanmon entrance gate, a 2-storey pagoda, a pond and an impressive Hondō structure, with beautiful lanterns illuminating this main temple building. The temple holds great significance for the O-henro pilgrims, since it serves as both start and end point of the main 88 trail. Entering the temple grounds, you will first see a shop on the left and a car park further up to the right. There are toilets signposted to the left of the shop. Further behind the Sanmon entrance gate is a quieter shop with additional toilets. The shop sells all the items which O-henro traditionally carry on their pilgrimage - Oizuru (white cloaks), Suge-Kasa (conical hats), Kongō-Zue (wooden staffs), Juzu (prayer beads), Zuda-Bukuro (pilgrim's satchel), Osame-Fuda (name slips), O-Saisen (coins used to make offerings), Nōkyō-Chō (a stamp book to collect the insignia of each temple) and Senkō (incense sticks).
Leave the temple via the same Sanmon entrance gate. Cross the main road at the traffic signals and head south, directly away from Ryozen-ji down a narrow road.

In 250m turn right at a T-junction with Bando Gaikakuya Art Gallery on your left.

In 280m cross a bridge over Bando Tanigawa River. Continue straight ahead under an overpass.

100m after the overpass, reach a small temple on the right. Continue straight ahead.
In 180m, pass some traditional Japanese houses on the left. After another 100m the road forks, with a stone gate on the right. Take the right-hand path, passing beneath the gate and continue on this narrower road. Ignore a second right turn.

Further on reach another temple just before an intersection. Continue straight ahead at the intersection. Gokuraku-ji is 250m further along this road.
At Temple 2 Gokuraku-ji, a statue of Amida Nyorai (a celestial Buddha depicted in the scriptures of Mahāyāna Buddhism, whose name translates as "Infinite Light") is designated an Important Cultural Property of Japan. The grounds also house a beautiful Zen Buddhist garden and a fine Sanmon gate.

There is a huge old cedar tree known as the ‘cedar of longevity’ supposedly planted by Kōbō Daishi himself. Many of the buildings in the temple grounds were built during the Edo Period (1603-1868).

Pass under a large stone gate to enter the inner temple grounds and ascend a set of stone steps at the back of this area to reach the Hondō structure. Toilets are located on the left of the Sanmon entrance gate, close to the temple car park.
Leave Gokuraku-ji via the Sanmon entrance gate and take a signed right turn along a narrow path\(^{14}\) with a car park on your right and the temple behind you. The path zig-zags up through the trees.

Follow the path as it curves to the right\(^{15}\).

Shortly afterwards, pass through a graveyard\(^{16}\), with gravestones on either side of the path.

Descend through trees to a main road\(^{17}\). Turn right onto this road.
In 150m, the road curves gently round to the right. After another 220m, the road curves left.

After another 460m, pass a Shikoku 88 sign on the left, with rice fields down below. Continue straight ahead.

Eventually come to a bridge. Cross over the bridge. The road then narrows.

In 260m, the road curves to the right. Shortly afterwards pass an old Shikoku 88 sign on the right-hand side. Continue along the main road.

Head under an overpass and cross an intersection at traffic signals. In 300m the road curves around to the left, with a small power station on the left. Immediately after the road begins to curve, take the second right turn onto a paved path by a sign. Konsen-ji is 150m further along this path.
This temple was rebuilt during the Edo Period (1603-1868) after it was burnt down by the samurai clan Chōsokabe 長宗我部氏 in 1582. One of the most atmospheric temples along the 88 route, Konsen-ji is home to a blood-red pagoda and bridge.

As with Ryōzen-ji and Gokuraku-ji, Konsen-ji was founded by the Buddhist monk Gyōki 行基 during the Nara Period (710-794 AD). The main statue at Konsen-ji is of Shaka Nyorai, whose teachings laid the foundations for the Buddhist religion.

Enter Konsen-ji from the secondary entrance to the east and exit from the main Sanmon gate to the south – be sure to take in a quick view of the main entrance from outside the complex before heading onwards. Toilets are located beside the car park, to the left of the Sanmon entrance gate.
As with Ryōzen-ji and Gokuraku-ji, exit Konsen-ji from the Sanmon entrance gate and follow the road south.

In 150m reach an intersection with a Hokora shrine on the left. Turn right onto the main road, heading directly away from the Hokora shrine. In 160m, pass Hanagaki, a Japanese restaurant on the left.

After 230m, reach a Hokora shrine on the left. Turn left directly after the shrine at the crossroads.

Further on, as the road curves slightly, you will see Itano railway station directly ahead.
At Itano railway station, there are toilets on the left and vending machines inside. If you are heading to Itano Eki Minami bus stop (Itano Station South bus stop) look for the car park to the right of the station.

Take a narrow path to the right of the car park. The car park and train tracks are now on your left.

In 150m come to the end of the road with a tunnel on your left. Pass through the tunnel under the tracks.

Emerge from the tunnel and Itano Eki Minami bus stop is directly ahead of you on the other side of the road. There is a pedestrian crossing just to the left.

**Useful information**
The large pink building further up to the left is a supermarket. If you are taking the bus to Higashihara rather than Tokushima, this is a good place to stock up on snacks and drinks for the next walk. There are toilets near the north-east exit.
Section B: Higashihara Bus Stop to Temple 6 Anraku-ji

Walking overview
This section has directions to Temple 6 Anraku-ji and an optional walk to Temple 7 Jūraku-ji. Anraku-ji is situated in Itano in north-eastern Tokushima Prefecture, a short walk away from Higashihara bus stop. Jūraku-ji is another short walk beyond Anraku-ji. The walks are paved and predominantly flat. The full walk to Jūraku-ji and back to Anraku-ji takes about 45 minutes and feels pleasantly rural.

<table>
<thead>
<tr>
<th>Tokushima Walk 1</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section B: T6 Anraku-ji to T7 Jūraku-ji</td>
<td>45 minutes</td>
<td>3km / 1.9 miles negligible ascent negligible descent</td>
</tr>
</tbody>
</table>

Food and snacks
There is a café in front of Anraku-ji, but other options are limited.

Walking directions

Alight at Higashihara bus stop and head south, the direction from which the bus has come. In 30m, turn right at a set of traffic signals onto Route 139.

In 280m, pass a stone marker on the left, then cross a bridge. Continue straight ahead.
In 185m, reach the temple’s car park and toilets on the right. Turn left here to Anraku-ji 🍒. Pass a café and reach the temple entrance ahead on the right.
Anraku-ji is a popular lodging for pilgrims on the first night of their hike across Shikoku. Established by Kōbō Daishi in 815, in the Kōnin era (810-824), it is believed the monk also undertook the pilgrimages from Temple 11 to 12 and 80 to 82 during this same trip. The hot-spring bath inside the temple lodging at Anraku-ji is said to have curative properties. Important Cultural Artifacts at the temple are its two-storey pagoda, with an interior adorned with richly-coloured pictures and elaborate carvings depicting the Buddhist paradise of Jōdo (unfortunately the pagoda is not usually open to the public), and a Sakamatsu pine tree which protected Kōbō Daishi from the arrows of a huntsmen who shot at the meditating monk mistaking him for a wild boar. The Sakamatsu tree stands directly in front of the 2-storey pagoda. The Honzon at the temple is a statue of Yakushi Nyorai, a Buddha said to cure ills.

Toilets are located on Route 139 just to the right of Map Point 33 by the car park. There are more toilets inside the main building. There is a café to the right of the Sanmon entrance gate, towards Route 139.
For a short optional walk from Temple 6 Anraku-ji to Temple 7 Jūraku-ji, return to Map Point (33). Instead of turning left towards Anraku-ji, continue along Route 139, which narrows. 400m beyond Anraku-ji turn right onto a narrower road 34.

Cross a small intersection and continue. As the road curves left, pass the entrance to Kumano Jinja 熊野神社 35, a Shinto Shrine unrelated to the Shikoku 88, but still worth exploring.

Continue past the shrine. Reach a wider road 36. Take a signed right turn to Jūraku-ji 50m ahead. Retrace your steps to Temple 6 Anraku-ji. If you prefer, you can walk back along Route 139: return to Map Point 36, but continue straight ahead to Route 139 and turn left. Anraku-ji is 1km along Route 139 on the right.
Temple 7 Jūraku-ji 十楽寺 (The Temple of Ten Blessings)

Temple 7 on the 88 route is Jūraku-ji, is a Shingon Buddhist temple said by temple legend to have been founded by the revered priest Kōbō Daishi According to the legend, Kōbō Daishi stayed here overnight and was visited by the spirit of Amida Nyorai whose statue can be seen at Temple 2 Gokuraku-ji.

The spirit gave Kōbō Daishi a profound awakening and he immediately began work on carving a Kusunoki (camphor tree) into a statue which now stands as the Honzon principal statue at the temple.

Other important artifacts at the temple are a Mizoko-Jizō, a statue said to help the souls of unborn children, located close to the temple entrance, as well as a Daishidō, a hall with an enshrined statue of Kōbō Daishi. In front of this stands a Chiganshitsume Kyūsai Jizō-son, a statue said to cure poor eyesight.
Tokushima Walk 2

Temple 11 Fujii-dera and Temple 12 Shōsan-ji

Walking overview
The first demanding hike in Shikoku heads south from Kamojima, ascending Mt. Shōsan-ji 20km south-west of Tokushima City. The complete route of today's walk has 5 sections. Most clients will be content to walk Section C (the long, strenuous hike up Mt. Shōsan-ji to Temple 12), Section D (the descent back down towards Nabeiwasō), and Section E (depending on the location of tonight’s overnight stay).

If you have stayed overnight at Anraku-ji, you can lengthen today’s walk by walking Section A from Anraku-ji to Inouchi where you board the bus for Kamojima Station. Section B is an additional opportunity to increase the walking, with a level, paved hike from Kamojima Station south to Temple 11 Fujii-dera.

From the grounds of Fujii-dera Temple, Section C follows a dirt forest trail up into the mountains. It passes over two peaks of 600m and 750m and finally ascends a third peak towards Temple 12 Shōsan-ji, named after the mountain on which it stands. The uphill hikes are long, sometimes steep and rather challenging.

After arriving at Shōsan-ji temple, at an altitude of 680m, Section D then descends via forests and paved roads towards Nabeiwasō. The final Section E is for clients travelling onwards and continues to the small town of Yorii, where the full hike ends.

Sections A, B, C, D and E will take an experienced hiker around 9 hours and is one of the most challenging hikes on the tour. Most clients will enjoy the walk best if they start from Section C at Fujii-dera, thereby reducing the walking time to around 7.5 hours. Clients staying overnight in Nabeiwasō will not walk Section E, further reducing the walk to around 6.5 hours.

The hike between Fujii-dera and Shōsan-ji has many Jizō Bodhisattva statues – we count 81 in total, but you may find more. These statues watch over children and travellers - a welcome encouragement on the long walk.
Food and snacks
Clients choosing to walk all four sections pass a convenience store and supermarket in Section B. Most clients will choose to walk just Section C and Section D, so should purchase snacks and drinks beforehand. Opportunities to purchase snacks and drinks on Section C are limited until reaching Shōsan-ji.

Arriving at Fujii-dera by taxi
If you arrive at Fujii-dera by taxi, the driver will drop you at the car park in front of the temple. Begin the hike from the end of Section B, just ahead of Map Point 6 in the Walking Directions below.
Section A: Temple 6 Anraku-ji to Inouchi Bus Stop

Walking overview
Clients who have stayed at Anraku-ji and are seeking a strenuous day can walk Section A from Anraku-ji to Inouchi bus stop. The route is mostly level.

<table>
<thead>
<tr>
<th>Tokushima Walk 2</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
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<tr>
<td>Section A: T6 Anraku-ji to Inouchi bus stop</td>
<td>45 minutes</td>
<td>2.8km / 1.7 miles negligible ascent negligible descent</td>
</tr>
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</table>

Walking directions

Return to Map Point 32. Turn right at the stone marker immediately after the bridge. Follow the narrow path as it skirts the stream on the right. Follow the path and stream 37.

At the end of the path, a road joins from the right which joins another road immediately ahead 38. Ignore the first right turn and take the wider road up ahead, heading right over a bridge.

Come to a crossroads and a set of traffic signals 39. Turn left onto a narrower road here, crossing the main road.
Shortly afterwards, come to a fork with roads leading up and down. Take the right fork heading downhill.

Come to a sharp curve right and continue along the same road.

Reach a main road. Aim for the road heading in the same direction, just a little to the left beyond the main road. Take care when crossing the Route 14 – use the signals further up on the right.

Across the main road, continue in the same direction with fields on either side and mountains straight ahead. In 550m the road curves right by a cattle farm.
Further ahead, cross a small stream. Eventually the road ends at an intersection 44. Turn left onto Route 15. Inouchi bus stop is 75m further ahead.

**Inouchi Bus Stop**
The bus stop sign is on the left-hand side of the road, with a stone marker and vending machine just beyond. Buses for Kamojima depart from the right-hand side of the road, even though there is no bus stop sign here. Cross the road and wait for the bus directly on the corner of Route 15 and a narrower road leading off to the right. For safety, you may prefer to stand just along the narrow road until the bus appears. If you arrive early at the bus stop, you can head 100m further along this narrow road to explore Nyubo Jinja, a Shinto Shrine.
Section B: Kamojima to Temple 11 Fujii-dera

Walking overview
A short walk from Kamojima Station to Temple 11 Fujii-dera. The route is level and paved throughout. Section B is for clients who are seeking a strenuous walk and have chosen not to head straight on to Section C by taxi.

<table>
<thead>
<tr>
<th>Tokushima Walk 2</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section B</td>
<td>1 hour</td>
<td>3.1km / 1.9 miles</td>
</tr>
<tr>
<td>Kamojima to T11</td>
<td></td>
<td>negligible ascent</td>
</tr>
<tr>
<td>Fujii-dera</td>
<td></td>
<td>negligible descent</td>
</tr>
</tbody>
</table>

Arriving at Kamojima by train or bus
If you arrive at Kamojima by train, begin from Map Point 1. If you arrive at Kamojima by bus, alight at Kamojima Eki-maedaori 鴨島駅前通, which is Map Point 2.

Walking directions

Exit Kamojima Station, cross the plaza and enter a covered shopping arcade to the right 1. This main road is Route 155, which you will follow for 1.8km. At the end of the shopping arcade, cross the road at the traffic signal and continue ahead.

Arrive at Kamojima Eki-mae Tooru bus stop and continue south, heading away from the covered shopping arcade 2. In 200m, pass two Shinto shrines next to each other on the right, Kotoshironushi Jinja 事代主神社 and Kamojima Jinja 鴨島神社.
In 130m, reach Highway 192 and a set of traffic signals. There is a convenience store on the opposite corner. Cross and continue in the same direction. Pass a supermarket on the right.

In 300m the road curves round to the left and crosses a river. In 270m cross the road at traffic signals. Continue along Route 155 for another 560m to an intersection. Turn right. In 145m pass a vending machine in front of a shop to the right.

Take the next left turn at a crossroads.

Further ahead, come to the end of the road. Turn right, passing a small model temple and stone marker on your left.

Reach a sign and stone marker. Pass a road on the right and continue ahead. 200m beyond a sign and marker, pass the car park for Fujii-dera up on the left. Toilets are just ahead and the temple is over a small footbridge on the right.

Cross the footbridge to reach the Sanmon entrance gate. Head up the steps and pass stone markers on the right. Ascend more steps on the right to enter the main temple complex.
Temple 11 Fujii-dera 藤井寺
(The Temple of the Wisteria Well)

Located at the foot of Mount Shōsan-ji, Temple 11 Fujii-dera is the start of one of the most challenging hikes on the Shikoku pilgrimage's path to enlightenment. During the 6th year of the Kōnin era (815), Kōbō Daishi undertook the rite of Goma Shuhō, a prayer of blessing by burning cedar sticks, in the grounds here.

The wisteria from which the temple takes its name is said to have been planted by Kōbō Daishi himself and today a five-colour wisteria blooms in early May.

Although not always open to public viewing, the dragon motif on the inside roof of the Hondō main building at Fujii-dera is truly spectacular. Toilets are located in front of the car park before the temple grounds.
Section C: Temple 11 Fujii-dera to Temple 12 Shōsan-ji

Walking overview
A long and sometimes strenuous dirt forest trail up Mount Shōsan-ji from Temple 11 Fujii-dera to Temple 12 Shōsan-ji.

<table>
<thead>
<tr>
<th>Tokushima Walk 2</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section C: T11 Fujii-dera to T12 Shōsan-ji</td>
<td>5 hours</td>
<td>11.9km / 7.4 miles 1230m / 4035 feet of ascent 560m / 1840 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

The Honkan main building at Fujii-dera is at the top of the main set of steps in the temple grounds. Locate a statue of an O-henro pilgrim to the left of the Honkan 7. Pass to the left of this statue and head up a set of steps.

Mount Shōsan-ji 烏山寺山

The hike climbs Mount Shōsan-ji from Fujii-dera temple to Shōsan-ji. Shōsan-ji is about three-quarters of the way up the mountain, whose summit is at 938m. Today’s walk will take you to the highest elevation on your Shikoku tour.

Enter a forest and pass a number of Jizō statues. Take a signed left turn onto a dirt trail for Shōsan-ji 烏山寺. Continue to a road and some benches. Follow a sign right on the road for Shōsan-ji 烏山寺. In 20m, leave the road again, taking a signed left back into the forest 8.
At a sign for Shōsan-ji 還山寺 11.6km take the road upwards to the left. The paved section ends at a white storehouse 9. Continue and re-enter the forest.

After about 600m, reach a rest area and stone markers 10.

Further on, reach the statue of Mizu Daishi 水大師. There is clean drinking water at the pipe on the left. Further ahead, reach Chōudoan Temple.

Chōudoan Temple 長戸庵 (The Great Gate Retreat)

At 440m above sea level, Chōudoan marks just under one third of the journey from Temple 11 Fujii-dera to Temple 12 Shōsan-ji. Despite not being part of the official 88, this Buddhist temple still marks a significant stop on the O-henro hike up the mountain. The Honzon statue at Chōudoan is Kōbō Daishi – this was his first rest stop between Fujii-dera and Shōsan-ji on his original pilgrimage here.
Some way beyond Chōudoan Temple come to a rest area with wonderful views. Eventually reach a Shikoku 88 sign 11 and continue.

Reach a fork at a sign 12. Continue ahead, ignoring the smaller path to the right. Pass a Shikoku 88 signpost and then a sign for Ryūsuian 柳水庵 1.8km where the path heads to the left.

Pass a Jizō on the right and take the right path at a fork 13. Further ahead, turn up to the left at a fork in the path, passing wooden signs on both sides and a stone marker on the right.

Descend on a paved path. Just ahead is a rest area with a guestbook. Reach Ryūsuian which is just ahead on the right.
Ryūsuian Temple 柳水庵
(The Willow Stream Temple Retreat)

Another important waypoint on the hike up Mount Shōsan-ji is Ryūsuian Temple at 500m above sea level. Ryūsuian marks the start of the second of three ascents on this trail and is about half-way between Temple 11 Fujii-dera and Temple 12 Shōsan-ji. As with Chōudoan, the Honzon statue at Ryūsuian is of Kōbō Daishi. Toilets are located at the end of the temple grounds, just before the path becomes paved.

Pass Ryūsuian and descend along the paved road. Pass a stone marker and Shikoku 88 signpost to join a road heading right. A short distance along the road take a signed left turn up a dirt path 14.

A few hundred metres further along, pass a large rock on the left 15.

Take a signed left turn up a narrower path. Follow the path up and round to the left.
After 80m reach a road. Cross straight over to re-join the dirt path.

By a Jizo statue the path curves sharply.

Just ahead, reach a set of stone steps. Ascend to an Ipponsugi and a statue of Kōbō Daishi.

Ipponsugi-to-Kōbō-Daishi-zō 一本杉と弘法大師像 (A cedar tree and Kōbō Daishi)

One final important stop on the hike up to Shōsan-ji Temple is a statue of Kōbō Daishi in front of a solitary cedar tree, known as Ipponsugi in Japanese. Ascending the stone steps towards the silhouette of the revered priest makes you feel you are walking with him. This statue should renew any O-henro’s resolve to complete the final push on this hike. At 748m above sea level, this is the highest elevation on the walk. This marks the summit of the second of the three steep ascents.
From here you start to descend. Eventually arrive at a road and take a signed left turn downhill on a path just beyond the road. The path emerges onto a road. Turn left. Pass a small graveyard on the left and then a Jizō. Be careful not to miss the signed right turn after this 18. There are good views onto the valley here.

Leave the road and follow the narrow path down. Drop down to a road. Cross and continue downwards 19.

Take a narrow path down into the forest at a sign 20 and cross a stream.

Further ahead, after crossing the river, pass a sign 21. The trail winds up through the forest. This is where the third challenging climb begins.
At the top of the climb through the forest, join a gravel track by a bench. The gravel track joins a road. Come to a row of stone lanterns on the right. Pass between the gaps and head towards the large stone statue. Continue on this pedestrian approach to the temple, with the lanterns on your left.

Pass various Buddhist statues on the right and enjoy beautiful views onto the valley on your left. After 110m, come to a set of steps up to the right and a signed path leading down on the left. Shōsan-ji is up the steps.
The reward for completing three demanding climbs, Shōsan-ji is a stark temple, surrounded by nature and the spectacular valley views a 680m altitude affords. As the second-highest staffed temple on the whole 88, Shōsan-ji stands as testament to the dedication and ingenuity of the monks who first constructed the temple. Legend says it was founded during the Taihō era (701-704) by En no Gyōja, the ascetic who founded Shugendō, the religion of mountain worship.

The Honzon principal statue is of Kokūzō Bosatsu, a Bodhisattva related to the concept of space and whose mantra is also related to Temple 21 Tairyū-ji. Other important cultural assets at the temple are a Showa-era (1926-1929) monument, a statue of Kōbō Daishi and the temple bell.

Toilets are located in the main temple building. There is a public telephone up on the left as you enter the temple grounds.
Section D: Temple 12 Shōsan-ji to Nabeiwasō

Walking overview
A mixture of paved roads and dirt trails descending from Temple 12 Shōsan-ji to Nabeiwasō bus stop.

<table>
<thead>
<tr>
<th>Tokushima Walk 2</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section D: T12 Shōsan-ji to Nabeiwasō</td>
<td>1.5 hours</td>
<td>3.6km / 2.2 miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100m / 330 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>570m / 1870 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

Head back down the temple steps, returning to Map Point 23. Follow the left path this time, with red lanterns to the left and a main road down below. Reach the road and take a signed right turn down to the right on the other side, leaving the road 24.

Reach a main road 25. Cross the road and re-join the dirt path on the other side.

Further down, join a road and head left. After 80m look out for a signed right turn to re-enter the forest on a gravel path away from the road 26.
Reach a fork at a stone marker 27. Ignore the steeper descending right-hand path and instead, follow the path to the left of the stone marker.

Descend to a road and a signpost 28. Join the road heading downhill. Further ahead reach Jōshian.

Jōshian 杖杉庵 (Cedar Cane Retreat)

The last important monument on the walk is Jōshian, a Shingon Buddhist temple with an impressive statue of Kōbō Daishi and Emon Saburō 衛門三郎. Emon Saburō’s gravestone lies to the right of the temple (a long pillar with two flowers in front). The redemptive tale of Saburō is recounted in your Shikoku Guidebook. The main image at Jōshian is a Jizō Bosatsu – a Bodhisattva who looks over children, travellers and the underworld. There are benches at the temple.
Just beyond Jōshian, take a signed narrow paved path down to the left 29, leaving the road.

50m down the path, cross a road 30. 60m ahead, take a narrow signed dirt path down to the left.

Descend through the forest. Reach a Shikoku 88 sign by a road 31. Join the road and head downhill, taking a shortcut between the white barriers ahead and heading down the road to the right.

Follow the road through a small settlement. Cross the river at a bridge by a public payphone 32. Come to a rest area on the left just before O-henro Eki 75m ahead on the right.
80m beyond O-henro Eki, cross a stream to reach a crossroads. To the right is the Shōsan-ji bus stop, which has infrequent departures to Yorii. Take the right-hand road, Route 43, with the bus stop directly behind you.

90m along Route 43, come to a signed turning for the Shikoku 88 on the left. IGNORE this turn, as this leads off to Temple 13. Continue south along Route 43.

265m further down the road, reach a bridge with Nabeiwa Higashi bus stop on the right and an intersection on the left.

Nabeiwasō Minshuku is over the bridge on the right. For clients heading towards Yorii, continue along Route 43 as described in Section E.
Section E: Nabeiwasō to Yorii

Walking overview
Clients continuing onwards from Nabeiwasō follow the riverside paved road descending from Nabeiwa Higashi bus stop to the small town of Yorii. Kamiyama Onsen is a 3km bus ride beyond Yorii; the buses continue onwards from Kamiyama Onsen to Tokushima.

<table>
<thead>
<tr>
<th>Tokushima Walk 2</th>
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<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section E: Nabeiwasō to Yorii</td>
<td>1 hour</td>
<td>3.7km / 2.3 miles negligible ascent 80m / 260 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions
Continue down Route 43. The road eventually turns right over the river. Cross the bridge and come to the end of Route 43. Turn left onto Route 438, passing vending machines, a convenience store and a payphone.

In 110m fork right, leaving Route 438 and joining the narrower road. Kamiyama Kōkō Mae bus stop is at the beginning of this smaller road on the left, just at the junction. For a quieter place to wait for your bus, Yorii bus stop is 220m up on the left. If you need a public payphone Yoriinaka bus stop is 200m further beyond Yorii bus stop, also on the left.

Yoriinaka bus stop
If you have arrived later at Yorii and will catch one of the last two buses to Tokushima, please call Oku Japan from the payphone at Yoriinaka bus stop and let us know. We will inform your accommodation. At Yoriinaka, the bus stop sign is on the right-hand side of the road, but buses towards Tokushima leave from the left-hand side, heading in the same direction as you have walked. Wait near the payphone to board the bus; the bus will stop if you are waiting directly on the corner of the intersection.
Tokushima Walk 3
To Temple 13 Dainichi-ji and onwards to Temple 17 Ido-ji

Walking overview
Our Tokushima Walk 3 includes two walking sections. Clients looking for a challenging day can walk both Section A and Section B. Clients who prefer a more moderate day can walk Section B only.

Starting beyond Temple 12 Shōsan-ji and the O-henro Eki rest area close to Nabeiwásó bus stop, Section A begins with a forested dirt trail and ascends to a height of 450m. It then leaves the forest and weaves through the mountains and valleys along paved roads, gradually descending towards the small town of Hirono. Section A also contains an optional forest trail detour to Uematsu and Shitamatsu shrines, adding a further 20 minutes and 600m to the figures below.

A short bus journey along a busy highway connects Hirono at the end of Section A with Temple 13 Dainichi-ji at the start of Section B.

Section B is a more cultural walk onwards from Temple 13 Dainichi-ji, passing Temple 14 Jōraku-ji, Temple 15 Awa Kokubun-ji, Temple 16 Kannon-ji and Temple 17 Ido-ji. The route is along mostly flat, paved paths through suburban areas, with a short forested dirt trail section between Jōraku-ji and Awa Kokubun-ji.
## Tokushima Walk 3

<table>
<thead>
<tr>
<th>Section A</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nabeiwasō to Hirono</td>
<td>3.5 hours</td>
<td>11.5km / 7.1 miles 335m / 1100 feet of ascent 505m / 1660 feet of descent</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Section B</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>T13 Dainichi-ji to T17 Ido-ji</td>
<td>3 hours</td>
<td>9.2km / 5.7 miles 140m / 460 feet of ascent 125m / 410 feet of descent</td>
</tr>
</tbody>
</table>

### Food and snacks

Section A has no opportunities to purchase snacks or drinks, so please be prepared before starting the walk. There are a couple of points where drinking water is available. Section B passes a small number of restaurants and vending machines but we still suggest purchasing snacks and drinks before you set out.
Section A: Nabeiwasō to Hirono

Walking overview
Section A begins near Nabeiwa Higashi bus stop, beyond Temple 12 Shōsan-ji. The trail first climbs on a forested dirt trail. After an ascent of 200m over 2km, the route continues to Hirono on paved roads, gently descending through beautiful valleys and small settlements. Towards the end of the walk, there is an optional, short detour up to the Shintō Shrines Uematsu Jinja and Shitamatsu Jinja. The trail ends with a riverside road walk alongside Akuigawa River to Hirono. Please study bus times in your Day-by-Day Itinerary to ensure convenient onward travel from Hirono.

<table>
<thead>
<tr>
<th>Tokushima Walk 3</th>
<th>Approximate time needed</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Section A</td>
<td>3.5 hours</td>
<td>11.5km / 7.1 miles</td>
</tr>
<tr>
<td>Nabeiwasō to Hirono</td>
<td></td>
<td>335m / 1100 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>505m / 1660 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

Return to Map Point 34 of Tokushima Walk 2, 225m north of Nabeiwa Higashi bus stop to begin Section A of today’s hike.

Arriving from the south, the O-henro おへんろ stone marker and entrance to the path will now be on the right. Follow the forested dirt trail right over a small bridge 1, ignoring the left-hand path beside a shed.

After a short descent, reach a fork 2. The path down to the right leads to a small shrine. To continue along the trail, take the left path.
Past a grave site, follow the path down and round to the left with a stone wall up on the left and an orchard to the right.

Follow the road into the forest. Take the left fork in the road.

Higher up, at a stone marker indicating a dirt trail on the 88 Pilgrimage, join this dirt trail.

Further ahead, the path divides for a short period, reconverging at a stone O-henro おへんろ marker in front of a Jizō. Continue up a fairly steep rocky trail.

Reach a road. Turn right and continue uphill.
In 110m ignore a dirt trail up to the right and follow the road left. At 450m in altitude, this is the highest point on the hike today. Reach an O-henro rest house with toilets and drinking water. Follow the road down and left.

Ignore a road which converges from the right; continue downhill.

Leave the forest, with views out over the valley. Reach a crossroads. Continue ahead downhill, with the valley down to your right and wonderful views.

Ignore the uphill path on the left. Continue down to the right.

400m further down, ignore a left fork uphill and continue along the same road.
After another 400m, reach three converging roads 12. A left-hand path leads to a gravestone, but take instead the road ahead, curving round to the left. There is a rest area with toilets. Beneath the rest area is a basin with drinking water.

Further down ignore the left turn at a fork 13.

Enjoy good views of the valley to the right. Reach a small settlement, ignoring another path leading up to the left 14.

Further ahead, ignore a turning up to the left 15. Follow the same road downhill. Soon there are some of the best valley views of the whole day.

Further down, ignore a right turn and follow the road round to the left 16.
Finally join a wider road, Route 20, continuing in the same direction 17.

Cross Akuigawa River to enter the small settlement of Agawa. Follow Route 20 as it curves round to the right. Pass Agawa bus stop 阿川 on the right, with limited departures to Tokushima. 35m beyond this, turn right over a bridge 18, crossing Akuigawa once again.

On the other side of the river, pass a graveyard on the right. Just beyond this, turn left 19.

Walk with the river on your left. When the road leaves the village and enters a forest, continue ahead, ignoring a right turn 20.

After a sharp right turn, reach a fork in the road 21. The path up to the right leads to an optional forested dirt trail to Uematsu and Shitamatsu shrines. For Hirono, continue left at the fork in the road.
Uematsu 植松神社 and Shitamatsu Jinja 下松神社 (Upper Pine and Lower Pine Shrine)

If you would like to explore the two small shrines in the forest here, take the small path up to the right. The distance to the top is 290m, with an ascent of 60m.

The discarded sake bottles at the lower (Shita) and upper (Ue) Shintō Shrines here are intended gifts to the deities enshrined in these temples, since alcohol is considered one of a number of substances with purifying qualities in Shintōism (other items with these properties are water, fire, sand and salt).

Return to Map Point 21 to continue towards Hirono.
Continue downhill. Reach a narrow bridge to cross Akuigawa River for the third time. Turn right on the other side, skirting a stone wall.

Eventually arrive at a main road, Route 20, which you joined briefly earlier on the walk. Pass Komasaka Higashi bus stop to join this wider road heading right, with the river on your right. Walk along this road for around 3km to Hirono.

In the village, pass a gas/petrol station on the right. Turn right at a set of traffic signals, heading over Akuigawa River one last time. Turn right at the end of the bridge. Minami Hirono bus stop is 15m ahead on the same side of the road.

**Route 21 by bus or on foot**
From the end of Section A at Hirono, the 88 Pilgrimage continues along Route 21 beside the Akuigawa River for 7.7km to Temple 13 Dainichi-ji where our Section B begins. We recommend taking a bus from Minami Hirono to Ichinomiya Fudashomae near Temple 13 as the route is not scenic. You may see O-henro walking along Route 21, but walking this stretch is only for the very dedicated!
Section B: Temple 13 Dainichi-ji to Temple 17 Ido-ji

Walking overview
Section B begins from Temple 13 Dainichi-ji, heading through small towns along level, paved backroads. The hike ends just after Temple 17 Ido-ji. At the beginning of the hike, there is the option to explore the forest path up to Ichinomiya Castle ruins. This makes an interesting detour.

<table>
<thead>
<tr>
<th>Tokushima Walk 3</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section B</td>
<td>3 hours</td>
<td>9.2km / 5.7 miles</td>
</tr>
<tr>
<td>T13 Dainichi-ji</td>
<td></td>
<td>140m/460 feet of ascent</td>
</tr>
<tr>
<td>T17 Ido-ji</td>
<td></td>
<td>125m/410 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

Alight at Ichinomiya Fudashomae bus stop. Immediately south of the bus stop is the entrance to the castle ruins. Head back along Route 21 in the direction the bus came from. Temple 13 Dainichi-ji is ahead on the right - the Shōrō bell tower is visible from here. The Shintō Shrine Ichinomiya Jinja is on the left.

Ichinomiya Castle ruins 一宮城の遺跡

South of Ichinomiya Fudashomae bus stop, behind Ichinomiya Jinja is a forest path of stone steps leading up to the castle ruins of Ichinomiya. Although little remains of the castle itself, the view from the top is scenic and the layout of the grounds is interesting. On the journey up, you will pass the Kurazō 倉蔵 (storehouse), Kuruwa 曲輪 (a defensive fortification point), Saizō maru 才蔵丸 (a defensive viewpoint), Tatehori 嵙堀 (a vertical perimeter) and a Mon 門 (gate), before reaching the Motomaru 本丸 (inner citadel). It is 850m to the top, with an ascent of 135m. The detour to the castle ruins takes around an hour in total.
Temple 13 Dainichi-ji 大日寺
(The Temple of the Supreme Buddha Dainichi)

Temple 13 on the Shikoku 88 Pilgrimage has two unique aspects. It is the only temple of the whole 88 which is also part of another pilgrimage circuit – Dainichi-ji is temple number 5 on the Shikoku Sanjusan Kannon Reijō, a trail covering Shikoku and smaller nearby islands which takes in 33 Kannon Bodhisattva statues.

The other distinguishing feature here is outside the temple grounds themselves – immediately opposite is another important religious building, the Shintō Shrine Ichinomiya Jinja. Founded by Kōbō Daishi in 815 (Kōnin year 6), other noteworthy items at Temple 13 are the Ju-ichi Men Kanzei-on (an 11-faced Bodhisattva), a Shiawase Kannon (a blessed Kannon statue protected within two cupped hands) and a Daishi-dō statue to the east. Toilets are at the far east of the grounds, near the Shōrō bell tower.
From Dainichi-ji return to Map Point 25, this time with the temple on your left. Turn left by the bell tower onto a narrower road with the temple still on your left. In 65m, reach a fork with a stone pillar on your left 26. Ignore the right turn here and continue straight ahead.

Along this road, come to a Jizō at a fork 27. Take the left fork and follow this narrower route as it curves round to the left.

In 105m ignore a right turn; the path joins a wider road near a bamboo grove. Take this wider road right, with the grove on your left and a small storehouse on your right. Behind the trees, further over to the left is Akuigawa River. The path runs alongside Akuigawa River for another further 375m.

In 110m, reach a Jizō on the left. Pass a stone marker to join a narrow path ascending on the left and leading up to Ichinomiyabashi Bridge 28. At the top of the ramp, turn left and cross over Akuigawa River.

On the other side of the river, you need to follow the road round to the right 29. To cross the road, follow the road left until you reach a Jizō and public payphone.
Cross to the other side of the road and head right along this road, Route 207. Along here turn left at a stone marker 30.

Follow this narrower road and in 160m, take a signed right turn. Immediately after this, take the middle of three paths, all winding round to the right 31. Further ahead, this path joins the lower road. Continue round to the right.

Pass a white traffic barrier and ignore a right turn. Beyond a small lake, take a signed right turn 32.

Further ahead turn left at a stone marker 33. Come to a Torii gate on the left, indicating the entrance to Hie Jinja.
Hie Jinja 日枝神社 (Sun Branch Shrine)

As a Shintō Shrine, Hie Jinja is not part of the Buddhist 88 Pilgrimage, but still worth exploring. A small Hokora Shrine at the very back of the grounds, beyond the lake, demarcates the boundary between Hie Jinja and the beginning of Temple 14 Jōraku-ji, to the north of the lake here.

Head away from the shrine, with a school on your left. Follow the road round to left at the corner of the school. In 70m reach a fork. Take the left path to reach Jōraku-ji, up the steps.
The second of today’s temples, Jōraku-ji, was founded by Kōbō Daishi in 815. The Honzon principal object of worship here is a Miroku Bosatsu (Maitreya Bodhisattva) and a Daishi-dō, housing an enshrined statue of Kōbō Daishi, stands just in front of the Hondō main building.

A feature unique to Temple 14 is the school passed just before Hie Jinja – Eirakuen was originally founded during the Shōwa period as a boarding school for war orphans and is the only school on the whole of Shikoku enshrined as sacred Buddhist ground.

Try to find the statue of Kōbō Daishi tucked atop the branches of one of the taller trees at the temple as well. Toilets and a public payphone are located to the left of the steps at the entrance of Jōraku-ji.
After you have finished at the main temple, locate a small shrine at the back of the grounds and take a narrow forested trail up to the right.

The trail is a combination of dirt paths and stone steps. It leads to a covered rest area with views out over the area. Take the steps heading down to the right, just beyond the wooden shelter.

Join a main road and turn left. Keep left at a fork.

Along the road, pass a stone statue on the left. Pass the small temple Iwabune Jizō-son on the left.

Ignore a right turn to arrive at three diverging roads. Take the signed middle road ahead between houses.
85m ahead, take a signed left turn (39). Follow this new road round to the right. Reach the Sanmon entrance gate of Közen-ji Temple on the left. Although not part of the Shikoku 88, this Buddhist temple, with its enormous graveyard is worth exploring. Continue along the road with rice fields to the right.

Reach the end of a rice field (40). Turn right beside the rice field and head along this road to reach Awa Kokubun-ji.
Prominent features of Awa Kokubun-ji are the now familiar Goshiki-maku or ‘five-coloured curtain’ draped inside the main Hondō building, denoting the Buddhist origins of the temple. Founded earlier than Temple 13 Dainichi-ji and Temple 14 Jōraku-ji in 741 (the 13th year of Tempyō), the buildings of Awa Kokubun-ji exude age and atmosphere, in contrast with the previous temples. The Teien rock garden beside the Hondō is interesting – there is a modest entry fee. The Honzon here is a statue of Yakushi Nyorai 薬師如来像, known in the west as Bhaisajyaguru, who is a Buddha who is said to cure ills. Toilets are located to the south east of the grounds. Head back to Map Point 40.
From Awa Kokubun-ji return to the road at Map Point 40, passing the rice field on your left. Turn right and then right again, parallel with the path taken to reach Temple 15. Follow the road straight on, with the Awa Kokubun-ji moat on your right.

Continue ahead to reach a stone marker at a small bridge over the moat on the right 41. Take this right turn, crossing the moat.

Follow the path round to the left and immediately afterwards take a signed right turn. In 105m, take a signed left turn onto a wider road. 200m along this road, pass a small graveyard on the left and reach a road intersection. Turn right at the intersection.

In 100m, turn left onto a narrower road 42. In 150m, the path joins the wider road, Route 192. Join the main road, continuing on the left-hand side. After 140m, reach a set of traffic signals. Cross here to walk on the right-hand side.

150m further along Route 192 on the right-hand side, take care not to miss a break in the barriers to the right 43. Take this right-hand path, which runs parallel to the main road, still heading north. In 110m head straight over an intersection, with Route 192 still on your left. The road gradually diverges from Route 192.
After 330m reach a small intersection with a Jizō statue. Turn right, heading directly away from the Jizō. Pass a public payphone and in 100m reach an intersection 44. Temple 16 Kannon-ji is 40m further ahead on the left.
Temple 16 Kannon-ji 観音寺 (The Temple of Kannon)

The Kannon from which Temple 16 takes its name is the Buddhist deity of mercy. As with Temple 15 Awa Kokubun-ji, Kannon-ji is believed to have been founded in 741 and once again offers a deep insight into some of the older temples on the pilgrimage.

The principle object of worship here is a Senju-Kannon Bosatsu 千手観音菩薩, a 1000-armed Bodhisattva. Other objects worth seeing include a Yonaki Jizō, a statue of a child who cries at night, sheltered in a stone alcove, a fine statue of Kōbō Daishi and a Bussokuseki Buddha footprint, which reminds worshippers of the path they must follow.

Note also the small Shintō Shrine immediately in front of Kannon-ji. There are no toilets at Temple 16.
From Kannon-ji return to the intersection at Map Point 44. Turn right. In 300m, the road joins Route 192 once more at a set of traffic signals 45. There are toilets at the supermarket on the right here.

Cross at the traffic signals, continuing north (the same direction as before), leaving Route 192 behind you. In 160m, turn right 46. Head east along this road onto a narrower path ahead between fields. Re-join a regular road and continue in the same direction. Cross a small stream and an intersection.

100m ahead, the road begins to curve to the right. Turn left 47 and head north briefly. Follow the road round to the right. Continue east once again.

After 170m, turn left 48. The road curves right, with a railway line running parallel. 100m along this road, head straight over at a crossroads.
Further ahead, pass a café on the right and shortly afterwards reach an intersection 49. Turn left and immediately right. Continue east along a narrow route in the same direction as before, with a white wall now on your right.

Kō train station, which has toilets and a public payphone, is just to the north.

320m along the narrow road heading east, turn left onto a wider road Route 29. Head north along this road and pass a small graveyard on the left after 585m. Follow the road round to the right 50. 100m further on, follow the road round to the left.

After another 120m, turn right at a Jizō and stone marker, away from the main road 51. After 110m, take a signed left turn, once again heading north. Temple 17 Ido-ji is 235m further along this road after it curves gently right.

From Temple 17 take the path heading east from the public phone within the temple grounds. Ido-ji Guchi bus stop is 200m along this road. Note that buses towards Tokushima stop on the corner OPPOSITE the bus stop sign. Please wait on that opposite corner.
Ido-ji features an engaging statue of Kōbō Daishi, has beautiful gold-coloured lanterns adorning the roofs, stone lanterns scattered throughout the grounds and two tall pagodas. Founded by Emperor Tenmu in 673, the seventeenth temple on the pilgrimage features the oldest temple grounds visited on the walk today. Yakushi-Nyorai, also seen at Temple 15 earlier today, is the principal object of worship at Ido-ji. Here his statue sits with a golden halo. The small building to the far west, the Nichigen Daishi, houses a statue of Kōbō Daishi, which is said to bring good fortune if visited on the 5th or the 7th of the month.

According to legend, the water well of the temple name was made by Kōbō Daishi himself. If you can see your reflection in the well, it is said you will have good health. If you cannot see your reflection, you should take care to avoid an impending accident within the next three years. A public payphone is located to the east and toilets are located to the north-west of the temple grounds.
Tokushima Walk 4
To Temple 20 Kakurin-ji to Temple 21 Tairyu-ji

Walking overview
Today’s hike is one of the most beautiful and varied on the whole 88 route. It consists of predominantly paved forest tracks.

The paved uphill walk to Temple 20 Kakurin-ji is short but steep and perhaps the prettiest section. The trail then descends to the small hamlet of Anan. After crossing the scenic Nakagawa River, the route then re-joins a forest trail for another scenic uphill hike to Temple 21 Tairyu-ji. The day ends with a cable car ride down to the settlement of Wajiki Higashi from where there is a short walk to the bus stop for your onward journey.

If you prefer a more leisurely day you can take a taxi to Temple 20 Kakurin-ji, which reduces the hike by 1.5 hours, leaving just the second ascent to Temple 21 Tairyu-ji. We can request a taxi for you if you let us know in advance.

<table>
<thead>
<tr>
<th>Tokushima Walk 4</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section A: Ikuna to T20 Kakurin-ji</td>
<td>1.5 hours</td>
<td>3.2km / 2 miles &lt;br&gt;440m / 1440 feet of ascent &lt;br&gt;negligible descent</td>
</tr>
<tr>
<td>Section B: T20 Kakurin-ji to T21 Tairyu-ji</td>
<td>2.5 hours</td>
<td>7.1km / 4.4 miles &lt;br&gt;460m / 1510 feet of ascent &lt;br&gt;470m / 1540 feet of descent</td>
</tr>
<tr>
<td>Section C: Sanroku Station to Wajiki Higashi</td>
<td>20 minutes</td>
<td>1.1km / 0.7 miles &lt;br&gt;negligible ascent &lt;br&gt;negligible descent</td>
</tr>
</tbody>
</table>
Food and snacks
We recommend arriving prepared. The full route passes a small number of vending machines, but opportunities to purchase snacks are limited to the end of Section B of the walk at Temple 21, Tairyū-ji. After riding the cable car down to Sanroku Station, there are shops offering drinks and snacks and there is a restaurant here. There is a convenience store near the bus stop at the very end of the hike.

Arriving at Temple 20 Kakurin-ji by taxi
For clients arriving at Temple 20 Kakurin-ji by taxi, the driver will drop you off at the car park in front of the temple. Begin from Section A, Map Point 15 in the Walking Directions below.
Section A: Ikuna to Temple 20 Kakurin-ji

Walking overview
A paved trail with a fairly steep climb up to Temple 20, Kakurin-ji.

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<td>Section A: Ikuna to T20 Kakurin-ji</td>
<td>1.5 hours</td>
<td>3.2km / 2 miles 440m / 1440 feet of ascent negligible descent</td>
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</table>

Walking directions

Take a signed left turn from the bus stop up a narrower road beside the main road, with a stream on your left. After 125m reach a sign at a bridge on the left Ⅰ. There are toilets to the right. Turn left over the bridge and pass another sign on your left.

The road curves right. Shortly afterwards reach an intersection crossing the wider road Route 48 Ⅱ. Pass straight over, continuing in the same direction.

In 170m, the road makes a sharp turn left Ⅲ. Ignore a road to the right and continue left.
40m ahead reach a stone marker and sign 4. Take the narrower road ahead uphill. Come to a fork and take the right-hand path leading uphill.

After the road winds left again, continue uphill 5.

Come to a thatched rest area with toilets on the right. Just beyond the toilets, follow a paved path up to the right and briefly join a road. Turn left up onto the road. Just 20m further on, the road ends beside a narrow uphill road 6.

Pass a stone marker and hiking stick box. At a T-junction 7 continue up to the left.

After 80m, reach a fork 8. Follow the sign up to the right.
200m further up, reach a bench in front of a set of small steps 9. Ascend the steps.

Further up, reach a bench at the miniature shrine Mizunomitaishi Hokora 10.

Head up a set of small steps to the right at a sign 11.

Pass a Shikoku sign on the left, to reach a bench and a good viewpoint 12.
Reach a road 13. Cross straight over to continue along the trail.

At the top of some steps come to the road 14. Once again, pass straight over to re-join the stone path. Pass a toilet on the left and a payphone on the right in the parking area.

Beyond the car park reach a gate 15. Continue on the wide route uphill. After 60m, reach the Sanmon entrance gate of Kakurin-ji and ascend.

Pass statues and temple buildings and 100m from the Sanmon gate, reach the centre of the temple complex at a fork in the road 16. From here, head up the steps to the right to reach the Hondō main temple. Straight ahead is the Nakejo temple and down to the left is the path which leads onwards to Temple 21 Tairyū-ji.
The temple complex at Kakurin-ji is expansive and varied. At just under 550m, Kakurin-ji stands on the summit of the first of two peaks climbed today. During the Enryaku period (782-806 AD), under the edict of Emperor Kanmu, Kōbō Daishi founded Kakurin-ji in 799.

However, it is believed that some of the Hinoki (cypress) and Matsu (pine) trees which shelter the route up to the temple are actually over 1000 years old. Kōbō Daishi performed his Buddhist training on this mountain and it is said that he saw two white cranes take turns to protect a small, golden Jizō Bodhisattva.

The cranes of the temple’s name stand in front of the Hondo main building towards the top of the complex. Appropriately, the Honzon principle statue at Temple 20 is the golden Jizō Bodhisattva witnessed by Kōbō Daishi. Standing in front of a tall Pagoda, the statue is a striking image.
Section B: Temple 20 Kakurin-ji to Temple 21 Tairyū-ji

Walking overview
A varied forest hike, descending fairly steeply into the town of Anan. From here, the route crosses the scenic Nakagawa River before re-entering the forest with a dirt trail alongside Wakasugitanigawa River for most of the uphill climb to Temple 21 Tairyū-ji. The first part of the climb is gentle, but the final 1.6km is steeper and more challenging.

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<tr>
<td>Section B:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T20 Kakurin-ji to T21</td>
<td>2.5 hours</td>
<td>7.1km / 4.4 miles</td>
</tr>
<tr>
<td>Tairyū-ji</td>
<td></td>
<td>460m / 1510 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>470m / 1540 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

Return to Map Point 16 and this time follow the narrow stone steps down to the left 17. The descent is rather steep, but the steps are generally well-maintained.

Further ahead, cross a stream 18.

Further on, pass a sign for Daii Rest Stop 大井休憩所 0.8km on the left 19.
200m further down, pass a sign for Temple 21 Tairyū-ji 太龍寺 5.2km on the left 20.

At a road, Route 283, turn right. After 30m, take a signed left turn at a Jizō to re-join the trail 21. Follow the winding path to re-enter the forest.

Cross a stream on a wooden bridge 22.

Below a set of steps follow a sign left towards Tairyū-ji 太龍寺 4.8km 23. The descent is gentler from here.

A little way after a rest area on the left, take a left fork uphill on a grassy track 24. Pass under a Torii Gate and then turn right, back on to the road. (If you prefer, you can omit this short detour beneath the Torii Gate and simply continue along the paved road down to the right).
Take a signed left turn back onto a dirt trail, leaving the road. There are views of the valley ahead on the right 25.

Take a narrow path down to the right alongside a wire mesh fence. Reach a fork at a tree 26.

**Anan-Shi Elementary School 阿南市小学校**

Anan Shogakkou is an elementary school with toilets for hikers and an O-henro diary, featuring entries written by pilgrims who have passed along this route. Take the left-hand fork down from Map Point 26 to reach a school building. Follow this around and take the first left turn. Head straight on to reach the main entrance and playground. The O-henro diary is to the left and the toilets are to the right, behind the main building.

Return to Map Point 26 and this time take the right-hand fork down.

Come out onto a road, Route 19 27. Turn right. Pass a rest area on the left-hand side of the road.
Turn left at a small power generator plant, head towards the river and cross 28.

Nakagawa River 那賀川

At 125km, Nakagawa River is the longest river in Tokushima Prefecture. It is said to have the clearest water in all of Shikoku. The water flowing here comes from Mt. Jirougyuu 次郎笈 to the west of Tokushima, and the river weaves all the way into the Kii Channel which divides Shikoku Island, the Kii Peninsula (where the Kumano Kodo trail is located) and Japan’s main island of Honshu.
Across the river, follow the road round to the right 29. After 75m pass three Jizō on your right and follow the road.

In 50m, take a signed right turn 30. The paved route follows a narrow river, Wakasugitanigawa River 若杉谷川 for 2km from here.

Cross the river at a bridge. The river is now on your right 31. Further ahead is a rest area on the riverbank.

Cross the river again by a Torii gate. Take a signed right turn up a set of wooden steps 32. The final 1.6km ascends more steeply on a mainly stepped forest trail from here.
Further ahead, pass a Shikoku 88 signpost next to the wooden steps.

After the long ascent on steps, join a well-defined path heading left. Turn right uphill at a stone marker and bench.

Reach a staircase in front of the Sanmon entrance to Tairyū-ji. Ascend the steps and continue up the path ahead. Look out for opportunities to gaze back across the valley to Kakurin-ji.

Pass temple buildings on the right. A payphone is further ahead on the right.

A set of steps leads up to the main temple complex. A signed left turn points towards the cable car, called ‘ropeway’ in Japanese. Follow the steps up to explore the temple. You can reach the cable car directly from the temple complex, too.
At roughly the same elevation as Kakurin-ji, Temple 21 Tairyū-ji lies close to the peak of Mt. Tairyū-ji. It is said that Kōbō Daishi’s training close to this temple partially inspired his seminal work Sangō Shiiki, which is the oldest comparative ideological critique written in Japanese. At the age of 19 in 793 AD, Kōbō Daishi practised the Kokuzō Gumonji-hō, a short Mantra of the Buddhist deity Kokuzō Bosatsu atop Shashintake – a rock peak just 600m away from where the temple now exists. You will have chance to see a statue of Kōbō Daishi which now stands on top of Shashintake during the cable car ride down the mountain. For Kokuzō Gumonji-hō, monks must repeat the same Mantra a million times over the course of a full 100 days to pray for improved memory. A statue of Kokuzō Bosatsu is located at Temple 12 Shōsan-ji.

Gift shops to purchase drinks and snacks are located on both sides of the cable car. Toilets are located at Sanroku cable car station at the end of the descent from Tairyū-ji.
Tairyū-ji Ropeway 太竜寺ロープウェイ

When you have finished at Tairyū-ji, head to the far left of complex and descend a wide staircase to reach the cable car. In Japanese cable cars are called ‘ropeway’. Take this down to Sanroku cable car station 山麓駅, a short walk from Wajiki Higashi bus stop where today’s walk ends. Enjoy spectacular views out over the surrounding forests and to the ocean. The cable car passes over the Nakagawa River, which the trail crossed earlier in the day. At 2,775m in length, Tairyū-ji Ropeway is the longest cable car ride in western Japan. The descent takes just over 10 minutes. Alighting at Sanroku cable car station at the foot of the mountain, head through the Michi-no-eki building, passing shops, a restaurant and toilets. Head towards the main entrance.
**Section C: Sanroku Station to Wajiki Higashi**

**Walking overview**
A short and mostly level, paved walk along roads from Sanroku Station to Wajiki Higashi bus stop.

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</thead>
<tbody>
<tr>
<td>Section C:</td>
<td>20 minutes</td>
<td>1.1km / 0.7 miles Negligible ascent Negligible descent</td>
</tr>
<tr>
<td>Sanroku Station</td>
<td></td>
<td></td>
</tr>
<tr>
<td>to Wajiki Higashi</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Walking directions**

Leaving the main exit at Sanroku cable car station, cross a red bridge 38. Turn left, with the car park on your right, passing three benches on your left.

Follow a narrow path in the car park, with a tree on the left and a wooden fence on the right 39.

Turn right up a paved path behind a building onto a main road Route 19 40. Turn left onto the road, gently ascending with Nakagawa River on your left. The road curves round to the right. Take care on the roads here.
Follow the main road and in 80m, take a left turn towards the river. Cross the bridge.

On the other side, ignore a left turn and continue round to the right. The trees on the right hide a Shinto Shrine, Ebisu Jinja. The entrance is on the next corner.

After 150m the road curves left.

In 290m, reach a set of traffic signals at a main road, Route 195. Turn left. Wajiki Higashi bus stop is 65m further ahead on the left. A convenience store is just beyond the bus stop.
Kagawa Walk 1
To Temple 82 Negoro-guchi and Temple 80 Kokubun-ji

Walking overview
Today you start walking near the north coast of Kagawa Prefecture. The walk heads inland to Temple 82 Negoro-ji. It then continues south-west to Temple 81 Shiromine-ji, before returning east and finally south to Temple 80 Sanuki Kokubun-ji.

The route has 4 sections: from Negoro-guchi bus stop to Temple 82, from Temple 82 to Shiromine Rest Area, an optional round-trip detour from the Rest Area to Temple 81 then back again, and finally from the Rest Area to Temple 80.

Walking all 4 sections will take a strong hiker around 6 hours. Most clients will prefer to omit Section A, involving a steady but significant ascent and a long stretch of road walking, by taking a taxi to Temple 82. This reduces the hike by 1.5 hours and avoids about three-quarters of the 450m ascent to Shiromine-ji. Section C, the round-trip detour from the Rest Area to Temple 81, can be omitted too; this reduces the walking time by a further 1.5 hours.

Apart from Section A, ascents and descents are fairly gentle today. The walk reaches a maximum elevation of 450m at Shiromine-ji.

<table>
<thead>
<tr>
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</tr>
</thead>
</table>
| **Section A:** Negoro-guchi to T82 Negoro-ji | 1.5 hours | 5km / 3.1 miles  
290 m / 950 feet of ascent  
negligible descent |
| **Section B:** T82 Negoro-ji to Shiromine Rest Area | 45 minutes | 2.3km / 1.4 miles  
145m / 475 feet of ascent  
90m / 295 feet of descent |
| **Section C:** Shiromine Rest Area to T81 Shiromine-ji | 1.5 hours | 5.4km / 3.4 miles  
190m / 625 feet of ascent  
190m / 625 feet of descent |
| **Section D:** Shiromine Rest Area to T80 Sanuki Kokubun-ji | 2 hours | 5.8km / 3.6 miles  
negligible ascent  
375m / 1230 feet of descent |
Food and snacks
Shops on the trail are limited. We recommend purchasing a picnic lunch beforehand. There are opportunities to purchase drinks at vending machines along the route.

Walking directions

Arriving at Temple 82 Negoro-ji by taxi
If you are taking a taxi to Temple 82 Negoro-ji, the driver will pick you up at Negoro-guchi bus stop and drop you at the temple car park, Map Point 15 in our Walking Directions. Pass through the Sanmon entrance gate, down the stone steps and up again to visit Temple 82. Return to the car park and Map Point 15 when you are ready to head onwards to Temple 81 and Temple 80.
Section A: Negoro-guchi to Temple 82 Negoro-ji

Walking overview
A strenuous uphill hike on paved roads from Negoro-guchi bus stop to Temple 82 Negoro-ji. The final 2km is on a wider road with some traffic, but there are some good views out towards the sea.

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<tr>
<td>Section A: Negoro-guchi to T82 Negoro-ji</td>
<td>1.5 hours</td>
<td>5km / 3.1 miles 290 m / 950 feet of ascent negligible descent</td>
</tr>
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</table>

Walking directions

From the bus stop head back in the direction the bus came from. After 30m reach a set of traffic signals next to a shop 1. Turn right.

In 140m, come to a fork in the road 2. Take the narrower left turn downhill. 290m on from Map Point 2 pass beneath Sanukihama Highway.

60m beyond the highway, take a narrow right turn 3, heading away from a red postbox.
In 135m, head straight over a small crossroads with a wooden house on your left. After another 75m cross over the main road and continue in the same direction on a narrower track up to the right.

Reach a T-junction and turn left. In 40m, take a narrow right turn with another orchard on your left.

60m ahead, reach another fork. Ignore the path heading upwards straight ahead and turn right. The narrow path begins to ascend gently. After 125m follow a sharp bend up to the left. There are good views back towards Takamatsu.

135m beyond the sharp bend, reach a fork. Take the right path heading upwards. In 80m the path turns right. There is sometimes a simple barrier across the road here to protect the orchard crops. Unfasten the barrier and pass through, replacing the fastenings as you found them.

40m further up, the path joins a road. Follow the road to the right, with wonderful views of the sea ahead to the right. After 240m, pass a stone monument on the right.
240m beyond the stone monument reach two paths on the left, one going uphill, the other downhill. The uphill path is a convenient shortcut to Map Point, but barriers on the path may be inconvenient, so continue along the road instead to a T-junction. Turn left along Route 180. On the corner is a lovely cafe restaurant run by a mother and daughter team, with set lunches for around JPY1,500. The building is charming and views are good.

A little further up from the restaurant, reach Map Point, where the shortcut rejoins the road. The road now ascends steadily most of the way to Negoro-ji.

After 1.5km, reach a narrower path leading off to the left beside a sign and a metal arch. Head left under the arch for a path round to Goshiki Pet Memorial with a rest area and expansive views.

Return to the road and continue. After 800m, pass under a road sign for Negoro-ji and take a signed left turn on to a narrower road.
Follow the road for another 125m. Join a narrow dirt trail leading into the forest on the right 13.

In 25m reach a T-Junction at a set of stone steps leading up to the right 14. You can also see a set of stone steps over to the left leading to the car park where the next section of Walking Directions begins.
Temple 82 Negoro-ji 根香寺 (Fragrant Root Temple)

The 82nd temple on the Shikoku 88 pilgrimage Negoro-ji is reminiscent of the very first temple in Tokushima, Ryōzen-ji. With beautiful lanterns tucked away deep inside the heart of the complex the temple has its fair share of sights to discover. A folk legend tells of a terrible ox demon who ate local people and their livestock. A skilled archer called Takasaya was entrusted with the task of stopping the monster and did so with just three arrows. He brought the ox demon’s horns to this temple and a ceremony was held to enshrine his soul. A statue of the demon stands as a charm to ward off other demons. Another important artifact at the temple is a statue of Godai, which represents the five elements of Earth, Water, Fire, Wind, and Void, said to have been one of the items Kōbō Daishi used to establish the temple during the Kōnin era (810 to 824). A Mandai (many-featured) Kannon statue is located close to the Hondo main building towards the top of the grounds. Toilets are located beyond the car park at Map Point 15.
Section B: Temple 82 Negoro-ji to Shiromine Rest Area

Walking overview
A gentle ascent on a forest dirt trail from Temple 82 Negoro-ji to Shiromine Rest Area, with one short stretch of road walking.

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<tr>
<td>Section B: T82 Negoro-ji to Shiromine Rest Area</td>
<td>45 minutes</td>
<td>2.3km / 1.4 miles 145m / 475 feet of ascent 90m / 295 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

From Map Point 14 ascend the steps away from Negoro-ji. Pass through the Sanmon entrance gate to the temple car park, locating a signed narrow route leading uphill 15. Ascend the path past toilets on the right.

Heading up the dirt path on wooden steps, come to a clearing 220m ahead with a rest area 16. Take a signed right turn. In 350m, reach a road and a stone marker.

Turn left onto Route 180 and in 30m reach two left turns, the second of which has a metal arch 17. Take care as there are a total of five possible routes to take here. Head under the arch, but turn right directly behind it, following a dirt path to the right of a large tree.
In 185m, pass a sign for Temple 81 Shiromine-ji and Temple 80 Sanuki Kokubun-ji 白峯寺 3.8km, 国分寺 6.2km. Note that 国分寺 (Kokubun-ji) is an abbreviation of Sanuki Kokubun-ji.

165m further ahead along the trail, join Route 180 heading left uphill. The walk follows Route 180 for 500m.

270m ahead, reach the restaurant Michi-Kusa みち草 with vending machines on the right, and a rest area and public telephone on the left. In 30m, pass a sign for Shiromine-ji 3.4km and Kokubun-ji 5.8km.

Pass toilets and reach a Shinto shrine Ashiodaimyōjin. 75m past the shrine, look out for a signed right turn into the forest on a stony path.
Shiromine Rest Area
The Rest Area on Mount Shiromine is about half way between Temple 82 Negoro-ji and Temple 81 Shiromine-ji. From here you can head straight to Temple 80 Sanuki Kokubun-ji if you wish, following Section D in our Walking Directions; cross the wooden bridge on the left. Or take the optional round-trip detour to Shiromine-ji; the right-hand path at Map Point 24 leads west towards Shiromine-ji, 2.9km away on a trail which has forest scenery and more native birds than any other section of our Shikoku 88 tours. Follow Section D in our Walking Directions for this round-trip detour.
Section C: Shiromine Rest Area to Temple 81 Shiromine-ji

Walking overview
An optional round-trip detour on a lovely forest trail to Temple 81 Shiromine-ji. The dirt trail descends to the temple and from here you retrace your steps to Shiromine Rest Area. The 2.7km journey to Temple 81, with a descent of 190m, should take just under forty-five minutes. The journey back to Shiromine Rest Area is uphill and might take slightly longer.

<table>
<thead>
<tr>
<th>Kagawa Walk 1</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section C: Shiromine Rest Area to T81 Shiromine-ji</td>
<td>1.5 hours</td>
<td>5.4km / 3.4 miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>190m / 625 feet of ascent</td>
</tr>
<tr>
<td></td>
<td></td>
<td>190m / 625 feet of descent</td>
</tr>
</tbody>
</table>

Walking directions

From Shiromine Rest Area Map Point 24 head west at the fork in the path. The trail descends and passes through a bamboo forest. 125m further down, pass a stream and a sign for Shiromine-ji 2.5km 25.

Pass a couple of Jizō to reach another sign for Shiromine-ji 2.3km 26.

Eventually reach a clearing. Cross a stream and reach a sign for Shiromine-ji in 2.1km 27. Pass a stone marker and a Shikoku 88 sign post. The path becomes grassy further ahead.
The path makes a sharp left turn before a set of wooden steps. Further down, pass a sign indicating 1.5km to Shiromine-ji and another at 1.3km next to some benches and a Jizō. A sign here indicates the next 500m of trail is home to 45 different kinds of plants.

Pass a sign for Shiromine-ji in 1.1km.

Reach a stone lantern at a fork in the trail. Ignore the right turn and continue down to the left. Pass a Shiromine-ji sign showing 0.5km. 180m further ahead, reach a fenced-off graveyard on the right.

Pass a Jizō statue and a rest area. Just beyond this, come to a Gejo stone monument on the left.

**Gejo no Sekihi (Disembarkation Stone Monument)**

A Gejo is where horse riders would dismount and hitch their animals before proceeding on foot to the temple. Gejo stone monuments are a sign of respect to passing travellers; a nod to say ‘welcome’ after a long journey.
Pass signs for Shiromine-ji at 0.3km and 0.1km. Arrive at a white building. Follow the path round to the left and then right, with the building now on your right. Shiromine-ji is further ahead on the right.

**T81 Shiromine-ji to Shiromine Rest Area**
Retrace your steps to the rest area at Map Point 24 to continue the hike towards Temple 80, Sanuki Kokubun-ji.
Founded by Kōbō Daishi in 815 during the Kōnin era (810-824), Shiromine-ji is an ancient temple situated at the peak of Mt. Shiromine. Enchin, the founder of the Jimon School of Tendai Buddhism, visited Temple 81 in 860, the second year of the Jōgan era (859-877). It is said that upon being visited by an oracle, he carved a 1000-handed Kannon statue, enshrining it at this temple.

Later, during the brief Chōkan era (1163-1165), the former emperor Sutoku Tennō had an imperial tomb constructed at Shiromine-ji. A 1000-bodied statue of Amida Nyorai (a celestial Buddha who also appears at Temple 2 Gokuraku-ji) is located inside the Hondō main building at Shiromine-ji.

Toilets and vending machines can be found just to the left of the temple entrance.
Section D: Shiromine Rest Area to Temple 80 Kokubun-ji

Walking overview
A level forest trail from Shiromine Rest Area then a gradual descent of 375m to Sanuki Kokubun-ji. Towards the end of the hike, the dirt path gives way to level paved roads.

<table>
<thead>
<tr>
<th>Kagawa Walk 1</th>
<th>Approximate time needed</th>
<th>Walking distance &amp; elevation gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section D: Shiromine Rest Area to T80 Sanuki Kokubun-ji</td>
<td>2 hours</td>
<td>5.8km / 3.6 miles negligible ascent 375m / 1230 feet of descent</td>
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</tbody>
</table>

Walking directions

From Map Point 24 at Shiromine Rest Area, follow a sign Kokubun-ji 国分寺 5.1km, crossing the small wooden bridge.

Reach a sign Kokubun-ji 国分寺 5.0km 33.

Descend a set of steps and pass a couple of Kokubun-ji 国分寺 4.4km signs 34.
Further along, follow the path right at a small stream. Shortly after this, pass another sign 国分寺 3.8km as the path curves left.

255m along the path, ascend a set of grassy steps to a road. Cross and re-join the trail, passing Kokubun-ji 国分寺 3.6km signs on either side.

At a rest area on the left, with views out over the town of Sakaide, signs refer to the Shinto shrine, Ishizuchi Jinja 石鎚神社 1.1km. Further down, pass another sign for Ishizuchi 石鎚神社 1.0km.

After a steeper descent, come to a sign for Ishizuchi 0.4km; Kokubun-ji is 2.8km ahead.
Passing a sign 39, Ishizuchi is just ahead on the right, down across the stream and a short scramble uphill.

Just beyond the shrine there are toilets and the path becomes a paved road at some benches. Pass a sign for Kokubun-ji 国分寺 2.5km Cross a road and follow a sign onto a dirt trail 40.

Pass a sign Kokubun-ji 国分寺 2.0km and join a road 41, continuing ahead past rice fields.

Pass another sign for Kokubun-ji 42. Further along, follow a signed right turn in front of a grey concrete water storage tank.
In 110m, turn left at a white building 43. 160m ahead, pass a bonsai nursery on the right.

Continue in the same direction, heading south 44. Further down the road, shortly after passing a construction yard, turn right between rice fields with a gabled white house on your left 45.

Further down the road, shortly after passing a construction yard, turn right between rice fields with a gabled white house on your left 45. Further ahead, pass Kokubun-ji Museum on the left. There are public toilets beyond a car park here.

Reach a brown house at the end of the road and turn left. In 20m, pass a statue on the left and turn right 46.

50m ahead, reach the end of the road. Kokubun-ji peers out from behind the buildings. Turn left and after 40m turn right at some trees 47. Follow the white temple walls on your right. Go straight ahead, pass through a wooden gate and the temple is then round to the right.
Kokubun-ji, sometimes given with the prefix ‘Sanuki’ from the old word for Kagawa, was first constructed in 741 during the Tempyō era (729-749). Due to the well-preserved structures at the temple, Kokubun-ji is designated an Important Cultural Property of Japan. In addition, the Hondō main building, restored during the Kamakura period (1185-1333), is an Important Cultural Property.

Reminiscent of Shiromine-ji, Kokubun-ji features a 1000-handed Kannon statue, the former Honzon for the temple. The current Honzon principle statue at the temple is a Keyaki (zelcova tree) statue, typically withheld from public view. The segregated collection of Jizō at Kokubun-ji is also noteworthy. The Sanmon entrance gate is at the south-west of the grounds.
Leave the temple from the Sanmon entrance gate to the south-west, further on from the spot where you originally entered the grounds. Turn right onto a narrow road 48.

After 150m, cross a small bridge and continue 100m further ahead. Turn left 49. Kokubun Station is straight ahead.
safety & advice

Oku Japan/belocal.jp cannot be held responsible for any physical injury, theft, loss, accident or any incident arising from a journey you undertake with our itinerary, maps or walking directions. As with any journey on foot in a rural or mountainous area, proper care and planning is essential. These walking directions have been prepared on the understanding that you have the necessary experience to undertake the walk described.

It is safe to drink water from taps and some mountain springs, where you will usually find a small cup. Avoid rivers and still water.

Small snakes live in the mountains. They are afraid of humans and will normally hide long before you see them, but take care nonetheless; only the very rarest species is poisonous.

Japanese macaques live in the forest. They are not aggressive and will normally avoid you. If you do see them, do not feed or provoke them. They may try to steal any food you leave unattended, or even a backpack holding food!

Small brown bears also live in the mountains, though they are rarely seen. They will hear or smell you and move away long before you spot them. If you are walking early in the morning or if the trail is very quiet, it is best to make some noise as you walk - Japanese hikers sometimes wear ‘bear-bells’ which can be bought at stores selling hiking gear in Japan.

It is your responsibility to:

1. Check all train and bus times locally in case of changes.
2. Prepare adequately for your trip, including wearing appropriate clothing and checking weather daily.
3. Make sure you have adequate physical strength to complete the suggested route.
4. Notify Oku Japan if you change your plans. We have prepaid your accommodation; fees will apply if you cancel or fail to arrive. Please see our general conditions for charges if you need to cancel or change your itinerary.
The Shikoku 88 Pilgrimage
A hike through spectacular scenery, with beautiful temples, terrific Onsen baths and delicious traditional cuisine on the ancient 88 Temple Pilgrimage in Tokushima and Kagawa Prefectures at the north-east tip of Shikoku Island.