

Japan's Kumano Kodo

Pilgrimage

Nakahechi, Koyasan, Kohechi, Iseji and Hongu trails

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Guidebook to walking Japan's Kumano Kodo, a series of UNESCO-listed pilgrimage routes that crisscross the mountainous Kii Peninsula, south of Osaka. A good level of fitness is required and the Kohechi mountain trail is recommended for experienced hikers only. Spring and late autumn are best for the trails, although the Nakahechi can be walked year-round.

- The guide details the 64km Nakahechi, 63km Kohechi and 20km Choishimichi variants in full, as well as the Choishimichi route to Koyasan (20km), the Hongu loop (17km), highlights of the Iseji trail and shorter walks around the three grand shrines
- Step-by-step descriptions for each route accompanied by 1:50,000 mapping and details of accommodation and facilities
- Centres include Tanabe, Hongu, Shingu, Nachisan, Nachi-Katsuura, Koyasan, Owase and Kumano
- Comprehensive planning information plus information on Japanese spirituality, language, cultural etiquette and the three grand shrines of Kumano
- Highlights include the Koyasan spiritual complex, coastal views from Gotobiki-iwa rock and Funami-chaya teahouse remains, the Hyakken-gura sea of mountains, Obako-toge summit, Hatenashi settlement, historic ishitatami flagstone paths, traditional Japanese inns, delicious local cuisine and hot-spring bathing

Key marketing points

A network of ancient pilgrimage routes that crisscross the largest peninsula of Japan increasingly popular with walkers from all around the world

About the author

Originally from Melbourne, after graduating from university, Kat moved to Japan. Working as an adventure tour guide in Japan helped Kat develop her skills to seek out the local hotspots and also develop a love for hiking. 'A wise man climbs Mt Fuji, a fool climbs it twice' is a popular Japanese saying, so Kat climbed it 7 times. From Japan to Canada to London, she quit her office job in 2013 to walk the Camino de Santiago and has never looked back. She completed seven Caminos and walked over 10,000km in Spain, Portugal, England, Italy, Japan and America, including the 4240km Pacific Crest Trail from Mexico to Canada. Sadly Kat's life was cut short in early 2020. She is fondly remembered for her meticulous work, inspiration and energy.

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