

# WAKAYAMA

## Prefecture



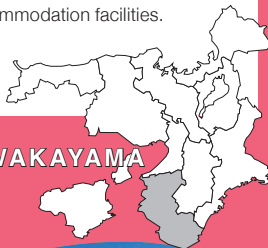
Spot

## 11 Kumano Kodo Pilgrimage Routes (Nakahechi Route)

The Kumano Kodo is a pilgrimage route from Kyoto to "Kumano", a sacred place composed of three shrines and two temples; Kumano Hongu Taisha Grand Shrine, Kumano Hayatama Taisha Grand Shrine, Kumano Nachi Taisha Grand Shrine, Nachisan Seiganto-ji Temple, and Fudarakusan-ji Temple. The Nakahechi Route is a part of this pilgrimage route. Kumano has been considered a revived land from ancient times, and many people, irrespective of faith, social status, or gender, have all visited this place wishing to purify and rejuvenate themselves. For the past 1200 years many people have been striving to reach Kumano alongside the steep mountain trail, with its mysterious atmosphere where both historic buildings and vast swathes of nature still remain. The maintenance of these trails is currently under-way with the cooperation of many companies and individuals, and various trekking services are offered in the forms of signboards and maps in English, storyteller guides, the Kumano Kodo lunchbox, and luggage transportation services to accommodation facilities.

**Kumano Kodo Pilgrimage Routes (Nakahechi Route)**

URL:<https://en.visitwakayama.jp/themes/world-heritage-the-kumano-kodo-pilgrimage-routes/>



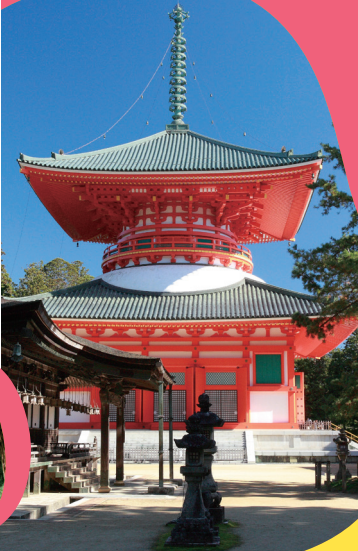
Spot

## 12 Koyasan Choishi-michi Pilgrimage Route

Koyasan is a training ground which was established on a mountain at 900 meters above sea level about 1200 years ago, for Shingon esoteric Buddhism which was founded by the Grand Master Monk Kobo Daishi. There are many highlights in the area, such as the sacred area known as Danjo Garan Sacred Temple Complex, a mausoleum for Kobo Daishi called Okuno-in where many hundreds of years old cedar trees grow, and Kongobu-ji Head Temple, which is the main temple of the Koyasan Shingon sect with about 3,600 temples throughout Japan. The Choishi-michi Pilgrimage Route, which is one of several pilgrimage routes in the area, is 22 km in length from Jison-in Temple situated at the foot of the mountain to Koyasan. Roadside stones in the shape of Buddhist pagoda are placed every 109 meters, and it is a historical trail on which in the olden days Kobo Daishi himself traveled back and forth from Koyasan to Jison-in Temple, where he met his mother who had moved to live there. We recommend that you walk the trail in one go if you are a good walker, or over two separate occasions if you are a beginner. You can also use the storyteller service which is available in English.

**Koyasan Choishi-michi Pilgrimage Route**

URL:<https://en.visitwakayama.jp/destinations/koyasan/>



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# TOTTORI

## Prefecture

Spot

### 13 Mitokusan Sanbutsuji Temple

Mitokusan is a sacred mountain that opened in 706 and has been used as a training site for mountain monks since ancient times. A national treasure, the Nageire Hall of Sanbutsuji Temple stands at 900 meters above sea level on a steep rocky mountain slope of Mitokusan. The sheer approach to Mitokusan, which is said to be the sacred place of Shugendo (mountain worship), leads to a sanctuary rich in nature, and it has long been a popular spot where it's said that people can cleanse the sins of their minds and bodies through climbing this mountain sanctuary. To view the scenery from Nageire Hall and Monjudo Hall, an important cultural property, you have to climb upon tree roots and chain slopes, which has garnered it with the reputation of "the most dangerous national treasure in Japan". However, if you make it to the top then you will be greeted with a spectacular view at the end of this rugged mountain climb, the likes of which you've never seen before.

**Mitokusan Sanbutsuji Temple**

1010 Mitoku, Misasa-cho, Tottori-gun, Tottori Prefecture  
URL: <https://www.tottori-tour.jp/en/sightseeing/806/>

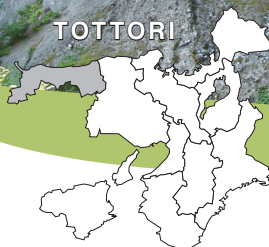
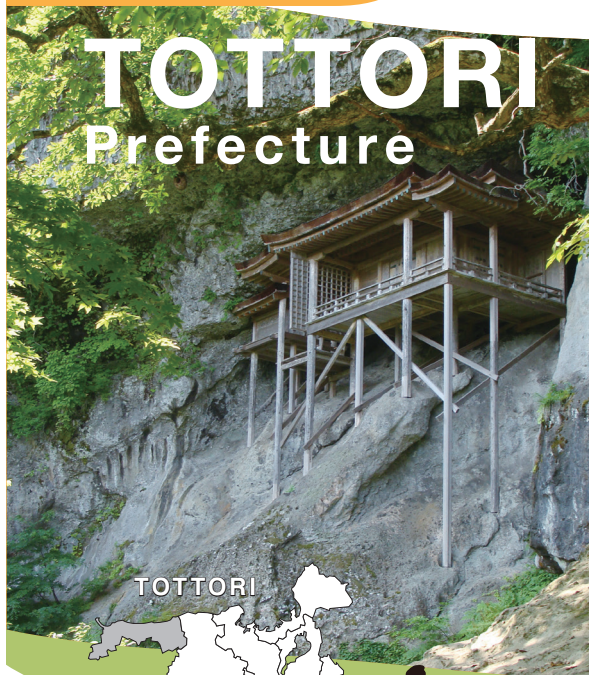
Spot

### 14 Tottori Hanakairo Flower Park

The Tottori Hanakairo Flower Park is one of the largest flower parks in Japan, boasting beautiful flowers in each season and a magnificent scenery of Mt. Daisen. You can not only see the flowers, but also enjoy the seasonal changes in the beautiful natural environment overflowing with flowers in the vast garden, which capitalizes on the undulations of the original terrain and the thick groves of trees. This is also the only facility in Japan that displays lily flowers as the main flower all year round, and exhibits all 15 wild lily varieties in their possession that grow naturally in Japan. In addition to flowers, there are flower trains that go around the park, workshops for families to enjoy, and nighttime light-ups which are illuminated by over 14,000 lights, making it a spot that can be enjoyed by people of all ages.

**Tottori Hanakairo Flower Park**

110 Tsuruta, Nanbu-cho, Saihaku-gun, Tottori Prefecture  
URL: <http://www.tottorihanakairou.or.jp/en/>





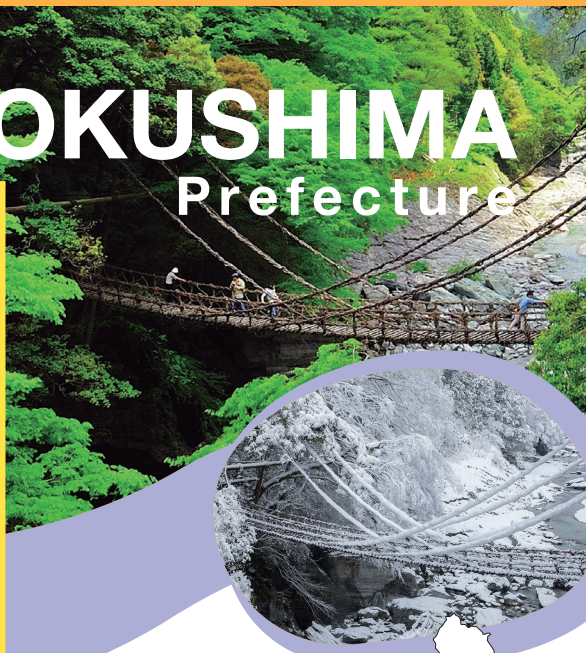
# TOKUSHIMA

## Prefecture

Spot

### 15 Vine Bridges in the Iya Valley

The Vine Bridge in the Iya Valley, located in Iya, Tokushima Prefecture, which is one of the big three unexplored regions in Japan, is known as one of the three most uniquely designed bridges in Japan. There is a certain legend which claims that a long time ago the bridge was made by members of the Taira Clan using *Actinidia arguta*, a type of vine that grows naturally in the mountains, and through doing so they could cut off the bridge as they were escaping from their enemies to this region. There were bridges along the Iya Valley and they used to be important communal passages for the local people, but at present there are only two left, the Vine Bridges in the Iya Valley and Oku-Iya Double Vine Bridges in Higashi-Iya. Surrounded by trees and overlooking the mountain stream below, you can enjoy the signature aspects of the four seasons; wisteria in spring, fresh greenery in summer, changing leaves in autumn, and the pure white snow in winter. The Vine Bridge experience, with a height of over 14 meters above the surface of the water, is full of thrills, squeaking and shaking with every step you take!



Spot

### 16 Ebisu-Do Cave

In Minami-cho, in the southern part of Tokushima Prefecture, there is Ohama Beach which is widely known as the birthplace for loggerhead sea turtles and is designated as a national natural monument. The Ebisu-Do Cave is a sea cave that is located in Ohama Beach, 32 meters wide, and features a depth of 40 meters; the rocky mountain features an altitude of 52 meters, and the caves were formed by waves cutting into the section that juts out into the sea at one corner of the Ohama Beach. *Delichon dasypus* are also known to inhabit the cave and use it as their nesting grounds. This naturally created magnificent cave can be seen from the sea if you join in the fishing boat expeditions operated by the local fishermen. There is also a walking path which stops by the rocky mountains, and from the observatory on the rocky mountain top you can enjoy the views of the Pacific Ocean.



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# KYOTO

## City

Spot

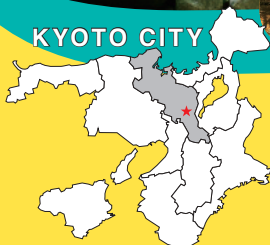
## 17 Takao

Takao, which is located in the northwestern part of Kyoto City, is an area rich in nature, history, and tradition. Autumn foliage makes up the scenery for whole area, and Takao is one of the most famous autumn color spots in Kyoto. Not just autumn leaves, but it also provides us with different scenes for each season; in spring you can enjoy the Rhododendron dilatatum of "Saimyoji", and in the summer there are many riverside restaurants where you can savor the rich flavors of river fish, wild vegetables, and Kyoto specialty vegetables, all while cherishing the sights of the green maple leaves. In addition, many national treasures and cultural assets are located here, such as Chouji Jinbutsu Giga emaki ("The Scrolls of Frolicking Animals and Humans") of the world heritage site "Kosanji Temple," and the portrait of MINAMOTO no Yoritomo of "Jingoji Temple", as well as the oldest tea garden in Japan, all areas where you can practically feel the Japanese culture. Kyoto City has a relationship with Taiwan's "Kaohsiung City", and civic exchanges through marathon and other events, are very popular. Why not enjoy a relaxing and luxurious time in Takao?

**Takao**

Takao, Ukyo-ku, Kyoto City

KYOTO CITY



Spot

## 18 Kyoto Trail

The "Kyoto Trail", which is maintained in the mountains surrounding Kyoto, is a mountain climbing route with a total of five courses where you can enjoy not only the rich nature of the countryside, but also the historic cityscape and its culture. All courses are divided between railway stations and bus stops, so even beginners can challenge themselves according to their physical fitness. One of these courses is known as the Higashiyama course, it's about 34 km long and it includes the Fushimi Inari-taisha Shrine with its mystical vermilion torii gates, Kiyomizu-dera Temple which is registered as a World Heritage site, and Keage Incline and the Philosopher's Walk which are well known as some of the top cherry blossom spots. This is a popular course where you can visit famous sightseeing spots while pondering over the history of each region. Please enjoy one of Kyoto's many special charms that you might not have encountered yet.

**Kyoto Trail**

URL:<https://ja.kyoto.travel/tourism/article/trail/>





Spot

## 19 Tennouji Park

Opened in 1909, Tennouji Park enjoys a long history. In the entrance area, called the "Tenshiba", there are large expanses of green grass, space for playing futsal, a playground, and some food and beverage shops lined up to attract visitors of all ages. Within the vast 28.2 ha park area made up of upwards or downwards slopes, you can find the Keitakuen Garden and Ghausuyama, both once owned by the former Sumitomo Family, who were one of the Japanese financial conglomerates. The Osaka City Museum of Fine Art and the Osaka Tennouji Zoo can also be found here. Just next door is the nearby Abeno Harukas building which comes in at over 300 meters tall making it the tallest building in Japan. Here you can enjoy "Edge the Harukas", an attraction consisting of a thrilling walk with a harnessed safety rope on the glassy deck area (60 cm in width and 20 meters long), which was newly extended on the top of the observatory of Abeno Harukas building.

### Tennouji Park

1-108 Chausuyamacho, Tennoji-ku, Osaka City, Osaka Prefecture  
URL: <https://www.tennoji-park.jp/>



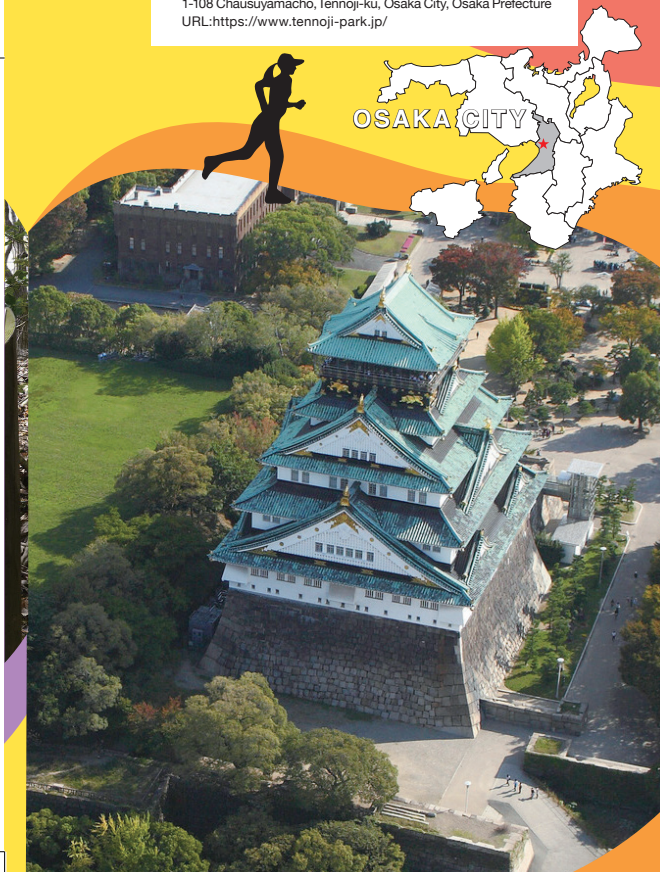
Spot

## 20 Osaka Castle Park

Osaka Castle Park is located in the center of the city and it has a massive park area with a total space of 105.6 ha. In addition to having various old buildings which are considered important cultural properties, such as turrets built in the Edo period, you're also able to enjoy the different seasonal flowers in its many attractive spots. One such place is the Nishinomaru Garden where you can take in the sights of approximately 300 cherry trees, alongside the plum tree forest containing 1,270 trees of over 100 varieties. Exhibitions concerning the history of the castle are on display at the Osaka Castle Museum (the main tower of the Osaka Castle). Sports facilities are also available, such as Kyudojo (Japanese Archery Field) and Shudokan (Martial Arts Training Hall). Plant fairs are scheduled in both spring and autumn, as well as nighttime lights-ups for cherry blossoms at Nishinomaru Garden. The recently established modern facilities are mainly filled with restaurants, such as Jo-Terrace Osaka, which are located right in front of the Osaka Castle Park station, and MIRAIZA OSAKA-JO in front of the main tower of the Osaka Castle, all serving to boost the appeal of the area.

### Osaka Castle Park

Osakajo, Chuo-ku, Osaka City, Osaka Prefecture  
URL: <https://www.osakacastlepark.jp/>



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# SAKAI City

SAKAI CITY

Spot

## 21 Daisen Park Japanese Garden

A beautiful circular hill and pond garden created using traditional Japanese gardening techniques can be found inside Daisen Park as a part of Sakai City's centennial celebrations. Pass through the gates and you will find a 2.6 ha garden spread out before you, divided into zones for ponds, flowing water, and flowers. The cypress rest area features copper roofing, and was created to mimic the gathering places of rich merchants during the 15th century. The far shore of the large pond is intended to invoke images of mainland China. Within the grounds, and surrounded by flowers and trees, you will find structures such as the rustic gazebo called Seitatei, the Eihakyo and Ingetsukyo bridges that lead to the island at the mouth of the pond, the highly characteristic Tojakuchi pond, around which numerous types of iris bloom in early summer, and the Hirubaku cascade which is reminiscent of those that send water out to the ocean. These beautiful ponds, flowing waters, and rich selection of seasonal flowers truly represent the future of the enterprising city of Sakai. There are also around 70 plum trees planted in the grounds, which are best viewed in mid-February.

### Daisen Park Japanese Garden

Daisennakamachi, Sakai-ku, Sakai City (in Daisen Park)

URL:<https://www.sakai-tcb.or.jp/en/spot/detail/125>

Spot

## 22 Old Sakai Lighthouse

From the Muromachi period (1333-1573) through the Azuchi-Momoyama period (1558 - 1600), the fine natural harbor of Sakai port also developed as a place of international trade. Although its use declined with the alterations made to the Yamatogawa River, the current Sakai port was restored upon the original port which was built by the merchants and local people of Sakai in the Edo period (1603-1867). On the south wharf of the port there is a hexagonal spindle-shaped lighthouse of western-styling, which is 11.3 meters in height and was constructed from wood, and its original construction was carried out through such means as collecting donations from the people of Sakai in 1877. The lighthouse went on to protect the safety of ships sailing in and out of Sakai port for close to a century, but its role finally came to an end in 1968 due to reclamation of the surrounding coastal area.

It is still preserved to this day as a symbol of Sakai, and is a nationally designated historic site as one of the oldest remaining wooden lighthouses in Japan. It began to clearly show its age in recent years, but preservative repairs were performed between 2001 and 2006, returning it to its prime. It is beloved by the people of the city, alongside the nearby Statue of the Dragon Goddess, as a new area for spending time near the water.

### Old Sakai Lighthouse

5-1-22 Ohamakitamachi, Sakai-ku, Sakai City

URL:<https://www.sakai-tcb.or.jp/en/spot/detail/51>





# KOBE City



Spot

## 23 Arima Onsen

The Arima Onsen, a hot spring which is located in a secluded section of the Kansai area, is one of the oldest Japanese hot spring spots and was loved by the historical figure Toyotomi Hideyoshi, a figure famous for being one of the greatest unifiers of Japan. According to the Ministry of the Environment, to qualify as a therapeutic hot spring it should have nine main minerals, which are the simple hot spring, carbon dioxide spring, bicarbonate spring, chloride spring, sulfate spring, iron spring, sulfur spring, acidic spring, and a radioactive spring. Arima Onsen has seven of these nine, missing only the sulfur and acidic springs, making it a unique spot worldwide. You can enjoy Arima Onsen's best hot spring which is known as the Kinsen (gold source water), with its reddish brown colors, and the Ginsen (silver water) with its colorless and transparent nature, both containing different types of minerals. There are many unique experiences to be enjoyed at Arima Onsen, which includes seven different hot springs, including Tenjin Sengen, which emits white smoke from its central chimney, alongside various shrines and temples, and the Taiko-no-yu Museum, which features the remains of a particular bathtub which was made by Toyotomi Hideyoshi. The Arima Toys & Automata Museum and the Philatelic Culture Museum are also full of charms that cannot be found anywhere else.

**Arima Onsen**

Arima-cho, Kita-ku, Kobe City



Spot

## 24 BE KOBE Monument

The BE KOBE Monument was newly established in Meriken Park in 2017 to commemorate the 150th anniversary of the opening of Kobe port. Meriken Park is usually busy with people, but this particular spot is very popular as a photo shoot stop. The term BE KOBE was thought up 20 years after the Great Hanshin Awaji Earthquake, as a civic pride initiative to make the people feel proud of their towns, and it represents the charm of Kobe as the people who live there; BE KOBE means embracing the feeling of being proud of Kobe, and cherishing the people who try new things, and the spirit they give off.

**BE KOBE Monument**

2 Hatoba-cho, Chuo-ku, Kobe City (in Meriken Park)

URL:<http://bekobe.jp/>

