

# Muroto Sanzan: Shikoku Pilgrimage Trail

Tradition

Follow in the footsteps of the great Kobodaishi and experience the essence of the Shikoku 88 Temple Pilgrimage.



Many have heard of the *Ohenro* (88 Temple Pilgrimage) trail that defines the spirituality of Shikoku Island.

The trail also crosses much of Kochi Prefecture. In Muroto you can walk 11 km of the trail, between temple 24 and 26 of the actual trail.

Muroto is dotted with places that are connected to the Buddhist monk Kukai, also known as Kobo Daishi. Besides founding the Shingon sect of Buddhism, Kukai is also closely associated with the *Ohenro*. Especially, Cape Muroto has an important connection, as this is where he is said to have trained and reached enlightenment.

During the trek your guide will teach you about the rites and praying style at the temples along the pilgrimage. Your trail starts from Muroto Cape, continues through fields and then ends in the mountains.

The trail and lunch along the way will give you a realistic peek into the contents and spiritual experience that makes the *Ohenro* pilgrimage trail so popular around the world.



## Tour / Activity Overview

Meeting Time	Please arrive at your accommodation by 6pm on the day before the tour.
Meet Location	At your inn / hotel in the Muroto area
Access	55 mins by bus (get off at Muroto-saki Bus Stop) from Nahari Station on the Gomen-Nahari Line.
Details of Tour / Activity	<p>This one-day walking tour allows you to experience part of Shikoku's most popular spiritual walks: the 88 Temple Buddhist Pilgrimage. It involves an 11km walk from the 24th temple to the 26th temple, a nice distance to walk in one day.</p> <p>On the day before the tour, please arrive at your accommodation by 6pm, have dinner, and rest up for the next day.</p> <p>The tour will depart on foot from your accommodation at around 8.30am, so please have breakfast before then. Participants will be provided with a pilgrim's surplice and bag, as well as candles and incense sticks on departure.</p> <p>First you will visit the 24th temple, Hotsumisaki-ji Temple, where your guide will show you how to pray. After that, you will walk 6.4km to the 25th Temple, Shinshoji Temple. The first half of the route is mainly downhill and offers panoramic views of the western side of Muroto.</p> <p>Next, there will be break for lunch and then a 5.2km walk to the 26th Temple, Kongocho-ji. The first half of the walk is through Muroto city center, while the second half is uphill through the fields.</p> <p>The tour finishes around 4:00pm at Kongochoji Temple. From here you will be driven to your accommodation (limited to the east part of Kochi).</p> <p>*An optional extra is to visit Fudojwa Rock, where Kukai is said to have found enlightenment.</p>
Finish Location	Kongochoji Temple

## Details

Availability	All year round
Length	7 hours 30min (Overnight stay on a previous day of the tour recommended. The accommodation fee is included.)
Tentative Price	1 person: 27,500 yen 2 people: 20,000 yen / person 3 people: 18,700 yen / person 4 people: 17,600 yen / person 5+ people: please inquire for pricing
Included	<ul style="list-style-type: none"> <li>- Guide fee</li> <li>- Pre-tour accommodation (including dinner &amp; breakfast)</li> <li>- Lunch (lunch box / tea)</li> <li>- Transport from final destination to that day's hotel (limited to the eastern Kochi area)</li> </ul>
Tour Guide	Yes: English / Chinese (Mandarin)
Min. participants	1 person
Max. participants	10 people
Safety measures during COVID-19	<ul style="list-style-type: none"> <li>• Temperature check on arrival</li> <li>• Wear masks inside / when speaking in close proximity</li> <li>• Hand disinfection at lunch time</li> </ul>

## Reservations

Reservation method	By email or through website
Reservation deadline	Advance reservations required
Tour organizer	Muroto Myojo Travel
Inquiries	Muroto Myojo Travel
Email	info@myojo-travel.com
Website	http://www.myojo-travel.com/