

A scenic landscape photograph showing three hikers on a rocky mountain peak. A man in a red cap and white jacket stands on the right, pointing towards the distance. Two women, one in a dark hoodie and one in a purple jacket, are seated on the rocks in the foreground, looking towards the man. The background features a vast, hazy mountain range under a clear blue sky. A large tree branch is visible in the upper right corner.

Trekking through Scenic Mt. Tengura and Iwayado
- Tracing the ancient mountain faith and Shugendo ascetics
/Owase Tourism Products Association



Long ago, nature and large rocks were objects of worship in Kumano. The area is home to the Kumano Kodo trail, a UNESCO World Heritage site walked by many pilgrims, natural forests, massive rocks, waterfalls, and other spots visited by Buddhist mountain ascetics in training. In Owase, participants will find large rocks and waterfalls used by such ascetics, with temples connected to these training spots in the city, leading historians to believe that the entire city of Owase was dedicated to ascetic training. This course offers participants the chance to follow in the footsteps of ascetic monks by walking the stone-paved Kumano Kodo trail, visiting spots such as a large rock, Magose Fudo Falls, Mt. Tengura, and Iwayado to experience an ancient pilgrimage and the places ascetics prayed. The gorgeous scenery of the ocean from Mt. Tengura (altitude: 522 m) is not to be missed.



- Tour mountain asceticism prayer spots that served as training grounds amongst nature
- Visit Iwayado, protected by a massive rock, which houses Edo period stone Buddha statues, served as a place of prayer for ascetic monks, and is cherished by local people even today
- Walk through Magose Pass on Kumano Kodo, a pilgrimage path trod by ancient ascetics
- Enjoy the view of the ocean from Mt. Tengura (altitude: 522 m)



◀ For More Info

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