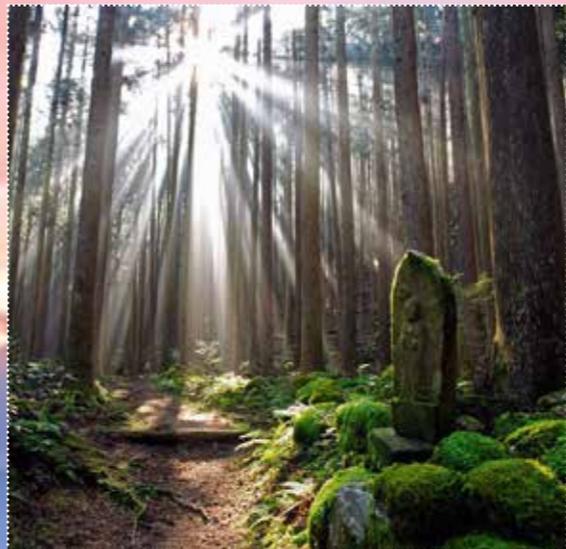
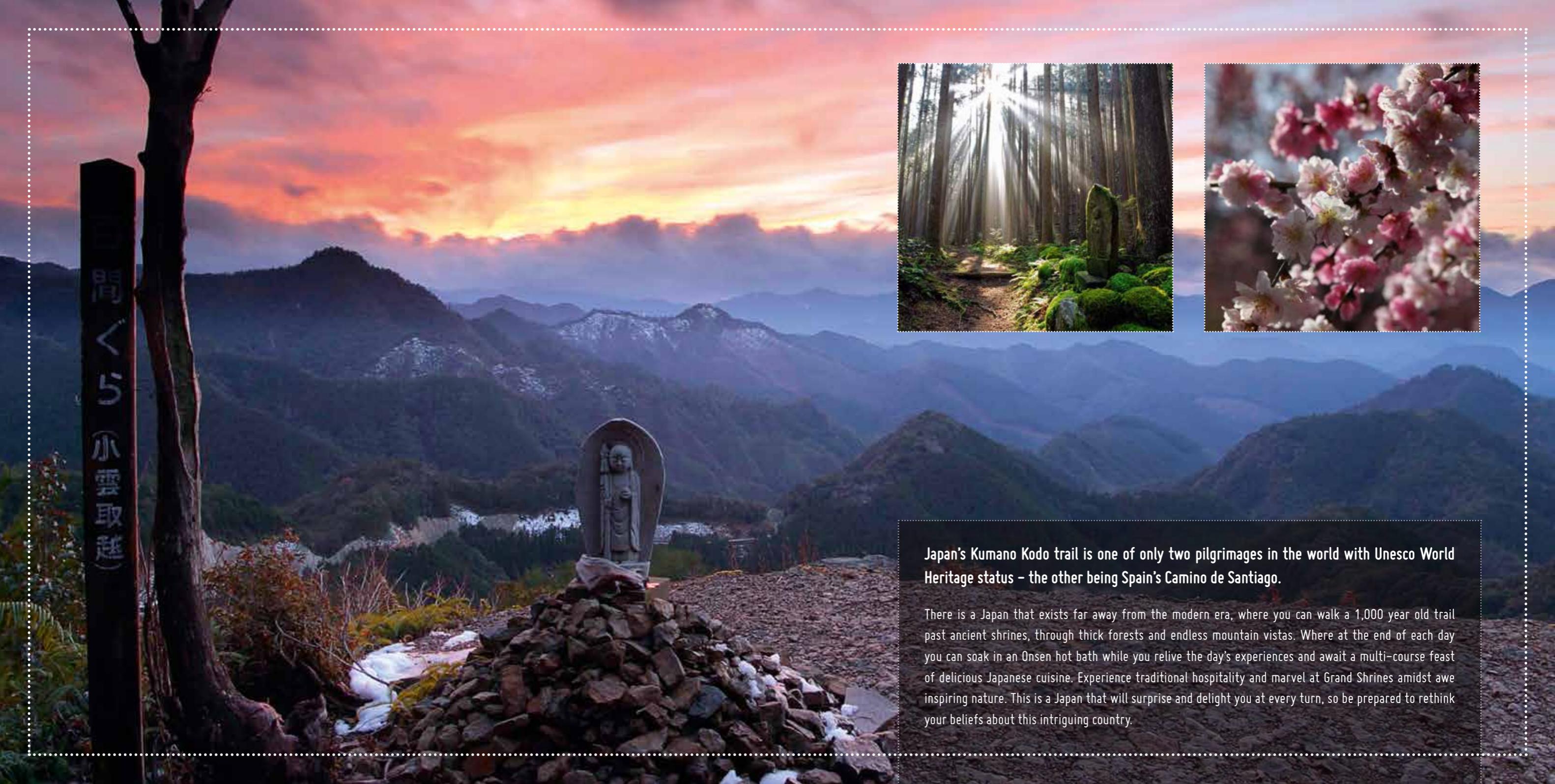




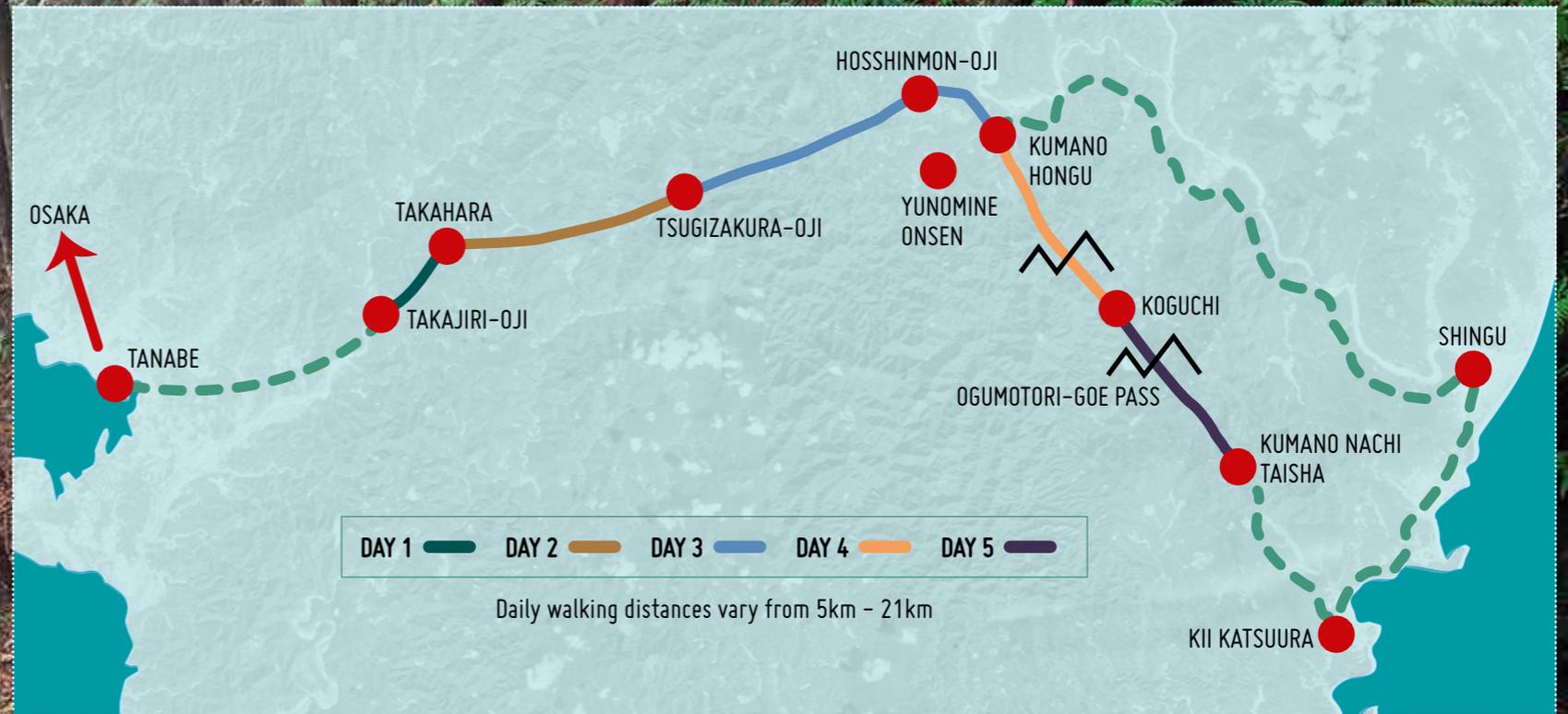
Walking the Kumano Kodo





Japan's Kumano Kodo trail is one of only two pilgrimages in the world with Unesco World Heritage status – the other being Spain's Camino de Santiago.

There is a Japan that exists far away from the modern era, where you can walk a 1,000 year old trail past ancient shrines, through thick forests and endless mountain vistas. Where at the end of each day you can soak in an Onsen hot bath while you relive the day's experiences and await a multi-course feast of delicious Japanese cuisine. Experience traditional hospitality and marvel at Grand Shrines amidst awe inspiring nature. This is a Japan that will surprise and delight you at every turn, so be prepared to rethink your beliefs about this intriguing country.



The trails of Kumano Kodo are a series of ancient pilgrimage routes, dating back over 1000 years, in Japan's beautiful Kii Peninsula, an area associated with Nature worship for thousands of years. At one time Japan's Imperial family and ex-Emperors made pilgrimages along trails from Kyoto to the shrines of Kumano, one of Japan's most sacred sites.



You can also combine the Kumano Kodo with a visit to Koyasan, home to 115 temples on this venerated Buddhist mountain and a unique chance to stay in an active Buddhist Monastery for 2 nights.



The Kumano Kodo's rugged, forested mountains, quiet rural valleys, rivers and waterfalls provide a spectacular backdrop for hikers. The seasonal contrasts of cherry blossom in the Spring and rich Autumn foliage inject wonderful colour along the hiking route. Arriving at your destination each day the traditional local guesthouses offer reviving Onsens and wonderful local food. Hiking the Kumano Kodo is an exceptional experience and a great immersion into Japanese culture.

The Kumano Kodo Pilgrimage tour is a self - guided trek suitable for anyone who is a regular walker in reasonable health & fitness and able to participate in 4-7 hours of daily walking along trails. In general, the route is gently undulating but also includes a number of steeper climbs up and down forested hillsides. You can depart at any time with dates of your choosing.



RAW travel arranges great local accommodation in traditional Ryokans & Mishuku's that are very atmospheric with their own Onsens and sensational Japanese food. We also arrange luggage transfers so you need only carry a daypack, all your meals are provided and comprehensive track notes to easily find your way. We also provide Japan Rail passes to get you to Kumano and a briefing locally.



CONTACT

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Check out our comprehensive Kumano

website and trip details on our sites:

www.kumanokodo.com.au

www.rawtravel.com

