

Sahel Rosa  
conducts a thorough investigation.

MIE

Editor  
Sahel Rosa



サヘル・ローズの  
**イチオシ NIPPON**  
Every Sunday 19:00  
**BS12 トウエルビ** ON AIR



# KUMANO

Kumano, in Mie Prefecture, is situated in the southern part of the Kii Peninsula. This oceanside city is blessed with marvelous scenery born from the folding and faulting of the earth's crust that occurred more than ten million years ago, and continues to change even today. A mystical region where people walk together with mother nature, we tour World Heritage sites and introduce the best sightseeing spots in Kumano.



## Tategasaki Sightseeing Tour

Tategasaki can only be seen from the ocean, so the best way to enjoy the amazing scenery is via a sightseeing cruise. This coastal inlet was formed by the partial submergence of an unglaciated river valley, so it's possible to see a variety of huge and unique rock formations. The most famous is the beautiful Gama's Mouth, known as the blue grotto of Kumano. ☎519-4322 Matsuzaki Port, Odōmaricho, Kumano

Passengers Fare (per person)

★ 1	¥9,000
2	¥4,500
3	¥4,000
4	¥3,500
5 and up	¥3,000

Advanced reservations at the  
Kumano Tourism Organization are required



MAP



## Hananoiwaya Shrine

Described in the Nihon-shoki (one of the oldest books of Japanese history), Hananoiwaya Shrine is believed to be one of the oldest shrines in Japan, drawing many worshippers from all over the country. The "Otsunakake Shinji" (rope changing ritual) is performed twice a year to maintain the spiritual connection between the shrine and the people of Kumano, and is a designated intangible cultural asset of Mie Prefecture.

☎519-4325 130 Arima, Kumano



Mitarashi dango ¥100

## Roadside Station Kumano · Hananoiwaya Otsunacha-ya

This roadside station is adjacent to Hananoiwaya Shrine. Visitors to the shrine can stop and relax, learning about Hananoiwaya by eating and shopping. A selection of special local products are available, including Izanami rice, an ancient variety of rice that can only be eaten at Hananoiwaya. Visitors can also try mitarashi dango and Otsuna mochi. ☎519-4325 137 Arima, Kumano



★ Meeting with a Kumano Kodo Kataribe  
Kataribe fee Hitotoge: ¥5,000  
Yakiyama: ¥10,000

Reservations required  
Higashikishi Chikishinko Kousha, Nanki Office

## Kumano Kodo Iseji Matsumoto-toge Pass

A road used by pilgrims to travel from Ise, Japan, to Kumano. Big jizo statues can be found in the pass, waiting to greet those who travel through, and the moss-covered paving stones create a beautiful atmosphere. The Iseji pilgrimage route is a World Heritage site, registered as part of the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range. If you want to know more about this charming region, you can ask a Kataribe, or professional storyteller, who specializes in Kumano Kodo lore.

Matsumoto-toge Pass trailhead is a 10-minute walk from JR Odōmari station



Onigajyo is a World Heritage Site, National Natural Monument, and designated place of scenic beauty. This rocky wall is roughly 1.2 km long, and contains a system of countless caves both large and small. This area is filled with large rocks that have been carved by wind and marine erosion to the point that these formations are unlike any others. ☎519-4323 Kinomoto, Kumano



Sanma-zushi ¥490

## Kiraku

Opened in 1948, this well-established shop is very popular for its local Kumano cuisine. Its specialty is sanma (mackerel pike) zushi, a type of sushi that is traditionally seasoned with local citrus fruits, and has been eaten in Kumano since the olden days. Situated right in front of Kumano Station, it's very easy to buy souvenirs before heading home as Kiraku sells both sanma-zushi and mehari-zushi to go. ☎519-4324 653-14 Ido, Kumano

## Kumano

KUMANO spot, as recommended  
by a local foreigner!



Maruyama Senmida

☎519-5405 Maruyama, Kiwa, Kumano



Laura Bocon  
English Teacher  
from America

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1 Search for the channel using the  
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2 Press the BS or CS button and enter 222.

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