

# Shikoku Japan

## Pilgrimage to the 88 Sacred Places

英語 英語 英語

# 四国遍路

**Tourism Shikoku**  
http://www.tourismshikoku.org/

### HENRO (遍路)

Throughout the world and Japan there are numerous pilgrimage routes, but the one that includes visiting eighty-eight temples on the island of Shikoku in Japan is called the Shikoku Henro.

This map provides a basic description of various topics related to the Shikoku pilgrimage, but if you would like further information we suggest that you contact one of the following public information associations where English-speaking staff are available and / or look at the recommended websites.

**Visit Japan Campaign Information Network Offices** *English speaking staff on duty*

- Tokushima Prefectural International Exchange Association (TOPIA)**  
Clement Plaza, 6/F, 1-61 Terashimamon-chō, Tokushima City 770-0831  
E-mail: topia@topia.ne.jp http://www.topia.ne.jp/ Phone: 088-656-3303 (In JR Tokushima Station Building 6/F)
- Myoshi City Tourist Information Center**  
1810-18, Ikedachō-sarada, Myoshi City, Tokushima Pref. 778-0003  
(In front of JR Awa-ikeda Station) Phone: 0883-76-0877
- Takamatsu City Information Plaza**  
1-16 Hamanouchi-cho, Takamatsu City, Kagawa Pref. 760-0011 Phone: 087-851-2009 (In front of JR Takamatsu Station)
- EHime Prefectural International Center (EPIC)**  
1-1 Dōgo Ichiman, Matsuyama City, Ehime Pref. 790-0844 Phone: 089-917-5678  
E-mail: ikai@epic.ne.jp http://www.epic.or.jp/english/index.html
- Dōgo Tourist Information**  
6-8 Dōgo Yunomachi, Matsuyama City, Ehime Pref. 790-0842
- Matsuyama City Tourist Information**  
1-14-1 Minamiedo, Matsuyama City, Ehime Pref. 790-0062  
(In JR Matsuyama Station) Phone: 089-931-3914
- Imabari District Sightseeing Information Center**  
1-10-1, Uyanohara, Imabari City, Ehime Pref. 794-0029  
(In JR Imabari Station) Phone: 0898-36-1118
- Sunrise Itoyama**  
2-8-1 Sunabachō, Imabari City, Ehime Pref. 794-0001 Phone: 0898-41-3196  
E-mail: info@sunrise-itoyama.jp http://www.sunrise-itoyama.jp/
- "I" Information Center**  
2-10-17, Kitahornmachi, Kochi City Kochi Pref. 780-0056  
(In front of JR Kochi Station) Phone: 088-826-3337
- Shimanto City Tourist Information Center**  
385-15, Uyanohara, Shimanto City Kochi Pref. 787-0015  
(In Sun River Shimanto Shopping Center) Phone: 0880-35-4171

**Recommended Website (English)** <http://www.shikokuhenrotrai.com>

**A Journey of the Soul**  
By Takashi Moreton, David C. Moreton <http://www.davidmoreton.com/>

**How to make the pilgrimage (English)**

**Visiting the Sacred Sites of Kōkai**  
By Tateki Miyazaki and David C. Moreton <http://www.ab.auone-net.jp/~henro/>

**Shikoku Japan 88 Route Guide**  
Buyodo Co., Tokyo Japan <http://www.ab.auone-net.jp/~henro/> 2012.8

### What is the Shikoku pilgrimage?

The Shikoku pilgrimage route (also called "O-Shikoku") is one of the few circular-shaped pilgrimages in the world. It includes 88 official temples and numerous other sacred sites where Kōkai (Kōbō Daishi) is believed to have trained or have spent time during the 9th Century. If walked, the entire route is about 1,400 kilometers long which allows one to experience the abundant natural surroundings of Shikoku and presents one with numerous opportunities to mix with the local people. This pilgrimage provides the chance to reflect on one's life and to change for the better.

The motives for doing this pilgrimage are varied. For example, some come for religious reasons, some to pray for healing or safety in the home, or some in memory of those who have passed away. As well, some come just to get away from regular life, some for recreation, or some to spend time alone in reflection and to find oneself. To people today, it is being re-discovered as a healing journey.

This pilgrimage should not be considered a stamp relay, but as a religious journey. Do not worry too much. Just take the first step and as you travel around, you will have time to reflect on yourself and obtain something from this endeavor. The local people will welcome you for your decision to embark on the Shikoku pilgrimage.

**History**

The first reference to the Shikoku pilgrimage appears in documents from around the 12th Century; however, specific temples or route are not mentioned. The present pilgrimage consisting of the 88 temples is thought to have formed between the late 16th and 17th Century. In the modern age with the development of roads, increasingly more people are coming to do the pilgrimage either by car or bus. However, in recent years the numbers of walking pilgrims have also been increasing.

### History of Esoteric Buddhism

#### Map of the Spread of Buddhism.

New edition: New Social History (944) Tokyo Shoin, 2006.

**Buddhism in Japan**

It is thought that Buddhism came to Japan in either 538 or 552 from the Korean kingdom of Baekje, however, Mikkyō came during the Tenpyō period (729-749) and later, Kōkai organized its teachings and taught it to the common people. Presently, only in Japan and around Tibet is Mikkyō believed by people to be a living religion and where priests continue to pursue academic research of it. After Buddhism arrived to Japan it developed on its own and repeatedly broke into different groups. As a result, people believed more in the founder of each new group than in the founder, Buddha. One example is Kōkai who established Shingon Buddhism in Japan.

However, one common aspect among many sects of Buddhism is the Hannyā-shingyō (Heart Sutra), which is a sutra of 286 characters that expresses the contents of the 600-volume Perfection of Wisdom texts.

● Hannyā-shingyō (Kyōhon book)

### Planning Ahead

#### Different Styles of a Shikoku pilgrim

There are many ways to make the Shikoku pilgrimage based on one's schedule, physical health and budget.

- Walking:** This will take about 6 weeks (aver 30km/day) and cost about 400,000yen. This is the most traditional way, but it takes the most time and money.
- Charted bus:** This will take 9-12 days and cost about 250,000yen. There is a variety of bus plans provided by travel and bus companies and in each case an official guide (sendatsu) will accompany the group. At present, there are no bus tours for non-Japanese, if a non-Japanese would like to participate in a bus tour then sufficient Japanese ability is required.
- Car:** This will take about 10 days and cost about 140,000yen. You can rent a car from the closest train station or airport, but make sure that you are familiar with the rules of the road. It might be possible to request a car with a navigational system that has audio guidance in English or another foreign language.
- NOTE:** The above days and amount are estimates of costs while in Shikoku for accommodation, food, transportation, and will vary according to the individual and method of travel. If you are not walking, you will have to take a different route up the mountains.

**Other methods:**

Using a combination of public transportation (train, bus etc) and walking. Exclusively for non-Japanese there is an "All Shikoku Rail Pass", which can be used on all railways in Shikoku. You can buy it once you arrive in Shikoku.

**Weather**

March - May and October - November are the best months for good weather and comfortable temperatures.

The route along the Seto Inland Sea has the least amount of rainfall and the route along the Pacific Ocean has the most.

There is not much difference in temperature between the Seto Inland Sea side and Pacific Ocean side.

Source: Takamatsu Local Meteorological Observatory

#### Where to Start

Many people start at Temple 1, Ryōzenji in Tokushima prefecture, proceed in clockwise order and finish at Temple 88, Ōkuboji in Kagawa prefecture. This method is called Jun-uchi and it is easier to follow the path markers this way. Others go in reverse order, called gyaku-uchi, but there is no rule as to what order you visit the temples. Another method is called kugiri-uchi, which means completing a part of the pilgrimage at one time. This is quite common because most people cannot easily leave their everyday lives for a couple of weeks or longer. Thus some visit the temples in one prefecture or some complete miniature pilgrimages, ie between temples 13 and 17, or temples 71-77. It is important to start and proceed at your own speed and in your own way.

- One-day walking courses:**
  - Dainichiji (No.13)** 7.7km → **Idoiji (No.17)**
  - Chikurinji (No.31)** 13.2 km → **Sekkeiji (No. 33)**
  - Jōruriji (No.46)** 12.9 km → **Ishiteiji (No.51)**
  - Iyadaniji (No.71)** 15.8km → **Dōryūji (No.77)**

Along the way is Jōnō Fuchi park, and close to Ishiteiji is the famous Dōgo Onsen (hot spring) - an area, which is also popular with tourists.

**Medical treatment & Safety**

We recommended that you purchase travel insurance in case you injure yourself or become ill while on the pilgrimage. But, even with insurance you may be required to pay for the initial costs of the medical fee, so keep some money aside for this possible emergency.

- Japanese medical-related signs:**
  - 内科: Internal medicine
  - 外科: Surgery
  - 歯科: Dentist
  - 病院: Hospital
  - クリニック: Clinic

Shikoku is comparatively safe for walking travelers, but there is always a possibility that one could become a victim of a crime or be involved in some sort of accident. Individuals are responsible for their own actions.

#### Temple Administration Office Hours

At the temple office where you can have your pilgrimage book (nōkyōchō) stamped and signed for 300yen is open all year round from 7am to 5pm. Allow extra time here during the busy seasons.

#### Lodging

Around each temple there are often other places to stay such as minshuku or business hotels; however, since many places need to prepare meals for the guests, it is necessary to book a room ahead of time. During the busy season, there is a chance that all rooms will be full. At some places, it is possible to request for special regional cuisine at the time of reservation.

- Minshuku:** This is a small type of Japanese-style accommodation run by families and is often nearby temples. Includes breakfast and dinner. Shared bath.
- Ryokan:** Offers a higher degree of service in a more traditional Japanese-style type of accommodation than at a minshuku. Includes breakfast and dinner. Shared bath.
- Business Hotel:** This is a hotel with small self-contained rooms. Private bath.
- Hotel:** Similar to a typical Western-style hotel. No meals. Private bath.
- Shukubō:** These are lodging facilities run by temples and are mainly geared for groups, however, if a room is available, single travelers are welcome. Here one can participate in the nightly or morning service (*otsuimono*) and hear the priest give a talk (*nōwa*). As well, one can observe up-close the Buddhist statues and other religious artifacts on display at each temple. (Includes breakfast and dinner. Shared bath.)

It is advisable to limit the amount of cash carried. Credit cards are becoming more widely accepted, but Shikoku remains a cash society. Every post office (even in small towns) has an ATM which accepts most international bank and credit cards and transaction fees are relatively low. ATMs located in convenience stores can also handle cash advances on major credit cards. ATM-equipped store locations are generally limited to urban areas.

We recommend that you exchange traveler's checks into Japanese yen at banks in big cities or at international airports, but as of July 2012, there are 20 Japanese post offices that provide this service within Shikoku.

#### Backpacker

There are bus stops, parks, rest huts for pilgrims and other places to spend the night; however, it is important to greet and / or ask for permission to use facilities either from people living nearby or from those in charge. Another choice for free accommodation is *zenkon-yado* (homes of people at which pilgrims can stay for free or a low cost). Many people believe that they will obtain merit by offering their home to pilgrims.

#### Washrooms

Once outside of urban areas, toilets may be more difficult to find. Aside from the temples themselves, you can make use of the facilities at train stations, convenience stores, and highway rest areas.

#### Meals

At Japanese-style accommodation facilities such as minshuku and ryokan, breakfast and dinner is included. Western-style hotels are usually located in urban areas where restaurants and supermarkets are plentiful. Outside the cities, restaurants and shops are less common but there is no risk of running out of food. There are many places along the road where you'll have a chance to partake of Shikoku's culinary specialties.

#### Money Planning

It is advisable to limit the amount of cash carried. Credit cards are becoming more widely accepted, but Shikoku remains a cash society. Every post office (even in small towns) has an ATM which accepts most international bank and credit cards and transaction fees are relatively low. ATMs located in convenience stores can also handle cash advances on major credit cards. ATM-equipped store locations are generally limited to urban areas.

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#### Japanese

Most of the people you will meet on your journey will not be able to understand English. However, if people are aware that you are a pilgrim (henro), they will do their best to help you with anything you need. The language barrier is not insurmountable.

#### Traffic Conditions

There are areas outside the cities, where public transportation, such as trains and bus, are very infrequent. Please visit the public information associations (listed on this map) for schedules or other useful travel information such as what to do in case of trouble.

#### ALL SHIKOKU Rail Pass

- Rail pass for unlimited travel on all trains in Shikoku
- Special price for foreign visitors to Japan!
- Rail passes can be purchased outside or within Japan! (yen)

Duration	2-day	3-day	4-day	5-day
Adult	6,300	7,200	7,900	9,700
Child	3,150	3,600	3,950	4,850

#### Ways of communication

Other than using a cell phone, in many cases, there is internet access at business or regular hotels. Gray public phones can be used to make international calls. Sometimes cell phone service might not be available in mountainous regions.

#### How to get around

There are a variety of markers leading the way. For example, stone markers - some of which were erected 300 years ago, wooden markers, red circular or rectangular stickers or paper hanging from tree branches.

#### Practice and preparation in Shikoku

#### Proper etiquette at a temple

- Main Gate 山門** Bow once in front of the gate.
- Wash basin 水屋** Wash your hands and mouth here, and then put on your wazuga and juzu.
- Bell tower 鐘楼** Ring the bell once. It is back luck to ring it when you leave. Note: some temples have limited hours for ringing the bell.
- Main Hall 本堂** Place your nameslip and copied sutra in the appropriate box, light three sticks of incense and one candle, place a donation in the offering box, put your hands together, and recite the sutras.
- Daishi Hall 大師堂** Worship in the same way as at the Main hall.
- Administration Office 納経所** Get your pilgrimage book stamped and signed here. (Fee: 300yen)
- Main gate 山門** Face the gate and bow once.

#### What to Wear

It is not necessary to use all of the following items, which can be bought at various temples along the pilgrimage route, but this is the traditional style of attire. As a minimum, we recommended wearing a white vest and using a staff. If so, people will recognize, welcome and assist you as a pilgrim. As well, you will have more chances to talk with the local people.

- 1 sedge hat (菅笠 / wazuga)** The white clothing worn by the pilgrim represents purity and innocence, however in the past it also held the meaning of a death shroud, symbolizing that the pilgrim was prepared to die at any time.
- 2 bell (鈴鈴 / Jirei)** You should ring this while reciting the sutras.
- 3 stole (輪袈裟 / wazuga)** This is an informal type worn around the neck.
- 4 staff (念珠 / kongzue)** This is said to be the embodiment of Kōbō Daishi, who guides pilgrims around the route. Formerly it was used as a grave marker for pilgrims who passed away while on the pilgrimage along the journey.
- 5 nameslips (納札 / osamefuda)** Write your name, address, date and wish on this and place it in the nameslip box at the Main hall and Daishi hall. Give it to people from whom you receive gifts.
- 6 stampbook (納経帳 / nōkyōchō)** This acts as proof that you visited each temple. Take it to the temple stamp office after finishing worshipping at each site.

### Three major figures in the history of Westerners and the Shikoku Pilgrimage

**Frederick Starr (1858-1933)**  
University of Chicago professor. Completed half the pilgrimage in 1917 and the whole pilgrimage in 1921.  
"This journey has been one of the most interesting experiences in my life."  
"One unsaid rule of the pilgrimage states that no matter where you go to please help and support each other as much as possible."  
Alfred Bohner (1894-1958)  
Teacher at Matsuyama High school (1922-1928). Completed the pilgrimage in 1927.  
"...if the pilgrimage is undertaken only for pleasure and without a loftier purpose, the pilgrim will soon lose the desire to continue...every year charitable hands are opened along the pilgrim road, giving to the pilgrims food, drink, and other gifts...this [custom] has been going on for centuries."  
Oliver Stalter (1915-2002)  
University of Hawaii professor. Completed the pilgrimage in 1968 and 1971. Led student group tours in 1970, 1977, 1983, 1985.  
One participant from 1970 said:  
"...Japanese people recognize and respect the henro in a wonderful way. I found barriers torn down when I became a pilgrim."  
A participant from 1985 said that during the pilgrimage:  
"One encounters a rich spectrum of Japanese religious life, the beautiful scenery of Shikoku, and an aspect of Japanese rural life the foreign visitor seldom sees."

### Scenes from along the pilgrimage route

- Receiving fruit from a local person.
- A string of beads (juzu) sold as a good luck charm
- Two American pilgrims during cherry blossom season
- Traditional grilled rice cake sold at Temple 51
- Traveling by bike
- Starting at Temple No. 1
- French pilgrims taking a break
- Lighting a candle at a temple
- Pilgrim manners
- Talking with school children

### Cool Experience

#### for example No.75 Zentsūji

- Staying at a temple
- Copying sutras

A service in the Main hall is held either in the early evening before dinner or early morning before breakfast. Most times sutras are recited and then the priest gives a talk. This optional opportunity is a good chance to observe the cultural and historical artifacts in the Main hall and to worship with other pilgrims.

● Gold-plated copper staff ornament (National Treasure)  
Temple No. 75, Zentsūji (Zentsūji City Map / F-3)  
This ornament is attached to the staff used by Buddhist priests. It is said that Kōkai received this one from the priest Hui-kuo (Japan: Keika) in China and brought it back to Japan.

● Preface of the Lotus Sutra with each figure accompanied by a Buddha figure (National Treasure)  
Temple No. 75, Zentsūji (Zentsūji City Map / F-3)  
This document was written by Kōbō Daishi where between each line of the sutra, he has drawn a picture of his mother, Tamayoriyozzen, as a Bodhisattva.

#### Cultural properties / Paintings / Sculptures / Art Work

At each temple along the pilgrimage route there are many historical and artistic cultural properties which are definitely worth seeing. For example,

- Gardens of Chikurinji Temple No. 31, Chikurinji (Kochi City Map / F-6)
- Treasure Building of Temple No.84, Yashimaji (Takamatsu City Map / G-3)  
Such historical artifacts such as Buddhist statues, art, and a scroll depicting the Genpei War (1180-1185) can be seen here.
- Temple No. 45, Iwayaji (Kuma-Kōgen Town Map / D-5)  
The temple (elev. 630m) has a Main hall that seems to protrude from the rising cliff beside it. The area has been designated as a Place of Scenic Beauty.
- Treasure Building of Chikurinji (No.31)  
Seventeen Buddhist statues from the 9th to the 14th Century are on display. They are all National Important Cultural Properties and consist of more than one-third of all such properties in Kochi prefecture.
- Picture story of the founding of Shidoji Temple (Important Cultural Property)  
Kagawa History Museum (Takamatsu City Map / G-3)  
When Fujiwara no Fuhito (659-720) was constructing Kōfukuji temple in Nara, his sister sent him three treasure balls in memorial of their father who had passed away; however, as the boat bearing these jewels passed through Shido Bay, the undersea dragon-god stole them. Fuhito married a local woman, whom he asked to retrieve the balls. She agreed if their son could inherit the Fujiwara clan. She was successful in getting the treasures, but unfortunately died as a result. Fuhito built his wife's tomb by the seaside and later, his son, Fusasaki extended the temple and named it Shidoji. This sad story has been drawn out on these paintings.
- Mitozomaji Main Hall (National Treasure)  
Temple No. 70, Mitozomaji. (Mito City Map / F-3)  
According to legend, Kōbō Daishi constructed this building in one night. It was restored in 1291 and is presently the only building deemed as a national treasure in Kagawa prefecture.

#### Basic Information on Buddhist Statues

Introduction to the Main Deities of the 88 temples

#### 如來像 Nyorai Statues

This is an enlightened being and holds the highest position of all statues. 釈迦如來: Shaka Nyorai 阿彌陀如來: Amida Nyorai 藥師如來: Yakushi Nyorai 大日如來: Dainichi Nyorai

#### 菩薩像 Bodhisattva (Bosatsu) Statues

Bodhisattva statues can be identified by their crowns, necklaces, earrings and other body decorations, and the things held in the hands which are meant to be the tools for granting people's wishes.

十一面觀音菩薩: Jūichimen Kannon Bosatsu  
聖觀音菩薩: Shō Kannon Bosatsu  
聖觀音菩薩: Jizō Bosatsu  
千手觀音菩薩: Senju Kannon Bosatsu

#### 明王像 Myōō statues

With an angry expression, he subdues evil. 不動明王: Fudō Myōō

#### 天部像 Deva Statues

They protect Nyorai, Bosatsu and Myōō from the enemies of Buddhism. 四天王: Four Heavenly Kings 金剛力士像: Statue of Kongō rikishi

#### Genpenosato Mure (Takamatsu City Map / G-3)

#### Hiwasa (Minami Town Map / I-5)

This road station is furnished with a free foot bath.

#### Michioneki (Road Station)

For travelers, pilgrims, and backpackers etc., there are 78 of these useful places located along the main roads in Shikoku, which often display materials describing the local area, as well as self food products and souvenirs. In most cases, staff are on duty from 9am until 5pm. Washrooms are available.

#### Shikoku no Michi

The "Shikoku no Michi" route is a walking course around Shikoku which, at times, makes use of the pilgrim trail allowing one to visit the various temples along the route and to experience Shikoku. There are two routes: 1) The Ministry of Land, Infrastructure and Transport (MLIT) route for those interested in history and culture and 2) The Ministry of Environment (ENV) route for those interested in nature.

#### Standing Statue of Kōya (Important Cultural Property)

Temple No. 49, Jōdoji (Matsuyama City Map / C-5)  
Kōya (903-962) is the founder of "ōdori nembutsu" a ritual dance and recitation of Nembutsu to achieve salvation. He stayed at this temple for three years and when he left, the people of the village asked that he carve a statue of himself. In his left hand he holds a staff with a deer antler on the top. Out of his mouth emerge six images of Amida.

#### Ishiteji Niōmon (Important Cultural Property)

Temple No. 51, Ishiteji (Matsuyama City Map / C-5)  
This gate was constructed in 1318 and the two Niō statues, which stand on each side of the gate, are 2.5 meters high and are said to have been made by Unkei (1148?-1224), a renowned Japanese sculptor.

#### Treasure Building of Ishiteji

Over 300 items such as artwork, old documents etc., are on display allowing one to understand the founding of this temple.

#### Awa Pilgrim Trail (Place of Scenic Beauty)

(Katsura Town, Anan City Map / I-4)  
The path between Kakurinji (No.20) and Tairyūji (No.21) has been devotely maintained for hundreds of years.

#### Motoyomaji Main Hall (National Treasure)

Temple No. 70, Motoyomaji. (Mito City Map / F-3)  
According to legend, Kōbō Daishi constructed this building in one night. It was restored in 1291 and is presently the only building deemed as a national treasure in Kagawa prefecture.

**Access to Shikoku (Time required)** As of April, 2007



**No. 65 Temple Sankakuji (Shikoku-chuo City F-4)**  
 The temple is at the top of the mountain (elev. 450 m) and it is a "triangular temple" originates from the triangular goma (fire ritual) altar used by Kobo Daishi to exterminate a troublesome ghost which lived in this area.

**No. 66 Temple Uchiko-cho (C-6)**  
 This is the path that pilgrims take along the Onoda River in Uchiko village. One pilgrim is hurriedly on his way to No. 44 Temple, Daihoji and the other is taking a break at a small hut.

**Shimenami-kaido (Izumi City D-3.4)**  
 One can observe the numerous bridges that make use of the islands across the Seto Inland Sea. All the bridges are equipped with pedestrian and bicycle paths.

**Orange growing throughout Ehime prefecture.**  
 Ehime prefecture is an area known for growing citrus fruit, especially mandarin oranges (mikan). Every fall, the mountains are dotted with orange which creates a complementary scene with the calm, blue ocean.

**Jackson (Nanyo Awa-shi C-6.7.8)**  
 This is a special product of southern Ehime prefecture. Small fish caught in the nearby sea are crushed whole and then fried. After this, the fish are lightly roasted and covered with soy sauce which improves the delicious taste even more.

**Mangrove Paper Fan (Mangrove City F-3)**  
 Since olden times, the paper fans of Mangrove have been treated as a souvenir of a trip to Kompira Shrine. As a result, numerous mangrove factories of fans have sprung up and now, this area holds 90% of the national production share.

**Kohikura Shrine (Kohikura-cho F-4)**  
 For hundreds of years, the god of this shrine has been treated as a saviour of a trip to Kompira Shrine. As a result, numerous mangrove factories of fans have sprung up and now, this area holds 90% of the national production share.

**Na-shima Island (Nao-shima-cho G-3)**  
 Na-shima is viewed by the world as a mecca for modern art. The art, which is surrounded by the beautiful nature of the island, receives high praise from people inside and outside Japan.

**No. 75 Zentsu Temple (Zentsu City F-3)**  
 Zentsu Temple is the birth place of Kobo (Kobo Daishi) and Zentsu City has developed to meet the needs of visitors in this area. Along with Kongoji in Mt. Koya (Wakayama prefecture) and Taji temple in Kyoto, it is one of the three most important sites related to Kobo Daishi.

**No. 88 Oubou Temple (Sanuki City H-4)**  
 This temple is the last one along the Shikoku pilgrimage route and many pilgrims leave their staff at the symbol of Kobo Daishi here feeling that its role is complete. The fall colors seen here are beautiful.

**Matsuyama Chango Kouryu Salon (Pilgrim Community Center/Museum)**  
 This facility is located between Temple 87, Nagaoji and Temple 88, Oubou and has a large display room for pilgrim-related materials and another room where one can spend time relaxing and talking with other pilgrims. The excellent exhibition of historical materials allows one to fully understand the culture of the Shikoku pilgrimage. It is a wonderful place for all people to visit. An English brochure is available.

**No. 24 Temple Hotsu-misaki (Muroto City H-7)**  
 This temple is at the tip of Muroto-misaki Cape, a warm place in Shikoku where subtropical plants grow. Kobo Daishi is believed to have spent time in ascetic training in a cave here.

**Awa Indigo Dye Museum (Azumi-cho H-4)**  
 The indigo dye craft of Tokushima has been designated as a traditional handicraft of Japan. At the Awa Indigo Dye Museum, one can see various artistic works as well as experience the craft by creating an indigo-dyed shirt, handkerchief or other item.

**Find happiness & relaxation on a pilgrimage to the 88 sacred temples of Shikoku**

**Tokushima Prefecture**

No.	Name	Phone	Index
第1番	霊山寺	089-689-1111	14
第2番	龍光寺	089-689-1112	14
第3番	金太郎寺	089-672-0887	14
第4番	大日寺	089-672-1111	14
第5番	地蔵寺	089-672-1111	14
第6番	安楽寺	089-694-2046	14
第7番	十王寺	089-695-2150	14
第8番	龍谷寺	089-695-2065	14
第9番	法華寺	089-695-2080	14
第10番	妙心寺	089-36-3010	14
第11番	大日寺	089-672-1111	14
第12番	大日寺	089-672-1111	14
第13番	大日寺	089-644-0069	14
第14番	常楽寺	089-642-0471	14
第15番	国分寺	089-642-0525	14
第16番	龍音寺	089-642-2375	14
第17番	弁井寺	089-642-1324	14
第18番	龍山寺	089-642-0655	14
第19番	大日寺	089-672-1111	14
第20番	龍林寺	089-642-0820	14
第21番	大日寺	089-62-2021	15
第22番	平等寺	089-36-3522	15
第23番	美王寺	089-77-0423	15

**Ehime Prefecture**

No.	Name	Phone	Index
第40番	龍白寺	0895-72-6416	C-8
第41番	龍光寺	0895-58-2186	C-8
第42番	弘土寺	0895-58-2116	C-6
第43番	龍光寺	0895-64-0331	C-6
第44番	大日寺	0895-21-0044	D-5
第45番	伊予寺	0895-57-6417	D-5
第46番	浄光寺	089-963-0279	C-5
第47番	八坂寺	089-963-0271	C-5
第48番	西院寺	089-975-8319	C-5
第49番	浄土寺	089-975-1730	C-5
第50番	龍光寺	0895-58-2116	C-6
第51番	龍光寺	0895-57-6417	C-6
第52番	龍光寺	089-978-0329	C-6
第53番	円明寺	089-978-1129	C-4
第54番	延命寺	0898-22-5696	D-4
第55番	龍光寺	0898-22-5916	D-4
第56番	龍山寺	0898-22-5959	D-4
第57番	龍光寺	0898-55-2432	D-4
第58番	龍光寺	0895-58-2116	C-6
第59番	龍光寺	0898-48-0533	D-4
第60番	龍光寺	0897-59-0142	D-5
第61番	龍光寺	0898-72-3661	D-5
第62番	龍光寺	0898-72-2121	D-5
第63番	龍光寺	0897-57-8863	D-5
第64番	龍光寺	0897-56-2745	E-5
第65番	龍光寺	0896-36-0065	F-4

**Kochi Prefecture**

No.	Name	Phone	Index
第24番	龍光寺	0887-23-0024	H-7
第25番	龍光寺	0887-23-0025	G-7
第26番	龍光寺	0887-23-0026	G-7
第27番	龍光寺	0887-38-5495	F-6
第28番	龍光寺	0887-56-0638	F-6
第29番	龍光寺	089-642-0655	F-6
第30番	龍光寺	089-646-4141	F-4
第31番	龍光寺	089-842-3083	F-4
第32番	龍光寺	089-865-8430	F-6
第33番	龍光寺	089-837-2233	F-6
第34番	龍光寺	089-894-2234	E-6
第35番	龍光寺	089-852-0316	E-6
第36番	龍光寺	089-850-3010	E-6
第37番	龍光寺	089-823-3371	D-7
第38番	龍光寺	089-842-0655	F-6
第39番	龍光寺	089-642-0655	F-6

**Kagawa Prefecture**

No.	Name	Phone	Index
第66番	龍光寺	0883-74-1707	F-4
第67番	龍光寺	0875-63-2341	F-4
第68番	龍光寺	0875-25-3871	F-4
第69番	龍光寺	0875-25-3871	F-4
第70番	龍光寺	0875-25-3871	F-4
第71番	龍光寺	0875-25-3871	F-4
第72番	龍光寺	0875-25-3871	F-4
第73番	龍光寺	0875-25-3871	F-4
第74番	龍光寺	0875-25-3871	F-4
第75番	龍光寺	0875-25-3871	F-4
第76番	龍光寺	0875-25-3871	F-4
第77番	龍光寺	0875-25-3871	F-4
第78番	龍光寺	0875-25-3871	F-4
第79番	龍光寺	0875-25-3871	F-4
第80番	龍光寺	0875-25-3871	F-4
第81番	龍光寺	0875-25-3871	F-4
第82番	龍光寺	0875-25-3871	F-4
第83番	龍光寺	0875-25-3871	F-4
第84番	龍光寺	0875-25-3871	F-4
第85番	龍光寺	0875-25-3871	F-4
第86番	龍光寺	0875-25-3871	F-4
第87番	龍光寺	0875-25-3871	F-4
第88番	龍光寺	0875-25-3871	F-4

**Legend**

- Express Ways
- Toll Roads
- National Roads
- Main Regional Roads
- Other Roads
- Ferry Boat Route
- Prefectural Boundary
- Japan Railways
- Private Railways
- Road Station
- Swimming Beach
- Airport
- iwamotoji
- Shikoku no Michi (MLIT)
- Shikoku no Michi (ENV)
- Shikoku no Michi (Amalgamation)
- National Park
- Quasi National Park
- Sight Seeing Spots
- Natural Monument
- Pavillion
- Hot Spring, Resort Hotel
- Outdoor Event or Festival
- Campground
- Hot Spring
- Golf Course
- Skating Area

**Scale:** 1 : 444,000

**Scale bar:** 0 10 20 30 40 50 km

**Compass rose:** N, S, E, W