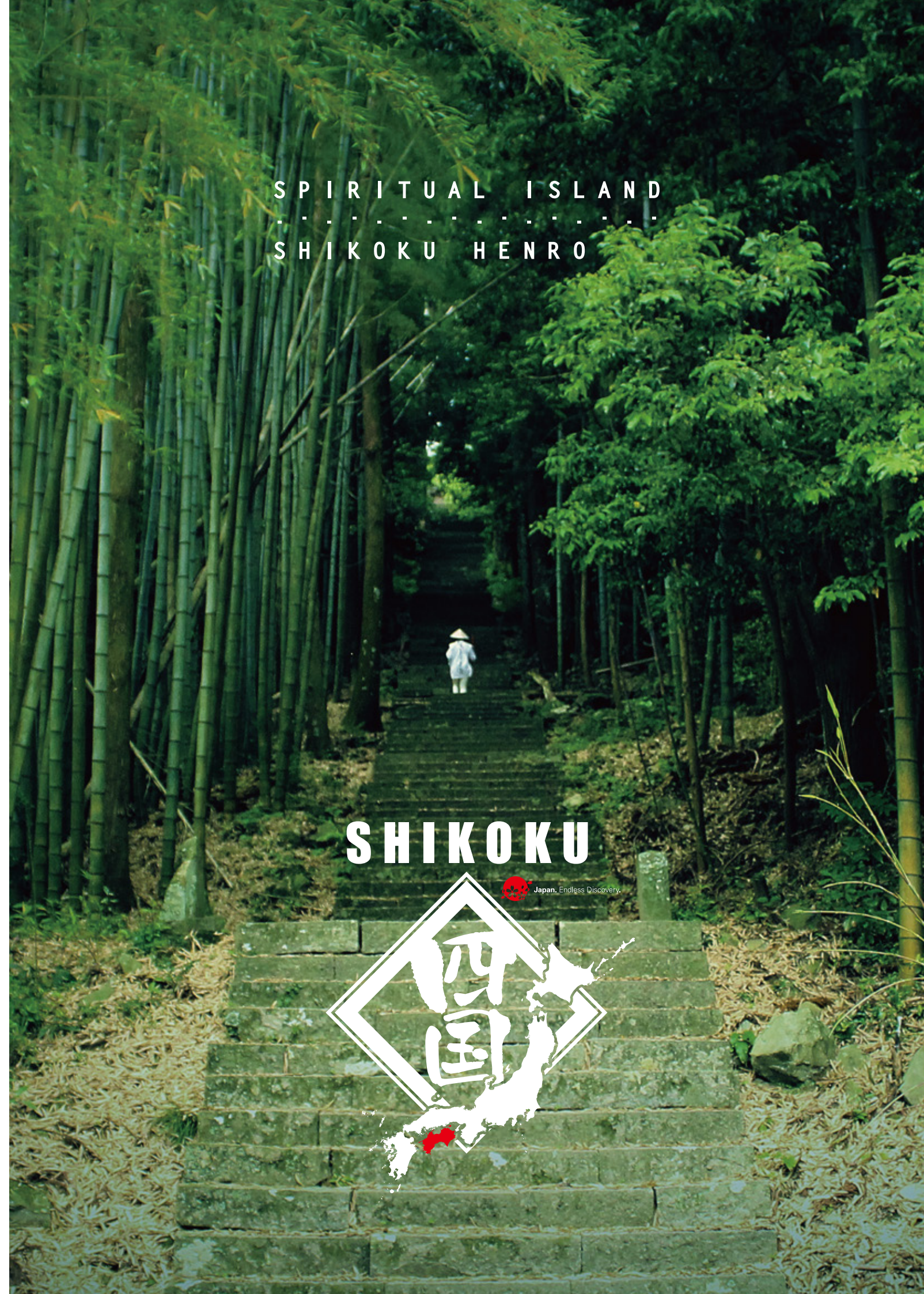


For further access details please visit the Organization for Promotion of Tourism in SHIKOKU website. [www.tourismshikoku.org](http://www.tourismshikoku.org)

Shikoku can be accessed by various transportation modes, including airplane, train, and highway bus. The "ALL SHIKOKU Rail Pass" is convenient for travel within Shikoku, and is available to overseas travelers exclusively allowing unlimited train travel on 6 of the railways, including JR, that run through Shikoku. For locations difficult to reach by railway, we recommend traveling by bus or rent-a-car.

ALL SHIKOKU Rail Pass [shikoku-railwaytrip.com](http://shikoku-railwaytrip.com)





# Let your soul set the pace

When people step away from their everyday lives, they take a hard look at, and often converse with the person they truly are deep down inside. Here in Shikoku, travelers seeking an opportunity for inner reflection gather from all over the world. Perhaps it is because the ancient power of this mysterious place resonates in their hearts.







The Buddhist teachings found in Shikoku, regardless of faith, have relieved the troubles and suffering of countless numbers of people. The "gomadaki" (ritual of consecrated fire) performed by monks is just one of the teachings that brings us heavenly thoughts. Of the many hallowed temples scattered throughout Shikoku, one is certain to resonate with you.



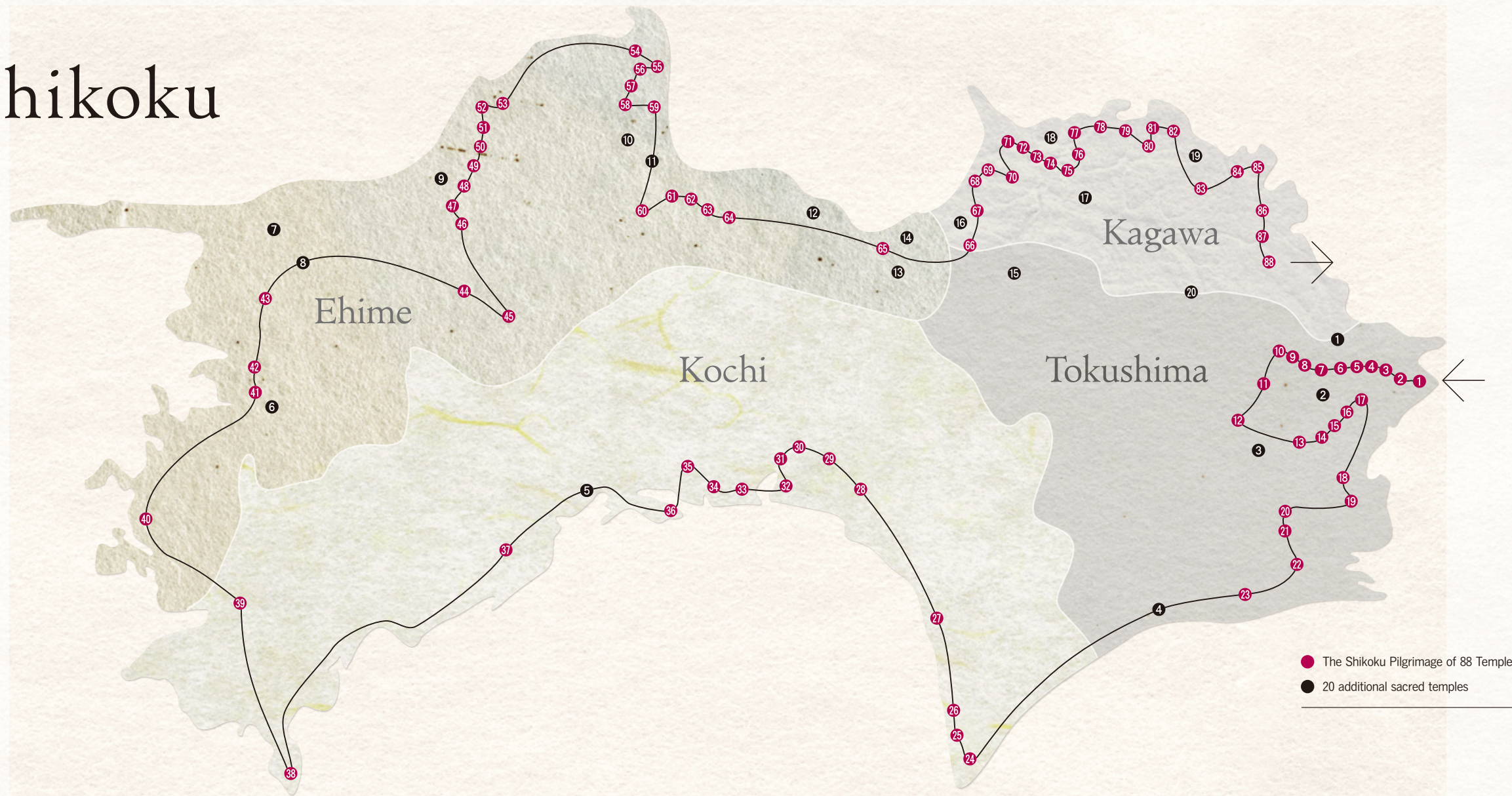
As you travel around Shikoku, we hope you find at least one source of positive energy to take home with you. The sacred trees with their branches rustling in the breeze and the power they have amassed over time, are one example of this energy. The warmth exuding from their stout trunks is sure to wind its way into the folds of your heart.



# Your first Shikoku Pilgrimage

## Kōbō Daishi (Kūkai)

Born June 15th in the 5th year of the Hōki era (774 A.D.) in the Sanuki Province and named Mao, it is said he was exceedingly perceptive from the time he was a child. At age 15 he traveled to Kyoto where he studied Buddhism. Troubled that he could not help people with academics alone, he became a monk at age 22 taking on the name Kūkai and establishing the hallowed temples of Shikoku in the 6th year of the Kōnin era (815 A.D.), approximately 1200 years ago.



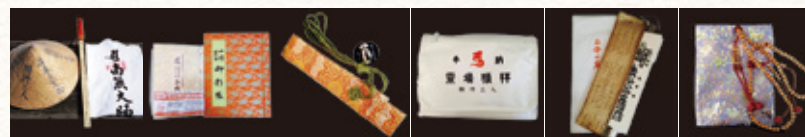
## Temple Lodging

At temple lodgings you can experience devotional exercises, meditation, copying of the sutras, and listening to Dharma sermons. It can also be a soothing place to escape daily life and realign your spirit. Feeling the traditional culture with your heart and studying the history that has been preserved since ancient times will ensure that you do not leave without gaining something.



## Pilgrimage Gear

The gear required for making the pilgrimage includes a white vest or jacket called "byakue," a "sugekasa" (sedge hat), a "wagesa" (Buddhist stole), "osame-fuda" (nameslips), "senko" (incense sticks), "rōsoku" (candles), and a "nōkyōchō" (pilgrim book). Traditionally a white shroud is worn however, if you wear the white byakue jacket over your clothes and add a wagesa around your neck, taking your "kongozue" (walking stick) and "juzu" (prayer beads) in hand, you are ready to start your pilgrimage. In recent years, there are a growing number of people who make their pilgrimages wearing casual clothing. Feel free to make your pilgrimage in the style of your choice.



## The Shikoku Pilgrimage of 88 Temples

The Shikoku Pilgrimage is a pilgrimage of 88 sacred temples in Shikoku; each of the 88 hallowed temples possessing its own ancient history is said to somehow be tied to Kōbō Daishi (Kūkai).

The pilgrimage is generally made "jun-uchi" (in numerical order) from the first temple, Ryozen-ji in Tokushima through the 88th temple in Kagawa, Okubo-ji. However, you can also coordinate your visit to the four prefectures of Shikoku with the seasons as it suits you, visiting Ryozen-ji Temple in summer, Chikurin-ji Temple in spring, Iwaya-ji Temple in winter, and Okubo-ji Temple in autumn.

It should also be noted that in leaps years it is said performing the pilgrimage "gyaku-uchi" (in reverse order) will reap three times the benefits.







### Walking Pilgrimage

On a walking pilgrimage you can commune with the beautiful nature of Shikoku, connect with people, and encounter unexpected surprises on a daily basis. It is said that the process of walking the

roughly 1,400 km in total will purify both your mind and body as you travel through Awa (awakening), Tosa (discipline), Iyo (enlightenment), and Sanuki (nirvana). There are also a variety of other ways to make the pilgrimage, such as taking public transportation or a driving pilgrimage in a rent-a-car.

### Osettai (Giving alms to pilgrims)

“Osettai” is part of the hospitality of the local people and also carries a meaning of “receiving thanks from Master Daishi.” It is very important that the pilgrim on the receiving end of osettai does not refuse it. If you receive osettai, it is customary to offer one of your “osame-fuda” (nameslips) in return. In modern times the culture of osettai is fading making it all the more moving to experience just how warm people can be.



### 20 additional sacred temples

Adding Shikoku's additional 20 sacred temples to the original 88 of Shikoku's pilgrimage makes the total 108, the same number as man's 108 worldly desires. Hence, it is said to be “good for eradicating worldly desires.”











愛媛  
EHIME

Bordering the Seto Inland Sea, Ehime carries on the history of the Iyo naval forces and continues to support the shipping industry and maritime traffic in earnest. It was these same Iyo naval forces that also gave us "Tai-meshi" (sea bream in rice) which was first enjoyed aboard their ships. It is said that "mikan" (tangerines) are the gift of the Seto Inland Sea as they are grown with the plentiful sunlight reflected off the sea.

高知  
KOCHI

It is said that the waters of the Niyodo and Shimanto Rivers are of the highest quality in Japan. The side dishes that accompany Japanese sake made with this pure water are also hearty and delicious. "Katsuo-no-tataki" (seared bonito) will stimulate all five senses with its fresh, grilled aroma. Crisp on the outside, juicy on the inside, both the skin and meat of "utsubo-no-karaage" (deep-fried moray eel) are full of nutrients and will leave you begging for more.

香川  
KAGAWA

Although it is Japan's smallest prefecture, Kagawa is home to the world's largest bridge, the Great Seto Bridge and is the largest producer of udon noodles in Japan. Famous for its high-quality wheat, soy sauce, and salt since ancient times, "Sanuki Udon" is still beloved today. The juicy meat of "hone-tsuki dori," chicken leg grilled on-the-bone, will make your mouth water.

徳島  
TOKUSHIMA

Many people visit Tokushima as the first stop on the Shikoku Pilgrimage. The powerful, yet gentle cuisine of Tokushima awaits the pilgrims as they arrive with their individual travel purposes. Pork back ribs and raw egg are mixed into the soup of "Tokushima ramen" giving it the heartiness of a hot pot. The "Awa Uiro" (sweet bean confection) has a nostalgic flavor, which comes from its elegant sweetness and the doughy texture of rice flour.







## 道後温泉 | Dōgo Onsen (hot springs)

With a history of 3000 years, it is said to be the oldest hot spring in Japan. There are two baths, "Kami-no-yu" (bath of the gods) and "Tama-no-yu" (bath of the spirits), with large lounges and private rooms where you can rest. The modern Japanese-style building, which was the model for the bathhouse in the movie "Spirited Away," will make you feel as if you have been whisked away to a mysterious, special world.



## 遊子水荷浦の段畑 Yusumizugaura Terrace Field

This terraced produce field is a manifestation of the phrase "cultivating the way to heaven." Stone walls with a height and width of one meter continue all the way to the mountain's summit. The long manmade history and spectacular beauty of the steep-sloped mountain is overwhelming.



## 栗林公園 | Ritsurin Garden

Ritsurin Garden, designated a national Special Place of Scenic Beauty, is a "daimyo teien" (garden of a feudal lord) whose flowers render the scenery of the four seasons and the trees and stones provide plentiful elegance. Seasonal events, like the cherry blossoms in spring and changing leaves of autumn, are particularly spectacular.



## 金刀比羅宮 | Kotohira-gu Shrine

Kotohira-gu Shrine is worshipped as the guardian deity of maritime navigation and visited by three million tourists annually. Built on a mountainside, it has a long stone stairwell leading to the shrine for which it is famous. There are 785 steps leading to the "hon-gu" main shrine, and a total of 1368 steps that lead to the inner shrine, "okusha." In addition to Asahi-sha Shrine, an important cultural property, and many other venerable shrines and halls scattered throughout the sprawling grounds, there are numerous attractions to be found here, including the path leading up to the shrine lined on both sides with souvenir and udon shops.

# Reflect. Adjust. Move forward.

Just as everyone leads his or her own life, the manner in which everyone enjoys time and space full of deep meaning that you travel at your own pace. What will you reflect on? What will you find? An island that will change your life. That is Shikoku.

## 四万十川 | Shimanto River

Said to be Japan's last clear stream, the Shimanto River is the longest river in Shikoku stretching across 196 km. The name clear stream is befitting to the crystalline water found in the river, which flows from Mt. Irazu where it accumulates pure mountain water. The low-water crossing designed to be submerged when the water rises is synonymous with the Shimanto River, and as the scenery blends into the mountainous backdrop it somehow evokes feelings of nostalgia.



## 御厨人窟 | Mikuro-do Cave

This is the cave where Kōbō Daishi is said to have achieved enlightenment in his youth. All that can be seen from the cave is a view of the sky and sea. It is said this view is the origin from which Kōbō Daishi took his name Kūkai, which means "sky" and "sea."



## 鳴門の渦潮 | Naruto Whirlpools

Whirlpools occur in the Naruto Strait connecting the Seto Inland Sea and the Pacific Ocean. One of the world's three largest tidal currents, during spring tide the fast current can create whirlpools of up to 20 meters in diameter.

## 大歩危小歩危 | Oboke and Koboke Gorges

It has taken 200 million years for the furious flow of the Yoshino River to create this 8-km gorge cutting through the Shikoku Mountains. The mysteriously shaped rocks and crags are the source of numerous legends surrounding spirits and apparitions. Boasting a beautiful landscape that looks as if it might be sculpted marble the area can also be enjoyed in a thrilling raft ride.

