

# JAPAN'S KUMANO KODO PILGRIMAGE

The UNESCO World Heritage trek

---

ISBN: **9781852849726** (Short Code: 972)

Publication Date: **April 2019**

Price: **£17.95**

Edition: **First**

Author: **Kat Davis**

Paperback Gloss Laminated, 240 pages

17.2cm x 11.6cm

The UNESCO-listed Kumano Kodo trails traverse the rugged mountains of the Kii Peninsula, due south of Kyoto on Japan's main island of Honshu. Originally ancient pilgrimage routes centred on three Shinto-Buddhist shrines known as the Kumano Sanzan, this network of trails is becoming increasingly popular with foreign visitors, drawn by the promise of stunning scenery, rich history and a unique insight into Japanese culture and spirituality. This guide details the 64km Nakahechi, 63km Kohechi and 20km Choishimichi variants, as well as highlights of the Iseji route and shorter walks around the three grand shrines.

The guide can be used to plan and undertake an independent trek or to enrich an organised tour. The comprehensive route description includes notes on facilities and local points of interest and is illustrated with clear mapping and beautiful colour photos. You'll also find a wealth of practical advice covering transport, climate, accommodation, budgeting, equipment, safety and cultural etiquette, as well as fascinating background information on history, religion and wildlife. Facilities tables, useful contacts and a glossary are provided in the appendices.

The Kumano Kodo offers a different view of Japan: far removed from the modern cities, this is a world of forested slopes, hidden valleys, waterfalls and traditional villages. There are opportunities to experience hot-spring bathing and to sample local cuisine as you follow in the footsteps of emperors, samurai, priests and ascetics. To celebrate both the trails and those who travel them, the Kumano Kodo and Spain's Camino de Santiago were twinned: if you complete both you can register as a 'dual pilgrim'.

## Key marketing points

- A network of ancient pilgrimage routes that crisscross the largest peninsula of Japan
- Increasingly popular with walkers from all around the world

## About the author

Originally from Melbourne, after graduating from university Kat moved to Japan, where she worked as an adventure tour guide. She quit her office job in 2013 to walk the Camino de Santiago and has since walked over 10,000km in England, Europe, Japan and America. Kat now lives in London.

## Related books

9781852849474 - Hiking and Trekking in the Japan Alps and Mount Fuji

Front Cover

Back Cover

## We can help you

- Select the best range
- Keep up to date with new titles and editions
- Organise promotions
- Provide shelf display units, and spinners for larger ranges
- Arrange author talks and support in-store events

Contact Sarah Spencer  
sarah@cicerone.co.uk

# CICERONE

Juniper House, Murley Moss, Oxenholme Road, Kendal, Cumbria LA9 7RL  
[www.cicerone.co.uk](http://www.cicerone.co.uk) - Contact [sarah@cicerone.co.uk](mailto:sarah@cicerone.co.uk) - Or call 01539 562 069