

# Katsuragi no Michi Trail

[Katsuragi Sutra Mound #22 (Mizukoshi-tawa)]  
[Katsuragi Sutra Mound #23 (Kushira)]

A walk through the peaceful rural setting of the Katsuragi no Michi trail and a visit to two sutra mounds and the birthplace of En no Gyoja

The foothills of Mt. Yamato-Katsuragi are alive with ancient history. Walk the Katsuragi no Michi historical trail before visiting Kisshoso-ji Temple in Chihara, said to be the birthplace of En no Gyoja.

Get off at the Nagara Bus Stop and head toward the mountains. Cross National Route 309 and enter the settlement of Sekiya. Continuing along the foot of the mountain, you will find Katsuragi Mikumari-jinja Shrine on the outskirts of the settlement. The 22nd sutra mound is located in the mountains across the river, so just offer your prayer from here.

Return the way you came and reenter the settlement of Nagara. Once you come to the old Nakamura Family Residence, you can just follow the Katsuragi no Michi trail signs. Turn left at the corner next to the stone torii gate of Hitokotonushi-jinja Shrine and walk along the approach to the shrine, known to locals as "Ichigon-san." Hitokotonushi is the local deity of the Katsuragi area. He is believed to grant wishes consisting of just a single word ("hitokoto" or "ichigon" in Japanese).

Next, walk along the foot of the mountain to Kuhon-ji Temple, famous for the more than 1,000 stone Buddhist statues of located behind it. The 23rd sutra mound is located straight north of the crossroads with a large stone carved with six images of the Jizo in a place said to be the site of the Jizo-ji Temple. The five-story pagoda is believed by some to be sutra mound, though there is also a competing theory that the six-Jizo stone is the 23rd sutra mound.

Head back to the six-Jizo stone and then down toward Kintetsu Gose Station. Along the way you will find the Kamoyamaguchi-jinja Shrine. When you come to Kintetsu Gose Station, cross at the traffic light, turn right before the JR railroad, and turn left after passing through the shopping district. Walk through the old townscape of Gose on the way to Kisshoso-ji Temple. Your return trip will be from nearby Tamade Station.

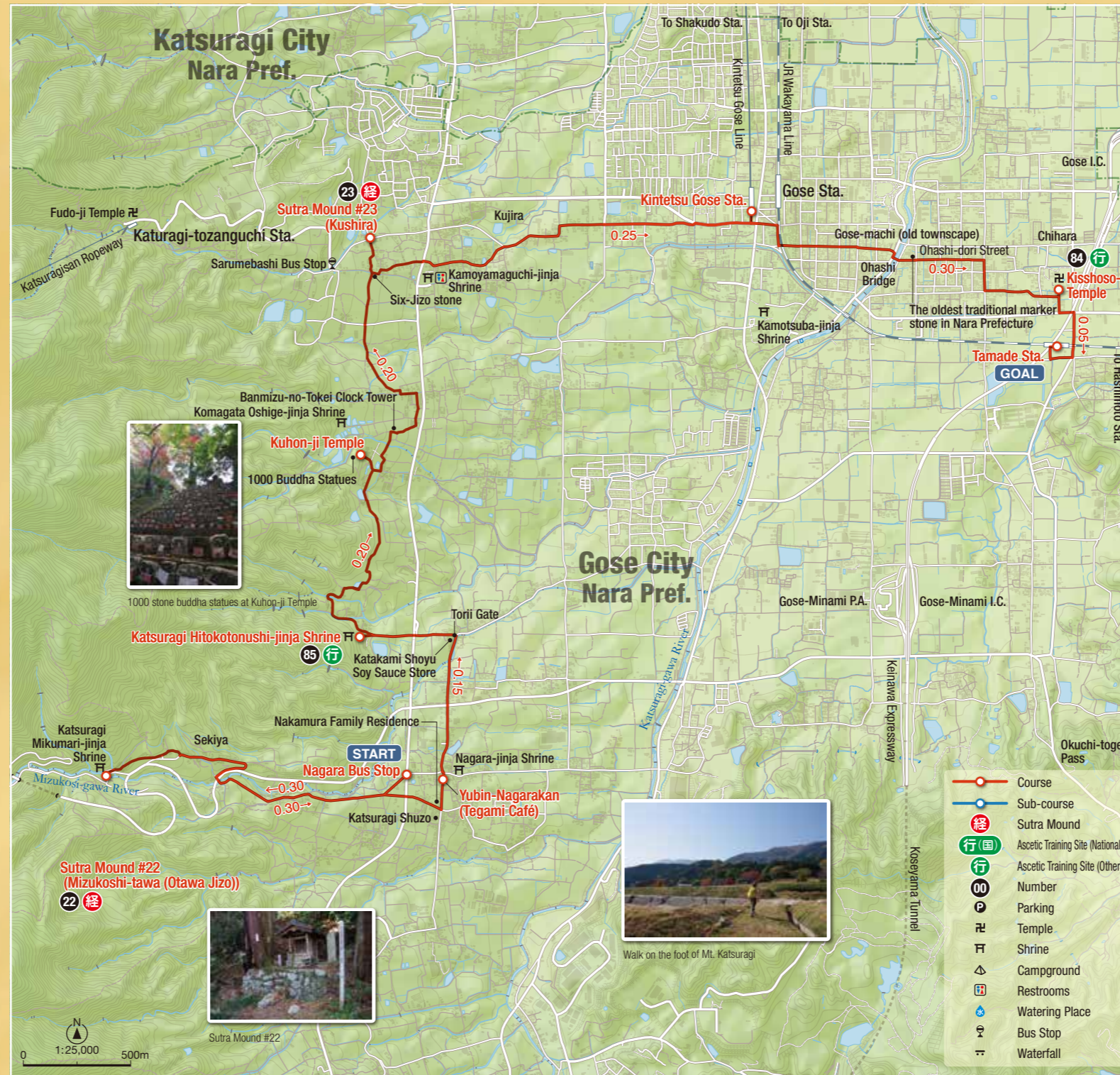
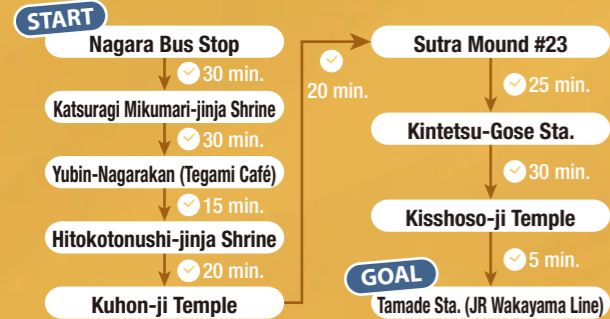
Walking Distance ◆ Approx. 15 km

Fitness Level ★★☆☆

Walking Time ◆ 2 hours 55 minutes

Skill Level ★★☆☆

Course Times



1000 stone buddha statues at Kuhon-ji Temple



Walk on the foot of Mt. Katsuragi



Sutra Mound #22

## Course Information



Nagara Post Office Museum and Tegami Café



Approach to Katsuragi Hitokotonushi-jinja Shrine

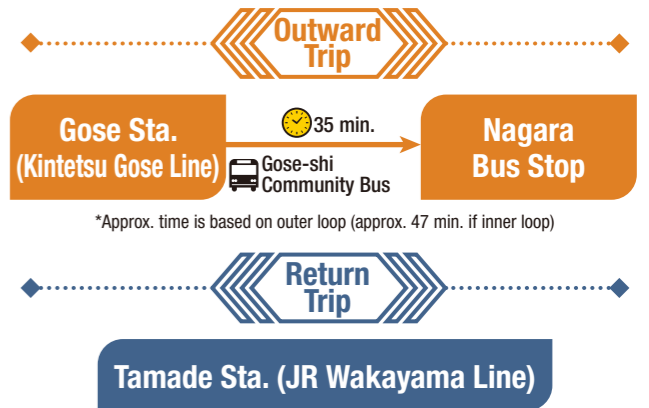


The Omine Mountains can be seen from Sekiya on clear days



Well-preserved old townscape of Gose

## Access



\*Approx. time is based on outer loop (approx. 47 min. if inner loop)

## Advice

The entire course is on paved roads, so stiff hiking footwears are not ideal. The path from the Katsuragi Shuzo brewery to the six-Jizo stone is well-marked as the "Katsuragi no Michi." Bus service to Nagara and trains on the JR Wakayama line are infrequent.

\*This course does not exactly follow the training paths used by mountain ascetics.

\*Walking distance is the horizontal distance. Course times are reference times for walking at a typical pace, not including rests.