



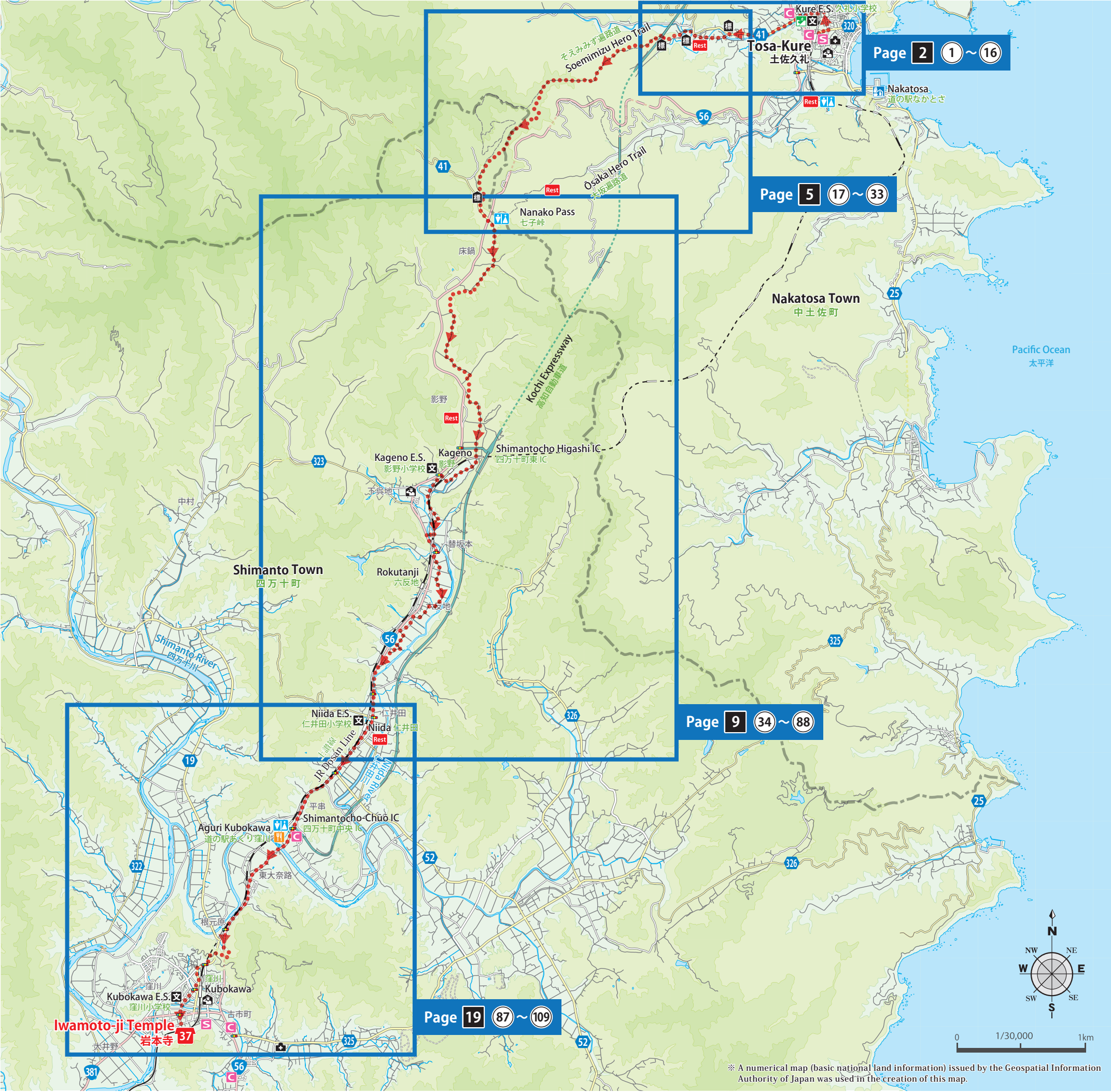
Henro Trail Guide
Kochi Japan

Route : JR Tosa-Kure Station –
Iwamoto-ji Temple

Distance : 22.5km (7-8hrs)

Elevation : 409m at Soemimizu Henro Trail

Rest Points : 1 restaurant, 2 pilgrim rest huts



About this trail guide

This Trail Guide prioritizes routes that avoid paved roads with heavy traffic as much as possible to heighten the experience of henro trail walking. Such routes including old trails may not be displayed on road maps or map apps. The guide also introduces routes in some places that differ from the commonly known walking henro routes.

Emergency contact information

Japan Visitor Hotline (JNTO Call Center):
050-3816-2787
24 hour call center for enquiries in English, Chinese, Korean and Japanese

Police Emergency Service Number: 110
Ambulance / Fire Services Number: 119

<https://visitkochijapan.com>

Legend *(Words in Italic are the original Japanese.)*

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One of the 88 Temples
(Henro Temple)
(fudasho, 札所)

Rest

Rest hut (*kyukeijo / henro goya, 休憩所/へんろ小屋*)

Stone signpost
(*henroishi, へんろ石*)

Restaurant/cafe
(*レストラン/カフェ*)

Toilet (トイレ)

Signpost
(Pilgrimage sticker)

Tsunami evacuation site
(*tsunami hinan basho, 津波避難場所*)

Convenience store
(*konbini, コンビニ*)

Supermarket (*sūpā, スーパー*)

School (*gakko, 学校*)

Police station
(*keisatsu / koban, 警察/交番*)

Hospital (*byoin, 病院*)

The following signposts are placed on henro routes for pilgrims.

The blessings of nature

Kochi Visitors & Convention Association

(2021.03)