

Shikoku Pilgrimage route "HENRO"

37<sup>th</sup>  
Iwamoto-ji Temple

## 遍路

## 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

From JR Tosa-Kure Station, walk down the old-fashioned shopping street and then along the old Soemimizu Henro Trail that was used for travel to western Kochi Prefecture in the medieval period. A mountain trail, surrounded by rich nature and featuring remnants of old stone pavement, this henro road provides a pilgrimage experience only attainable if walking the henro. After the climb to the Nanako Pass, you'll descend through idyllic countryside vistas to Iwamoto-ji Temple (37<sup>th</sup> Temple). Just before entering the Kubokawa area in the center of Shimanto Town, head along the old road toward Yobizaka Pass. After crossing the pass, you enter the city of Kubokawa and arrive at Iwamoto-ji Temple. You can return to Kochi City by JR Dosan Line from Kubokawa Station. There is also temple lodging (shukubo) at Iwamoto-ji.

**Note**

The Soemimizu Henro Trail is an unpaved mountain trail, so wear appropriate clothing for hiking, bring water, and walk with caution. In rainy weather, the trail is dangerous, so please use Route 56. There are multiple routes you can take between Nanako Pass and Yobizaka Pass, all within view of Route 56, so if you are unsure of the road we recommend you return to Route 56.

**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

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

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

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

**Toilet** (トイレ)

**Stone signpost**  
(henroishi, へんろ石)

**C** Convenience store  
(konbini, コンビニ)

**S** Supermarket  
(supa, スーパー)

**Restaurant/cafe**  
(レストラン/カフェ)

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

**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.



Signpost (Pilgrim sticker)



Signboard



Sigtag

※ A numerical map (basic national land information) issued by the Geospatial Information Authority of Japan was used in the creation of this map.