

## Day 3 Fuki-ji→Tennen-ji→Matama Onsen

*Ohayo gozaimasu! Good morning!*

### Distance and elevation

Total walking distance approximately 15.5 km

**Fuki-ji (Fukinoto Inn) → Tennen-ji**

Distance: 15.5 km/ 9.6 miles

Elevation: + 504 / - 491 m

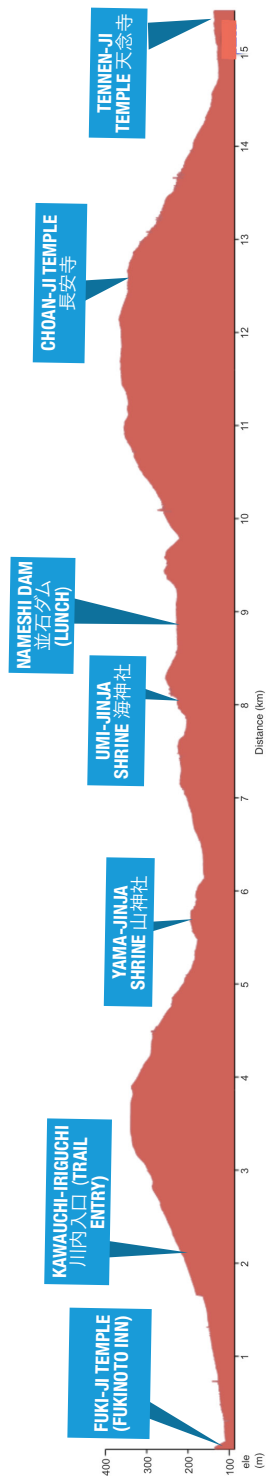
### Overview

### Walking course options

#### RECOMMENDED WALKING COURSE:

After breakfast, leave your accommodation on foot, initially making a gentle climb up the valley along a quiet country lane before delving into forest on a steeper trail. Cresting a pass, the undulating descent leads to a delightful natural spring, before continuing further along on to a peaceful man-made lake. A small restaurant beside its shore is run by local villagers and provides simple but delicious homely fayre. Enjoy lunch here, then continue your journey across the top of the dam before once again entering forest terrain. Reach Choan-ji, once Kunisaki's most powerful temple.

From here, a short but steep descent leads to the floor of a narrow valley and Tennen-ji, a thatched-roofed temple set into a cliff face beside a river. Kawanaka-Fudo, a large rock carved with deities, stands in the river itself, surrounded by colourful Koi carp swim languidly in the waters. The photogenic scenery is capped by Mumyo-bashi, a stone bridge lodged precariously between two cliff faces high above. Tennen-ji is one of only three temples that still hold *Shujo-Onie*, an impressive lunar new year festival distinctive to Kunisaki. Visit the adjacent small museum dedicated to Shujo-Onie before taking your pre-arranged taxi transfer to nearby accommodation. The small resort-like inn boasts onsen hot spring baths, and another delicious multi-course meal rounds off the evening.



## Overview

### Walking course options (continued)

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#### RELAXED COURSE OPTION: SHORTEN THE WALK

There are two options for shortening the day today. One is to request the innkeepers give you a ride to the start of the trailhead, cutting off roughly 2km of gentle ascent on asphalt (though a quiet/pleasant pastoral road). This is entirely up to the innkeeper's availability, and we suggest making an early request in this case. You may show them the Japanese text below:

ロングトレールの川内入口まで(655号線に2kmほど 東方面へ)送迎お願いできますか?

*Rongu toreru-no Kawauchi-iriguchi-made sougei onegai-dekimasu ka?*

("Would you be able to give us a ride to the Long Trail's Kawauchi-iriguchi trailhead?")

The final opportunity to shorten the walk is near its end. If you find your energies waning, you may decide to skip the final steep down from Choan-ji to Tennen-ji temple. In this case, please contact our offices as early as possible, and we may change the taxi reservation to pick you up from Choan-ji temple to take you directly to accommodation.

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#### SKIPPING THE WALK

If weather or health preclude you from walking today, please contact our offices, so that we may arrange a taxi and negotiate your early arrival at the next accommodation.

## Recommended Course Schedule Itinerary Summary

**7:30am** Breakfast

**8:30** Check-out/Depart

(Optional 8:30-9:00: Visit neighboring Fuki-ji temple if you have not already had a chance to do so. \*See details in Day1 notes.)

**10:40** Reach Yama-jinja Shrine 山神社

**11:30-12:00** Reach Nameshi Dam 並石ダム (★sit-down restaurant LUNCH)

**12:45** Depart Nameshi Dam

**14:15** Reach Choan-ji Temple 長安寺



**IF YOU HAVE ARRIVED THIS POINT EXCEPTIONALLY EARLY OR DO NOT ANTICIPATE BEING ABLE TO MAKE IT ON TIME FOR YOUR 16:30 RESERVED TAXI TIME (BELOW), PLEASE CONTACT OUR OFFICES FROM HERE.**

**15:15-16:00** Arrive Tennen-ji Temple 天念寺

★Visit: Onie-no-Sato History Museum 鬼絵里資料館

**16:30** Reserved/pre-paid TAXI transfer from Tennen-ji temple(Oni-no-sato History Museum) to accommodation

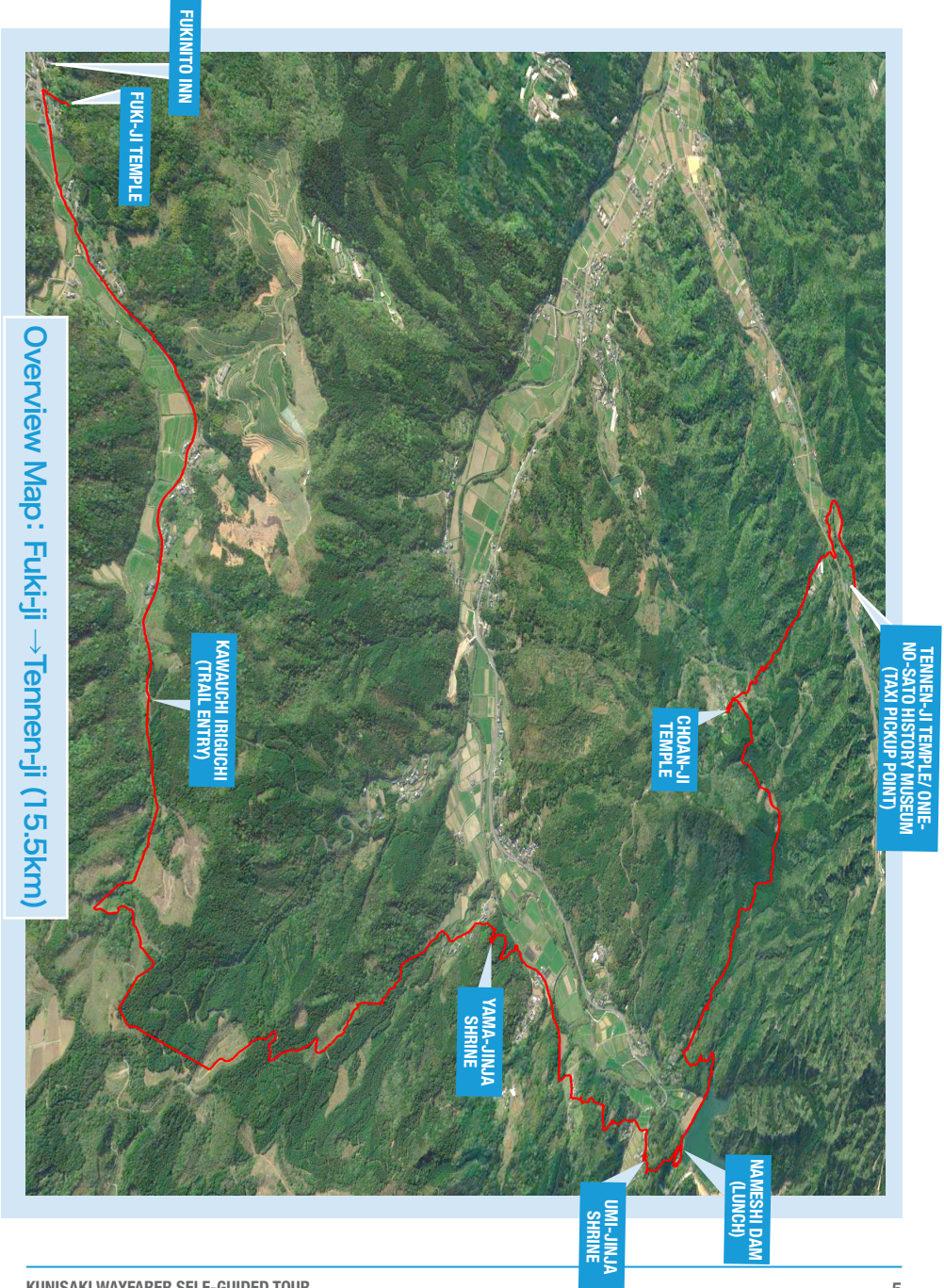
**16:45** Arrive accommodation:

**Spa Land Matama (Matama Onsen Sansuiso) スパランド真玉 山翠荘**

\*Check-in, choose a dinner time, and enjoy the onsen hot spring baths before dinner.

**18:00/18:30/19:00** Dinner





## Walking course directions:

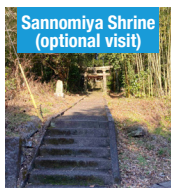
Fuki-ji (Fukinoto Inn) → Nameshi Dam → Choan-ji → Tennen-ji

• Exit the inn and return to the road (Rt. 655) below.

\*If you have not visited Fuki-ji temple yet, do so now (open from 8:30am, \*see Day 1 notes). After your visit, you may exit out the main temple gate and take the stone steps down to the road below.

• Turn left to now follow along Rt. 655, a two-lane and usually quiet asphalt road. As it gently ascends for the next ~1.6km (1 mile), pass rice, buckwheat and soybean fields for the majority. Along the way, a number of arrowed signs in Japanese point to a nearby tea plantation, as well as a sign in English that points 6km to Choan-ji temple (this is via car... your walking way there is more circuitous). As the road ascends more steeply, pass a torii gate of the local *Sannomiya* shrine on your left. You may detour to take a look up the stone steps here, if inclined.

1.6 KM



★ Just ahead (~40m on, before a home), turn right off the road to follow a smaller lane on. Follow this road ~400m and soon reach the Long Trail marker designating the correct path leading right off the road.

440m



This is the *Kawauchi-iriguchi* trailhead entry (T-2 川内入口).



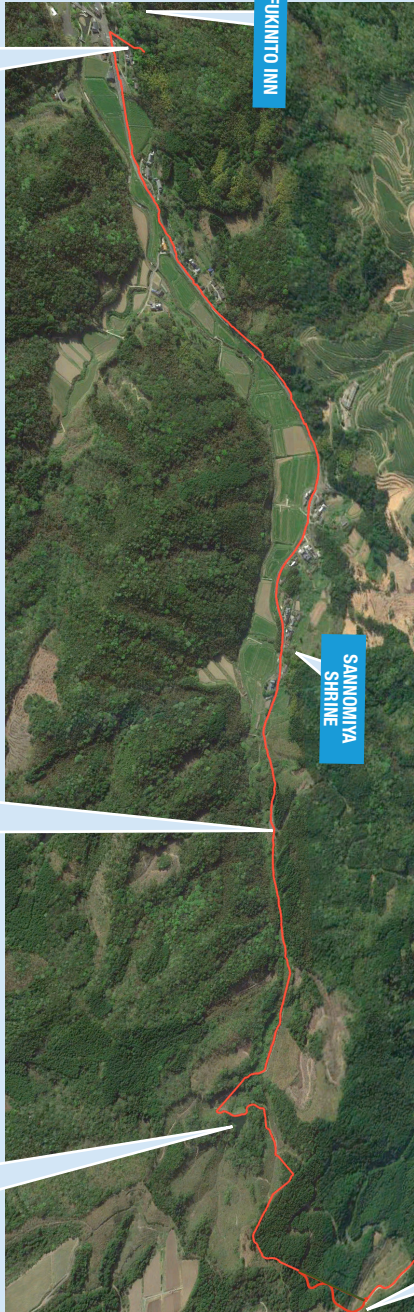
• Familiar green and yellow ribbons should soon line the way. Initially on concrete, the way changes to grassy path ahead as you continue steadily up. Follow left at a Long Trail sign to continue past a reservoir pond.

800m



*Vegetation note:* Depending on the season, the path may be slightly less well-maintained ahead, but persevere through the high *susuki* (*Miscanthus sinensis*) silvergrass. Prevalent throughout Japan, this pampas-like grass was once the mainstay for constructing traditional thatch roofs.

Fuki-ji (Fukinoto Inn) → Senhoushisen-iriguchi: ~4km / 2.5 miles



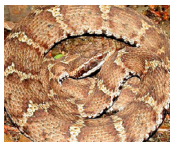
FUKI-JI TEMPLE (GATE)



KAWAUCHI-IRIGUCHI TRAIL ENTRY



SENHOSHISEN-IRIGUCHI ENTRY



**i** ESPECIALLY IN DAMP, LEAFY CONDITIONS, TAKE CARE TO WATCH OUT FOR ANY SNAKE ACTIVITY ALONG THE TRAIL. JAPANESE PIT VIPERS (*GLOYDIUS BLOMHOFFI*, マムシ *MAMUSHI*) ARE ESPECIALLY VENOMOUS AND SHOULD NOT BE APPROACHED. IF BITTEN, SEEK IMMEDIATE MEDICAL ATTENTION.



Pass some trail marker ribbons on trees and continue up to meet a fork. There is a small trail sign and another ribbon indicating to take the right way. As the road descends further on, continue right on the grassy dirt path (not left on the concrete one) at a merging trail.



700m



Signs soon ahead point left across the asphalt road to continue along the trail. This point is the "Senhoshisen-iriguchi" entry and you are now heading for *Yama-jinja* ("Mountain shrine").



Follow the dirt gravel lane on as it descends and then turns into a concrete lane winding steeply down the mountain. ★The way switches to dirt/gravel briefly then back to concrete, and at this point lookout for a sign pointing left off the lane and onto grassy trail.

800m



Just ahead, signs continue to point right up a narrow ridge path lined by cedar and cypress trees.

50m

*Vegetation note:* The primarily *sugi* cedar (*Cryptomeria japonica*) and *hinoki* cypress (*Chamaecyparis obtusa*) timber forest today may be interspersed with native varieties of cherry, beech and oak. Nutmeg-yew, horse chestnut, dogwood, magnolia, camellia and azalea are also prevalent in Kunisaki forests.







• Follow the ribbon-lined trail path down more rocky and uneven terrain.



**i** THE WAY SWITCHES TO DEEPER NATIVE FOREST PATH.TAKE CARE TO WALK DOWN MORE SLOWLY ON THIS SECTION ESPECIALLY IN THE WET. MOSS COVERED ROCKS HIDDEN UNDER FOLIAGE ARE EASY ANKLE TURNERS.

Reach an intersecting trail below and follow the sign pointing left, then continue right, again following a sign at the fork just ahead. Again the path narrows and continues steeply down. Continue straight over an intersecting path ahead and the way widens again.

You may notice a number of propped up logs to the left. *Nara*, *mizunara* and *kunugi*, varieties of Japanese oak, are used to produce *shiitake* mushrooms, a *meibutsu* (specialty product) of the area.



1KM



Continue down to reach a concrete lane. Soon reach the outskirts of the small Umenoki village hamlet and the **An-no-Sako** 庵ノ追名水, a natural spring ahead.

The water of this spring is rich in magnesium and said to provide energy and good health. Many locals fill up large jugs here to take home as their drinking water.



★Roughly 50m ahead look out for a Long Trail post on the right pointing up to **Yama-jinja shrine**. Follow up here and along the narrow forest trail, then right to reach the shrine.

250m

Pay homage here, if inclined, to the *yama-gami* ("mountain god") who has, so far, provided you with safe passage. Offer an auspicious five-yen coin if you would like, followed by two bows, two claps, your prayer, followed by one bow to thank the gods for listening.





· Continue to follow signs, now heading for **Umi-jinja (海神社 “Ocean shrine”)**, down the steep stone promenade steps and toward the Shinto torii gate ahead.

**TAKE SPECIAL CARE ON THESE VERY MOSSY AND SLIPPERY STEPS IN THE WET!**



As you reach the torii gate, do not continue down but instead follow signs right along the forest trail.

★Ahead, a detour has been put in place following typhoon damage to the trail. Follow signs for the detour right, along a wooden post and rope-lined trail.



Where the path forks soon ahead, continue on the trail left, and then down to reach the asphalt lane below.

400m



· Turn right on this road and continue to follow along it. Initially flat, the lane begins to ascend and merges with another. Follow signs again pointing right to Umi-jinja. Pass a number of homes and soon reach a Long Trail post ahead, pointing left to 並石ダム (Nameshi Dam).

800m





• Turn left here. Pass in between homes and along a narrow concrete way that soon becomes forest trail.

\*Just ahead, the path splits. Follow left and up the steeper way, marked by trail ribbons. The trail soon curves left and passes a family gravesite. Navigate your way through bamboo forest.

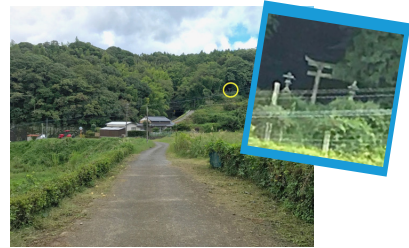


\*At another split in the trail, follow right (there are yellow and green ribbons soon ahead). Less well-maintained for a short section from here, the path soon curves right to become proper undulating trail, until you reach a steep concrete down to reach a country lane and small hamlet.

700m



• Follow signs left here, then follow along the curving lane. You will soon be able to see the torii gate of Umi-Jinja shrine ahead in the forest.



Meet a two-lane road and turn right to continue on the concrete lane just before it. Just after a small cattle-rearing household and feed silo, turn left at the Long Trail post to go up the forest trail that leads to the shrine gate.

300m



Follow the steep stone steps up to the top (88...by some counts) and reach **Umi-Jinja** shrine. You may pay respects here to the *umi* seafaring gods.

★You have walked 8km (5 miles) to this point, approximately half of today's course .





Follow the path to the right of the shrine to continue on. Just ahead, turn left up at an intersecting lane (a sign points to Nameshi Dam). At a family gravesite soon ahead, follow the curve of the lane left, then straight on as it descends (i.e. do not climb the steps here) to reach Nameshi Dam park.

550m



\*There are toilets on your right if needed.

★The larger building on the left is a *michi-no-eki* ("Road side rest area") called **Greenland Kotton-mura** グリーンランド・こっとな村, and this is your **LUNCH** spot for today.



## LUNCH: *Michi-no-eki* Greenland Kotton-mura 道の駅グリーンランド こっとな村

The restaurant here has a number of options for local specialties. We recommend taking some time here to rest. You may also enjoy the views of the mountains outside (famed for another *oni* ogre-dwelling cave). Menu recommendations include the *Kamo-Nanban soba* 鴨南蛮そば (buckwheat noodles with duck) and *Kotton-teishoku* こっとな定食 (local lunch set with *dango-jiru* dumpling soup, rice and assorted vegetable side dishes).



Sweet *kotton-manju* こっとなまんじゅう (steamed buns filled with *anko* red bean paste) are also famed in the area, and make for a good takeaway item for further sustenance along the trail.





Senhoushisen-iriguchi → Nameshi Dam: 5km / 3 miles

## Walking course directions:

Nameshi Dam → Choan-ji → Tennen-ji



•After lunch continue on to cross Nameshi Dam itself (i.e left when exiting the restaurant). Along the way, pass signs for the Long Trail course as well as a large rock commemorating the completion of the dam's construction in 1985.



Passing bucolic views of the valley below, reach the other end of the dam.

A Long Trail post designates the *Kishiro-Yaba 鬼城耶馬* ("oni/ogre castle range", i.e. the mountain view across the dam waters) .



350m

•Soon ahead, look out for a post and sign pointing left up onto more narrow forest trail. You are now heading for **Mishima-jinja shrine**.



The trail passes two massive rocks and then ascends steeply on some more uneven terrain. Follow the sign left to continue along the trail.

**TAKE CARE ON SLIPPERY ROCKS ALONG MORE UNDULATING AND NARROW TERRAIN!**



The foundation stones of this less-kempt shrine can soon be seen ahead. Follow the trail to the shrine steps and pay **jinja's** primary deity, *Oyama-tsumi* (a god of mountains, seas and war), if you wish.



250m

•Continue along the trail, which soon descends fairly steeply on more rocky terrain. Reach a torii gate and cross a small bridge over a stream to reach the lane below.

200m



•Follow signs to go right here, now heading for **Choan-ji** (Coan-ji) temple. Ascend the concrete lane to reach a forest trail verging off to the right ahead.

100m



Follow the sign here to “Taharachi Toge (Pass)” up the forest path. (Another sign, in Japanese, points 1.9km to Choan-ji.)

★You have walked a total of approximately 10km (6 miles) to this point today .



Remain on the cobblestone right where the path forks and continue straight on...and up. ★Take care where you place each step and stop to look out for green and yellow ribbons when in doubt.

**ⓘ ANCIENT ISHIDATAMI COBBLESTONE CAN BE ESPECIALLY TREACHEROUS IN THE WET HERE. TAKE YOUR TIME ON A PROLONGED ASCENT, WITH BREAKS WHERE NEEDED. A LOCAL GUIDE'S HINT: WHERE THERE IS TOO MUCH UNDERBRUSH OR FOREBODING BOULDERS ALONG THE PATH, YOU MAY DIVERT TO THE CEDAR LINED WAY RUNNING PARALLEL TO IT AT POINTS.**



800m



As the path curves to the right and becomes less bouldery, you will reach the top of the **Taharachi** (Tawaradi) **Toge** pass.

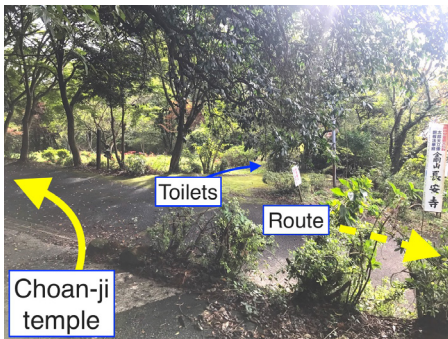
\*A sign points left to Choanji temple.



Follow the wider trail now on relatively more level terrain, gently ascending to pass a number of large boulders. The trail will open up briefly to provide some well earned sunshine on a fine day. Reenter forest and follow flat, then gently descending. Pass a grave site along the way with fine views to the ocean beyond.



1.6 KM



Come to an asphalt lane soon ahead and you have reached the grounds of Choan-ji temple. ★There are toilets ahead here if needed. Though your walking route will continue to the right (i.e. to Tennen-ji), we suggest first visiting **Choan-ji Temple** to the left (80m). Then return to this point.



## Choan-ji 長安寺

Once the seat of power for the Rokugo-Manzan and an important training ground for over 1000 Buddhist monks in the Kunisaki area, Choan-ji's founding is again attributed to the legendary Ninmon in 718. Under the auspices of a Buddhist sect, and later the Kamakura ruling elite, the temple rose in power between the 8th and 13th centuries to supervise over one hundred local sub-temples. This power began to wane as political trends shifted in favor of samurai control, and by the Heian period, a fort built above the temple on Mt. Yayama sent a clear message that Choan-ji was no longer the seat of power. Important Cultural Properties here include nineteen bronze plaques inscribed with sutras, dating to 1140, as well as a wooden statue of Taroten (a holy resident of neighboring Rokusho Shrine in 1130). The Taroten statue is unique in that it also represents Fudo Myo-o, the Immovable Wisdom King, watching over the monks who once trained here. The kind expression of the statue is rare for (a usually wrathful) Fudo.





IF TIME ALLOWS, WE RECOMMEND HAVING A BRIEF BREAK HERE AT CHOAN-JI. THOUGH THE GOAL OF TENNEN-JI IS RELATIVELY CLOSE AT JUST UNDER 3KM, IT IS A STEEP DOWN ON DECIDEDLY ROUGHER TERRAIN. IF WEATHER OR LESS CONFIDENCE NAVIGATING ROCKY TERRAIN ARE AN ISSUE, YOU MAY FOLLOW THE EASIER ASPHALT WAY DOWN TO TENNEN-JI (\*SEE BELOW ALTERNATIVE DIRECTIONS). AT A MEDIUM PACE, THE RECOMMENDED TRAIL ROUTE DOWN TYPICALLY TAKES 1-1.5 HOURS. ★ YOU MAY ALSO CONTACT OUR OFFICES FROM CHOAN-JI IF YOU ANTICIPATE NEEDING AN EARLIER OR LATER TAXI PICK-UP.

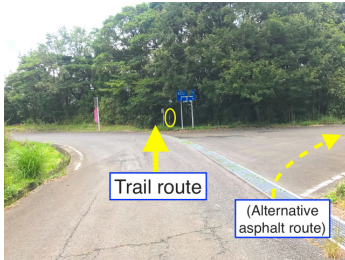


•After visiting the Choan-ji grounds, return to the junction/restroom point and continue straight on the asphalt, now following signs for **Tennen-ji** temple 天念寺.

The road begins to curve and merges with another, LOOK straight ahead for the Long Trail post underneath the blue sign.

200m

★Follow straight to enter forest trail here.



★ALTERNATIVE ROAD ROUTE:

Again, please note that the 1.5km trail down from here is steeper, less well-maintained and requires more navigation (i.e. looking out for ribbon markers) en route. If weather or waning energy are an issue, instead follow the winding asphalt road to the right down approximately 2km. This meets with your route again on the next page.



The recommended trail route begins with a fairly steep down on rocky, uneven terrain.

1.5 KM

Be sure to alternate between looking down at your feet and looking up for the ribbons marking the trail!

Approximately 100m on, there is a sign in Japanese pointing to Tennen-ji temple. Some 100m further on, there is a large yellow sign with a red arrow pointing down. This designates the walking path and roughly 1km until the forest exit.



Flat areas with stone foundation walls line the way, remnants of the once powerful Choan-ji temple complex. Near the 1km mark to Tennen-ji temple, larger, moss-covered boulders may be particularly slippery in the wet. Navigate down carefully and do not rush!



Another large yellow sign with a red arrow pointing down designates 680m to the end of this trail section.

Passing a small cattle farm below, a shorter section of narrow trail ahead leads to another concrete lane. Follow signs to continue down on it.



If you turn around and look back at the trail here, you'll see an interesting statue... possibly the deity that has protected you along this more treacherous terrain.



• Follow this road down to its end where it meets a two-lane, larger road (Rt. 548).

300m

★ Along the way, pass a merging road on your right. This is where the alternative asphalt way down (described on previous page) again joins the route.

• Meeting Rt. 548, cross the road to the pedestrian sidewalk opposite and turn left to follow along it. On a clear day, you will be able to see the famous Mumyobashi 無明橋 stone bridge ahead, a right-of-passage for ascetic monks training along the Nakayama Senkyo mountain range.

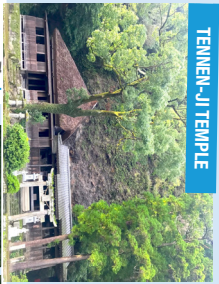


70m

• Just ahead, follow the Long Trail sign and ribbon to diverge right off Rt. 548. Where this winding lane crosses a bridge and meets a T-Junction, follow a sign to turn right. Continue on the asphalt, or divert through a parking lot, then left to follow a smaller trail along the river. Soon reach the thatched hall of **Tennen-ji**, nestled in the rockface.

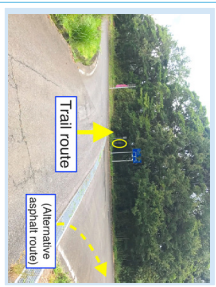
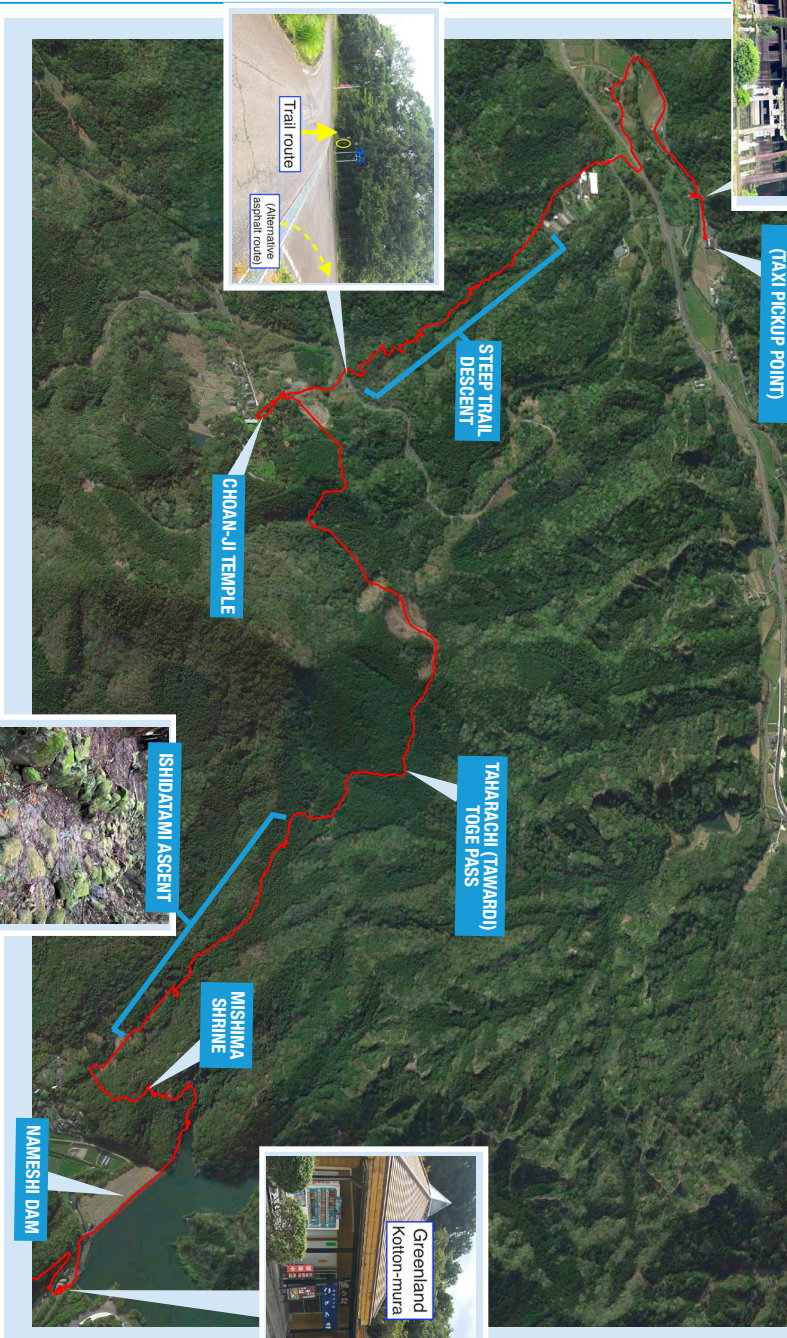
730m





ONE-NO-SATO MUSEUM (TAXI PICKUP POINT)

# Nameshi Dam → Tennen-ji : 6.5 km / 4 miles



CHOUAN-JI TEMPLE

STEEP TRAIL DESCENT

TAHARAACHI TOGE PASS

ISHIDATAMI ASCENT

MISHIMA SHRINE

NAMESHI DAM



Greenland Kotton-mura

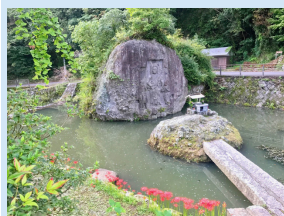
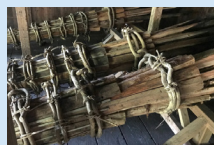


## Tennen-ji 天念寺

Supposedly founded by Ninmon in 718, Tennen-ji was once a larger temple, of which the picturesque thatched lecture hall here was a part. This hall houses a statue of Kannon (Goddess of Compassion/Mercy), while the primary deity, Amida (Buddha of Infinite Light), is represented by a Heian-era statue housed in the current main temple hall (a smaller/more modern building further up the road). Next to this thatched hall, a torii gate designates the Shinto-nature of *Misosogi-jinja* shrine. Said to be a “reflection” of the lecture hall, this is another good example of the syncretic unification of Shinto-Buddhist belief structures. The shrine name itself means “body washing/purification”, historically connected to ablution rituals held in the nearby Nagaiwa River.



The thatched lecture hall is fine to enter with footwear still on. Inside, photos depict the famous Shujo-Onie festival, held on the night of the Lunar New Year. This tradition, said to extend back over a 1000 years, begins with sacred rituals carried out to summon protective oni (ogre/demon) spirits, which then aptly possess locals dressed for the part. Sake drinking and dancing ensue. Large wooden *taimatsu* torches, displayed here in the temple hall, are set ablaze and carried through town to purify local households.



## Kawanaka Fudo 川中不動

A stone relief of Fudo-myō, carved into a large boulder in the river, is quite awe-inspiring and inspires many to take a moment of quiet reflection here. Often connected with water-protection rites, Fudo traditionally looks over those those who pay homage here before undertaking strict mountain ascetic training (including crossing the dangerous Mummyobashi bridge above).



## Onie-no-Sato History Museum 鬼絵の里 歴史資料館

\*Open: 9:00am-5:00pm Apr-Nov (9:30am-4:30pm Dec-March).  
 Closed: Second/fourth Tuesday of the month. Entry fee: JPY300\*  
 The museum has various local exhibits and information (primarily in Japanese) on the local Rokugo Manzan and oni culture and the Shujo-Onie festival (including a video of the event). There is also a model of the Mummyobashi Bridge that you may cross.

## 16:30 RESERVED TAXI TO ACCOMMODATION:

Again, a taxi has been reserved and pre-paid by our offices to take you from the parking lot next to Tennen-ji (in front of the Onie-no-Sato History Museum) to your accommodation.

SELF-GUIDED

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# WALK JAPAN

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