

Season July–mid-September **Duration of stay** 2 nights, 3 days

Dewa Sanzan Pilgrimage: A Journey of Rebirth

Notes Become an expert on the culture of the area traveling with a guide for all three mountains of the Dewa Sanzan. Enjoy the definitive Bandai-Asahi National Park and Dewa Sanzan-Asahi experience.



Day 1	8:30a.m. Tsuruoka Station 30min Ideha Bunka Museum 9:00a.m. Yamabushi Training (420min) <Clothe yourself in the white garments of pilgrims and experience a day of yamabushi mountain asceticism training. (Advance reservation is required.) Costs approximately 10,000 yen. (Clothing rental, etc., is included.)> 20min 4:30p.m. Mt. Haguro Shukubo Pilgrim Lodgings [Accommodation] Activity 07 Mt. Haguro Pilgrim Lodgings and Morning Prayers <Approximately 30 pilgrim lodgings are located in the shrine village on Mt. Haguro. Since ancient times, these lodgings have supported the Dewa Sanzan faith. Experience a very different style of accommodation by staying in one of these local lodgings.>
Day 2	Mt. Haguro Shukubo Pilgrim Lodgings Activity 07 Mt. Haguro Pilgrim Lodgings and Morning Prayers 7:30a.m. 60min Mt. Gassan 8th Station 9:15a.m. Guided Hiking at Mt. Gassan (390min) <Mt. Gassan is the highest of Dewa Sanzan's peaks, reaching an elevation of 1,984 meters. At its summit, the deity Tsukuyomi-no-Mikoto is enshrined at Gassan Shrine. Midagahara Wetlands, located at the mountain's 8th station, is known throughout Japan as a treasure trove of alpine plants. Over 130 varieties of flowers bloom there. Tour the area accompanied by a mountain guide. (Flower Guide + Tourism Guide) (Advance reservation is required.)> 3:45p.m. Mt. Gassan 8th Station 60min 4:45p.m. Kyukamura Shonai-Haguro Gassan Visitor Center (15min) <Discover the Dewa Sanzan area with picture panels and videos and learn about its geographical features, climate, and animal inhabitants.> 5:30p.m. Kyukamura Shonai-Haguro [Accommodation] <You'll be surrounded by nature at Kyukamura Shonai-Haguro. Enjoy relaxing bathing in the hot springs and savor local specialties from the mountains and sea.>
Day 3	8:00a.m. Kyukamura Shonai-Haguro 60min Rokujuri-goe Kaido 9:00a.m. Activity 06 Embark on the Yudono pilgrimage with a historical trip across the ancient Rokujuri-goe Kaido road.(60min) 10:00a.m. Churenji Temple (60min) <Explore an ancient road accompanied by a guide. (Advance reservation is required.)> 30min Mt. Yudono Rest House 11:30a.m. Mt. Yudono Rest House (Lunch) (60min) <Choose from tempura soba, ramen, curry, and a variety of Japanese dishes popular with international visitors.> 12:30p.m. Shrine Visit at Mt. Yudono (90min) <Known from ancient times as Oku-no-In, the "inner sanctuary" of the Dewa Sanzan, this place of worship is mysterious even by Dewa Sanzan standards and requires that visitors pay their respects barefoot.> 2:00p.m. Mt. Yudono 60min Tsuruoka Station

Legend for itinerary symbols Airplane Train/JR Car (rental car) Taxi Fixed-route bus/shuttle bus Boat Ropeway Bicycle Walking Photo spot

Itinerary times defined Dawn 4:00a.m.-6:00a.m., Early morning 6:00a.m.-8:00a.m., Morning 8:00a.m.-12:00p.m., Noon 12:00p.m.-1:00p.m., Afternoon 1:00p.m.-5:00p.m., Evening 5:00p.m.-7:00p.m., Late evening 7:00p.m.-11:00p.m., Night 11:00p.m.-4:00a.m.