105

July-mid-September

using the recommended activities

Sample course

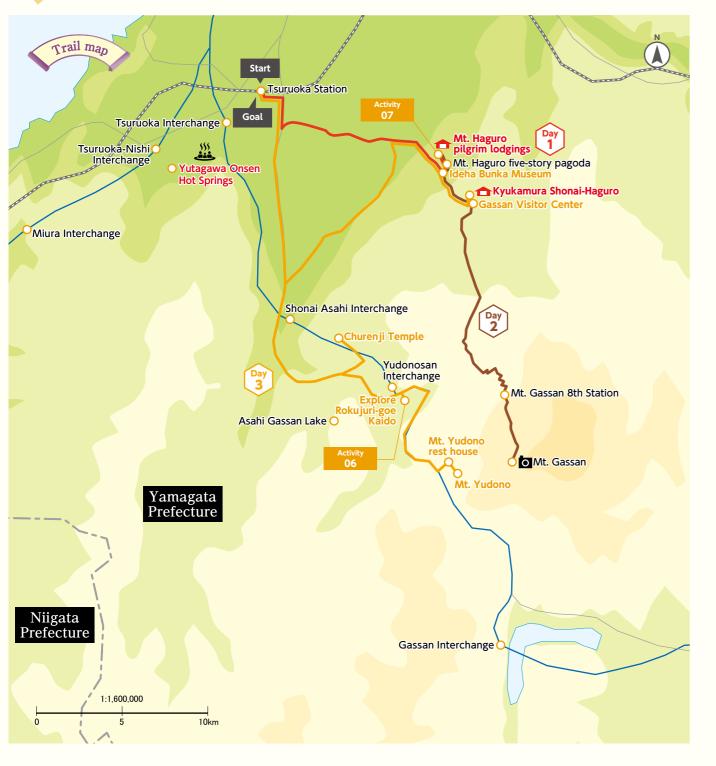
Duration of stay 2 nights, 3 days

Dewa Sanzan Pilgrimage: A Journey of Rebirth



Become an expert on the culture of the area traveling with a guide for all three mountains of the

Enjoy the definitive Bandai-Asahi National Park and Dewa Sanzan-Asahi experience.











8:30a.m. Tsuruoka Station A 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.)

Mt. Haguro Shukubo Pilgrim Lodgings Activity 07 Mt. Haguro Pilgrim Lodgings and Morning Prayers 7:30a.m. At. 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.)

8:00a.m. Kyukamura Shonai-Haguro A 60min Rokujuri-goe Kaido

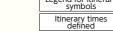
9:00a.m. Activity 06 Embark on the Yudono pilgrimage with a historical trip across the ancient Rokujuri-goe Kaido road.(60min)

10:00a.m. Churen ji 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 A Gomin Tsuruoka Station



Airplane Train/JR Car (rental car) Taxi Fixed-route bus/ Boat For Ropeway Bicycle Walking Photo spot Dawn 4:00a.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.