

Sample course  
using the recommended activities

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**Season** All seasons **Duration of stay** 5 nights, 6 days

# Journey Through the Park on an Electric-Assist Bicycle (E-bike). Feel the Wind on Your Face as You Travel Through Yoshino-Kumano National Park.

**Notes** Complete the 230-km Kuma-ichi cycling route that travels all around the southern portion of the Kii Peninsula. Visit geosites to feel the vitality of the earth and the eternal romance of Kumano, land where the gods dwell.



<b>Day 1</b>	9:03a.m. Shin-Osaka (JR) 18min → 9:21a.m. Tennoji (JR) 120min → Kii-Tanabe 11:21a.m. Kii-Tanabe 25min → Tanabe Bay <b>Activity 08</b> Wakayama's Uyuni Salt Flat: The Magnificence of Cape Tenjinzaki (25min) (This spot is called the Uyuni Salt Flat of Wakayama.) 12:20p.m. Cape Tenjinzaki 75min → Shirahama ※Lunch in Tanabe Town Area Along the Way <b>Activity 02</b> Dynamic Scenery and Ancient Mysteries of the Sandanbeki Rock Cliff (30min) (Legends say this cavern is where the Kumano naval fleet, known for their role in the Genpei War (1180-1185), hid their ships.) 135min → Susami Town Area [Accommodation]
<b>Day 2</b>	9:00a.m. Susami 20min → 9:30a.m. Kuchiwabuka 40min → ☉Phoenix Fold (Cruise around the geopark by fishing boat and from the boat's deck, see the fascinating landscape where the strata have been bent by the force of the earth pushing against itself.) <b>Activity 10</b> Geopark Fishing Boat Cruise (40min) 10:20a.m. Kuchiwabuka 25min → ☉Cape Koibito-misaki (15min) (Waves collide offshore at this geosite.) 10:55a.m. Cape Koibito-misaki 20min → Roadside Station Susami Aquarium of Crab and Shrimp (40min) + Lunch 12:45p.m. Roadside Station Susami 135min → Cape Shionomisaki Nanki Kumano Geopark Center (30min) 3:30p.m. Nanki Kumano Geopark Center 5min → Shiokaze-no-Kyukeisho (Rest House at the Southernmost Point of Honshu) (20min) 4:00p.m. Shiokaze-no-Kyukeisho (Rest House at the Southernmost Point of Honshu) 25min → Kushimoto Town Area [Accommodation]
<b>Day 3</b>	9:00a.m. Kushimoto 25min → Kushimoto Pier (150min) (Fishing for Rare Fish Experience) <b>Activity 04</b> Environmental Learning While Fishing for Rare Fish at the Southernmost Point of Japan's Main Island (180min) 11:40a.m. Kushimoto Pier 10min → ☉Hashigui-iwa Rocks (20min) + Lunch 12:40a.m. Hashigui-iwa Rocks 40min → ☉Mushikui-iwa Rock (20min) (This interesting rock formation is covered in holes and looks like it's been eaten by insects.) 1:40p.m. Mushikui-iwa 60min → ☉Butsubutsu River (15min) (Japan's shortest river) 2:30p.m. Butsubutsu River 25min → Taiji ☉Cape Kandorizaki (20min) (Along with Cape Tomyozaki, this was one of the yamami lookouts used to direct traditional whaling fleets.) <b>Activity 05</b> Official Guided Tour of Nanki Kumano Geopark (90min) 3:15p.m. Cape Kandorizaki 20min → Cape Tomyozaki ☉Cape Tomyozaki (20min) (You'll push your electric-assist bicycles along the promenade on foot.) 4:15p.m. Cape Tomyozaki 15min → Taiji Town Area [Accommodation]
<b>Day 4</b>	8:25a.m. Taiji 5min → Moriura Bay <b>Activity 06</b> Sea Kayaking with Cetaceans (120min) (A full two hours of sea kayaking across a cetacean-filled sea.) 11:00a.m. Moriura Bay 70min → ☉Nachi Waterfall (25min) + Lunch (The famous Nachi Falls boasts Japan's highest uninterrupted drop for a single-tiered waterfall.) 1:20p.m. Nachi Falls 5min → Kumano-Nachi Taisha Grand Shrine-Seigantoji Temple (35min) (The temple sits alongside the main building of Kumano-Nachi Taisha Shrine, forming one of the centers of the Kumano Shinko faith.) 2:00p.m. Seigantoji Temple 80min → ☉Kamikura-jinja Shrine (45min) (This shrine is a World Heritage sacred site built atop steep cliffs.) 4:05p.m. Kamikura-jinja Shrine 5min → Kumano Hayatama Taisha Grand Shrine (20min) (Visit the vibrant vermilion main building of one of the Kumano Sanzan (three main Kumano shrines).) 4:30p.m. Kumano Hayatama Taisha Grand Shrine 10min → Shingu Town Area [Accommodation]
<b>Day 5</b>	9:00a.m. Shingu Town Area 50min → Hisetsu-no-taki Falls (20min) (This beautiful waterfall is 30 m high and 12 m wide, and its spray flies like snow.) 10:10a.m. Hisetsu-no-taki Falls 130min → Hongu Kumano Hongu Heritage Center + Lunch (80min) (Find information on the Kumano region and the World Heritage site Sacred Sites and Pilgrimage Routes in the Kii Mountain Range at the center.) 1:40p.m. Hongu 5min → Hongu Taisha-mae 1:46p.m. Hongu Taisha-mae (Fixed-route bus) 8min → Fushigami-guchi 1:54p.m. Fushigami-guchi 140min → Kumano Hongu Taisha Grand Shrine (20min) (The climax of the Kumano Kodo Nakahechi route, here you'll enjoy a panoramic view of Oyunohara and a visit to Kumano Hongu Taisha, which, even by the standards of the Kumano Sanzan, gives off an especially ancient, traditional aura.) 4:20p.m. Hongu Taisha 10-20min → Kumano Hongu Onsenkyo Hot Spring Village (Yunomine Onsen, Watarase Onsen, Kawayu Onsen) [Accommodation] (Enjoy a soak in the healing, rejuvenating waters beloved by people through the ages.)
<b>Day 6</b>	9:00a.m. Kumano Hongu Onsenkyo Hot Spring Village 90-100min → Rest, Roadside Station Nakahechi (20min) 11:00a.m. Roadside Station Nakahechi 60min → Takijiri Oji Kumano Kodo-kan (25min) 12:25p.m. Takijiri Oji 5min → Grave of Kiyohime Lunch (50min) 1:20p.m. Grave of Kiyohime 75min → ☉Rest, Hikogoro Park (15min) 2:35p.m. Hikogoro Park 25min → Shirahama (You completed the Kuma-ichi cycling loop of the Kii Peninsula! Well done!) 3:26p.m. Shirahama (JR) 126min → 5:34p.m. Tennoji (JR) 16min → Shin-Osaka

**Legend for itinerary symbols** ✈️ Airplane 🚆 Train/JR 🚗 Car (rental car) 🚕 Taxi 🚌 Fixed-route bus/shuttle bus 🚢 Boat 🚡 Ropeway 🚲 Bicycle 🚶 Walking 📷 Photo spot

☉ This mark identifies geosites in the itinerary.  
 •Times in the itinerary are calculated on the assumption that you are traveling 13 km/h on your electric-assist bicycle.  
 •Electric-assist bicycles (e-bikes) are sport models.  
 •A selection of rental companies (Shirahama area):  
 ■KMICH (Kumitchi)... Rental fee: 1 day, from 3,500 yen (tax included) Phone: 0739-34-3115 Address: 2537-57 Asso, Kamitonda, Nishimuro District, Wakayama (Kamitonda Industrial Promotion and Culture Exchange Center) \*Renting or returning bicycles from a shop other than the one previously listed will incur a transport and delivery fee. Hours: Monday, Wednesday-Friday 2:00p.m.-6:00p.m.; Saturday, Sunday, national holidays 9:00a.m.-3:00p.m. Closed Tuesdays E-mail: kmich.kuchikumano@gmail.com  
 ■Giant, Nanki Shirahama Shop Phone: 0739-34-3196 Address: 1821 Shirahama, Nishimuro District, Wakayama Prefecture (Located in Hotel Seamore; no delivery or transport) Hours: 9:00a.m.-7:00p.m. Closed Tuesdays  
 •Taking out travel insurance is recommended.