

英語

Spiritual Island

~Shikoku Henro~

Pilgrimage to the 88 Sacred Places



四国遍路



SHIKOKU TOURISM

https://shikoku-tourism.com/en

HENRO (遍路)

Throughout the world and Japan there are numerous pilgrimage routes, but the one that includes visiting eighty-eight temples on the island of Shikoku in Japan is called the Shikoku Henro.

This map provides a basic description of various topics related to the Shikoku pilgrimage, but if you would like further information we suggest that you contact one of the following public information associations where English-speaking staff are available and / or look at the recommended websites.

Government Tourism Agencies

- **Organization for Promotion of Tourism in Shikoku**
2-1 Surport, Takamatsu, Kagawa Prefecture 760-0019
https://shikoku-tourism.com/en E-mail: info@shikoku-tourism.com
- **Tokushima Prefecture Tourism Association**
1 Hōji, Higashihama, Yamashiro-cho, Tokushima, Tokushima Prefecture 770-8055
https://discovertokushima.net/en/
- **Kagawa Prefecture Tourism Association**
2-1-10 Bancho, Takamatsu, Kagawa Prefecture 760-8570
https://www.riv.kagawa.jp/en/
- **Ehime Prefecture Tourism Association**
3-6-1 Okaido, Matsuyama, Ehime Prefecture 790-0004
https://www.visitehimejapan.com/en
- **Kochi Visitors & Convention Association**
1-2-20 Marunouchi, Kochi, Kochi Prefecture 780-8570
https://kochi.jp/en

Tourist Information Desk

- **Tokushima Prefectural International Exchange Association (TOPIA)**
Clientel Plaza, 6F, 1-61 Terashimomori-cho, Tokushima City 770-0831
https://www.topia.net/jp/ (in JR Tokushima Station Building 6/F) Phone: 088-656-3303
- **Takamatsu City Information Plaza**
1-16 Hamano-cho, Takamatsu City, Kagawa Prefecture 760-0011 (in JR Takamatsu Station) Phone: 087-851-2009
- **Dogo Tourist Information**
6-8 Dogo Yunomachi, Matsuyama City, Ehime Prefecture 790-0842 (in front of Dogo Onsen Station) Phone: 089-943-8342
- **"i" information Center**
2-10-17, Kitahonmachi, Kochi City Kochi Prefecture 780-0056 (in front of JR Kochi Station) Phone: 088-879-6400

Recommended Website <http://shikokuhenrotrai.com/>

Facebook Group: Ohenro San <https://www.facebook.com/groups/30817087712/>

How to make the pilgrimage & Guide Map Book
Shikoku Henro for Outside Japan
Shikoku Japan 88 Route Guide <https://henro88map.com/>

Shikoku Henro Guide-Interpreter Association
<https://shhg#45988.wikisite.com> website
March 2022

David Moreton
Research Theme: History of non-Japanese and the Shikoku Pilgrimage

The Shikoku pilgrimage route has been experiencing a boom in recent years and it is said that annually 150,000 make the pilgrimage by bus, car, motorcycle, bicycle, foot or other means. Not only Japanese, but also an increasing amount of non-Japanese are deciding to make the pilgrimage gear and do some or all of the 1,200-kilometer journey that circumambulates Shikoku. For those interested in coming to Shikoku and participating in this centuries-old pilgrimage that is believed to follow the footsteps of the great Japanese Buddhist saint Kōbō Daishi (774-835), I recommend being able to speak and understand a basic level of Japanese which will assist you when are booking a room, asking people for directions or talking with the local people and other pilgrims (henro). Do not expect anyone to be able to speak English or any other foreign language. As well, become involved in the pilgrimage by wearing the white vest (haku) and / or using a staff. When people see that you are a henro, they will treat you as such and you will be included into the culture of selfless support (osetta). Also, remember that this is a religious journey, not a stamp relay or a backpacking route. Please show respect at each temple and every other sacred site you visit along the way. As a henro you will have the chance to go through big cities, small towns and villages, to travel along the ocean, and to go up and down numerous mountains, however, you might be surprised at the amount of time spent on asphalt.

I hope that you will come to Shikoku to experience the wonderful Shikoku pilgrimage. Start from wherever and do as much or as little as you can. Come and see Shikoku's famous sites, eat its wonderful cuisine and interact with the local people and other henro.



Western Henro pioneers since 1993, from left: Naoyuki Matsushita, Tom Ward, David Turkington, David Moreton, Don Weiss.

What is the Shikoku pilgrimage?

The Shikoku pilgrimage route (or Shikoku Henro) is one of the few circular-shaped pilgrimages in the world. It includes 88 official temples and numerous other sacred sites where the Buddhist priest Kōkai (Kōbō Daishi) is believed to have trained or have spent time during the 9th Century. If walked, the entire route is about 1,200 kilometers long which allows one to experience the abundant natural surroundings of Shikoku and presents one with numerous opportunities to mix with the local people. This pilgrimage provides the an opportunity to reflect on one's life and to change for the better. People's motives for making this pilgrimage are varied. For example, some come for religious reasons, some to pray for healing or safety in the home, or some in memory of those who have passed away. As well, some come just to get away from regular life, some for recreation, or some to spend time alone in reflection and to find oneself. To people today, it is being re-discovered as a healing journey. This pilgrimage should not be considered as a stamp relay, but as a religious journey. Do not worry too much. Just take the first step and as you travel around, you will have time to reflect on yourself and obtain something from this endeavor. The local people will welcome you for your decision to embark on the Shikoku pilgrimage.

History

The first reference to the Shikoku pilgrimage appears in documents from around the 12th Century; however, specific temples or route are not mentioned. The present pilgrimage consisting of the 88 temples is thought to have formed between the late 16th and 17th Century. In the modern era with the development of roads, increasingly more people are coming to make the pilgrimage either by car or bus. However, in recent years the numbers of walking pilgrims have also been increasing.



Planning Ahead HENRO (遍路)

Different Styles of a Shikoku pilgrim

There are many ways to make the Shikoku pilgrimage based on one's schedule, physical health and budget.

- **Walking:**
This will take about 6 weeks (approx. 30km/day) and cost about 400,000yen. This is the most traditional way, but it takes the most time and money.
- **Charter bus:**
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Weather

March - May and October - November are the best months for good weather and comfortable temperatures. The route along the Seto Inland Sea has the least amount of rainfall and the route along the Pacific Ocean has the most. There is not much difference in temperature between the Seto Inland Sea side and Pacific Ocean side.



Temperature, precipitation, hours of sunshine



Source: Takamatsu Local Meteorological Observatory

Three major figures in the history of Westerners and the Shikoku Pilgrimage

Frederick Starr (1858-1933)

University of Chicago professor. Completed half the pilgrimage in 1917 and the whole pilgrimage in 1921. "This journey has been one of the most interesting experiences in my life."

"One unsaid rule of the pilgrimage states that no matter where you go to please help and support each other as much as possible."

Alfred Bohner (1894-1958)

Teacher at Matsuyama High school (1922-1928). Completed the pilgrimage in 1927. "... if the pilgrimage is undertaken only for pleasure and without a loftier purpose, the pilgrim will soon lose the desire to continue. ... every year charitable hands are opened along the pilgrim road, giving to the pilgrims food, drink, and other gifts... [this custom] has been going on for centuries."

Oliver Stalter (1915-2002)


University of Hawaii professor. Completed the pilgrimage in 1968 and 1971. Led student group tours in 1970, 1977, 1983, 1985.

One participant from 1970 said: "...Japanese people recognize and respect the henro in a wonderful way. I found barriers torn down when I became a pilgrim."

A participant from 1985 said that during the pilgrimage: "One encounters a rich spectrum of Japanese religious life, the beautiful scenery of Shikoku, and an aspect of Japanese rural life the foreign visitor seldom sees."

History of Esoteric Buddhism

Map of the Spread of Buddhism.



New edition: New Social History (64) Tokyo Shoin, 2006.



Where to Start

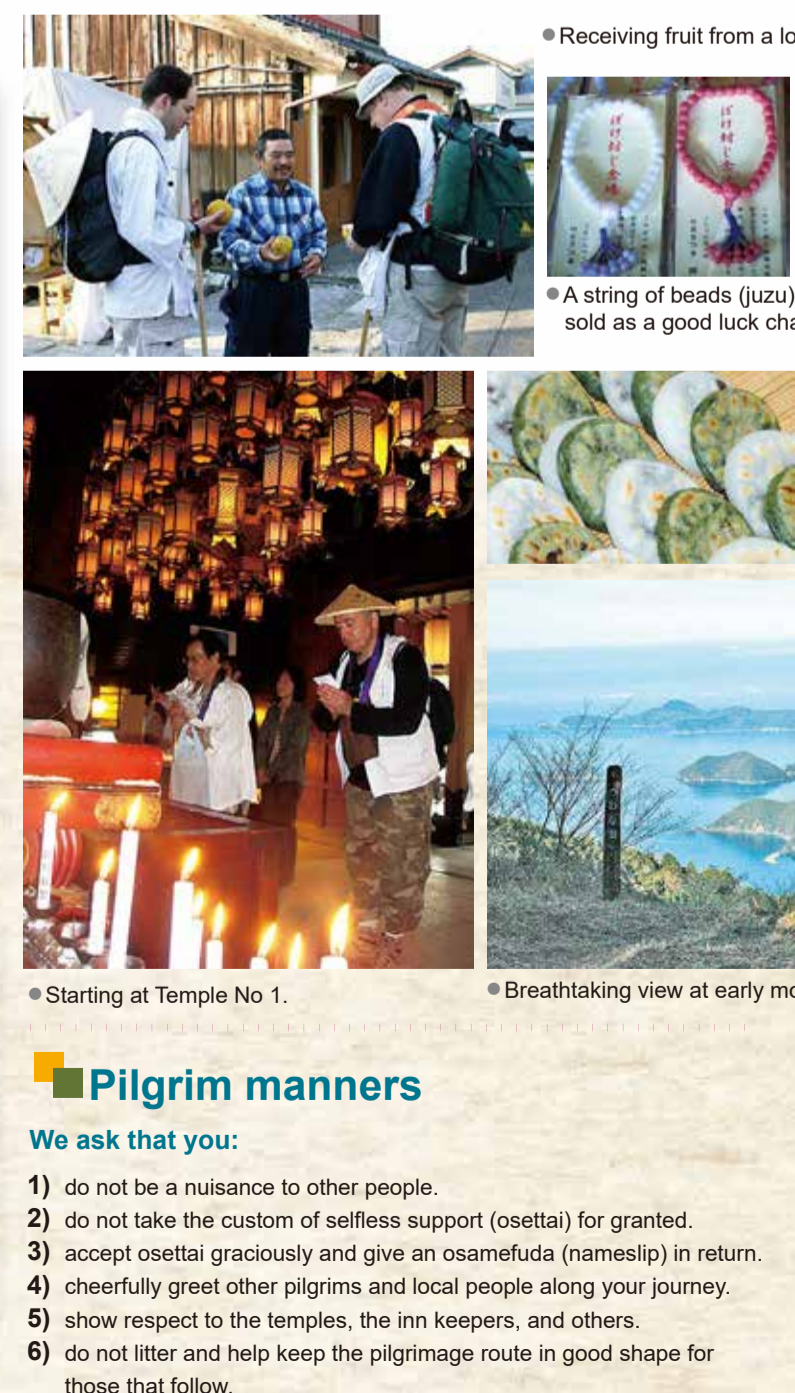
Many people start at Temple 1, Ryōzeji in Tokushima prefecture, proceed in clockwise order and finish at Temple 88, Okuboji in Kagawa prefecture. This method is called *jun-uchi* and it is easier to follow the path markers this way. Others go in reverse order, called *gyaku-uchi*, but there is no rule as to what order you visit the temples. Another method is called *kugiri-uchi*, which means completing a part of the pilgrimage at one time. This is quite common because most people cannot easily leave their everyday lives for a couple of weeks or longer. Thus some visit the temples in one prefecture or some complete miniature pilgrimages, ie between temples 13 and 17, or temples 71-77. It is important to start and proceed at your own speed and in your own way.

● Few-days walking model courses

It might seem intimidating to walk for over a month in unknown land. So why not try a 3 or 4 day Ohenro experience?

- ① 4 days: Temple No.1 — Temple No.17
First section where that you can get an overall ohenro impression
- ② 3 days: Temple No.18 — Temple No.23
Varied ohenro experience course: mountains, valleys and coastal hiking in Eastern Tokushima
- ③ 3 days: Temple No.27 — Temple No.33
Cycling road and scenic course along the spectacular Pacific Ocean
- ④ 4 days: Temple No.37 — Temple No.38
Majestic crashing waves of the Pacific Ocean course
- ⑤ 4 days: Temple No.41 — Temple No.44
Walking through old townscapes, traditional Japanese cultural course
- ⑥ 3 days: Temple No.44 — Temple No.51
Isolated temples in the highlands to the famous Dogo hot spring course
- ⑦ 3 days: Temple No.65 — Temple No.75
From temple #65 to the place where Kukai spent his childhood
- ⑧ 3 days: Temple No.80 — Temple No.88
Last 8 temples of the Shikoku 88 temple pilgrimage course

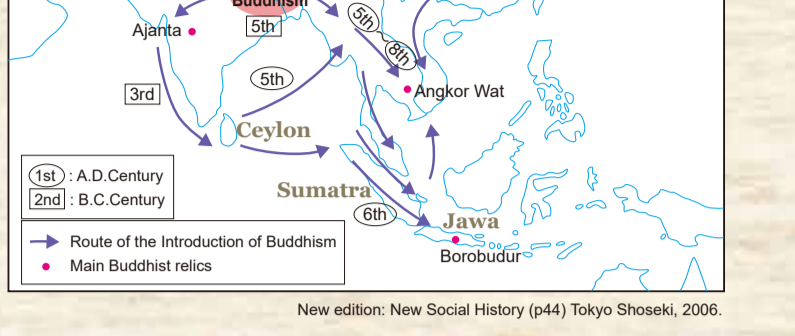
Scenes from along the pilgrimage route



- Receiving fruit from a local person.
- A string of beads (juzu) sold as a good luck charm
- Two American pilgrims during cherry blossom season
- Traditional grilled rice cake sold at Temple 51
- Long term rental bikes: <https://cyclistshikoku.com/>
- Starting at Temple No. 1.
- Breathing view at early morning
- Taking a break at a rest hut
- Pilgrim manners

Buddhism in Japan

It is thought that Buddhism came to Japan in either 538 or 552 from the Korean kingdom of Baekje, however, Mikkyō came during the Tenpyō period (729-749) and later, Kūkai organized its teachings and taught it to the common people. Presently, only in Japan and around Tibet is Mikkyō believed by people to be a living religion and where priests continue to pursue academic research of it. After Buddhism arrived to Japan it developed on its own and repeatedly broke into different groups. As a result, people believed more in the founder of each new group than in the founder, Buddha. One example is Kūkai who established Shingon Buddhism in Japan. However, one common aspect among many sects of Buddhism is the *Hannyā-shingyō* (Heart Sutra), which is a sutra of 266 characters that expresses the contents of the 600-volume Perfection of Wisdom texts.



● Hannyā-shingyō (Kyōhon book)



Planning Ahead HENRO (遍路)

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Temperature, precipitation, hours of sunshine



Source: Takamatsu Local Meteorological Observatory

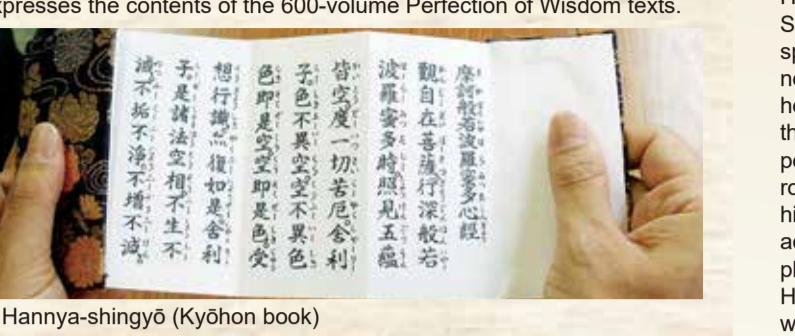
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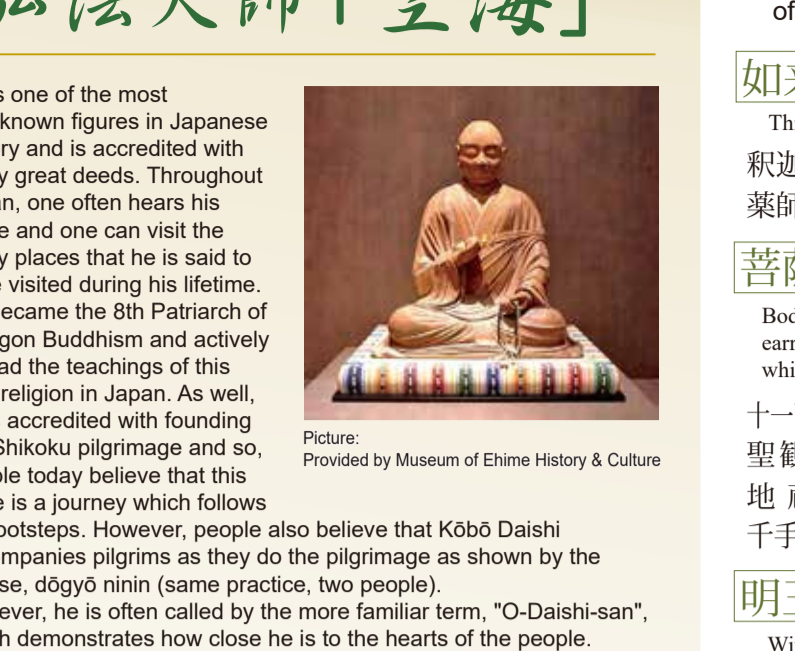
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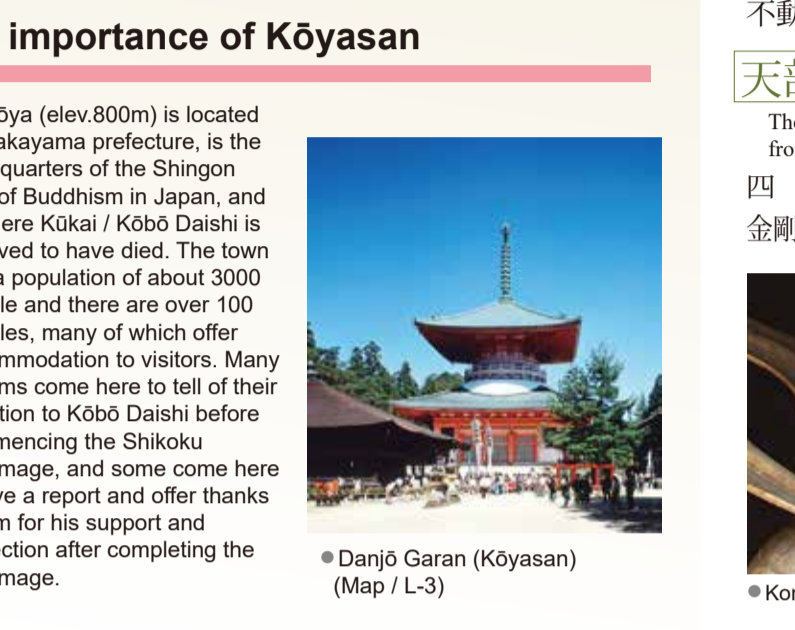
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Kōbō Daishi (Kūkai) (774-835)

弘法大師「空海」



Picture: Provided by Museum of Ehime History & Culture



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Basic Information on Buddhist Statues

Introduction to the Main Deities of the 88 temples

如來像 Nyorai Statues

This is an enlightened being and holds the highest position of all statues. 釈迦如來: Shaka Nyorai 阿彌陀如來: Amida Nyorai 藥師如來: Yakushi Nyorai 大日如來: Daichi Nyorai

菩薩像 Bodhisattva (Bosatsu) Statues

Bodhisattva statues can be identified by their crowns, necklaces, earrings and other body decorations, and the things held in the hands which are meant to be the tools for granting people's wishes.

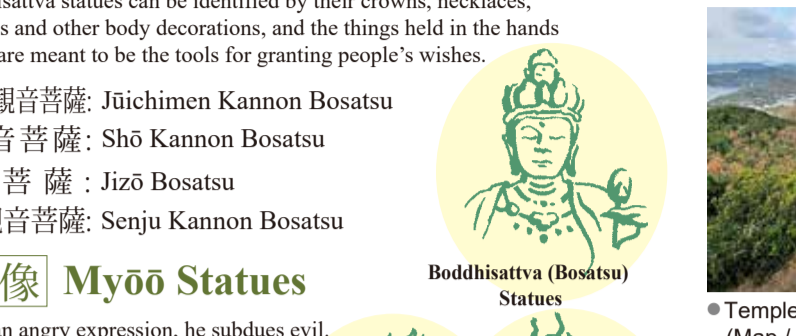
十一面觀音菩薩: Jūichimen Kannon Bosatsu
聖觀音菩薩: Jizō Bosatsu
千手觀音菩薩: Senju Kannon Bosatsu

明王像 Myōō Statues

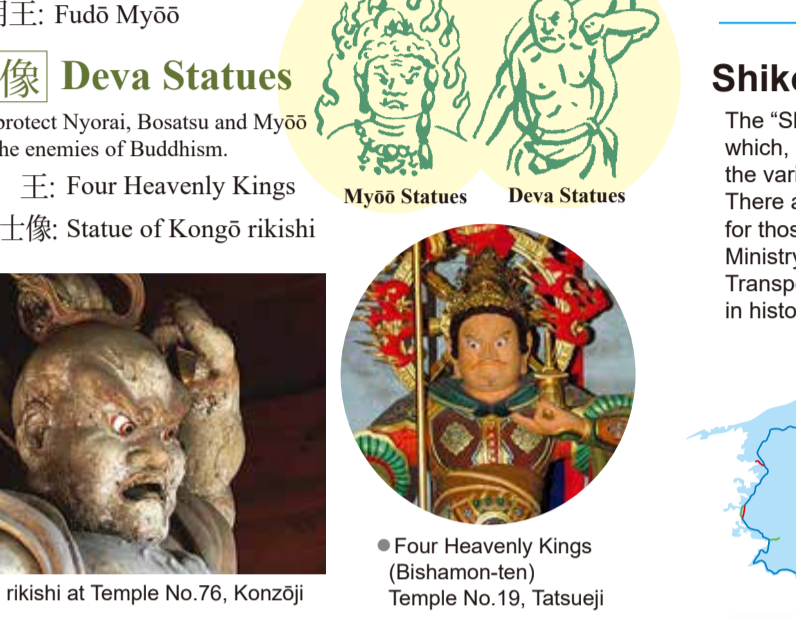
With an angry expression, he subdues evil. 不動明王: Fudō Myōō

天部像 Deva Statues

They protect Nyorai, Bosatsu and Myōō from the enemies of Buddhism. 四天王: Four Heavenly Kings
金剛力士像: Statue of Kongō rikishi



● Four Heavenly Kings (Bishamon-ten) Temple No.19, Tatsueji




Practice and preparation in Shikoku

What to Wear

It is not necessary to use all of the following items, which can be bought at various temples and stores along the pilgrimage route, but this is the traditional style of attire. As a minimum, we recommended wearing a white vest and using a staff. If so, people will recognize, welcome and assist you as a pilgrim. As well, you will have more chances to talk with the local people.

- 1 sedge hat (菅笠 / sugegasa)
- 2 white vest (白袴 / hakuri or Haku)
- 3 rosary (数珠 / juzu)
- 4 bell (鈴鈴 / Jirō)
- 5 bag (御呪札/Zudabukuro)
- 6 stole (輪袈裟 / wagaesa)
- 7 staff (金剛杖 / kongōzue)
- 8 osamefuda
- 9 pilgrimage book (御経帳 / nōkyōchō)
- 10 sugegasa



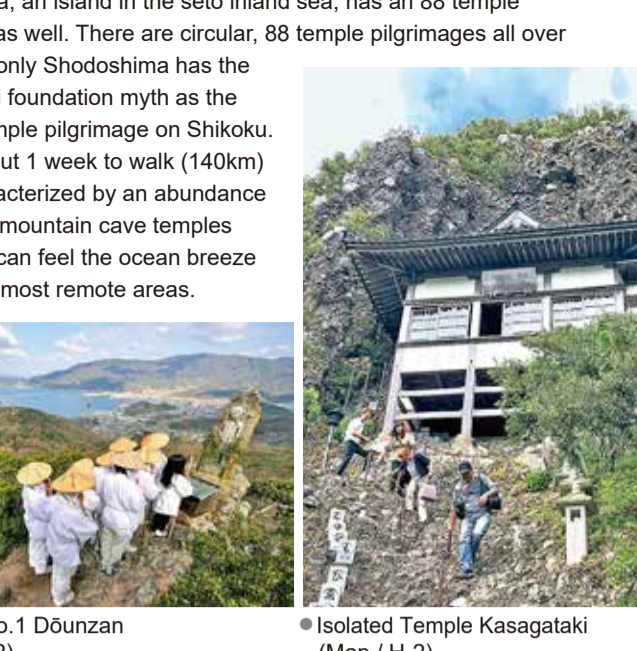
Cultural properties / Paintings / Sculptures / Art Work

At each temple along the pilgrimage route there are many historical and artistic cultural properties which are definitely worth seeing. For example,

- Gold-plated copper staff ornament (National Treasure) Temple No. 75, Zentsūji (Map / F-3)
This ornament is attached to the staff used by Buddhist priests. It is said that Kūkai received this one from the great Hui-kuo (Japans: Keika) in China and brought it back to Japan.
- Preface of the Lotus Sutra with each figure accompanied by a Buddha Figure (National Treasure) Temple No. 75, Zentsūji (Map / F-3)
This document was written by Kōbō Daishi where between each line of the sutra, he has drawn a picture of his mother, *Tamayorigozen*, as a Bodhisattva.
- Ishiteji Niōmon (National Treasure) Temple No. 51, Ishiteji (Map / C-5)
- Temple No. 45, Iwayaji (Map / D-5)
The temple (elev. 630m) has a Main hall that seems to protrude from the rising cliff beside it. The area has been designated as a Place of Scenic Beauty.
- Standing Statue of Kōya (Important Cultural Property) Temple No. 49, Jūdōji (Map / C-5)
Kōya (903-962) is the founder of *ōdori nembutsu* a ritual dance and recitation of Nembutsu to achieve salvation. He stayed at this temple for three years and when he left, the people of the village asked that he carve a statue of himself. In his left hand he holds a staff with a deer antler on the top. Out of his mouth emerge six images of *Amida*.
- Picture story of the founding of Shidoji Temple (Important Cultural Property) The Kagawa Museum (Map / G-3)
When *Fujiwara no Fuhito* (659-720) was constructing Kōfukuji temple in Nara, his sister sent him three treasure balls in memorial of their father who had passed away; however, as the boat bearing these jewels passed through Shido Bay, the undersea dragon-god stole them. *Fuhito* married a local woman diver whom he asked to retrieve the balls. She agreed if their son could inherit the Fujiwara clan. He was successful in getting the treasures, but unfortunately died as a result. *Fuhito* built his wife's tomb by the seaside and later, his son, *Fusasaki* extended the temple and named it Shidoji. This sad story has been drawn out on these paintings.
- Treasure Hall of Temple No.26 (Map / G-6)
This temple has many national important cultural properties such as Amida Nyorai Statue, Shingon 8 ancestors sculpture, various Mikkyō equipments, Kongochō sutra and more. Only temple No.26 and No.75 have so many temple treasures in Shikoku (reservation required to see them)
- Treasure Building of Chikurini (Map / F-6)
Seventeen Buddhist statues from the 9th to the 14th Century are on display. They are all National Important Cultural Properties and consist of more than one-third of all such properties in Kochi prefecture.

Shodoshima Pilgrimage

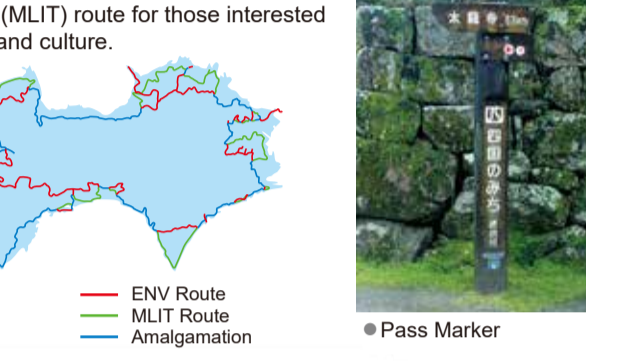
Shodoshima, an island in the seto inland sea, has an 88 temple pilgrimage as well. There are circular, 88 temple pilgrimages all over Japan, but only Shodoshima has the same Kūkai foundation myth as the main 88 temple pilgrimage on Shikoku. It takes about 1 week to walk (140km) and is characterized by an abundance of isolated, mountain cave temples where one can feel the ocean breeze even in the most remote areas.



● Temple No. 1 Dōzan (Map / H-2)
● Isolated Temple Kasagatani (Map / H-2)

Shikoku no Michi 四国遍路

The "Shikoku no Michi" route is a walking course around Shikoku which, at times, makes use of the pilgrim trail allowing one to visit the various temples along the route and to experience Shikoku. There are two routes: 1) The Ministry of Environment (ENV) route for those interested in nature and 2) The Ministry of Land, Infrastructure and Transport (MLTI) route for those interested in history and culture.



● ENV Route
● MLTI Route
● Annals/Amalgamation

● Pass Marker

Proper etiquette at a temple

- 1 Main Gate 山門
Stand to the left of the main gate, put your hands together and bow once.
- 2 Wash basin 水屋
Wash your hands and mouth here, and then put on your wagens and juzu.
- 3 Bell tower 鐘樓
Ring the bell once. It is bad luck to ring it when you leave. Note: some temples have limited hours for ringing the bells.
- 4 Main Hall 本堂
Place your nameslip and copied sutra in the appropriate box, light three sticks of incense and one candle, place a donation in the offertory box, stand to the left, put your hands together, and recite the sutras.
- 5 Daishi Hall 大師堂
Worship in the same way as at the Main hall.
- 6 Administration Office 納経所
The office where you can have your pilgrimage book (nōkyōchō) stamped and signed for 300yen is open all year round from 7am to 5pm. Allow extra time here during the busy seasons.
- 7 Main gate 山門
Exit the main gate on the left side, turn around, and bow once.



Scenes from along the pilgrimage route



- Awa Pilgrim Trail (Place of Scenic Beauty) (Map / I-4)
The path between Kakuriji (No.20) and Tainyūji (No.21) has been devotedly maintained for hundreds of years.
- Garden of Temple No.15 (Place of Scenic Beauty) (Map / H-4)
The garden behind the main hall, separated into two areas representing the ocean and other bodies of water without the use of water. One of the best gardens in Japan, Awa Aoiha, a local famous stone, is skillfully placed on the embankment to create a dynamic model.
- Treasure Hall of Temple No.26 (Map / G-6)
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