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FUKUOKA @ KYUSHU

Model Course 3

Walk Hike and Trek

5 Cassette Plans



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We will cover 5 different walking sites

- ① Mt Hiko ② Mt Homan ③ Yame ④ Mt Kubote ⑤ Mt Wakasugi with Mt Komeno



Plan 1: Mt Hiko (1,199 m) 英彦山



#hikosan #mthiko #mthikosan #hikosanjingu #英彦#英彦山登山

Mt Hiko is one of Kyushu's most enjoyable scenic hikes, with history that intertwines with the Shugendo* sect of Buddhism. Soeda machi, at the base of Mt Hiko is believed to be first built in 740 and was home to Shugendo Buddhists. Walking in the woods can be a spiritual experience where shrines and temples coexist. The trail in Mt Hiko is part of Kyushu Nature Trail.

Distance: 4.5km **Time required:** 3 to 4 hours **Level:** Beginner to Intermediate **Access:** From Fukuoka by Car about 90 minutes



***Shugendo Buddhism:** In the 9th to 10th centuries, mountain worship and esoteric Buddhism were mixed, then the training began to be called "Shugendo". The priests of Shugendo lived in the mountains to train. In addition, the priests in Hikosan trained in individual military art techniques.

Mt Hiko - Walking Route

- Buzenbo Trailhead(豊前坊登山口) ↓
- Takasumi Shrine (高住神社) ↓
- Chinese Red Ash Forest (シオジ原生林) ↓
- Boundai Terrace (望雲台) ↓
- Kitadake summit (北岳) ↓
- Nakadaake summit (中岳) ↓
- Minamidake summit (南岳) ↓
- Shioji Water Fall (四王寺の滝) ↓
- Hikosan Shrine Hoheiden (英彦山神宮奉幣殿) ↓
- Kane-no-torii (銅の鳥居) ↓
- Bessho Trailhead (別所登山口)



Photos : courtesy of JNTO

Plan 2: Mt Homan (829 m) 宝満山



#mthoman #homanzan #宝満山 #宝満山登山

Mt Homan is a half-day hike on the edge of Dazaifu city. It offers sweeping views of Fukuoka of the coastline and city in the north to the mountains in the south. The trail leading up Mt Homan runs between Homangu Kamado Shrine and its counterpart shrine at the summit. The trail is used as a pilgrimage route for those praying to find a partner in life.* (Enmusubi-no-kami) The larger of the two shrines is at the mountain's base and is an example of modern shrine design. At the top of mountain is a smaller shrine, weather-worn but standing strong. The trail in Mt Homan is part of Kyushu Nature Trail.

Distance: 5.8km **Time required:** 4 to 5 hours **Level:** Beginner to Intermediate **Access:** From Fukuoka by Car about 30 minutes



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***Enmusubi-no-Kami:** The shrine at the summit is believed to help you find a partner in life. The shrine is blessed with seasonal beauty all year round. Cherry blossoms in Spring, Rhododendrons in Summer and colourful leaves in autumn.

Mt Homan - Walking Route

- Homangu Kamado Shrine (This shrine is said to be the inspiration for Demon Slayer Kimetsu-no-yaiba)
(宝満宮竈門神社) ↓
- Main Trailhead (正面登山口) ↓
- Homanzan Peak (宝満山) ↓
- Torigoe Pass (鳥越峠) ↓
- Odakesan Peak (愛獄山) ↓
- Main Trailhead (正面登山口) ↓
- Homangu Kamado Shrine (宝満宮竈門神社)



Plan 3: Yame (gentle hill) 八女

 #yamecity #yamecitykoho #yametea #八女#八女市#八女茶

Yame's pride is almost certainly their delicious tea. Once you enter Yame you can see tea plants all over the city and countryside. If you do a bit of driving you can find the Yame Central Tea Plantation (八女中央茶園), even more spectacular. A picture simply does not do it justice. At the top of the hill is a shrine with plenty of parking spaces where you can stop to get out and take in the 360 degree view of lush green tea plants. The sight is truly breathtaking.

Distance: 11km **Time required:** 3 to 4 hours **Level:** Beginner **Access:** From Fukuoka by Car about 40 minutes



Yame - Walking Route

- Yame City Yamanoi Park (山の井公園) ↓
- Donanzan ancient tomb (童男山古墳) ↓
- Inuo Castle Ruins (犬尾城跡) ↓
- Yame Central Tea Plantation (八女中央大茶園) ↓
- Ichinenji Temple (一念寺) ↓
- Maruyama ancient tomb (丸山塚古墳) ↓
- Iwatoyama History and Culture Exchange Centre (岩戸山歴史文化交流館) ↓



It is recommended to stay in Yame for at least one night:

Suggested Accommodation:

RITA Yame Fukushima

Hoshino Onsen Ike-no-Yamaso



Plan 4: Mt Kubote (782 m) 求菩提山



Mt. Kubote (one of Kyushu's Famous 100 mountains) is a conical mountain with an altitude of 782m located south of Buzen City, Fukuoka Prefecture. The mountain, which was once described as "one mountain, 500 temples", played a major role along with Mt. Hiko as the mecca of Buzen Shugendo Buddhism.

On the mountain, there are many remains that remind us of those days, such as training grounds, temple ruins, halls, and graves where Yamabushi* lived. In 2001, it was designated as a national historic site and was evaluated as one of Japan's best mountains for mountain training.

Distance: 5 km

Time requirement: 2-3 hours

Level: Beginner

Access: by car about 20 minutes



***Yamabushi:** Yamabushi were pious practitioners that often lived solitary lives in the mountains and went through training in the often harsh nature.

Mt Kubote - Walking Route

- Kubote Museum Bus Stop (求菩提資料館前バス停) ↓
- Mt. Kubotei trailhead (camping site) (求菩提山登山口 (キャンプ場)) ↓
- Amida Cave (阿弥陀窟) ↓
- “Oni-no-Kaidan” Demon Steps (鬼の石段) ↓
- Kunitama Jogu Shrine (国玉神社上宮) ↓
- Mt. Kubote Peak (求菩提山山頂) ↓
- Chugu Shrine Torii Gate (中宮鳥居) ↓
- Iwaya-bo Hut (岩屋坊) ↓
- Zasu-bo Hut car parking (座主坊園駐車場) ↓
- “Ko-no-sekimon” Stone Gate (構の石門) ↓
- Watering place (水汲み場) ↓
- Mt. Kubotei Car Parking (求菩提山駐車場) ↓
- Mt. Kubotei trailhead (camping site) (求菩提山登山口 (キャンプ場)) ↓



Plan 5: Mt Wakasugi (681m) & Mt Kome (593m) 若杉山 & 米ノ山



#wakasugiyama #wakasugi #sasaguri #komenoyama

Groves of Oki Japanese Cedars combined with Mt Wakasugi's adjoining forest of plant communities create splendid scenery and attract many visitors including worshippers from the nearby pilgrimage sites and hikers and families.

A field called Wakasugi Rakuen offers a magnificent view of the Hakata Bay in the distance and the urban areas of Fukuoka City and Sasaguri Town spreading below.

From the summit, visitors can take in a panoramic view of the majestic Sangun Mountain Range, Yakiyama Pass and Mt Hiko as well as the urban areas of Sue Town, Umi Town and Dazaifu City.

Distance: 5km **Time required:** 3 to 4 hours **Level:** Beginner **Access:** From Fukuoka by Car about 1 hour or local train about 1 hour.



Mt Wakasugi Route

- Wakasugi-rakuen Camping Site (若杉楽園キャンプ場) ↓
- Taiso Shrine (太祖神社) ↓
- Wakasugi Okunoin Temple (若杉奥之院) ↓
- Mt. Wakasugi Peak (若杉山) ↓
- Wakasugi-ga-hana (若杉ヶ鼻) ↓
- Mt. Komeno Peak (米ノ山) ↓
- Lookout (展望台) ↓
- Komenoyama (米ノ山) ↓
- Wakasugi Camping Site (若杉楽園キャンプ場)



Thank you for travelling to Fukuoka.

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