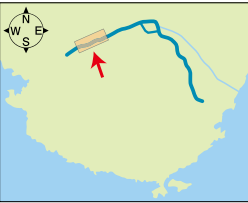


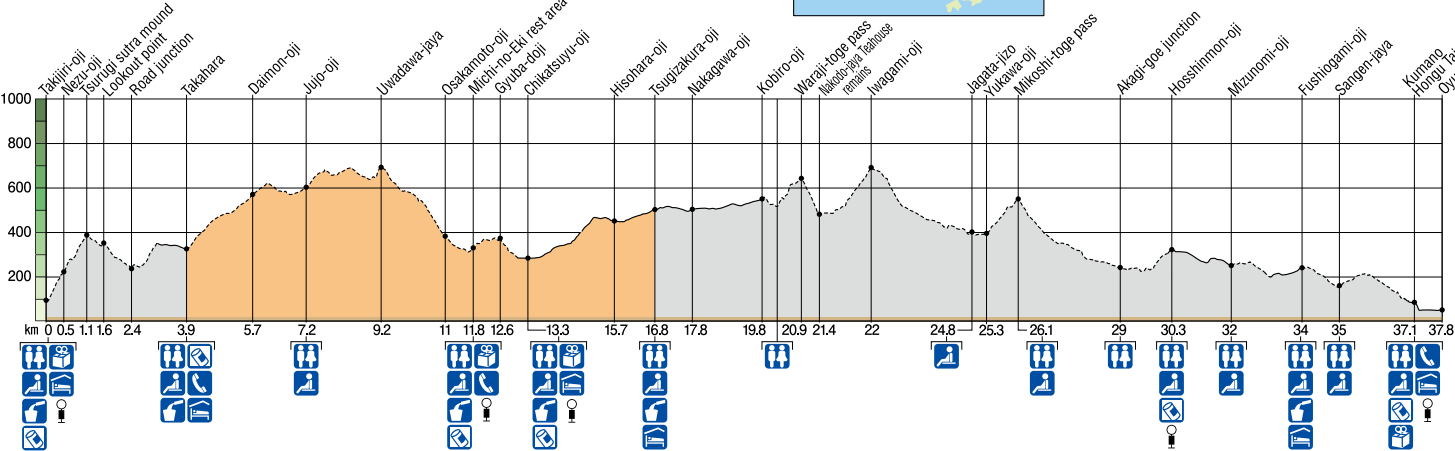
Takahara~Tsugizakura-oji

高原~継桜王子



Distance (km) : ~13
Time (hr) : 6~8
Total Elevation Gain (m) : ~830
Total Elevation Loss (m) : ~650

----- Unpaved trail
———— Paved road



Chikatsuyu Village



Tsugizakura-oji (Nonaka Area)



Michi-no-Eki Kumano Kodo Nakahechi
Hours: 9:00~17:00
Closed: Jan 1~3, Thursdays (Dec~Feb)
Michi-no-Eki are a network of rest areas across Japan. This is a good place to take a break. Drinks, snacks, and simple meals (such as noodles) are available.