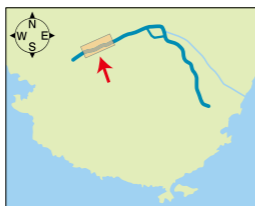


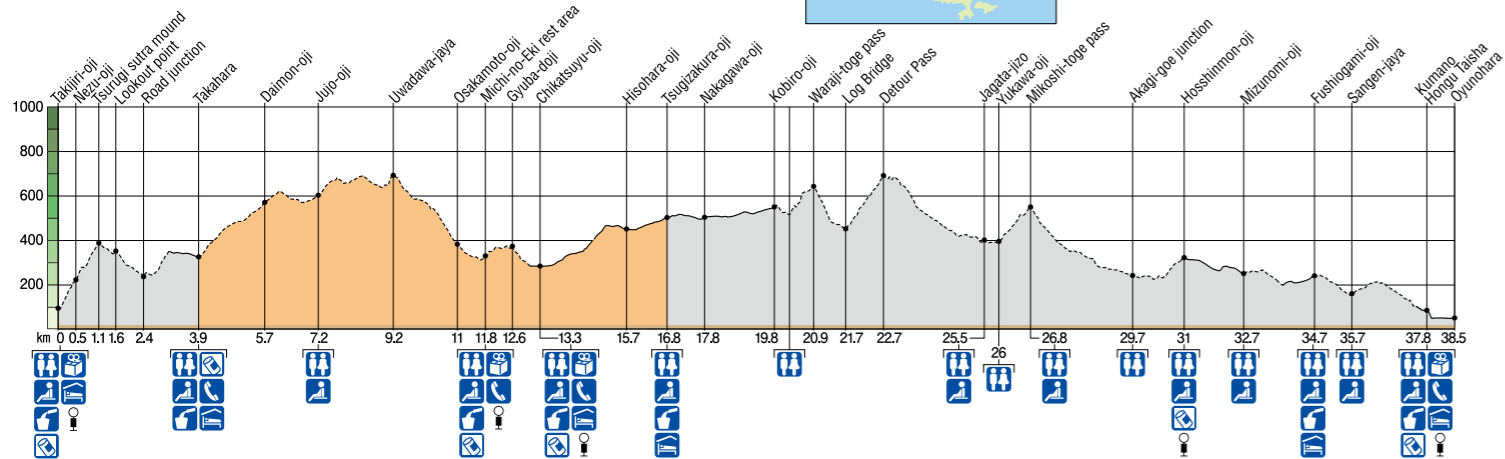
Takahara~Tsugizakura-oji

高原~継桜王子



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

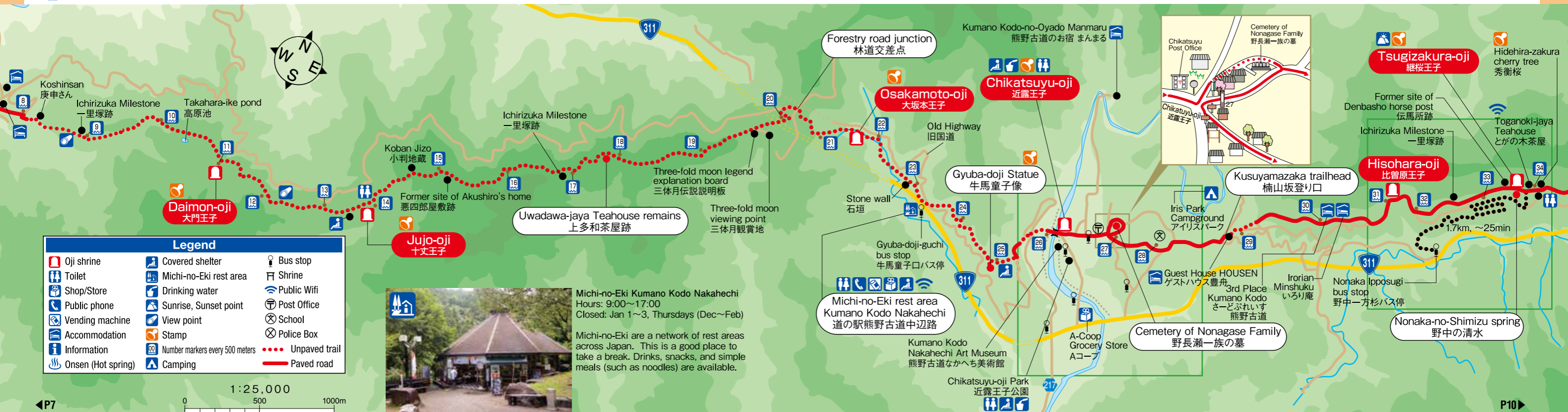
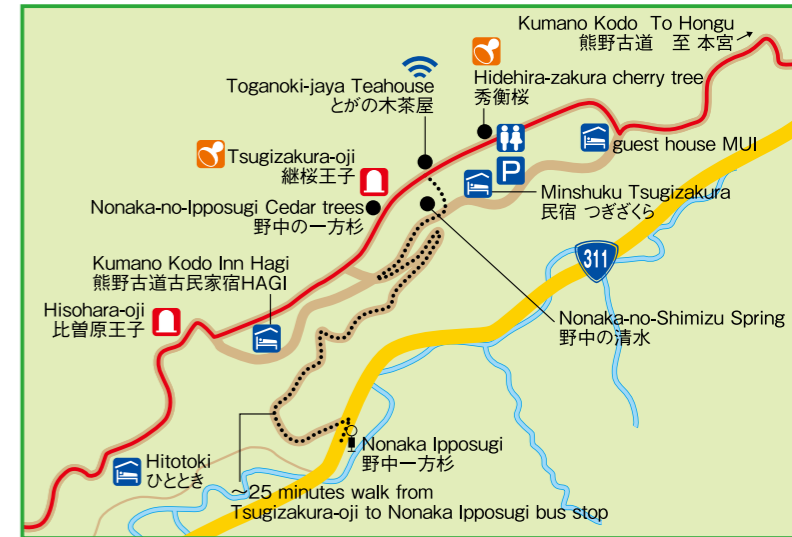
----- Unpaved trail
 ——— Paved road



Chikatsuyu Village



Tsugizakura-oji (Nonaka Area)



Legend		
Oji shrine	Covered shelter	Bus stop
Toilet	Michi-no-Eki rest area	Shrine
Shop/Store	Drinking water	Public Wifi
Public phone	Sunrise, Sunset point	Post Office
Vending machine	View point	School
Accommodation	Stamp	Police Box
Information	Number markers every 500 meters	Unpaved trail
Onsen (Hot spring)	Camping	Paved road



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.