

## Shikoku Henro Pilgrimage Exchange Salon おへんろ交流サロン

The Shikoku Henro Pilgrimage Exchange Salon is a free rest stop located along the Shikoku 88-Temple Pilgrimage between the 87th temple, Nagaoji, and the 88th temple, Okuboji. The building is frequented by local residents as well as the pilgrims, called ohenro, making their way toward the last temple on their long journey. Tea and refreshments are available for pilgrims who want to exchange tips and information with each other, and there are also maps and guidebooks providing listings for nearby restaurants and accommodations. Those who have visited all 88 temples on foot or by bicycle can receive a certificate here to verify that they have completed the pilgrimage.

Aside from serving as a place for travelers to rest their weary legs, the Exchange Salon contains an exhibition room where visitors can learn about the history of the pilgrimage. The items displayed include travelogues and maps from the Edo period (1603-1867), the wooden slips that were used by pilgrims to indicate that they had visited a particular temple, nokyochō notebooks containing stamps and calligraphy from all 88 temples many times over, travel permits issued by the government, and garments worn by pilgrims centuries ago. There is also a diorama of Shikoku with the 88 temples displayed, which provides a visual representation of the distance between each sanctuary and the lengths that are traveled by the pilgrims on foot.

## The Prefectural Kikaku Park

### 香川県立亀鶴公園

Well-known as a famous cherry blossom spot, this approximately 300m-long stretch of cherry trees is indescribably beautiful. The area also attracts many visitors when the Japanese irises bloom in early June.



## Uchikomi Udon

### 讃岐うどん(打込みうどん)

A large number of udon noodle restaurants can be found on the pilgrimage route, which of course serve Sanuki udon, eaten simply with dashi broth. Near Okuboji Temple, you can enjoy the famous uchikomi udon, which is simmered with vegetables and miso, and refresh your tired body.

- Yasoba-an TEL.0879-56-2160
- Nodaya TEL.0879-56-2028
- Hienkaku TEL.0879-56-2032



## 87 temple on the pilgrimage

# Nagaoji Temple

## 長尾寺

Address: 653, Nagaonishi, Sanuki City  
TEL.0879-52-2041  
Access: Around 5 mins walk from Kotoden Nagao Station  
Around 5 mins walk from Sanuki City Community Bus "Okawa Bus Honsha-mae" bus stop

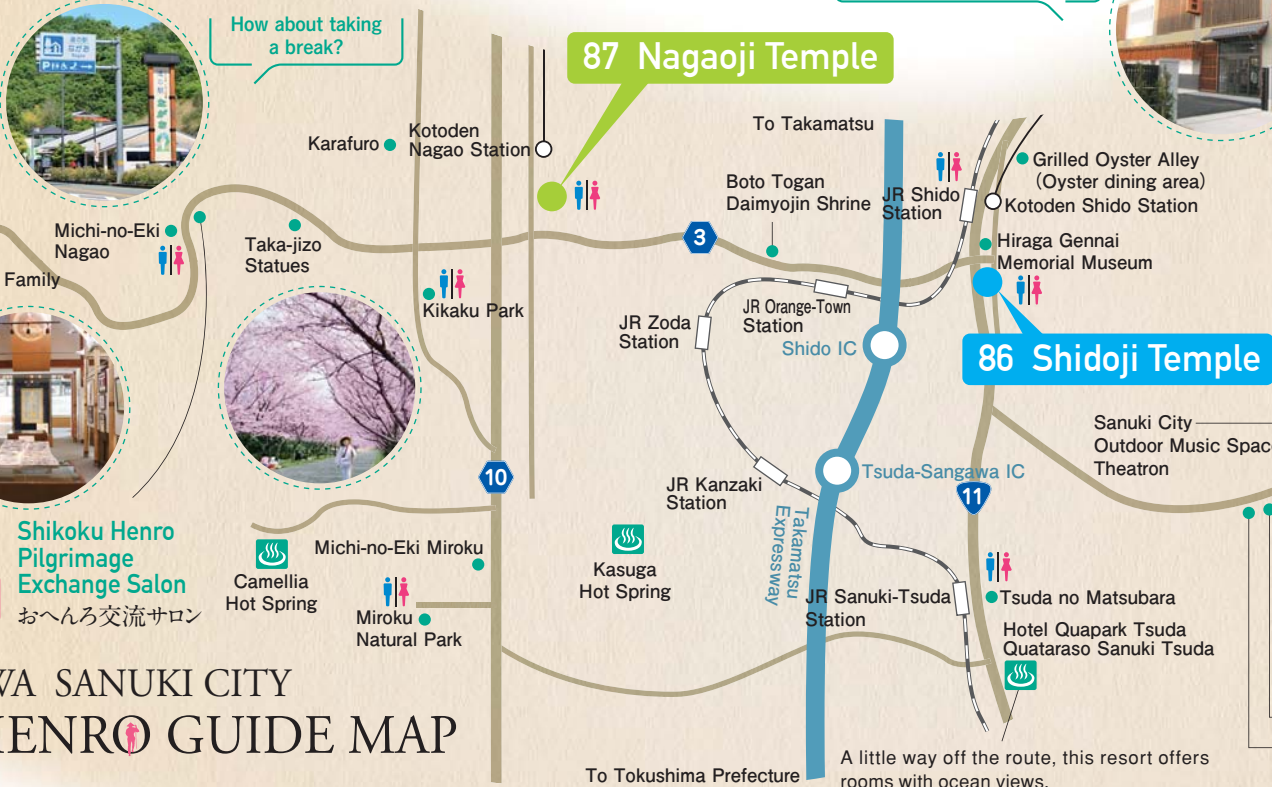
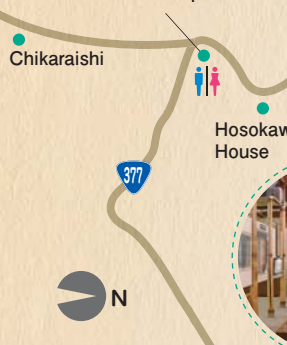


Nagaoji Honbo Zensho

Nagaoji, a temple of the Tendai school of Buddhism, is the 87th site on the 88-temple Shikoku Pilgrimage. Its history is believed to have begun in the year 739, when a priest named Gyoki (668-749) visited the site during his journeys around Shikoku. Nagaoji also claims an association with Kukai (774-835), the presumed founder of the Shikoku Pilgrimage, who is said to have conducted rituals here in his youth before traveling to China to study esoteric teachings. After returning to Japan, Kukai visited Nagaoji again and had its grounds expanded. The ancient halls of the temple were lost to fire and war long ago; the current configuration of buildings dates to the Edo period (1603-1867), when Nagaoji received the protection and favor of the daimyo lords of the Takamatsu domain. The Main Gate, in which the temple bell hangs, was built in 1694 and is one of the oldest surviving structures on the grounds.

Other sites of interest include the East Gate, which was moved to its current spot in 1913 from the historic Ritsurin Garden in Takamatsu, and a monument to Lady Shizuka (1165?1211), a tragic figure whose story has been recounted in many epic plays and chronicles. Shizuka was the mistress of Minamoto no Yoshitsune (1159-1189), a warrior renowned for his military prowess, who became a wanted man after falling out with his family. After the lovers parted ways to evade their captors, Shizuka and her mother are said to have visited Nagaoji, where they decided to become Buddhist nuns. The hair Shizuka shaved off to indicate her commitment is believed to be buried under a mound near the monument.

Kechigan-no-Sato "Farmer's market" "Museum of Astronomical Telescopes"



## Oysters 牡蠣

Oysters from Shido Bay, which boasts one of the highest yields in Kagawa Prefecture. During the oyster season, you can enjoy grilled oysters in the area around Shido Bay (November to March).

Access: Around 15 mins walk from Shidoji Temple (Reservation required)  
● Kakiyaki Watanabe TEL.087-894-8676  
● Kaisen Kakiyaki Kakurega TEL.087-894-3836  
● Kaki-no-Yama TEL.087-880-7649

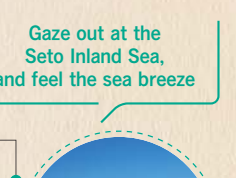


## Sanuki Wine

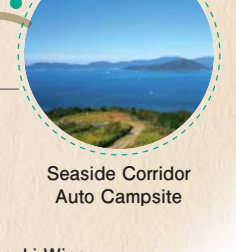
Original wines made with Kagawa-grown grapes. Distinctive for their highly aromatic, deep flavors.

## Paulownia wood clogs, Geta

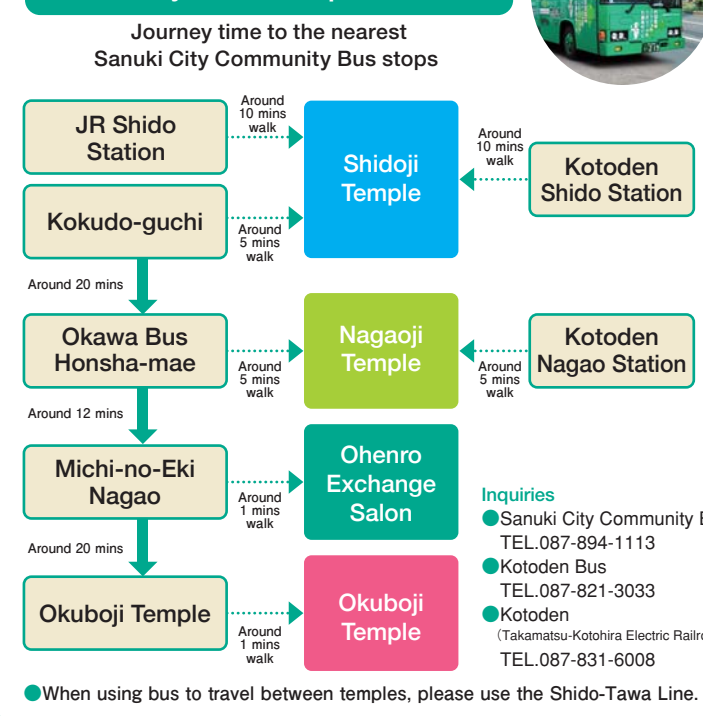
This is the largest production area of Paulownia geta clogs in the whole of Japan. Handmade individually by skilled artisans.



Gaze out at the Seto Inland Sea, and feel the sea breeze



## Convenient Access to the Three Temples by Public Transport!



Inquiries  
● Sanuki City Community Bus TEL.087-894-1113  
● Kotoden Bus TEL.087-821-3033  
● Kotoden (Takamatsu-Kotohira Electric Railroad) TEL.087-831-6008

● When using bus to travel between temples, please use the Shido-Tawa Line.

# KAGAWA SANUKI CITY SHIKOKU HENRO GUIDE MAP



## 88 temple on the pilgrimage

# Okuboji Temple

## 大窪寺

Address: 96, Tawakanewari, Sanuki City  
TEL.0879-56-2278  
Access: Around 1 min walk from Sanuki City Community Bus "Okuboji" bus stop



Autumn colors

Okuboji, a sanctuary of the Shingon school of Buddhism, is the 88th and final temple on the Shikoku Pilgrimage. Its grounds cover the side of the 774-meter Mt. Nyotai, near the border between Kagawa and Tokushima prefectures, and attract pilgrims as well as casual visitors, many of whom include Okuboji in a tour of the Three Rising Temples?the last three temples on the pilgrimage. According to the temple's own history, it was founded in the early eighth century, when a priest named Gyoki (668-749) visited the current site of Okuboji during his journeys around Shikoku. The temple also claims an association with Kukai (774-835), the presumed founder of the Shikoku Pilgrimage, who is said to have conducted ascetic training in a cave on the steep, distinctively shaped cliffside behind the Main Hall. In this cave, Kukai carved a likeness of Yakushi, the Buddha of medicine and healing, offered a staff that had passed through the three great lands of Buddhism?India, China, and Japan?and named the place Okuboji ("Temple of the Great Hollow").

As most Shikoku pilgrims complete their long journey at Okuboji, the temple grounds include a repository for walking sticks that pilgrims dedicate to the temple before returning

home. The items in this repository, which is located next to the Daishi Hall, are disposed of ritually by burning them every spring and summer. Visitors to Okuboji can get a feel for the pilgrimage by descending into a room under the Daishi Hall, where 88 statues that represent the deities of the temples along the pilgrimage route are enshrined. Underneath the floor in front of each statue is a bag of sand from the temple enshrining the depicted deity. This sand represents the sacred ground of the temple and allows the person who steps on it to receive the same blessings as a visitor to the actual sanctuary. This miniature pilgrimage was established to accommodate those unable to travel the actual route due to constraints of health or time.

Located some 450 meters above sea level, Okuboji occasionally receives snowfall in winter. In November, just before the coldest time of the year, the temple attracts crowds of visitors who come to view the autumn foliage of the ginkgo and maple trees that grow throughout the grounds.



## 86 temple on the pilgrimage

# Shidoji Temple

## 志度寺

Address: 1102, Shido, Sanuki City  
TEL.087-894-0086  
Access: Around 10 mins walk from JR Shido Station, Kotoden Shido Station  
Around 10 mins walk from Sanuki City Community Bus "JR Shido Eki-mae" bus stop, or 5 mins from "Kokudo-guchi" bus stop



Kyokusui ("Winding Stream") Garden: Muzentei

Shidoji, or the "Temple of Wish Fulfilment," is the 86th sanctuary on the 88-temple Shikoku Pilgrimage. Located in the city of Sanuki, it welcomes a steady stream of pilgrims nearing the end of their long journey. Shidoji has spacious, forested grounds, and a number of auxiliary halls and other structures. The temple is entered through the Niomon, or Gate of the Guardian Kings, which is flanked by a pair of statues representing fierce guardian deities. These are believed to have been carved by Unkei (1150-1223), a master sculptor of Buddha statues whose work includes several figures now designated National Treasures. The gate itself was donated to the temple in 1671 by the daimyo lord of the Takamatsu domain, who in that year also had a new Main Hall built at Shidoji. The gate and hall are both designated Important Cultural Properties. Another symbol of the temple is its bright red 33-meter pagoda, which was added in 1975. Also of interest is the Muzentei, a dry garden designed by the renowned landscape architect Shigemori Mirei (1896-1975).

The temple's principal deity is Juichimen Kannon, the eleven-headed bodhisattva of compassion. The statue depicting this deity was carved out of a single piece of hinoki cypress in the Heian period (794-1185) and is revealed to the public on only one day every year: July 16. Another statue at the temple, the Datsueba, is somewhat less elusive. It is displayed on the 17th day of every month in the Datsueba Hall. Datsueba is a character in Japanese folklore who awaits the dead in the Buddhist underworld, where the souls of the deceased must cross the Sanzu River to reach the afterlife. Datsueba preys on those who have crossed, snatching their clothes and hanging them on a tree. She then determines the weight of a person's sins by inspecting the condition of their clothes, and doles out various punishments before letting her victims pass to the palace of Enma, the king of the underworld, to receive his judgment. Another hall at Shidoji is dedicated to Enma, enshrined in the form of the eleven-headed Kannon. At Shidoji the two are believed to be incarnations of the same deity. The Enma statue can also be viewed on the 17th day of the month.