

Healing and spiritual trail

Est. time: 3 hr. 40 min.

Elevation: 696 m



Koutakuji Temple

A Soto Zen Buddhist temple dedicated to the Buddha of healing. The temple was established during the reign of Emperor Go-Hanazono (15th century). The ashes of the former lord of Nanasawa Castle, Uesugi Sadamasa, are interred within.



Nameri-iwa (Benten-iwa)

This large slab formation, also known as Benten-iwa, is also a popular training site for rock climbers.



Shitamuki Jizo

Anecdote holds that this downward statue of the Jizo guardian deity was placed on a tall pedestal in order to appear to be in conversation with visiting worshippers.



If no bus service is available, walk to Koutakuji Onsen entrance.

Remember to close the deer gate!

Be sure to take the right turn!

Watch out for cars!

Sharp zigzagging trail

Watch your step

Pass through Niomon

- 1 Oyama Afuri Shrine Shimosha
- 2 Niju Falls
- 3 Miharashidai View Point
- 4 Katsugoro Jizo
- 5 Kujukumagari
- 6 Tomb of Prince Otomo
- 7 Hinata-Yakushi Temple
- 8 Turtle Rock
- 9 Ogama Benzaiten
- 10 Koutakuji Onsen

*Estimated time does not include breaks.