



## 本格派向けコンテンツ（英語版）

# Three Training Plans for Pilgrims

"Your guide will *introduce you to the pilgrimage.*  
So you can hit the Henro trails with confidence!"



This document is the summary of “Three training plans for pilgrims” that was created as for the business development of multi-day and extended “Shikoku 88 pilgrimage” tourism. This documents is expected to be used as a plan summary which forms a base for presentations and for making a brochure targeting inbound tourists.

“Three training plans for pilgrims” offers hands-on travel experiences guided by coordinators. To run the plan, the documents listed below will be used.

① Operational guidelines for “Three training plans for pilgrims”

Outline the plan concepts and essentials needed to run the training plans. Expected to be used by operators of the p plans.

② “Three training plans for pilgrims” Handbook for coordinators

This handbook is meant to be used by coordinators to give instructions and information to international pilgrims who participate in the plans. It thoroughly covers roles coordinators should play and essential knowledge they should have. This handbook should be used in the coordinator trainings as well.

③ Basics of Shikoku 88 pilgrimage and 88 temples guide  
(Japanese-English) (*under preparation*)

Coordinators can obtain essential knowledge on Shikoku 88 Pilgrimage from this. Written in both Japanese and English, coordinators can use this booklet as a reference when talking about topics related to Shikoku 88 Pilgrimage in English. It covers not only general basics of Shikoku 88 Pilgrimage, but also includes information on each of the 88 temples.

### ◇ Establishment of the plans

Shikoku 88 pilgrims walk about 1200km in 40 to 50 days while enjoying temples, trails, great natures and tourist destinations along the pilgrimage route. Shikoku 88 pilgrimage offers a similar experience that other long-trails offer. They can visit temples, experience historical pilgrimage culture, walk on old trails, and enjoy interactions with local people, by receiving *Osettai* (kind supports from locals) or participate in local events. However, spending such a long term in a totally different cultural environment which differs from their own culture and customs, they often face challenges and experience stress.

Many international tourists who walk Shikoku 88 Pilgrimage have collected information from the internet and SNS. They have received advise from fellow henro with experience. Although they come to Japan with some level of knowledge on Shikoku 88 Pilgrimage, in many cases, they may not necessarily have regular, correct and up-to-date information, depending on their information resources. Also, some who have walked other long trail like the Santiago de Compostela mistakenly believe their experience and what was common sense there can be adopted to Shikoku 88 pilgrimage too. They may start walking in Shikoku without any advanced self-research.

International pilgrims who completed Shikoku 88 Pilgrimage often expressed they experienced the challenges listed below;

- Language barrier
- Unfamiliarity with the local environment and places along the route
- Uninformed or unsure of proper rituals at temples
- Challenges from cultural differences
- Lack of information on local tourist activities

Based on these challenges they face, we created “Three training plans for pilgrims” for inbound tourists who aim to complete the entire Shikoku 88 pilgrimage route by walking and to visit all 88 temples.

### ◇ Three training plans

This service targets international pilgrims called as “Toshi-uchi,” who plan to do Shikoku 88 Pilgrimage mostly by walking AND to visit either all 88 temples at once or many temples over certain period.

The participants of the plans will walk with coordinators along the pilgrimage routes starting from temple 1 up to temple 6 or temple 11 to 12. Throughout this walk, they will enjoy walking the pilgrimage as well as gain enough knowledge to be able to successfully visit all 88 temples, mainly by walking.

“Three training plans for pilgrims” is consist of these unique plans;

- ① Short plan
- ② Standard plan
- ③ Supplemental support options (additional options to ① or ②)



*Introduction to the pilgrimage so you can hit the trails with confidence”*

## Walking together from T1 to T6 (or to T3 or T4 upon your request)

### ○Procedure of the plan

- The morning of the training, we discuss your goals and customize the training to meet your needs
- Guide you on a walk from T1 to T6 give you instructions on “How to Henro”

### ○Training time

- 07:30~17:00
- Can be shortened upon your request

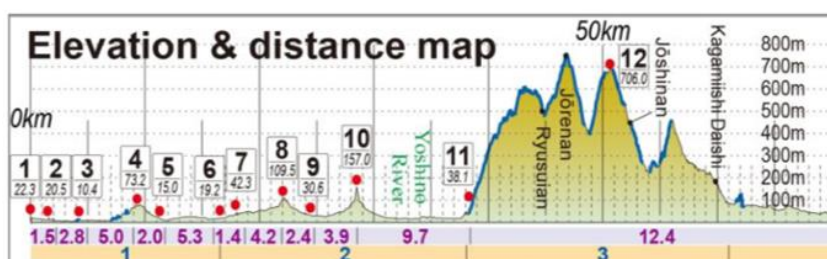
### ○What you will learn

- Henro attire and goods: Support on what attire and which goods to purchase according to your needs and goals.
- Henro manners: What to do at the temple and Temple etiquette and what “Osettai” is and the meaning behind it
- How to find/read henro signs. How to use the henro guidebook and other things you should know.
- Food and meals during your pilgrimage (including vegetarian). How to prevent dehydration.
- How to book/use/cancel general paid accommodations.
- Budgeting, payment methods, how to get cash from ATM
- Bathroom situations and internet conditions along the pilgrimage routes.
- Protecting your health and your valuables: Safety measures including prevention of sickness and injuries.

### ○Target user of the plan

- Receive basic instructions on Walking Henro and gain necessary knowledge for daily survival such as accommodations and meals in a short amount of time. Advise will be given on your questions.
- Suitable for international pilgrims with limited time or people who want only minimum basic knowledge to survive through the pilgrimage.
- Best for Camino de Santiago veterans or through hikers of other long trails.

### ◇Route Elevation and distance



Henro gear shopping support



Ritual Instruction



How to find/read Henro signs



Let's talk about whatever your curious mind finds

## ■ plan 1: Short plan

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### Walking together from T1 to T6 (or to T3 or T4 upon your request)

	Schedule/Location	What to learn:	Hand book Page
pre-walking introduction	Your accommodation	Figuring out your needs and interests	P5
	→T1(Purchase of henro gears)	Henro gear preparation and shopping	P4
Instructions by coordinator At Each Temples	T1→(0.4km)→Bando Post Office (for ATM)	Henro rituals at temples How to find and use ATM	P4
	Bando PO→(1km)→Nearby Seven-Eleven (for ATM)	<b>Things you should know for walking</b>  - Walking speed and pacing - How to use convenience stores, restaurants and café for your meals - In case of natural disasters - Henro manners - Accommodations for henro - “Osettai” (Kind helps from locals) culture - Route finding and Henro route signs - What not to do in Japan - Japanese customs - General Japanese culture - Buddhism, Shinto, syncretistic fusion of Shintoism and Buddhism	P19
	Seven-Eleven →(0.5km)→T2		P19
	T2→(2.6km)→T3		P21
	T3→(1.1km) Lunch at Marunaka supermarket		P22
	Marunaka→(4.5km・partly natural trails ) →T4		P23
	T4→ (2.2km)→Aizenin temple		P24
	Aizenin→(1.2km)→T5		
	T5→(5.3km)→T6		
	Arrival to T6 Temple stay (Total distance 16.6km)	- Public/shared Bath, coin laundry - Help you make your pilgrim itinerary according to number of your travel days, experience and physical capabilities	P15



At Shinto Shrines along the pilgrim routes, we will talk about the difference between Buddhism temples and Shinto shrines.

This short plan gives you the basic and most necessary information to walk the Shikoku pilgrimage when you have limited time

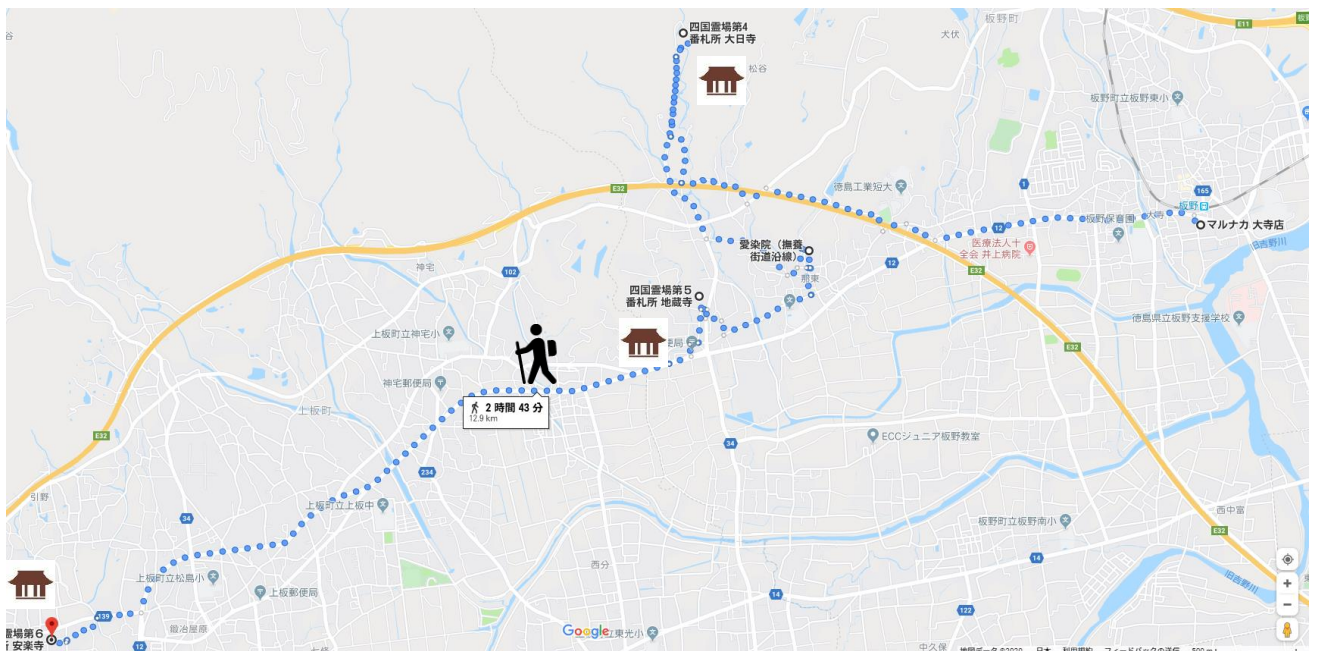


- **plan 1: Short plan**

**AM: T1 ~ T3 + a convenience store for ATM + Lunch break**



PM:T4+Aizennin+T5~T6





## ■ plan 2: Standard plan

### "How to Henro -Comprehensive instructions

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*Extended explanation and introduction to the pilgrimage so you can rock the trails and sleep warm and comfortable each night.*

### Walking together from T1 to T6 + Temple stay at T6

#### ○Procedure of the plan

Daytime part, same as plan 1

And additionally

- Temple stay at T6. After dinner, help you plan your pilgrimage and other sightseeing itineraries.

#### ○Training time

- 07:30~21:00 (Some exceptions applied)
- Upon your request, can be extended to 08:00 of the following morning

#### ○What you can learn

Everything included in plan 1

And Additionally

During temple stay at T6

- Attend the daily prayer ceremony and learn about Japanese Buddhism culture. Access to parts of the temple which are usually not open to the public.
- enjoy an example of Japanese dinner as offered at temples
- Take advantage of extra time to exchange more questions and answers on Shikoku 88 Pilgrimage

#### ○Target user of the plan

- Receive comprehensive on-site and hands on training: how to get by a typical day for a Henro including temple stay
- In addition: receive basic instruction on Walking Henro and gain necessary knowledge for daily survival such as accommodations and meals, learn the basics of Buddhism and Shikoku Pilgrimage culture through a temple stay.
- Recommended for those who have never walked another pilgrimage or long trails and are willing to receive detailed instructions.



Henro gear shopping support



Ritual Instruction



How to find/read Henro signs



Temple stay at T6

#### ◇Route Elevation and distance



## ■ plan2: Standard plan

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### Walking together from T1 to T6 + Temple stay at T6

	Schedule/Location	What to learn:	Hand Book Page
pre-walking introduction	Your accommodation	Figuring out your needs and interests	P5
	→T1(Purchase of henro gears)	Henro gear preparation and shopping	P4
	T1→(0.4km)→Bando Post Office (for ATM)	Henro rituals at temples How to find and use ATM	P4
Instructions by coordinator At Each Temples	Bando PO→(1km)→Nearby Seven-Eleven (for ATM)	<b>Things you should know for walking</b>  - Walking speed and pacing - How to use convenience stores, restaurants and café for your meals - In case of natural disasters - Henro manners - Accommodations for henro - “Osettai” (Kind helps from locals) culture - Route finding and Henro route signs - What not to do in Japan - Japanese customs - General Japanese culture - Buddhism, Shinto, syncretistic fusion of Shintoism and Buddhism	P19
	Seven-Eleven →(0.5km)→T2		P19
	T2→(2.6km)→T3		P21
	T3→(1.1km) Lunch at Marunaka supermarket		P22
	Marunaka→(4.5km・partly natural trails ) →T4		P23
	T4→ (2.2km)→Aizenin temple		P24
	Aizenin→(1.2km)→T5		
	T5→(5.3km)→T6		
	Arrival to T6 Temple stay (Total distance 16.6km)	- Public/shared Bath, coin laundry - Help you make your pilgrim itinerary according to number of your travel days, experience and physical capabilities	P15
At temple stay	At Temple Stay	- Preparation for next day - Booking future accommodations - How to cancel your existing bookings	P17
	Dinner	We reviewing all you learned today while enjoying dinner	P15
End of the plan	Night prayer ceremony	Guide you as you participate in the ceremony and translate the sermon	





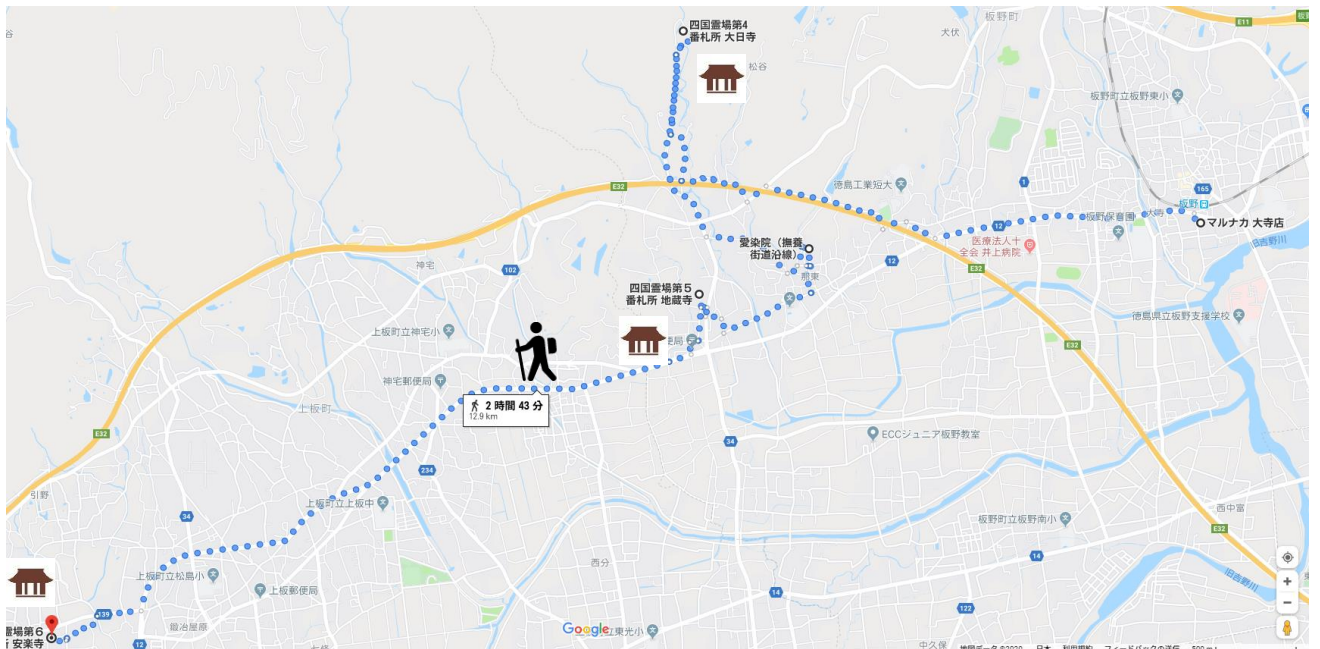
## ■ plan2: Standard plan

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AM: T1~T3+a convenience store for ATM+Lunch break



PM: T4+Aizennin+T5~T6



## ■ Instructions along the route for plan① and②

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### AM: T1~T3

When	Where	What coordinators provide	Instructions	Topics	Goals and what to learn
Pre-start		Figuring out participants characteristics to give them the best instructions. (if they stay at an accommodation near T1, they can start early and have enough time to take full advantage of the plan) Giving basic instructions regarding outfits and gear and help with shopping for goods.	Participants characteristics	Experiences, physical ability, personal interests, etc	To give the most suitable instructions
			Gear and clothing	Henro gear	To be recognizable as Henro
			Gear and clothing	Clothing, shoes, other gear, etc.	To be fully prepared to complete walking the entire Shikoku 88 pilgrimage route
			Must-have things	Guidebook, valuable things, etc.	
T1	inside of the temple	As the first temple to visit, give participants instructions about manners and things in common at every 88 temple.	Basic Henro manners	respectful manners and consideration for others	Attitudes and behaviors which make participants gain respect as pilgrims from locals
			Common buildings in the temple area of shikoku 88 temples	Main gate, bell tower, washing place, Main hall, Daishi hall, Stamp office	Basic temple rituals and going to stamp office after visiting main hall and daishi hall
			Easy to recognize buddha images	Yakushi-nyorai, Jizo-bosatsu, Fudo-myohou	
			Tourists attractions at temples	Multi-story pagoda, etc.	
T1~T2	Along the route between	Instructing participants on common topics regarding walking along the pilgrimage routes such as traffic rules, general manners, route signs, osettai. Giving suggestions how to pace depending on a participant's experiences and physical strength		route sign stickers, old stone road signs	Not to miss them or misread them
			Traffic rules	Push-button traffic signal	Pedestrian crossing in front of the main gate
			Accommodations, osettai	Henro House, Henro salons	Osettai places ran by kind locals
			Henro specific manners	Bando Bridge	Do not hit on bridges with henro staff
			General sightseeing spots	BANDO Location Village	History of German prisoners of WWII in the area
T2	inside of the temple	Reviewing already learned common topics regarding walking pilgrimage routes and adding some new topics	Stone Gate to T2		To give heads-up not to miss it
			Basics of temple visit	Basic henro rituals, buildings in temple area	
			Significant things in a temple area	1100-year-old Japanese cedar tree	Sanctification of old big tree in Japanese culture
			Cultural difference at bathrooms	Unfamiliar things for Westerners (Japanese style, unisex rooms)	To give participants heads-ups
			General sightseeing spots	Edo-era route sign	
T2~T3	Along the route between	Reviewing already learned common topics regarding walking pilgrimage routes and adding some new topics	Scenes of daily life in Japan	Local houses, farm fields, orchards, farming paths	Interesting things on simple village routes
			Shrines and temples	SUWA Shrine	Difference between shrines and temples
			Route signs	Stone sign standing on the short natural trail to T3	Unrecognizable or easy-to-miss road signs

## ■ Instructions along the route for plan① and②

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AM: ATM+lunch break

PM:T4~T6

When	Where	What coordinators provide	Instructions	Topics	Goals
T3	inside of the temple	Making sure participants understand what they have learned by gradually reducing support. Adding more new topics.	Common buildings in the temple area of shikoku 88 temples	Golden well	Kobo-daishi legends related to water
			Lunch	Convenience store or supermarket	How to dispose of personal garbage
			Cultural difference at bathrooms	Unfamiliar things for Westerners (Japanese style, unisex rooms)	To get used to old-fashioned Japanese bathroom
T3~T4	Along the route between		Route signs	Mountain route signs to T4	To learn how to find mountain trail signs
			General sightseeing spots	Edo-era old stones	Talk about what they are if interested
Aizenin temple	inside of the temple	Talking about Osettai	Culture of Osettai	Osettai offered at the temple	Meaning of osettai and how to receive it
					Chat with main priest monk (only when he happens to be on site)
T4~T5	Along the route between	Give advise about clothing, shoes, baggage and walking speed adjusted to participants physical abilities, while walking uphill.	Daily life scenes in Japan	Local houses, farm fields, orchards, farming paths	Interesting things on village uphill route
			Clothing, gears, other things to bring		
T4	inside of the temple	Checking participants' understanding level of what they have learned.	Newly renovated bathroom		Universal design toilet available
	Along the route between	Letting participants find/read route signs on their own	Route signs	Route sign stickers indicating directions to T5	
T5	inside of the temple	Checking participants' understanding level of what they have learned. Adding new topics if there are any still open.	Common buildings in the temple area of shikoku 88 temples	Old Gingko tree	Sanctification of old big trees in Japanese culture
			Easy to recognize buddha images	500 Rakans	Talk about rakans
T5~T6	Along the route between	Letting participants walk independently only support them when they really need it. Talking about manners and etiquette how to behave and use rest places and accommodations.	Place for rest	Convenience store	Many functions of convenience stores
			Rest place run by kind locals	Henro hut No.44	Do's and don'ts' at those rest places
			Rest place run by kind locals	Kokaki rest hut	
			Heads up to realize time left to get to T6	Walking speed	Being aware of check-in time
			Daily life scenes in Japan	Sugar cane fields	
T6	Temple stay	Giving instruction on things to know at accommodations, body maintenance, self-control, trouble preventions, weather forecasts and so on to successfully visit all temples they plan to visit.	Typical events at temple stay	T6 temple accommodation	Meals, taking public baths, participation in prayer ceremony, etc.
			Things to know regarding to booking accommodations	Spare time between temple stay schedule	Booking, cancelation, check-in time, room rate, etc.
			What to do when participating in temple prayer ceremonies	Temple daily prayer ceremony	Very basics of Japanese Buddhism
			Footcare and body maintenance	Basic personal cares	To keep physical ability to visit all 88 temples by walk



# ■ plan 3 Supplemental Support Options

## "How to Henro – Special support

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### Additional support for plan 1 or 2

#### ◇Option 1: Prior preparation support

- In case that plan 1 or 2 does not cover all your needs, this option will give you additional hours of support the day prior. Before actual training starts
- More time will enable us to provide the best support for you

#### ○plan time and place

- Time: Can be arranged as you like upon prior request.
- Flexible location: Henro gear shops, your accommodations, or cafes are commonly used.



Henro gear shopping support

#### ○What you can learn

- Through one on one communication, we figure out how we can best support you: such as helping with henro gear shopping, learning rituals at temples or making a pilgrimage itinerary.
- We can go with you to the shops around T1 or T10, to help your henro gear shopping.
- Upon your request, a licensed official Henro guide will give you instruction on pilgrim rituals at each temple including chanting Heart Sutra and mantras.



Ritual Instruction

#### ◇Option 2 : Mountain trails support

- Provide you with expert instruction and support along the mountain route from Temple 11 to Temple 12.
- Then after walking down to Nabeiwa area, we call it a day.

#### ○plan Time

- 07:30~17:30
- Extended hours are available depending on your walking speed



Henro Korogashi

#### ○What you can learn

- The mountain trails from T11 to T12 is called "henro korogashi" and well-known as the first hard part of the Shikoku 88 Pilgrimage
- T12, Shosanji is a mountain temple located on an 800m high mountain. People have described the three well-known hard parts in Tokushima as "Ichi ni Shosan, Ni ni Otsuru, San ni Tairyu (first T12, second T20 and third T21)." Walking with our coordinator, you will be supported throughout the trail no need to be nervous about walking in the mountains. You will be taken care of!



T12 Shosanji

#### ◇Route Elevation and distance



■ plan 3: Option 1

Henro gear shopping support  
Help you look the part by buying the supplies you really need

Option 1: Prior preparation support (example)

	Schedule/Location	What to learn:	Hand Book Page
Talk and info exchange	Meet up at your accommodation or alternatively chatting together at a restaurant or café	Through talking together, we figure out your background and goals of pilgrimage.	
Henro gear shopping together		<ul style="list-style-type: none"><li>- Help make your travel itinerary</li><li>- Make the following days plan and decide what you want to learn</li><li>- Receive instruction and information according to your needs and interests</li></ul>	
End of the plan	Henro gear shops near T1 or T10	Help you to pick up the best gear for your needs and explain how to use it and and meaning behind them	
	Take you back to your accommodation		





## Mountain trail guide

We enable you to not Henro Korogashi. We will not let you fall!"

### Option 2 : Mountain trails support (example)

	Schedule/Location	What to learn:	Hand Book Page
Instructions by coordinator along mountain trails	Your accommodation →walking to T11	Meet up at the main gate of T11 Introduction to walking mountain trails	P37
	the mountain trail parts between T11 and T12	Things you should pay attention on mountain trails and proper way to walk to prevent accidents and injuries.	P39
After walking	At your next accommodation	make pilgrim itinerary according to your available travel days, experience and physical capabilities	P15
End of the plan	Take care of your body and gear	Take care of your body, avoid injuries and how to keep from accumulating exhaustion. ・checking your gear and preparation for the next day(s)	P39

Henro route signs



Henro Korogashi  
(Hard and steep part of the trail)



Nabeiwaso ryokan



Prior to walking the mountain trail, you will receive instruction on appropriate clothing and gear for mountain trails, what to bring, how to read maps, where you can get water and so on. These instructions can be adapted to any future mountain trail along the Shikoku 88 Pilgrimage. You will be fully prepared and can walk with confidence!





Trails from T11 to T12 (small-scale map) ※ Refer the next page for details



Trails from T11 to T12 (detailed map)

