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Kumano travel guide

Go to Useful Tips & Suggestions for Walking Kumano Kodo Preparation Essential GuidelinesRoute Difficultweather & DaylightClothing & FootwearReservations Essential Guidelines • Choose the route that suits your abilities. Do some research to familiarize yourself with seasonal routes and conditions. Walking with another person is recommended because they can help if something goes wrong. TIP: Using the local KUMANO TRAVEL Community Reservation System for all bookings is an easy way to register your trip with local authorities. Being in good physical condition will add to the pleasure and safety of your pilgrimage. Good footwear is essential. Avoid cotton clothes and dress in layers. TIP: Use a daily baggage transfer service provider to ease your load. Know the escape routes and ways to skip or shorten the ride if necessary. The difficulty of the Kumano Kodo route is a diverse mountain route, with a mix of unpaved, uneven trails, old stones and stairs, and paved roads through villages. There are many steep ascents and descents. The route is not technically difficult, but it is physically difficult. People often underestimate the difficulty of walking because they do not anticipate steep climbs. Switchbacks are not common. The amount of training you need depends on the sections you go through, the season you visit and your personal level of experience and fitness. Getting in shape before you come will make the trek more enjoyable. Stretch! Sitting on floors is common at traditional inns, so having more flexible limits will make you more comfortable. Please plan to enjoy the pilgrimage ride fully and safely. Proper training is essential. Weather & Daylight Overview Tanabe City is located mostly in the historic Kumano area of the southern Kii Peninsula. The Kii Peninsula is the southernmost point in Honshu, Japan's main island and therefore quite mild all year round. It is an area with abundant rainfall, which has fed the area with lush forests and a multitude of beautiful clear rivers and magnificent waterfalls. The Nakahechi Trail is open all year round. The weather in the south of the Kii Peninsula is generally mild. Winters can see some freezing temperatures, and snow rarely falls at higher altitudes, usually melting rapidly. Summers are hot, wet and wet. Spring and autumn are popular seasons on the route. The weather can change rapidly in the Kunano mountain environment. Please be prepared, especially for rain. Typhoon Typhoon can be unpredictable, and officials aren't sure it'll affect the storm area. If you want to know more typhoon information, here are some meteorological information. Japan Meteorological AgencyNHK World NewsSometimes, JR trains are not running or are late due to typhoons, so please double-check the train schedule. JR WestFor the most up-to-date situation about JR trains, please ask an officer at the JR Midori-no-Madogoini ticket office or any tourist information centre at the main station. Weather Links Weather Dates Tanabe Nakahechi Hongyu Daylight Date Time of day varies greatly, with winter average walking time temperatures and be prepared for seasonal variability. It is recommended to dress in layers in clothes that dry easily. Avoid cotton. Robust, worn footwear is essential. Essential Gear The type of equipment you'll need varies depending on the duration and size of your walk. The following is a general list of recommended items. • Day pack, with a rain cap, first aid kit, including blister prevention and treatment aids. Copies of the paper are available at the Rainwear information centres. The area has heavy rainfall. A foldable umbrella is convenient, such as the headlamp or the flashlight. He had, sunscreen, sunglasses, etc. Liquids. They have enough water, especially in warmer seasons. A portable wi-fi router is convenient and can be rented at all international airports. Especially during the warmer months. - Foldable walking poles -- The poly walking room can help balance and take pressure off the knees. Reservations Please be aware that just walking up to accommodation is not common in Japan. Pre-booking accommodation is very important and recommended, especially in the mountains for some of the reasons below. - The Kaumano Kodo pilgrimage routes pass through an isolated, mountainous region, so planning is important. , so that non-communication can happen on the spot. - There are limited buses in the evening, making it difficult to return to the coast if there is no place to stay. Planning ahead and performing will make your journey smoother, safer and more enjoyable. You can find out more information and make reservations through the KUMANO TRAVEL Community Reservation System. List of accommodations & Before Your Trip Learn Some JapanesePractice Smiling & BowingGuide Book & Pilgrim PackInsuranceKumano Kodo How-to-videos Learn Some Japanese Make an Effort to Talk is highly appreciated by the locals. English is not widely spoken, so meeting in the middle with gestures is a positive way to make contact and communicate with the people you meet along the way. Practice Smiling & Bowing A smile and bow can go a long way to break the ice with a Japanese person. Staying positively and keeping a good sense of humor will help you overcome these shock culture obstacles. Book & Pilgrim Pack Guide A valuable resource to prepare you for your trip is a Pilgrim Package that includes the official Kumano Kodo guide. They can be purchased online or from local information centres, including the KUMANO TRAVEL Travel Assistance Centre, located near Kii-Tanabe Station. Planning before you go can make your experience smoother, safer and more enjoyable. Insurance You never know when something can happen. Buy travel insurance and include emergency evacuation if possible. If you need to visit a clinic or hospital ask for a receipt and/or hospital form (if possible in English) to submit to your insurer for compensation. Kumano Kodo How-to-videos to The Kumano Kodo video series describes logistical, cultural, and experiential aspects of the Kaumano Kodo pilgrimage route. The goal is to provide visitors with information in a visual format to make their journey more enjoyable. Currency ATMInaligive Currency Race MachineTipping & Negoancy The currency in Japanese is the yen, ¥. Other currencies are not accepted in rural areas. ATM carry enough Japanese yen in cash, as many facilities and service providers do not accept credit cards, and places to exchange money are very limited. If you need to withdraw money, ATMs from post offices are the best option. Check with your credit card company before you visit to confirm if your credit card is OK to use for withdrawals from Japan Post Bank ATMs. Currency Exchange Machine in Hongu there is a currency exchange machine at Kiyo Bank.Operating Hours: 7:00-21:00Available: Us dollar, Euro, Chinese Yuan, South Korean Won, Taiwanese Dollar, Hong Kong Dollar, Thai Bhat, Australian Dollar - Available currencies can be changed depending on different circumstances.- Only cash handled.- Maximum foreign exchange value per person is 100,000 yen.... The exchange rate applied corresponds to the fixed exchange rate of the Kiyo Bank. Please check at the time of currency exchange. Tipping & Negotiating No Tipping, No Negotiation are common in Japan. If you are very happy with the service, for example, with a local guide, and you want to show your appreciation, place the money in an envelope and give monetary gift with discretion and sincerity. On the Essential Trail Information CentersWater & LiquidsMealsVegetarian DietGluten FreeWiFiElectricityGarageCampingDrivingDaily Luggage Storage GuidesLocalEtiquette Essential Trail Conduct • PACE yourself. Listen to your body and stay away from Kumano Kumano as a race, taking breaks when necessary. PACK all the garbage. Local bins along the route are only for locals. Don't put too much pressure on them, as they can slip, and you can lose your balance. There are numbered signs along several routes. These are good markers to indicate the location. Tourist Information Centres The network of tourist information centres in the region provides excellent resources for the latest information. Please feel free to chat with friendly staff during your visit to the area. Water & Liquids It is important to transport water or liquids during travel or walking. Natural water sources along the route have not been tested. In villages and settlements there are small or automatic shops where drinks can be purchased. Especially during the hottest season, it is important to keep well hydrated. TIP: Fill the water bottles at the accommodation before departure. Meals A trip along Kodo Kumano is a culinary journey. Meals at the guest house and inns are often Japanese-style. Ingredients range from coastline to mountain side, often providing fresh, local ingredients. Rice is a staple and consumed at most meals. Depending on the accommodation, meals can be served in the guest room or in a common dining area: sitting at a table or on the floor. The common lunch time is around 6 p.m. Please make sure you arrive at the accommodation before it. Often arrive at 17:00 gives you time to have a bath, refresh before meals, and change into a traditional Japanese yukata robe. Many accommodations along the Kumano Kodo Hotel offer a Bento lunch box. They are very convenient for pedestrians, and often consist of rice balls and some side dishes. If you need fixed coffee, bringing your own instant coffee is convenient. Not all accommodations serve coffee, but all are able to provide hot water. Open your mind (and mouths!) to try new and delicious food on your journey. TIP: Practice with sticks before you come! Vegetarian Diet Vegetarianism is not common in Japan and often difficult for local accommodation to suit a variety of demands. There is a simple vegetarian chart, which is used by the local community reservation system and Type A: No meat (beef, pork, chicken, wild meat, etc.). Fish, seafood, eggs and dairy products (milk, yogurt, cheese, etc.) can be served. Type B: No meat (beef, pork, chicken, wild meat, etc.). No fish or seafood (shrimp, clams, octopus, squid, etc.). Eggs, dairy (milk, yogurt, cheese, etc.) and Katsuo Dashi (fish broth) can be served. Type C: No meat (beef, pork, chicken, chicken, meat, etc.). No fish, seafood (shrimp, clams, octopus, squid, etc.) or Katsuo Dashi (fish broth). Eggs and dairy products (milk, yogurt, cheese, etc.) can be served. Type D: No meat (beef, pork, chicken, wild meat, etc.). No fish, seafood (shrimp, clams, octopus, squid, etc.) or eggs and dairy (milk, yogurt, cheese, etc.). Katsuo Dashi (fish broth) can be served. Type E: No meat (beef, pork, chicken, wild meat, etc.). No fish, seafood (shrimp, clams, octopus, squid, etc.), eggs and dairy (milk, yogurt, cheese, etc.) or Katsuo Dashi (fish broth). IMPORTANT NOTE: Katsuo Dashi (fish broth) is used for several types of spices and it is very difficult to remove from traditional Japanese cooking. It is often used in quantities of traces and does not make the taste of fish food. Most people don't even notice that it's being used. If you can deal with traces of katsuo Dashi fish stock in the tables than make it much easier for accommodation to accept reservations. IMPORTANT NOTE: It is disrespectful and very difficult for service providers if guests do last minute food needs requests on the spot. Please avoid this my make your needs know during the booking process. Gluten-free gluten-free meal requests are very rare in Japan so difficult for local service providers to match all demands. If you have a severe allergy to gluten it is often easier to sit without meals and buy or prepare foods that meet your needs. IMPORTANT NOTE: Soy sauce and miso are basic ingredients for Japanese cuisine, which sometimes contain trace elements of gluten. If you can deal with low gluten meals that include soy sauce and miso, then there is more chance that accommodation will accept your reservation. IMPORTANT NOTE: It is disrespectful and very difficult for service providers if guests do last minute food needs requests on the spot. Please avoid this my make your needs know during the booking process. Wifi WI-FI public free is common in the region. All public information centres, most places to stay, and even some local buses have WiFi. If you want WiFi more often, then renting a portable WiFi router at the airport is a great option. Electricity Voltage in Japan is 100 Volts. Electrical sockets have two, flat parallel needles: Type A.HINT: bring an adapter, if necessary, as most places to stay do not have them. Garbage There is almost no public trash along the route. Please carry all the garbage. Taking a plastic bag to carry the finished bento lunch box is a practical solution. You can throw it at your next home. Camping • Kumano Kodo is Old pilgrimage route with numerous artifacts and sacred places along the route. Camping can seriously damage these places, even unintentionally. For these two reasons, camping is frowned upon outside the official camping areas. There are campsites in Chikatsuyu, Kawayu Onsen, Wataze Onsen, and Koguchi.IMPORTANT: Please, no open campfires. Driving if the driver of the vehicle plan to rent a car in Japan, be sure to have a valid Japanese or international driver's license. Confirm that a Japanese translation is required or not before you come. If you do not have an international driver's license or Japanese driver's license, then the company will not rent the vehicle for you. It is entirely feasible to travel throughout Japan using public transport. Trains and buses are accessible and reliable and cover all areas that tourists usually visit. Daily Baggage Transfer Service There are a variety of daily baggage transfer service companies along the Nakahechi route. This is a great way to ease your task to enjoy walking. Some conditions apply. More information & Baggage Storage There are luggage storage facilities at the KUMANO TRAVEL Travel Assistance Centre, near Kii-Tanabe Station and at Tori-no-Mise, near Kumano Hongu Taisha, in Hongu village. Local Guides There are local guides who are passionate about Kumano and available to introduce visitors to unique sites, experiences, and culture of Kumano Kodo pilgrimage routes. You can find out more information and make reservations through the KUMANO TRAVEL Community Reservation System. Etiquette Please follow the following guidelines while enjoying Kumano Kodo. • Keep the area as the legacy of all mankind. Safety Extreme Weather & TyphoonsNightfallCreatures to be Wary ofSlippery Stones & RootsHeatColdEarthquakes & TsunamisEarthquake Flow ChartJapanese Seismic Intensity ScaleBlisters Extreme Weather & Typhoons Kii Peninsula is one of the wettest areas in Japan. He's going into the Pacific Ocean in the storm path. Heavy rains and winds, especially from typhoons, can cause lightning flooding, landslides, and damage caused by flying debris. Keep up to date with the weather forecast and avoid walking in extreme weather conditions. Nightfall During late autumn, winter and early spring nightfall is early. Check the daytime hours for the time you are going and plan to reach your destination before dark. Early departure to arrive between 15:00 to 17:00 is a good time to follow. Carry an emergency light source. There are headlights for sale at the KUMANO TRAVEL Travel Assistance Centre. Creatures that Be cautious of There are a few creatures to be cautious on Kumano Kodo: Japanese Pit Viper, Giant Centipede, and Asian Giant Hornet. Japanese Pit Viper (Gloydius blomhoffii) MamushiThe Japanese Pit Viper has a classic triangle head of a pit viper and is gray to reddish brown with irregular yellow strips and stained parts. It's a venomous snake, so it's best to avoid it when it's seen. Sale Sale is 40-65 cm. The head of the triangle is a good way to distinguish mamushi. Giant Centipede (Scolopendra subspinipes mutilans) Tobizu MukadeThe Mukade is a giant centipede (up to 20 cm), and its bite can be painful. They're black with yellow-orange legs. Mukade are active in the hot and humid months and like to hide in hiking shoes, so check your boots in the morning before you put them on! Asian Giant Hornet (Vespa mandarinia japonica) SuzumebachiAsia giant hornet may have a painful sting. If you see a nest, avoid the area. If someone flies next to you, don't swat at it, but stay calm and move away. They can be the most aggressive in the fall season. Slippery Stones & Roots Most wounds on Kumano Kodo are from slips and falls on traces of stone and root. The old steps are particularly slippery when wet. Please take your time and be careful if you step. Heat Summer season can be warm and humid, so be aware of heat exhaustion. Start hiking early in the morning to avoid midday heat. Drink plenty of fluids and cover yourself with a hat and sunscreen. It is tempting to walk in shorts, short-sleeved shirt, and sandals, but it is best to wear lightweight pants, a long-sleeved shirt and sturdy walking shoes, as the warm weather brings out a variety of biting insects. Cold From late December to the end of February there is a chance of freezing temperatures and snow when large cold fronts sweep over Japan. Snow often melts during the day or sticks for a few days on the crossings If you plan to go during the winter months, it is best to bring a warm hat and gloves. Dress in layers, including a warm wool and outer shell. Earthquakes & Tsunamis Japan is prone to frequent natural disasters, such as earthquakes. Tsunamis are big waves caused by earthquakes. If you're close to the coast and a big earthquake hits, head to the higher ground immediately. Blister Blisters can start as a minor annoyance, but without proper care they can become a painful problem. Blisters are caused by rubbing the foot caused by rubbing the shoe. Preventing The best way to treat a blister is with good prevention. • Break your shoes. Making a long walk, several days in new shoes is a recipe for disaster. When the foot is wet and warm blisters form more easily. - Wear two layers of socks: a thin layer and a thicker layer over the tip can reduce the amount of friction directly against the skin. When you take a break, remove your shoes and socks to ventilate them. Warm, sprinkling baby dust in socks can be a good way to reduce the accumulation of moisture in shoes. Filling them with newspapers is a useful and easy technique to absorb excess moisture. This is is You can put on a preventive bandage or protective tape over the top of the hotspot to reduce friction. A hotspot may seem like a hassle to take care of, but it's worth the time in the end. The main point treatment is to keep it clean and dry. If the blister is not large or too painful, it is best to leave it so it is. Make a doughnut bandage around the blister to reduce the pressure on it. If it is large and painful, then drainage can be an option. Do not remove it, as it is a protective barrier. If the skin has been broken or removed:- Do not break it. Leave the skin attached. In case of emergency Emergency Number: 119Koban Police Box: 110Japan Visitor HotlineHospitals & ClinicsDigital Help Resources In case of emergency ask for help from someone nearby. Even if they don't understand English, they will try to understand and help. Emergency number: 119 Call 119 to connect to a local emergency service in case of fire or medical emergency.TEL: 119Hours: Throughout the year, 24 hours a dayLanguage: English, Chinese, Korean, Spanish, Portuguese If you do not understand Japanese, request an interpreter and stay on the line. Koban Police Box: 110 The name for a police box is Koban and the phone number is 110. They are located near major train stations, including Kii-Tanabe Station. There is also one near the post office in Hongu. If you have problems, Koban police boxes can be a good starting point to get help.TEL: 110Hours: throughout the year, 24 hours a day Japan Visitors Hotline Japan National Tourism Organization (JNTO) visitors hotline for tourist information or assistance in case of accidents and emergencies.TEL: 050-

3816-2787Hours: throughout the year, 24 hours a dayLanguage: English, Chinese, Korean Hospitals & Clinics hospitals and clinics below are registered by the Ministry of Health, Labor and Welfare, and Japan Tourism Agency and are able to accept foreign travelers. Hospital Search EngineThe Japan National Tourism Organization site and search engine for medical institutions with multilingual services. (1) National Organization of Minami Wakayama Medical Center Hospital医療>ADDRESS: 27-1 Takinai-cho, Tanabe City, Wakayama Prefecture県診療診療address: 921-2 Hongu, Hongu-cho, Tanabe City, Wakayama Prefecture県]]]]921-2TEL: 0735-42-8101 (3)Shingu Municipal Medical Center医療aDRES: 18-7 Hachifuse, Shingu City Wakayama Prefecture県蜂伏18-7TEL: 0735-31-3333 (4)Shiahama Hamayu Hospital病address: 1447 Shirahama-cho, Nishihama Prefectura Wakayama Prefecture Murokyo disease: 143-1 Arimoto, Arimoto, City, Wakayama Prefecture県有143-1TEL: 073-471-7711 Digital Help Resources Safety Tips App Japan Tourism Agency's Travel Safety Tips contains links to other sites controlled by third-party providers of weather information information, Weather warning & notices, news, medical information, and the list of embassies and consulates-generals in Japan.Price: Free NHK NHK (Japan Broadcasting Corporation) is Japan's only public broadcaster. NHK WORLD-JAPAN is the international NHK service providing the latest information about Japan via TV, radio and Internet.+ Multilingual App is also available. Japan Meteorological Agency Japan Meteorological Agency has detailed weather, climate, and earthquake information for Japan. Social Media JNTO's official Twitter account provides useful information on weather warnings, opinions and the latest news from natural disaster transport services. Twitter @JapanSafeTravel Tanabe City Kumano Tourism Bureauuno KodoKumano Kodo Tips & Safety Safety

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