



▶▶ 10 km till the next destination (40min)



CYCLING SPOT 1

▶▶ 6km to the goal (30min)



CYCLING SPOT 6

▶▶ 7 km till the next destination (35min)



GOURMET SPOT 5

Collect the seals and the amulets from the 3 Grand Shrines!

CYCLING SPOT 2



Kumano Shrine (Kumano Shingusha)

The pillar of Natori Kumano Sansha. It is said that a shrine maiden from Natori, a long-time worshipper of Kishu Kumano 3 Grand Shrines, grew old and could not stand the long travel distance, she had a small shrine near her home and in Hoan 4th year (Year 1123) modeled the shrine after the 3 shrines in Kuman and the 3 deities were invoked here.

Add: Aza Iwakuchinaka 51, Kumanodo, Takadate
Tel: 022-386-8838

▶▶ 1.2km till the next destination (7 min)

CYCLING SPOT 3



Kumano-Hongu-Sha

One of the Kumano Sansha, also called 'Hongu-juni-shin'. The enshrined god is Ketsumikonokami, the god of farming. It was associated with the Date family in the late Sengoku period and was well protected.

Add: Aza Gotenda 34, Kumanodo, Takadate
Tel: 022-386-2353

CYCLING SPOT 4



Kumano Nachi Shrine

One of the Kumano Sansha. On top of Takadateyama where you can view the Natori Plain and the Pacific Ocean. Marche is held monthly.

Add: Aza Tateyama 8, Yoshida, Takadate
Tel: 022-765-8217



▶▶ 2.7 km till the first destination (15min)

▶▶ 6 km till the next destination (25 min)

▶▶ 5.2 km till the next destination (40 min)

Course Natori Cycle Sports Center ▶ Andonmatsu Park ▶ Kumano Shrine (Kumano-Shingu-Sha) ▶ Kumano-Hongu-Sha ▶ Kumano Nachi Shrine ▶ Takadate Restaurant Sujin Soba ▶ Roku farm ATALATA ▶ Natori Cycle Sports Center