



Mount Mitoku

Mount Mitoku is a mountain once inhabited by practitioners of Shugendō, a form of mountain asceticism combining elements of Buddhism, Shintō and other religions, founded by the sage En-no-gyōja. The mountain has a history as a site for Shugendō practices dating back some 1,300 years.



National Treasure Nageire-dō Hall

Visitors are amazed and astonished by the overwhelming presence of the Nageire-dō Hall. Once you arrive here, it is said that you have purified the six roots of perception at Mount Mitoku.

Access



The bus from the Tourist Information Center is the most convenient means of transportation for visitors without cars. Check the bus schedule on the Web (QR) or Google Map.

Time

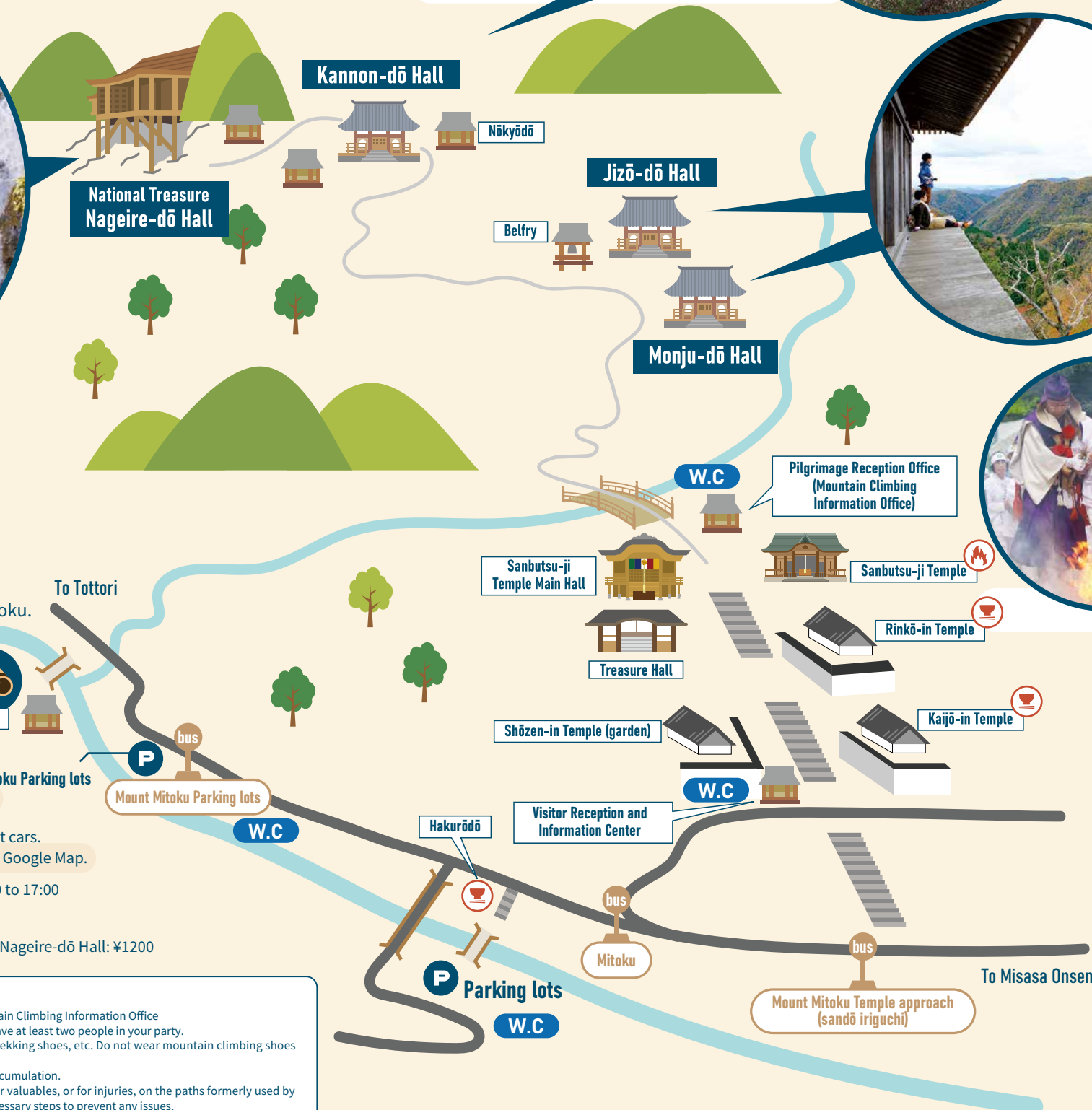
To Sanbutsu-ji Temple Main Hall: Runs 8:00 to 17:00
To Nageire-dō Hall: Runs 8:00 to 15:00

Fare

To Sanbutsu-ji Temple Main Hall: ¥400 To Nageire-dō Hall: ¥1200

Information and Precautions

- *Time required round-trip: Approximately 1.5–2 hours from the Mountain Climbing Information Office
- *In order to check in at reception to ascend the mountain, you must have at least two people in your party.
- *Be very cautious on steep areas. Wear exercise shoes with treads, trekking shoes, etc. Do not wear mountain climbing shoes with anti-slip hardware, etc.
- *Climbing the mountain is prohibited on days of heavy rain or snow accumulation.
- *Please note that we cannot be responsible for loss of money or other valuables, or for injuries, on the paths formerly used by ascetics and pilgrims. Please be aware of these risks and take the necessary steps to prevent any issues.



Kannon-dō Hall

The dark rear side of the Kannon-dō Hall is likened to the mother's womb, and as such signifies rebirth upon climbing the mountain.



Monju-dō and Jizō-dō Halls

According to tradition, the breathtaking panoramic view from the Halls purifies one's sense of sight. Circumambulating the Halls is further believed to bring the visitor the three virtues of Mount Mitoku (wealth, knowledge, and long life).



Fire walking

Get a unique experience walking across a fire in bare feet at the Fire Festival, held annually on the last Sunday of October at Mount Mitoku.



Shōjin Buddhist cuisine

Experience the charm of Mount Mitoku through its food. We recommend either the *shōjin* cuisine served at the temple (reservations required) or the mountain vegetable cuisine offered at the Tanikawa Tengu-dō. Try also the Castella sponge cake from Hakurōdō.