



## Ohenro—A Buddhist Pilgrimage in Shikoku, Japan

Ohenro (or Henro) is the most well-known and beloved Buddhist pilgrimage in Japan. It is a spiritual journey that follows a 1,200-kilometer (745 mile) circular route around the island of Shikoku, visiting 88 Buddhist temples and following in the footsteps of Master Kūkai (also known as Kōbō Daishi), a key figure in spreading the Buddhadharma in Japan.

Master Kūkai (774–835) was a revered Japanese monk, teacher, and polymath who profoundly shaped Japan's spiritual and cultural life. He guided people of all classes toward awakening, teaching that enlightenment could be found in everyday life. Dedicated to improving the welfare of people of all social classes, he was also a master calligrapher, poet, artist, architect, engineer, and scholar who promoted literacy and contributed to public works such as bridges, canals, and irrigation systems that enhanced daily life for many.



The Ohenro is more than a pilgrimage. It is a journey inward—a path of love and understanding. Along the way, we will visit sacred temples and other spiritual sites along the coastlines and deep in the mountains, practicing mindfulness and arriving at our true home with every step, cultivating a deep connection with ourselves, our spiritual ancestors, and Mother Earth.



## A Journey of True Presence

### The Merging of Ohenro Pilgrimage and Plum Village Practice

Each day of the 14-day journey will be structured around Plum Village practices under the guidance of monastic Dharma teachers. Just as in any Plum Village retreat at the monastery, we will enjoy Dharma talks, sitting meditation, walking meditation, mindful eating, Dharma sharing, singing meditation, practicing with Gathas, and Total Relaxation.

We will also explore the history of Buddhism in Japan, seeing how mindfulness is woven into everyday life beyond religion, and examining the connection between Master Kūkai's influence on Japanese society and the global impact of the mindfulness practices developed by Zen Master Thich Nhat Hanh.

## Temples

Out of the 88 temples, we will visit approximately 15 of the most iconic and celebrated sacred sites.

During each temple visit, we will honor the pilgrimage tradition by observing a moment of silence, offering candles and incense, and chanting the Heart Sutra.

At each temple, we will practice walking meditation. Some temples are located in villages, while others are in mountainous areas, so the practice will be in the spirit of hiking and connecting with nature. Most inter-temple travel will be done by bus.

For details, see Main Destinations in Other Important Information.



## Onsen Japanese Hot Springs

### The Healing Power of Natural Hot Springs

In Japan, visiting hot springs is a cherished tradition—a way to heal fatigue and restore the body's balance. During the pilgrimage, pilgrims often take time to soak in hot springs along the way. The warm mineral waters ease physical fatigue and calm the mind, offering a moment of deep relaxation and mindfulness. Bathing in this way becomes part of the spiritual journey—an opportunity to pause, breathe, and care for both body and spirit.

## Pilgrims

We will travel together as a Sangha, an intimate group of about 30 participants on one bus.

Accommodation will be either temple stays or hotels, generally shared with two to three people per room, and occasionally up to five in temples. We invite you to enjoy this opportunity for simple living and warm connection. Temple stays may have only shared toilets and baths.

Prior experience with Plum Village Retreats is highly recommended but not required.

We welcome experienced travelers and ask all participants to take responsibility for their own well-being.

Traveling light, bringing only what is necessary, will help support the spirit of the journey.



## Plum Village Monastics

### Plum Village Monastic Dharma Teachers Accompanying the Pilgrimage



Br Phap Xa



Br Phap Khoi



Sr Trai Nghiem



Sr Tu Nghiem

## Cost

Price: 840,000 JPY

Includes teachings, meditation and Dharma talks, guide services, transportation, all meals, monument entrance fees, and lodging throughout the pilgrimage.

For details, see Cost and Cancellation Policy in Other important Information.



## Other Important

### Information

Please read the following carefully

#### Itinerary

#### Travel Facts

#### Cost and Cancellation Policy

#### Important To Do List

#### Overview of Pilgrimage in Shikoku

#### Main Destinations

#### Map

#### Pilgrimage Etiquette



## Registration

### Click here

<https://forms.gle/uzjYcTaWvt1jwrda6>

Please confirm the registration process carefully

#### **Organizer / Tour Operator**

Anabuki Travel Co., Ltd.  
<https://anabuki-group.com/>

#### **Cooperating Partner**

Pilgrimage Japan 2026 Planning Support Team

#### **Contact**

Pilgrimage Japan 2026 Planning Support Team  
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