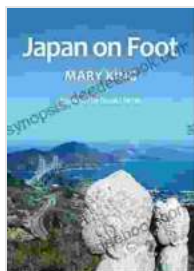


Discover the Real Japan on Foot: Mary King's Unforgettable Journey

Japan is a land of contrasts, where ancient traditions meet modern skyscrapers and bustling cities give way to serene landscapes. There is no better way to experience the true essence of Japan than on foot, where you can immerse yourself in the country's rich culture, history, and natural beauty.

Mary King is an experienced hiker and traveler who has spent years exploring Japan on foot. In her book, *Japan on Foot*, she shares her experiences of walking some of the country's most iconic trails, including the Shikoku Pilgrimage and the Kumano Kodo Pilgrimage.



Japan on Foot by Mary King

★★★★☆ 4.8 out of 5

Language	: English
File size	: 3523 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 304 pages
Lending	: Enabled



King's writing is both informative and inspiring, and her descriptions of the trails are so vivid that you feel like you are there with her. She also provides

a wealth of practical information, such as how to plan your trip, what to pack, and where to stay.

Whether you are a seasoned hiker or a novice, *Japan on Foot* is an essential guide to experiencing the real Japan. King's passion for the country is infectious, and her book will leave you with a deep appreciation for its beauty and culture.

The Shikoku Pilgrimage

The Shikoku Pilgrimage is a 1,200-kilometer (745-mile) Buddhist pilgrimage that circles the island of Shikoku. The pilgrimage is said to have been founded by the monk Kukai in the 9th century, and it has been a popular pilgrimage route ever since.

The pilgrimage route is divided into 88 temples, and pilgrims traditionally walk the entire route over a period of several weeks or months. However, it is also possible to walk shorter sections of the pilgrimage, and many people choose to do so over a period of several years.

King walked the Shikoku Pilgrimage in 2008, and she describes her experiences in detail in *Japan on Foot*. She writes about the challenges of the pilgrimage, such as the long distances and the difficult terrain, but she also emphasizes the rewards, such as the beautiful scenery and the opportunity to meet other pilgrims.

The Kumano Kodo Pilgrimage

The Kumano Kodo Pilgrimage is a network of ancient trails that lead to the Kumano Sanzan, a group of three shrines located in the mountains of Wakayama Prefecture. The pilgrimage has been a popular route for

centuries, and it is said to have been used by the Imperial family as early as the 7th century.

The Kumano Kodo Pilgrimage is divided into three main routes, and pilgrims can choose to walk all or part of the pilgrimage. The Nakahechi Route is the most popular route, and it is the one that King walked in 2010.

King describes the Kumano Kodo Pilgrimage as a "magical journey" in Japan on Foot. She writes about the beautiful forests and mountains that she walked through, and she also describes the many cultural experiences that she had along the way.

Japanese Culture and Tradition

In addition to her descriptions of the trails, King also provides a wealth of information about Japanese culture and tradition. She writes about the history of Japan, the Japanese people, and the Japanese way of life.

King's insights into Japanese culture are invaluable, and they help to make Japan on Foot an essential guide to the country. She writes about everything from the Japanese tea ceremony to the Japanese martial arts, and she provides a unique perspective on the Japanese people and their way of life.

Japanese Nature and Cuisine

Japan is a country of stunning natural beauty, and King's descriptions of the trails are full of vivid imagery. She writes about the snow-capped mountains, the lush forests, and the clear streams that she encountered on her walks.

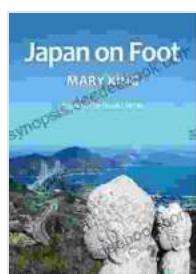
King also writes about the delicious Japanese cuisine that she enjoyed along the way. She describes the fresh seafood, the succulent fruits, and the fragrant teas that she sampled. Her descriptions of Japanese food are sure to make your mouth water.

Japan on Foot is an essential guide to experiencing the real Japan. Mary King's passion for the country is infectious, and her writing is both informative and inspiring. Whether you are a seasoned hiker or a novice, Japan on Foot will leave you with a deep appreciation for the beauty and culture of Japan.









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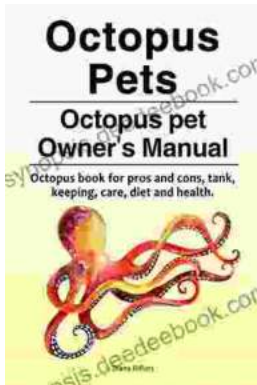
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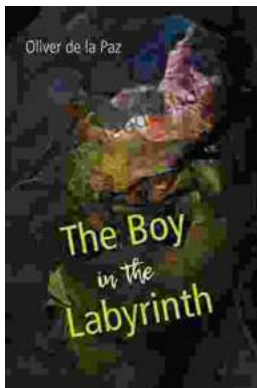
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