

Mt KOYA

TEMPLE LODGING



What is Mt Koya??

Mount Koya (高野山, Kōyasan) is the center of [Shingon Buddhism](#), an important Buddhist sect which was introduced to Japan in 805 by Kobo Daishi (also known as Kukai), one of Japan's most significant religious figures. A small, secluded [temple](#) town has developed around the sect's headquarters that Kobo Daishi built on Koyasan's wooded mountaintop. It is also the site of Kobo Daishi's mausoleum and the start and end point of the Shikoku 88 Temple Pilgrimage.

Temple Lodging

where you can get a taste of a monk's lifestyle, eating vegetarian monk's cuisine (shojin ryori) and attending the morning prayers. Around fifty temples offer this service to both pilgrims and visitors.

Experience

- *Ajikan (meditation)
- *Shakyo (calligraphy)
- *Night walk at Okunoin

Access

Around 2hours 30 minutes from Osaka area
At Mt Koya, you can take a local bus, or just walk around on your foot ☺