



# KOYASAN EXTENSION

Extension | 2 Days | Physical Level 1

Osaka – Koyasan (1N) - Osaka

Immerse yourself in a unique monastery retreat in Koyasan. Enjoy the spectacular train journey to sacred Mount Koya and spend the night in Buddhist temple lodgings.

## TOUR INCLUSIONS:

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- Accommodation
- Meals as stated
- Daily tours and entrance fees
- Transportation and transfers as stated
- English speaking guide

## ITINERARY

**Day 1: Travel from Osaka to Koyasan**

Meals: D

Meet your guide at your Osaka hotel for your journey to sacred Mount Koya by rail.

Known for its many monasteries and deeply spiritual atmosphere. See the 16th-century Kongobuji Temple and the Garan Temple complex, then explore ethereal Okunoin cemetery, where centuries-old gravestones stand amid towering cedars and softly-glowing lanterns.



Tonight, stay overnight in a 13th-century temple in a traditional tatami room. The temple is staffed by monks who generally do not speak English. Accommodation is traditional and basic; single mattresses will be laid on traditional tatami mat. Tatami mat floors are not hard and mattresses are designed for comfortable sleep. The doors to rooms are made from rice paper so noise will travel, and they cannot be locked. Rooms are individually heated but hallways are not. There will be shared bathrooms with shower and toilet facilities. Please note that the showers are open-plan with no screens. In the morning there is no hot water for showering or use of the public bath.

The evening meal is a Buddhist vegetarian dinner, known as Shojin Ryori and is served promptly at 18:00. The evening is free for quiet reflection in your room; please note there are no TVs on the premises.

**Destination Information**

**Koyasan** - Known primarily as the centre of the Shingon sub-section of Buddhism, Koya-san sits in the mountains and is the ideal spot to get a glimpse of Japan's traditional religious life.

**Kongobuji Temple** - Dating back to 16th century, the Kongobuji Temple is the head temple of the Shingon Buddhist sect. The interior of the building is adorned with paintings of cranes and there are sliding doors throughout.

**Garan Temple** - Garan Temple is a compound of seven halls, the ideal number of halls in Buddhism. The main sight of worship is in front of the Cosmic Buddha.

**Okunoin Cemetery** - Home to Kobo Daishi's mausoleum (founder of Shingon Buddhism), Okunoin Cemetery is the largest cemetery in Japan, with over 200,000 tombstones, as many wished to be buried near Kobo Daishi.

**Day 2: Depart Koyasan**

Meals: B

Rise early to join the monks for their morning prayers before a traditional breakfast.

Return to Osaka and transfer to the airport.



Updated: February 2025