

Mitanizaka Trail

This trail connects Niusakadono Jinja Shrine, where the goddess Niutsuhime is said to have descended to earth, to Niutsuhime Jinja Shrine via a mountain pass. In the twelfth century, the imperial family used this route to make their way up to Koyasan, stopping at Niutsuhime Jinja Shrine to pay their respects to the guardian gods of Koyasan before joining the Choishi Michi (Stone Marker Trail).

A large portion of this trail is very steep and can be slippery after rainfall, so it is best left to fit, experienced hikers. From this point to Niutsuhime Jinja Shrine is around 5.5 kilometers if walked directly, or just over 7 kilometers with a detour to the Ropponsugi mountain path, where the trail converges with the Choishi Michi (Stone Marker Trail) that leads to Koyasan.

One of the highlights on the trail is the Hokire Jizo, a stone with three carved images of the Buddha that is said to date back to the late Heian period (794–1185).