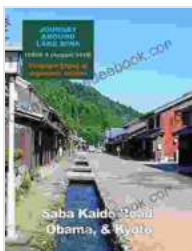


Saba Kaido: The Ancient Coastal Trail Connecting the Temples of Obama and Kyoto

The Saba Kaido is an ancient coastal trail that winds its way along the Sea of Japan, connecting the temples of Obama and Kyoto. The trail is thought to have been first used by pilgrims in the 8th century, and it remained a popular pilgrimage route until the end of the Edo period (1603-1868).

The Saba Kaido is a challenging but rewarding hike, passing through a variety of landscapes, including forests, fields, and along the coastline. Along the way, hikers will pass by several temples and shrines, as well as a number of historic sites.



Journey Around Lake Biwa, 8: Saba Kaido Road, Obama, & Kyoto by Hallie Bradley

★★★★☆ 4 out of 5

Language : English

File size : 31866 KB

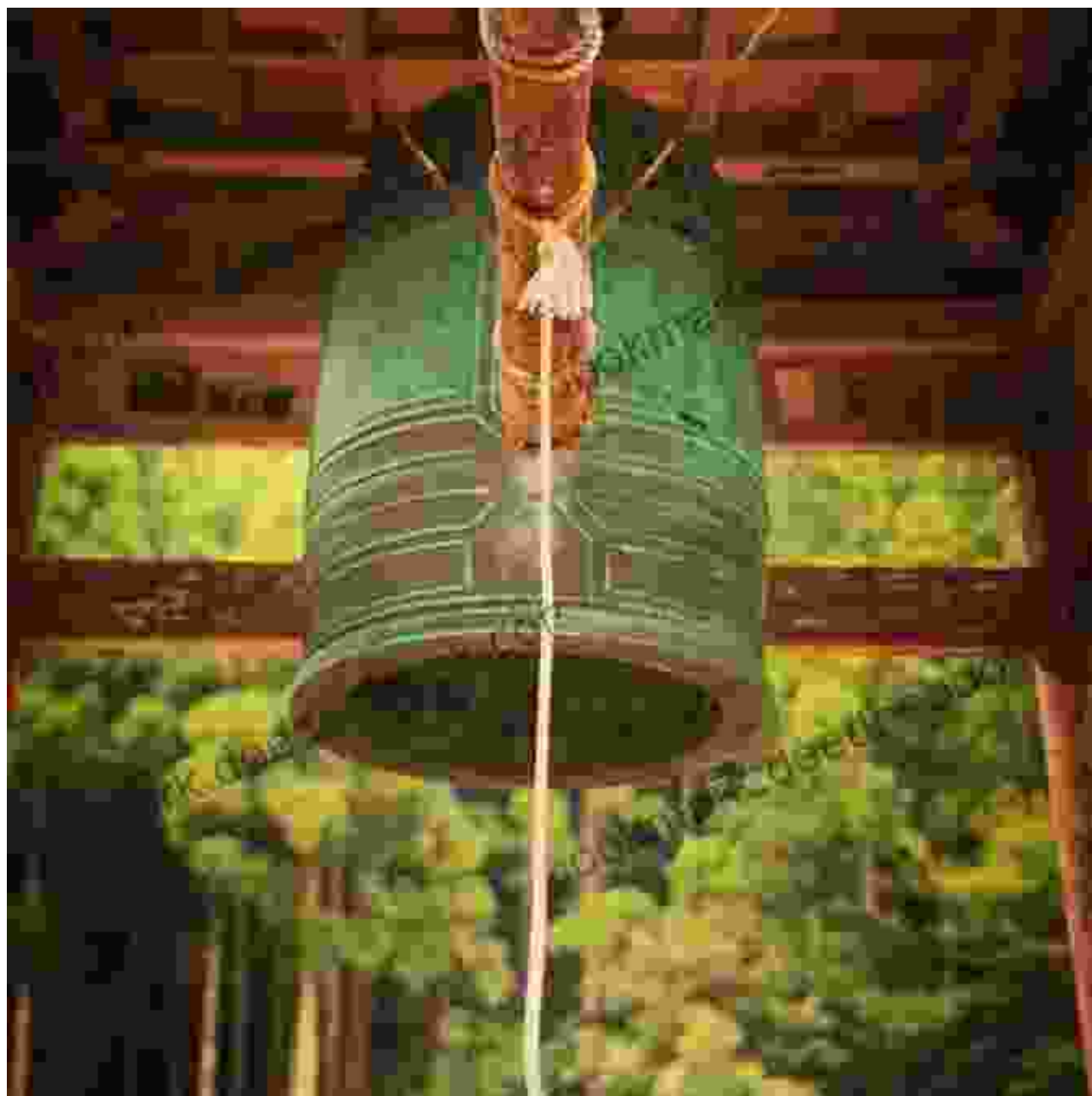
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The Temples of Obama

Obama is a small city located on the Sea of Japan. The city is home to several temples, including the Myokakuji Temple and the Enryakuji Temple.



The Myokakuji Temple is a Zen temple that was founded in the 14th century. The temple is known for its beautiful gardens and its collection of Buddhist art.



The Enryakuji Temple is a Tendai temple that was founded in the 9th century. The temple is located on Mount Hiei, which is a sacred mountain in Japanese Buddhism.

The Temples of Kyoto

Kyoto is a city located in central Japan. The city was once the capital of Japan, and it is home to many temples and shrines.



The Kiyomizu-dera Temple is a Buddhist temple that was founded in the 8th century. The temple is known for its beautiful architecture and its scenic location on a hillside overlooking the city.



The Fushimi Inari Taisha Shrine is a Shinto shrine that was founded in the 8th century. The shrine is known for its thousands of vermilion torii gates, which form a path leading up to the summit of Mount Inari.

The History of the Saba Kaido

The Saba Kaido is thought to have been first used by pilgrims in the 8th century. The trail was used by pilgrims to travel between the temples of Obama and Kyoto, and it was also used by traders and merchants.

The Saba Kaido remained a popular pilgrimage route until the end of the Edo period (1603-1868). However, the trail fell into disuse in the Meiji period (1868-1912), as the Japanese government began to build roads and railways.

In recent years, there has been a renewed interest in the Saba Kaido. The trail has been restored, and it is now a popular hiking route for both Japanese and international visitors.

Hiking the Saba Kaido

The Saba Kaido is a challenging but rewarding hike. The trail is about 80 kilometers long, and it can be completed in 3-5 days.

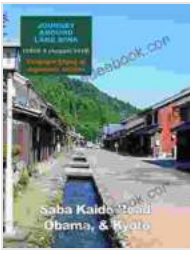
The trail passes through a variety of landscapes, including forests, fields, and along the coastline. Along the way, hikers will pass by several temples and shrines, as well as a number of historic sites.

The Saba Kaido is moderately difficult to hike. The trail is well-maintained, but there are some sections that can be steep and rocky.

Hikers should be prepared for all types of weather, as the trail can experience rain, snow, and fog.

Tips for Hiking the Saba Kaido

- Start hiking early in the day, as the trail can be hot and humid in the afternoon.
- Wear comfortable hiking shoes and clothing.
- Bring plenty of water and snacks.
- Be prepared for all types of weather.
- Allow plenty of time to complete the hike.



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