

Traveler's testimonial

Xavier ▶▶▶

Xavier has lived in Toyota City with his wife since January 2010. Both are French and lived in Brussels before moving to Japan, where Xavier worked as a buyer for a large company. They try to take advantage of their weekends and holidays to discover Japan's nature and historical sites.



Hiking in Mt Sanage, in northern Toyota-city, is a great opportunity to get out of the city and enjoy the forests and mountains of Japan. This day hike, part of the Tokai Shizen Hodo nature trail, is easy enough to be enjoyed by the whole family. Through forests of Japanese cypress, the trail will take you to isolated shrines and rock formations from which you can enjoy great views of the region. I particularly enjoyed soaking up the typically Japanese atmosphere of the shrines: there is something very solemn about these religious wooden buildings surrounded by majestic Japanese cypress trees.

Suggested clothing and things to bring

- ❑ Trekking shoes or sports shoes
- ❑ Water
- ❑ Lunch and snack
(No shops are available nearby.)
- ❑ This guide map
- ❑ Camera

Depending on the season and the weather :

- ❑ Mosquito repellent
 - ❑ Sweater
 - ❑ Rain gear
- Check the weather forecast and dress accordingly.



Taking the bus to Mt. Sanage



1

Bus stop No.5 at "Toyota-shi" Station is right next to Matsuzakaya department store, down the stairs from Starbucks. Take bus route number ①, destination: 藤岡支所 (Fujioka shisho) written over the windshield.



2

Bus time table (Morning) Route ① to 藤岡支所 (Fujioka shisho)
Weekdays :
7:40, 8:30, 9:30, 10:40, 11:50
Sat. & Sun. : 7:40, 8:40, 9:40, 10:40

Enter the bus from the rear door. Take a ticket from the machine when getting on the bus. The ticket has a number that indicates where you got on the bus. 豊田市 (Toyota-shi) is the point of departure, so you will get number 1.



3

The name of the next stop is shown at the front of the bus. The fare according to the number on your ticket is shown below. Be prepared to pay 300 yen in coins when you exit.
Stop at "Sanage jinja mae" (猿投神社前) (21st stop, about 25 mins. from Toyota-shi)
You can sit near the driver and ask "Sanage jinja mae de oroshite kudasai" (猿投神社前で降してください。) (Please let me off at Sanage jinja mae)



4

Get off the bus in front of the big yellow shrine gate.



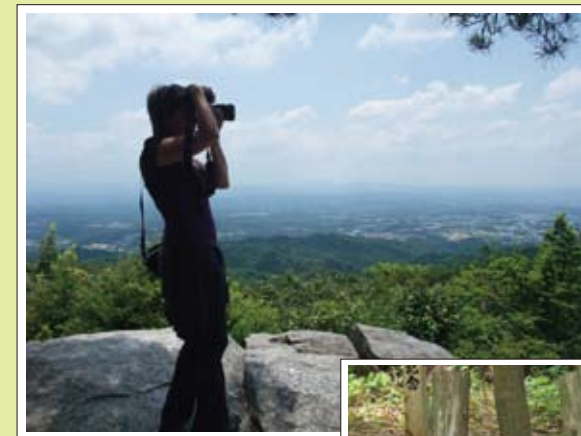
5

For going back, the bus stop is on the opposite side of the road.
Bus time table (afternoon, evening) Route ① to 豊田市 (Toyota-shi)
Weekdays :
12:28, 14:38, 16:38, 17:38, 18:38,
Sat. & Sun. :
12:58, 14:38, 16:48, 17:58, 18:58

* This information is as of June 2010.
* Please confirm bus time table at the bus stop or by calling TIA (0565-33-5931).

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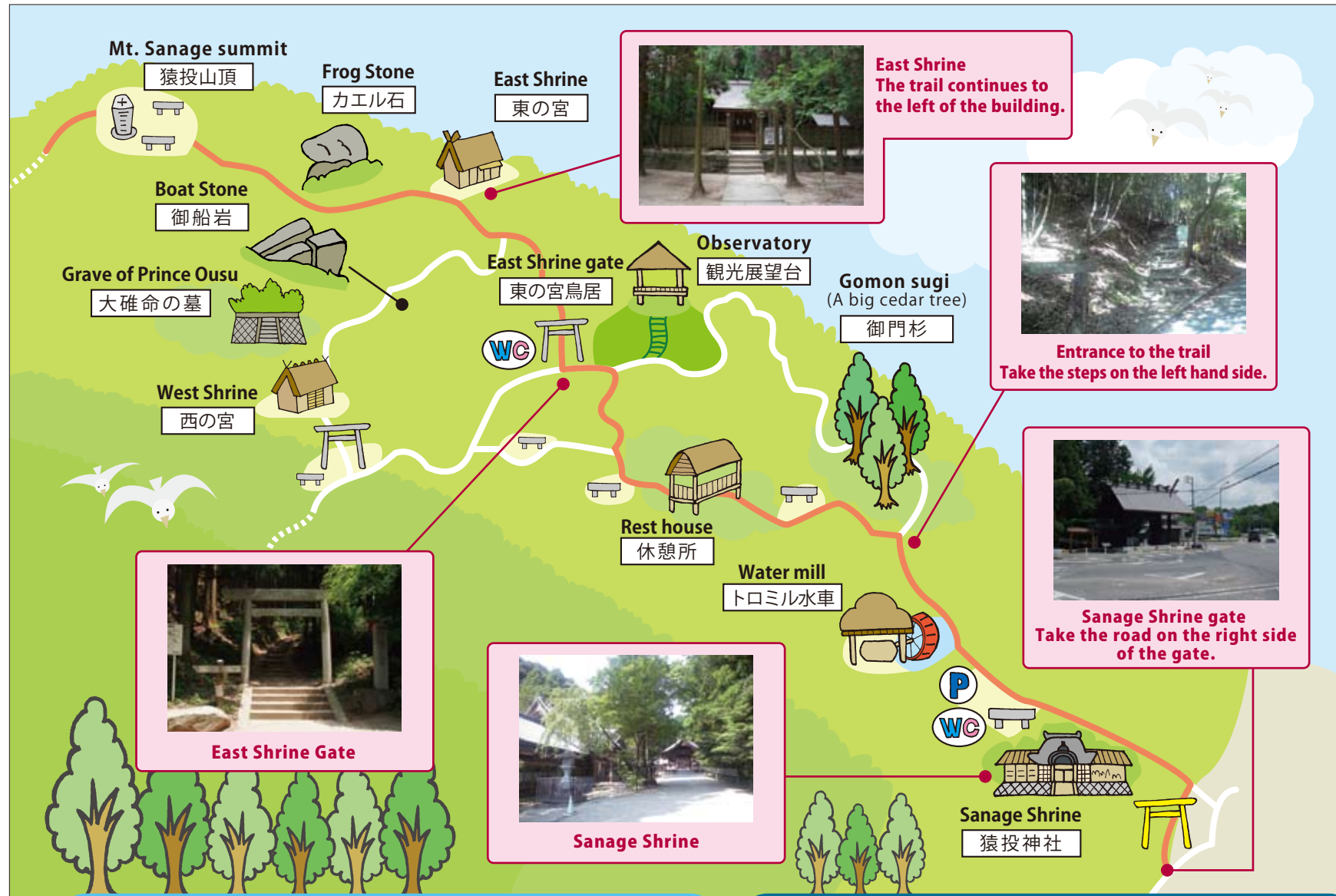
Mt. Sanage Hike



Get in touch with the nature in Toyota ! This accessible hiking trail will take you from one of the region's most sacred shrines to the top of Mt. Sanage through forests of Japanese cypress trees, past isolated shrines, and to great views of the region.

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Sanage Shrine and the legend of Prince Ousu

The Sanage Shrine stands at the foot of Mt. Sanage and is said to have been inaugurated in the year 192. It has two sub-shrines closer to the summit: the East Shrine and the West Shrine. The major object of worship of the shrine is Prince Ousu, the twin brother of Prince Yamato-Takeru, a mythical figure who is said to have unified Japan. It is said that Prince Ousu was a pioneer of rice farming in the region and that he died on Mt. Sanage from a snake bite. His official grave, recognized by the Imperial Household Agency, stands near the summit, surrounded by a modern wall.

Mt. Sanage Hike basic information

Altitude: 628.9m
 Location: About 25 mins. by bus, 20 mins. by car from Toyota City central area
 Address: 5, Oshiro, Sanage-cho, Toyota City 豊田市猿投町大城 5
 TEL: 0565-45-1917 (Your car navigation will lead you to free parking area behind the shrine.)
 Approximate time required for the hike: 2-3 hours (depending on your level of fitness)
 Approximate time required for the tour: 5 hours (including bus transportation and resting time)
 Budget for transportation (bus fare): 600 yen
 * There are signs on the trail showing the way to the summit.

Suggested itinerary

- Sanage jinja mae
 - ↓ 20min.
 - Sanage Shrine parking
 - ↓ 20min.
 - Gomon sugi (A big cedar tree)
 - ↓ 25min.
 - Rest House
 - ↓ 30min.
 - East Shrine Gate
 - ↓ 20min.
 - East Shrine
 - ↓ 15min.
 - Mt. Sanage summit
 - ↓ 30min.
 - West Shrine
 - ↓ 30min.
 - Rest House
 - ↓ 60min.
 - Sanage Shrine
- 110min.