

出羽三山

Dewa Sanzan

羽黒山

Mt. Haguro





ようこそ *Welcome*

Mt. Haguro is for those seeking a traditional Japanese experience. *Dewa Sanzan*, comprised of Mt. Gassan, Mt. Haguro, and Mt. Yudono, is a trio of mountains representing the past, present, and future respectively.

Here you can experience a side of Japan that has hardly changed in the last 1,000 years. Start by climbing the *Isbi-Dan*, an ancient pilgrimage route among towering cedars. Along the way you will find the 600-year-old, Five-Story Pagoda. At the top stands one of the largest thatched buildings in Japan, the *Sanjin Gosaiden*

shrine. Gaze at its reflection in *Kagami-Ike*, a pond once filled with mirrors. Mt. Haguro is a world apart from the bustle of Tokyo or Kyoto.

Come experience the Michelin Green Guide star-winning beautiful nature and feel a part of the traditional tenets of admiration of natural beauty and *Shinbut-su-Shugo*, a mix of Buddhism and Shintoism found only in Japan.

No matter what your religious beliefs are, you are always welcome at *Dewa Sanzan*.



出羽三山

Dewa Sanzan: The Three Mountains

Mt. Gassan, Mt. Haguro, and Mt. Yudono are the three mountains that make up *Dewa Sanzan*. 1,400 years ago, Prince Hachiko, the son of the 32nd Emperor Shushun, came to Mt. Haguro on the guidance of a three-legged crow. After obtaining enlightenment, he established a place here to practice Buddhism and worship the deities of these three mountains.

These mountains represent the past, present and future. It is said that one should visit the three in succession: first Mt. Haguro, second Mt. Gassan, and lastly Mt. Yudono. The deities of all three are enshrined at Haguro, which is accessible all

year round. The shrines on Mt. Gassan and Mt. Yudono are inaccessible during the winter season due to heavy snow.

Mt. Haguro is also home to many *Yam-abushi* (mountain monks). They use conch horns to protect the mountains and their people from evil spirits. They practice a sustainable living, best represented by *Dewa Sanzan Shojin-Ryori*, a combination of Buddhist vegetarianism and local farming.



Prince Hachiko





杉並木

The Steps to the Summit...

In 1648, Ten'yu Betto, the 50th chief priest of *Dewa Sanzan* built the *Ishi-Dan* - a trail of stone steps that lead to the *Sanjin Gosaiden* shrine. This 1.7km pilgrimage has 2,446 steps and took 13 years to complete. Hidden among these steps are 33 carvings. It is said that if you can find them all, your wishes will come true.

As you climb Mt. Haguro, as pilgrims have done for hundreds of years, you will feel at peace in the stillness of your natural surroundings. Take the time to marvel at the 400-year-old, manmade waterfall, *Suga-No-Taki*, also constructed under Ten'yu Betto.

The route itself is called *Sugi-Namiki* - the cedar tree line. These cedars tower over the *Ishi-Dan* steps leading you through the sacred forest to the shrine. You can catch your breath half-way at *Ninosaka-Chaya*, a small rest-house that sells home-made *mochi* (rice cakes). Since the *Chaya* has no electricity, everything is made by hand. From this vantage point you can take in a view of the Shonai Plains, and on a clear day, as far as the Sea of Japan.



Ten'yu Betto

五重塔

Go-Jyu-No-Toh The Five-Story Pagoda

As you climb the *Isbi-Dan* you will come upon a clearing, which is the site of the *Go-Jyu-No-Toh*. A National Treasure constructed from 931 to 937 by Taira no Masakado, a samurai during the Heian period of Japan. The pagoda was restored in 1372 by Fujiwara no Ujiie, a court noble.

Inside this pagoda is a giant earthquake resistant damper pendulum. This incredible feat of engineering has provided inspiration for modern day skyscraper architecture all over the world, such as buildings like Japan's Skytree.

Nearby, there is a magnificent, 1,000-year-old Japanese cedar called *Jijisugi* (Grandpa Tree), which serves as a reminder of the grandeur and longevity of the natural world.



Jijisugi





三神合祭殿 *Sanjin Gosaiden*

Sanjin Gosaiden was most recently rebuilt in 1818 due to numerous fires. It is built on the site of the original shrine established by Prince Hachiko. At the end of your ascent of the *Ishi-Dan*, the vivid red shrine stands a proud 28.2 meters high, calmly reflected in the *Kagami-Ike*. The shrine has a thatched roof 2.1 meters thick and is one of the largest wooden buildings with such a roof in Japan.

Climbing the large steps to the entrance of *Sanjin Gosaiden* reveals the interior of the shrine. Here, you will encounter the deities of all three mountains standing magnificently tall within the silence of the hall. You may enter the shrine and pay your respects to the deities for free, or as worshippers have done for centuries,

offer a five yen coin, which is considered the luckiest.

Historically, the *Dewa Sanzan* shrine was a highly venerated site of ascetic pilgrimage. Making pilgrimage to both Ise Grand Shrine (the most sacred site in Japan) and *Dewa Sanzan* was considered most auspicious. People regarded Ise Grand Shrine as the brilliant sun above, and *Dewa Sanzan* as its attendant “shadow” and counterpart. According to the hallowed ancient custom, one was to offer prayers at these two shrines spanning the West and the East at least once in a lifetime.

If you do enter the shrine, please respect the following rules:

Please take off your shoes.

Please be quiet.

Please do not take pictures.

Please do not eat or drink.





鏡池 *Kagami-Ike The Mirror Pond*

In front of the *Sanjin Gosaiden* at the peak of Mt. Haguro is a small pond known as *Kagami-Ike*. In the early 20th century, the pond was drained for construction, and mysteriously, hundreds of ornate, bronze mirrors were discovered at the bottom. Over 600 of these mirrors have since been found, and 190 are kept at the Dewa Sanzan Historical Museum. Others can be found in museums across the world such as the British Museum in London, and the Smithsonian in Washington D.C. How did they come to the pond in the first place?

Research shows that these mirrors were cast into the pond by worshippers. People believed the pond was an object of worship, and casted their various wishes into

the mirrors which were submerged into the pond. The name *Kagami-Ike* (Mirror Pond) comes from this tradition, and the pond itself acts as a mirror placidly reflecting the main shrine building. Even though the pond is on top of the mountain, somehow the water level never changes. Nobody knows where the water comes from.



Bronze Mirror



鐘楼と大鐘

The Belfry and The Great Bell

Unusual for a shrine, is the impressive bell east of the *Kagami-Ike*. Bells are commonly found in temples and not in shrines. This shows the legacy of Buddhist temple practices which took place at this Shinto shrine before the Meiji Period. The current belfry structure dates from 1617, when it was rebuilt after a typhoon.

The enormous bronze bell is the third largest in Japan, weighing approximately 10 tons. According to the oral history of the shrine, the bell was a tribute for successful prayers against the Mongol Invasions of Japan in October 1274. Prayers to the

three deities were said upon request by regent, Tokimune Hojo as the Mongols approached by sea. Lights and shadows of *Kuzu Ryuoh* (literally, “Nine-headed Dragon King”) appeared and flew over the port of Sakata to the Sea of Japan, causing a powerful gust of wind which sunk the entire Mongol force into the sea.

You can only hear the sound of the bell on the last day of each year. Both the thatched-roof belfry and the bell itself are designated National Important Cultural Properties.





精進料理

Shojin-Ryori Ascetic Cuisine

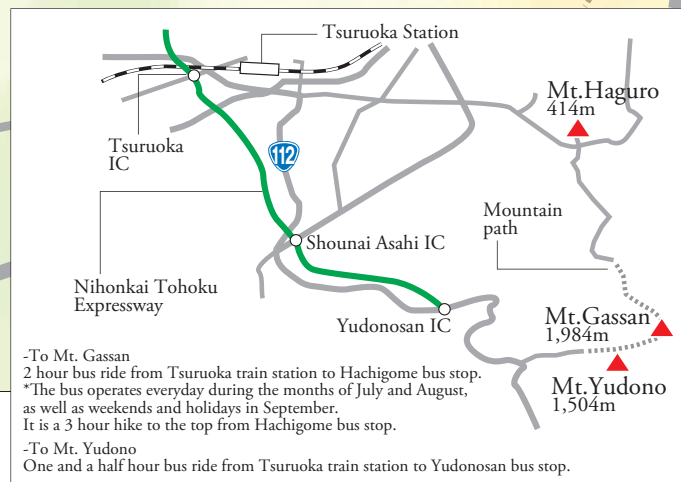
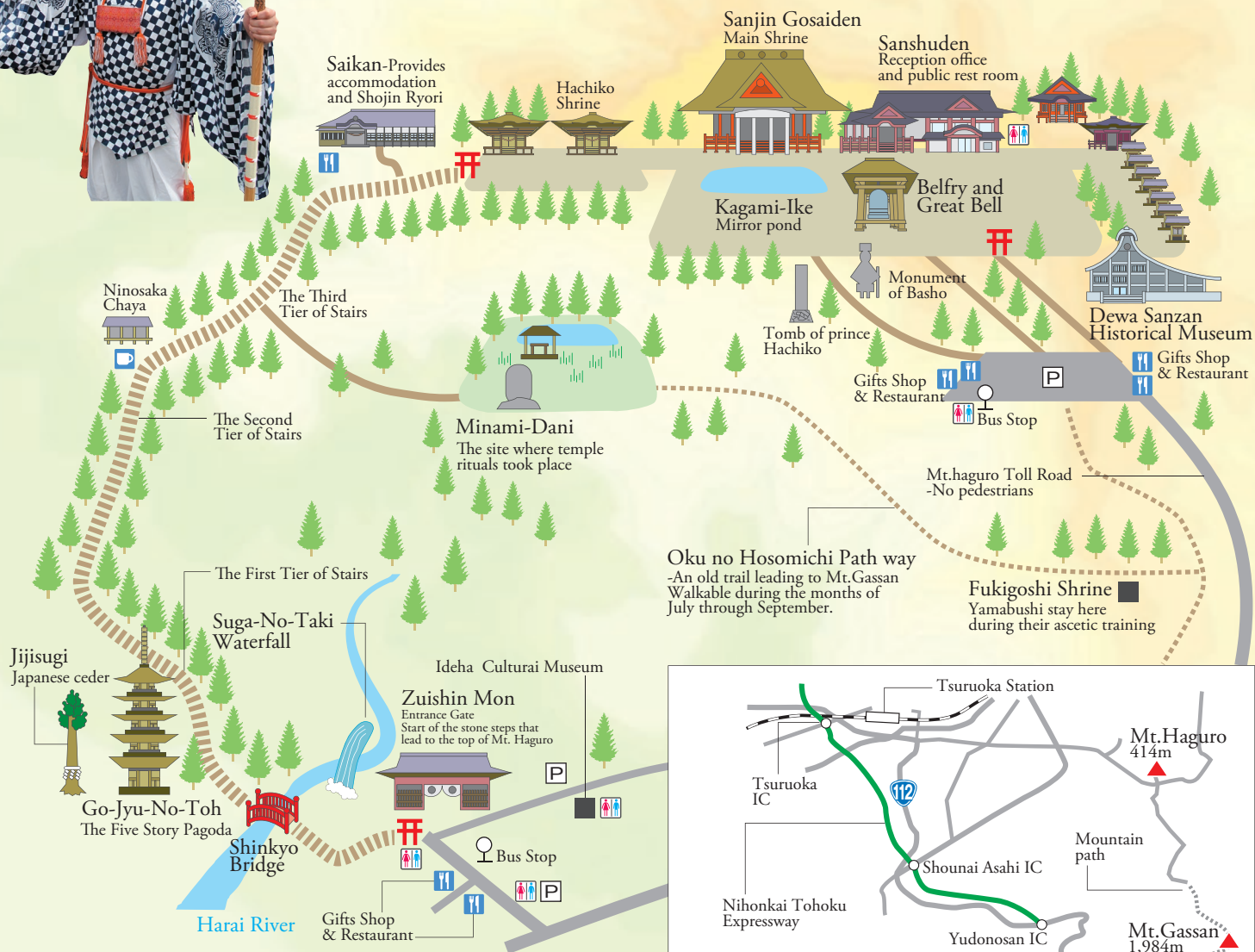
There is no greater highlight of your visit to Mt. Haguro than enjoying the local *Shojin-Ryori* - vegetarian Buddhist cuisine unique to Mt. Haguro. All the ingredients are gathered or farmed from the mountain itself, and are reliant on weather, seasons and the bounty of the mountainside. Visitors can experience these special dishes, which vary daily depending on conditions.

Formerly a temple, the *Saikan* building provides visitors with accommodations and meals. It commands fine views across the plains to the magnificent Mt. Chokai on the Yamagata-Akita border. All are welcome to enjoy the *Shojin-Ryori* and the accommodations, though advance booking is necessary. Meal prices range from ¥1,500(+tax) for a simple 5-dish meal, up to ¥7,000(+tax) for the most lavish special set meal.



羽黒山案内図

Mt. Haguro Guide Map



齋館 Saikan: Temple Lodge ☎0235-62-2357 (Japanese only)

[Accommodation]

¥7,000 (+tax) per person with 2 meals

*Male and Female communal rooms available

[Shojin Ryori]

Meal prices range from ¥1,500 (+tax) for a simple 5-dish meal,
up to ¥7,000 (+tax) for the most lavish set meal.

※Reservation required for Accommodation and Shojin Ryori

Dewa Sanzan Historical Museum

Open: April 29th to November 23rd (depending on snow removal and day of the week)

Closed: Thursdays (except July and August)

Hours: 8:30 a.m. to 4:30 p.m. (last entry 4:00 p.m.)

Entrance Fee: Adults ¥300,

University/High School students ¥200,

junior high school students and under are free.

How to get there

By plane

●Tokyo (Haneda Airport) → Tsuruoka (Shonai Airport).....Approx. 1.0hour

By train or bus

●Tokyo Sta. $\xrightarrow{\text{(train)}}$ Niigata $\xrightarrow{\text{(train)}}$ TsuruokaApprox. 4 hours

●Tsuruoka $\xrightarrow{\text{(bus)}}$ Zuishin-MonApprox. 0.5hour
(Start of the stone steps that lead to the top of Mt. Haguro)

※If you cannot climb the steps, the bus can take you to the top of Mt. Haguro.

By car

●Yamagata city → Mt.HaguroApprox. 1.5hour



Dewa Sanzan Shrine

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