



# YAMATO

UNKNOWN ORIGIN



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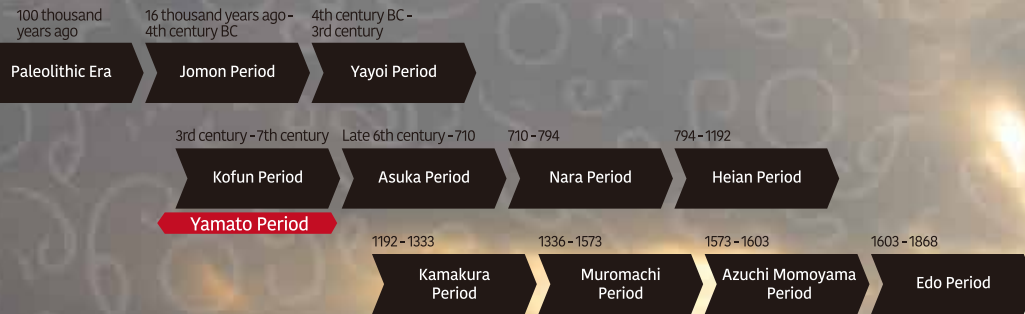
More than ten centuries ago, a capital of Japan existed here. Several generations of kings of the "Yamato Dynasty" ruled here and expanded their influence outward. Eventually, Yamato became a word meaning "the whole of Japan". The foundation of Japan was built here. This ancient capital - older than Kyoto or Nara - did not develop as other ancient capitals did, and thus was left largely untouched. Feel the unknown mystery of the history of Japan in this quiet, untraveled location.

# Origin of Japan

## — History of Yamato —

### How Japan Started

It is said that mankind first set foot on the Japanese archipelago about 30,000 years ago. Theories hold that mankind started to live in the Nara Basin starting from the late Paleolithic age about 20,000 years ago. Subsequently, after the primitive Jomon period of hunting and gathering, rice cultivation was transmitted from China. Japan then transitioned to an agricultural society during the Yayoi period. The power of the rice led to the creation of huge settlements and chieftains with power and authority. Settlements began to create ringed moats as a defense against enemies. The history of Japan shifts from the primitive hunting and gathering of the Jomon period to the Yayoi period by the 3rd century BC. Rice farming knowledge came from China. Japan grew to form a farming society, large settlements were created, and groups wielding power appeared in many regions. These settlements were distinguished by their moats, used to defend against external attacks.



### Karako-Kagi Site 唐古・鍵遺跡

During the Yayoi period, the Karako Kagi region in the Yamato area was a large moated settlement. Its ruins have produced many important finds, including remains indicating that it may have been a large sanctuary for a leader of the Kinki area, a workshop where copper equipment for rituals (dotaku, bronze bell for ceremonial use) were cast, and the largest and highest grade jade gems and relics from the Yayoi period. A tower drawn on earthenware excavated from the ruins has been reconstructed, and can still be seen today.



### Yamataikoku and Makimuku Ruins 邪馬台国と纏向遺跡

Although Japan was stably held by feuding regional groups for some time, a major conflict erupted in the latter half of the second century. Japan fell into a national civil war, and some factions formed the "Yamataikoku Alliance" under a queen named Himiko. Theories once held that Yamataikoku was located in Kyushu, but the theory that it was located at the site of the Makimuku ruins in Sakurai City has gained influence in recent years. The vast ruins - stretching about 1.5km north and south and 2km east and west - are considered the first capital of the Yamato Dynasty for the following four reasons.



- 1 Coverage of a large area.
- 2 Discovery of numerous pottery items made in Kyushu, Kanto, and other regions. These are believed to have been given to the king from regions that interacted with the area.
- 3 The presence of many huge, ancient tombs first constructed in this area.
- 4 Few agricultural tools have been excavated, while numerous tools for civil engineering works have been found. Less than 2% of the area has been investigated, leaving many parts still unknown.



©Kaoru Terasawa, Aiichi Kato

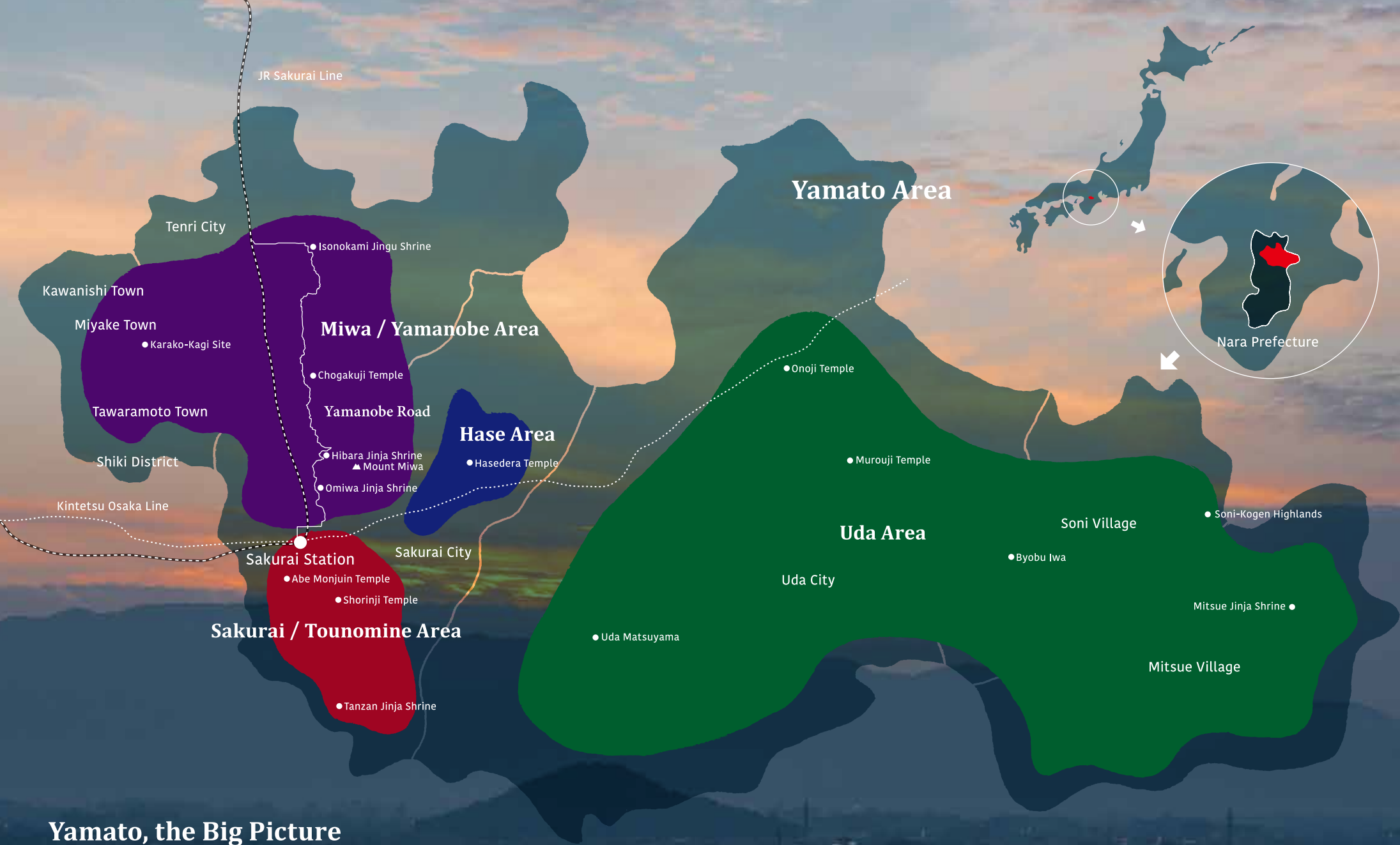
### Kofun Period / Yamato Period 3rd - 7th century

Yamato Dynasty was the heir to the power of Yamataikoku. It allied with powerful groups across the area that makes up Japan, ruling almost the entire nation and becoming its center. The word "Yamato" came to mean "Japan" itself. The Japanese spirit is called the "Yamato Soul" even now, and people in Okinawa still call the people of Japan's mainland (Hokkaido - Kyushu) "Yamatonchu". This era saw the creation of a prototypical Japan. Furthermore, the Yamato Period is also known as the "Kofun Period" because many enormous, keyhole-shaped burial mounds (Kofun) were created for kings and powerful individuals at the time.



### From the Asuka period onwards 6th century -

Buddhist teachings came to Japan from continental China in this era. This led to a war between the Soga Clan, who sought to convert the Emperor to Buddhism, and the Mononobe Clan, who sought to preserve the Shinto tradition. The Soga Clan won and moved the capital from Yamato to Asuka, about 10km to the southwest. The Asuka Period flourished for about 100 years, and the capital then moved to Nara. From there, in the year of 794, the capital moved to Kyoto. It flourished there for over 1000 years, and moved to Tokyo in the modern era. While it was home to the royal dynasty for some time, Yamato eventually vanished from the main stage of history.



## Yamato, the Big Picture

The heart of the Yamato area is Sakurai Station, found at the intersection of the Kintetsu Osaka line - running east to west - and the JR Sakurai line - running north to south. As the station is easy to get to from Osaka and Kyoto, you should plan out your travels with Sakurai Station as your starting point. Administratively, the area straddles Sakurai City; Tenri City; the towns of Kawanishi, Miyake, and Tawaramoto in Shiki District; Uda City; and the villages of Mitsue and Soni in Uda District. However, we'll be introducing Yamato as divided into four areas based on sightseeing and tourism facilities.

\*Details are current as of 2017 and may be subject to change.

## A walk in the ancients' shoes

### Yamanobe Road 山の辺の道

A road running north and south along the eastern edge of the Nara Basin, connecting Mount Miwa in Sakurai City and Mount Kasuga in Nara City.

It is said to be "the oldest road in Japan" because it is the oldest road to be mentioned in the Chronicles of Japan.

It is a road of about 10 km in length from Omiwa Jinja Shrine in Sakurai City to Isonokami Jingu Shrine in Tenri City, and is known as a particularly beautiful hiking course.

Mountains rise gently in the east, and the entire Nara Basin can be seen to the west.

Walking along a path through rice fields and orchards, visitors will come across a number of shrines and ancient burial mounds.

The scenery along the way is mentioned in many Waka (Japanese poems), and the landscape that impressed people of the past enough to write of it in poems still remains to this day.

#### (Tips on walking)

Most of the roads are limited to pedestrians, and cars are not allowed.

As hills are uncommon, you can safely walk without special gear.

There are drink vending machines along the way.

Although uncommon, there are also restaurants.

Due to their low numbers, we suggest you take along something to eat and snack at locations with a good view.

Though the total distance is 16km, one day is not enough time to see the full route.

We recommend going from Sakurai station,

then walking along the Yamanobe Road to Yanagimoto station.





## Worship Hall 拜殿

Reconstructed in 1664 Important Cultural Property

Generally, at a shrine, the building where the object of worship (believed to contain a deity itself) is supposed to rest is called the "inner shrine" (Honden).

Prayers are offered from a "worship hall" building towards the inner shrine.

Usually, visitors come to pray right in front of the offertory box located at the entrance of the worship hall.

However, since Omiwa Jinja Shrine reveres Mount Miwa itself as a deity, there is no inner shrine. By revering nature itself as a deity, it retains the shape of Shinto at its inception.



*A fairytale setting with a solemn atmosphere*

## Omiwa Jinja Shrine 大神神社

Construction predates historical record

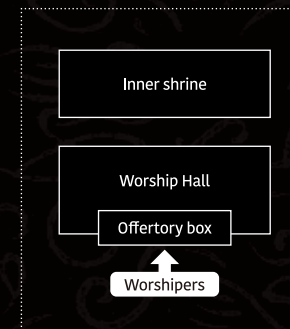
A traditional shrine that appears many times in ancient myths.

It is said to be the oldest shrine in Japan. Mount Miwa was worshiped as a deity, and still retains this form of primitive Shintoism.

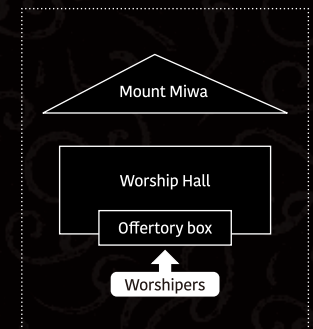
The shrine's grounds are large, with several places to see dotting the foot of Mount Miwa.

It is a good idea to take your time to visit each location while soaking in the power of Mount Miwa and the faith of the common people, unchanged for thousands of years.

General Shrines



Omiwa Jinja Shrine





## Mount Miwa 三輪山

Mount Miwa has never been subject to logging due to its sacred status, and retains its forests untouched from thousands of years in the past. Visitors can climb the mountain. The journey takes about one hour each way. As the mountain is a sacred site, eating, drinking, photography, and using mobile phones are prohibited. Some worshipers climb barefoot to better feel the power of the mountain. Foreigners can climb the mountain under the following conditions.



If accompanied by a Japanese guide or able to speak Japanese fluently.  
If carrying a cell phone with regular Japanese service.



### Mitsutorii (Three Unified Torii) ミツ鳥居

This Torii archway is an important point which separates the divine Mount Miwa and the worship hall. As the object which takes the role of the inner shrine, it is now viewed as sacred itself. A Mitsutorii is also called "Miwa Torii"; a unique Torii symbolizing the primitive faith of Omiwa Jinja Shrine.



### Eggs and Sake

In the "Nihon Shoki" (written 720, the oldest chronicles of Japan's history), there is a tale that the deity of Omiwa Jinja Shrine - Omononushi - once appeared here in the form of a snake. Accordingly, offerings of Sake and chicken's eggs are placed around the grounds, as they are believed to be the snake's favorite foods.



### Omiwa Forest Observatory 大美和の杜展望台

This observatory is situated at a high point that offers a beautiful view of mountains and the 32.2m Torii that rises over Sakurai Town. The three seemingly-small hills to the left are Mount Miminashi, Mount Unebi, and Mount Kagu from right to left. These three together are called the "Yamato Sanzan" (meaning Yamato three mountains) and are written in poems (tanka) from more than 1000 years ago. To quote one verse,

"Mount Kagu was fond of Mount Unebi  
and fought with Mount Miminashi.  
As it has been since the age of deities,  
even now men fight over a single woman."

The beautiful sunset here is perfect for contemplating ancient times.

Access	Train 8 minutes from Sakurai Station Fare ¥140 
Sightseeing duration	2 hours - 4 hours
Address	1422 Miwa Sakurai, Nara Prefecture
Tel	0744-42-6633



# Origin of Sake Brewing

## — Birthplace of Sake Brewing —

During the reign of Emperor Sujin, 10th emperor of Japan (around the 3rd century), a sickness fell upon the land. One night, Omononushi - deity of Omiwa Jinja Shrine - appeared in the troubled emperor's dreams to command him to engage in "reverential worship". The emperor had Takahashiikuhi-no-Mikoto brew a batch of sake of the highest order, and it was then presented to the deity as an offering. With that, the sickness abated, leaving the land in peace. Omononushi had accepted their offering of hospitality. Owing to these events, Takahashiikuhi-no-Mikoto was enshrined as the deity of brewers at Ikuhi Jinja Shrine, an auxiliary shrine at Omiwa Jinja Shrine. From ancient times and continuing even now, the connection between Omiwa Jinja Shrine and sake runs deep. Sake offered to the deities is sometimes called "miwa", and Makura kotoba (the poetic epithets used in Japanese ancient poems) for the word "miwa" is called "umazake", meaning "delicious sake".



### Sake-Matsuri November 14

Held every year around the time sake brewing begins across Japan, this festival offers prayers to the shrine's deity. This deity has been worshiped with reverence since ancient times as the god of brewing, and people pray for safety and security in the brewing of the new sake. Breweries and sake makers from across Japan come to attend this ceremony. At the festival, four miko ("shrine maidens") perform a kagura (sacred theatrical dance) called "Umazake-miwa-no-mai," created from a song sung when Takahashiikuhi-no-Mikoto presented the divine sake to the Emperor Sujin. Other events within the shrine grounds include exhibitions of Sake by famous breweries from across the country as well as complimentary cask sake. The day before, the massive o-sugidama ("great cedar spheres") hanging in the outer shrine and worship hall are taken down and replaced with fresh green ones. These spheres weigh around 200 kg and measure 1.5 m in diameter, and are the symbol of the deity of brewers. After the festival, Japanese breweries and sake makers nationwide are given shirushi-no-sugidama ("marking cedar spheres," a sake brewery symbol) and red gohei (staves decorated with strips of paper acting as talismans for safety in brewing).

# Origin of Somen Noodles

## — Birthplace of Somen —

### Somen, a cool and delicate food

Many foreigners are familiar with soba, udon and ramen noodles, but very few foreigners know about Somen. Somen is a white noodle made from wheat flour. It is similar to pasta, but has a lower diameter of less than 1.3mm. It is usually soaked in ice water and eaten cool. The noodles themselves do not have a flavor. One simply dips them in the sauce and enjoys the cool noodles sliding down the throat. Sometimes it is put into a hot soup just like udon. This is called “nyumen” . It is delicious whether cold or warm. It is hard to find anywhere other than Miwa, so try it out there!



### Miwa, the birthplace of Somen

Tales from more than 1200 years ago tell us that Somen was made for the first time by a clan of Shinto priests who were the descendants of the Deity of Omiwa. The method of making Somen spread among the common people.

Somen noodles are still made with traditional manufacturing methods. Scenes of Somen drying are now renowned as a part of winter. Thinner noodles require more polished technique, and thus they are more expensive. Also, longer aging of noodles grants better texture, making aged noodles higher in quality.

#### Production method

1



Mix flour with water and salt and knead.

2



Stretch the dough into fat strings.

3



Add oil and continue to stretch into strings.

4



Drape the noodles between two poles.

5



Hang the poles with draped noodles someplace high.

6



Take care to prevent the noodles from sticking together, and stretch them to two meters in length.

7



Dry them in the sun.

8

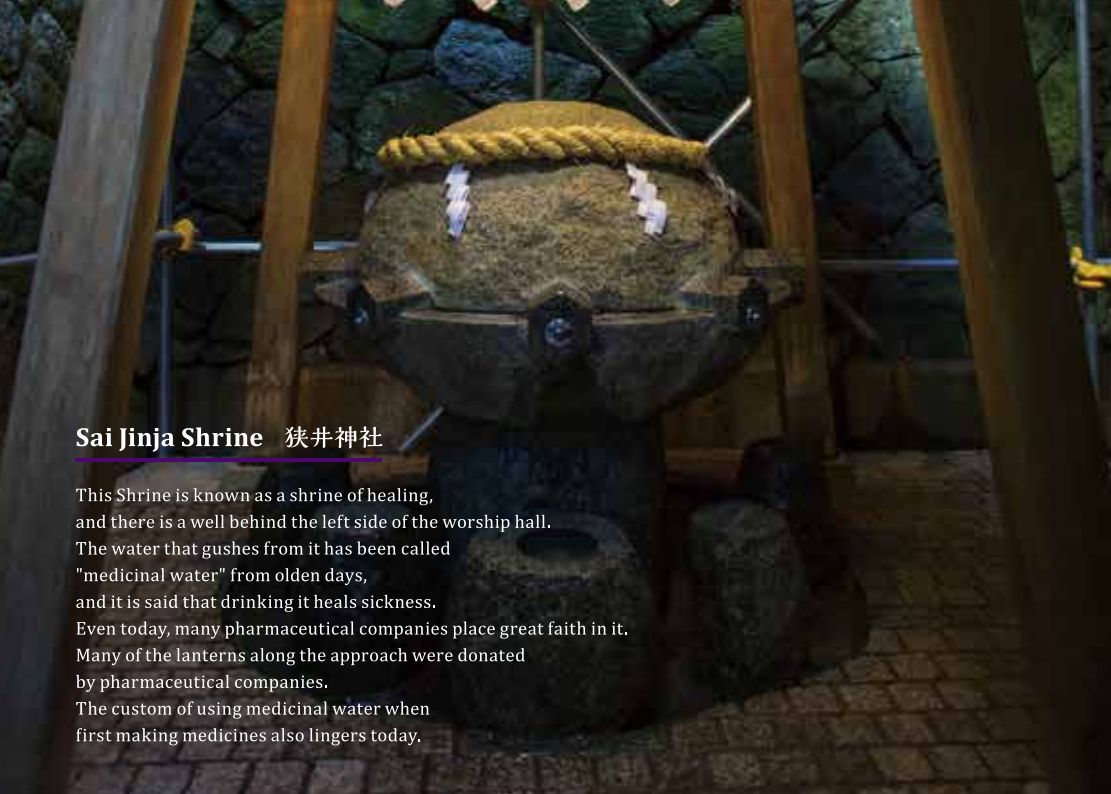


Cut the noodles to length.

9



Pack into wooden boxes. That's it!



### Sai Jinja Shrine 狭井神社

This Shrine is known as a shrine of healing, and there is a well behind the left side of the worship hall. The water that gushes from it has been called "medicinal water" from olden days, and it is said that drinking it heals sickness. Even today, many pharmaceutical companies place great faith in it. Many of the lanterns along the approach were donated by pharmaceutical companies. The custom of using medicinal water when first making medicines also lingers today.



### Genpian 玄賓庵

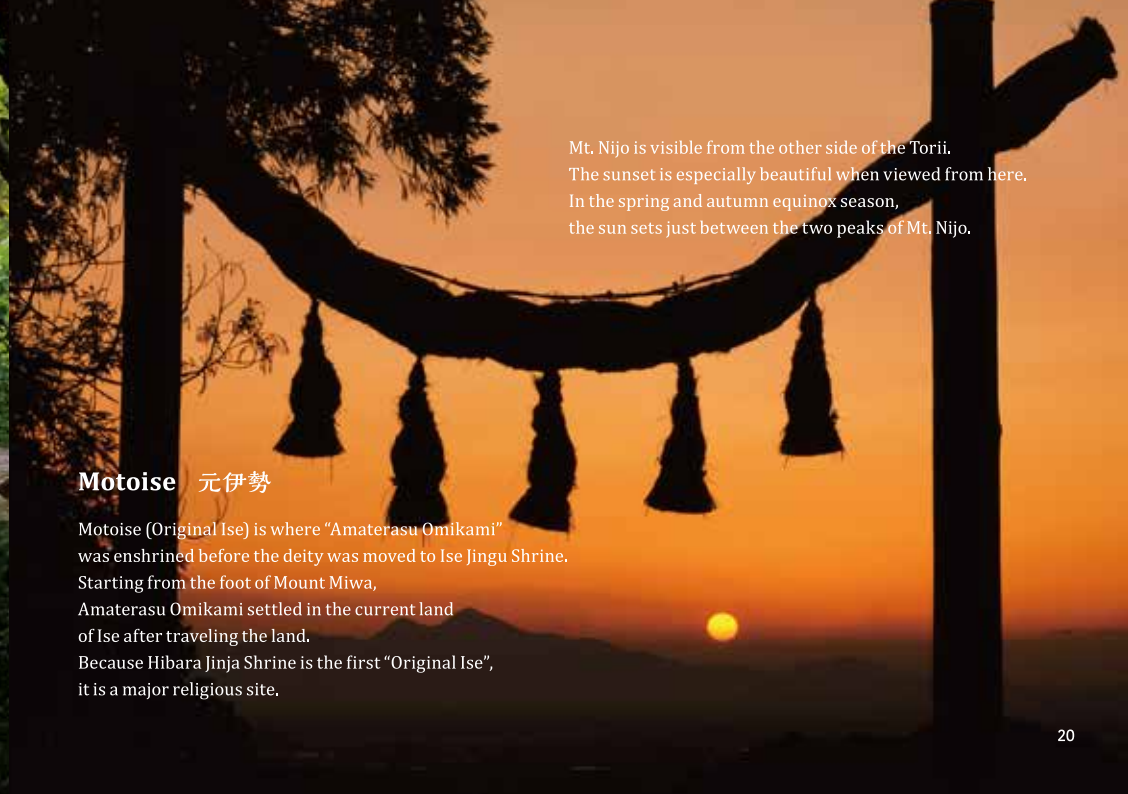
Established in 782

The high monk Genpin served the emperor once before living here in rejection of earthly life. It is a serene temple isolated from the world, and visitors will immediately see why he built a hermitage here. The garden is beautiful, though small. It also features a statue of Fudo Myoo which is an important cultural property.

### Hibara Jinja Shrine 桧原神社

Date of construction unknown

Within the shrine grounds - reminiscent of the ancient rituals held there - an Iwakura (large stone location of divine manifestation) and a Shinza (location of divine residence) made of wood from the Sakaki tree (Japanese cleyera) can be found. As with Omiwa Jinja Shrine, the shrine is characterized by its lack of a main hall.



Mt. Nijo is visible from the other side of the Torii. The sunset is especially beautiful when viewed from here. In the spring and autumn equinox season, the sun sets just between the two peaks of Mt. Nijo.

### Motoise 元伊勢

Motoise (Original Ise) is where "Amaterasu Omikami" was enshrined before the deity was moved to Ise Jingu Shrine. Starting from the foot of Mount Miwa, Amaterasu Omikami settled in the current land of Ise after traveling the land. Because Hibara Jinja Shrine is the first "Original Ise", it is a major religious site.

## Anashiniimasuhyozu Jinja Shrine 穴師坐兵主神社

Climbing a gentle hill about 300m to the east of the mountain brings visitors to the verdant shrine grounds. This beautiful shrine is nestled where the hill meets the mountain. Its vicinity is shrouded in tranquil silence. The shrine's atmosphere gives visitors the feeling that deities might appear when they pray quietly in solitude.



## Origin of Sumo Sumo Jinja Shrine 相撲神社

This shrine is located beside the road leading to Anashiniimasuhyozu Jinja Shrine. About 2000 years ago, Nomi no Sukune and Taima no Kehaya performed a Sumo match for Emperor Suinin. This is said to be the beginning of Sumo wrestling, the national sport of Japan. At the time, Sumo was a kicking match. It is said that Nomi no Sukune's kicks broke Taima no Kehaya's back and took his life. Nomi no Sukune is considered to be the founder of Sumo.

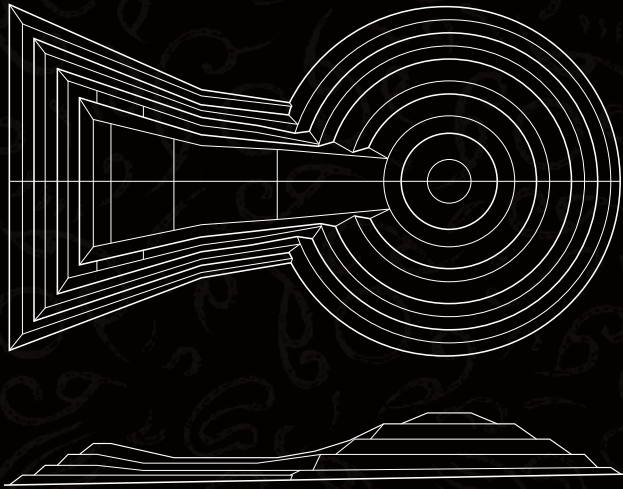


# Yamato's Burial Mounds

A Kofun burial mound refers to a tomb with a mound of soil over the top. These mounds were actively built as tombs for high-ranking and powerful individuals in East Asia. In Japanese history, it generally refers to a tomb built in Japan from the middle of the 3rd century to the 7th century. Here in Yamato, visitors can spot numerous keyhole-shaped burial mounds. There are over 2,000 burial mounds in the Yamato area - from those along Yamanobe Road in Oyamoto, Yanagimoto, and the Makimuku burial mound cluster, the Miyake burial mound group to the West, and others.

## Circular shaped ancient tombs with rectangular frontage

This is one of the ancient tomb shapes. Specifically, a keyhole shape. These were first made in the Yamato area in the middle of the 3rd century and spread all over Japan. They were built until around the beginning of the 7th century, and the spread of the manufacturing method for this type of tomb is an evidence of the expanding power of the Yamato Dynasty.



### Structure

The circular part is viewed as the rear. The dead are buried near this summit. Stones are spread over the steeply-inclined hill section. The entire tomb may be surrounded by a moat. The coffins were sealed tightly with stones and clay. There are also cases where many copper mirrors surround the coffin to ward off evil. It is said that subordinates who served the king were buried alive. However, Emperor Suinin is said to have abolished this martyrdom in the 4th century, pitying the poor subordinates. "Haniwa" clay dolls shaped like people and animals came to be buried instead.



# Burial Mounds at Yamanobe Road

There are very large, ancient tombs of past emperors and influential people along the Yamanobe Road. Visitors are not allowed inside the tombs in order to preserve them, but can approach the surrounding moats. Just imagine the scenery here when the tomb was built over 1000 years ago.



## Hashihaka Burial Mound 箸墓古墳

Constructed in the mid-3rd century

This tomb is one of the oldest of the keyhole-shaped burial mounds. It is designated as the tomb of Yamatototohimomosohime no Mikoto (Princess Yamatototohimomosohime). It may also be the grave of "Himiko", the queen of Yamataikoku.

Overall length 280m Maximum height 30m  
Front side width 130m Rear circle diameter 160m



Shimanoyama Burial Mound

## Tomb of Emperor Keiko 景行天皇陵

Constructed in the late 4th century

This tomb is held to be the burial place of Emperor Keiko, the 12th Emperor. It is the seventh largest in Japan.

Overall length 310m Maximum height 25m  
Front side width 170m Rear circle diameter 168m



## Miyake Burial Mound Group 三宅古墳群

The Miyake burial mound group is a set including the 200m-long Shimanoyama Burial Mound (built between the end of the 4th century and beginning of the 5th) and ranging across three towns in the Shiki District of Nara Prefecture. Its use mainly flourished from the latter half of the 5th century to first half of the 6th century. Including smaller burial mounds, a total of 17 have been discovered. The name Miyake derives from the word "Miyake (pronounced the same way but using different Chinese characters)" which refers to locations established under the direct jurisdiction of the Yamato Dynasty. The king ordered agricultural operations at Miyake, accumulated wealth, and constructed the burial mounds. Influential people from those Miyake are buried in these burial mounds. This Miyake system of direct jurisdiction spread across Japan and became the forerunner of local administration.



## Tomb of Emperor Sujin 崇神天皇陵

Constructed in the late 4th century

This tomb is believed to be the resting place of Emperor Sujin, the 10th emperor.

Overall length 242m Maximum height 31m  
Front side width 100m Rear circle diameter 158m



Teranomae Burial Mound



Hyoutanyama Burial Mound



## Chogakuji Temple 長岳寺

Established in 824

Founded by Kūkai, the founder of the Koyasan Shingon sect of Buddhism. On passing through the large gate and walking up the gravel approach with azalea hedges on both sides, visitors arrive at the oldest bell tower gate in Japan. The spacious temple grounds are home to numerous, culturally-significant buildings and statues and seasonal flowers that bloom throughout the year.



## Amitabha triad 阿弥陀三尊

Created in 1151  
Important cultural property

The bold sense of scale and realistic expressions show a style unlike the delicate, graceful Buddhist statuary of the era, and it is said to be the forerunner of the Kamakura Period style (such as Unkei and Kaikei). It is also known as the oldest sculpture to use eyes made of crystal.

Address	508 Yanagimotocho, Tenri City, Nara Prefecture
Tel	0743-66-1051



## Takenouchi / Kayo Moated Settlements

竹之内・萱生 環濠集落

14th - 16th century

A village surrounded by a moat to protect residents from external enemies. The village is still inhabited. It is said that it originated during the Muromachi Period (1336-1573). The moat was filled with earth, but parts of it still remains to this day.

Takenouchi Village



Many of the buildings in the village also date back to an earlier period, and the roads are designed like a maze to prepare for enemy attacks. It would be a great idea to walk around the village.

Takenouchi Village



### **Yatogi Jinja Shrine** 夜都伎神社

A small shrine standing quietly in the mountains. It features a thatched roof, which is unusual in this area. It is an old-fashioned rustic shrine that almost looks like a scene out of a folk tale.



### **Uchiyamaeikyuji Temple Ruins**

#### 内山永久寺跡

Founded in the 12th century, this temple received special treatment second only to Todaiji, Kofukuji and Horyuji Temple. It was called the "Nikko Toshogu Shrine of the West" and drew many worshipers. In the latter half of the 19th century the temple was abandoned due to the Haibutsu Kishaku movement ("abolish Buddhism and destroy Shākyamuni", an ideology of destroying Buddhist temples, images, and texts, and forcing monks to return to secular life during the Meiji Restoration period). Now it is just a field, with only a lake and stone monument indicating what it used to be. Visitors will be struck by the Buddhist teaching that "All worldly things are transitory" from what remains of the temple.





A legendary sword existed here

## Isonokami Jingu Shrine 石上神宮

This is one of the oldest shrines in Japan. The grounds are home to free-roaming, beautiful chickens that are held to be messengers of the deities. The shrine venerates the location where the legendary sword "Fusunomitama no Tsurugi" - said to have been used by an emperor to unify Japan - is believed to be. For many years, it did not have an inner shrine. An excavation was carried out in 1874, and uncovered an actual sword. The shrine where the sword currently rests is now treated as the inner shrine.



### Worship Hall 拜殿

National treasure Relocated in 1081

It has been said that Emperor Shirakawa (reign 1073-1087) donated a building that was located in the imperial palace in Kyoto as Isonokami Jingu Shrine. It is the oldest existing worship hall of its type.



### Izumo Takeo Jinja Shrine

#### Worship Hall 出雲建雄神社 拜殿

National treasure Established in 1137

This worship hall was relocated from Uchiyamaeiyuji Temple in 1914.

It is precious as a relic of now-lost Uchiyamaeiyuji Temple, and is designated as a national treasure.

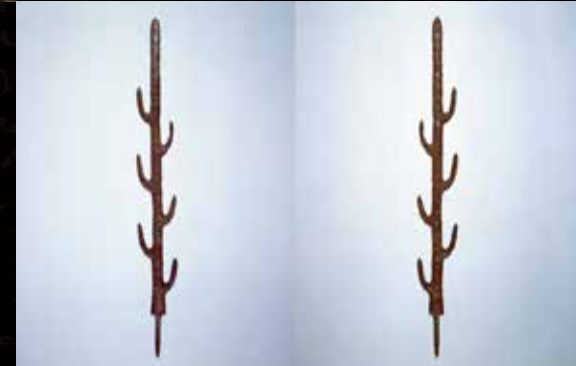


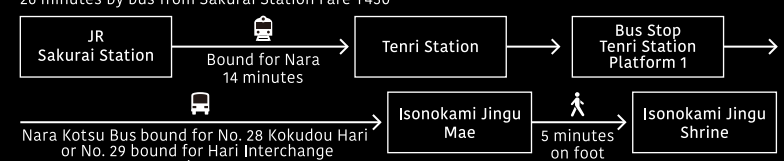
### Shichishito

#### (Seven-Branched Sword) 七支刀

National treasure Created in 369  
Not shown to the public

Total length 74.8 cm. One of a few legendary swords that actually exists. It is mentioned in Nihon Shoki (The Chronicles of Japan) from the 8th century, and is assumed to have been a gift from Paekche (an ancient Korean Kingdom). It is believed to have been used as a symbolic, ceremonial item and not as a weapon.



Hours	5:30 - 17:30 (Sunrise / sunset)
Admission fee	Free
Access	26 minutes by bus from Sakurai Station Fare ¥430 
Sightseeing duration	1 hour - 2 hours
Address	384 Furucho, Tenri City, Nara Prefecture
Tel	0743-62-0900

## Origin of Japanese Poetry — Birthplace of Japanese Poetry —

### Man'yōshū

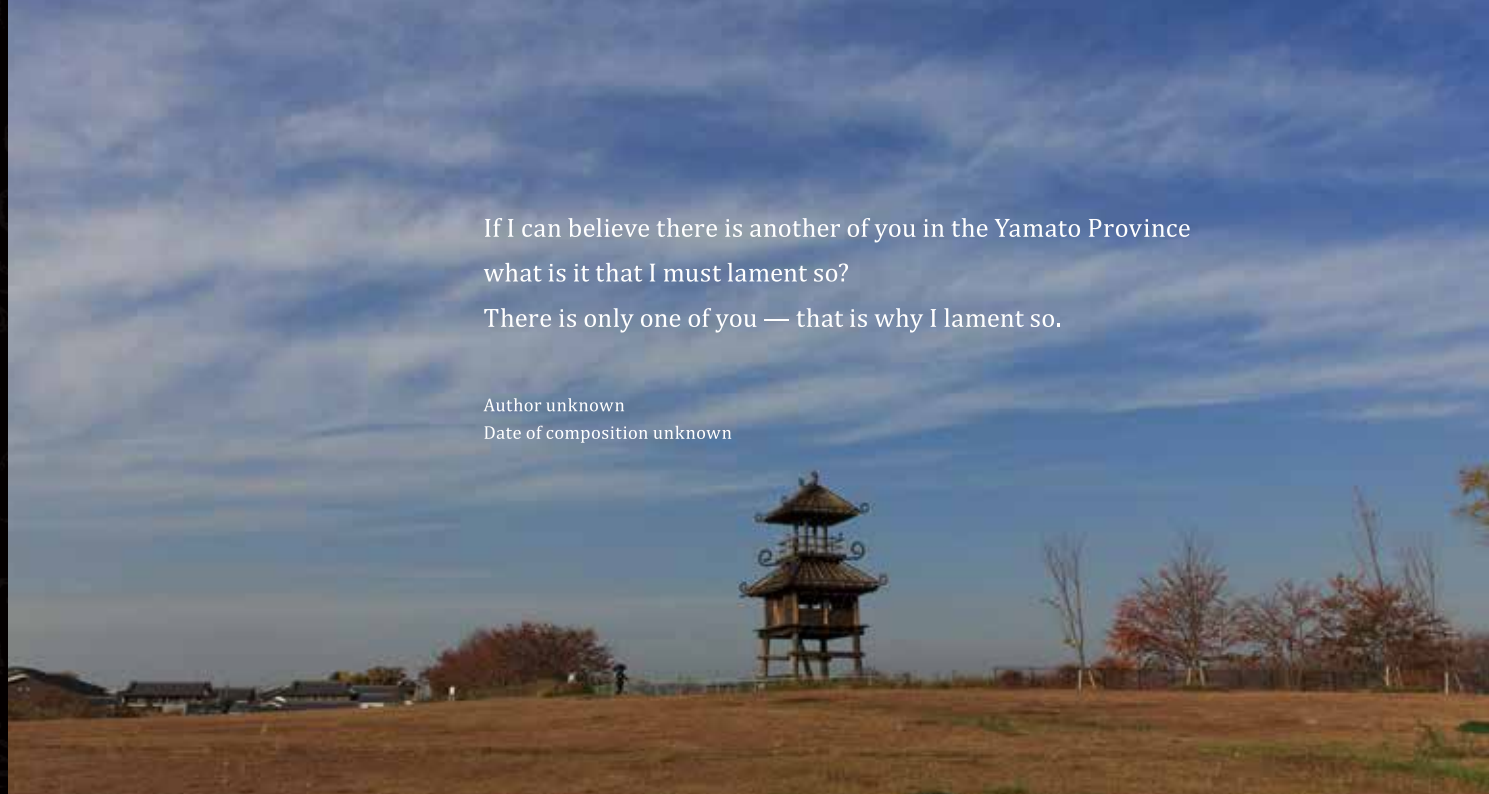
The Man'yōshū is Japan's oldest book of poetry, a collection of verse composed between the 5th century and latter half of the 8th century. Thought to have been completed after 759, it features over 4,500 works composed by people of various stations in life, from the Emperors and their nobles to minor officials and soldiers. The opening verse was composed in the Yamato region along with approximately 240 other works, and many poetic monuments can still be found in Yamato to this day. We'd like to introduce you to a few of these poetic monuments found along the Yamanobe Road.

If I can believe there is another of you in the Yamato Province  
what is it that I must lament so?

There is only one of you — that is why I lament so.

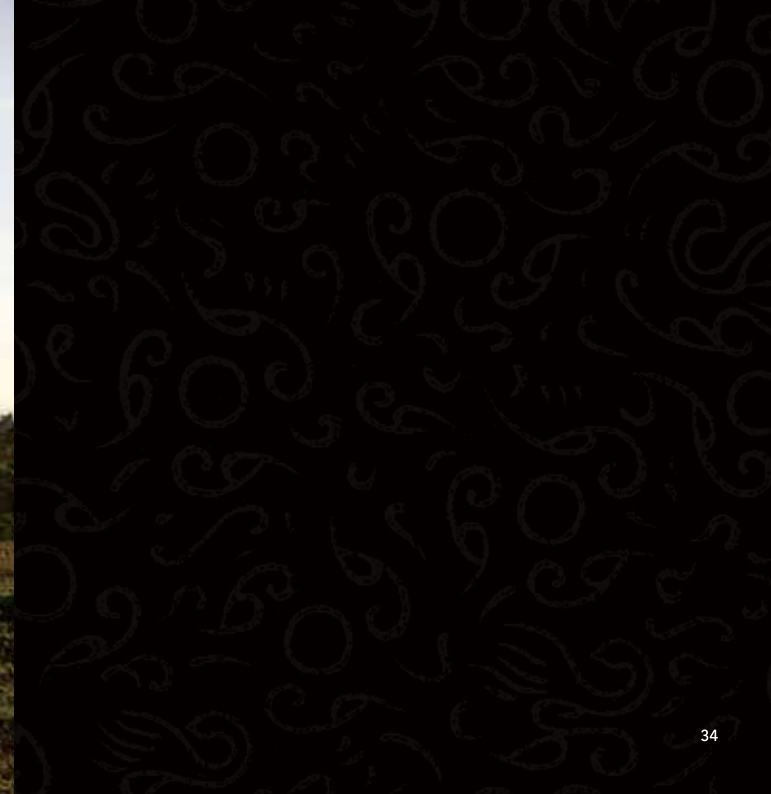
Author unknown

Date of composition unknown



Why do the clouds hide Mount Miwa so,  
that lonely threshold?  
People are what they are,  
but how I wish clouds at the least would show their kindness.

Princess Nukata composed in the latter half of the 7th century



## Places to See and Experience

### Abe Monjuin Temple 安倍文殊院

Built in the 7th century

The temple primarily reveres “Monju” (Sk. Manjusri), the Buddha of wisdom. It is known as one of the three great temples to Monju in Japan. Given that Monju is a deity of wisdom, many students seeking to pass exams visit the temple. This temple has been a site of worship for common people for over 1300 years. The temple grounds are dotted with relics from many eras, ranging from the modern temple hall to medieval sculptures and a burial mound from the 7th century AD. The temple is also home to truly unique experiences. If you're in the area, make sure to visit while you can!



### Kinkaku Ukimido (Nakamaro Hall) and Shichimairi (Seven worships)

金閣浮御堂と七まいり

Built in 1985

This golden temple was built to celebrate the Abe Clan that originated here.

Within, it holds precious statues of the Buddha.

Viewing hours	9:00 - 17:00		
Admission fee	<b>A</b>	Main Hall Tokai Monju statue (with Matcha / Wagashi)	Adult ¥700 Elementary school student ¥500
	<b>B</b>	Kinkaku Ukimido Reihoan (with seven worships ticket / charm)	Adult ¥700 Elementary school student ¥500
	<b>A+B</b>	Adult ¥1200 Elementary school student ¥800	
Access	20 minutes on foot from Sakurai Station or 7 minutes by bus Fare ¥190		
*Note that there is only one bus every 1-2 hours (approximately).			
Sightseeing duration	1 hour - 2 hours		
Address	645 Abe, Sakurai City, Nara Prefecture	Tel	0744-43-0002

### Tokai Monju 渡海文殊

National Treasure Built in 1203

Statue of Monju Bosatsu seated on a lion with 4 flanking images. All five statues are national treasures. Created by Kaikei, a Buddhist sculptor representative of the Kamakura Period (1185-1333). It is 7m high, and is the largest Monju Bosatsu statue in Japan.



### Matcha Tea and Wagashi Sweets

When entering the main hall, visitors are served Matcha and Wagashi. Drinking Matcha in the tranquility of the hall is a truly unique experience.



### Shichimairi (Seven worships) 七まいり

Ceremony to ward off evil. While praying, “Do not let XX happen” (for example), worshipers circle the hall one time then submit ceremonial tickets. They repeat this seven times. They seek to avoid disasters and misfortune in doing this. The practice is unique to this temple. Be sure to give it a try!



### Monjuin Nishi Kofun (western burial mound) 文殊院西古墳

Built around the 7th century  
Designated as a national special historic site

Visitors have access to an ancient stone chamber of the burial mound, much like those of the pyramids in Egypt. The Kofun is said to be the tomb of Abe no Kurahashimaro, the architect of Abdera Temple.

Be enveloped in the Buddha's kindness

## Shorinji Temple 聖林寺

Built in the 7th century

This is a quiet temple built on a hill outside the town of Sakurai. One can see the whole of Mount Miwa from the main gates.



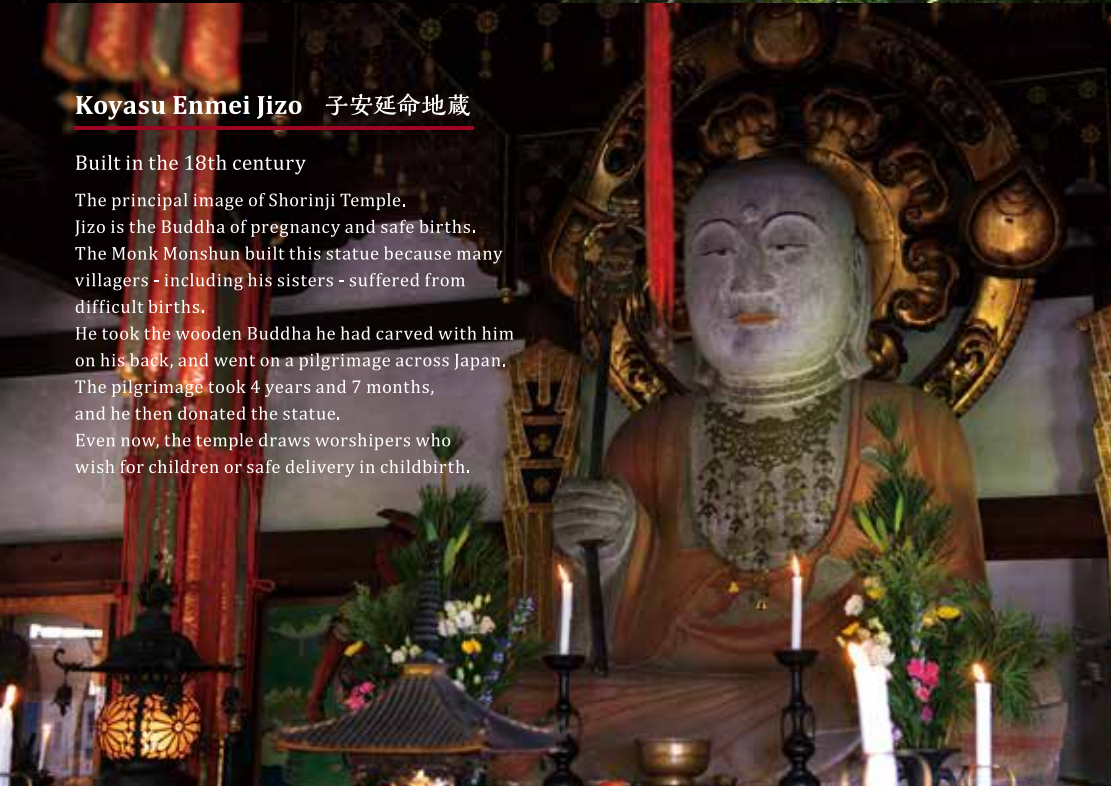
## Koyasu Enmei Jizo 子安延命地藏

Built in the 18th century

The principal image of Shorinji Temple. Jizo is the Buddha of pregnancy and safe births. The Monk Monshun built this statue because many villagers - including his sisters - suffered from difficult births.

He took the wooden Buddha he had carved with him on his back, and went on a pilgrimage across Japan. The pilgrimage took 4 years and 7 months, and he then donated the statue.

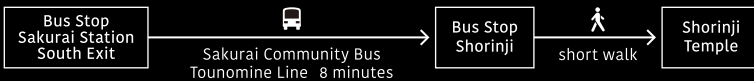
Even now, the temple draws worshipers who wish for children or safe delivery in childbirth.



Viewing hours | 9:00 - 16:30

Admission fee | ¥400 \* ¥500 admission fee during November for the "Mandala Exhibition".

Access | 10 minutes from Sakurai Station Fare ¥230



\*Note that there is only one bus per hour (approximately)

Sightseeing duration | 30 minutes - 1 hour

Address | 692 Shimo, Sakurai City, Nara Prefecture

Tel

| 0744-43-0005



## Eleven-faced Kannon

十一面観音

National treasure

Created during the 8th century

This statue of Buddha radiates universally-encompassing benevolence. It has won acclaim from many artists. It is cited as a representative work in the history of Japanese sculpture. The site is not heavily visited by tourists, and the stillness allows visitors to spend time communing with the Buddha.

It was once the principal image of Omiwadera Temple, a Buddhist temple that used to be located in Omiwa Jinja shrine. When the storm of Haibutsu kishaku ("abolish Buddhism and destroy Shakyamuni", a term which advocates the expulsion of Buddhism from Japan) swept through Japan during the Meiji Period, the Buddha statue was removed to this location in 1868. When Japan's national treasure system was established, this was the first national treasure to be selected. At the time, only 24 national treasures were designated.

*The Crimson Shrine that Changed Japan's History*

## **Tanzan Jinja Shrine 談山神社**

Built in the 7th century

This shrine is located deep in the mountains, as though it were hiding from people. The conference for a coup d'état (the Isshi no Hen or Isshi incident of 645) that changed the history of Japan was probably also conducted here because of the isolated location. Its grounds feature 17 important cultural properties, such as the world's only thirteen-storied wooden pagoda. It looks more like an elegant fort than a shrine, and one can imagine many battles being fought here. The bright almost blood-red of the building and the autumn foliage are very beautiful, and many people use the site for viewing autumn leaves. It is known as the model for Nikko Toshogu Shrine (Tochigi Prefecture, World Heritage Site). Enjoy the solemn air and graceful architecture of this secluded mountain site.





### Isshi no Hen (Isshi incident) 乙巳の変 (645)

The Soga Clan that ruled the Imperial court grew audacious in the first half of the 7th century, plunging the nation into disarray. In order to set matters right, Fujiwara no Kamatari enticed Prince Naka no Oe to execute a coup d'etat. This led to the destruction of the Soga Clan, and the plotters then took over the regime, restored order, and brought prosperity to Japan (Taika Reform). Fujiwara no Kamatari was responsible for Isshi no Hen, and is enshrined here. He is the ancestor of a famed aristocratic family in Japan, the Fujiwara Clan. The Fujiwara Clan ruled Japan for about 400 years afterwards, and continued as powerful aristocrats for 1200 years.

Tokugawa Ieyasu (whose line ruled Japan for 400 years as the Edo Shogunate) respected Fujiwara no Kamatari and used this shrine as a model in building Nikko Toshogu Shrine.

Viewing hours	8:30 - 16:30
Admission fee	Adult ¥600 / Elementary school students ¥300
Access	30 minutes by bus from Sakurai Station Fare ¥490 <div style="display: flex; align-items: center; justify-content: center;"> <div style="border: 1px solid black; padding: 2px; margin-right: 10px;">Bus Stop Sakurai Station South Exit</div> <div style="margin-right: 10px;">  Sakurai Community Bus Tounomine Line 25 minutes         </div> <div style="border: 1px solid black; padding: 2px; margin-right: 10px;">Bus Stop Tanzan Jinja</div> <div style="margin-right: 10px;">  5 minutes on foot         </div> <div style="border: 1px solid black; padding: 2px;">Tanzan Jinja Shrine</div> </div> <p>*Note that there is only one bus per hour (approximately)</p>
Sightseeing duration	1 hour - 2 hours
Address	319 Tounomine, Sakurai City, Nara Prefecture
Tel	0744-49-0001

# Origin Of Japanese Entertainment

— Birthplace of Japanese entertainment —



## Tsuchibutai (earthen stage) 土舞台

According to "Nihon Shoki", the Chronicles of Japan, the influential Prince Shotoku taught the boys how to dance the Gigaku in the year 612. Gigaku is a humorous play performed wearing masks, and was transmitted from continental China. "Tsuchibutai" was the first national theater in Japan, and was also chosen as the location for the National Theater Research Institute for the development of Japanese entertainment culture. Musical concerts and other events are still held here to honor the location's history.



## Tanzan Noh 談山能

Every year in mid-May, a Noh performance is conducted on the grounds of Tanzan Jinja Shrine, a shrine treasured as the historical base of Noh founders Zeami and Kanami. Here you can experience the bygone era when Noh first came to be.



## Noh Theater 能楽

After its transmission to the Tsuchibutai, Gigaku was given the protection of the court and performed mainly for aristocrats. When the protection of the court was terminated at the end of the 8th century, the performers acted at shrines, temples and street corners. It fused with the farmers' performing arts and the indigenous arts of the people, and developed into something uniquely Japanese. By the middle of the 14th century, four powerful theater companies called the "Yamato Shiza" (four prominent Yamato Noh theater groups) gained popularity. The Tobi Group later formed the roots of the Hosho Style, and belonged to Tanzan Jinja Shrine. There is a monument commemorating "the birthplace of Hosho Style" at Munakata Jinja Shrine. The parent and child team of Kanami and Zeami of the "Yuzaki Group" developed Noh into a more artistic form. Kanami incorporated music and dance into existing comedies, heightening the beauty of the art. Furthermore, Zeami created plays centered on the dead called "Mugen Noh" (Dream Noh). This style of telling the world from the viewpoint of the dead is unique to Noh Plays, and it has carried on into the present age. Noh Theater was the first in Japan to be registered as a UNESCO intangible cultural heritage in 2008.

## Yuzaki, birthplace of Kanze Style

観世流発祥の地 結崎

There is a legend that a mask fell from the sky. Kanami put the mask on and danced in front of the Shogun, winning popularity. Yuzaki in Kawanishi Town was Kanami's home, and where he elevated Noh Theater.



Menzuka (Monument of the birthplace of Kanze style)



*Touching the Buddha's heart in a quiet mountain temple*

## **Hasedera Temple** 長谷寺

**Built in the 8th century**

A beautiful temple built on the slope of a mountain, in harmony with nature. It is popular as a "flower temple" in which the grounds are always decorated with flowers throughout the four seasons.

There are thirty buildings on the grounds, and a traditional monzen town with souvenir shops and ryokan inns in the surrounding area.

Expect to spend several relaxing hours here.

The scenery after climbing the stone steps to the main hall and the statue of Buddha is absolutely breathtaking.

This resplendent temple is less frequently visited than those in Kyoto, allowing visitors to spend time communing with the Buddha's spirit.

It is the principal mountain of the Buzan school of the Shingon Buddhist sect, the origin of 3000 temples in the country.

Visitors will be able to glimpse the many monks who train there.



## **Noboriro (Climbing corridor)**

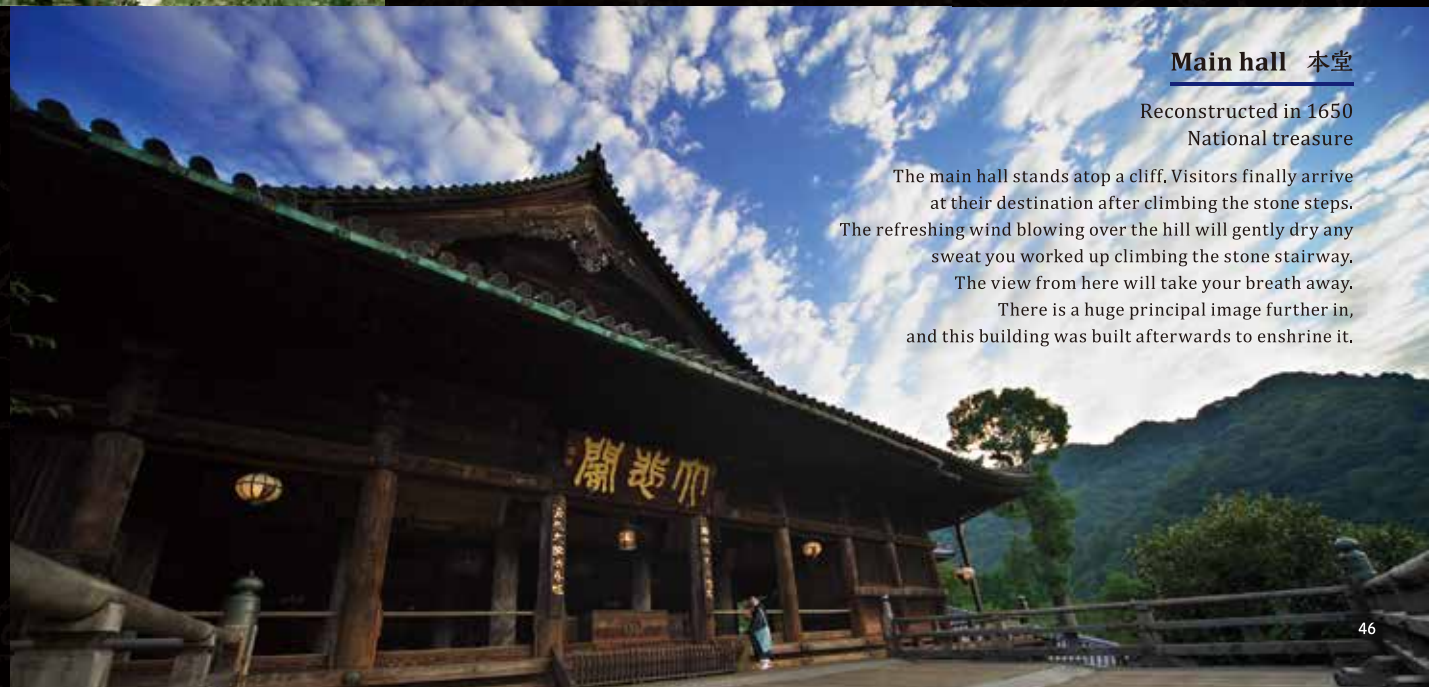
登廊

Important cultural property

A gentle, beautiful staircase that goes up to the main hall.

The total length is about 200m, or 108 Ken when expressed in old Japanese units.

Buddhism holds that there are 108 defilements of the spirit, and it is said that each fades as visitors travel one Ken.



## **Main hall** 本堂

Reconstructed in 1650

National treasure

The main hall stands atop a cliff. Visitors finally arrive at their destination after climbing the stone steps.

The refreshing wind blowing over the hill will gently dry any sweat you worked up climbing the stone stairway.

The view from here will take your breath away.

There is a huge principal image further in, and this building was built afterwards to enshrine it.





## Eleven-faced Kannon Bosatsu Standing Statue

十一面観世音菩薩立像

Erected in 1538 Important cultural property

The statue is 10m 18cm in height.

It is the largest wooden eleven-faced kannon statue in Japan.

It features a total of eleven faces, three with expressions of mercy, three with expressions of anger, three with the expressions of praise, one with the expression of enlightenment, and the final one with a smile.

On special occasions, visitors can come as close as the statue's feet.

Worshippers kneel before the Buddha and pray while touching the statue's feet.

Centuries of worshippers praying in this manner

has given the statue's feet a different color from its body.

## Morning routine 朝の勤行

A memorial service that has continued for more than 1000 years.

It is conducted every morning at the main hall.

The chanting of the sutras rings out in the early morning against the clear sky, a sacred experience for all who are there.

Visiting travelers routinely praise the experience as wonderful.

The service is worth experiencing when visiting Hasedera Temple.



**i** Starts at 6:30 from April to September. Starts at 7:00 from October to March. Registration starts 30 minutes before at the main hall reception. Please dress appropriately, as this is a sacred ceremony. It is best to avoid short skirts and shorts. We suggest that visitors who wish to see the service stay at an inn near Hasedera Temple.



## Monzen Town (Temple gate town) 門前町

A town for Hasedera Temple worshippers. It is a traditional street packed with food vendors, souvenir shops, inns, and other stores. You can enjoy their famous Japanese mugwort rice cakes and somen. There are traditional Japanese inns and guest houses both old and new. It is best to stay here in order to observe the ritual in the early morning.

Viewing times	April - September 8:30-17:00 October - March 9:00-16:30
Admission fee	Admission Adult / Jr & Sr high school students ¥500 Elementary school / disabled persons ¥250
Access	About 21 minutes from Sakurai Station Fare ¥210 
Sightseeing duration	2 hours - 4 hours
Address	731-1 Hase, Sakurai City, Nara Prefecture
Tel	0744-47-7001

## Warashibe Choja (Straw millionaire)

わらしべ長者

A renowned Japanese folktale set at Hasedera Temple.



There once was a young samurai that lived in Kyoto, and who had no parents, no wife, and no master. One day, the samurai visited the Hase Kannon and asked, "Will I end up being poor for the rest of my life? Please let me know in my dreams if there is anything at all you can grant me. I will pray here until I have a sign from you." He spoke, and then bowed down. Then Kannon gave him a message saying, "go out from the temple and carry with you the first thing you grab."



The person recovered as soon as the orange was consumed, and in return, gave him a bolt of cloth.



After walking a while again, he met a samurai with a fallen horse.



The other samurai suggested, "Let's exchange the bolt of cloth for the horse." He felt very sorry for the horse, and so exchanged his bolt of cloth for it.



When he left the temple gate, he fell down. As he did, he grabbed some straw.



As he walked, carrying the straw as he was told, a horsefly flew around him making noise.



He caught the horsefly using a piece of straw and continued to walk.



He faced the direction of the Kannon and prayed for the horse to get well.



The horse became healthy before his eyes.



As he was walking with the healthy horse, a wealthy lord of a large house asked him to borrow the horse, as he had to go to the capital on an urgent errand.



A child came from the opposite direction and wanted the horsefly. The samurai gave the horsefly to the child. In return, he received a mandarin orange.



After walking for a bit, he met a person who was suffering from thirst.



He felt pity, and gave the orange to the suffering person.



The samurai readily lent the horse to the lord. The lord said "I will be gone for about three years. If I do not return home, then I will give this house to you," and left on his journey.



The samurai waited for the lord to return for five years.



But the lord never returned. The samurai became the lord of the house, and lived happily ever after.

Buddhist art that bloomed in seclusion

## Murouji Temple 室生寺

Built in the 8th century

A temple in a deep mountain valley. A building from centuries past, surrounded on all sides by unspoiled nature. The temple escaped war damage due to its remote location, and its buildings and statues of Buddha remain unchanged. Many of them are national treasures. On arriving here, the renowned photographer Ken Domon stated that "this is Japan." Walk slowly through the forest, soaking in the forest itself.



## The path to Oku-no-In 奥の院への道

Climb the 400 stone steps among the forest's huge trees to reach the Oku-no-In. The path is steep but wondrous, so don't forget to visit here!

## Buddha statues at Murouji Temple

There are three national treasures and six important cultural properties located here. Most are from the 8th century. These statues of Buddha were particularly beloved by Ken Domon (1909-1990) during his photography of Buddhist statuary.



Viewing times	April 1 - November 30 8:30 - 17:00 December 1 - March 31 9:00 - 16:00
Admission fee	Adult ¥600 / Child ¥400 (Elementary school)
Access	42 minutes from Sakurai Station Fare ¥770 Kintetsu Sakurai Station → Express [kyukou] bound for Nabari / Isuzugawa 17 minutes → Muroguchi-Ono Station → Murouji Mae (last stop) → Murouji Temple 5 minutes on foot Nara Kotsu Bus No.43 bound for Murouji 20 minutes
Sightseeing duration	1 hour - 3 hours
Address	78 Murou, Uda City, Nara Prefecture
Tel	0745-93-2003

\*Note that there is only one bus per hour



### Enormous cliff-carved statue

## Onoji Temple 大野寺

Built in 681

A beautiful temple beside the Udagawa river. The temple features two splendid weeping cherry trees that are approximately 300 years old, and many tourists visit during the cherry blossom season.

## Miroku Magaibutsu 弥勒磨崖仏

Built in the 13th century

The massive Buddha can be seen across the river from the temple.

An alcove was dug into a stone 33m in height, and the Miroku Magaibutsu statue was carved there.

Height 13.8m.

One can see it very clearly when the sunset hits.

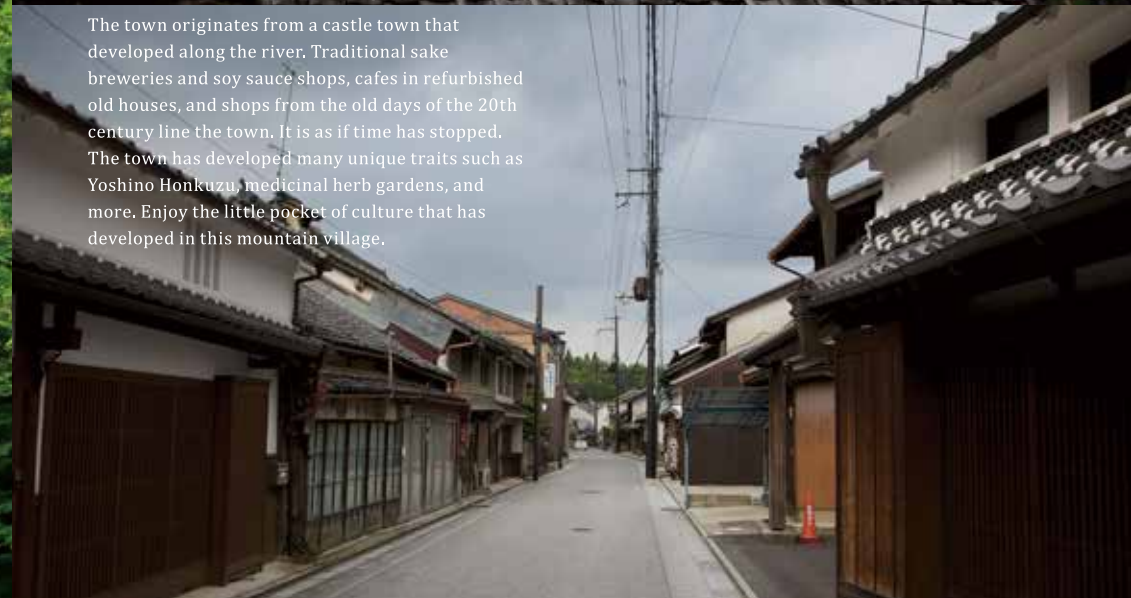


### A small riverside castle town

## Uda Matsuyama 宇陀松山

Important Preservation Districts for Groups of Traditional Buildings

The town originates from a castle town that developed along the river. Traditional sake breweries and soy sauce shops, cafes in refurbished old houses, and shops from the old days of the 20th century line the town. It is as if time has stopped. The town has developed many unique traits such as Yoshino Honkuzu, medicinal herb gardens, and more. Enjoy the little pocket of culture that has developed in this mountain village.



Viewing times	8:00 to 17:00 (March 1 to November 30) 8:00 to 16:00 (December 1 to February 28)
Admission fee	Adults ¥300 (free admission for persons below high school age)
Access	22 minutes from Sakurai Station Fare ¥350 
Sightseeing duration	30 minutes - 1 hour
Address	1680 Muroouono, Uda City, Nara Prefecture
Tel	0745-92-2220

Access	25 minutes from Sakurai Station Fare ¥730 
Sightseeing duration	1 hour - 2 hours

A beautiful Japanese village

## Soni Village 曾爾村

A beautiful village in the back yard of the Yamato Kogen (highlands). Visit here to enjoy rare natural scenery that can only be seen here, and camping grounds to immerse yourself.



Village of Myths

## Mitsue Village 御杖村

Tucked away in the Yamato Highland, this village is surrounded by the grandeur of the natural world. We recommend a stroll through the old town, situated amidst the nature along the old pilgrim's road to Ise, or going out to savor the forests and mountains.



### Soni-kogen (highlands) 曾爾高原

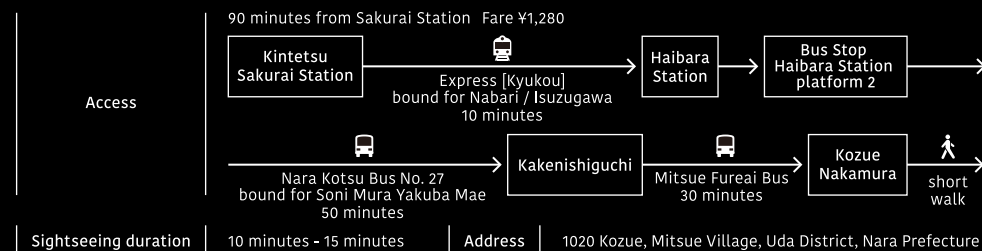
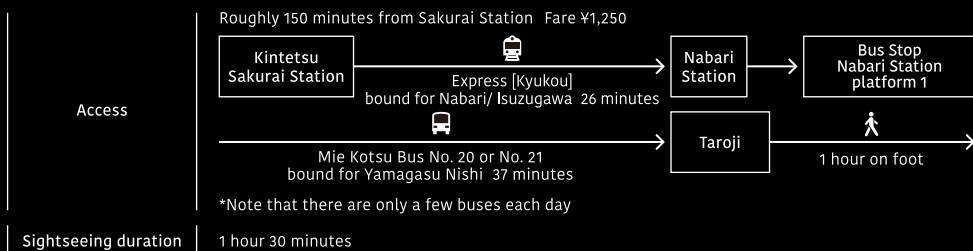
The pampas grassland spreads across the valley to the mountains. There is a walking trail in the grassland, and it is possible to take a casual stroll without carrying heavy equipment. There is a hot spring nearby, an ideal location to heal your weary body after the stroll. Visitors can see the starry sky clearly at night.



### Mitsue Jinja Shrine 御杖神社

Date of construction unknown

The shrine pavilion is flanked by two massive trees. It's said that Yamatohime no Mikoto, the daughter of the 11th Emperor of Japan, Suinin, left a cane here during her travels. The town gets its name from this event: "mi" means "honorable" and "tsue" means cane.



### Byobu Iwa (sheer perpendicular cliff) 屏風岩

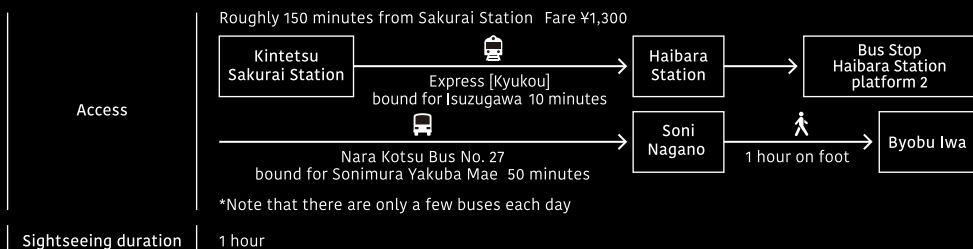
Natural national monument

A strange rock that looks like a folding screen. It is a perpendicular cliff with a height of 200m and a width of 2km. It is especially beautiful during the cherry blossom season in the spring and the foliage season in the fall, but it is less popular during other seasons and one can monopolize its natural beauty then.



### Mount Miune 三峰山

Elevation: 1235m. One of the 300 great mountains of Japan. Capped with silver frost in the winter. Its ridgeline is covered by beautiful rhododendrons in the spring.



# Suggested Travel Courses

These are our recommended itineraries for traveling around Yamato. We hope they'll help you plan your journey!

The courses all start at Sakurai Station (JR and Kintetsu). Train and bus times are current as of January 2017 and are matched to weekday schedules. Please note that these are subject to change. Furthermore, buses in particular run at a rate of one per hour.

## Half-day Courses

### Feeling the Buddha's Love -Hasedera Temple-

- 11:50 **Kintetsu Sakurai Station**  
↓ 🚗 [Kukan Junkyu] bound for Haibara 6 min. 2 stations
- 11:56 **Kintetsu Hasedera Station**  
↓ 🚶 10 min. 750m
- 12:10 **Lunch at the town around Hasedera Temple**  
↓ 🚶 Short walk
- 13:00 **Visit Hasedera Temple**  
↓
- 15:00 **Tea break in town around the temple**  
↓ 🚶 Short walk
- 15:50 **Yokitenman Jinja Shrine**  
↓ 🚶 3 min. 180m
- 16:30 **Souvenir-hunting in town around temple**  
↓ 🚶 10 min. 750m
- 17:11 **Kintetsu Hasedera Station**  
↓ 🚗 Bound for Osaka-Uehonmachi 8 min. 2 stations
- 17:19 **Kintetsu Sakurai Station**

### The Crimson Shrine that Reshaped Japan's History -Tanzan Jinja Shrine-

- 11:30 **Sakurai Station (Kintetsu/JR)**  
↓ 🚶 5 min.
- 11:40 **Bus stop Sakurai Station South Exit**  
\*Check the bus schedule for buses bound for Tanzan Jinja Shrine first  
↓
- Lunch in Sakurai Station area**  
↓ 🚶 Short walk
- 12:50 **Bus stop Sakurai Station South Exit**  
\*Buses come once per hour, so take care not to miss one  
↓ 🚗 Sakurai Community Bus Tounomine Line 25 min. 8km
- 13:15 **Bus stop Tanzan Jinja Shrine**  
\*Don't forget to check the schedule for the bus back to Sakurai Station South Exit  
↓ 🚶 5 min. 300m
- 13:30 **Visit Tanzan Jinja Shrine**  
↓ 🚶 Short walk
- 15:30 **Tea break in shrine area**  
↓ 🚶 Short walk
- 16:10 **Souvenir-hunting in area around shrine**  
↓ 🚶 5 min.
- 16:37 **Bus stop Tanzan Jinja Shrine**  
\*Buses come once per hour, so take care not to miss one  
↓ 🚗 Sakurai Community Bus Tounomine Line 25 min. 8km
- 17:05 **Bus stop Sakurai Station South Exit**  
↓ 🚶 5 min.
- 17:10 **Sakurai Station (Kintetsu/JR)**

### Visiting National Treasure Sculptures of the Buddha -Abe Monjuin Temple and Shorinji Temple-

- 12:00 **Sakurai Station (Kintetsu/JR)**  
↓ 🚶 Short walk
- 12:10 **Lunch in Sakurai Station area**  
↓ 🚶 Short walk
- 13:00 **Depart for Abe Monjuin Temple**  
↓ 🚶 20 min. 1.6km
- 13:30 **Abe Monjuin Temple**  
↓
- 14:30 **Depart for Sakurai Station**  
↓ 🚶 20 min. 1.6km
- 15:05 **Bus stop Sakurai Station South Exit**  
\*Buses come once per hour, so take care not to miss one  
↓ 🚗 Sakurai Community Bus Tounomine Line 10 min. 2.7km
- 15:20 **Bus stop Shorinji Temple**  
\*Check the schedule for the bus back to Sakurai Station South Exit  
↓ 🚶 Short walk
- 15:30 **Shorinji Temple**  
↓ 🚶 Short walk
- 16:51 **Bus stop Shorinji Temple**  
\*Buses come once per hour, so take care not to miss one  
↓ 🚗 Sakurai Community Bus Tounomine Line 10 min. 2.7km
- 17:00 **Bus stop Sakurai Station South Exit**  
↓ 🚶 5 min.
- 17:05 **Sakurai Station (Kintetsu/JR)**

## Walk the Oldest Road in Japan

### -Yamanobe Road-

- 9:06 **JR Sakurai Station**  
↓ 🚆 [Local] bound for Nara 8min. 3 stations
- 9:14 **JR Yanagimoto Station**  
↓ 🚶 20 min. 1.5km
- 9:50 **Chogakuji Temple**  
↓ 🚶 15 min. 1.1km
- 10:40 **Tomb of Emperor Sujin**  
↓ 🚶 15 min. 1km
- 11:00 **Tomb of Emperor Keiko**  
↓ 🚶 Short walk
- 11:30 **Lunch in area**  
↓ 🚶 30 min. 2.2km
- 13:00 **Sumo Jinja Shrine**  
↓ 🚶 5 min. 200m
- 13:20 **Anashiniimasuhyozu Jinja Shrine**  
↓ 🚶 22 min. 1.7km
- 14:00 **Hibara Jinja Shrine**  
↓ 🚶 Short walk
- 15:00 **Genpian**  
↓ 🚶 15 min. 1km
- 15:30 **Sai Jinja Shrine**  
↓ 🚶 2 min. 100m
- 15:50 **Omiwa Forest Observatory**  
↓ 🚶 5 min. 400m
- 16:20 **Visit Omiwa Jinja Shrine**  
↓ 🚶 Short walk
- 16:30 **Shopping in Miwa area**  
↓ 🚶 Short walk
- 17:03 **JR Miwa Station**  
↓ 🚆 [Local] bound for Oji 3 min. 1 station
- 17:06 **JR Sakurai Station**

## Full-day Courses

## Peaceful Mountain Temples

### -Hasedera Temple and Murouji Temple -

- 9:20 **Kintetsu Sakurai Station**  
↓ 🚆 [Kukan Junkyu] bound for Haibara 10 min. 2 stations
- 9:30 **Kintetsu Hasedera Station**  
↓ 🚶 15 min. 1.5km
- 9:45 **Visit Hasedera Temple**  
↓ 🚶 10 min. 700m
- 12:00 **Lunch at the town around Hasedera Temple**  
↓ 🚶 10 min. 750m
- 12:56 **Hasedera Station**  
↓ 🚆 [Kukan Junkyu] bound for Haibara 5 min. 1 station
- 13:05 **Haibara Station** \*Transfer  
↓ 🚆 [Kyukou] bound for Isuzugawa 6 min. 1 station
- 13:11 **Muroguchi-Ono Station**  
↓ 🚶 5 min. 450m
- 13:20 **Onoji Temple** \*Check the schedule for buses bound for Murouji Temple  
↓ 🚶 Short walk
- 14:01 **Bus stop Onoji Temple** \*Note that there are only a few buses per hour  
↓ 🚌 Bound for Murouji 13 min. 6.2km
- 14:15 **Bus stop Murouji Temple** \*Check the schedule for the bus back to Muroguchi-Ono Station  
↓ 🚶 Short walk
- 14:20 **Visit Murouji Temple**  
↓ 🚶 Short walk
- 16:00 **Tea break in Murouji Temple area**  
↓ 🚶 Short walk
- 16:30 **Bus stop Murouji Temple** \*This is the last bus, so take care not to miss it  
↓ 🚌 Bound for Muroguchi-Ono Station 14 min. 6.8km
- 16:54 **Muroguchi-Ono Station**  
↓ 🚆 [Kyukou] bound for Osaka-Uehonmachi 14 min. 2 stations
- 17:08 **Kintetsu Sakurai Station**

# One-night Two-day Courses

## Day 1: Walk the Oldest Road in Japan

### -Yamanobe Road-

- 9:06 **JR Sakurai Station**  
↓ 🚶 [Local] bound for Nara 8 min. 3 stations
- 9:14 **JR Yanagimoto Station**  
↓ 🚶 20 min. 1.5km
- 9:50 **Chogakuji Temple**  
↓ 🚶 15 min. 1.1km
- 10:40 **Tomb of Emperor Sujin**  
↓ 🚶 15 min. 1km
- 11:00 **Tomb of Emperor Keiko**  
↓ 🚶 Short walk
- 11:30 **Lunch in area**  
↓ 🚶 30 min. 2.2km
- 13:00 **Sumo Jinja Shrine**  
↓ 🚶 5 min. 200m
- 13:20 **Anashiniimasuhyozu Jinja Shrine**  
↓ 🚶 22 min. 1.7km
- 14:00 **Hibara Jinja Shrine**  
  
↓ **Break**
- 15:00 **Genpian**  
↓ 🚶 15 min. 1km
- 15:30 **Sai Jinja Shrine**  
↓ 🚶 2 min. 100m
- 15:50 **Omiwa Forest Observatory**  
↓ 🚶 5 min. 400m
- 16:20 **Visit Omiwa Jinja Shrine**  
↓ 🚶 Short walk
- 16:30 **Shopping in Miwa area**  
↓ 🚶 Short walk
- 17:03 **JR Miwa Station**  
↓ 🚶 [Local] bound for Oji 3 min. 1 station
- 17:06 **JR Sakurai Station**  
↓ 🚶 5 min. 100m
- 17:16 **Kintetsu Sakurai Station**  
↓ 🚶 [Local] bound for Haibara 6 min. 2 stations
- 17:22 **Kintetsu Hasedera Station**  
↓ 🚶 15 min. 1.5km
- 18:00 **Check-in at lodgings in Hasedera Temple area**

## Day 2: Peaceful Mountain Temples and Spiritual Morning Temple Service

### -Hasedera and Murouji Temple-

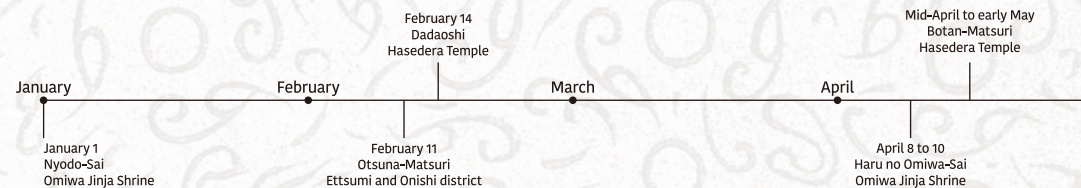
- 6:00 **Register for morning routine at Hasedera Temple**  
\*Reception starts at 6:30 from Oct. 1 to Mar. 31  
↓
- 6:30 **See the morning temple service at Hasedera Temple (40 min.)**  
↓
- 7:10 **Walk around Hasedera Temple area**  
↓
- 8:30 **Return to lodgings for breakfast**  
↓ 🚶 Short walk
- 9:30 **Visit Yokitenman Jinja Shrine**  
↓ 🚶 Short walk
- 10:00 **Souvenir-hunting in town around temple**  
↓ 🚶 Short walk
- 10:33 **Hasedera Station**  
↓ 🚶 [Kukan Junkyu] bound for Haibara 5 min. 1 station
- 10:53 **Haibara Station** \*Transfer  
↓ 🚶 [Kyukou] bound for Aoyamacho 6 min. 1 station
- 11:00 **Muroguchi-Ono Station**  
↓ 🚶 5 min. 450m
- 11:10 **Onoji Temple** \*Buses come once per hour, so take care not to miss one  
↓ 🚶 Short walk
- 11:21 **Bus stop Onoji Temple** \*Note that there are only a few buses per hour  
↓ 🚌 Bound for Murouji 13 min. 6.2km
- 11:40 **Bus stop Murouji Temple** \*Check the schedule for the bus back to Muroguchi-Ono Station  
↓ 🚶 Short walk
- 11:50 **Lunch in the Murouji Temple area**  
↓ 🚶 Short walk
- 12:40 **Visit Murouji Temple**  
↓ 🚶 Short walk
- 14:50 **Tea break in the Murouji Temple area**  
↓ 🚶 Short walk
- 15:30 **Bus stop Murouji Temple**  
\*Buses run once per several hours, so take care not to miss one  
↓ 🚌 Bound for Muroguchi-Ono Station 15 min. 6.8km
- 15:45 **Bus stop Muroguchi-Ono Station**  
↓ 🚶 Short walk
- 15:53 **Muroguchi-Ono Station**  
↓ 🚶 [Kyuko] bound for Osaka-Uehonmachi 16 min. 2 stations
- 16:09 **Kintetsu Sakurai Station**





## Festivals (Matsuri)

The historical Yamato area has many festivals dating from ancient times. Of these, we've taken care to select the largest and the most unique to introduce here. We chose only those festivals that draw people in from across the country. If any of them happen to match your itinerary, make sure to squeeze them into your schedule!



### January 1 Nyodo-Sai Omiwa Jinja Shrine

#### 繞道祭 大神神社

This festival offers prayers for peace in the nation and a bountiful harvest. A flame set on the taboo lands of the inner hall of worship that Mount Miwa constitutes is transferred to torches about three meters in length. The torches are then taken around and used to set fires at the 19 auxiliary and secondary shrines at the foot of the mountain. It's a stirring and splendid sight. These fires are called kami-no-hi ("flames of the deities"), and there is a custom in the area of using these for fires on household altars or to cook zoni, a rice cake soup traditionally eaten on New Year's Day.



### February 11 Otsuna-Matsuri Ettsumi and Onishi district

#### お綱祭り 江包・大西

During this festival, straw is carried in from both districts to make an ozuna (male rope) at Ettsumi's Kasuga Jinja Shrine and a mezuna (female rope) at Onishi's Ichikishima Jinja Shrine. These ropes are then bound together in a tsuna-no-kekkonshiki (wedding of the ropes) ceremony at Susanoo Jinja Shrine. The festival has its origins in a myth where the deity Susanoo-no-Mikoto and the deity Inada-Hime were caught in the river and carried downstream. It is said that Ettsumi district saved Susanoo and Onishi district saved Inada; afterwards, the two deities were married on New Year's Day. This is a festival offering prayers for a good harvest and familial prosperity.



### February 14 Dadaoshi Hasedera Temple

#### だだおし 長谷寺

In this powerful, awe-inspiring festival, oni (a type of Japanese ogre) run around the temple precincts carrying torches while temple-goers struggle and compete for the torches. It is believed that taking a torch home with you brings health and well-being.



### April 8 to 10 Haru no Omiwa-Sai Omiwa Jinja Shrine

#### 春の大神祭 大神神社

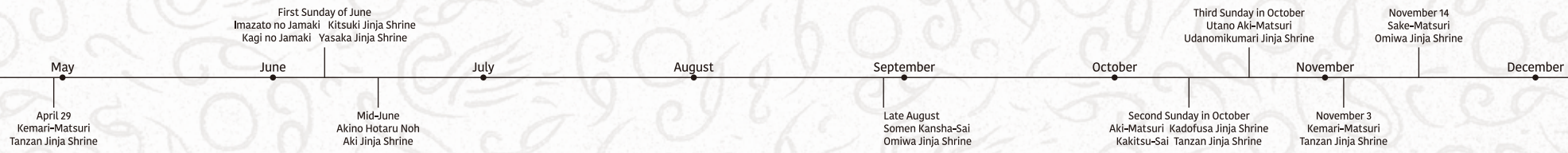
This grand festival boasts a tradition dating back over two thousand years. The festival has its origin with the reign of Emperor Sujin, when an epidemic disease raged. It is said that peace returned and the land prospered after the festival's presiding deity was worshiped with appropriate reverence. On the 9th, people dressed in traditional garb parade through the towns of Miwa. From noon on the 10th there are gorgeous performances of Noh.



### Mid-April to early May Botan-Matsuri Hasedera Temple

#### ぼたん祭り 長谷寺

This festival takes place just around when the 7,000 peonies ("botan" in Japanese) begin to bloom in full glory on the temple grounds. One legend says that the temple's peonies were originally planted as gifts from a Chinese empress of the Tang dynasty.



**April 29/November 3 Kemari-Matsuri Tanzan Jinja Shrine**  
けまり祭 談山神社

Kemari is a game played in Japan since the 7th century. A sport of the nobles, players would kick and strike at the ball to prevent it from touching the ground; it is a game not unlike soccer. Fujiwara no Kamatari and Prince Naka no Oe met for the first time playing kemari. Moreover, consultations regarding the Isshi Incident (an assassination of a noble rival by Prince Naka no Oe prior to his coronation as Emperor Tenchi) were held at Tanzan Jinja Shrine. For these reasons, the festival dedicates a kemari game to the shrine's deities.



**Second Sunday in October Aki-Matsuri Kadofusa Jinja Shrine**  
秋祭り 門僕神社

This Soni lion dance has now been an ongoing tradition for roughly three centuries, and is an elegant dance with a rich program dedicated to the deities of the shrine. One dance to watch out for in particular is the Tsugi-jishi, an acrobatic performance where children ride and dance on the shoulders of adults.



**First Sunday of June Imazato no Jamaki Kitsuki Jinja Shrine / Kagi no Jamaki Yasaka Jinja Shrine**  
今里の蛇巻き 杵築神社 / 鍵の蛇巻き 八坂神社

This festival is held in hopeful prayer for the health of boys. Starting at 1 PM at Imazato's Kitsuki Jinja Shrine, young men over junior high school student age bundle together straw to form a snake 18m in length. Carrying this snake around Imazato in a parade, they stop at every household to cry out their congratulations. In the morning at Kagi's Yasaka Jinja Shrine, they make a snake with a head of straw weighing 300 kg or more. Starting in the afternoon, they carry the snake around Kagi district, stopping to visit any households that had something to celebrate during the year.



**Second Sunday in October Kakitsu-Sai Tanzan Jinja Shrine**  
嘉吉祭 談山神社

This festival is famous for its beautifully decorated and uniquely arranged offerings made up of cereals, fruits, and vegetables. In 1438, the whole mountain caught fire during a battle. In order to avoid the unrest, the divine repository was moved to Asuka; three years later in 1441 (first year of the Kakitsu era), it was returned to the shrine. Joyous over the homecoming of the deity, the people of the area decorated their offerings of fall crops beautifully. Since then, this tradition has continued without interruption for six centuries.



**Mid-June Akino Hotaru Noh Aki Jinja Shrine**  
あきの蛍能 阿紀神社

Takigi Noh (performed in darkness by firelight) was a dedication of noh theater to the gods that had continued for hundreds of years. It was revitalized with the help of local volunteers as Hotaru Noh, a style without parallel in Japan. The performance happens on a stage set up inside the grounds of Aki Jinja Shrine. At the climax, hundreds of fireflies ("hotaru") are released, creating an enjoyable duet alongside with the Noh performance.



**Third Sunday in October Utano Aki-Matsuri Udanomikumari Jinja Shrine**  
うたの秋まつり 宇太水分神社

This festival has history of more than one millennium. Once every year, in order to visit Hayaakitsuhiko-no-Mikoto (male deity) of Udanomikumari Jinja Shrine, Hayaakitsuhime-no-Mikoto (female deity) of Sosha Mikumari Jinja Shrine rides a mikoshi (portable shrine) on the 12km round-trip to his shrine with an entourage of tasseled spears, flower baskets, and mikoshi taiko drums. One of the most powerful sights during the festival is seeing the six taiko drum platforms - each weighing around one metric ton - marching in from every part of Utano district to be paraded around the shrine grounds with cries of, "Chosaya!"



**Late August Somen Kansha-Sai Omiwa Jinja Shrine**  
素麺感謝祭 大神神社

During this festival, somen noodle makers and sellers gather at the shrine to give thanks ("kansha") to the patron deity of somen making of Omiwa Jinja Shrine for summer somen sales. After the festival, a performance of Miwa Somen Ondo, a unique dance song that imitates the Somen-making process can be seen in front of the worship hall.



**November 14 Sake-Matsuri Omiwa Jinja Shrine**  
酒祭り 大神神社

This festival offers prayers to the presiding deity for safety and security during the brewing of new sake. This deity has been worshiped as a god of sake brewing since ancient times. Brewers and sake makers from across the nation attend the ceremony, and the festival features a devotion of kagura (sacred theatrical dance) performed by miko (shrine maidens). There are also exhibitions by famed sake makers as well as complimentary cask sake. The day before, the o-sugidama (massive sphere made of cedar needles, symbol of the deity of sake brewing) at the worship hall is exchanged for a new one, and after the festival smaller sugidama are sent out to brewers and sake makers throughout Japan.

# Souvenirs and Specialties

## Miwa/Yamanobe Area



### Somen - Miwa Somen Producers' Cooperative of Nara Prefecture [Map: p80](#) [📍 1](#)

そうめん / 奈良県三輪素麺工業協同組合

There are many somen shops in the Miwa area, where you'll find Omiwa Jinja Shrine. From ultra-thin noodles to colorful ones, there's a huge variety of somen noodles here.

**Address** 334-6 Miwa, Sakurai City, Nara Prefecture  
**Hours** 9:00 to 17:00  
**Website** <http://www.miwasoumen-kumiai.com/>

**Tel** 0744-42-6068  
**Closed** Weekends and holidays; Dec.29 to Jan.4; open Saturdays in June and July  
**Credit Card** Visa, MasterCard, NICOS, DC, UnionPay



### Sake - Mimuro Sugi, Imanishi Brewery [Map: p80](#) [📍 2](#)

日本酒 三諸(みむろ)杉 / 今西酒造

Near the foot of Omiwa Jinja Shrine, this brewery was founded 350 years ago. Inside, you'll be able to do a tasting of Japanese sake (reservation required). The sake-flavored ice cream is also delicious.

**Address** 510 Miwa, Sakurai City, Nara Prefecture  
**Hours** 9:00 to 17:00  
**Website** <http://imanishisyuzou.com/>

**Tel** 0744-42-6022  
**Closed** Irregularly  
**Credit Card** No



### Mimuro Monaka - Shiratamaya Eiju [Map: p80](#) [📍 3](#)

みむろ / 白玉屋榮壽

This shop goes back over 170 years. Mimuro Monaka is famous among the visitors of Omiwa Jinja Shrine. It is a sweet made of red bean jam spread between mochi crackers.

**Address** 660-1 Miwa, Sakurai City, Nara Prefecture  
**Hours** 8:00 to 19:00  
**Website** <http://www.begin.or.jp/~mimuro/>

**Tel** 0744-43-3668  
**Closed** Mon., 3rd Tue.  
**Credit Card** No



## Tounomine Area



### Sake - Tanzan, Nishiuchi Brewery [Map: p81](#) [📍 4](#)

日本酒 談山 / 西内酒造

Founded in 1877, this is a small, hard-working brewery at the foot of Tanzan Jinja Shrine. In addition to regular sake, they also sell special sake like nigori, a cloudy and sweet sake.

**Address** 3 Shimo, Sakurai City, Nara Prefecture  
**Hours** 9:00 to 17:00  
**Website** <http://www.nara-tanzan.com/>

**Tel** 0744-42-2284  
**Closed** Jan. 1, Apr. 1 to Apr 20  
**Credit Card** No



## Hase Area



### Kusamochi - Hasedera Region [Map: p82](#) [📍 5](#) [📍 6](#)

草餅 / 長谷寺周辺

井上ぼたん堂 [📍 7](#) 御菓子司 寶園堂 [📍 8](#) 赤滝さかえや [📍 9](#)

Kusamochi is the specialty of the town that developed around Hasedera Temple. Delicious either grilled or as-is, it's a sweet made from mochi rice kneaded and infused with mugwort. Snack on one while you stroll around the town outside the temple. Each shop sells a distinctive type of kusamochi.

See the photo for reference. Left to right on top row are kusamochi from Hoendo ([📍 8](#)), Akataki Sakaeya ([📍 9](#)), and Sohonke Kotobukiya ([📍 6](#)); left to right on the bottom row are from Sohonpo Shirozakeya ([📍 5](#)), and Inoue Botando ([📍 7](#)).



### Yamato Izumo Figurines - Yamatobito no Kokoro Mise [Map: p82](#) [📍 10](#)

大和出雲人形 / やまとびとのこころ店

These rustic, hand-made figurines are crafted one by one by pressing clay into shape with a traditional mold, baking in rice chaff after drying, and painting using a traditional calcium carbonate paint mixed with gelatin. They have their origin with haniwa figures, which were buried in the tombs of ancient emperors. You can also enjoy a drink of coffee or tea inside the shop.

**Address** 830 Hase, Sakurai City, Nara Prefecture  
**Hours** 10:00 to 17:00  
**Website** <http://www.yamatobito.net>

**Tel** 0744-55-2221  
**Closed** Tue., Wed.; open holidays and the 18th of each month.  
 Set days off may occur a day before or after the usual date  
**Credit Card** MasterCard, Amex, Diners, JCB



## Uda Area



### Udagawa Manju - Shoeido [Map: p83](#) [📍 11](#)

宇陀川まんじゅう / 御菓子司 昇栄堂

With a striking and enjoyable balance between the large azuki beans and sweet white bean paste, these grilled and thin-skinned Japanese sweets are cooked to perfection, the confectioners taking care not to crush the locally-produced Uda azuki beans during production.

**Address** 2558 Haibarahagihara, Uda City, Nara Prefecture  
**Hours** 8:30 to 19:00  
**Website** <https://www.shoueido.jp/>

**Tel** 0745-82-0033  
**Closed** Sun.  
**Credit Card** No



### Yoshino Honkuzu [Map: p83](#) [📍 12](#)

吉野本葛

This starch is produced from the roots of the kuzu vine, native to Japan. A precious ingredient for cooking, it's been called "white diamonds." It can be used as a thickener or in mochi or jellies. Not only is it nutritious, it's also used as a home cold remedy. You can find it sold in the Uda Matsuyama area as well as at roadside stations in Uda City.

# Food

In addition to the area's famous somen wheat noodles, you can also enjoy soba buckwheat noodles here. We'll introduce you to the shops that represent Yamato the best, including old homes restored into new restaurants.



## Miwa/Yamanobe Area

All prices include taxes (8% sales tax).  
Prices as of January 2017. Contents may change from this listing.



### Restaurant Miwa Yamamoto (Somen) Map: p80 1

三輪山本 お食事処

This is the directly-managed restaurant of a somen maker that's been in business for 300 years. The shop, which is featured in the Nara Michelin Guide, offers meals and souvenirs as well as a somen-making workshop for a "somen multiplex" you can enjoy to your heart's content.

Price	¥750 to ¥1,700
Tel	0744-43-6661
Hours	11:00 to 15:30 (Last order for kitchen)
Credit Card	Visa, MasterCard, Amex, Diners, JCB, DC, UnionPay

Address	880 Hashinaka, Sakurai City, Nara Prefecture
Website	www.miwayama.co.jp
Closed	New Year's holidays
Wi-Fi	Yes



### Miwa Somen Chaya Senjutei (Somen) Map: p80 2

三輪素麺茶屋 千寿亭

This restaurant is directly-managed by a somen maker. Not only do they serve delicious somen, you can also buy the noodles here, too. It's been featured in the Nara Michelin Guide, as well.

Price	¥540 to ¥2,808
Tel	0744-45-0626
Hours	11:00 to 17:00
Credit Card	Visa, MasterCard, Amex, Diners, JCB, DC

Address	293 Shiba, Sakurai City, Nara Prefecture
Website	www.ikeri.co.jp/senjutei/
Closed	Fri. (Open on holidays, closed day before)
Wi-Fi	No



### Fukushindo (Somen) Map: p80 3

福神堂

This somen shop is right in front of Omiwa Jinja Shrine. Stop by after visiting the shrine.

Price	¥700 to ¥1,000
Tel	0744-42-6444
Hours	10:00 to 16:00
Credit Card	No

Address	1237-1 Miwa, Sakurai City, Nara Prefecture
Closed	Irregularly
Wi-Fi	Yes



### Tororomeshi Yamato (Japanese) Map: p80 4

とろろめし 山和

Famous for its "tororomeshi," a rice bowl dish that uses plenty of grated Nara-grown Japanese yam.

Price	¥850 to ¥1,950
Tel	0744-42-1066
Hours	11:00 to 20:00 (closes when sold out)
Credit Card	No

Address	648-3 Miwa, Sakurai City, Nara Prefecture
Website	http://tororoyamato.com/
Closed	Wed. (Open on holidays)
Wi-Fi	Yes



### Yamato Mahoroba (Soba) Map: p80 5

大和まほろば

This soba shop is near the Tomb of Emperor Keiko. It's perfect for a break when out walking the Yamanobe Road.

Price	¥700 to ¥3,800
Tel	0743-67-1362
Hours	Sun. and holidays 11:00 to 20:00 Mon. to Sat. 11:00 to 15:00
Credit Card	No

Address	399-1 Shibusatanicho, Tenri City, Nara Prefecture
Closed	Wed., 3rd Thu.
Wi-Fi	No

**Miwa/Yamanobe Area****Melissa (Cafe)** Map: p79 ✕6

メリッサ

Found a little ways north from Chogakuji Temple, this cafe is located in a traditional home that's been renovated. Stop by for a rest when you're out exploring.

Price	¥360 to ¥1,500
Tel	080-3811-0161
Hours	Sat. & Sun., 11:00 to 16:00
Credit Card	No

Address	763 Nakayamacho, Tenri City, Nara Prefecture
Closed	Mon. to Fri.
Wi-Fi	No

**Le Reve (French, Cafe)** Map: p79 ✕7

ルレーヴ

Neighboring Isonokami Jingu Shrine to the south, this restaurant is surrounded by greenery. Broad and spacious with a Japanese-style exterior and Western furnishings inside, the cafe presents you a place to relax for a spell.

Price	¥510 to ¥6,800
Tel	0743-63-6922
Hours	8:00 to 16:30, 17:30 to 22:00
Credit Card	Visa, MasterCard, Amex, Diners, JCB

Address	123 Somanouchicho, Tenri City, Nara Prefecture
Website	<a href="http://www.lereve-t.com">http://www.lereve-t.com</a>
Closed	Wed. (Open Wed. on holidays)
Wi-Fi	No

**Sushi Cuisine Tachibana (Japanese, Sushi)** Map: p79 ✕8

寿司割烹 たちばな

This Japanese restaurant is much loved by locals. It's a place to enjoy the cuisine made with seafood freshly-procured every day at the market by the owner.

Price	¥1,000 to ¥3,500 Dinner ¥2,000 to ¥5,000
Tel	0744-32-5187
Hours	11:30 to 14:00 17:00 to 22:00
Credit Card	No

Address	173-1 Tonmoto, Tawaramoto Town, Shiki District, Nara Prefecture
Website	<a href="http://www.nara-tachibana.com/">http://www.nara-tachibana.com/</a>
Closed	Wed.
Wi-Fi	Yes

**Chanko Sugi (Japanese, Sumo Hot Pot)** Map: p79 ✕9

ちゃんこ杉

This restaurant specializes in chanko nabe, a single hot pot dish eaten by sumo wrestlers and filled to the brim with meat and vegetables. The Japanese home-style interior feels like a sumo wrestlers' lodge with plenty of hand prints and photos from wrestlers.

Price	¥3,500 to ¥4,000
Tel	0745-44-0788
Hours	11:30 to 13:30, 17:00 to 22:00
Credit Card	No

Address	460 Yuzaki, Kawanishi Town, Shiki District, Nara Prefecture
Closed	Thu.
Wi-Fi	No

**Teahouse Misoraya (Restaurant, Cafe)** Map: p79 ✕10

喫茶 みそら屋

This shop is managed by a social welfare NPO. Made with seasonal vegetables, their daily lunch is quite popular. You can also buy hand-made sausages, too.

Price	¥500
Tel	0745-42-2919
Hours	10:00 to 17:00 lunch 12:00 to 14:00
Credit Card	No

Address	848-1 Tomondo, Miyake Town, Shiki District, Nara Prefecture
Website	<a href="http://himawarinoie.org/misoraya/">http://himawarinoie.org/misoraya/</a>
Closed	Weekends and holidays
Wi-Fi	No

**Sakurai/Tonomine Area****Inakajaya Chie (Japanese, Traditional Banquet)** Map: p81 ✕11

田舎茶屋 千恵

This is an atmospheric restaurant situated in a restored traditional home. Here, you can enjoy rustic Japanese cuisine including dishes made with traditional wild greens. It was once awarded a Michelin star. They can also pick guests up from Sakurai Station. The system is reservation-based.

Price	Lunch ¥4,860 to ¥7,020 Dinner ¥8,100 to ¥14,580
Tel	0744-43-0247
Hours	11:45 to 15:00 18:00 to 21:00
Credit Card	No

Address	350 Taie, Sakurai City, Nara Prefecture
Website	<a href="http://i-chie.jp/">http://i-chie.jp/</a>
Closed	Irregularly
Wi-Fi	No

**Ajinokaze Nishimura (Japanese, Traditional Banquet)** Map: p81 ✕12

味の風 にしむら

Tucked away in a residential area near Sakurai Station, the 10 counter seats of this shop give it the feel of a hidden gem. It currently holds a Michelin star. A popular restaurant, reservations are required.

Price	Lunch ¥3,890 to ¥5,400 Dinner ¥7,560 to ¥10,800
Tel	0744-42-7773
Hours	11:30 onward 13:30 onward 18:00 to 19:30
Credit Card	No

Address	1F Sumiyoshi Heights, 1023-3 Odono, Sakurai City, Nara Prefecture
Closed	Mon.
Wi-Fi	No

**Ramen Ichian (Ramen)** Map: p81 ✕13

らーめん いち庵

This ramen shop near Sakurai City Hall draws in ramen fans from all across the region. We recommend the Tori Paitan ("white broth"). It's a simple yet delicious ramen.

Price	¥1,000 (approx.)
Tel	0744-45-1170
Hours	Weekdays 11:30 to 14:15, 18:00 to 2:00 next day Sun. and holidays 11:30 to 14:15, 18:00 to 24:00
Credit Card	No

Address	1014-3 Odono, Sakurai City, Nara Prefecture
Website	<a href="http://www.ramen-ichian.jp/">http://www.ramen-ichian.jp/</a>
Closed	Open all days
Wi-Fi	No

**Ranka (Okonomiyaki)** Map: p81 ✕14

爛柯

This is an established okonomiyaki (savory pancake) shop near Sakurai Station. They serve fluffy okonomiyaki pancakes with their carefully-crafted sauce for your enjoyment.

Price	¥660 to ¥1,000
Tel	0744-42-0032
Hours	11:00 to 22:00
Credit Card	No

Address	260-5 Kawai, Sakurai City, Nara Prefecture
Closed	Tue. (Open on holidays)
Wi-Fi	No

**Hamazushi (Sushi)** Map: p81 ✕15

浜鮭

This shop is directly north of Sakurai Station.

Price	¥1,080 to ¥9,000
Tel	0744-45-2233
Hours	11:30 to 21:30
Credit Card	Visa, MasterCard, Amex, Diners, JCB

Address	257-5 Kawai, Sakurai City, Nara Prefecture
Closed	Mon. (Open on holidays)
Wi-Fi	Yes



## Maman (Cakes, Cafe) Map: p81 ✂️ 16

This cake shop is popular with locals. They have a number of shops in the Yamato area. The main shop has a calm and quiet atmosphere perfect for a relaxing break. It also sells coffee roasted in-house. The branch north of the station only sells cake. Stop by for a mid-stroll snack!

Price	¥400 to ¥950
Tel	Main shop 0744-45-3772 Sakurai Station branch 0744-45-3440
Hours	Main shop 9:00 to 19:00 Sakurai Station branch 10:00 to 20:00 (until 17:00 on Sun.)
Website	<a href="http://www.maman1986.com/">http://www.maman1986.com/</a>
Credit Card	No

Address	Main shop—1040-1 Tobi, Sakurai City, Nara Prefecture Sakurai Station branch—256-6 Kawai, Sakurai City, Nara Prefecture
Closed	Main shop Tue. Sakurai Station branch open all days
Wi-Fi	Yes

## Hase Area



## Haseji (Soba, Tea, Japanese Sweets) Map: p82 ✂️ 17

長谷路

This shop is located in the town that developed around Hasedera Temple. Here, you can enjoy tea, soba, and other Japanese dishes in a building registered as a cultural property.

Price	¥1,080 to ¥1,350
Tel	0744-47-7047
Hours	10:00 to 17:00
Credit Card	No

Address	857 Hase, Sakurai City, Nara Prefecture
Website	<a href="http://www5.kcn.ne.jp/~hasej21/">http://www5.kcn.ne.jp/~hasej21/</a>
Closed	Irregularly
Wi-Fi	No

## Uda Area



## Daiganji Temple (Medicinal Herb Cuisine) Map: p83 ✂️ 21

大願寺

Come to this storied temple with over 1,200 years of history and you can enjoy Buddhist vegetarian cuisine made with medicinal plants and Yoshino kuzu gathered in the local area. It's good for both the body and the spirit! Reservations required.

Price	¥3,800
Tel	0745-83-0325
Hours	11:30 to 14:00
Credit Card	No

Address	736 Oudahirou, Uda City, Nara Prefecture
Website	<a href="http://www11.plala.or.jp/mrfitfuls/daigangi.htm">http://www11.plala.or.jp/mrfitfuls/daigangi.htm</a>
Closed	Irregularly
Wi-Fi	No



## Suyacho (Somen, Soba) Map: p82 ✂️ 18

酢屋長

Come by to enjoy somen, soba, mugwort udon and other noodle dishes, or just a cup of coffee or tea.

Price	¥650 to ¥1,350
Tel	0744-47-7121
Hours	9:00 to 17:00
Credit Card	No

Address	745-1 Hase, Sakurai City, Nara Prefecture
Closed	Irregularly
Wi-Fi	No



## Hilltoco Cafe (Medicinal Herb Cuisine) Map: p83 ✂️ 22

ヒルトココカフェ

This spacious cafe is located in a wide-open, renovated traditional home. They have a variety of dishes, including tea and desserts as well as lunch made with plenty of fresh local vegetables and locally-gathered medicinal herbs.

Price	¥1,620 to ¥2,000
Tel	0745-88-9409
Hours	11:00 to 16:00
Credit Card	No

Address	129 Oudanakanosho, Uda City, Nara Prefecture
Website	<a href="http://www.terrasse.co.jp/hilltoco/">http://www.terrasse.co.jp/hilltoco/</a>
Closed	Wed., irregularly
Wi-Fi	Yes



## Hatsuse Chojatei (Somen, Tea) Map: p82 ✂️ 19

泊瀬長者亭

In addition to somen and other meals, they also have a selection of cafe drinks. This is your information headquarters for the old station town. Stop by to find out about sightseeing spots and other items of interest. They also have a display of Yamato Izumo Figurines, a local specialty product.

Price	¥300 to ¥800
Tel	0744-57-9280
Hours	9:00 to 16:00
Credit Card	No

Address	796 Hase, Sakurai City, Nara Prefecture
Website	<a href="http://hatsuse-no-mori.jpn.org/">http://hatsuse-no-mori.jpn.org/</a>
Closed	Irregularly
Wi-Fi	Yes



## Ichinyoan (Soba, Buddhist Vegetarian) Map: p83 ✂️ 23

一如庵

This restaurant lets you enjoy not only soba but Buddhist vegetarian cuisine. The shop is a renovated traditional home built 150 years ago in a mountainous valley. It's earned a star in the Michelin Guide. Reservations required. They also have fully vegetarian options. (Reservations for 4 or more people must be made 4 days in advance.)

Price	¥1,080 to ¥5,400
Tel	0745-82-0053
Hours	11:00 to 14:30 17:00 to 20:00 (reservation required)
Credit Card	No

Address	1362 Haibarajimyo, Uda City, Nara Prefecture
Closed	Mon., Tue.
Wi-Fi	No



## Kasa Soba Dokoro (Soba) Map: p82 ✂️ 20

笠そば処

Situated high in the mountains, this soba shop commands a beautiful view. Their soba noodles are fresh and delicious, made with buckwheat harvested in the local Kasa area. You can also try your hand at making soba yourself!

Price	¥470 to ¥950
Tel	0744-48-8410
Hours	10:00 to 16:00
Credit Card	No

Address	4408 Kasa, Sakurai City, Nara Prefecture
Website	<a href="http://kassoba.com/">http://kassoba.com/</a>
Closed	Wed. (Open on holidays, and on 28th)
Wi-Fi	No



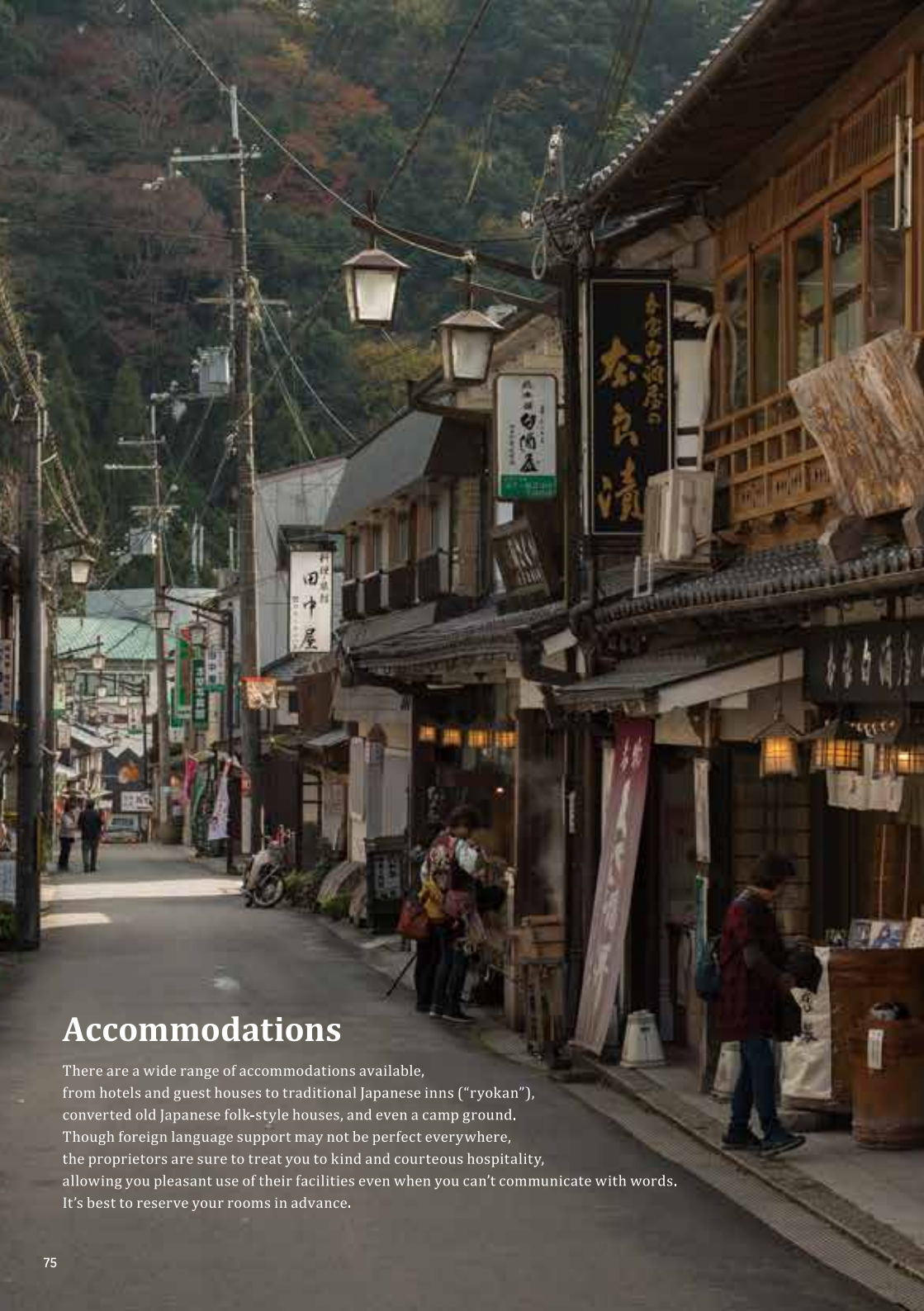
## Pizzeria e Trattoria renone (Italian) Map: p84 ✂️ 24

ピッツェリア エ トラットリア レノン

This little Italian restaurant is located out in the mountains. Here you can enjoy authentic Italian pizza surrounded by nature. It's a popular shop that has customers coming in by car from other cities.

Price	¥1,500 to ¥2,000
Tel	0745-95-3303
Hours	Weekdays 11:00 to 15:00 Weekends and holidays 11:00 to 18:00 (closes when sold out)
Credit Card	No

Address	168 Kozue, Mitsue Village, Uda District, Nara Prefecture
Website	<a href="http://renone.jp/">http://renone.jp/</a>
Closed	Mon., Tue. (Open on holidays, closed next weekday)
Wi-Fi	No



## Accommodations

There are a wide range of accommodations available, from hotels and guest houses to traditional Japanese inns (“ryokan”), converted old Japanese folk-style houses, and even a camp ground. Though foreign language support may not be perfect everywhere, the proprietors are sure to treat you to kind and courteous hospitality, allowing you pleasant use of their facilities even when you can’t communicate with words. It’s best to reserve your rooms in advance.

All prices are for one visitor and include taxes (8% sales tax). Prices as of January 2017. Contents may change from this listing.

### Miwa/Yamanobe Area



#### Taishoro (Japanese Inn) 大正楼 Map: p80 ㊦ 1

This is a beautifully traditional Japanese inn and garden in an old home. It also provides meals made with local Nara ingredients. Their location can be used to host a wedding banquet and reception following a wedding at Omiwa Jinja Shrine, too! Both the owner and staff are kind, courteous, and willing to help guests in English.

Price ¥6,480 to ¥16,200  
Tel 0744-42-6003  
Credit Card No

Address 459 Miwa, Sakurai City, Nara Prefecture  
Website <http://www.taishoro.com/>  
Wi-Fi Some rooms only



#### Machiya Guest House Mimoro (Guest House) 町家ゲストハウス みもろ Map: p80 ㊦ 2

This guest house is located in a renovated traditional home. It’s small, with three rooms that can accommodate a maximum of 10 people. The wonderfully kind owners provide hospitality in English, too.

Price ¥5,400 to ¥9,720  
Tel 0744-35-2705  
Credit Card Visa, MasterCard, Amex

Address 499-2 Miwa, Sakurai City, Nara Prefecture  
Website <http://gh-mimoro.com/>  
Wi-Fi Yes



#### Machiya Guest House Miwa (Guest House) 町家ゲストハウス 三輪 Map: p80 ㊦ 3

This guest house is located in a renovated traditional home. It has an at-home atmosphere where travelers congregate. This guesthouse has a cypress wood bath. They welcome anyone who can communicate in Japanese.

Price ¥5,980 to ¥8,980  
Tel 0744-43-0588  
Credit Card No

Address 400 Miwa, Sakurai City, Nara Prefecture  
Website <http://guesthouse-miwa.com/>  
Wi-Fi Yes



#### Nara Plaza Hotel (Hotel) 奈良プラザホテル Map: p80 ㊦ 4

This hotel received 3 pavilions in the Michelin Guide Nara 2017. The spacious rooms done in a Japanese Modern style feature Simmons beds. Guests of the hotel may use the adjacent Nara Kenko Land facilities free of charge to enjoy 10 different types of bathing facility including outdoor baths fed by natural hot springs.

Price ¥8,000 to ¥39,500  
Tel 0743-64-1126  
Credit Card Visa, MasterCard, Amex, Diners, JCB

Address 600-1 Kabatacho, Tenri City, Nara Prefecture  
Website <http://narakenkoland.net/>  
Wi-Fi Yes (all rooms)

### Sakurai/Tounomine Area



#### L'Auberge de Plaisance Sakurai オーベルジュ・ド・ぶれざんす 桜井 Map: p81 ㊦ 5

Nestled among the beautiful rural scenery of Sakurai’s suburbs, this hotel is famous for its restaurant. Managed by Hiramatsu, a company that’s opened French restaurants across the country, the hotel presents you the chance to rest and relax among beautiful sights while enjoying cuisine made with local Nara ingredients. Visitors are free to come for the restaurant only.

Price ¥51,140 to ¥96,940  
Tel 0744-49-0880  
Credit Card Visa, MasterCard, Amex, Diners, JCB

Address 2217 Taie, Sakurai City, Nara Prefecture  
Website <http://www.hiramatsuhotels.com/plaisance-sakurai/>  
Wi-Fi Yes



#### Tounomine Kanko Hotel (Hotel) 多武峰観光ホテル Map: p81 ㊦ 6

This hotel is directly opposite Tanzan Jinja Shrine. Surrounded by mountains, it’s a place for peaceful rest and relaxation.

Price ¥9,072 to ¥12,960  
Tel 0744-49-0111  
Credit Card Visa, MasterCard, Amex, Diners, JCB, NICOS

Address 432 Tounomine, Sakurai City, Nara Prefecture  
Website <http://www.tounomine.com/>  
Wi-Fi Lobby only



**Hotel Wellness Yamatoji (Hotel)** ホテルウェルネス大和路 **Map: p81** ㊦ 7

This hotel is located in a quiet spot near Asuka. They have rental bicycles available.

**Price** ¥8,400 to ¥21,900  
**Tel** 0744-43-8606  
**Credit Card** Visa, MasterCard, Amex, Diners, JCB, UnionPay

**Address** 299-1 Yamada, Sakurai City, Nara Prefecture  
**Website** <http://www.hotel-wellness.jp/yamatoji/>  
**Wi-Fi** Lobby only



**Petit Hotel Sun Cherry** プチホテル サンチェリー **Map: p81** ㊦ 8

This cozy and homey hotel is located right near Sakurai Station. They offer a full course of French cuisine. There is also a room-only plan available.

**Price** ¥5,940 to ¥12,960  
**Tel** 0744-43-5115  
**Credit Card** No

**Address** 203-4 Sakurai, Sakurai City, Nara Prefecture  
**Website** <http://www.adbest.net/sun.html>  
**Wi-Fi** No

**Hase Area**



**Itaniya (Japanese Inn)** 井谷屋 **Map: p82** ㊦ 9

Pilgrims to Hasedera Temple have stayed at this Japanese inn since ancient times. Also features an onsen hot spring bath. The staff here are very friendly and more than willing to help guests in English.

**Price** ¥11,880 to ¥18,360  
**Tel** 0744-47-7012  
**Credit Card** Visa, MasterCard, Diners, JCB, NICOS

**Address** 828 Hase, Sakurai City, Nara Prefecture  
**Website** <http://www.itaniya.co.jp/>  
**Wi-Fi** Annex only



**Tanakaya (Japanese Inn)** 田中屋 **Map: p82** ㊦ 10

This Japanese inn near Hasedera Temple has remained unchanged for many years. Their homemade sesame tofu is particularly delicious. You can also come here just to enjoy the food.

**Price** ¥10,800 to ¥16,200  
**Tel** 0744-47-7015  
**Credit Card** No

**Address** 748 Hase, Sakurai City, Nara Prefecture  
**Website** <http://www.hase-tanakaya.com/>  
**Wi-Fi** Yes

**Uda Area**



**Sasayuri-Ann (Japanese Old Folk-Style House Inn)** ささゆり庵 **Map: p83** ㊦ 11

This luxurious inn is limited to one party a night. It's a traditional thatched roof house in the Japanese farming village style. From the guest room, you can enjoy a gorgeous view of rice terraces together with the peaks and mountains of Muro Akame Aoyama Quasi-National Park. There's no doubt: your stay here will be the highlight of your journey in Japan. The staff are able to assist you in English.

**Price** ¥14,000/person (minimum 2) to ¥30,000/person (minimum 2)  
**Tel** 0745-88-9402  
**Credit Card** Visa, MasterCard, Amex, Diners, JCB, Toyota Card

**Address** 656 Muroufukano, Uda City, Nara Prefecture  
**Website** <http://stayjapan.jp>  
**Wi-Fi** Yes



**Hashimotoya (Japanese Inn)** 橋本屋 **Map: p83** ㊦ 12

This long-established inn is located next to the wooden arched bridge of Murouji Temple. The famous Japanese photographer Ken Domon often stayed here, and these scenic accommodations have been much loved by many of Japan's cultural figures. You'll be able to enjoy a view onto the arched bridge together with the shifting seasons of Murouji Temple from your room. Their mountain vegetable dishes, which make the very best of fresh, locally-gathered ingredients, are works of art.

**Price** ¥16,200  
**Tel** 0745-93-2056  
**Credit Card** No

**Address** 800 Murou, Uda City, Nara Prefecture  
**Website** <http://www.hashimotoya-uda.jp/>  
**Wi-Fi** No



**B&B Nishimine (Bed and Breakfast)** B&B にしみね **Map: p84** ㊦ 13

This B&B is surrounded by beautiful rustic scenery. With delicious food and a kind-hearted owner, this inn is incredibly popular with overseas visitors. They're able to come and pick you up from Kintetsu Sambommatsu Station (reservation required).

**Price** ¥6,500 to ¥10,000  
**Tel** 0745-92-2206  
**Credit Card** No

**Address** 513 Murounishitani, Uda City, Nara Prefecture  
**Website** <http://mime1903.wixsite.com/bandb-nishimine>  
**Wi-Fi** Yes



**Health Center Miharu (Hotel)** 保養センター 美榛苑 **Map: p83** ㊦ 14

This hotel prides itself on its "beauty waters," hot spring waters that leave your skin feeling soft and moisturized after a soak. Perfectly located as a base for sightseeing, they also provide a free shuttlebus to Haibara Station on the Kintetsu Osaka Line.

**Price** ¥9,400 to ¥14,580  
**Tel** 0745-82-1126  
**Credit Card** Visa, MasterCard, DC

**Address** 255 Haibarafukuchi, Uda City, Nara Prefecture  
**Website** <http://www.qkamura-s.com/miharu/>  
**Wi-Fi** No



**Chinjyusou (Hotel)** 椿寿荘 **Map: p83** ㊦ 15

This hotel provides soothing accommodations nestled in the magnificent nature found in the forests and hot springs of Ouda. The natural beauty seen from the guest suites and the clear, colorless waters of the hot spring come together to soothe the spirit.

**Price** ¥5,076 (one night, with breakfast); ¥9,396 to ¥15,876 (one night, two meals)  
**Tel** 0745-83-1303  
**Credit Card** No

**Address** 267 Oudahongo, Uda City, Nara Prefecture  
**Website** <http://www.chinjyusou.jp/>  
**Wi-Fi** Yes



**Kijiya (Japanese Old Folk-Style House Inn)** 木治屋 **Map: p84** ㊦ 16

This inn is located in a traditional home dating back over 130 years in the village of Soni.

**Price** ¥9,180 to ¥10,800  
**Tel** 0745-94-2551  
**Credit Card** Visa, MasterCard

**Address** 2126-2 Igami, Soni Village, Uda District, Nara Prefecture  
**Website** <http://kijiya-kominka.com/>  
**Wi-Fi** Yes



**Sun Village Soni (Campground)** サンビレッジ 曾爾 **Map: p84** ㊦ 17

This campground is surrounded by nature. Features cottages, bungalows, and camping sites.

**Price** ¥4,800 to ¥15,000  
**Tel** 0745-94-2619  
**Credit Card** Visa, MasterCard

**Address** 911-1 Imai, Soni Village, Uda District, Nara Prefecture  
**Website** <http://www.soni-kogen.com/sun.html>  
**Wi-Fi** Yes



**Omoya (Bed and Breakfast, Japanese Old Folk-Style House Inn)** おもや **Map: p84** ㊦ 18

This B&B has an at-home atmosphere. Many guests from overseas have stayed here. It also features a number of workshops and experiences, including rice harvesting, firewood chopping, and pizza making.

**Price** ¥3,500 to ¥5,000  
**Tel** 080-6923-2197  
**Credit Card** No

**Address** 2415 Sugano, Mitsue Village, Uda District, Nara Prefecture  
**Website** <http://www.fukusan2415omoya.jp/>  
**Wi-Fi** Yes



# Miwa / Yamanobe Area MAP

Information as of January 2017.  
Contents may change.

### Around Shiki District

This inset map shows the Shiki District area, including the Yamatogawa River, Terakawa River, and several burial mounds and shrines. Key locations include Menzuka, Yuzaki Station, Miyake Burial Mound Group, Kuroda Station, Iwami Station, Kitsuki Jinja Shrine, Yasaka Jinja Shrine, Nishi-Tawaramoto Station, and Tawaramoto Station. It also shows the Kintetsu Kawaramoto Line and Kintetsu Kashihara Line.

### Around Miyake Burial Mound Group

This inset map focuses on the Miyake Burial Mound Group, showing several individual mounds such as Shimanoyama, Teranomae, Nasuzuka, Mutsuzuka, Takayama, Annoyama, Hyotanyama, and Kuroda Otsuka. It also indicates the location of Yuzaki Station, Iwami Station, and the Kintetsu Kashihara Line.

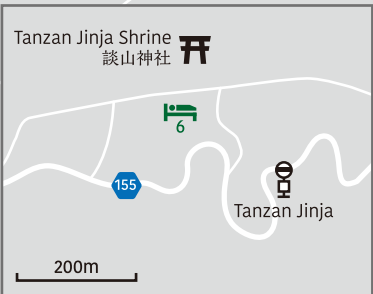
This section of the map covers the area around Isonokami Jingu Shrine (石上神宮) and Uchiyamaeikyujii Temple Ruins (内山永久寺跡). It shows the Yamatogawa River, Nagara Station, Oyamoto Jinja Shrine (大和神社), and the Kayo Moated Settlement (萱生環濠集落). A red line highlights a specific route through the area.

This section of the map covers the area around Yanagimoto Station and Makimuku Station. It features numerous shrines (e.g., Kasuga Jinja Shrine, Susunoo Jinja Shrine, Ichikishima Jinja Shrine, Hashihaka Burial Mound, Chihara Ohaka Burial Mound, Hokenoyama Burial Mound, Sai Jinja Shrine, Omiwa Jinja Shrine) and burial mounds (e.g., Katsuyama, Yazuka, Makimuku, Higaida Otsuka, Hashihaka, Chihara Ohaka, Gassan Kinenkan Hall). It also shows the Yamatogawa River, Hashinaka, and the Origin of Japanese Buddhism Monument. A red line highlights a specific route through the area.

	Shrine		Gourmet
	Temple		Shopping
	Things to see		Lodging
	Train Station		Information
	Bus Stop		Bank
	Post Office		Police
	Seven Bank ATM		Hospital

# Sakurai/Tounomine Area MAP

Information as of January 2017.  
Contents may change.



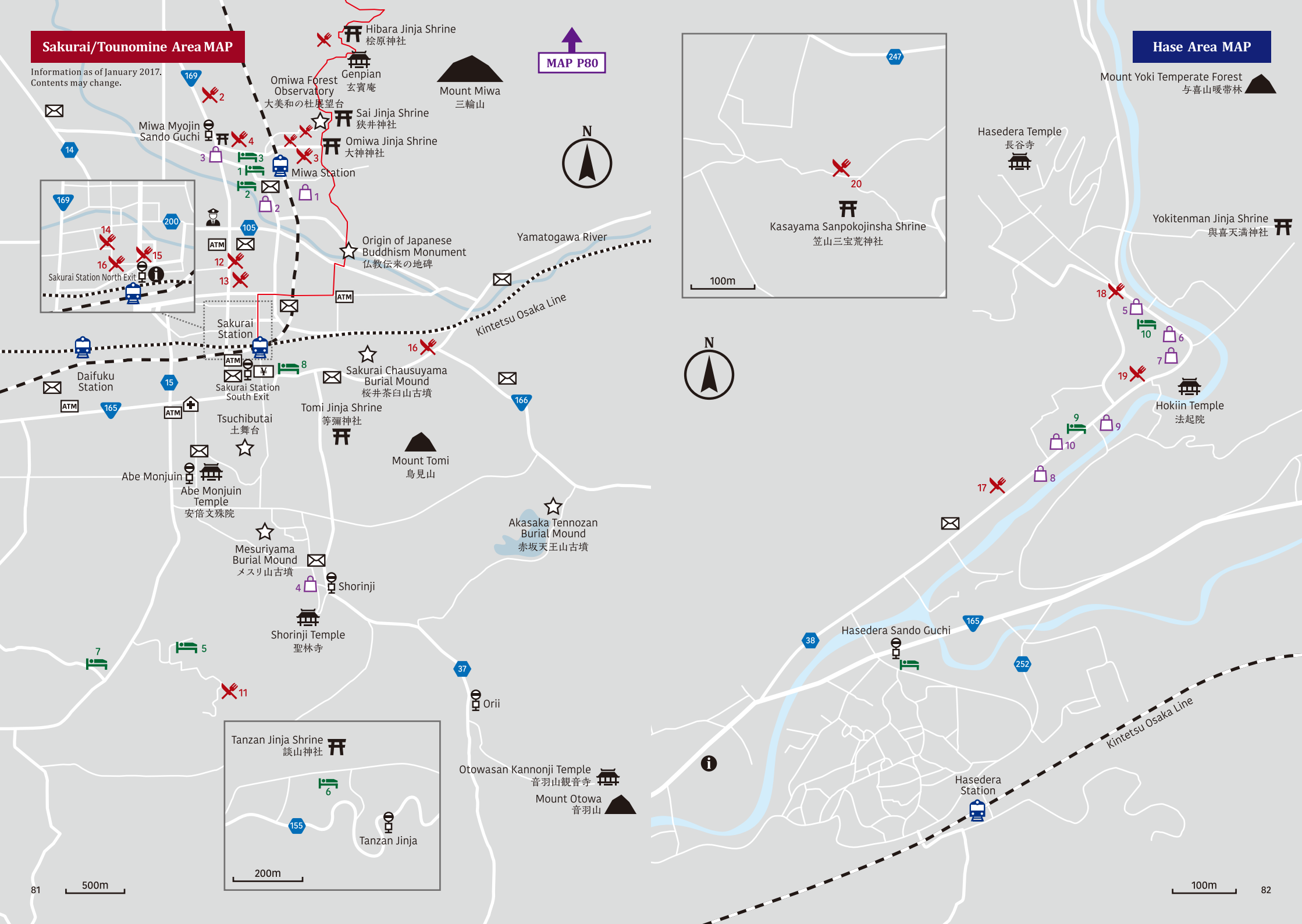
MAP P80



# Hase Area MAP

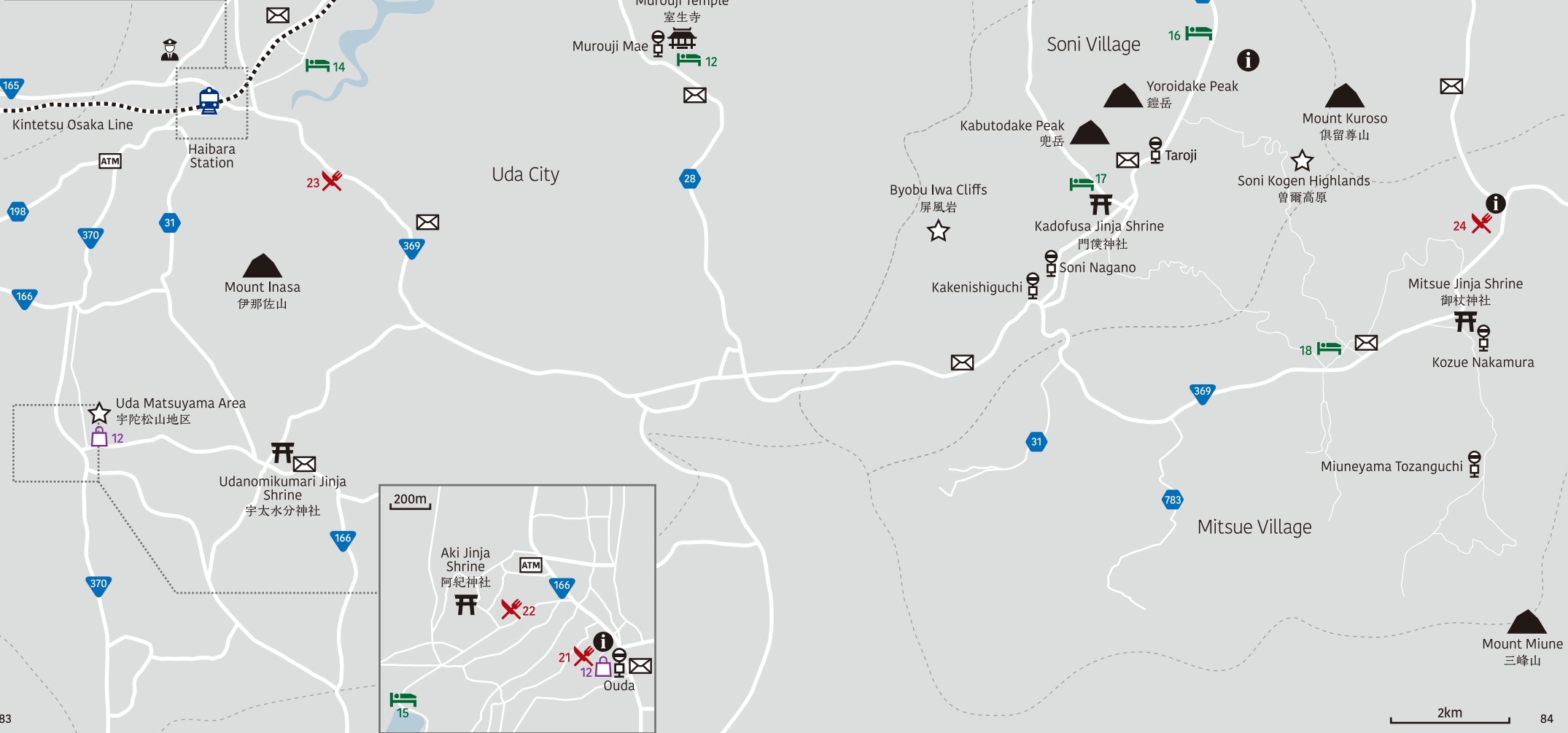
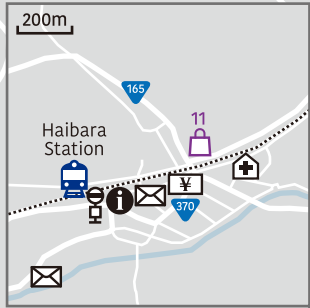


Mount Yoki Temperate Forest  
与喜山暖帯林



# Uda Area MAP

Information as of January 2017.  
Contents may change.



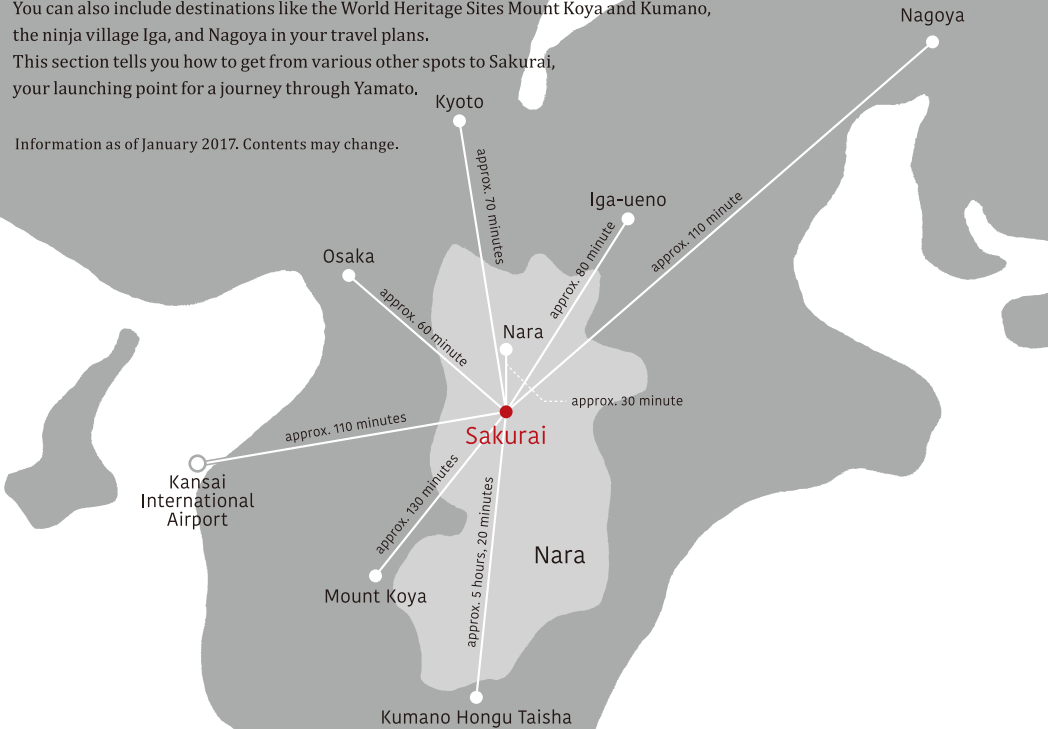
2km

# Travel Skills

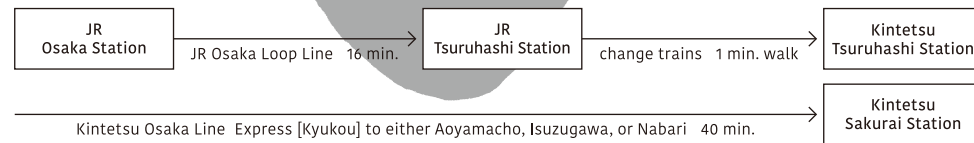
## Getting to Yamato

With easy to access from Osaka, Kyoto, and Nara, Yamato is great for a day trip. You can also include destinations like the World Heritage Sites Mount Koya and Kumano, the ninja village Iga, and Nagoya in your travel plans. This section tells you how to get from various other spots to Sakurai, your launching point for a journey through Yamato.

Information as of January 2017. Contents may change.

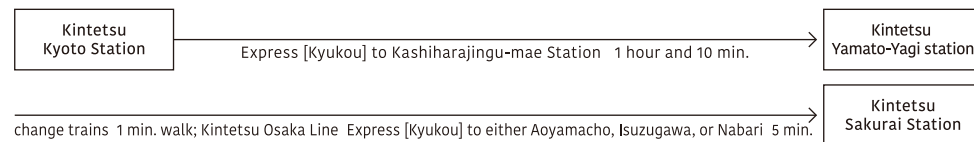


### Osaka → Sakurai Time: approx. 60 minutes Fare ¥800



When coming from Osaka to Sakurai, we recommend either the express [Kyukou] or rapid express [Kaisoku Kyukou] to save time. The limited express [Tokkyu] is fast, but it doesn't stop at Sakurai Station. Also, the limited express [Tokkyu] comes with additional charges. Because of the risk of going past Sakurai Station, we don't recommend it. If you do come by limited express [Tokkyu], it's best if you switch at Yamato-Yagi Station to a non-limited express train going to Sakurai.

### Kyoto → Sakurai Time: approx. 70 minutes Fare ¥940



Use either the express [Kyukou] or limited express [Tokkyu] when coming from Kyoto. The express [Kyukou] takes about an hour and 10min. The limited express [Tokkyu] is 50 minutes.

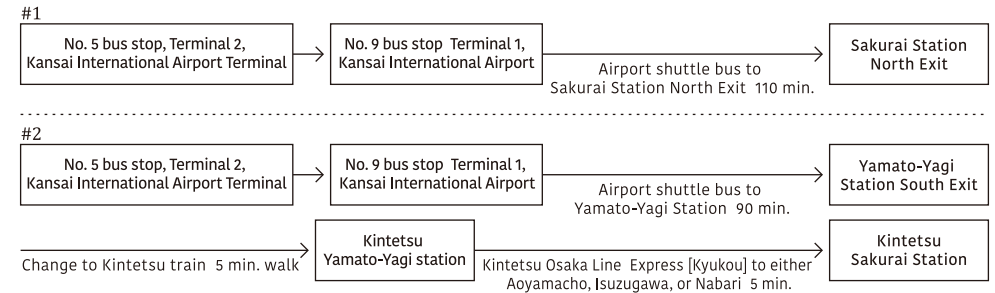
### Nara → Sakurai Time: approx. 30 minutes Fare ¥320



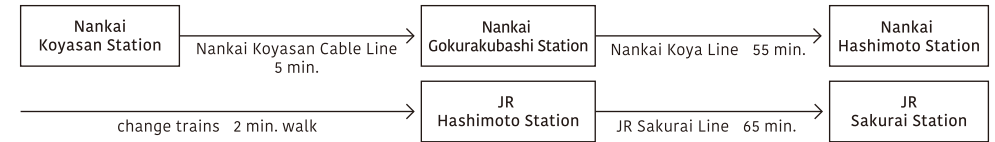
### Kansai International Airport → Sakurai

1) Time: approx. 110 minutes Fare: ¥1,950  
2) Time: approx. 100 minutes Fare: ¥2,160

Some times of day have a direct bus connection to Sakurai (option #1). If you can't catch one of these, go to Yamato-Yagi Station and connect there (option #2).

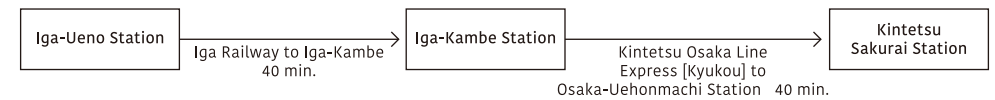


### Mount Koya → Sakurai Time: approx. 130 minutes Fare ¥1,670



\*JR doesn't run many trains. Also, you may need to wait quite a long time between transfers. Keep this in mind when using JR.

### Iga-Ueno → Sakurai Time: approx. 80 minutes Fare ¥1,030



### Kumano → Sakurai Time: approx. 5 hours, 20 minutes Fare ¥4,160



Be warned, there aren't many buses.

### Nagoya → Sakurai Time: approx. 110 minutes Fare ¥3,830

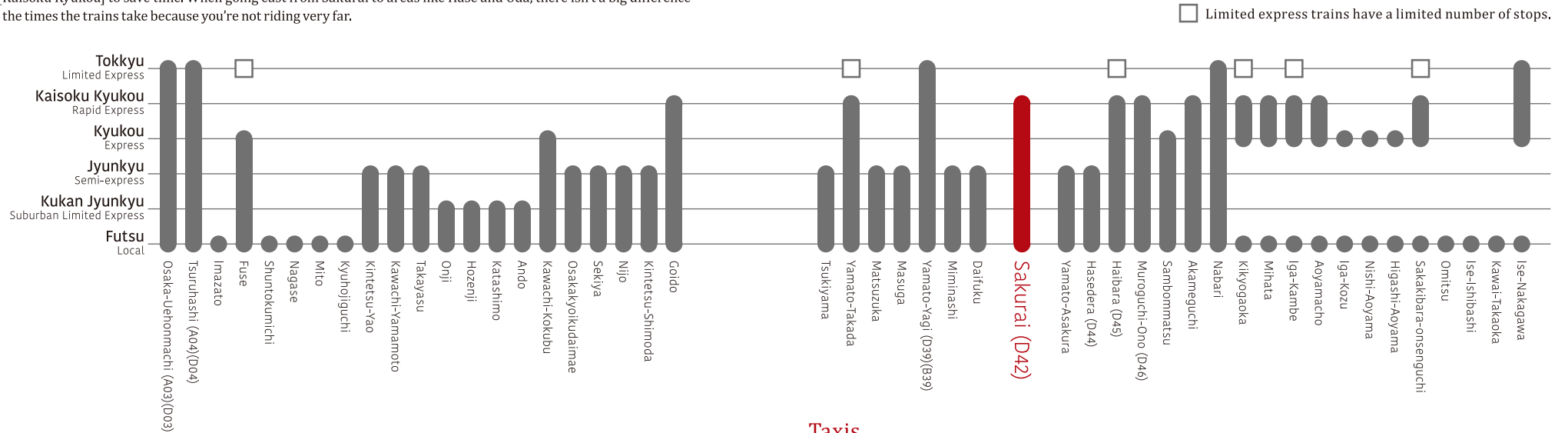


## Transit in Yamato

### Train

#### Kintetsu Osaka Line

This train runs east and west in Yamato. It's the main way of getting around in the area. Trains run frequently. However, note that there are six different types of train: limited express [Tokkyu], rapid express [Kaisoku Kyukou], express [Kyukou], semi-express [Jyunkyu], and suburban semi-express [Kukan Jyunkyu], in addition to local trains. Please refer to the route map. When coming from the direction of Osaka to Sakurai using Kintetsu, we recommend either the express [Kyukou] or rapid express [Kaisoku Kyukou] to save time. When going east from Sakurai to areas like Hase and Uda, there isn't a big difference between the times the trains take because you're not riding very far.



#### JR Sakurai Line

JR runs north and south through the center of Yamato. This line connects Nara Station to Yamato-Takada Station. Use this line when going back and forth between Nara and Sakurai or when you go to Miwa / Yamanobe areas. There are two trains an hour in the morning and evening, and only one train an hour otherwise. Almost all of the trains stop at every station.

#### Kintetsu Kyoto and Kashihara Lines

These lines run north and south in the eastern part of Yamato. They connect Kyoto to Kashihara Jingu Shrine in Kashihara City, which neighbors Sakurai City. Use either the express [Kyukou] or limited express [Tokkyu] when coming from Kyoto. The express [Kyukou] takes about an hour and 10 min. The limited express [Tokkyu] is 50 minutes, but you'll need a limited express ticket in addition to a regular ticket.

### Buses

Local buses are the best way to travel to sightseeing spots in Sakurai, Tounomine, and Uda areas. There really aren't that many buses, so keep an eye on the time. Check the access column of each destination.

### Taxis

You'll be able to pick up a taxi at any of the train stations. There are hardly any taxis on the streets or at the sightseeing spots, so it's usually better to call one.

#### Miwa/Yamanobe Area - Sakurai/Tounomine Area - Hase Area

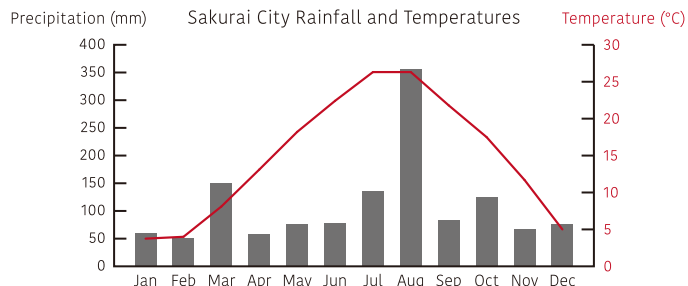
▶ Hinomaru Kotsu	Tel	0744-42-3255
▶ Sakurai Kotsu	Tel	0744-42-6571
▶ Nara Kintetsu Taxi, Towa office	Tel	0743-63-1131
▶ Tenri Hattori Taxi	Tel	0743-62-1666
▶ Nagara Taxi	Tel	0743-66-0088
▶ Nishimura Taxi	Tel	0744-32-2143
▶ Himawari Taxi	Tel	0745-56-4188
▶ Fuji Taxi	Tel	0744-32-2455
▶ Miyake Kotsu	Tel	0745-44-4000

#### Uda Area

▶ Nara Kintetsu Taxi, Uda office	Tel	0745-82-0155
▶ Komiya Taxi	Tel	0745-84-2020
▶ Ote Taxi	Tel	0745-94-2040

## Climate

The climate isn't too different from Kyoto or Osaka. The Uda area is a highland and can be a little cooler.



## Currency Exchange/ATMs

### The Nanto Bank

Currency can be exchanged at the following branches.

▶ Sakurai branch	<b>Address</b> 281-4 Sakurai, Sakurai City, Nara Prefecture ( from Jan. 2018~ )	<b>Tel</b> 0744-42-3355
	<b>Address</b> 1259 Sakurai, Sakurai City, Nara Prefecture ( untill Dec. 2017 )	
▶ Tenri branch	<b>Address</b> 303-1 Kawaharajocho, Tenri City, Nara Prefecture	<b>Tel</b> 0743-63-1811
▶ Yuzaki branch	<b>Address</b> 690-1 Yuzaki, Kawanishi Town, Shiki District, Nara Prefecture	<b>Tel</b> 0745-44-1881
▶ Tawaramoto branch	<b>Address</b> 181-4 Tawaramoto Town, Shiki District, Nara Prefecture	<b>Tel</b> 0744-32-8081
▶ Haibara branch	<b>Address</b> 2439-6 Haibarahagihara, Uda City, Nara Prefecture	<b>Tel</b> 0745-82-1501

Currencies: US dollars, Euro, Canadian dollars, Australian dollars, South Korean won

\*Exchange is capped at 500 dollars (USD, CAD, or AUD), 500 Euro, or 500,000 South Korean won per transaction

**Hours** 9:00 to 15:00

**Closed** Weekends and holidays

### Tenri Post Office

**Sells:** US dollars, Euro

**Buys:** US dollars, Euro, Chinese yuan, Canadian dollars, British pounds, South Korean won, Australian dollars, Swiss francs

\*For purchases of foreign currency (bills), exchange is capped at no more than 300,000 yen (Japanese yen equivalent) per transaction.

**Address** 296-5 Kawaharajocho, Tenri City, Nara Prefecture

**Tel** 0743-62-0804

**Hours** 9:00 to 16:00

**Closed** Weekends and holidays

\*For the services above, you must present some form of legal ID (e.g., passport) to the bank/post office.

**Map lists post office and 7-11 ATMs**

## Lost and Found, Difficulties, Accidents, Etc.

**Miwa/Yamanobe Area Sakurai/Tounomine Area Hase Area**

▶ Sakurai Police Department **Address** 49-1 Miwa, Sakurai City, Nara Prefecture **Tel** 0744-46-0110

**Miwa/Yamanobe Area**

▶ Tenri Police Department **Address** 22-4 Tabecho, Tenri City, Nara Prefecture **Tel** 0743-62-0110

▶ Tawaramoto Police Office **Address** 24-1 Shinmachi, Tawaramoto Town, Shiki District, Nara Prefecture **Tel** 0744-33-0110

**Uda Area**

▶ Uda Police Office **Address** 1953-1 Haibarahagihara, Uda City, Nara Prefecture **Tel** 0745-82-0110

## Illness, Injury, Etc.

**Miwa/Yamanobe Area Sakurai/Tounomine Area Hase Area**

▶ Saiseikai Chuwa Hospital **Address** 323 Abe, Sakurai City, Nara Prefecture **Tel** 0744-43-5001

**Miwa/Yamanobe Area**

▶ Tenri Yorozu Sodansho Hospital **Address** 200 Mishimacho, Tenri City, Nara Prefecture **Tel** 0743-63-5611 (Ikoi no Ie)

▶ Kokuho Central Hospital **Address** 404-1 Miyako, Tawaramoto Town, Shiki District, Nara Prefecture **Tel** 0744-32-8800

**Uda Area**

▶ Uda City Hospital **Address** 815 Haibarahagihara, Uda City, Nara Prefecture **Tel** 0745-82-0381

## Information Centers

**Sakurai/Tounomine Area**

▶ Sakurai Tourism Information Office

**Address** Inside Kintetsu Sakurai Station

**Tel** 0744-44-2377

**Hours** 8:30 to 17:00

**Closed** Dec. 29 to Jan. 3

**Miwa/Yamanobe Area**

▶ Tenri City Trail Center

**Address** 577-1 Yanagimotocho, Tenri City, Nara Prefecture

**Tel** 0743-67-3810

**Hours** 8:30 to 17:00

**Closed** Irregularly

▶ "Shiki no Sato" Tourism Station Tawaramoto Tourism Association

**Address** 193 Tawaramoto Town, Shiki District, Nara Prefecture (right after leaving the east ticket gate at Tawaramoto Station on the Kintetsu line)

**Tel** 0744-33-4560

**Hours** 9:00 to 16:00

**Closed** Tue., Dec. 29 to Jan. 3

**Hase Area**

▶ Hase Tourism Center

**Address** 1593-2 Hase, Sakurai City, Nara Prefecture

**Tel** 0744-44-3331

**Hours** 8:30 to 17:00

**Closed** Tue., Wed.; Dec. 29 to Jan. 3

**Uda Area**

▶ Uda Midokoro Uda City Tourism Information Office

**Address** 2427 Haibarahagihara, Uda City, Nara Prefecture

**Tel** 0745-88-9049

**Hours** 9:00 to 17:00

**Closed** New Year's holidays

▶ Roadside Station (Michino Eki) Udaji Ouda Akinoyado

**Address** 714-1 Oudahirou, Uda City, Nara Prefecture

**Tel** 0745-83-0051

**Hours** 9:00 to 19:00

**Closed** New Year's holidays

▶ Mitsue Village Tourism Information Office

**Address** 6330 Kozue, Mitsue Village, Uda District, Nara Prefecture inside the Roadside Station (Michino Eki) Isehonkaido Mitsue

**Tel** 0745-95-6126

**Hours** 10:00 to 16:00

**Closed** Tue.

## Questions about this publication

▶ Tourism & Development Division, Sakurai City Hall

**Address** 432-1 Odonon, Sakurai City, Nara Prefecture

**Tel** 0744-48-3110

**Hours** 8:30 to 17:15

**Closed** Weekends and holidays

**Website** <http://www.city.sakurai.lg.jp/sosiki/soumu/soumuka/Englishpage/> **Mail** [kanko@city.sakurai.lg.jp](mailto:kanko@city.sakurai.lg.jp)

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