

Middle South

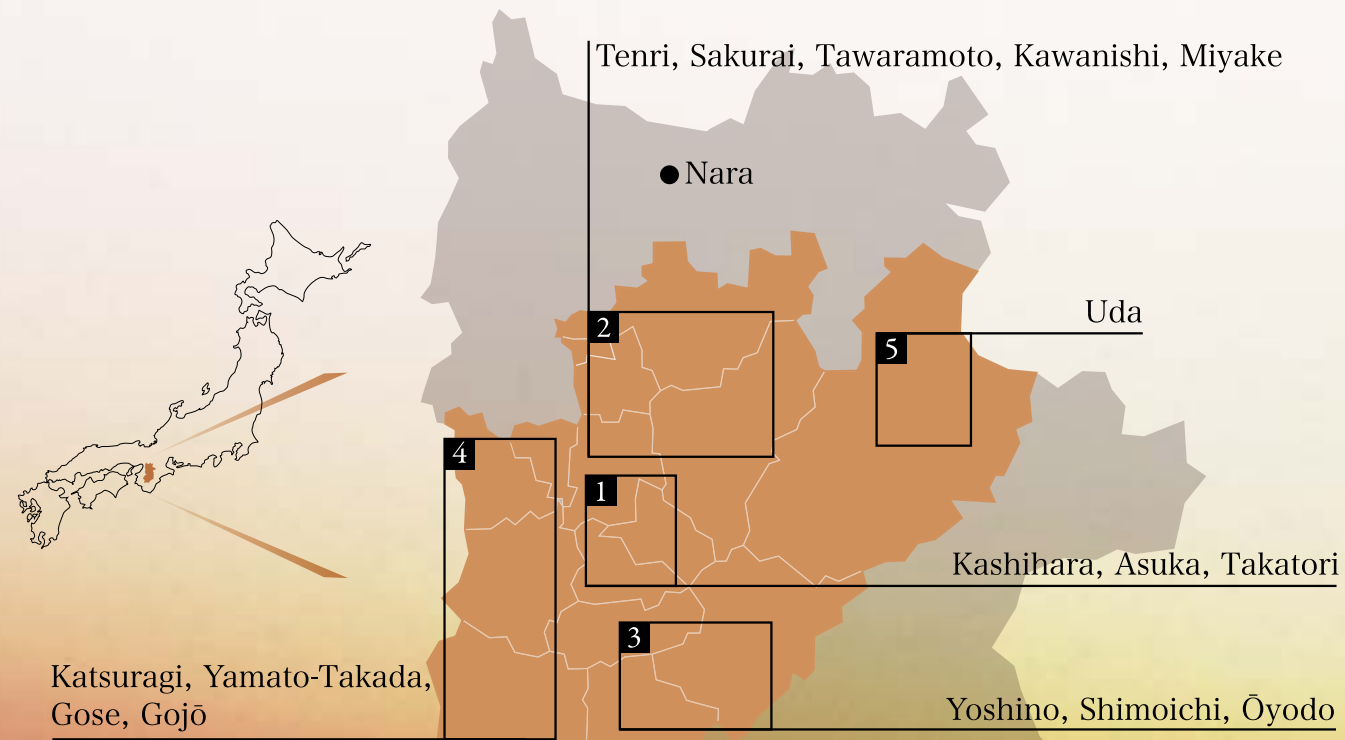
Nara

Slow and Real Japan



Getting to Middle South Nara

The area called Chūnanwa, meaning Middle South Nara, comprises 16 municipalities. Each of these boasts its own unique character and culture and is bursting with charm.



Get to know the real Nara— Just one day is all it takes

• From Ōsaka

Get there quickly and conveniently from Namba or Tennōji. You can also get there easily from Shin-Ōsaka.

• From Kyōto

The Kintetsu or JR lines will take you straight to Middle South Nara. You can also go straight to the southern part of Nara.

• To and from Kansai Airport

It's only about an hour from the airport. You can also drop by Middle South Nara on your way back to the airport.



Middle South Nara—Take it slow and natural. Nara with no frills, Japan as it was.

Now *here's* a Nara
I've never seen before.

Middle South Nara is like a parade of new discoveries. I'm learning so much amazing stuff about Nara for the first time. The more I see, the more I like it!



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1 Tour historical sites in the land where Japan was born

Kashihara City, Asuka Village, Takatori Town

Kashihara-jingū Shrine was built on the site where it's said that Jimmu, Japan's very first emperor, assumed power. Not far away is Fujiwara-kyō, which many call Japan's first true city. So make a visit to the historic places that formed Japan's roots.



Kashihara-jingū Shrine
A holy shrine surrounded by serene forest



Kauntei Inn (Imai-chō)

Pay your respects at Kashihara-jingū Shrine and wander the streets of Imai-chō. Then see the many tumuli in Asuka.

Note: Times are an estimate of what it would take an average adult to get around.

6
hours



① Kintetsu Yamato-Yagi Sta. → Kashihara-jingū → Imai-chō → Fujiwara Palace Site → Tumuli of Asuka → Amakashino-oka → Stretch a little further → Masuda no Iwafune or rice terraces of Inabuchi → Imai-chō (stay the night)



Imai-chō
The homes and shops in this old temple town date back to the Edo Period



Fujiwara Palace Site
Japan's birthplace, surrounded by the Yamato Sanzan (Three Mountains of Yamato)



Ishibutai Tumulus
The tumuli in Asuka Village are of all shapes and historical significance



Amakashino-oka Hill
A great view of the scenery of the season



Rice terraces of Inabuchi
Rice terraces painted in the brilliant colors of spider lilies (In bloom from mid to late September)



Haniwa Manjū (bean-paste sweets)
For sale on the first floor of the Kashihara Oak Hotel



Masuda no Iwafune megalith
A mysterious, massive stone of unanswered questions



Kashihara City Tourism Exchange Center
Asuka Tourist Information Center



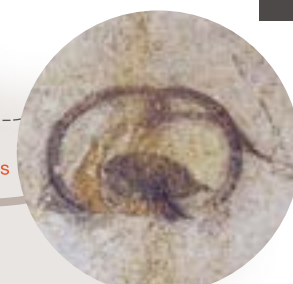
② Tourist information center with English-speaking staff
③ Bicycle rentals
④ Rest area with local information, restaurants, and souvenirs



Kashihara City Takamatsuzuka Tumulus



Dangoshō (sweet dumplings)



Kitora Tumulus mural



Asuka Ruby strawberries

Tsubosakadera Temple
The 20-meter-high Kannon statue is a sight to see



Take the bus, and then walk from Tsubosakadera to Takatori Castle. Enjoy the hike to these historic castle ruins.

Note: Times are an estimate of what it would take an average adult to get around.

5
hours



Takatori Castle Ruins
The remains of a massive castle built at the top of Mt. Takatori



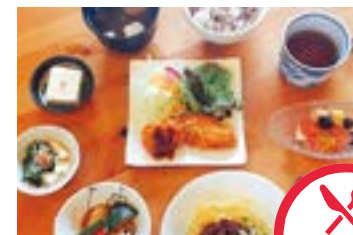
Saru-ishi (monkey stone)
A stone statue located along the trail up to Takatori Castle



Tosa-kaidō Road
Old merchants' homes and samurai residences line this ancient road



Medicine Museum
Medicine-related artifacts are housed in the tourist information center



Noco Noco Cafe
A quaint coffee shop in the old castle town



Look for me!



There's excitement and discovery around every corner here in the land Japan was born. And the views are breathtaking.



2 Stroll ancient paths of adventure

Tenri City, Sakurai City, Tawaramoto Town, Kawanishi Town, Miyake Town

Yamanobeno-michi, Japan's oldest official road, runs north and south along the foot of the mountains of the Nara Basin. To its west is Taishi-michi (Prince Road), said to have been traveled by Japan's legendary Prince Shōtoku about 1,400 years ago. Steeped in history and a mysterious air, it's a walk you won't want to miss.



Yamanobeno-michi
A walk here will conjure up images of ancient adventure



Statue of Prince Shōtoku on his horse



Karako-Kagi Historical Park
One of the largest archeological sites of a moated settlement from the Yayoi Period (300 B.C. to 300 A.D.). In addition to a moat, vegetation from the period has been planted to recreate the forests of that time.



Take the popular trail between Tenri and Sakurai. Enjoy the walk past temples, shrines, and tumuli.
Note: Times are an estimate of what it would take an average adult to get around.

5 hours



① JR or Kintetsu Tenri Sta. → Isonokami-jingū → Yamanobeno-michi → Tenri Trail Center → Chōgakuji → Ōmiwa-jinja → Morishō Sōmen Restaurant → Stretch a little further → JR Miwa Sta. → Sakurai Sta. → Kintetsu Hasedera Sta. → Nara Hasedera → Miwa (stay the night)

Feel the wind in your face along Taishi-michi and other cycling paths. Meander through rice fields and past a charming moated settlement.
Note: Times are an estimate of what it would take an average adult to get around.

3 hours



② Kintetsu Tawaramoto Sta. → Rent a bicycle at Shikino-sato → Tawaramoto old temple town → Take the Taishi-michi to Kawanishi and Miyake → Lunch at Nebooca Cafe → Cycle around Taishi-michi → Karako-Kagi Historical Park → Shop at Resti Karako-Kagi Roadside Station



Isonokami-jingū Shrine
The hall of worship, built in the 12th century, is a National Treasure



Chōgakuji Temple
Known as the "temple of flowers"



Ōmiwa-jinja Shrine
Japan's oldest shrine, whose deity resides on Mt. Miwa behind it



Morishō Sōmen Restaurant



Nara Hasedera Temple
Surrounded by trees and flowers, it's renowned as a sacred site for worshipping Kannon. 7,000 peonies bloom here from mid-April to early May.



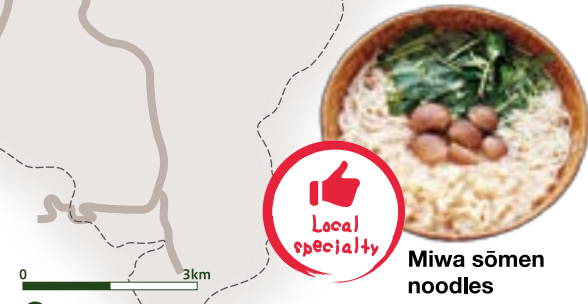
Machiya Guesthouse Mimoro



Machiya Guesthouse Miwa



Shikino-sato Visitor Center



Miwa sōmen noodles



Old temple town of Tawaramoto
An idyllic townscape unchanged for centuries



Taishi-michi, cycling paths
Prince Shōtoku used to ride his horse along this road from Ikaruga to Asuka



Menzuka monument
Stone monument marks the spot of the birthplace of the Kanze style of Noh drama

Local specialties



Yuzaki nebuca shōchū (distilled liquor)



Miyake satoimo shōchū (distilled liquor)
Made from satoimo (taro) and rice grown in Miyake

Getting immersed in Nara's rich history is like going on a magical adventure. This is definitely something you can't do in a big city!



3 Let nature heal your soul

Yoshino Town, Ōyodo Town, Shimoichi Town

The richly green, majestic mountains are one of the main reasons for Nara's lasting appeal. In this land where residents carry on the lifestyle and traditional culture of their ancestors, you'll find wealth of experiences waiting to move and excite you.



Ōada Kōgen Pear Orchard
Over 40 farms grow nashi pears here. Find the variety that's right for you.



Make lamps from Japanese cypress or cedar
Akari Yoshino

Nashi pear picking
Ryūsuien and Hakusuien orchards (August to October)



Bancha
(sun-dried and roasted green tea) of Ōyodo, Yoshino



Chagayu
(tea rice porridge, traditional local dish) lunch



Make kakinoha-zushi
(sushi wrapped in persimmon leaf) Hirasō Yoshino Main Shop



Mt. Yoshino
One of Japan's best places to see cherry blossoms

Yoshino's 1,000 cherry trees
(In bloom from early to late April)

From seasonal flavors and traditional crafts to natural hot springs. Venture into the mountains to experience the true Nara.

6 hours



① Kintetsu Fukugami Sta. → Take the bus or a taxi → Pick pears or make your own lamp → Yoshinoji Ōyodo i Center Roadside Station → Tsurube Sushi Yasuke → Make your own chopsticks or visit the sanbō workshop → Akitsusō Meisuiikan Gonta no Yu → Stay the night in Shimoichi

Enjoy the seasonal colors of Mt. Yoshino. Reach out and touch the heart of Japan.

6 hours



② Kintetsu Yoshino Sta. → Ropeway (when out of service, take the bus) → Mt. Yoshino → Kinpusen-ji → Yoshimizu-jinja → Yoshino Mikumari-jinja → Make some kakinoha-zushi or kuzukiri (reservations needed) → Stay the night in Yoshino → Morning service at Kinpusen-ji



Akitsusō Meisuiikan Gonta no Yu hot spring
Relax in the unique waters in the hot spring town of Shimoichi, Yoshino



Hirohashi Ume Forest
5,000 ume plum trees form a sea of pink blossoms (In bloom from early to late March)



Tour sanbō tray factory at Yoshitani Woodworking
Made to hold religious offerings, sanbō trays are a traditional craft



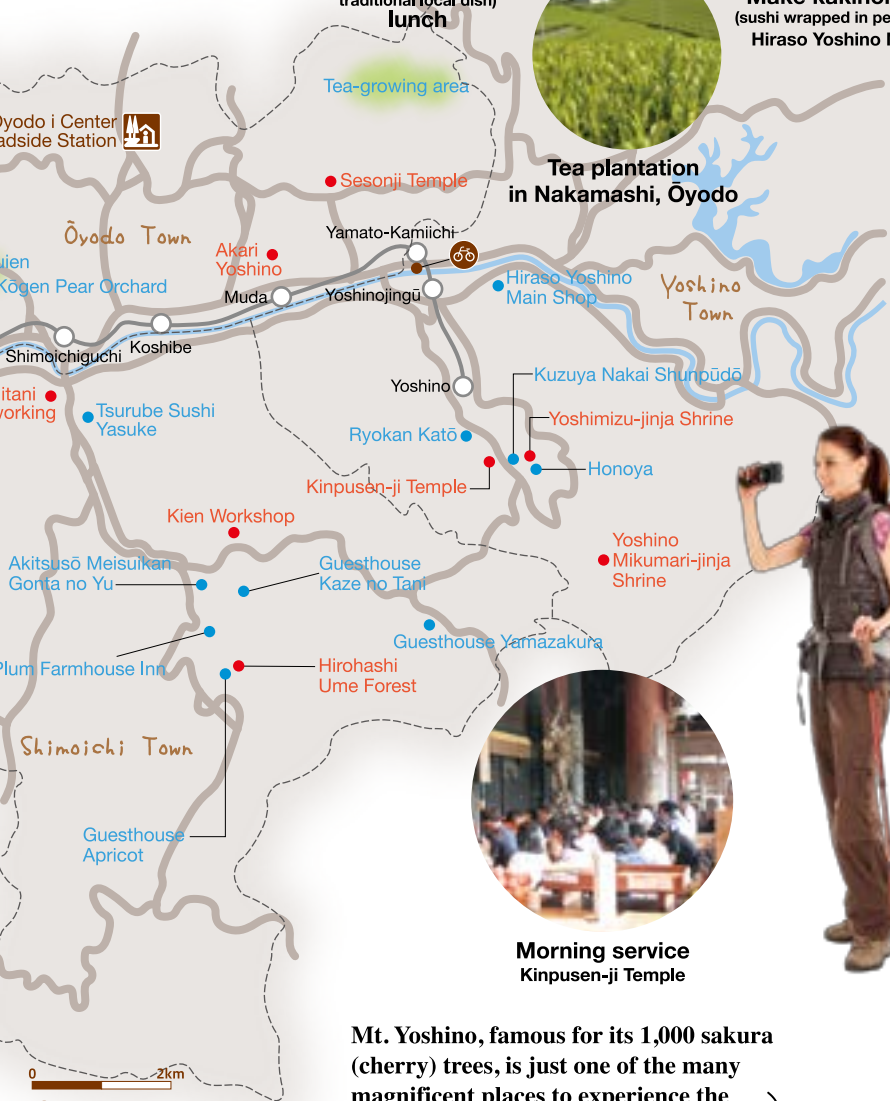
Tsurube Sushi Yasuke
Sushi restaurant in business for over 800 years



- ① Guesthouse Yamazakura
- ② Guesthouse Kaze no Tani
- ③ Guesthouse Apricot
- ④ Plum Farmhouse Inn



Make disposable chopsticks at Kien Workshop
In Shimoichi, the birthplace of disposable chopsticks



Morning service
Kinpusen-ji Temple

Mt. Yoshino, famous for its 1,000 sakura (cherry) trees, is just one of the many magnificent places to experience the seasonal wonders of Nara. There are also plenty of hands-on activities.



Kinpusen-ji Temple
Located on Mt. Yoshino, it's the head temple of the Shugendō religion



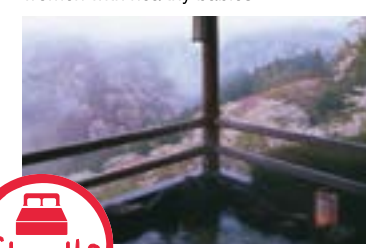
Yoshimizu-jinja Shrine
A great view of Mt. Yoshino from the shrine grounds



Yoshino Mikumari-jinja Shrine
The shrine deity is reputed to bless women with healthy babies



Make kuzukiri
(sweets made from arrowroot starch) Kuzuya Nakai Shunpūdō



Honoya Inn
A bird's-eye view of Yoshino from the open-air bath



Ryokan Katō
Surrounded by the magnificent Yoshino mountains, this Japanese-style inn is popular with both Japanese and foreign tourists



4 Surround yourself in the tranquil 5 scenery, lifestyle, and culture

🚗 Katsuragi City, Gose City, Gojō City, Yamato-Takada City, Uda City 🚗

Journey through natural splendor that will treat you to everything Middle South Nara has to offer. Whether you glide past the gorgeous scenery on a bicycle or in a car, you'll find plenty to enjoy.



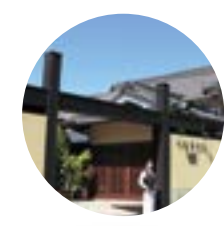
Katsuragi Road
This ancient road is renowned for its spider lilies



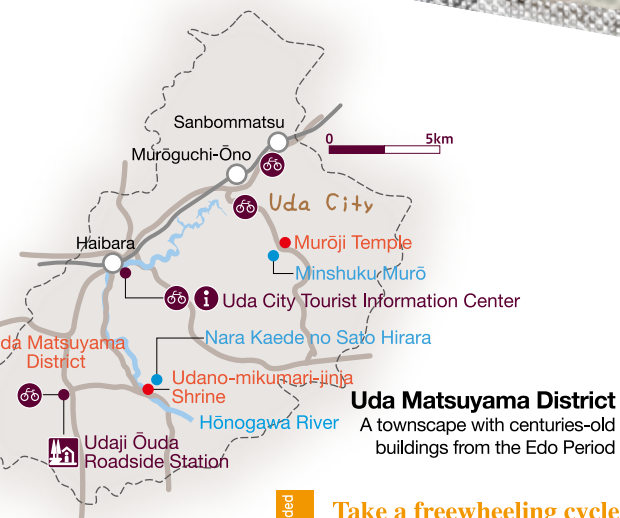
Dress up as an oiran
(at Yamatozakura)



Kurosu Rāmen



Verde Tsuji-jin
(French restaurant)



Uda Matsuyama District
A townscape with centuries-old buildings from the Edo Period

Recommended route
Spend a day taking in Japan's rich traditional culture. It'll be an experience you won't soon forget.

6 hours



① Kintetsu Yamato-Yagi Sta. (rent a car) → Yamato-Takada → Chūjōdō Mochi Shop → Sumo Museum "Kehaya-za" → Taimadera → Katsuragi Hitokotonushi-jinja → Katsuragi Road → Kuhonji → Gose-Gojō Nostalgic Road (Route 30) → Gojō Shinmachi → Stay the night

Recommended route
Take a freewheeling cycle to experience the sights and sounds of natural Nara.

6 hours



② Kintetsu Haibara Sta. → Rent a bicycle → Cycle along Hōnogawa River → Udano-mikumari-jinja → Nara Kaede no Sato Hirara → Stroll around Uda Matsuyama → Udaji Ōuda Roadside Station (return bicycle) → Take the bus and train → Kintetsu Murōguchi-Ōno Sta. → Murōji → Stay the night



Sumo Museum "Kehaya-za"
One of Japan's most unusual sumo museums. Anyone can step up on to the sumo ring.



Ōnaka Park
The rows of cherry blossoms illuminated at night are also beautiful (Late March to early April)



Taimadera Temple
The only temple with its original two east and west pagodas standing, built prior to the 16th century



Kuhonji Temple



Katakami Soy Sauce Brewery



Uda City Tourist Information Center
(in front of Kintetsu Haibara Sta.)



Hōnogawa River
Soak up the scenery as you cycle along the river



Udano-mikumari-jinja Shrine
Located on the Hōnogawa River, this shrine is dedicated to the god of water



Katsuragi Hitokotonushi-jinja Shrine
It's said that wishes spoken with a single word will be granted



Gojō Shinmachi
The streets here are lined with homes and shops remaining from the 17th to early 20th centuries



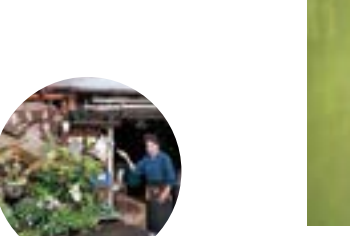
Yanaseya (Gojō Shinmachi)
Lodging at this exclusive inn is limited to only one group per day



Kuhonji Temple



Katakami Soy Sauce Brewery



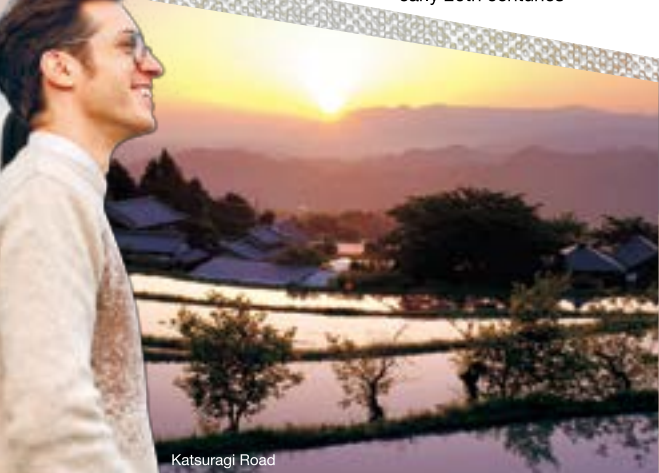
Umemoto Tōfu Shop



Nara Kaede no Sato Hirara
The former Uda Elementary School has been converted into a park



Udaji Ōuda Roadside Station
Restaurants, farmers' market, souvenirs, and more



There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!



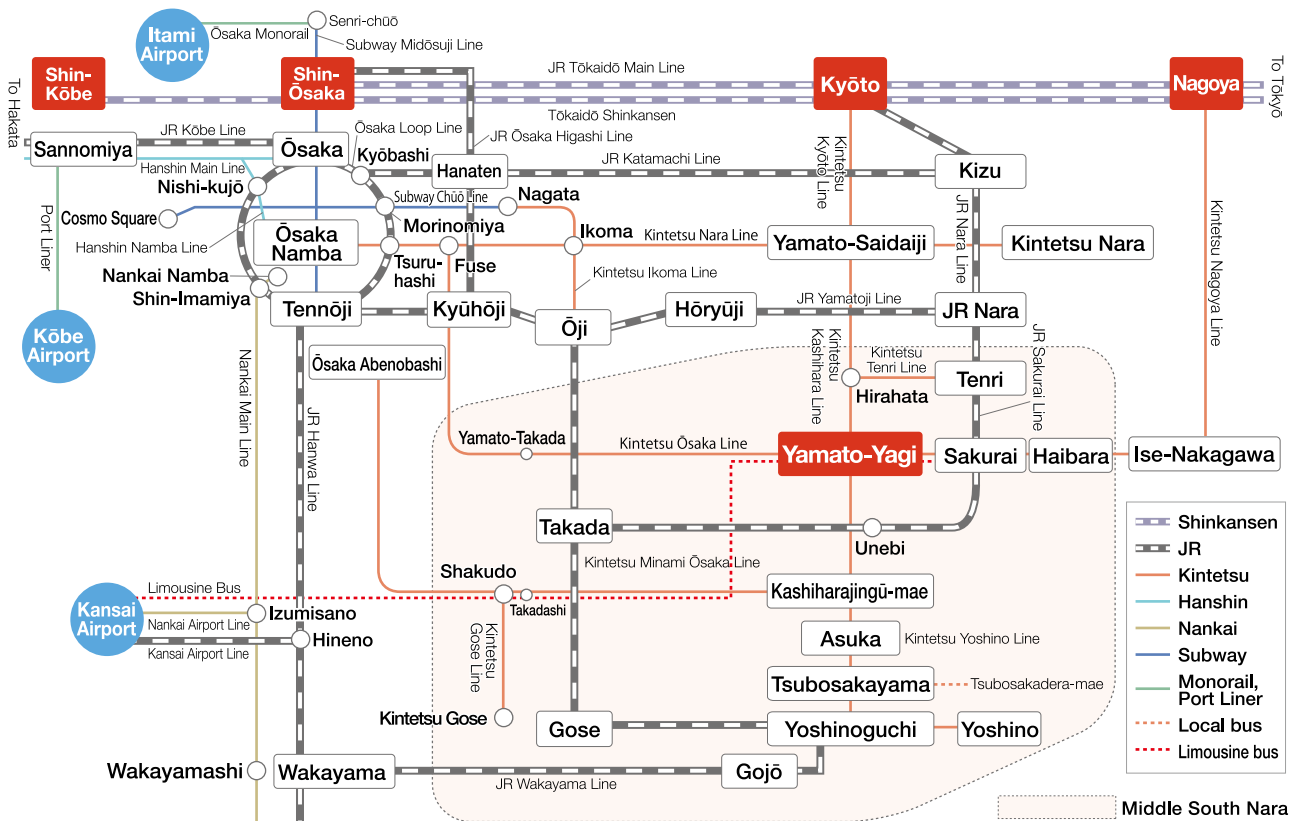
Murōji Temple
Japan's smallest (16 meters) outdoor five-story pagoda (a National Treasure)



Minshuku Murō
A convenient location for enjoying the natural beauty of Murō

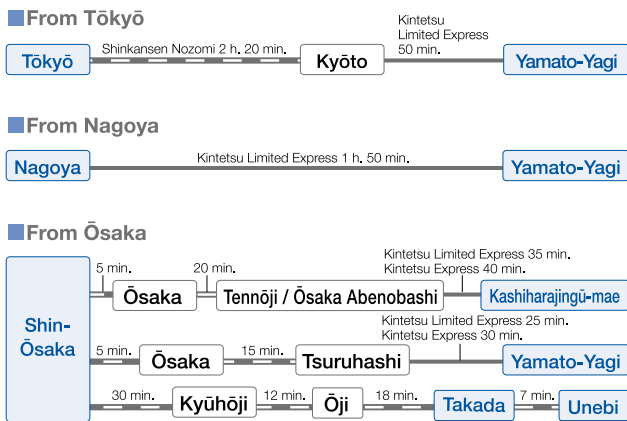


Access

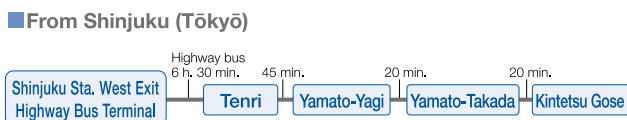


Getting there from outside Nara Prefecture

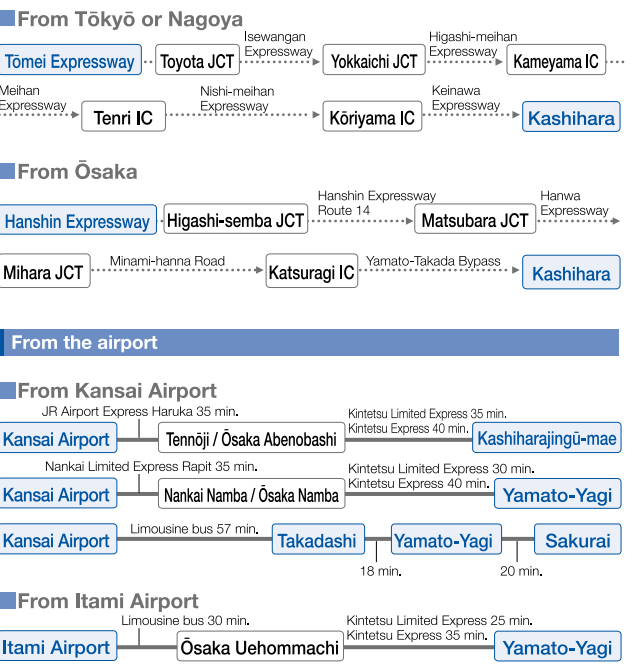
By train



By highway bus



By car



English-language assistance

- Migrants Tourist Information Center**
 1F Kashihara City Hall Annex, 1-1-60 Naizen-chō, Kashihara-shi, Nara Prefecture
 0744-47-2924
- Kashihara Tourist Information Center**
 1F, 652-2 Kume-chō, Kashihara-shi, Nara Prefecture
 0744-27-2070

- Asuka Tourist Information Center**
 6-3 Koshi, Asuka-mura, Takaichi-gun, Nara Prefecture
 0744-54-3240
- Uda City Tourist Information Center**
 2427 Haibara-hagihara, Uda-shi, Nara Prefecture
 0745-88-9049