



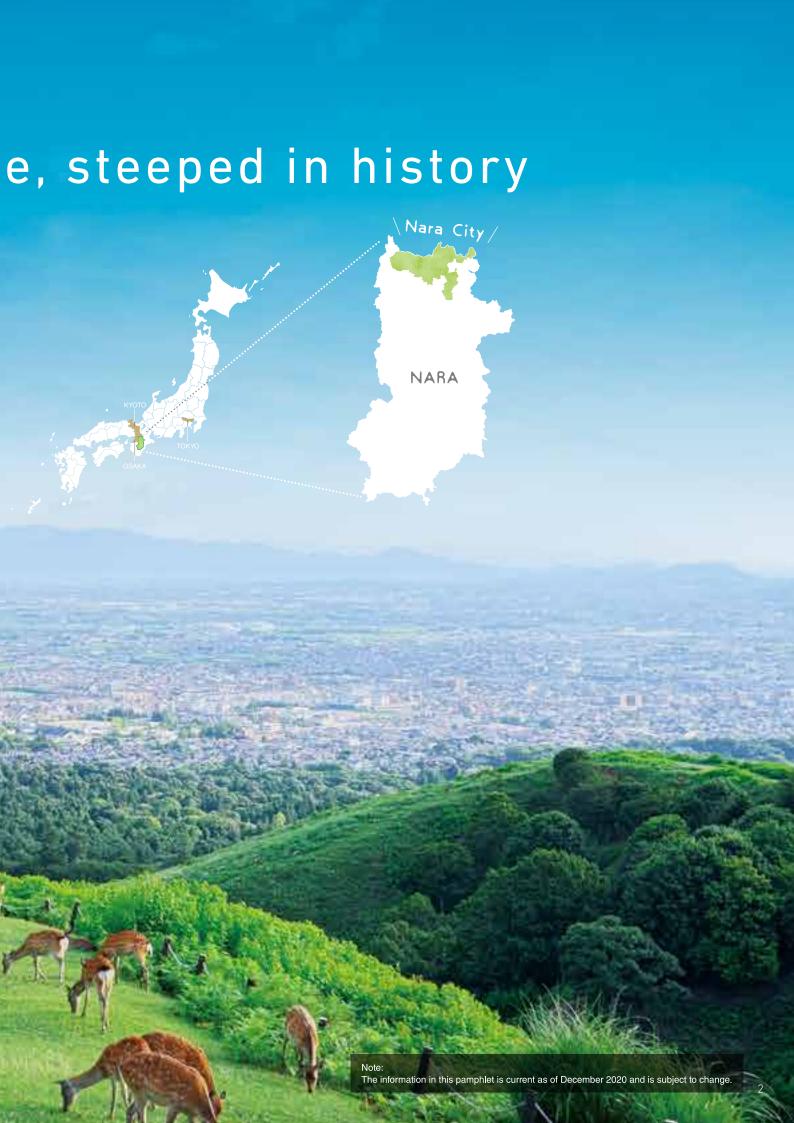
Around 1,300 years ago, the capital of ancient Japan was located in Nara, mostly within the area of present-day Nara City.

With its long and rich history, Nara City is one of Japan's top tourist spots.

And it's less than an hour by train from Osaka and Kyoto.

Nara Prefecture has three UNESCO World Heritage Sites. Nara City contains one of these Sites, which includes eight individual venues located within easy reach of the main city center. Shrines and temples unchanged since antiquity, an agreeable climate and abundant nature, and a townscape evoking traditional Japan—all these come together to make your stay in Nara a truly memorable one.





Must-sees

1-day walk around central Nara

No trip to Nara is complete without seeing the Great Buddha of Todaiji Temple and the deer of Nara Park. The area around these contains numerous locations of World Heritage Sites, so a day spent here is a great way to experience Nara. Bask in the early morning sun with the park's deer, spend the afternoon at historic sites, and end the day with a gorgeous sunset. Take a leisurely stroll through the peaceful atmosphere as you savor the authentic Japan.





Recommendations along the way



A Cafe Zuccu

Located in Takabatake, this 150-year-old former residence has been renovated into a stylish cafe. Open from 8:00 am, it's perfect for breakfast.

- 728 Takabatake-cho, Nara-shi
- +81-742-87-2334 8 am-6 pm Closed Thur.

https://cafe-zuccu.crayonsite.com

B Shunsai Hiyori



♥ 5 Nakanoshinya-cho, Nara-shi

+81-742-20-1917 • 9 am-5 pm

losel Wed. (open on public holidays but may close on another day instead) https://naramachi-nigiwainoie.jp/english/

(Natalinatin indulonal nouse)
Built in 1917, this authentic Japanese townhouse
is a window to traditional living, with tea room,
living room, wood-burning stove, and garden in
the original Japanese style. It hosts events
including lectures, tea ceremonies, and concerts.

Naramachi Nigiwai-no-le (Naramachi Traditional House)



Nakatanidou

This shop is renowned for its high-speed rice-cake pounding, which it conducts multiple times daily to the delight of onlookers. The freshly pounded and formed sweet-bean filled yomogi (mugwort) rice cakes are a delicacy.



Yuusa (kimono rentals)

Renting a kimono is a popular way for visitors to experience Japanese culture. Enjoy strolling through Nara in a kimono. (No extra charge for help putting on kimono.)

Enjoy beautifully presented dishes made with the finest seasonal ingredients. The menu is centered around Yamato vegetables from the restaurant's own farm, and also features Nara-grown beef and chicken.

◆ 1F Uzuraya Club, 26 Nakanoshinya-cho, Nara-shi

+81-742-24-1470
 11:30 am-2:30 pm (order by 2 pm); 5 pm-10 pm (order by 9 pm)
 True. ● https://naramachi-hiyori.jp

- 29-6 Nishimikado-cho, Nara-shi

◆ +81-742-27-0101 ◆ 10 am-7 pm ■ 10 second Tue. (open every day Jul.-Aug.) http://yuusa.jp/e/index.html



- Closed Tue.

+81-742-23-0141
10 am-7 pm lossed Irregularly
http://www.nakatanidou.jp/english/ Mitsuo Nakatani Lamp Bar Run by Michito Kaneko, best bartender in the World Class 2015 Global Finals. Savor any of a wide range of cocktails in this sophisticated, antique-style atmosphere. 104 Iseya Bldg., 26 Tsunofuri-cho, Nara-shi \$ +81-742-24-2200 • 5 pm-2 am (closes at 0 am on Sun.)

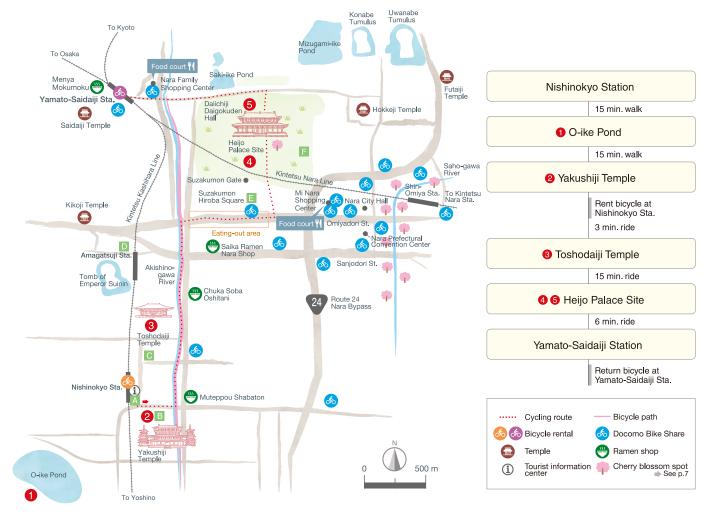
Enjoy Nara's

many delicacies!



Nara was once the terminus of the Silk Road. About 20 to 30 minutes west by train or bus from Nara Park, you can sense that history at World Heritage temples and the Heijo Palace Site. Rent a bicycle and take the cycling route along the Akishino-gawa River to get a feel for the 1,300 years that have passed since this became Japan's capital in 710.





Recommendations along the way



A Nishinokyo Coffee

Opened in September 2020, this 90-year-old former residence has been renovated to give it a laid-back atmosphere ideal for unwinding.

- 🕈 372-2 Nishinokyo-cho, Nara-shi +81-742-32-2951
- 9 am-8 pm (order by 7 pm)
- https://www.amima-labo.com



B O-shakyo (sutra copying) at

Yakushiji Temple

Everyone is welcome to try o-shakyo, or
Buddhist sutra copying, in Yakushiji. This
practice was originally a way to express one's
faith and prayers, but today more and more
people do it for mental wellbeing.

- ◆ 457 Nishinokyo-cho, Nara-shi
 ◆ +81-742-33-6001 ◆ 8:30 am-5 pm every day https://www.yakushiji.or.jp/en/oshakyo/



D Kinakodango Tama-usagi

These dango (rice flour dumplings) are coated in plenty of *kinako* (roasted soybean flour) and syrup. Placed on skewers, these bite-sized delights make a great snack for break time.

◆ 6-4 Amagatsuji-nishimachi, Nara-shi

- ♦ +81-742-41-6610
 9 am-6 pm (closes when product is sold out)

Closed Tue.



E Suzakumon Hiroba Square

This recently opened complex has information on all things related to Heijo Palace. You'll find tourist information, souvenirs, restaurants, and

- 4-6-1 Nijo Oji-minami, Nara-shi
- +81-742-93-9012 (Tourist Information Booth)
 Different for each facility Different for each facility

 https://www.suzakumon-heijokyo.com



Sobagi Sakamoto

This hand-made soba (buckwheat noodles) shop is near Toshodaiji. Recommended is the combination set allowing you to sample three different kinds of noodles; and it comes with inarizushi (sweet rice in deep-fried tofu pockets). Shaved ice is also a popular item on the menu (summer only).

- 15-15 Goio-cho, Nara-shi
- +81-742-34-1088 11:30 am-5 pm



F Toin (East Palace) Garden

This is a reconstruction of a Nara period (8th century) garden, said to be the origin of the Japanese garden. It was originally used for ceremonies and banquets.

- 9 am-4:30 pm (enter by 4 pm)
- Mon. (open on public holidays, closed following Tues.); Dec. 29–Jan. 3

https://www.nabunken.go.jp/heijo/museum/ page/toin.html

- 🚳 Nako Bicycle Rental Nishinokyo Near Kintetsu Nishinokyo Sta.

 Sam-5 pm (rentals until 4:30 pm)
 Open Sat., Sun., and public holidays in Mar.-Nov.
- +81-742-36-8198
- https://www.narakotsu.co.jp/kanren/ cycle/nishinokyou-center.html

\delta Nako Bicycle Rental Saidaiji

- 1 min. walk from south exit of Kintetsu Yamato-Saidaiji Sta.
 9 am-7 pm (rentals until 6:30 pm) Closed Dec. 30-Jan. 3
- A +81-742-44-8388
- https://www.narakotsu.co.jp/kanren/ cycle/saidaiji-center.html

Nara Bike Share

(Docomo Bike Share)
There are cycle ports at convenier and other locations in Nara.

Buy 1-day pass here: Nara Palace Site Historical Park, Nara Royal Hotel, Nara no Mori Hotel, Henn na Hotel Nara 1-day pass online registration: https://www.d-bikeshare.com/onedaypass-web-en/

■ Return bicycles by 11:59 pm the same day

https://docomo-cycle.jp/nara/en



Nearby ramen recommendations

Muteppou Shabaton

- +81-742-36-2700
- http://www.muteppou.com

Chuka Soba Oshitani

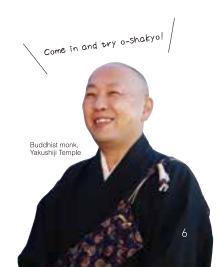
+81-742-31-7068

Saika Ramen Nara Shop

- +81-742-36-1853
- http://www.saikaramen.com/shop/nara/

Menya Mokumoku

+81-742-53-7900









Nara City Events

Shuni-e at Nigatsudo, Todaiji (March 1 to 14)

Commonly referred to as Omizutori, this Buddhist ceremony has been held every year since 752 to pray for peace in the new year, abundant crops, and happiness for all. At night, torch bearers run along Nigatsudo's balcony carrying gigantic torches up to 6 meters long. The embers showering down on the visitors are believed to bring good health. It's a sight to behold.

Cherry Blossoms (late March to early April)

The city of Nara in spring has numerous cherry blossom sites, including Nara Park. Of special mention is the Saho-gawa River flowing through the city, which is lined with cherry trees for more than 5 km. It's one of Nara Prefecture's most magnificent cherry blossom views.

Uchiwamaki at Toshodaiji (May 19)

After a memorial service in honor of priest Kakujo, who revived the temple, several hundred heart-shaped *uchiwa* fans are cast out from the balcony of the Koro building to the worshippers below. These paper fans are believed to ward off illness and evil. Note: A numbered ticket (distributed on the day from 9 am) is required to take part in Uchiwamaki.

Monch

Spring

 Buddhist ceremony marking the start of spring—Shuni-e Hana-e-shiki ritual. Yakushiji Temple, March 25–31

April

- Main hall lit by 11 giant torches—Shuni-e ritual.
 Shin-Yakushiji Temple, April 8
- Taking turns drinking tea from a giant bowl— Ochamorishiki tea ceremony.
 Saidaiji Temple, 2nd Saturday and Sunday of April

May

- Traditional Japanese court music and dance— Children's Day Manyo Gagakukai.
 Kasugataisha Shrine Manyo Botanical Garden, May 5
- Open-air evening Noh performances— Takigi O-Noh.
- Kohfukuji Temple and Kasugataisha Shrine, 3rd Friday and Saturday of May

Flowers of



Wisteria

Kasugataisha Shrine, Kohfukuji Temple, Nara Park (Oku-Tobihino)



Summer

July
• Illuminations in Nara city—Light Up Promenade

Nara. Mid July to late September

August

- 20,000 candles light up Nara Park—Nara Toka-e. Early to mid August

 • 3,000 lanterns illuminate the precincts—
- Chugen-mantoro.

 Kasugataisha Shrine, August 14–15

 Memorial mountain bonfires—

Nara Daimonji Okuribi.

Mt. Takamado, August 15

• Lanterns line the alleys of the Naramachi neighborhood—Naramachi Yuho. Naramachi and Sarusawa-ike Pond, mid to late August

Meet Baby Deer at Rokuen, Kasugataisha Precincts

(June 1 to 30; closed Mon.)

Mid May to July is when deer are born. Rokuen is a facility to shelter mother deer and their babies. During this time, visitors are welcome to come and see the adorable little fawns.

Nara Illumination Events (July to September)

Various illumination events held in the city of Nara, such as Nara Toka-e, have become popular summer attractions. Enjoy a special night out in the magical illuminated townscape.

Ominugui at Great Buddha Hall, Todaiji (August 7)

Once a year, priests in white ritual clothing wipe the Great Buddha statue clean of dirt and dust. The general public are welcome to observe.

7 am to 9:30 am (Great Buddha Hall opens at 7:30 am)

Nara illumination events



the season



Lotus flowers Saidaiji Temple, Kikoji Temple, Toshodaiji Temple, Yakushiji Temple







Autumn

September

 Bon Odori dance at Nigatsudo— Jushichiya Bon Odori.

Nigatsudo, Todaiji Temple, September 17

October

• Ritual cutting of male deer antlers-

Shika no Tsunokiri.
Rokuen, Kasugataisha Shrine precincts, early

- Festivities at Kango-jinja—Annual Grand Festival. Kango-jinja Shrine, October 16–17
- Events related to Heijokyo, the ancient capital-Heijokyo Tenpyosai autumn festival. Suzakumon Hiroba Square, late October

November

• Festival honoring Emperor Meiji and traditional court music and dance—
Meijisai and Culture Day Manyo Gagakukai. Kasugataisha Shrine, November 3

Uneme Festival at Uneme-jinja Shrine and Sarusawa-ike Pond (mid autumn)

Uneme-jinja, located on the northwest bank of Sarusawa-ike Pond, holds the Uneme Festival each year on the night of the autumn harvest moon (a night in September or October, depending on the year). It's a tradition that's been going on for about 600 years. Highlights are a procession of people in ancient attire carrying a large ceremonial flower fan and the *kangensen* boat ritual on the pond.

Autumn Foliage (October to November)

The fall colors of nearby mountains and the city's trees are a must-see. Take in this sight in numerous areas of the city, such as Nara Park. The picturesque view of deer among the bright autumn leaves makes this a special time of year.

Shoso-in Exhibition at Nara National Museum (late October to mid November)

Built in the 8th century, Shoso-in is a treasure house belonging to Todaiji. It has housed around 9,000 valuable artifacts, including those connected to Emperor Shomu and Empress Komyo of the 8th century. Once a year, an exhibition is held featuring several dozen select treasures from Shoso-in.

Flowers of



Cosmos Hannyaji Temple









Winter

the season



Sasanqua camellia Heijo Palace Site, Kango-jinja Shrine, Futaiji Temple

Lanuary

 Deer gather to the sound of a horn—Fuyu no Shikayose (winter deer gathering).

Tobihino, Kasugataisha Shrine precincts, on certain

dates in winter

 Burning old amulets to bring good health— Kasuga no Otondo ritual.

Tobihino, Kasugataisha Shrine precincts, 4th Saturday of January

- February

 3,000 lanterns light up the Setsubun festiva⊢
- Kasugataisha Shrine, Setsubun day (early February)
- Buddhist memorial service, fire-walking, and bean throwing— Setsubun-e festival.
- Gangoji Temple, Setsubun day (early February) • Illuminations at Kasugataisha, Todaiji, and Kohfukuji-

Nara Ruri-e. February 8-14

Kasuga Wakamiya Onmatsuri at Kasugataisha (December 15 to 18)

This festival has been held every year since its inception in 1136 to pray for bountiful harvests. On the 17th is a parade of people in ancient attire that starts from the prefectural office, makes it way to Kintetsu Nara Station and JR Nara Station, goes along Sanjodori Street, and reaches Kasugataisha. (Designated an Important Intangible Folk Cultural Property of Japan)

Hatsumode (January 1 to 3)

Hatsumode means the first visit to a shrine or temple of the new year. People give thanks for the past year and pray for things like health, safety, and peace for the new year. Both local residents and visitors from all over Japan come to Nara for their sacred new year's visit.

Wakakusa Yamayaki at Mt. Wakakusa (4th Saturday of January)

In this spectacular annual event that paints the night sky red, the entire 33 hectares of the grassy hill is set ablaze. This ritual is to honor ancestors and pray for disaster prevention and world peace. After a display of several hundred fireworks, sacred torches are used to set fire to the hillside for an unforgettable

Tsuina-e at Kohfukuji (February 3)

A ceremony to repel evil spirits held at Kohfukuji's Eastern Golden Hall. Red, green, and black demons create a ruckus flinging their clubs and swords. Then enters the deity Bishamonten to fight off the demons. After that, there's a bean-throwing ritual to make sure evil stays out and good fortune comes in.



Soothe yourself in an open-air hot spring

Ume no Sato Tsukigase Onsen

Tsukigase

There's nothing like a hot spring after a day of touring. Soak in the open-air bath while enjoying the natural surroundings. Also on the premises are places to buy local specialties and souvenirs.

- Q 2681 Tsukigase Oyama, Nara-shi
- +81-743-92-0388 http://tsukigaseonsen.com

Stay a little longer, enjoy a lot more Experience life in

Want a more active experience in Nara? Try the eastern section. It's only about an hour from the city center, and there are opportunities to visit places like a farm or a hot spring. Spend a few days immersing yourself in Nara's real charms.



Itto-seki, a mysterious giant boulder split right down the middle, in Yagyu

Tea-leaf picking in the natural splendor of the countryside Experience Nara country living Oyado Miura Romantopia Tsukigase Yagyu This hands-on-learning facility is right next to the Tsukigase plum orchard, where 10,000 red and white plum flowers bloom every spring. Try your hand at tea-leaf picking, konjac-jelly making, or Japanese country cooking. There's an RV park for overnight stays.

7 707-10 Tsukigase Nagahiki, Nara-shi
3 +81-743-92-0810 This lodging is located in the quiet countryside of Yagyu, once home to illustrious family of swordsmen. Mayourself at home in the relaxed and Nara countryside. nttps://www.yagyuka nome-english/stay/

Have Jun

Experience country living in a traditional home

Obachanchi (Grandma's House)

Try cooking rice on a wood-burning stove and have it with vegetables fresh from the garden. Other uniquely countryside experiences you can try include gathering wild vegetables and making dried persimmons.

- 2441 Sakahara-cho, Nara-shi
- +81-50-5438-7276

- Book in advance

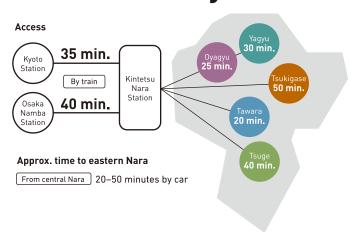
 Wood-burning stove cooking:
 Adults: 1,000 yen; Children: 800 yen
 (Note: Fee will change depending on ingredients.)

 Blueberry picking (for taking home):
 1,000 yen/kg

 Other hands-on events include harvesting vegetables.



the countryside









Luxurious Japanese dining-limited to one group per day

Obana-chaya

Oyagyu

This restaurant features sukiyaki using seasonal ingredients, as well as a variety of hot pots using free-range chicken and other ingredients. Treat yourself to luxury dining in a country hideaway. But be sure to make reservations because only one group per day is served.

2186 Sakahara-cho, Nara-shi

• +81-742-93-0087







Ninja for a day in the village of swordsmen

Yagyu Dojo Ninja School

This ninja school is in Yagyu, home of the renowned 17th-century swordsman Yagyu Jubei. Cloak yourself in ninja wear and try traditional skills like throwing *shuriken* (starshaped throwing knives). Feel the thrill of looking and acting like a real ninja.

- 2188 Sakahara-cho, Nara-shi +81-6-6974-1186 or +81-90-8165-2488
- http://yagyuu.ninpou.jp

Pottery making in a mountain workshop

R Kobo Workshop

Try making pottery in this serene workshop in the mountains. Use a potter's wheel to make items for daily use, like a plate or bowl. After your pottery has set and dried, it will be sent to your home. (Delivery charge is extra).

- 350 Yadawara-cho, Nara-shi
 +81-742-81-0086







Travel Tips for Nara

How to interact with deer





When giving the deer special deer crackers, don't tease them.

- X Feed the deer only special deer crackers.
- X Don't let the deer eat paper or plastic.
- X Stay away from male deer during mating season. (July–November)
- Don't touch fawns (baby deer). If a fawn smells of humans, its mother may abandon it.

Special deer crackers



Special deer crackers are essential if you want to get close to the animals. You can buy them at stands in Nara Park. The crackers have a long history, with some people saying they were first sold around 1670. The ingredients? Flour and rice bran only. Deer crackers are snacks. A deer's diet consists mainly of nuts and grass that grow wild in Nara Park.

Always remember that deer are wild animals.

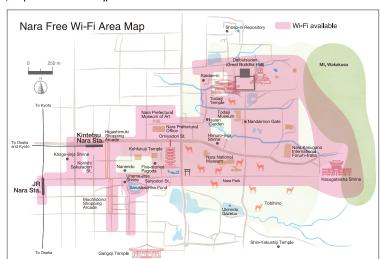


Free Wi-Fi

Wi-F

Free Wi-Fi is available in Nara's main tourist areas. See the official Nara Travelers Guide website for how to connect.

https://narashikanko.or.jp/en/wifi/



Budget-friendly tickets

KINTETSU RAIL PASS

With this pass, you can get on or off at train stations in designated zones of the Kintetsu Line between Osaka, Nara, and Kyoto, and at bus stops in designated zones of Nara Kotsu buses. (1- or 2-day passes)

https://www.kintetsu.co.jp/foreign/english/ticket/

JR West Rail Pass Kansai area

You can get on or off at stations in designated zones of the Kyoto City Subway, Hankyu Railway, and Keihan Railway and of the JR Line between Nara and Osaka, Kyoto, Kobe, Himeji, and Wakayama. (1-, 2-, 3-, or 4-day passes)

https://www.westjr.co.jp/global/en/ticket/pass/kansai/



Sample)

Nara Kotsu Bus unlimited rides 1-day pass for Nara Park, Nishinokyo, and World Heritage sites

Get on or off at any bus stop in designated zones in and around Nara Park, Toshodaiji, Yakushiji, and Heijo Palace Site.

https://www.narakotsu.co.jp/language/en/pass.html

100 yen bus

Gurutto Bus

Omiya Street Route, Nara Park Route, Wakakusayama Mountain Route

For 100 yen, you can take a bus that loops around the main sights of Nara city.

Note: Some routes run only on weekends and public holidays.

http://www.nara-access-navi.com/season-bus-en/



Important!

In case of a natural disaster or other emergency, follow the guidance of city officials or other persons in charge.

Main evacuation shelters

- Nara Park (Tobihino, Nandaimon, Kohfukuji, etc.)
- Heijo Palace Site

Note: There are many other evacuation shelters in addition to the above. See the official Nara Travelers Guide website for a map.

https://narashikanko.or.jp/en/pamphlet/

Interpreter guides <

Foreign language tours of Nara

Nara Systematized Goodwill Guide Club

A volunteer interpreter guide association registered with the Japan National Tourism Organization (JNTO).

https://narasggclub.web.fc2.com/narasgg/E_1.html

Nara Student Guides

University students act as volunteer English tour guides.

http://narastudentguide.org

Nara YMCA English Goodwill Guides

Free guided tours in English by graduates of the Nara YMCA's guide course.

https://egg-nara.org/index.html

Nara Visitors Bureau

Find officially recognized guides.

https://nara-sightseeing.com/

Nara Guide Club (NPO)

Guided tours of Nara in English, Mandarin, Cantonese, and Korean.

https://nara-guide-club.com/en/

Suzaku Nara Volunteer Tour Guides (NPO)

Guided tours of World Heritage sites in English.

https://www.e-suzaku.net/?page_id=2950

Tourist information centers <

Visit us for tourist information.



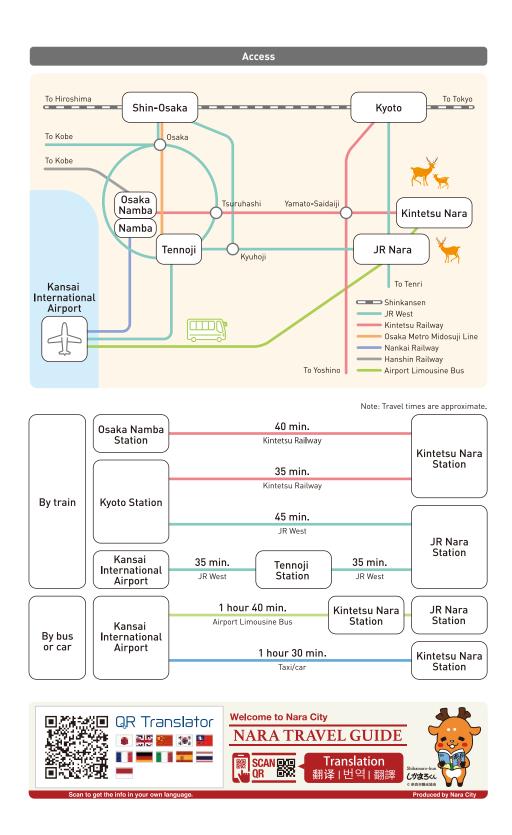
Nara City Information Center (NARANICLE)



Kintetsu Nara Station Tourist Information Center



Nara City Tourist Information Center (next to JR Nara Station)



Nara City Tourism Association

https://narashikanko.or.jp/en/







