

奈良

24/365

NARA

Nara, a Town to Encounter “Prayer”



Nara is a town where the first full-fledged capital of Japan was located.

People of those days placed great value on prayer for everything that existed in the world; not only the gods and Buddha, but also nature like mountains and plants.

Nara still holds this spirit of cherishing prayer strongly.

Prayer here means to respect everything, and appreciate your existence at this moment, in this place. Prayer is not something religious; rather, it is a thought inherited from our ancestors for everyone to live better.

When visiting Nara, feel this spirit of prayer that is special to Japan.

This will certainly make your trip unforgettable.

How to use this booklet

This booklet contains useful hints to enjoy the true charms of Nara, as well as information to prepare yourself for these experiences. You may want to use this booklet together with a guidebook that gives you details about each sightseeing spot.

Index

- 2 Nara, a Town to Encounter “Prayer”
- 6 Map of Nara • History of Nara
- 8 A Day in Nara
 - ~ Morning, Daytime, Evening, and Night
- 18 Four Seasons in Nara
 - ~ Spring, Summer, Autumn, and Winter
- 26 Manners in Nara
 - ~ Shrines, Temples, Japanese Rooms & Tea, and Deer
- 42 What we like about Nara!
 - ~ Comments from foreign residents
- 44 Information

Map of Nara



MAP A

- 1 Toshodai-ji Temple
- 2 Kasuga-Taisha Shrine
- 3 Around Naramachi • Gango-ji Temple Gokuraku-bo
- 4 Nara Park • Tobuhino/Tobihino
- 5 Around Kofuku-ji Temple • Sarusawa Pond
- 6 Nara Park
- 7 Nara Palace Site (Heijo Palace Site)
- 8 Mt. Wakakusa
- 9 Todai-ji Temple Nigatsu-do Hall
- 10 Todai-ji Temple
- 11 Yakushi-ji Temple
- 12 Saho River
- 13 Isagawa-jinja Shrine • Denko-ji Temple
- 14 Himuro-jinja Shrine
- 15 Sarusawa Pond
- 16 Nara National Museum
- 17 Deer Garden "Rokuen"
- 18 Saidai-ji Temple
- 19 Daian-ji Temple
- 20 Hokke-ji Temple
- 21 Kairyuo-ji Temple
- 22 Futai-ji Temple

MAP B

- 1 Kinpusen-ji Temple (Yoshino-cho)
- 2 Around Isonokami-jingu Shrine • Yamanobeno-michi (Tenri City)
- 3 Horyu-ji Temple (Ikaruga-cho)
- 4 Koriyama Castle (Yamato-Koriyama City)
- 5 Fujiwara Palace Site (Kashihara City)
- 6 Tanzan-jinja Shrine (Sakurai City)
- 7 Hase-dera Temple (Sakurai City)

MAP B

History of Nara

Ancient Times ~ the late 6 th c.	Powerful families lived throughout the Nara Basin and enshrined their gods. When the Great Kings of these families died, they were buried in a tomb (<i>kofun</i>). There still remain huge <i>kofuns</i> with a total length exceeding 200m, such as Hashihaka Kofun in Sakurai City.
Asuka Period the late 6 th c. ~ the early 8 th c.	Toward the end of the 6 th century, Asuka region became a center of politics and culture. Buddhism came from China and the first temple in Japan was constructed. In Horyu-ji Temple, built in the early 7 th century in Ikaruga-cho, you can still find Buddhist statues that were brought to Japan in those days.
Nara Period the early 8 th c. ~ the end of 8 th c.	In 710, the capital city Heijo-kyo was constructed in the north of the Nara Basin, following the capital of Tang Dynasty China (Chang'an) as its model. The capital had faith in both Shinto and Buddhism. Through interactions with Asian countries such as China and those on the Korean Peninsula, an international culture was cultivated in the city. There still remain many prominent crafts and documents of those days in Shosoin, reminding you of this rich culture in those days.
Medieval to Early Modern Ages the end of 8 th c. ~ the middle of 19 th c.	The capital was transferred to Heian-kyo of Kyoto in 794. During a turbulent age, shrines and temples were also severely damaged, but they recovered and then prospered nearly to the extent of the capital. At the same time, Japanese culture, <i>noh</i> and the tea ceremony, began in Nara. It then spread and developed among the samurai society. Some common but resourceful people built flourishing towns such as Naramachi and Imai-cho in Kashihara City.
Modern Ages the middle of 19 th c. ~ today	Around the middle of the 19 th century, Japan was transformed from a samurai society to a modern nation. Under the influence of the edicts ordering the separation of Shinto and Buddhism, the power of some Nara's temples was temporary lost and there were even those that were abolished. However, many of them recovered later, and after Nara Exhibitions were held to display the treasures of Shosoin, a movement to protect these cultural properties appeared.

朝 Morning

In the morning in Nara, there is a fresh and tranquil air. Most shrines and temples conduct a ceremony for praying very early in the morning.



■ Toshodai-ji Temple MAP A-1

Morning Prayer

Almost every day around 5:00-9:00, each shrine and temple performs a ceremony for praying. This is called *Otsutome* or *Omatsuri*, etc. at shrines and temples.

■ Kasuga-Taisha Shrine

Visitors can join in the morning prayer (*Omairi*) that starts at 9:00 every morning (free of charge).

MAP A-2



■ Kinpusen-ji Temple

(in Yoshino-cho)

Every morning from 6:30 (7:00 in winter) a service of devotion or Asaza-no-Gongyo takes place (free of charge). The Gomaku ceremony is also held every morning from 11:00, where *gomaki* wood sticks are burned for praying. Visitors are accepted.

MAP B-1



※ There are also other shrines and temples that accept individual visitors and participants.

朝 Morning

Enjoy fresh morning air

Get up a little early and take a walk. We recommend walking to Todai-ji Temple and Kasuga-Taisha Shrine, situated at the edge of the mountain. Meet sacred deer in Nara Park. Also, when you go a little further away from the city to Asuka, Yoshino, and Yamanobeno-michi, we recommend enjoying the morning atmosphere there.

■ Around Naramachi •

Gango-ji Temple Gokuraku-bo

There still remain the old streets in Naramachi, built with Gango-ji Temple as its center. If you visit when there are fewer tourists, you will feel how people really live here.

MAP A-3



■ Around Isonokami-jingu Shrine

• Yamanobeno-michi

(in Tenri City)

If you go walking along the ancient road Yamanobeno-michi connecting Asuka and Nara, get up a little earlier and visit Isonokami-jingu Shrine. You will see beautiful free-range chickens here.

MAP B-2



■ Around Kofuku-ji Temple • Sarusawa Pond

We also recommend a walk to Tobuhino/Tobihino going through the approach to Kasuga-Taisha Shrine.

MAP A-5

昼 Daytime

With few tall buildings, Nara has a wide sky and a lot of greenery. Stop walking and take a break on a bench. While enjoying your takeout lunch or tea break, have a look at the plants of Nara that change every season.



■ Nara Park

The lush green Nara Park has benches and simple houses (*azumaya*) in areas like Noborioji-enchi, Ukigumo-enchi, and Asajigahara. Restrooms are also found nearby.

MAP A-6



■ Nara Palace Site (Heijō Palace Site)

Thinking of the days in the Nara Period, let's sit down on the grass and cornerstone. As there are few shops in the area, it is better to bring food and drink with you.

MAP A-7

■ Mt. Wakakusa

The mountain is covered with grass and is located in the east of Nara Park. You can climb up to the summit, where you will find an observatory to enjoy the excellent view of Nara City.

MAP A-8



※ Please take your garbage home.

Evening

During the sunset in Nara – The sky in the west takes on various colors, such as light pink, orange, and dark red, depending on the season and weather.

(Around 18:30 in summer and 17:00 in winter)



■ Todai-ji Temple Nigatsu-do Hall

Situated on a slight elevation, this is the best spot in Nara City to enjoy the sunset. From the railings, you can see Daibutsu-den Hall and the five-story pagoda of Kofuku-ji Temple to the west, as well as Mt. Ikoma situated at the boundary with Osaka Prefecture. MAP A-9

■ Around Horyu-ji Temple (in Ikaruga-cho)

Ikaruga, a town with idyllic scenery between Horyu-ji, Hokki-ji, and Horin-ji Temples, is another spot to enjoy the beautiful sunset. MAP B-3



Night

In Nara, there are few shops that are open 24 hours. Instead of the hustle and bustle, enjoy the beauty of the night sky, the sound of bells, and in early autumn the cries of insects.



■ The sound of bells

Every day at 18:00, the bell of Kofuku-ji Temple [MAP A-5](#) and at 20:00 that of Todai-ji Temple [MAP A-10](#) are tolled. You can also observe the tolling at both temples.



Kyogen



Noh



■ Naramachi Night Culture

Naramachi Night Culture is held in Naramachi, for about 2 weeks at a time in spring and autumn. By paying a fee from 500 to 1,000 yen per person, you can watch traditional entertainment such as *kyogen*, *gagaku*, *rakugo* and dances of *maiko* after dinner time. For inquiries about the schedule etc, call Night Culture at 0742-27-1820. [MAP A-3](#)

Spring

March ~ May



■ Hanaeshiki

(at Yakushi-ji Temple)

From March 30 to April 5, ten kinds of artificial flowers are offered to Yakushi Nyorai (bhaisajyaguru) to make a confession and pray for things such as peace in the nation.

MAP A-11

■ Traditional events, etc. ■ Food ■ Nature



■ Omizutori

(at Todai-ji Temple Nigatsu-do Hall)

A Buddhism ceremony called "Shuni-e" is held at Todai-ji Temple Nigatsu-do Hall from March 1 to 15, to make a confession and pray for peace and a rich harvest. The ceremony has been conducted without interruption since 752. *Doji* (people who support monks) holding a big torch walk around the hall, while monks continue praying to the night within the hall.

MAP A-9



■ Chagayu

Chagayu is rice porridge cooked with tea. It gives off an aromatic fragrance. From times past, monks have eaten this porridge when participating in Omizutori at Todai-ji Temple. Chagayu is now one of Nara's specialties.



Mt. Yoshino

■ Cherry blossoms

In April, the light pink petals of the cherry blossoms bloom throughout Nara. Japanese people have loved them from olden days, as a flower that announces spring has come. Mt. Yoshino (in Yoshinocho) [MAP B-1](#), the Nara Park area, Saho River [MAP A-12](#), the remains of Koriyama Castle (in Yamato-Koriyama City) [MAP B-4](#) are famous spots for cherry blossom viewing in Nara Prefecture.

■ Takigi-Onoh

On the 3rd Fridays and Saturdays of every May, *Noh* performance is dedicated at Kasuga-Taisha Shrine and the Noborioji-enchi in the former premises of Kofuku-ji Temple. (Cost: 4,000 yen)

MAP A-2,5



Summer

June ~ August



■ Saikusa Festival
(at Isagawa-jinja Shrine)

Priestesses (*miko*) dance holding a lily in the festival, so it is also called the “lily festival (*yuri-matsuri*).” This is held on June 17 every year. [MAP A-13](#)



■ Nara Toka-e

In early August, about 20,000 candles glitter in venues including Nara Park. Music concerts and other events are also held here. [MAP A-4,6](#)



■ Lotus

Since ancient times, lotus has been regarded as the flower that symbolizes Buddha. Some bases of Buddhist statues are also in the shape of a lotus flower. You can see the lotus flowers at the Fujiwara Palace Site in Kashihara City [MAP B-5](#), Toshodai-ji [MAP A-1](#) and Yakushi-ji Temples [MAP A-11](#).



■ Shaved ice at
Himuro-jinja Shrine

This shrine is for the god of ice. During summer, dedicated ice is shaved and offered to visitors. (A dedication of over 100 yen is required) [MAP A-14](#)

秋

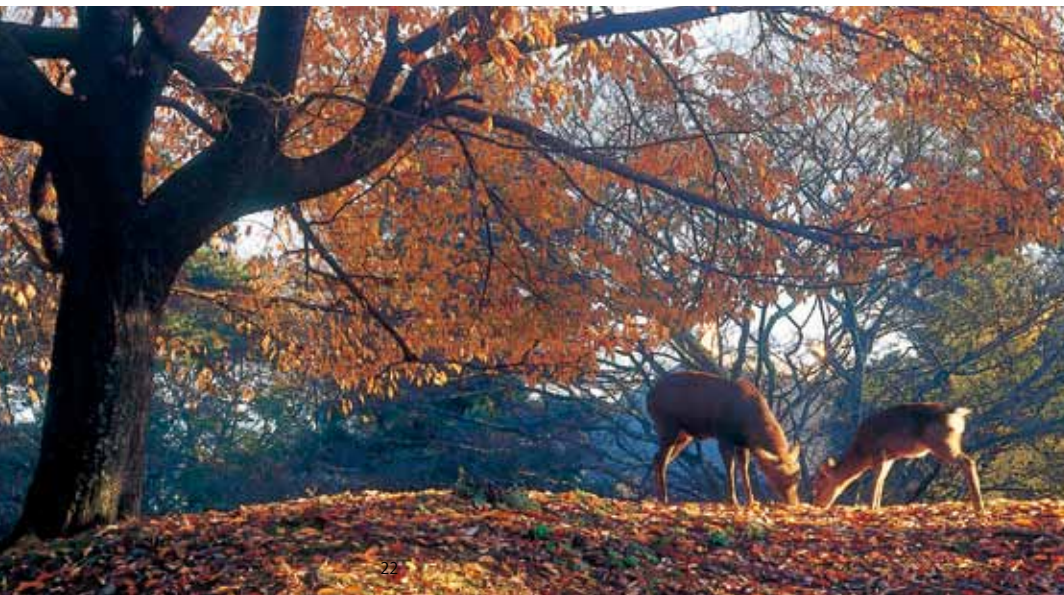
Autumn

September ~
November



■ Uneme Festival
(at Sarusawa Pond)

Every year on the night of the harvest moon, people in traditional clothes show up in gorgeous boats on Sarusawa Pond and dedicate a flower fan. MAP A-15



■ Shosoin Exhibition
(at the Nara National Museum)

Treasures from around the 8th century when the capital was in Nara are exhibited in Shosoin once a year from late October to early November. You can feel the gorgeous atmosphere that the capital had in those days. MAP A-16



■ Deer Dehorning

In order to prevent deer from hurting people, their large horns are cut off in Deer Garden "Rokuen." This traditional event is held every October. MAP A-17

■ Autumn leaves

In the late autumn, you can see beautiful red and yellow leaves in Nara. In Tanzan-jinja Shrine of Sakurai City MAP B-6, its thirteen-story pagoda soars up among the red leaves. Nara Park and Hase-dera Temple of Sakurai City MAP B-7 are also well known as places to enjoy these autumn leaves.

Winter

December ~
February



■ Ominugui (cleaning ceremony)

In December, there is an event in which monks clean off any dirt on the Buddhist statues. You can see it at Horyu-ji Temple in Ikaruga-cho [MAP B-3](#), and Yakushi-ji [MAP A-11](#) and Toshodai-ji [MAP A-1](#) Temples, etc.



■ On-matsuri Festival (at Kasuga-Taisha Shrine)

The festival began in 1136 of the Heian period. Various traditional performances are dedicated in front of the god on December 17 every year, praying for peace in the world.

[MAP A-2](#)



■ Japanese Sake

Nara is one of the birthplaces of Japanese sake. From around December, new sake becomes available throughout the prefecture.



■ Snow

There is not much snow in Nara. On the rare days when it snows, Hase-dera Temple in Sakurai City [MAP B-7](#) reveals scenery that looks like an ink brushed painting.



Kasuga-Taisha Shrine

■ Hatsumode (New Year's visit)

From New Year's Eve into the beginning of the New Year, people visit shrines and temples to pray for safety and happiness in the upcoming year. Shrines and temples in Nara welcome a number of people visiting for *Hatsumode*.

Shrine I

What you should know before visiting a shrine

Shrines are a sacred place where the gods came down from heaven. It is said that in Japan there are many gods (*Yaoyorozu-no-kami*) to protect people. Thus, there are a number of shrines, including many of those that enshrine several different gods.

Sanctuary (Shinden)

This is a building to enshrine a god. In Japan it is considered that the gods are invisible, but also believed that they love what human beings love. This is why sake and food, as well as songs and dances are dedicated to them as a symbol of our good faith.



Torii Gate • Approach

There is an approach to the sanctuary, pointing to the holy praying area. The god goes through the middle of the approach, so human beings are supposed to avoid walking in the center.

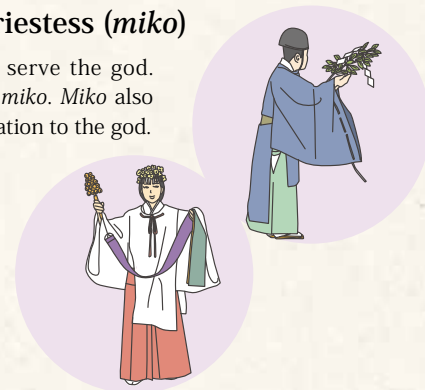


Shrine guardian dog (*koma-inu*)

Although it is called a dog, the stone statue actually resembles a lion. They are placed in front of *Torii* gates, for example, because it is believed that they can ward off evil spirits. Observe them carefully: they come in pairs, with one's mouth opened and the other closed. The Sphinx of Egypt and lions of Mesopotamia have the same belief.

Shinto priest • priestess (*miko*)

These are people that serve the god. The females are called *miko*. *Miko* also sing and dance in dedication to the god.



Shrine II

What you may want to try when visiting a shrine



Purify your body and soul

Close to the sanctuary, there is always a place where purification water is kept (*chozuya/temizuya*). Before praying, purify your body and soul with the water: Ladle some water and then wash your left hand, right hand, inside the mouth, again left hand, and then the handle for the next person. (Note: The water is not for drinking)



Praying at the sanctuary

In front of the sanctuary, ring the bell or gong softly first. Then, bow twice, clap your hands twice, and pray while pressing your hands together in front of your chest with your eyes closed. Bow again to finish. Keep silent in front of the sanctuary to show your respect.



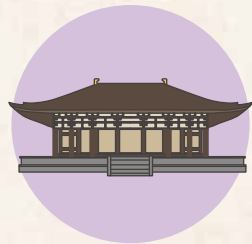
Temple I

What you should know before visiting a temple

In Nara, a temple was not only a place to hold ceremonies; it was also a place similar to a college, where people learned and discussed Buddhism. Traces of this remain; many temples in Nara are not involved in funerals and have no *danka* (families to support the temple) or cemeteries.

Pagodas

The three-story pagoda of Yakushi-ji Temple and the five-story pagodas of Kofuku-ji and Horyu-ji Temples are the most famous. Originally a pagoda was a building to enshrine Buddha's ashes, and this is why it became taller and taller: People can worship from a long distance.



Hon-do (main hall)

This is a place to enshrine the principal image of Buddha. This most sacred place in a temple is also called "Kon-do (golden hall)" and "XX-den (XX sanctuary)."

Buddhist statues

The statues are roughly divided into Nyorai (tathagata), Bosatsu (bodhisattva), Myoo (vidyaraja) and Ten (deva). Depending on the means by which they save us, they are categorized further. Even in one temple, you will see various kinds of Buddhist statues. In Japan, people avoid unnecessary repairs to bring back the statues to their original condition, because we want to value and keep their appearance formed over the years.
(Note: Photography is often prohibited)



Temple II

What you may want to try when visiting a temple

In a temple, first go to the Hon-do (main hall) and put your hands together to pray to the principal image. Buddhism was first introduced to the Asuka region in the 6th century and was valued in the capital of Nara as a precept to protect the nation. Even today, there remain many Buddhist statues and buildings from ancient times in Nara.

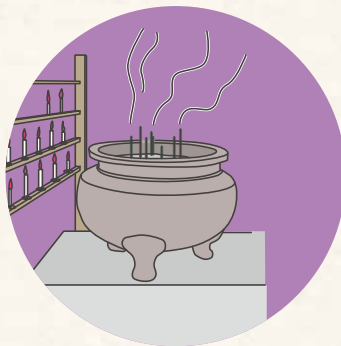
Pray to a Buddhist statue

In front of the statue or painting, put your hands together and make a slight bow.



Listening to a Buddhist sutra

Monks may be chanting a Buddhist sutra in the temple. Sutras are difficult to understand but listen to the sound in silence.



Incense and light

In Japan, flowers and incense, as well as lights are dedicated to Buddha.

If you find incense and candles for visitors in the hall, try to dedicate them yourself. (Charge applies)

Let's find these at shrines and temples

Shuin-cho (red seal notebook)

At most shrines and temples of Nara, you can receive "Shuin (red seal)" in their grounds (Cost: approx. 300 yen).

This is a sheet of paper that is proof of your visit. Each sheet is stamped with the shrine/temple mark and the mark is written on by hand with ink. Notebooks to collect Shuin are also sold here. In Japan, Shuins of temples are very valued and so are sometimes interred in caskets.



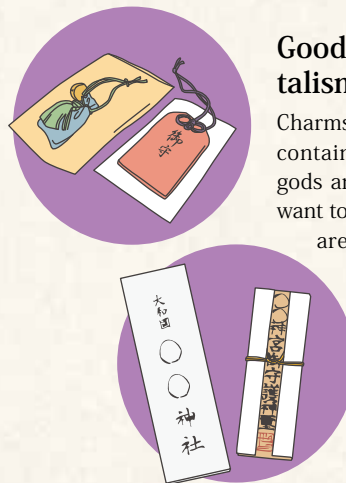
Omikuji (sacred lots)

This is a small piece of paper where advice from the god or Buddha is written about your fortune. Your fortune is rated with a phrase like "excellent" or "slightly good luck" depending on the degree of your luck. You will also find them written in English, or those that are put in a small pottery or wooden container.



Good-luck charms and talismans

Charms and talismans are believed to contain the miraculous power of the gods and Buddha to protect us so you want to receive them with respect. They are different in their designs and benefits, such as "keeping family together," "good health," "safe driving," and "fulfillment in love." (Charge applies)



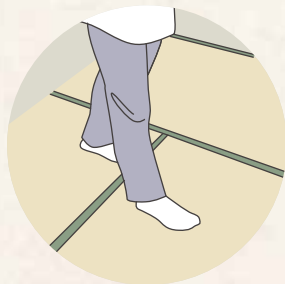
Japanese room

Manners in a Japanese room

Many restaurants and bars have Japanese rooms with tatami mats and paper sliding doors. Here are some basic manners to follow in a Japanese room.

Taking off your shoes

Take off your shoes before entering a Japanese room. Arrange your shoes neatly with the toes of the shoes pointing to the exit.



How to walk on a tatami mat

A tatami mat has edges. Try not to step on them when walking.



How to sit on a cushion (*zabuton*)

Sit on the center of the *zabuton*. If it is hard to sit on your legs, give people some notice before stretching them.

How to bow

We bow when greeting, or conveying our appreciation. In a Japanese room, you can do so while sitting.



Japanese tea

To enjoy Japanese tea

Japanese traditional teas such as *Matcha* and *Sencha* are slightly bitter and aromatic. In Nara, there are many tea rooms where you can easily try them.

How to hold a tea bowl

Basically you hold it with both of your hands, having the bowl on your left hand and lightly attach your right hand. This is also to show your desire to carefully handle the bowl. The taste of your tea becomes even better if you eat a sweet first.



How to drink tea

Drink your tea while it is hot. There are no particular rules about drinking tea, but you will look smart if you slightly wipe off with your fingers the part where you have put your mouth to drink the tea, especially with *Matcha*.



Observing the arrangements

Appropriate tea bowls and sweets are selected for each season. After drinking tea, ask about these bowls and sweets. You also want to ask about the alcove where a vase or hanging scroll is displayed, and the garden.



Deer

What you should know to get close to deer

Since olden days, human beings and deer have been living together in Nara. Although the deer in Nara Park are very used to people, they are still wild animals and not pets. In the Park, there are currently about 1,200 deer and you will sometimes see them even in the town.

Shika-senbei (deer crackers)

This is a cracker made for deer, and sold throughout Nara Park. Most deer will bow to you if you give them the cracker. When all the crackers are gone, you raise both of your hands, opening the palm side of your hands, which is a sign that you have no more.



Do not feed paper

Sometimes deer eat paper products, such as brochures, but they then become ill, as deer cannot digest paper. Please make sure not to let them eat paper.



Mother deer are dangerous

Fawns are very cute. However, the mother is very protective of her child. Let's watch fawns only from a far distance.



A messenger of the gods

It is believed that the deer of Nara Park come from the one that the god of Kasuga-Taisha Shrine rode on the way from Kashima (current Ibaraki Prefecture) in the 8th century. Since then, deer have been valued as messengers of god.



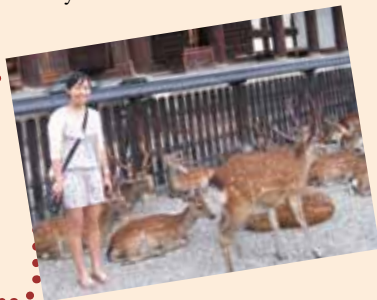
What we like about Nara!

~ Comments from foreign residents

We interviewed some foreign nationals living in Nara, to ask what they like about Nara and what they see as the charms of the city.

What I like about Nara is that it has such beautiful scenery, and you can experience the history and culture of Japan while taking a stroll.

Jennifer



Is that true that there are deer that can bow in Nara? Well then, come to Nara Park to see the deer.

Wang Jun at Saidai-ji Temple



What surprised me about Nara was the sound of deer. It was really surprising when I heard one for the first time. I felt a little scared, because it sounded like a baby screaming.

Lucie



Unlike the busy and flourishing Osaka, or Kyoto with its completely traditional atmosphere, Nara is a good town for tranquility and peace. You will see deer everywhere in Nara Park. What I like the most are the fawns with white spots that appear in spring and summer.

Chen Chiu-jung



My first recommendation in Nara, a city in Japan that has a 1300-year history, is the beautiful nature. If you go to Nara Park, where 1,200 deer live freely, you will feel a relaxed atmosphere that you wouldn't be able to experience in tough big cities. It is so beautiful to see cherry blossoms in April, and autumn leaves in November every year.

Jong Yun Heo, Li Hua

Once you visit Nara, which is full of charms beyond the deer and Great Buddha, you will absolutely fall in love with the city!

Yoonjeong Moon

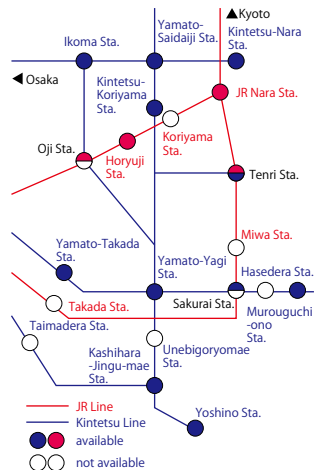


○ = available
× = not available

◆ JR Line Coin Locker Information

JR West Customer Center: 0570-00-2488
Website: <http://www.jr-odekake.net/>

Nara	○
Tenri	○
Miwa	×
Sakurai	×
Takada	×
Koriyama	×
Horyuji	○
Oji	○



◆ Kintetsu Line Coin Locker Information

■ Passenger Information Telephone Center
06-6771-3105 (8:00~21:00)

Nara Line	
Kintetsu-Nara	○
Yamato-Saidaiji	○
Ikoma	○

Kashihara Line	
Yamato-Saidaiji	○
Kintetsu-Koriyama	○
Yamato-Yagi	○
Unebikoryomae	×
Kashiharajingu-mae	○

Osaka Line	
Yamato-Takada	○
Yamato-Yagi	○
Sakurai	○
Hasedera	×
Muroguchiono	○

Ikoma Line	
Ikoma	○
Oji	×

Minami-Osaka Line	
Kashiharajingu-mae	○
Taimadera	×

Yoshino Line	
Yoshino	○

Tenri Line	
Tenri	○

◆ Convenience Stores around JR/Kintetsu Nara Station

Map	Name	Location	
	Address	Phone	Hours

■ Convenience stores where you can use international cash cards

1	7-Eleven, JR Nara-Ekimae Shop	Right outside of the central exit of JR Nara Station.	
	1-2 Sanjo-Honmachi, Nara City	0742-24-7800	24h
2	7-Eleven, Kintetsu Nara-Eki Kitaguchi Shop	Right outside of the north exit of Kintetsu Nara Station.	
	30-1 Higashimukikita-machi, Nara City	0742-23-5058	24h
3	7-Eleven, Kintetsu Nara-Ekimae Shop	2-min walk from the west exit of Kintetsu Nara Station.	
	38-3 Takama-cho, Nara City	0742-24-9595	24h

4	Lawson, JR Nara-Ekimae Shop	1-min walk to the east from the central exit of JR Nara Station.	
	1 Block 3, Sanjo-Honmachi, Nara City	0742-24-9266	24h
5	Sunkus, JR Nara-Ekimae Shop	2-min walk to the east from the central exit of JR Nara Station.	
	522-1 Sanjo-cho, Nara City	0742-26-8446	24h
6	Daily Yamazaki, Kintetsu Nara-Ekimae Shop	Right outside of the west exit of Kintetsu Nara Station.	
	1 Nishi-Mikado-cho, Nara City	0742-27-1205	24h
7	Circle K, Sarusawa-no-ike Shop	At the entrance of Mochiidono Arcade.	
	6 Hashimoto-cho, Nara City	0742-26-5606	24h
8	Lawson, Nara Nishijodo-cho Shop	12-min walk from JR Nara Station.	
	7-2 Nishijodo-cho, Nara City	0742-24-0108	24h

◆ Rent-A-Cycle Information

Location		
Map	Name	Fee
	Location	
	Hours / Phone / Remarks	

Nara City		
9	Nara Rent-A-Cycle	Weekdays 800 yen Weekends & Holidays 900 yen
	From Exit 7 of Kintetsu Nara Sta., go north through Takama intersection, and turn left at the second street on the left-hand side.	
	8:30~17:00 (Mar.~ Nov.) 9:00~15:00 (Dec. ~Feb.) 0742-24-8111 Open even on rainy days	
10	Eki-Rent-A-Car Nara Shop	700 yen/day
	Close to JR Nara Station. Eki Rent-A-Car	
	8:00~18:00 0742-26-3929	
11	Kintetsu Station Cycle Shin-Omiya-Kita Jitensha (Bicycle) Center	300 yen until 10:00 of the following morning
	Near the taxi stand at Kintetsu Shin-Omiya Station. ID is required.	
	6:30~19:00 (Sundays/Holidays ~18:00) 0742-35-0961	
12	Saidaiji Jitensha (Bicycle) Center	1,000 yen/day
	A short walk to the west from the south exit of Kintetsu Yamato-Saidaiji Station.	
	9:00~17:00 0742-44-8388	

Kashihara City • Asuka-mura		
13	Kintetsu Sunflower Rent-A-Cycle Kashihara Center	Weekdays 900 yen Weekends & Holidays 1,000 yen
	Go out of the east ticket gate of Kintetsu Kashiharajingu-mae Station and turn right.	
	9:00~17:00 0744-28-2951	
14	Asuka Rent-A-Cycle	Weekdays 900 yen Weekends & Holidays 1,000 yen
	14-A Kameishi office (in Noguchi parking, Asuka-mura)	
	14-B Ishibutai office (in the parking of Restaurant "Asukano")	
	14-C Asuka-Ekimae office (in front of Asuka Station)	
	14-D Kashihara office (in front of the bus stop at the east exit of Kintetsu Kashiharajingu-mae Station)	
	9:00~17:00 0744-54-3919	
15	Rent-A-Cycle Manyo	Weekdays 900 yen
	Close to Asuka Station.	
	8:30~17:00 0744-54-3500	
16	Koto Rent-A-Cycle	Weekdays 900 yen Weekends & Holidays 1,000 yen
	Close to Asuka Station.	
	8:00~17:00 0744-54-4508	
17	Do-no-mae Rent-A-Cycle	Weekdays 900 yen Weekends & Holidays 1,000 yen
	In front of Tachibana-dera and Kawara-dera Temple Remains.	
	9:00~17:00 0744-54-2395	
18	Rent-A-Cycle Kuzuhana	Weekdays 900 yen Weekends & Holidays 1,000 yen
	In front of the Asuka-shiryokan-mae bus stop (Asuka Historical Museum).	
	9:00~16:00 0744-46-5566	

INFORMATION

◆ Exchange Counters

Some currencies may not be exchanged.
The name and address of your accommodation in Japan and your passport may be required.
These counters keep different currencies, so you may need to place an order for your desired currencies.

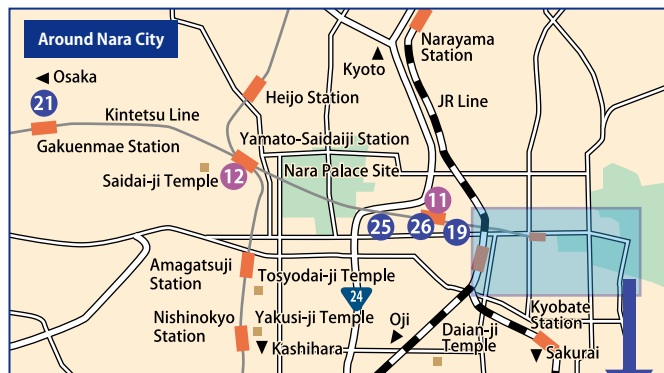
Map	Name	Address	Phone	Hours
	Currencies for exchange			
	Japan Post, Nara Central Post Office			
19	5-3-3 Omiya-cho, Nara City	0742-35-1608	Weekdays 9:00~18:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Japan Post, Nara Higashimuki Post Office			
20	24 Higashimukikita-machi, Nara City	0742-26-3904	Weekdays 9:00~16:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Japan Post Bank (Yucho Bank), Nara Branch			
21	2-3-2 Gakuen-kita, Nara City	0742-45-0915	Weekdays 9:00~16:00	
	USD ○ EUR ○ CNY ○ KRW ○ TWD ×			
	Mizuho Bank, Nara Branch			
22	13-1 Kami-Sanjo-cho, Nara City	0742-24-1211	Weekdays 9:00~15:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Nanto Bank, Honten Eigyo-bu (head office)			
23	16 Hashimoto-cho, Nara City	0742-22-1131	Weekdays 9:00~15:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Nanto Bank, Kencho Shuccho-jo (prefectural government)			
24	30 Noborioji-cho, Nara City	0742-22-4050	Weekdays 9:00~15:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Nanto Bank, Nara Shiyakusho Shuccho-jo (city hall)			
25	1-1-1 Nijo Oji-minami, Nara City	0742-34-5951	Weekdays 9:00~15:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Nanto Bank, Omiya Branch			
26	6-2-1 Omiya-cho, Nara City	0742-33-8671	Weekdays 9:00~15:00	
	USD ○ EUR ○ CNY × KRW ○ TWD ×			
	Ticket Shop Eight			
27	27-5 Nishi-Mikado-cho, Nara City	0742-26-1636	10:00~19:00 Closed on New Year's holidays	
	USD ○ EUR ○ CNY ○ KRW ○ TWD ×			

◆ Tourist Information

	Name	Location
Map	Address	Phone
	Hours / Holidays	
	Nara Tourist Information Center	Okumura Memorial Hall 1 st floor (the north side of Nara National Museum)
28	4 Kasugano-cho, Nara City	0742-27-2003
	Open everyday at 10:00~17:00, except on Dec. 29~Jan. 3, and the third Tuesdays of January, February, June, July, September, and December.	
	Tourist Information Bureau in Kintetsu Nara Station	1 st floor, Kintetsu Nara Station Building
29	28 Higashimukinaka-machi, Nara City	0742-24-4858
	9:00~17:00 Closed during the New Year's holiday.	
	Nara Information Center	At the intersection of Sanjo-dori Street and Yasuragi-no-michi Street
30	23-4 Kami-Sanjo-cho, Nara City	0742-22-5595 (SGG Volunteer Guide) 9:00~19:00 Closed Dec. 29~Jan. 3
	9:00~21:00 Closed Dec. 30~Jan. 3	
	Tourist Information Bureau in JR Nara Station	In the JR Nara Station
31	1-1 Sanjo-Honmachi, Nara City	0742-22-9821
	9:00~17:00 Open throughout the year	

◆ Internet Cafés

Map	Name	Address	Phone
		Location	Hours
	Comic Buster Shalala Kintetsu Nara Konishi-dori Shop		
32	Iseya Bldg. 2 nd floor, 26 Tsunofuri-cho, Nara City	0742-24-4788	
	Near Kintetsu Nara Station, along the Konishi-dori Street.		24h
	Comic Buster Shalala JR Nara-Ekimae Shop		
33	Tomikawa Bldg. 5 th floor, 497-1 Sanjo-cho, Nara City	0742-27-5788	
	2-min walk from JR Nara Station, along the Sanjo-dori Street.		24h



- Convenience Stores
- Rent-A-Cycle
- Exchange Counters
- Tourist Information
- Internet Cafés



Issue date: December 2011
 Production: Nara City
 Cooperation: Isonokami-jingu Shrine, Kasuga-Taisha Shrine, Kinpusen-ji Temple, Kofuku-ji Temple, Saidai-ji Temple, Toshodai-ji Temple, Todai-ji Temple, Hase-dera Temple, Horyu-ji Temple, Yakushi-ji Temple
 Nara Prefecture
 Editing: Midori Kurahashi
 Design: Naoko Ishii
 Photography and photograph supply: Nara Information Center, Takehiko Yano, Hitoshi Ishii, Naoko Ishii, Nancy Enslin, Akihiko Horiuchi, Yakushi-ji Temple Kei Maekawa, Asuka-en
 Illustration: Aoi Kaneda
 Printing: Kousoku Offset Co., Ltd.
 Translation: English Hands Ltd.

Contact: narasika@herb.ocn.ne.jp

24/365
NARA

Cover: Deer's Kanoko pattern (white spots of a fawn)

