

**Railroad Access**

Kansai International Airport	Monkai Limited Express 30min	Namba	Kintetsu Rapid Express 40min	Kintetsu Nara
	JR Limited Express 20min	Tennoji	JR Yamatoji Rapid Express 30min	JR Nara
	JR Limited Express 20min	Osaka AbenoBashi	Kintetsu Express 45min	Asuka
			Kintetsu Express 35min	Yoshino
			Limousine Bus 65min	Yamato-Yagi

Narita International Airport	JR Limited Express 40min	Utsunomiya	JR Shinkansen(Norazn) 140min	Yamato-Yagi
Naneda International Airport	Moorairi Limited Express 20min	Hamamatsu-cho	JR Shinkansen(Norazn) 140min	

JR Nara	JR Rapid Express 45min	Kyoto	JR Shinkansen(Norazn) 140min
Kintetsu Nara	Kintetsu Express 45min		

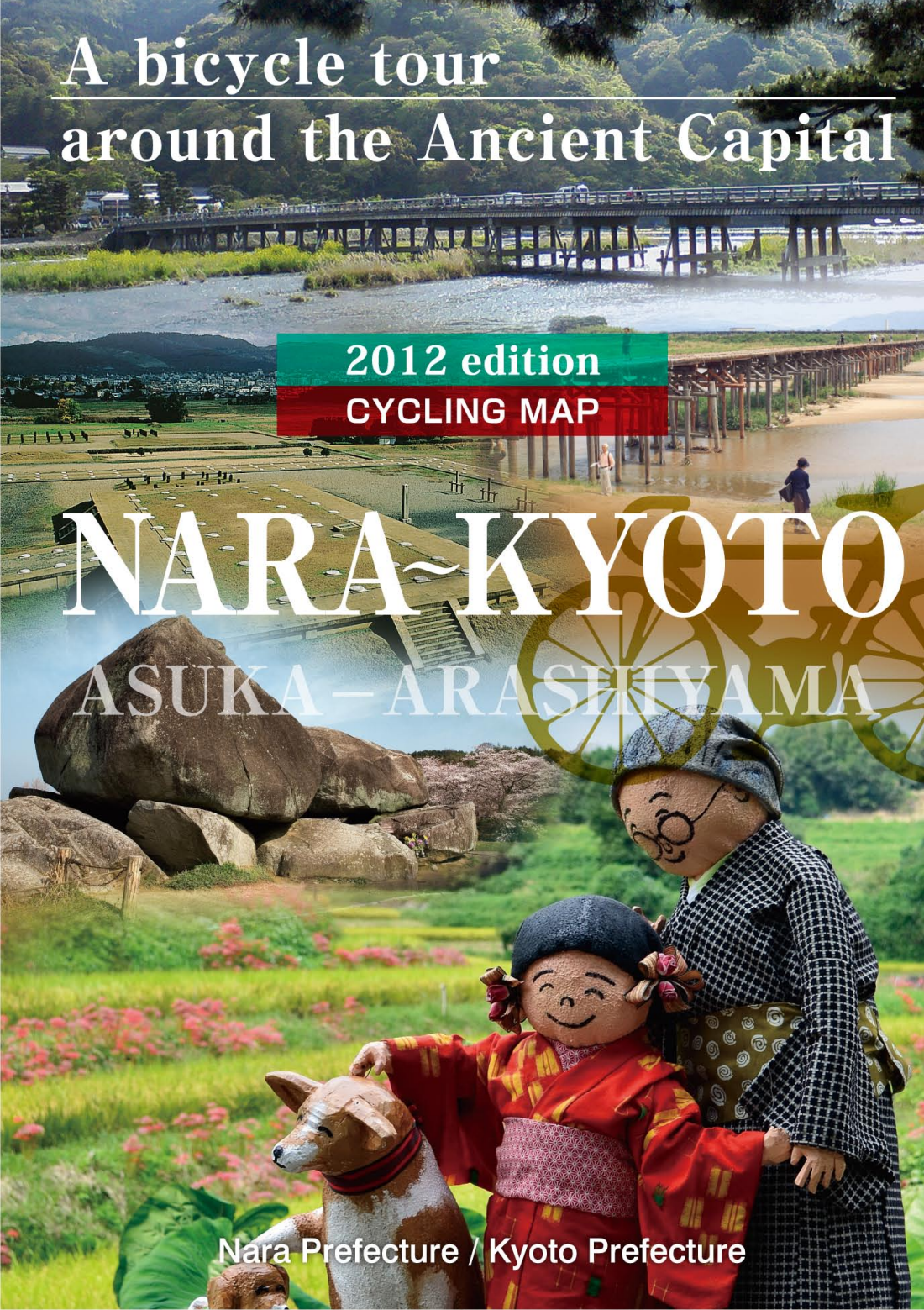
**Please follow the safety rules below.**

- As a general rule, bicycles must be ridden on the roadways.
- Keep to the left hand side of the road.
- When you ride on sidewalks, give way to pedestrians and ride slowly, close to the road.
- Rules for safety:
  - Do not drink driving, riding with another person on the same bicycle, and riding side-by-side with another person and three bicycles at all positions.
  - Turn on your lights when riding at night.
  - Observe and obey traffic signals and signs temporarily to make sure crossroads are safe.
  - Wear a helmet to protect yourself in case of an accident.

Parents are responsible for making their children under 13 wear helmets when riding. (Article 63-10 of Road Traffic Law)

**Tourist Information Centers**

- Kansai Tourist Information Center at Kansai International Airport**  
Tel.:+81-72-456-6025  
Languages:Japanese,English,Chinese Hours:8:30-20:30(April-October)/9:00-21:00(November-March)
- NARA**  
**Nara Prefecture Information Center** Tel.:+81-742-27-2003  
Languages:Japanese,English Hours:10:00-17:00  
4 Kasugano-cho,Nara City,Nara Prefecture
- Nara City Tourist Center** Tel.:+81-742-22-5959  
Languages:Japanese,English Hours:9:00-21:00(English until 19:00)  
23-4 kamianjo-cho,Nara City,Nara Prefecture
- Nara City Tourist Information Center** Tel.:+81-742-27-2223  
Languages:Japanese,English Hours:9:00-21:00(English until 19:00)  
1082 sanjohonmachi,Nara City,Nara Prefecture
- JR Nara Station Tourist Information Center** Tel.:+81-742-22-9821  
Languages:Japanese,English Hours:9:00-17:00  
1-1 sanjohonmachi,Nara City,Nara Prefecture
- Kintetsu Nara Station Tourist Information Center** Tel.:+81-742-24-4858  
Languages:Japanese,English Hours:9:00-17:00  
28 higashimukinokami,Nara City,Nara Prefecture
- KYOTO**  
**Kyoto Tourist Information Center (Kyo Navi)** Tel.:+81-75-343-0548  
Languages:Japanese, English, Chinese and Korean Hours:8:30 a.m. to 7:00 p.m. (Open all year round)  
2nd Floor Kyoto Station, Karasuma, Shimogyo-ku, Kyoto City, Kyoto Prefecture
- Uji City Tourist Information Center** Tel.:+81-774-23-3334  
Languages:English Hours:9:00 a.m. to 5:00 p.m. (closed on year-end and New Year holidays)  
2 Tougawa-Uji,Uji City,Kyoto Prefecture



**If you go a little further, you can visit and enjoy various towns.**

**A trip to elegant and refined Kyoto**

**The Kyoto Botanical Garden** 京都府立植物園  
The Kyoto Botanical Garden was the first public botanical garden built in Japan. It is a scenic garden surrounded by Mt.Kita, Mt.Higashi and the Kamogawa River, which makes it a popular place for people to relax. People also enjoy jogging, cycling and walking along the Kamogawa River.

**Kamogawa River** 鴨川 (西条大橋より上流を望む)  
(Upstream of Kamogawa River as seen from Shijo-Ohashi Bridge)  
Since the medieval period, Dompaku (a style of dancing and music originally performed at agricultural festival) and Sangaku (form of theatre popular in Japan during the 11th to 14th centuries) have been performed in the Shijo Kawarabashi area, around Shijo-Ohashi Bridge. Okuni Kabuki is regarded as the origin of today's Kabuki. This area had many theaters and tea houses back in the day, and Kyoto-Meanara, one of the former "24" guilds for performers, still operates as a Kabuki theater. Many restaurants lay out Noryu Yuka (outdoor terraces) in the summer, making it a picturesque summer scene in Kyoto.

**Gionshirakawa** 祇園白川  
Gionshirakawa is the area around the confluence of the Shirakawa Kamogawa Rivers, extending to Shimbashi Bridge, and is listed as an "Important Preservation District". It is one of the greatest sightseeing areas in Kyoto because it is famous for its many shrines and temples, and Hanamichi with its cobble stone streets.

**Hanami-koji Street** 花見小路  
Hanami-koji Street runs from north to south through the center of Gion, and extends from Sanjo-dori Street in the north to Yasui Kiamon-dori Street in the south. The southern district, with its old buildings, had been designated as an entertainment/gesha district from year '7 of the Meiji period (1874). On the southeast corner of Shijo-dori, there is a famous teahouse called Ichiriki-tei. Along with this, the street is filled with old merchant houses, which adds to Kyoto's ancient atmosphere.

**Plateaus and mountains**

**Enjoy riding around Nara and Kyoto's Plateaus!**

This is a fun route with many uphill and downhill used for various cycle events such as the "Tour of Japan, Nara Stage". Enjoy cycling with the beautiful scenery of Nara and Kyoto in the background.

**Recommended routes**  
 - Green line: Recommended routes  
 - Blue line: Other plateau routes  
 - Red line: Recommended route from Asuka to Arashiyama

**Landscape in Wazuka-cho**  
Wazuka-cho, a place famous for tea, has beautiful tea plantation farms. The area is also registered as one of the beautiful landscape locations by Kyoto Prefecture.

**Nara Stage - Tour of Japan**  
The Nara Stage has been used from the 4th Tour of Japan to the 14th. The opening ceremony was held in front of the Chumon gate at the Dabutsu-den Hall (the Great Buddha Hall) of Todaiji Temple, which may be regarded as the symbol of Nara. Afterwards, the event is moved to Nunome Dam. The course around Nunome Dam has many blind corners, making it easy for players to attack, leading to unexpected outcomes. The numerous hills, and the last kilometer before the finish line being uphill the entire way, make this course a true challenge for teams.

**Nara Stage - 14th Tour of Japan**  
Course of Yamazaki Village - Nunome Dam, Nara City, Nara Pref. 10.1km x 12 times = 121.2km  
Chumon gate at the Dabutsu-den Hall (the Great Buddha Hall) of Todaiji Temple  
Around the entrance of Mt.Takamado Drive way (motorcade 3.4km)

**Recommended routes**  
 1 Sarjo-ji Nara City Nara Prefecture - Kawaguchi Miyamae Kyotamba City Kyoto Prefecture  
 The total travel distance:38.7km  
 The greatest difference in elevation:315m  
 Recorded altitude (uphill):1218m

**Visit Uji: The Town of Heian picture scrolls and Uji Tea**

**Uji City** has many world heritage sites from the glorious days of the Fujiwara family, such as **Byodo-in Temple** and **Ujigami Shrine**. Uji-gawa River was loved by nobles during the Heian period for its beautiful mountains in the background. The area is designated as an important cultural landscape by the Japanese Agency for Cultural Affairs.

**Uji Tea Sweets**

**Taihoan** 対馬庵  
The Uji-bashi Bridge is considered to have been built in 648 by Doto, the monk of the Ganjoji Temple. It was a key junction for transportation between Kyoto and Nara, and also led to many wars until the Senjogoku period. Uji (Cormorant Fishing) often takes place during the summer. It is an amazing experience to go cycling along this historical route.

**Byodo-in Temple** 平等院  
Fujiwara-no-Michinaga, a powerful man in his days, inherited Betsuyasu (villa) from the wife of Minamoto-no-Shigetada, the sadainai (Minister of the Left). Fujiwara-no-Yorinobu (son of Fujiwara-no-Michinaga) built the Buddhist temple called Byodo-in Temple in 1052. 1052 was the first year of "Mappo", the Latter Day of the Law in the Three Ages of Buddhism. The Jodo-shinko (the Pure Land faith), where people wished for reincarnation in paradise, was popular among all social classes. To mark the construction of Amida-do Hall (Ho-oh-do Hall) in Byodo-in Temple in 1052, a seated statue of Amida Nyorai created by Jocho, a Buddhist sculptor from the Heian period, was enshrined in the Hall. These historical buildings and statues, which were created about 1000 years ago, are designated as World Heritage sites. Due to ongoing repairs, the Ho-oh-do Hall, a national treasure, is not open for tours, but the Byodo-in Museum Hoshokan is open as usual.  
\*Repair period - Sept. 3, 2012 to March 31, 2014

**Ujigami Shrine** 宇治上神社  
Ujigami Shrine is located at the foot of Mt.Asahi, on the eastern side of Uji-gawa River. Both the Heiden (a hall of worship) and Honden (main hall) are designated as national treasures, and it is the oldest existing shrine architecture in Japan. The spring water that emerges within the shrine precinct is called Kinbara Mizu, and is one of the Seven Great Springs of Uji.

**Mimurotoji temple** 三盛寺  
Mimurotoji temple is the 10th temple of the 33 Shikoku Kannon Pilgrimage. It is known for its beautiful flowers which you can enjoy throughout all four seasons.

**Manpukuji Temple** 萬福寺  
Manpukuji Temple is the head temple of the Obaku sect, one of the Zen sects. This temple was founded by Ingen as a Chinese Zen temple. This temple offers Chinese Buddhist monks' cuisine, called "Fucha".

**Omotetsando** 表参道商店街 shopping street  
When people think of Uji, they think of tea. Many tea houses, the sweet shops, as well as shops which sell sweets to go along with the tea. The street also has Uji's city hall "Tahoro", and other tea houses that teach you how to pour tea in the best way possible, or let you try grinding tea leaves.

**Take in 4 distinct seasons while crossing the mountain pass!**

**Cherry Blossoms in Mt. Yoshino: A World Heritage Site**  
世界遺産 吉野山の桜  
Mt. Yoshino, an 8km long ridge on the northern edge of the Onme mountain ranges, is famous for its cherry blossoms. The ridges and valleys are filled with 30,000 cherry trees, which look best from late April. The origin of these cherry trees is said to have been when En-no-Oyabe founded the Kinpusenji Temple and made a Buddhist sculpture, Zao Gongen, at the temple's point of worship. The temple also received donations for the cherry trees, which were considered sacred.  
The sight of the cherry trees at Shimosenbon (around Yoshino Station) to Nakasenbon (around Nyoyingji Temple), Kansenbon (around Yoshino Mikumari Shrine) and Okusenbon (Sagayon area), blooming at different periods is a must see for everyone.

**"Sangaku Granfondo" in Yoshino**  
"Sangaku Granfondo" is one of the few mountain races out of the many nationwide races that Nara Cycling Association hosts. The difficulty of the course attracts many cyclists to gather here. This area is also used to be the southern capital during the period of the northern and southern dynasties.

**Site of Heijo Palace** 平城京跡  
The site of Heijo Palace was the capital during the Nara Period. The First Daigokuden and Suzukomon-gate were restored, helping you imagine the beautiful scenery at that time in these vast grounds.

**Gango-ji Temple** 高野町(National Treasure)  
元興寺 (国史指定文化財)  
Gangoji Temple is the predecessor of Hotoji Temple which was built by Soga-no-Umako in Asuka. Although it currently only has Gokuraku-bo Hondon (main hall) and Zensetsu (room for Zen sitting meditation), most of the area nowadays called "Nara-machi" was originally included in the old precincts of Gangoji Temple.

**Saidaiji Temple** 西大寺  
Saidaiji Temple is one of the seven great temples of Nara and was built in 755 following Emperor Shotoku's wishes to protect the nation's peace. Gift copper statues of Shitenno (the four guardian kings) were also built with the temple. Saidaiji Temple is also famous for the Ochamon event, where guests have tea using a big tea bowl which is 30cm wide and weighs 6-7kg. Ochamon is held in January, April and October.

**Nara-machi** ならまち  
The area around the old precincts of Gangoji Temple is called "Nara-machi" and traditional Japanese houses (machiya) line the narrow streets. Nara-machi is popular because there are many restaurants, variety stores and public cultural facilities inside the old Nara-machi traditional houses.

**Todaiji temple** 東大寺  
Todaiji temple was constructed due to the wishes of Emperor Shomu to protect the nation. The Kon-do (Great Buddha) Hall was completed in 751, and the Great Buddha's official consecration ceremony (by means of inserting the eyes into the statue, and thereby investing it with soul) took place the following year. The building of the Buddhist temple was a huge project requiring the strength of the whole nation.

**Kofukuji temple** 興福寺  
As the Fujiwara clan's temple, Kofukuji temple flourished with the prosperity of Fujiwara clan. Many Buddhist sculpture masterpieces of the Tenjo and Kamakura periods, such as the Asuka statue, are preserved in this temple.

**Kasuga Taisha Shrine** 春日大社  
When the capital was moved to Heijo, Fujiwara-no-Fuhito enshrined deities of Kasuga Grand Shrine, which was a private deity of the Fujiwara family, in 710. Shrine buildings were built at the present location in 768 and the shrine was expanded to its current site in the Heian period. Visiting Kasuga Taisha shrine was popular among imperial families and court nobles, but became available to the samurai class and common people from the medieval era. Popularity grew even further and branch shrines of Kasuga Taisha Shrine can now be found all throughout Japan.