

京都

Kyoto ~ Nara Guidebook for a Hands-On Experience

To learn about Japanese history and culture, visit Kyoto and Nara.

Kyoto and Nara are often called the cultural heart of Japan, as they have more than a thousand years of history, which nurtured their culture and tradition. Any visitor to this area can't help but feel the wonder of these truly special cities. Our program features hands-on experiences that can only be offered here, with the abundance of resources for historical tourism.



奈良

KYOTO & NARA

~The Cultural Heart of Japan~

京都

KYOTO

Kyoto & Nara Japan's Ancient Capitals

If you're going to visit Japan, you can't overlook Kyoto and Nara. Japan's first national capital was located in Nara at the end of the 6th century. The capital was later moved to Kyoto, which became the center of Japanese political and cultural life for more than 1,000 years. Kyoto is a beautiful city that harmonizes the bounties of nature throughout the four seasons with Japan's unique culture, which developed over the course of its long history. The area is the location of four of Japan's 13 World Cultural Heritage sites, as well as several thousand Shinto shrines and Buddhist temples. Without doubt, a trip to Kyoto and Nara will allow you to enter a new world that you never knew existed.

World Heritage sites of Kyoto and Nara

- Buddhist Monuments in the Horyu-ji Area (1993)
- Historic Monuments of Ancient Kyoto (1994)
- Historic Monuments of Ancient Nara (1998)
- Sacred Sites and Pilgrimage Routes in the Kii Mountain Range (2004)



Kinkaku-ji Temple
(Golden Pavillion)
撮影: 柴田 秋介



Higashiyama Hanatouro(Lantern Festival)



Shirakawa in Gion



Todaiji Temple(Great Buddha)



Wakakusa-yama Hill
(Yamayaki <Grass-Burning> Festival)

奈良

NARA

The Genius of Japanese Cuisine

Learn and Experience Authentic Japanese Cuisine in Kyoto

<http://www.granvia-kyoto.co.jp/e/>

京懐石

Hotel Granvia Kyoto is now offering cooking lessons, The Genius of Japanese Cuisine, which is designed to reveal to visitors what Japanese cuisine is all about—how the cuisine is prepared and presented and the philosophy behind it that plays such a critical role. The hotel's Master Chef, Hajime Murakami, will offer two cooking lessons over a three-day period, with English translation and interpretation. Participants will be able to choose and combine the dishes they prefer to learn, or they can leave it up to the hotel to suggest.

Fee: JPY 64,000 per person for lesson fees, which includes a full course lunch or dinner each day. A minimum of 8 persons will be required. Please ask the hotel for room charges.

Contact: Hotel Granvia Kyoto
TEL:+81-75-344-8888
FAX:+81-75-344-4400
E-mail: osm@granvia-kyoto.co.jp

Discovering the Hidden Kyoto:

Step into World of Shinto at the World Heritage Site Kamigamo Shrine

<http://www.granvia-kyoto.com>

<http://www.kamigamojinja.jp/english/index-e.html>

This is another unusual Hotel Granvia Kyoto offer aimed at introducing the Japan beyond the guidebooks. Participants will have the opportunity of literally stepping into the hidden world of Japan as they embark on an early morning visit to the lush Kamigamo Shrine. Entering into the shrine itself, they will take part in the famed Onikku-sai ceremony for peace and prosperity. And finally they will be taken to the shrine's treasure house to view sacred ornaments and clothing.

Fee: The charge to attend the ceremony is JPY3,000 per person

Contact:
Hotel Granvia Kyoto TEL:+81-75-344-8888 FAX:+81-75-344-4400
E-mail: osm@granvia-kyoto.co.jp



KYOTO



Ozashiki Asobi Experience

A Rare Opportunity to Experience the Traditional Art and the World of the Geisha

<http://www.granviakyoto.com>

お座敷遊び



Hotel Granvia Kyoto's Ozashiki Asobi Experience offers guests the rare opportunity to spend an evening at a traditional Japanese teahouse in the famed Geisha district of the city. Here they will be ushered into the rarefied world of the Geisha, enjoying a full evening of Geisha entertainment while also being served an elegant Kyoto 'Kaiseki' dinner.

Fee: JPY 52,750 per person or more (inclusive of one-night stay at the hotel and the entertainment)

Contact: Hotel Granvia Kyoto TEL:+81-75-344-8888
FAX:+81-75-344-4400
E-mail: osm@granvia-kyoto.co.jp

Home Visit & Culture Experience

<http://www.wakjapan.com/index.html>

日本文化



A real Japanese cultural experience and international communication in a Japanese household. WAK JAPAN mainly focuses on letting tourists visit Japanese homes where foreign visitors usually don't have a chance to enter, and experience their Japanese culture such as tea ceremony, flower arrangement, calligraphy and so on. We offer cultural experiences of higher quality. Our attendant wearing a kimono will pick you up at the hotel lobby and take you to the house by arranged taxi.

Time required: 2 hours~3.5 hours

Fee: JPY 10,500~

(Transportation service charges are included.)

Contact: WAK JAPAN
TEL:+81-75-212-9993
(Mon.-Sat.
9:30am-6:30pm)
FAX:+81-75-212-9994
E-mail: wak@wakjapan.com



Living in Zen One-day Experiences 禅

<http://www.taizoin.com/en>



Taizo-in is a small Zen temple located in northwestern Kyoto on the quiet grounds of Myoshin-ji. With its beautiful gardens and treasures of Japanese art, Taizo-in is the oldest and most famous sub-temple of Myoshinji Zen complex, and one of the few temples in Kyoto to offer real Zen culture to the international visitor. Here you can experience Zen meditation, tea ceremony, calligraphy, and traditional vegetarian cuisine. The donation is JPY7,500, inclusive of all these activities (4hrs). For reservations and details, please consult our website <http://www.taizoin.com/en/>

Contact: Taizo-in Zen temple
TEL: +81-50-3489-2174 E-mail: info@taizoin.com

Amita Handicraft School

<http://www.amitacorp.co.jp/honten>

The best spot for shopping and lunch near Heian Shrine AMITA HONTEN (AMITA'S MAIN STORE) offers various hands-on handicraft activities. All the activities can be taught in either Japanese or English. Classes available: Damascene Accessory Making, Cloisonne Accessory Making (silver), Cloisonne Accessory Making (copper), Incense Bag Making, Dorei (Clay Bell) Doll Painting, Shichimi (Seven Flavor Spice) Blending

Time required: 40-60 min

Fee: From JPY 1,890 to JPY 3,990

Contact: AMITA HONTEN TEL: +81-75-761-7000 FAX: +81-75-761-2684

E-mail: honten@amitacorp.co.jp

伝統工芸



Hands-On Handicraft Activities at Duty-Free Shop

<http://www.kyotohandicraftcenter.com/>

KYOTO HANDICRAFT CENTER is one of the best tax-free shopping places in Japan. In the 7-story building, you'll find an abundance of Japanese Souvenirs under one roof. And, EN-YA by AMITA CORP. (on 7th floor) offers various kinds of hands-on handicraft activities. In addition to the activities which are offered at AMITA HONTEN, you can choose your favorite activities from 10 choices and enjoy the experience of making your own Japanese handicrafts. Classes available: Damascene Accessory Making, Cloisonne Accessory Making (silver), Folding Fan Painting, Cloisonne Accessory Making (copper), Woodblock Printing, Incense Bag Making, Dorei (Clay Bell) Doll Painting, Shichimi (Seven Flavor Spice) Blending, Koma (Spinning Top) Making, Gold Powder Drawing

Time required: 40-60 min

Fee: From JPY 1,890 to JPY 3,990

Contact: KYOTO HANDICRAFT CENTER 7th floor, EN-YA by AMITA CORP TEL: +81-75-761-0142 FAX: +81-75-751-6861 E-mail: en-ya@amitacorp.co.jp



Swordsmanship Workshop

<http://www.eigamura30.com/english/>

時代劇



When we think of SAMURAI, we think of Jidaigeki samurai TV shows.

Talk about Jidaigeki, and talk turns to the last scene, the final sword battle!

Thanks to Hollywood, traditional Japanese swordsmanship has been shown to the world through such films as Star Wars.

Now you have the opportunity to learn from a sword master at Toei Movie Land in Kyoto.

You can be the hero in your favorite samurai show!

Time required: 1 hour

Fee: 10-14 people JPY 3,500 / person

15-24 people JPY 2,300 / person

25-30 people JPY 1,800 / person

Option: Samurai-Costumed Instructor JPY 20,000 (plus tax)

Kimono Rental (please enquire)

Contact: Toei Movie Land, Kyoto, Japan

TEL: +81-75-864-7716 (Event Guidance)

TEL: +81-75-864-7788

FAX: +81-75-864-7776

Experience Handweaving and Kimono at Nishijin Textile Center

<http://www.nishijin.or.jp/eng/eng.htm>

Handweaving: Experience weaving by traditional methods using a mini-loom. Weave a placemat and take it home as a souvenir.

Kimono: Try on a Maiko/Geiko Kimono, 12-layered Kimono or normal Kimono

Price&Time required:

Handweaving: JPY1,800 about 30 min.

Maiko/Geiko & 12-layered Kimono: JPY10,000 about 80 min.

Normal Kimono: JPY3,600 about 20 min.

※Reservations are necessary in advance.

Contact: NISHIJIN TEXTILE CENTER

TEL: +81-75-451-9231

FAX: +81-75-432-6156

E-mail: info@nishijinori-kaikan.ecnet.jp

西陣織



Gion Corner The Essence of Japanese Traditional Arts and Entertainment Brought Together at Gion Corner!

http://www.kyoto-gion-corner.info/gion_corner/top



Kyoto boasts various traditional arts and entertainments that have been cherished throughout its long history in its traditions. Gion is the most precious district in Kyoto where history and tradition are still preserved, and that is where Gion corner is. Since 1962, Gion Corner is a popular night spot where tourists can experience an overview of 7 kinds of Japanese traditional arts and entertainment in single setting: Kyoto style Dance, Flower Arrangement, Tea Ceremony, Japanese Harp, Comic Play, Court Music and Puppet Play. This could be the highlight of your time in Kyoto. Please relax and enjoy the selection of Japanese culture at Gion corner.

Show Time: 19:00~ & 20:00~ (From Dec. to Feb., the show runs from 19:00 only in weekends. Please ask for details)

Fee: JPY 3,150

Option: Tea ceremony experience JPY 1,500

Contact: Gion Corner (Yasaka Hall)

TEL: +81-75-561-1119

FAX: +81-75-561-3860

祇園



Kyoto Sweets Cooking Class: Yatsuhashi-an Kakehashi and Embroidery Museum

<http://www.yatuhashian.jp/>
http://www.kyoto.travel/place_to_go/yatsuhashian-shisyuyakata.html

Nama-yatsuhashi cake making course

Nama-yatsuhashi, or cinnamon-flavored soft rice cakes stuffed with a sweet filling, are a traditional and highly popular Kyoto-esque confection.

Time required: 40min.

Fee: JPY 840 / person

"Kyoto Veg" manju bun making course

Manju is a traditional Japanese steamed bun stuffed with sweetened bean paste. You can make your manju different, using locally produced vegetables.

Time required: 50 min

Fee: JPY 1,050 / person

和菓子



Tea ceremony with nerikiri cakes

Make seasonally themed namagashi tea ceremony cakes, using a set of authentic utensils. Enjoy the cakes over a bowl of ousu tea that you whisk yourself in the tea ceremony room.

Time required: 40 min

Fee: JPY 950 / person

Mitarashi dumplings making course

Mitarashi dumplings are rice-flour-based dumplings skewered on bamboo sticks, lightly broiled over a charcoal fire, and dressed with a sweet sauce.

Time required: 50 min.

Fee: JPY 840 / person

Contact: Yatuhashi-an and Embroidery Museum
TEL:+81-75-313-2151 FAX:+81-75-311-9581
E-mail: info@yatuhashian.jp

Tea Ceremony

<http://www.kyoto-ujji-kankou.or.jp/others/spot/cha/cha.htm>



Taiho-an is Uji City Municipal Tea Ceremony House located near the bank of the Uji River. It is set close to Byodoin Temple, which has been designated as a national treasure and World Heritage Site. We will welcome you to our tearoom and help you to enjoy the flavor of tea and to understand the spirit of the tea ceremony.

Time required:

About 20min.

Fee: JPY500 (includes a cup of tea with Japanese seasonal sweets)

Contact: TAIHO-AN

TEL:+81-774-23-3334

茶道

Making Maccha Powdered Tea

<http://www.tokichi.jp>

This teahouse was founded in 1859. In the inner parlor of the main Nakamura Tokichi store is a tearoom rich in atmosphere (the Zuishoan).

Customers that make a reservation beforehand can experience the art of preparing Maccha powdered tea (2 persons or more).

Experience a mouthful of bliss with tea that you have prepared yourself.

Enjoy the unique atmosphere of the tearoom that derives from Japanese culture.

Time required: About 1 hour

Fee: JPY2,100 (includes two kinds of tea with Japanese seasonal sweets)

Bookings taken from one week in advance

Contact: Tokichi

Nakamura (Tearoom

Name:Zuishoan)

TEL:+81-774-22-7800



Miyama Thatched Roof Village (Kayabuki-no-sato)



<http://www.pref.kyoto.jp/visitkyoto/en/area/tamba/course/01/>

Miyama is situated in the center of Kyoto Prefecture. From Kyoto city it is about a two-hour bus ride to this place of great natural beauty where you can still see landscapes of traditional Japanese fields. It has been designated as an Important Preservation District for Groups of Historic Buildings because of the 38 thatched roofed private residences that dot the area. Unlike the thatched roofed homes in Gifu Prefecture's Shirakawa district, which are said to have masculine characteristics, those in Miyama are considered to be of a more feminine nature. There are also guesthouses in the area so that you can experience it all at a leisurely pace.

Room rates:

JPY8500 per night per person (two meals included)

Contact: Kayabuki-no-sato

FAX: +81-771-77-0660



Japanese Paper-making

Kurotani-washi, or Kurotani style Japanese paper, is said to have been created in the mountain village of Kurotani around 800 years ago. Today, it is one of the few types of Japanese paper in the entire country that is still made true to the ancient methods. Come experience the authentic traditional method of Japanese papermaking.

Time required: About 30 min.

Fee: Entrance fee: Adults - JPY300; elementary, middle, and high school students - JPY200; children younger than elementary school - free.

Paper making: JPY700

Contact: Kurotani Washi-kogei-no-sato

(Kurotani Japanese Paper House)

TEL:+81-773-45-1056



More Info

<http://www.Kyoto.Travel>
<http://www.pref.kyoto.jp/visitkyoto/en/>



Kyoto Travel Guide



Welcome to Kyoto

Interesting Experiences of Art and Culture in NARA

※ For those who need a volunteer guide or plan to experience one of the following, please contact Nara City Tourist Information Center (Nara SGG Club): <http://www.narashikanko.jp/ssg/>
Tel/Fax +81-742-22-5595 (Inquiries in English)

■ Making Miniature Roof Tiles <http://www.gado.co.jp/>

Miniature roof tiles can be used as charms against evil, paperweights, wall ornaments and so on. (09:00-17:00)

Time required: 1 hour. It takes three weeks to complete the product.

Fee: JPY 2,000 per tile (Not including mailing cost)

Application: Necessary (Before your visit)

Contact: Gado TEL: +81-742-22-2391



■ Making Somen Noodles <http://www.miwayama.co.jp/>

Watch a video, then make Somen- very long thin noodles. (10:00-14:00)

Time required:

1.5 - 2 hours

Fee: JPY 600 per person.

Lunch is also available (JPY 600 for Somen and JPY 800 for Somen & Kakinohazushi-Nara's traditional sushi)

Application: Necessary (At least 3 days before)

Contact: Men'yu-kan (Miwa-Somen Yamamoto Co, Ltd) TEL: +81-742-72-3331



■ Nigiri-zumi <http://www.kisweb.ne.jp/personal/kinkouen/>

Making a carbon-based ink bar by hand. (10:00 -17:00)

Time required: 1 hour (1. Explanation about the history of Sumi ink bar and its materials. 2. Sumi factory tour 3. Making Nigiri-zumi by holding a soft ink bar with your hand.)



Fee: JPY 1,050 per an ink bar. Up to approx. 20 people.

Application: Necessary (At least one day before)

Contact: Kinko-en
TEL: +81-742-22-3319

■ Tasting of Japanese Sake at a Japanese Sake Brewery <http://www.harushika.com/global/>

Time required: 30 min. (8:15-19:15)

Fee: JPY 400 per person

Application: Not necessary

Contact: Imanishi Shuzo TEL: +81-742-23-2255



■ Wear a Kimono and Walk around the Ancient Streets of Nara-machi.

Time required: 30 min. for dressing. You can stroll around freely in kimono until four o'clock. (10:00-16:00)

Fee: JPY 3,000 per person for kimono rental and dressing. JPY 2,500 per person for yukata rental and dressing.



Application:

Necessary

(At least 2 days before)

Contact: Sara

TEL: +81-742-24-1302

■ Glass Workshop

Making Tombo-dama (traditional colorful glass beads) as accessories.

Time required: 2 hours (10:00-12:00/16:00-18:00)

Fee: JPY 5,500 per person (Two glass beads)

Application: Necessary (At least 3 days before)

Contact: Kuho, Nara-machi Kobo TEL: +81-742-26-0493

■ Indigo Dyeing <http://www.hakomoto.com/>



Time required: 1.5 hours (09:00-10:30/10:45-12:15/13:15-14:45/15:00-16:30)

Fee: JPY 300 per person for admission fee and indigo dyeing fee (additional JPY 500 for a handkerchief and JPY 800 for a bandana.)

Application: Necessary (Before your visit)

Contact: Hakomoto-kan, Konya TEL: +81-743-58-5531

■ Experience Sumo Wrestling

Time required: 1. Approx. 75 min. You wear a sumo sash and practice sumo in the sumo ring. (Up to 20 people) 2. Approx. 15 min. You listen to Sumo Jink (songs). (Approx. 30-45 min. for practicing them.) 3. Approx. 30 min. Explanation about the history of sumo and the exhibited items. It takes approx. 2 hours to do everything. You can choose from 1 to 3 depending on your schedule. (10:00-17:00)

Fee: Free for foreign tourists who show their passport

Application: Necessary (At least 5 days before)

Contact: Sumo Museum Kehayaza

TEL: +81-745-48-4611 FAX: +81-745-48-8196



■ Making Akahada-yaki Pottery

Time required: 2 hours. It takes 3 weeks to complete the pottery. (10:00-16:00)

Fee: JPY 3,500 per person (Not including mailing cost)

Application: Necessary (Before your visit)

Contact: Ogawa Niraku TEL: +81-743-52-3274

■ Ochamori-shiki Tea Ceremony (Auspicious Tea Ceremony)

The Ochamori-shiki Tea Ceremony originates in the priest Eison's prayer for the Emperor's health and his people's prosperity. The first ceremony took place on New Year's Day in 1239. Since then the ceremony has continued for more than 700 years.

The monks serve green-powdered tea to visitors in a gigantic tea bowl more than 50 cm in diameter and weighing over 4kg.

(09:00-16:00)

Time required:

1 hour

Fee: JPY 1,000 per person (Including admission fee)

Application: Necessary (At least one week before)

A minimum of 30 persons will be required.

Contact: Saidaiji Temple TEL: +81-742-45-4700



■ The Practice of Zazen (Zen Meditation)

Time required: 2 hours (09:00-16:00)

Fee: JPY 1,000 per person

Application: Necessary (At least one week before)

Contact: Sanshoji Temple TEL: +81-742-44-3333

Excursions

The area around the ancient cities of Kyoto and Nara is scattered with spots of great historical significance including several World Heritage sites. There are countless possible excursions within a couple of hours train ride from Kyoto or Nara. We recommend the following six.

山城

Yamashiro Area

This district was the site of the final scene of Japan's first long work of fiction, the *Genji Monogatari*. It boasts many historical legacies.

Tale of Genji
Museum
(Uji City)



Byodoin Temple (Uji City)

丹波

Tamba Area

The area still resembles the Japan of yesteryear, and has an abundance of mountains, rivers, and other natural splendors.

Miyama
Kayabukino Sato
(Nantan City)



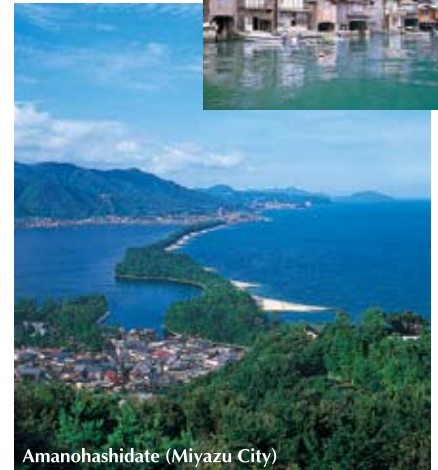
Torkko Railway and Hozugawa River Trip (Kameoka City)

丹後

Tango Area

Tango is a resort area facing the Sea of Japan along a beautiful coastline. Visitors can enjoy the local hot springs and seafood cuisine.

Ineno
Funaya Houses
(The Boat Houses)
(Ine Town)



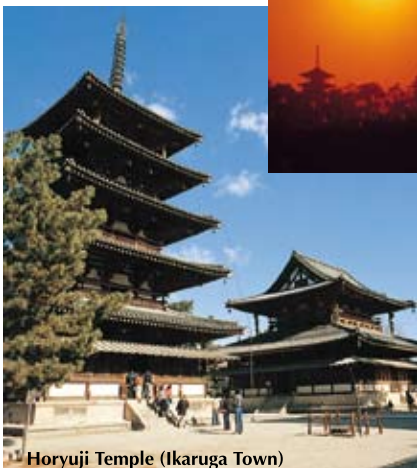
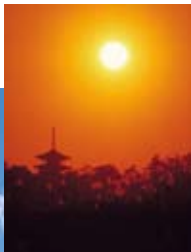
Amanohashidate (Miyazu City)

斑鳩

Ikaruga Area

This is the site of Horyu-ji Temple, Japan's first recognized World Heritage site. It is also famous as the location of Japan's oldest wooden structure.

Distant view
of Horyuji Temple
(Ikaruga Town)



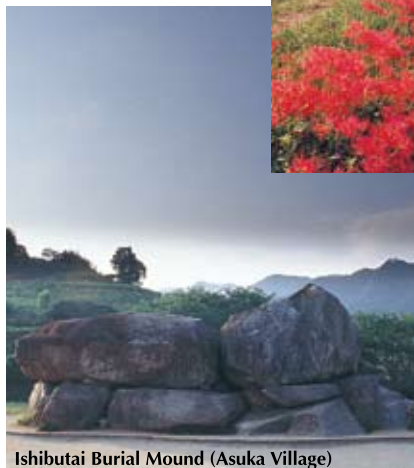
Horyuji Temple (Ikaruga Town)

飛鳥

Asuka Area

The Japanese state began here. It has many valuable archeological remains, as well as many scenic landscapes reminiscent of ancient Japan.

Pastoral landscape
in Asuka
(Asuka Village)



Ishibutai Burial Mound (Asuka Village)

吉野

Yoshino Area

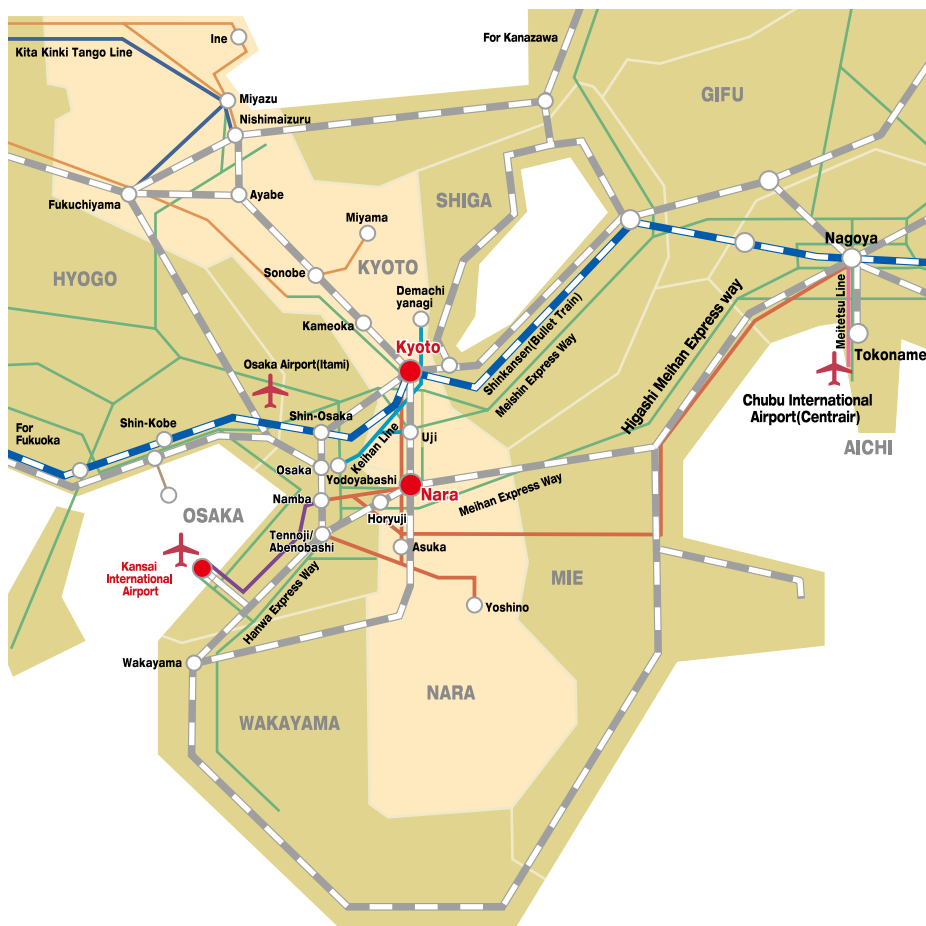
Known as the sacred ground for Japan's ancient mountain worship, Yoshino features many cultural legacies in a rich natural setting.

Kumano
Old Pilgrim Path
(Totsukawa Village)



Mt. Yoshinoyama (Yoshino Town)

Access Map to Kyoto and Nara



Website

Kyoto

<http://www.Kyoto.Travel>

<http://www.pref.kyoto.jp/visitkyoto/en/>

Nara

http://www.pref.nara.jp/nara_e/

Kyoto and Nara Tourist Information

Kyoto Tourist Information(For visitors from abroad)

TEL: +81-75-344-3300

(In the Kyoto Prefectural International Center)

Tourism Promotion Section, City of Kyoto

TEL: +81-75-222-4133

Kyoto City Tourist Information Office

TEL: +81-75-343-6655

Nara Prefectural Tourist Information Center

TEL: +81-742-27-2003

Nara City Tourist Center

TEL: +81-742-22-5595

Sarusawa Tourist Information Center

TEL :+81-742-26-1991

Kintetsu Nara Station Tourist Information Center

TEL: +81-742-24-4858

JR Nara Station Tourist Information Center

TEL: +81-742-22-9821

Access time from Kansai International Airport to the main region

Osaka		Kyoto		Tokyo
	JR Shin-kaisoku (S. Rapid): 30 min.		JR Shinkansen "Nozomi": 140 min. "Hikari": 160 min.	
			JR Nara Line "Miyakoji Rapid Train": 20 min.	Uji (in Yamashiro Area)
	JR Limited Express "Haruka": 74 min.		JR Sanin (Sagano) Line: 27 min.	Kameoka (in Tamba Area)
	Limousine Bus: 95 min.		JR Limited Express "Hashidate": 106 min.	Miyazu (in Tango Area)
Kansai International Airport			JR Nara Line "Miyakoji Rapid Train": 45 min. Kintetsu Kyoto Line Limited Express Train : 35 min.	
	JR Limited Express "Haruka" and JR Yamatoji Line: 60 min.	Nara	JR Yamatoji Line "Yamatoji Rapid Train": 10 min.	Horyuji (in Ikaruga Area)
	Limousine Bus: 85 min.		Kintetsu Limited Express Train: 45 min.	Asuka (in Asuka Area)
			Kintetsu Limited Express Train: 80 min.	Yoshino (in Yoshino Area)