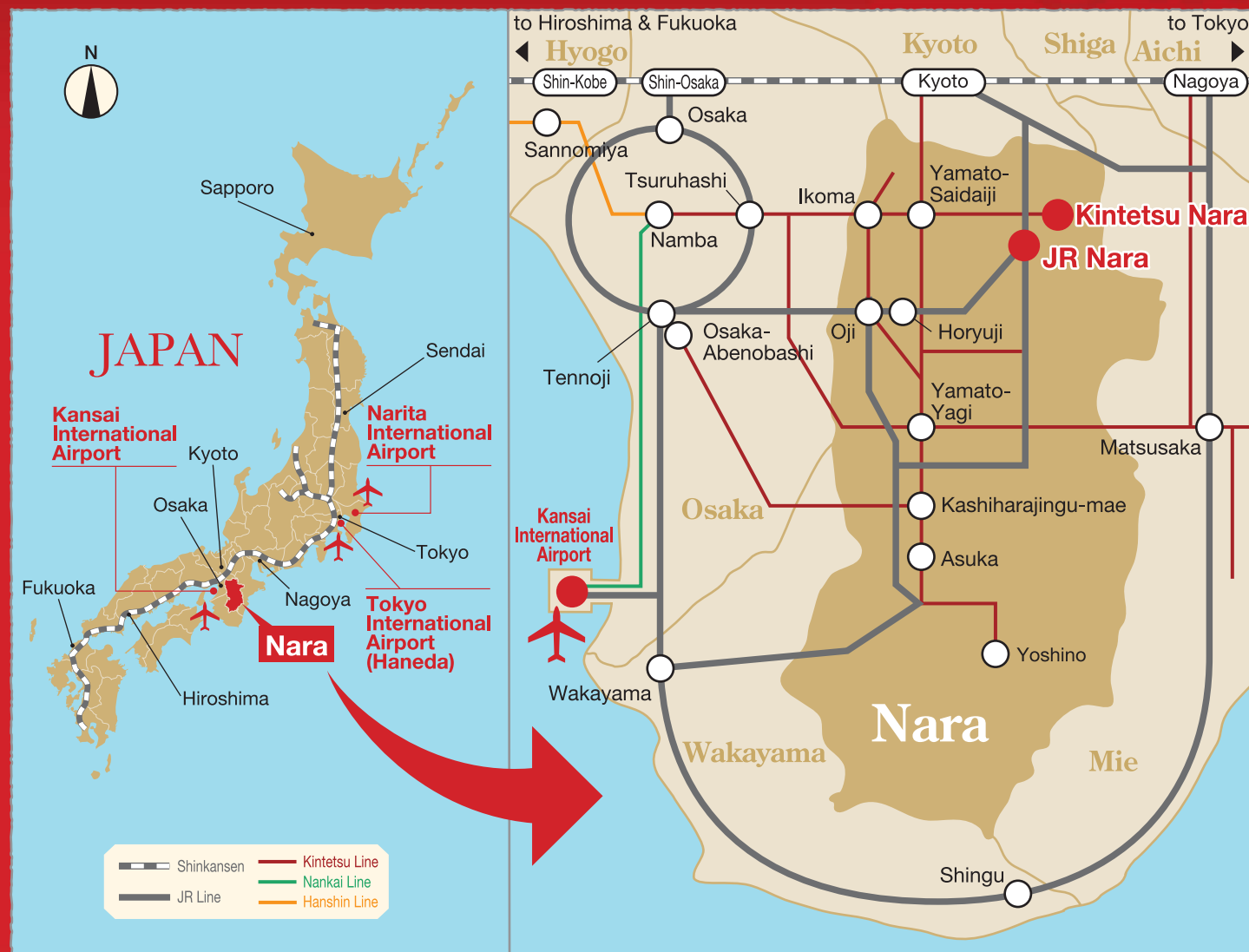


NARA MAP



奈良

The Ancient Capital, Where One Can
Encounter Beautiful Shrines, Temples,
and Nature

NARA, JAPAN



Getting to Nara

Kansai International Airport	Limousine Bus 85min.			Kintetsu Nara	Limousine Bus 5min.	JR Nara	About 90min. total		
	Limousine Bus 65min.			Yamato-Yagi			About 65min. total		
	JR Limited Express 30min.	Tennoji	JR Yamatoji Rapid Service 30min.	JR Nara			About 60min. total		
	Nankai Limited Express 30min.	Namba	Kintetsu Rapid Express 40min.	Kintetsu Nara			About 70min. total		
	JR Limited Express 30min.	Osaka-Abenobashi	Kintetsu Limited Express 45min.	Asuka	Kintetsu Limited Express 35min.	Yoshino	About 110min. total		
Narita International Airport	JR Limited Express 60min.			Tokyo	Shinkansen (Nozomi) 140min.	Kyoto	JR Rapid 45min.	JR Nara	About 245min. total
Tokyo International Airport (Haneda)	Tokyo Monorail Haneda Express 20min.	Hamamatsucho	JR Line 5min.				Kintetsu Express 45min.	Kintetsu Nara	About 210min. total
Kyoto	JR Rapid 45min.			JR Nara				About 45min. total	
	Kintetsu Express 45min.			Kintetsu Nara				About 45min. total	

Inquiry Contact Details

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)

JR Nara Station Tourist Information Center
Tel.: +81-742-22-9821
Languages: Japanese, English
Hours: 9:00-17:00

Nara Prefecture Information Center
Tel.: +81-742-27-2003
Languages: Japanese, English
Hours: 10:00-17:00

Kintetsu Nara Station Tourist Information Center
Tel.: +81-742-24-4858
Languages: Japanese, English
Hours: 9:00-17:00

Nara City Tourist Center
Tel.: +81-742-22-5595
Languages: Japanese, English
Hours: 9:00-21:00
(English until 19:00)

Sarusawa-ike Tourist Information Center
Tel.: +81-742-26-1991
Languages: Japanese, English
Hours: 9:00-17:00

Nara City Tourist Information Center
Tel.: +81-742-27-2223
Languages: Japanese, English
Hours: 9:00-21:00
(English until 19:00)

Horyuji i Center
Tel.: +81-745-74-6800
Languages: Japanese, English
Hours: 8:30-18:00
(English until 16:00)

Published by **Nara Prefecture** 30 Noborioji-cho, Nara City, 630-8501, Japan Tel.: +81-742-27-8553 E-mail: iad-nara@mahoroba.ne.jp

<http://www.pref.nara.jp/>

*Photos courtesy of: Nara Visitors Bureau, STUDIO38 *Travel times are approximate and for reference purposes only. *Listed entrance fares etc. for facilities are correct as of February, 2012. They are subject to change, so please confirm when planning and during your trip.



Nara & Canada

Canada's Involvement in Carrying On the Cultural Legacy of the Ancient Capital

Japan's capital up until the 8th century, Nara is the birthplace of Japanese culture. Visitors are delighted by the historical and cultural legacy as embodied by the shrines, temples, Buddhist statues, treasures, and other properties that have been lovingly maintained.

The lumber that Canada proudly calls its own is used in the recovery and reconstruction efforts currently under way on the cultural assets.



World Heritage

Kofukuji Temple

The Soaring Five-Story Pagoda Is a Major Nara Landmark

This temple was moved to its present location and named "Kofukuji Temple" when the capital was moved to Heijo Palace in 710. At its peak, it was a grand temple that had more than 175 halls and pagodas. The pagoda with a height of 50.1m stands as the landmark of Nara, an ancient capital of Japan. The Central Golden Hall is currently being rebuilt with the aim of reopening in 2018.

48 Noborioji-cho, Nara City ☎0742-22-7755 Open year-round
● 9:00-17:00 (Last entry at 16:45) 🏛️ National Treasure Museum: ¥600, Eastern Golden Hall: ¥300, ¥800 combined
🚶 5min. walk from Kintetsu Nara Station, Immediately from Kencho Mae stop on the City Loop Bus from JR Nara Station

Canadian Yellow Cedar Reproduces the Essence of Japanese Culture

36.6m wide, 23m long, and 21.2m tall, the Central Golden Hall is being rebuilt with massive quantities of Canadian yellow cedar for the beams and fittings. Grown in the Vancouver Island highlands at altitudes of over 1,500m, Canadian yellow cedar logs (500-800 years old and 1.5-2 meters in diameter) were selected for their strength, durability, and supple, easy-to-craft texture. The government of Canada has offered comprehensive support for the importation of aged yellow cedar, a valuable natural resource. Canadian lumber is being used to reproduce the very essence of Japanese culture.



World Heritage

Kasuga Taisha Shrine

A Place to Pray for World Peace and Universal Happiness

This ancient shrine was constructed to protect Heijo-kyo at the base of Mt. Kasuga, which has from antiquity been worshipped as the mountain where a Shinto god descended. The vermilion structure looks stunning against the deep green and, in May, ubiquitous wisteria can be seen blossoming beautifully. The deer, which are considered to be the messen-



gers of the god of Kasuga Taisha Shrine, wandering throughout the grounds are an impressive sight.



Mt. Kasuga Primeval Forest

This remains a virgin forest due to the ban of almost 1,200 years on hunting and clearing in the sacred area of Kasuga Taisha Shrine. A primeval forest so close to a city is rarely found anywhere in the world, and this is a virtual treasure trove of diverse wildlife. This forest has been designated as a World Heritage Site.

160 Kasugano-cho, Nara City ☎0742-22-7788
● Main Shrine / 6:30-17:30 (April-October), 7:00-16:30 (November-March) Treasure Hall / 9:00-17:00 (Last entry at 16:30)
● Special visit to main shrine: ¥500, Treasure Hall: ¥400
🚶 Immediately from Kasugataisha Honden stop on the bus bound for Kasugataisha Honden from JR/Kintetsu Nara Station

Nara Park

A 5-minute Walk from the Station, You Are Greeted by 1,100 Wild Deer

Nara Park is the very face of the ancient capital. Covering a vast area of 660 hectares, it features architectural structures such as Todaiji Temple, Kofukuji Temple, Kasuga Taisha Shrine, the Nara National Museum, and Shosoin Repository that blend in well with the majestic and rich greenery of the park. The deer that wander around in herds act as the park mascots.



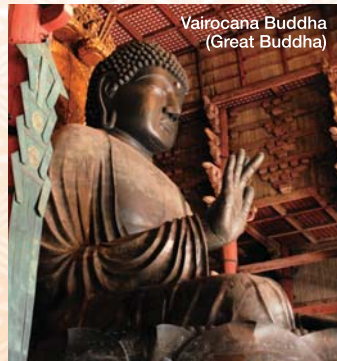
Zoshi-cho and locality, Nara City
☎0742-22-0375 (Nara Park Management Office)
🚶 5min. walk from Kintetsu Nara Station, 20min. walk from JR Nara Station

World Heritage

Todaiji Temple

The World's Largest Bronze Buddha Statue: the "Great Buddha of Nara"

A large temple constructed at the behest of the Emperor Shomu in the mid-8th century, the Great Buddha Hall is one of the largest wooden structures in the world. The Vairocana Buddhist statue enshrined here is the world's largest bronze Buddha statue (estimated weight of 380t, height of 15m) and is commonly known as the "Great Buddha of Nara." There are other noteworthy sights such as the Great South Gate, Nigatsudo Hall, and Hokkedo Hall.



406-1 Zoshi-cho, Nara City ☎0742-22-5511 (Todaiji Temple), 0742-20-5511 (Todaiji Temple Museum)
Open year-round (Todaiji Temple Museum is sometimes temporarily closed when exhibitions are being renewed)
● Great Buddha Hall, Hokkedo Hall (Sangatsudo Hall), Ordination Hall / 7:30-17:30 (April-September), 7:30-17:00 (October), 8:00-16:30 (November-February), 8:00-17:00 (March) Todaiji Temple Museum / 9:30- (Last entry 30 minutes before Todaiji Temple closing time)
● Great Buddha Hall, Hokkedo Hall (Sangatsudo Hall), Ordination Hall, Todaiji Temple Museum: ¥500 each, Great Buddha Hall & Todaiji Temple Museum: ¥800 combined
🚶 5min. walk from Daibutsuden Kasuga Taisha Mae stop on the City Loop Bus from JR/Kintetsu Nara Station, 20min. walk from Kintetsu Nara Station
The Hokkedo Hall (Sangatsudo Hall) is under reconstruction until the end of March 2013 and is closed to visitors.

World Heritage

Yakushiji Temple

The Unique Layout Called "Yakushiji Style"

The unique layout of the Kondo (Main Hall) in the center and the east and west pagodas on either side has earned the name "yakushiji style." As the Yakushi Triad enshrined in the Kondo were known as healing Buddhas, from times of old they gained popularity because they were relied on by those in need. The many cultural assets kept here make apparent the cultural influences that came to Japan via the Silk Road.
(The East Pagoda is being dismantled and repaired between 2011 and 2018.)

457 Nishinkyo-cho, Nara City ☎0742-33-6001 Open year-round
● 8:30-17:00 (Last entry at 16:30)
● ¥500 (usual period) (¥800 when the Genjo Sanzo Complex is open for viewing)
🚶 Immediately from Kintetsu Nishinkyo Station



World Heritage

Horyuji Temple

The World's Oldest Wooden Structures and over 2,300 National Treasures and Important Cultural Properties

This temple was built at the behest of Prince Shotoku and Emperor Suiko at the beginning of the 7th century. Its Kondo (Main Hall) and Goju-no-to (Five-Storied Pagoda) are the oldest wooden structures in the world. Furthermore, Horyuji Temple was the first location in Japan to be designated a World Heritage Site by UNESCO. The temple garners attention all over the world as a treasure trove of Buddhist culture.



1-1 Ikaruga-cho, Horyujisanai, Nara Prefecture ☎0745-75-2555
● 8:00-17:00 (February 22-November 3), 8:00-16:30 (November 4-February 21) ● ¥1,000
🚶 Immediately from the last stop of the bus bound for Horyujimon Mae from JR Horyuji Station, 5min. walk from Horyuji Mae stop on the bus bound for Horyuji or Oji Ekimae from Kintetsu Nara Station

World Heritage

Sacred Sites and Pilgrimage Routes in the Kii Mountain Range

An Untamed Pilgrimage Mecca Carved Out Harshly by Mother Nature

The Kii mountain range located in southern Nara consists of mountains almost 2,000m above sea level. As one of the oldest sacred lands in Japan, the bounty of nature that has made for such mountains has inspired awe in the Japanese since antiquity. Believed to be a place where the gods reside, it has given birth to Shugendo (mountain asceticism), a form of mountain faith unique to Japan that weds the worship of nature with Buddhism and other elements. Annual rainfall of over 4,000mm makes for lush forests and for 1,300 years the area has continued to be a pilgrimage mecca for many who seek ascetic training.

Sacred Sites of Yoshino & Omine ☎0746-32-3081 (Yoshino Town Hall) ☎0747-63-0999 (Tenkawa Village General Information Center)
Kumano Pilgrimage Routes, Kohechi Route ☎0746-62-0001 (Totsukawa Village Office) ☎0747-37-2101 (Nosegawa Village Office)



CULTURE
FOCUS

Nara's Flowers of the Four Seasons

Flowers blossom in each of the four seasons in Nara, giving the scenery of the ancient capital a savory depth. In the spring, pretty pastel pink cherry blossoms envelop all of Nara. In fact, the 30,000 mountain cherry trees make Mt. Yoshino in southern Nara one of Japan's finest places for cherry blossom viewing. Also beautiful are the peonies of Hasedera Temple and wisteria of Kasuga Taisha Shrine. In the summer, lotus blossoms, the flowers of Buddhism, can be seen at Toshodaiji Temple and Horyuji Temple. And in the autumn, cosmos flowers and beautiful autumnal hues like those of Canada can be found in numerous places such as Nara Park and Yoshino. In Nara, you can find beautiful natural settings throughout the four seasons.

Divine Messengers, the Deer of Nara Park

While the tame deer wandering around Nara Park are a great delight to tourists, they are not domesticated and are designated a protected animal. The deer are said to be the messengers of a deity of Kasuga Taisha Shrine. With deer often straying onto traffic lanes, many cautionary signs are displayed around the park. Haven't you seen the same kind of signs in Canada?

