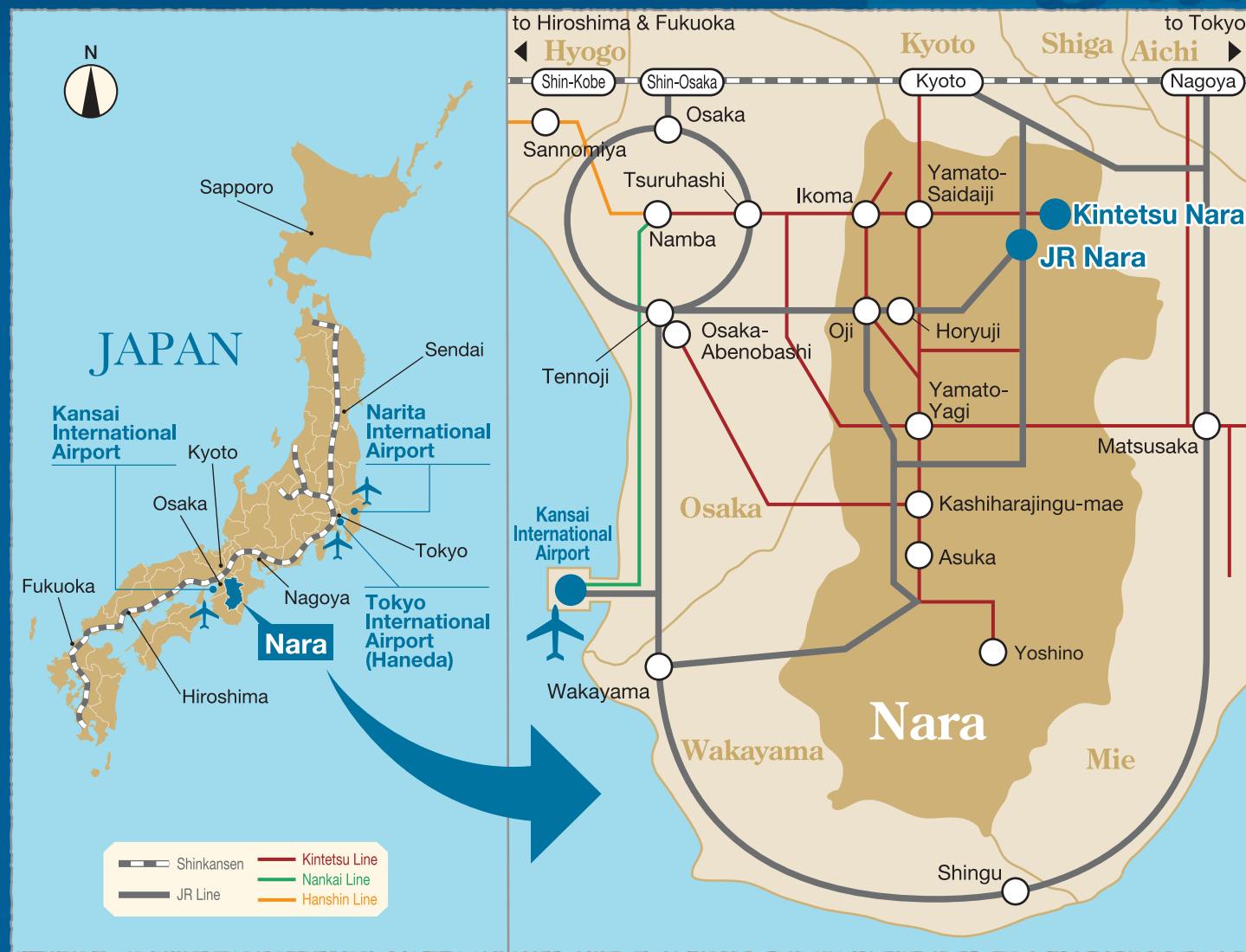


NARA MAP



奈良

The Cradle of Japan-Australia
Friendship

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, Nara City Tourist Association, KURUMAGI STUDIO, 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 & Australia

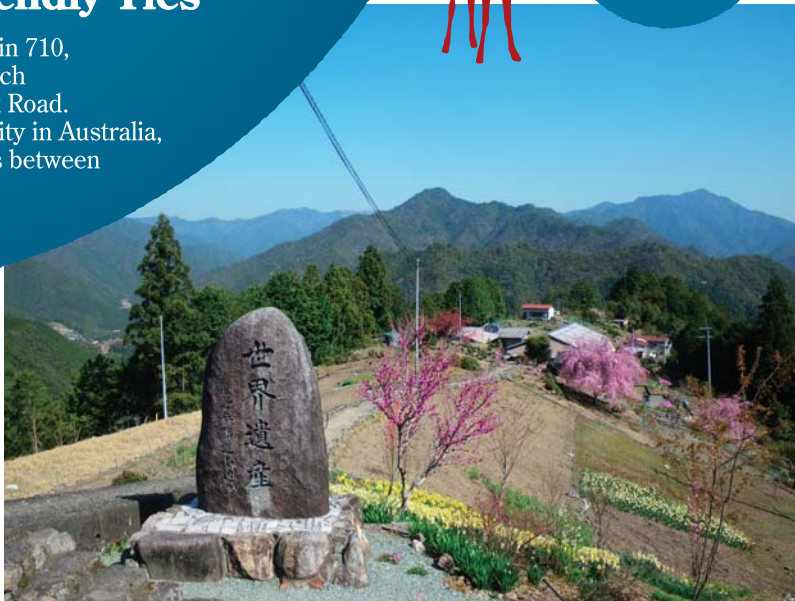
Nara, the Birthplace of Japanese Culture and Home to Japan-Australia Friendly Ties

Since the capital was moved to Heijo-kyo in 710, Nara has fostered an internationally rich culture as the eastern terminus of the Silk Road. Furthermore, as Japan's first city to have a sister city in Australia, this area is the very cradle of the current ties between Japan and Australia.

Enjoy your stay and experience the diversity that Nara has to offer.



"Forest Bathing" is of course recommended, as are bird watching and other activities.



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)

Hasedera Temple



A Beautiful Mountain Temple Accentuated by Flowers of the Four Seasons

This majestic temple built on the mountainside of Mt. Hatsu offers a spectacular view from the Main Hall that is reached after the 399 steps. Long known as the temple of flowers, it delights visitors with pleasurable glimpses of the four seasons in flowers such as cherries, peonies, and hydrangea, as well as autumnal hues and snowy winter scenery.

731-1 Hase, Sakurai City ☎0744-47-7001 Open year-round
●8:30-17:00 (April-September), 9:00-16:30 (October-March) ●¥500
🚶15min. walk from Kintetsu Hasedera Station



Totsukawa-mura, Nara Prefecture
☎0746-63-0200 (Totsukawa Village Tourist Association)
🚌 Take the bus bound for Tokyu Shingu Eki or Totsukawa Onsen from Kintetsu Yamato-Yagi Station or JR Gojo Station

The Unique Layout Called "Yakushiji Style"

The unique layout of the Kondo (Main Hall) in the centre 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 Nishinokyo-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 Nishinokyo Station

Totsukawa Village

A Beautiful Gorge, Heartwarming Old Roads, and a Hot Springs Village

With World Heritage mountain paths running through it, Totsukawa Village is a place of comfort by virtue of its rich and beautiful greenery and waters. One of Japan's longest steel-wire suspension bridges, the town of Hatenashi known as "the village in the sky", and hot springs in gorges are among the pleasures that are available off the beaten track.



World Heritage

Yakushiji Temple

Todaiji Temple



Jörg Schmeisser

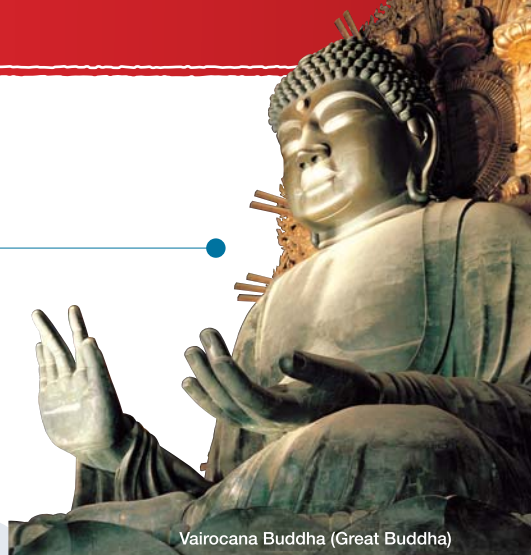
Jörg Schmeisser, one of the most accomplished Australian printmaking artists, depicted various aspects of Nara, his spouse's hometown. Works featuring Todaiji Temple are especially remarkable. He also produced "Sange", artificial flower petals, distributed at the special service commemorating the 1250th anniversary of when the eyes of the Great Buddha were drawn.



©Jörg Schmeisser

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.



Vairocana Buddha (Great Buddha)

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

Kasuga Taisha Shrine



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

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

CULTURE FOCUS

A Tale of Two Sister Cities

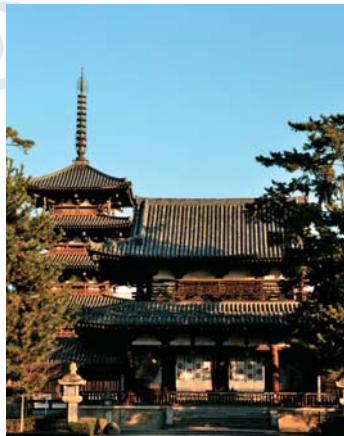
The sister-city arrangement between Nara and Australia was made through considerable involvement by priests from the city of Lismore, the Glynn brothers. At the beginning of the 1950s, Fathers Tony and Paulo Glynn came to Nara as missionaries in order to assist with the reconstruction efforts after the war. Paulo worked hard to establish a sister-city arrangement between his hometown Lismore and Yamato Takada, the city he had been sent to as a missionary. In 1963, this was established as the first ever sister-city tie between Japan and Australia. Meanwhile, Tony's cleaning work at Cowra Prisoner of War Camp led to him working toward the establishment of a sister-city arrangement between Nara and Canberra in 1993. The "Nara Peace Park" that has been opened in Canberra symbolizes the ties of friendship between Japan and Australia. It would not be an exaggeration to say that the friendship between Japan and Australia has its very roots in Nara.

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-Storeyed 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 Ikuraga-cho, Horyujisanmai, 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

Message from the Australian Ambassador to Japan

Mr Bruce Miller
Ambassador to Japan



Nara Prefecture, home to Japan's ancient capital and many remarkable historical sites - including three on the UNESCO World Heritage List - is one of the birthplaces of Japan's rich culture. Visitors to Nara will be impressed by all it has to offer, such as Todaiji Temple - with the world's largest bronze statue of Buddha - and Nara Park, where more than 1,000 tame deer roam free. The prefecture was awarded three stars by the Michelin Green Guide, which lists more than 50 tourist spots within the prefecture well worth visiting. Furthermore, Australia and Nara Prefecture share a number of significant links: Yamato Takada City and Lismore in NSW formed the first sister city relationship between our two countries in 1963, and Nara City has been a sister city of Canberra since 1993. I hope you enjoy your visit to Nara and discover the beauty and traditional culture this magnificent ancient capital boasts.