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.

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History of Nara

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ancient Times ~ the late 6th c.</td>
<td>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 (kofun). There still remain huge kofuns with a total length exceeding 200m, such as Hashihaka Kofun in Sakurai City.</td>
</tr>
<tr>
<td>Asuka Period the late 6th c. ~ the early 8th c.</td>
<td>Toward the end of the 6th 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 7th century in Ikaruga-cho, you can still find Buddhist statues that were brought to Japan in those days.</td>
</tr>
<tr>
<td>Nara Period the early 8th c. ~ the end of 8th c.</td>
<td>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.</td>
</tr>
<tr>
<td>Medieval to Early Modern Ages the end of 8th c. ~ the middle of 19th c.</td>
<td>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, noh 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.</td>
</tr>
<tr>
<td>Modern Ages the middle of 19th c. ~ today</td>
<td>Around the middle of the 19th 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.</td>
</tr>
</tbody>
</table>

Map of Nara

1. Toshodai-ji Temple
2. Kasuga-Taisha Shrine
3. Around Naramachi •  Gango-ji Temple Gokaku-bo
4. Nara Park • Tobuinho/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 Negatsu-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
17. Deer Garden "Rokuen"
18. Saidai-ji Temple
19. Daian-ji Temple
20. Hokke-ji Temple
21. Kairyuo-ji Temple
22. Futai-ji Temple
23. Kinpusen-ji Temple (Yoshino-cho)
24. Around Isonokami-tingu Shrine •  Yamanobeno-michi (Tenri City)
25. Horyu-ji Temple (Ikkaruga-cho)
26. Koriyama Castle (Yamato-Koriyama City)
27. Fujiwara Palace Site (Kashihara City)
28. Tanzan-jinja Shrine (Sakurai City)
29. Hase-dera Temple (Sakurai City)
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.

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).

- **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.

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

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 Ishonokami-jingu Shrine. You will see beautiful free-range chickens here.

Around Kofuku-ji Temple • Sarusawa Pond
We also recommend a walk to Tobuhino/Tobihino going through the approach to Kasuga-Taisha Shrine.
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 Palace Site (Heijo 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.

- **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.

- **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.
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.
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 and at 20:00 that of Todai-ji Temple are tolled. You can also observe the tolling at both temples.

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.
Four Seasons in Nara

Spring
March ~ May

- 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 Yoshino-cho) 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.

- 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.

- 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.

- 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.

- 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)
Summer  
June ~ August

■ 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, Toshodai-ji Temple, and Yakushi-ji Temples.

■ 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.

■ 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.

■ 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)
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.

■ 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.

■ 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.

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

- Snow
There is not much snow in Nara. On the rare days when it snows, Hase-dera Temple in Sakurai City reveals scenery that looks like an ink brushed painting.

- 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.

- 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 Ikarugacho [MAP B-3], and Yakushiji [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.

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

- Kasuga-Taisha Shrine
**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.

**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 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.
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.
Manners in Nara

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)
Manners in Nara

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)
Manners in Nara

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)
Manners in Nara

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.
Manners in Nara

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.
Manners in Nara

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
◆ JR Line Coin Locker Information
JR West Customer Center: 0570-00-2488
Website: http://www.jr-odekake.net/

○ = available
× = not available

Kintetsu Line Coin Locker Information
Passenger Information Telephone Center
06-6771-3105 (8:00~21:00)

◆ Convenience Stores around JR/Kintetsu Nara Station

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<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Hours</th>
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<tr>
<td>7-Eleven, JR Nara-Ekimae Shop</td>
<td>Right outside of the central exit of JR Nara Station.</td>
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<tr>
<td>7-Eleven, Kintetsu Nara-Eki Kitaguchi Shop</td>
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<tr>
<td>Sunkus, JR Nara-Ekimae Shop</td>
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<tr>
<td>Daily Yamazaki, Kintetsu Nara-Ekimae Shop</td>
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<tr>
<td>Circle K, Sarusawa-no-ike Shop</td>
<td>At the entrance of Mochiido Arcade.</td>
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<td>Lawson, Nara Nishijodo-cho Shop</td>
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JR Line Coin Locker Information

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# Rent-A-Cycle Information

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<td><strong>Kashihara City • Asuka-mura</strong></td>
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<tr>
<td><strong>Kintetsu Sunflower Rent-A-Cycle</strong></td>
<td>Weekdays 900 yen Weekends &amp; Holidays 1,000 yen</td>
<td>Go out of the east ticket gate of Kintetsu Kashiharajingu-mae Station and turn right.</td>
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<td><strong>Asuka Rent-A-Cycle</strong></td>
<td>Weekdays 900 yen Weekends &amp; Holidays 1,000 yen</td>
<td>Kameishi office (in Noguchi parking, Asuka-mura)</td>
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<td><strong>Koto Rent-A-Cycle</strong></td>
<td>Weekdays 900 yen Weekends &amp; Holidays 1,000 yen</td>
<td>Ishibutai office (in the parking of Restaurant &quot;Asukano&quot;)</td>
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<tr>
<td><strong>Do-no-mae Rent-A-Cycle</strong></td>
<td>Weekdays 900 yen Weekends &amp; Holidays 1,000 yen</td>
<td>Koto Rent-A-Cycle (in front of Asuka Station)</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rent-A-Cycle Manyo</strong></td>
<td>Weekdays 900 yen</td>
<td>Close to Asuka Station.</td>
</tr>
<tr>
<td>17</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rent-A-Cycle Kuzuhana</strong></td>
<td>Weekdays 900 yen Weekends &amp; Holidays 1,000 yen</td>
<td>Koto Rent-A-Cycle (in front of Asuka Station)</td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Nara City

<table>
<thead>
<tr>
<th>Name</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nara Rent-A-Cycle</strong></td>
<td>Weekdays 800 yen Weekends &amp; Holidays 900 yen</td>
<td>From Exit 7 of Kintetsu Nara Sta., go north through Takama intersection, and turn left at the second street on the left-hand side.</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Eki-Rent-A-Car Nara Shop</strong></td>
<td>700 yen/day</td>
<td>Close to JR Nara Station. Eki Rent-A-Car</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kintetsu Station Cycle</strong></td>
<td>300 yen until 10:00 of the following morning</td>
<td>Shin-Omiya-Kita Jitensha (Bicycle) Center</td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saidaiji Jitensha (Bicycle) Center</strong></td>
<td>1,000 yen/day</td>
<td>A short walk to the west from the south exit of Kintetsu Yamato-Saidaiji Station.</td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japan Post, Nara Central Post Office</td>
<td>5-3-3 Omiya-cho, Nara City</td>
<td>0742-35-1608</td>
<td>Weekdays 9:00~18:00</td>
</tr>
<tr>
<td>Japan Post, Nara Higashimuki Post Office</td>
<td>24 Higashimukikitamachi, Nara City</td>
<td>0742-26-3904</td>
<td>Weekdays 9:00~16:00</td>
</tr>
<tr>
<td>Japan Post Bank (Yuchou Bank), Nara Branch</td>
<td>2-3-2 Gakuen-kaikan, Nara City</td>
<td>0742-45-0915</td>
<td>Weekdays 9:00~16:00</td>
</tr>
<tr>
<td>Mizuho Bank, Nara Branch</td>
<td>13-1 Kami-Sanjo-cho, Nara City</td>
<td>0742-24-1211</td>
<td>Weekdays 9:00~15:00</td>
</tr>
<tr>
<td>Nanto Bank, Honten Eigyo-bu (head office)</td>
<td>16 Hashimoto-cho, Nara City</td>
<td>0742-22-1131</td>
<td>Weekdays 9:00~15:00</td>
</tr>
<tr>
<td>Nanto Bank, Kencho Shuccho-jo (prefectural government)</td>
<td>30 Noboroji-cho, Nara City</td>
<td>0742-22-4050</td>
<td>Weekdays 9:00~15:00</td>
</tr>
<tr>
<td>Nanto Bank, Nara Shiyakusho Shuccho-jo (city hall)</td>
<td>1-1-1 Nijo-ji-cho, Nara City</td>
<td>0742-34-5951</td>
<td>Weekdays 9:00~15:00</td>
</tr>
<tr>
<td>Nanto Bank, Omiya Branch</td>
<td>6-2-1 Omiya-cho, Nara City</td>
<td>0742-33-8671</td>
<td>Weekdays 9:00~15:00</td>
</tr>
<tr>
<td>Ticket Shop Eight</td>
<td>27-5 Nishi-Mikado-cho, Nara City</td>
<td>0742-26-1636</td>
<td>10:00~19:00</td>
</tr>
</tbody>
</table>

Currencies for exchange:

- USD ○
- EUR ○
- CNY ×
- KRW ○
- TWD ×

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◆ Internet Cafés

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comic Buster Shalala Kintetsu Nara Konishi-dori Shop</td>
<td>2nd floor, 26 Tsunofuri-cho, Nara City</td>
</tr>
<tr>
<td>Comic Buster Shalala JR Nara-Ekimae Shop</td>
<td>5th floor, 497-1 Sanjo-cho, Nara City</td>
</tr>
</tbody>
</table>

◆ Tourist Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nara Tourist Information Center</td>
<td>Okumura Memorial Hall 1st floor (the north side of Nara National Museum)</td>
</tr>
<tr>
<td>Tourist Information Bureau in Kintetsu Nara Station</td>
<td>1st floor, Kintetsu Nara Station Building</td>
</tr>
<tr>
<td>Nara Information Center</td>
<td>At the intersection of Sanjo-dori Street and Yasuragi-no-michi Street</td>
</tr>
<tr>
<td>Tourist Information Bureau in JR Nara Station</td>
<td>In the JR Nara Station</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Hours / Holidays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nara Tourist Information Center</td>
<td>4 Kasugano-cho, Nara City</td>
<td>0742-27-2003</td>
<td>Open everyday at 10:00<del>17:00, except on Dec. 29</del>Jan. 3, and the third Tuesdays of January, February, June, July, September, and December.</td>
</tr>
<tr>
<td>Tourist Information Bureau in Kintetsu Nara Station</td>
<td>28 Higashimukinaka-machi, Nara City</td>
<td>0742-24-4858</td>
<td>9:00~17:00 Closed during the New Year’s holiday.</td>
</tr>
<tr>
<td>Nara Information Center</td>
<td>23-4 Kami-Sanjo-cho, Nara City</td>
<td>0742-22-5595 (SGG Volunteer Guide)</td>
<td>9:00<del>19:00 Closed Dec. 29</del>Jan. 3</td>
</tr>
<tr>
<td>Tourist Information Bureau in JR Nara Station</td>
<td>1-1 Sanjo-Honmachi, Nara City</td>
<td>0742-22-9821</td>
<td>9:00~17:00 Open throughout the year</td>
</tr>
</tbody>
</table>

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