

The bountiful flavors of an old Japanese road

A seasonal taste of history

The Yamanobe Road is an old Japanese road that weaves its way through the Nara Basin. Located at the east end of the basin, from the foot of Mt. Miwa along Mt. Wakakusa to the foot of Mt. Kasuga, its name is recorded in the Records of Ancient Matters under the Chronicles of Emperor Sujin like this: "The Imperial tomb is located atop a gentle slope on the Yamanobe Road."

Along the Yamanobe Road are found numerous burial mounds and ancient ruins dating from the late Yayoi (300 BC-300 AD) through the early Kofun (300-538) periods, from Furuiseki to Makimukuisseki, the remains of early Kofun settlements. It is surmises that the lands around the foot of Mt. Miwa was the birthplace of the Yamato imperial government from even before the capital was established at Asuka, and the Yamanobe Road was built during that period.

The numerous visitors who stroll along the Yamanobe Road in all four seasons enjoy the flavors of seasonal fruits and vegetables grown in this bountiful climate.

Gastronomic tourism

This is a kind of tourism intended to experience local culinary culture by enjoying foods based on the ingredients, customs, traditions, and history that developed in the local climate. Nara Prefecture is promoting gastronomic tourism to be a destination where travelers can enjoy delicious foods along with its history and culture.

Flavors of an old Japanese road Gastronomique Promenade

Gastronomic map to the Yamanobe Road

Spots to visit
Tenri area

- Food and drink
- Shopping
- Experiences etc.

T1. Tenri Station Plaza CoFuFun

Patterned on an ancient burial mound, this facility is home to cafes and restaurants using local ingredients as well as open markets and numerous other events. It's a bustling facility that energizes the local community.

803 Kawaharajocho, Tenri
Tel. 0743-63-1001 (City of Tenri General Policy Dept.)



T2. CoFuFun Shop

This shop stocks a wide range of merchandise, with a focus on goods and flavors made with care by craftspeople in Tenri and vicinity.

Wi-fi available

803 Kawaharajocho, Tenri Tel. 0743-62-1206

T3. Inaten (Inada Sake Brewing General Partnership)

Founded in 1877, this long-established brewery and sake shop produces smooth and refreshingly dry sake that's popular with both men and women.

379 Mishimacho, Tenri
Tel. 0743-62-0040 (Toll-free 0120-171-054)

T4. Yamakawa

Yamakawa produces and sells dried persimmons and persimmon chips from persimmons grown along the Yamanobe Road, dried slowly and with care under the sun.

Local delivery available

400 Mishimacho, Tenri Tel. 0743-21-2783



T5. Le Reve

Housed in a renovated traditional Japanese home, this restaurant serves light French cuisine with a seasonal feel and incorporating Japanese tastes.

Cards accepted

123 Somanouchicho, Tenri Tel. 0743-63-6922



T6. Keyaki Farmers' Cafe

Serves delicious, healthy lunches made using seasonal fruits and vegetables grown by local farmers since the Edo Period (1603-1868). It also sells seasonal fruits and vegetables.

Takeout available (reservations required at least one day in advance)

123-1 Somanouchicho, Tenri Tel. 090-3485-0709



T7. Tenri Tourist Farm Cafe Wawa

Here you can enjoy barbecuing in addition to farming experiences like picking mandarins and a cafe that serves pizza baked in a stone oven.

Takeout available

183 Sonoharacho, Tenri Tel. 0743-66-1663



T8. H.A.M.A. Yuan

Here you can experience cotton production and shop for items like cotton balls, cotton seeds, and cotton branches. You also can watch the spinning and weaving processes.

Reservations required

777 Otagicho, Tenri Tel. 090-5042-7775



T9. Cafe Samanala Garden & Pizza Arcobaleno

This cafe serves lunch, sweets, and Neapolitan pizza made with local seasonal vegetables grown without pesticides. Reservations are recommended for dining in.

Takeout available (reservations required at least one day in advance for bento meals)

651 Otagicho, Tenri Tel. 080-7736-4595



T10. Masui Tofu

Founded 50 years ago, this tofu shop aims to produce tofu that everybody will love, by passing along tofu's traditional production practices and flavor to a new generation.

204 Otagicho, Tenri Tel. 0743-66-0078

T11. Kakinoki Owners' Farm

Own your own early ripening Tone or Hirataninashi persimmon tree in the top producing area for early ripening Tone persimmons, with a wonderful view of the Yamato Plain.

Kayocho, Tenri Tel. 090-3283-9350



T12. Aoi.neko Cafe & Shop

Enjoy a wide range of gourmet choices including fresh Western-style lunches and sweets.

149-1 Fukuchidocho, Tenri Tel. 0743-66-2277



T13. Yamanobenosato Marusho Sake Studio

This shop stocks about 200 varieties of local Nara sake. It also sells Tenri Marusho Pudding, a treat popular among locals that will melt in your mouth.

Takeout available, local delivery available, cards accepted

177-2 Hyogocho, Tenri Tel. 0743-66-0332



T14. Cafe & Gallery Hobitto

This cafe hideaway is popular for its lunch platters and cakes, made using local produce.

Takeout available

449 Hyogocho, Tenri Tel. 0743-66-2686



T15. Tea House KURINOKI

This teahouse on the Yamanobe Road serves black teas certified by the Japan Tea Association, together with English dishes and treats.

Takeout available

590 Yanagimotocho, Tenri Tel. 0743-20-5775

T17. Yoshoku Katsui Yamanobe Road

Enjoy local rice, seasonal fruits and vegetables, and other dishes at this restaurant, which focuses on the hamburger dishes served at popular restaurants in Osaka's Shinsaibashi area.

Takeout available

Inside Tenri Trail Center, 577-1 Yanagimotocho, Tenri Tel. 0743-67-3838



T19. Yanagimoto Station Picton Diner

At this diner managed by Yoshoku Katsui, you can enjoy meals and beverages while watching the trains at JR Yanagimoto Station.

Takeout available

Inside Yanagimoto Station, 1306-1 Yanagimotocho, Tenri Tel. 0743-68-5517



T21. Korokoro Kobo

In this studio you can experience the soft, relaxing feel of wooden items made by hand from pure wood.

370 Shibutanicho, Tenri Tel. 0743-67-0760

T16. Tenri Trail Center

Hikers and others may rest at this facility in between Tenri and Sakurai on the Yamanobe Road.

577-1 Yanagimotocho, Tenri Tel. 0743-67-3810

T18. Goryo Mochi Hompo

This old-fashioned Japanese confectionery shop in front of Emperor Sujin's tomb is famed for its toasted rice cakes and *ohagi* sweets.

1536 Yanagimotocho, Tenri Tel. 0743-66-3035

T20. Kaoku stone-ground soba

Kaoku serves 100% buckwheat soba noodles made with care by hand. Its mori soba is recommended for an authentic soba taste experience.

2918 Yanagimotocho, Tenri Tel. 0743-67-3731

T22. Yamato Mahoroba

T22. Yamato Mahoroba This restaurant serves stoneground soba made with Japanese wheat and natural sea salt cooked with care in a pressure cooker.

399-1 Shibutanicho, Tenri Tel. 0743-67-1362

S7. Sakurai Toreto Market

Here you can shop for affordable pickles and other treats in addition to fresh seasonal fruits and vegetables harvested in Sakurai and vicinity.

Local delivery available

72 Odonon, Sakurai Tel. 0744-45-1011



S9. Nara Miwa Somen Producers' Cooperative

This cooperative sells Miwa somen noodles made with care by its members, who preserve traditional techniques and quality.

Local delivery available, cards accepted

334-6 Miwa, Sakurai Tel. 0744-42-6068



S11. Cafe Miwaza

This cafe in front of JR Miwa Station is stocked with an array of Nara and Miwa souvenirs. It also provides local tourist information. You'll want to stop by when passing through Miwa Station.

Takeout available

354 Miwa, Sakurai Tel. 0744-49-3830

S13. Tororomeshi Yamato

Specializing in boiled rice and grated Yamato yam, this restaurant is known for its Yamato no Usagi Manju brand made with Yamato yam.

Takeout available

648-3 Miwa, Sakurai Tel. 0744-42-1066

S15. Mannaoshi Honten

This restaurant next to the JR railroad crossing on the street leading to Omiwa Shrine serves a varied menu including Miwa somen served with persimmon-leaf sushi.

Takeout available, wi-fi available

467 Miwa, Sakurai Tel. 0744-42-6117

S17. Morimasa Somen

You can spot this restaurant by its linen banner on the left when facing Omiwa Shrine's two *torii* gates. It serves Miwa somen in hot soup, with dipping sauce, and in other variations. Its handmade persimmon-leaf sushi is exquisite. It also offers a tea menu.

Local delivery available

535 Miwa, Sakurai Tel. 0744-43-7411



S19. Sakaguchi Teahouse

Entering this tea house that first opened 80 years ago feels like stepping back in time to the mid-20th century. Its diverse menu includes Miwa somen.

48 Miwa, Sakurai Tel. 0744-42-5539

S21. Hibara Oyasumidokoro

This long-established teahouse is in front of Hibara Shrine. It's a relaxing place popular for its sweets made from local ingredients, Miwa somen in hot soup, and local Miwa sake.

Takeout available (some items), local delivery available (persimmons)

1330-1 Miwa, Sakurai Tel. 0744-43-7633



S8. SOL cafe

Enjoy breakfast, lunch, and coffee time in this cafe, where you're sure to find a satisfying treat. Its menu of sweets—all handmade—changes from day to day.

Takeout available

72 Odonon, Sakurai Tel. 0744-42-2119



S10. Imanishi Syuzou Honten

Founded in 1660 in Miwa, where the deity of sake is said to abide, Imanishi Syuzou brews sake reflecting Miwa's history and climate. Its famous sake labels include Miwasugi, Mumurosugi, and Onigonomi.

510 Miwa, Sakurai Tel. 0744-42-6022

S12. Shiratamaya Eiju Honten

This long-established Japanese confectionery in front of the large Torii gate at Omiwa Shrine is famous for its mimuro sweets, which balance perfectly the tastes of adzuki beans and rice.

Takeout available, dining in available, local delivery available

660-1 Miwa, Sakurai Tel. 0744-43-3668



S14. Monjubo

In addition to its main lineup of brushes and other calligraphy supplies, this shop manufactures and sells a wide range of wood and bamboo crafts including baby brushes, brush-and-ink cases, and incense cases.

Local delivery available, cards accepted

1186-1 Miwa, Sakurai Tel. 0744-45-2004



S16. Fukushindo

This restaurant on the south side of Omiwa Shrine's two *torii* gates serves a seasonal menu of Miwa somen and other dishes.

Wi-fi available

1237-1 Miwa, Sakurai Tel. 0744-42-6444

S18. Wallonne Cafe

This retro cafe in a remodeled traditional Japanese home serves handmade sweets and Miwa somen as well as beverages.

225-1 Miwa, Sakurai Tel. 080-3031-6937



S20. Yamanobenomichi Hanamori

Enjoy Miwa somen or rice with local vegetables at this hideaway cafe marked by a giant magnolia tree.

222-4 Chihara, Sakurai Tel. 0744-46-4260



S22. OdaMaki Farm

OdaMaki grows four types of strawberries with reduced use of pesticides—mainly Nara Prefecture's famous Kotoka. These strawberries grown in soil are Nara Prefecture's only designated specially cultivated produce. They're on sale from December through May.

129 Hashinaka, Sakurai



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Gastronomique Promenade

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Spots to visit

Sakurai area

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S1. MAGIC × MALLET

At this cafe you can enjoy limited-edition Mallet rice, a dish that satisfies from head to toe, and organic beverages. It also sells sundries and other products. Reservations are recommended, since lunch service is limited.

256-8 Kawai, Sakurai Tel. 0744-43-2226



S2. Hamazushi

This sushi restaurant in front of Sakurai Station is named for the city's history as a lumber center.

Takeout available

257-5 Kawai, Sakurai Tel. 0744-45-2233



S3. Mahorobanosato Himiko

This shop sells souvenirs and Sakurai specialties, including Midarashidango and Goheimochi treats as well as Miwa somen noodles.

Takeout available, dining in available

257-6 Kawai, Sakurai Tel. 0744-46-1787

S5. Kippouan main shop and tea studio

This Japanese confectionery makes delicious sweets that reflect the themes of Sakurai's history, culture, and nature. You can taste delicious tea in the tea studio inside the shop.

Takeout available, dining in available, local delivery available, cards accepted

345-1 Odonon, Sakurai Tel. 0744-43-2306



S4. Inishie Chaya Somen

Located about two minutes north of Kintetsu Sakurai Station, this restaurant's menu includes Yamato tea porridge, authentic Miwa somen, and local Sakurai sake.

Takeout available

258-1 Kawai, Sakurai Tel. 0744-42-9288

S6. Café de arbol

Enjoy breakfast, lunch, and coffee in the warm, timber interior of this cafe. Its fried prawns are popular for lunch.

Takeout available (beverages only)

355 Odonon, Sakurai Tel. 0744-42-7503

S23. Yoshifumi Morioka Tourist Fruit Farm

This fruit farm open to visitors grows peaches and grapes as well as mandarins. It is especially popular during the mandarin picking season in October and November

Home: 232 Anashi, Sakurai Tel. 0744-42-5471
Mandarin groves: 452 Anashi, Sakurai Tel. 0744-43-5476



S24. Fruit Land Toshihiro Morioka Orange Groves

Here you can pick mandarins and apples. You also can enjoy a barbeque meal in the groves (reservations required). Open from October to the end of November. Parking available

619-2 Anashi, Sakurai Tel. 090-8754-3602



S25. Yamanobenomichi Mandarin Picking Cooperative

This is a cooperative of mandarin groves where visitors can pick mandarins in the Anashi area.

313 Makinouchi, Sakurai
(Mandarin Picking Info Center)
Tel. 080-2433-8444



S26. Brighton Tea Room Cottage

Brighton Tea Room Cottage is Brighton Tea Room's second location. This English cottage near Omiwa and Hibara shrines seeks to fuse Japanese and English culture.

Takeout available

400-1 Hashinaka, Sakurai Tel. 0744-38-9113



S27. Guesthouse Wazakura

This designer's guesthouse is located in a historic home about 200 years old, remodeled for contemporary comfort. Guests occupy the whole house (up to 18 guests at a time), with breakfast included. It's a popular accommodation for large parties and travelers with small children.

Wi-fi available, reservations required, cards accepted
883 Sakurai Tel. 080-9007-4718



S28. Kuranoyado Orintei

Housed in a restored residence from around the turn of the 20th century, this inn offers a choice of two suites, or rent the entire facility. It's a registered cultural heritage site.

Wi-fi available, reservations required, cards accepted
262-2 Sakurai, Sakurai Tel. 0744-45-1322



S29. Sakuramachi Coffee Shop

This cafe in a remodeled traditional home is located at the center point on the old Ise Road. It's popular for its cold-brewed coffees and coffees brewed a cup at a time using an optical syphon brewer.

Takeout available, wi-fi available

884-3 Sakurai, Sakurai Tel. 0744-48-3908



S30. French Restaurant KIYAMURA

With its restored brick facade evocative of the turn of the 20th century, this restaurant in the former Yoshino Bank Sakurai Branch Serves elegant French meals blended with the blessings of the Mie sea and the Nara mountains. The entire restaurant is available to rent for special occasions. The building is a registered cultural heritage site.

Takeout available, wi-fi available,
reservations required, cards accepted

951 Sakurai, Sakurai Tel. 0744-47-4966



S31. Cafe Neutral

This welcoming cafe is popular for its curry pasta with grilled cheese—recognized as a Sakurai specialty.

Takeout available

9-4 Abemokuzaidanchi 1-chome, Sakurai
Tel. 0744-41-6117



S32. Auberge de Pleasance Sakurai

This restaurant serves Nara-style French cuisine, combining French cooking methods with Nara vegetables and other ingredients.

Wi-fi available, reservations required, cards accepted

2217 Taie, Sakurai Tel. 0744-49-0880



S33. Hotel Nara Sakurai no Sato (a NAFIC Seminar House)

Relax in this warm, timbered space while enjoying dishes made of local Nara ingredients. Enjoy a delicious meal while savoring the breathtaking views.

Wi-fi available, cards accepted

2220-1 Taie, Sakurai Tel. 0744-48-0620



S34. Chie Country Teahouse

In this restaurant, which has earned a Michelin star, you can enjoy course meals of seasonal ingredients like wild plants and homegrown vegetables and rice cooked the old fashioned way. Its location in a relocated traditional house about 150 years old is another attraction.

Reservations required

350 Taie, Sakurai Tel. 0744-43-0247



S35. Mori no Cafe

This vegetarian cafe serves dishes made using Nara Prefecture ingredients in abundance. It's also popular for its wide variety of original blended herb teas.

Takeout available, local shipping available

800-1 Yamada, Sakurai Tel. 0744-42-5566



S36. Kominka nanna

Nanna's healthy additive-free lunch of the day, made mainly from fermented brown rice and local vegetables, is recommended. It's served with six of seven seafood or meat side dishes and miso soup.

Takeout available, wi-fi available, reservations required

774 Taie, Sakurai Tel. 070-5342-0915



Nara Prefecture Miwa Somen Sales Cooperative

Each of the following members sells Miwa somen with attention to traditional preparation methods and quality control.

Local shipping available (Listed in Japanese alphabetical order)

Ikeri K.K. 419 Chihara, Sakurai Tel. 0744-43-2421
Tatsumi Flour Mills Co., Ltd. 789-1 Odonon, Sakurai Tel. 0744-43-5788
Marukatsu Takada Shoten K.K. 374-1 Shiba, Sakurai Tel. 0744-45-4832
Miwa Somen Matsuda K.K. 660 Miwa, Sakurai Tel. 0744-43-6757
Miwa Takumi K.K. 196 Makinouchi, Sakurai Tel. 0744-43-2110
Miwa no Okina Inagaki Shoten 11-1 Shiba, Sakurai Tel. 0744-42-6324
Morii Foods Co., Ltd. 641 Kawanishi, Sakurai Tel. 0744-42-3451
Yoshii K.K. 61-1 Ajima, Tawaranotocho, Shiki-gun Tel. 0744-33-6713