

Enjoy the full 90-km road which connects Asuka, Nara to Kyoto, Arashiyama, while walking through Asuka-kyo, Fujiwara-kyo, Heijo-kyo, Kuni-kyo, Nagaoka-kyo, and Heian-kyo

# A bicycle tour around the Ancient Capital

## MAP LEGEND

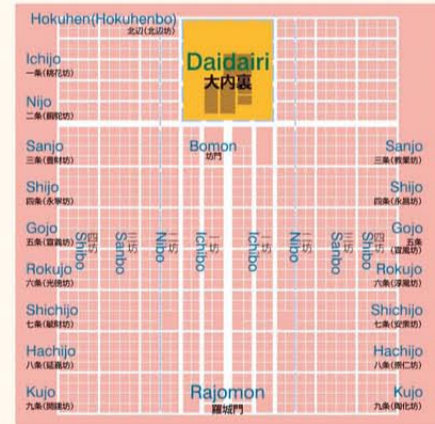
- |  |                               |  |                            |  |                             |
|--|-------------------------------|--|----------------------------|--|-----------------------------|
|  | Recommended Route             |  | Information Office         |  | Temple                      |
|  | Toll Road                     |  | Parking                    |  | Shrine                      |
|  | Road                          |  | Toilets                    |  | Historical monument         |
|  | JR Tokaido Shinkansen Railway |  | Convenience Store          |  | Park                        |
|  | Japan Railway                 |  | Bicycle Shop               |  | Old tomb                    |
|  | Private Railway               |  | National Highway Route No. |  | Museum                      |
|  | Subway                        |  | Prefectural Road No.       |  | Garden                      |
|  | Rivers                        |  | Hospital                   |  | Ruins                       |
|  | Prefectural Border            |  | Post Office                |  | Police Station / Police Box |
|  | Municipality Border           |  |                            |  |                             |



- Arashiyama (Togetsukyo bridge) 嵐山(渡月橋) 5.5 km
- Heiankyo 平安京 9.0 km
- Kuzebashi bridge 久世橋 4.9 km
- Hadukashibashi bridge 羽束師橋 4 km
- Nagaokakyo 長岡京 5.7 km
- Gokobashi bridge 御幸橋 5.2 km
- Koduyabashi bridge (Nagarebashi) 上津屋橋(流礼橋) 8.0 km
- Yamashirohashi bridge 山城大橋 7.0 km
- Kaibashi bridge 開橋 9 km
- Kuni-kyo 久仁京 3.3 km
- Hamabashi bridge 浜橋 7.6 km
- Heijo Palace Site 平城宮跡 6.9 km
- Heijokyo 平城京 3.8 km
- Koriyama Castle site 郡山城跡 3.8 km
- Jikoin Temple 慈光院 5.9 km
- Hirose jinja Shrine 廣瀬神社 2.9 km
- Nara Prefecture 2nd Purification Center 奈良県第2浄化センター 11.4 km
- Kashihara Sports Park 橿原運動公園 2.8 km
- Kashihara Man'yo Hall かしはら万葉ホール 1.4 km
- Fujiwarakyo 藤原京 5.4 km
- Asuka (Ishibutai Burial Mound) 飛鳥(石舞台) 5.4 km

A capital filled with hope of eternal peace. 794~1180

## Heiankyo - 平安京 -

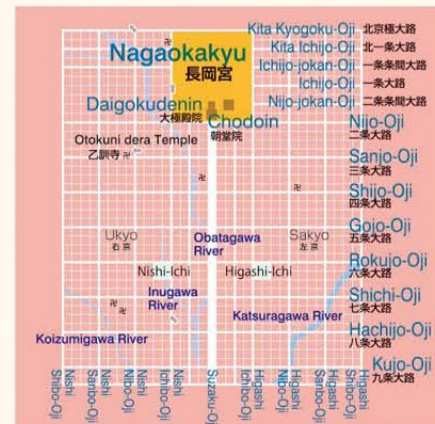


The Emperor Kanmu moved the capital of Japan from Nagaoka-kyo to Heian-kyo in 794. It was laid out in a rectangular shape, stretching 4.5km from east to west and 5.2km from north to south, with Daidairi, the inner palace, located in the northern central region. Suzaku-Oji Street which stretched south from Suzaku-mon Gate divided the capital down the middle, with the east side being called Ukuyo, and the west side being called Sakuyo. Touji temple, which is today famous for Japan's tallest five storied pagoda, was constructed east of the capital's south entrance,

the Rajou-mon Gate. The names of Oji (main avenue) and Koji (alleys) from the past still remain as street names.

A capital full of mystery 784~794

## Nagaokakyo - 長岡京 -



The Emperor Kanmu moved the capital to the present day's area, called Otokuni because of the convenient water transportation provided by the Katsuragawa and Ujigawa Rivers. Centered around Suzaku-Oji Street, the vast capital stretched 4.3km from east to west and 5.3km from north to south. However, due to the assassination of Fujiwara-no-Tanetsugu, the head of construction, and flooding from the rivers, the capital was moved to Heian-kyo in the middle of construction. You can see the results of the excavation research at the Museum of Nakayama Syuichi

(3-3-3 Kugai Nagaokakyo City), a person who devoted his life to solve the mystery of the short, 10-year-long capital's history.