

for the cutting-edge Kansai Science City, mixed with its historical scenery.

Ruins of Kuniyuki Daigoku-den map19P



Tea Wholesalers

Jyonuri-ji Temple 9 Armda Buddhas map23P

Kaijusen-ji Temple Five storied pagoda map19P

Gansen-ji Temple Three storied pagoda map23Q

A peaceful place with many World Heritage Sites

Nara-Nishinokyo



Heijo Palace Site Suzakumon map25K

The Site of Heijo Palace was declared as a UNESCO World Heritage site (cultural heritage) under the name of "Historic Monuments of Ancient Nara". Today the Suzaku-mon Gate, the main gate to the palace, Toin Teien Garden, and the First Daigokuden hall (the central audience hall) have been restored, allowing visitors to imagine what the ancient capital looked like in those days. Heading South on Sahogawa-river, Toshodai-ji Temple and Yakushi-ji Temple, two temples representative of the Nara Period, can be seen on the peaceful countryside. You can experience the Tenpyo culture from the past and relax.



Heijo Palace Site (To-in Hall Garden) map25K



The mausoleum of Emperor Suinin map26J

PHOTO : Nara City Tourist Association

The "Goldfish Town" associated with Prince Shotoku

Yamato Koriyama and Ikaruga



Tatsuta Park map31E



Hakomotokan Kon'ya map28J



Jikoin Temple map29H

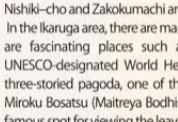


Tatsuta jinja Shrine map31F

Yamato-Koriyama city is well known for its goldfish, and the many goldfish ponds that are around the city. Koriyama-jo Castle, at the center of the city, was founded in 1580, and the Ote-mon gate, the Sumiyagura (Corner Towers) and the Tamon-yagura (turret) are restored, allowing a rare glimpse into the past. This was designated as one of Japan's Top 100 Cherry Blossom Viewing Sites, making it a popular place for locals to relax. The old place names such as



Koriyama Castle Site map28J



Nishiki-cho and Zakokumachi

are still used today, and create an Edo Period kind of atmosphere. In the Ikaruga area, there are many old temples which are associated with Prince Shotoku, among which are fascinating places such as Horyuji Temple and Hokoji Temple, which became the first UNESCO-designated World Heritage Site in Japan. Other places include Horin-ji Temple and its three-storied pagoda, one of the Ikaruga Santo (three pagodas in Ikaruga), Chugyuji Temple with its Miroku Bosatsu (Maitreya Bodhisattva) statue known for its gentle smile, and the Tatsutagawa River, a famous spot for viewing the leaves and colors in autumn. The area is also famous for the Tatsuta Shrine, the guardian of Horyuji Temple, the Fujinokidai Burial Mound, and Kichidenji Temple, a well-known "pokkuri-dera" where elderly worshippers pray for a painless, peaceful death.

Experience the culture of the Yayoi period

Umami and Tawaramoto



Karako-Kagi site map33K

Villages during the Yayoi period were largely established in the central area of the Nara Basin, where the Karako-Kagi Historical Site is located. This area is where enormous moated settlements were located, and is thought to have been the epicenter of the Yayoi period and culture. From Koryo-cho, Kawai-cho and Yamatotakada City southwest of the Nara Basin to Umami Hill, many major historical sites can be found in the area, and you can experience and imagine the past as you walk over the historical ground beneath your feet.



Otsukayama Burial Mound map32G



Nagareyama Burial Mound map34F



Hirose Jinja Shrine map32G

The origin of nation-building in Japan

Asuka



Ishibutai Burial Mound map41M

Asuka area is located at the southern end of this cycling route, and is the place where the history of ancient Japan began. Many historical sites such as the palace site of the Asuka period were discovered in the peaceful countryside. This area fascinates many visitors because of the ancient historical sites which lie beneath the ground. The countryside scenery, and perhaps the thought that this was the place where the nation started, also make visitors feel nostalgic.



The scarecrow road of Inabuchi map41L



The view from Amakashino-oka map40L



Fujiwara Palace Site map38KL



Kameishi map40L

Please follow the safety rules below.

1. As a general rule, bicycles must be ridden on the roadways.
 2. Keep to the left hand side of the road.
 3. When you ride on sidewalks, give way to pedestrians and ride slowly, close to the road.
 4. Rules for safety
 - 1) Drunk driving, riding with another person on the same bicycle, and riding side-by-side with another person and their bicycle are all prohibited.
 - 2) Turn on your lights when riding at night.
 - 3) Observe and obey traffic signals, and stop temporarily to make sure crossroads are safe.
 5. Wear a helmet to protect yourself in case of an accident.
- Parents are responsible for making their children under 13 wear helmets when riding. (Article 63-10 of Road Traffic Law)

