Middle South
Nara
Slow and Real Japan
Getting to Middle South Nara
The area called Chūnana, meaning Middle South Nara, comprises 16 municipalities. Each of them boasts its own unique character and culture and is bursting with charm.

In the picture, you can see the main cities and towns in Middle South Nara:
- Nara
- Uda
- Kashihara, Anan, Takata
- Yodogawa, Shimosuwa, Oyodo

Kansai, Yamato-Takada, Gose, Gose

Get to know the real Nara—Just one day is all it takes

- **From Osaka**
  Get there quickly and conveniently from Namba or Fortune. You can also get there early from Shin-Osaka.

- **From Kyoto**
  The trains or JR lines will take you straight to Middle South Nara. You can also go straight to the southern part of Nara.

- **To and from Kansai Airport**
  It’s only about an hour from the airport. You can also drop by Middle South Nara on your way back to the airport.

Middle South Nara—Take it slow and natural. Nara with no frills, Japan as it was.

Now here’s a Nara I’ve never seen before.
Middle South Nara is like a parade of new discoveries.
I’m learning so much amazing stuff about Nara for the first time. The more I see, the more I like it!
1 Tour historical sites in the land where Japan was born

Kashiwara-jingū Shrine was built on the site where it’s said that Jimmu, Japan’s very first emperor, assumed power. Not far away is Fujinara-kyō, which many call Japan’s first true city. So make a visit to the historic places that formed Japan’s roots.

Kashiwara-jingū Shrine
A holy shrine surrounded by serene forest

Imai-chō
The home and shops in this old temple town date back to the Edo Period

Fujinara Palace Site
Japan’s Shinto palace, surrounded by the Yamato Senbon (Three Mountains of Yamato)

Amakashino-oka Hill
A great view of the scenery of the season

Rice terraces of Inabuchi
Rice terraces painted in the brilliant colors of autumn leaves (blooming from mid to late September)

Masuda no htauame megalith
A mysterious, massive stone of unanswerable questions

Takatori Castle Ruins
The remains of a massive castle built at the top of Mt. Takatori

Tosa-kaidō Road
Old merchants’ homes and samurai residences line this ancient road

Medicine Museum
Medicine-related artifacts are exhibited in the tourist information center

Asuka Ruby strawberries

Tsubosakadera Temple
The 20-meter-high Kannon statue is a sight to see

Take the bus, and then walk from Tsubosakadera to Takatori Castle. Enjoy the hike to these historic castle ruins.

In many ways, a visit to Takatori Castle is like traveling back in time to the Edo Period. Look for me!
2 Stroll ancient paths of adventure

Temari City, Sakurai City, Tawaramoto Town, Kawanishi Town, Miyake Town

Yamanobeno-michi, Japan’s oldest official road, runs north and south along the foot of the mountains of the Nara Basin. To its west is Taishi-michi (Prince Road), said to have been traveled by Japan’s legendary Prince Shôtoku about 1,400 years ago. Steeped in history and a mysterious air, it’s a walk you won’t want to miss.

The half of worship, built in the 17th century, is a National Treasure.

Kasuga-jinja Shrine

Known as the “temple of flowers”

Omura-jinja Shrine

Japan’s oldest shrine, whose daily resides on Mt. Mii in Kii

Getting immersed in Nara’s rich history is like going on a magical adventure. This is definitely something you can’t do in a big city!
Let nature heal your soul

Yoshino Town, Ōyodo Town, Shimoichi Town

The richly green, majestic mountains are one of the main reasons for Nara’s lasting appeal. In this land where residents carry on the lifestyle and traditional culture of their ancestors, you’ll find wealth of experiences waiting to move and excite you.

Öda Kögen Pear Orchard
Over 40 kinds grow nashi pears here. Find the variety that’s right for you.

Nashi pear picking
Pears and hakutakhe orchards

Sancha
Suan-don and roasted green tea of Ōyodo, Yoshino

Chagayu
Rice porridge, traditional dish on New Year’s

Make kasokoro-zushi
Sushi wrapped in perilla leaves

Mt. Yoshino
One of Japan’s best places to see cherry blossoms

Yoshino’s 1,000 cherry trees

Enjoy the seasonal colors of Mt. Yoshino. Reach out and touch the heart of Japan.

Hirohashi Ume Forest
5,000 plum trees form a sea of pink blossoms?

Tour sanbo tray factory at Yoshinari Woodworking
Make to hold religious offerings, sanbo trays are a traditional craft

Kinpusen-ji Temple
Located on Mt. Yoshino, it’s the head temple of the Shingon religion

Morning service
Kinpusen-ji Temple
Mt. Yoshino, famous for its 1,000 sakura (cherry) trees, is just one of the many magnificent places to experience the seasonal wonders of Nara. There are also plenty of hands-on activities.

Yoshinari Mikumari-ji Shrine
The shrine deity is reputed to bless women with healthy babies

Make kasokoro
Sushi wrapped in perilla leaves

Ryokan Kató
Surrounded by the magnificent Yoshino mountains, this Japanese-style inn is popular with both Japanese and foreign tourists

Honoya Inn
A hot spring view of Yoshino from the open-air bath

From seasonal flavors and traditional crafts to natural hot springs, venture into the mountains to experience the true Nara.

Akitusuz Meiwański Gonta no Yu hot spring
Relax in the unique watersof the hot spring town of Shimoichi, Yoshino

Akimitsu Meiwański Gonta no Yu hot spring

Tourist information

Hirohashi Ume Forest

Kinpusen-ji Temple

Mt. Yoshino

Yoshinari Mikumari-ji Shrine

Honoya Inn

Ryokan Kató

Enjoy the seasonal colors of Mt. Yoshino. Reach out and touch the heart of Japan.
Surround yourself in the tranquil scenery, lifestyle, and culture

Katsuragi City, Gose City, Gojō City, Yamato-Takada City, Uda City

Journey through natural splendor that will treat you to everything Middle South Nara has to offer. Whether you glide past the gorgeous scenery on a bicycle or in a car, you’ll find plenty to enjoy.

Katsuragi Road
The ancient road is renowned for its spider's web pattern.

Dress up as an oiran (at Yamazakura)

Kurosu Ramen

Talmadera Temple
The only temple in Japan with its original roof, it is a historic temple in the 12th century.

Onaka Park
The rows of cherry blossoms are beautifully maintained at night with the stunning Uda River as a backdrop.

Sumo Museum "Kehaya-za"
One of Japan's most unusual sumo museums. Anyone can step up on the sumo stage.

Katsuragi Hikosan-ji Shrine
It’s said that wishes spoken with a single stone will be granted.

Gojō Shimmachı
The streets here are lined with traditional houses and shops remaining from the 17th to early 20th century.

Kurihara City

Santo Museum "Kehaya-za"

Yanaseya (Gojō Shimmachı)
Logging at this exclusive inn is limited to only one group per day.

Kurosu Ramen

There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!

Uda City

Take a free-wheeling cycle to experience the sights and sounds of natural Nara.

Minshuku Murō
A convenient location for enjoying the natural beauty of Murō.

Kinosu Mochi Shop

Chūjōdō Mochi Shop

Sanbonnō-ji Temple

Murōji Temple
Japan's smallest (15-meter-tall) outdoor five-story pagoda (National Treasure)

Kurokami Soy Sauce Brewery

Umedō Tōfu Shop

There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!

Uda City Tourist Information Center

Kinosu Mochi Shop

Sanbonnō-ji Temple

Murōji Temple
Japan’s smallest (15-meter-tall) outdoor five-story pagoda (National Treasure)

Kurosu Ramen

There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!

Kinosu Mochi Shop

Sanbonnō-ji Temple

Murōji Temple
Japan’s smallest (15-meter-tall) outdoor five-story pagoda (National Treasure)

Kurosu Ramen

There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!

Kinosu Mochi Shop

Sanbonnō-ji Temple

Murōji Temple
Japan’s smallest (15-meter-tall) outdoor five-story pagoda (National Treasure)

Kurosu Ramen

There's plenty of traditional culture to experience among these lush, expansive mountains. And there's no shortage of great food to try!