

## CYCLIST-FRIENDLY SPOTS

You can use restrooms and bike pumps at the following spots. ■ ■ ■ corresponds to the route colors on the map.



**Michi-no-eki 'Udaji Murou'** ■ ■ ■  
 3176-1 Muro-u-sanbonmatsu, Uda City, Nara Pref.  
 0745-97-2200  
 9 am to 6 pm, closed during New Year's holidays  
<https://www.michi-no-eki-udajimurou.jp/>



**Cycle Pro Shop rpm** ■  
 1521-5 Shorenji, Nabari City, Mie Pref.  
 0595-63-1018  
 10 am to 7 pm, closed on Tuesdays  
<https://cycle-pro-shop.com/>



**Michi-no-eki 'Ise Hon-kaido Mitsue'** ■  
 6330 Kozue, Mitsue Village, Uda-gun, Nara Pref.  
 0745-95-2641  
 10 am to 4 pm, closed on Tuesdays (open if a national holiday falls on Tuesday and closed on the following business day), New Year's holidays  
<https://enntourism.com/spots/roadside-station-isehonkaido-mitsue-himeshi-no-yu/>



**World Maple Park 'Hirara'** ■  
 135-2 Furuichiba, Utano, Uda City, Nara Pref.  
 0745-95-2641  
 9 am to 5 pm, closed on Mondays (open if a national holiday falls on Monday and closed on the following business day)  
<https://enntourism.com/spots/world-maple-park-hirara/>



**Daisan Toco** ■  
 119-7 Minedera, Yamazoe Village, Yamabe-gun, Nara Pref.  
 0743-86-0377  
 9 am to 5 pm, closed on Mondays & Tuesdays (also closes irregularly)  
<https://www.yamaze-zoe.com/>



**Midoriya** ■  
 888-1 Fushigami, Yamazoe Village, Yamabe-gun, Nara Pref.  
 0743-87-0285  
 10 am to 4 pm, open only on Saturdays, Sundays & national holidays  
<https://yamazoe-kanko.jp/omiyageshop/midoriya/>



**Shintaku Bunten** ■ ■  
 Igami, Soni Village, Uda-gun, Nara Pref.  
 0745-94-2046  
 7 am to 6 pm (closes irregularly)  
<https://sonimura.com/sightseeing/49/>



**Soni Highland Farm Garden** ■  
 839 Taroji, Soni Village, Uda-gun, Nara Pref.  
 0745-96-2888  
 10 am to 6 pm (changes depending on the season)  
<https://enntourism.com/spots/soni-highland-farm-garden/>



**Michi-no-eki 'Udaji Ouda'** ■  
 714-1 Ouda-hiro, Uda City, Nara Pref.  
 0745-83-0051  
 8 am to 7 pm (Nov.1-Mar.31: 8 am to 6 pm)  
<https://www.michi-no-eki.jp/stations/views/19482>



**Hiyoishi no Sato Marché** ■  
 224 Washika, Higashiyoshino Village, Yoshino-gun, Nara Pref.  
 0746-42-0900  
 6:30 am to 8 pm  
<https://enntourism.com/spots/hiyoishi-no-sato-marche/>

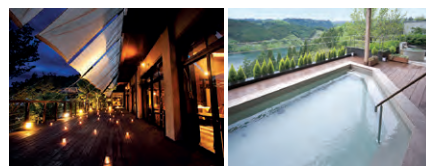


**Hanakoubou / Soyel** ■  
 1115-1 Onishi, Yamazoe Village, Yamabe-gun, Nara Pref.  
 0743-85-0085  
 Hanakoubou: 9 am to 5 pm (flower market), 9:30 am to 4:30 pm (farmers' market)  
 Soyel: 9 am to 5 pm  
 Closed on Wednesdays (open if a national holiday falls on Wednesday and closed on the following business day)  
<https://www.hanakoubou.jp/>



**Nabari no Yu** ■ ■ ■  
 77-1 Kiodai-2bancho, Nabari City, Mie Pref.  
 0595-28-5526  
 10 am to 12 am (check-in by 11 pm)  
<https://www.nabarinoyu.com/>

## ACCOMMODATIONS

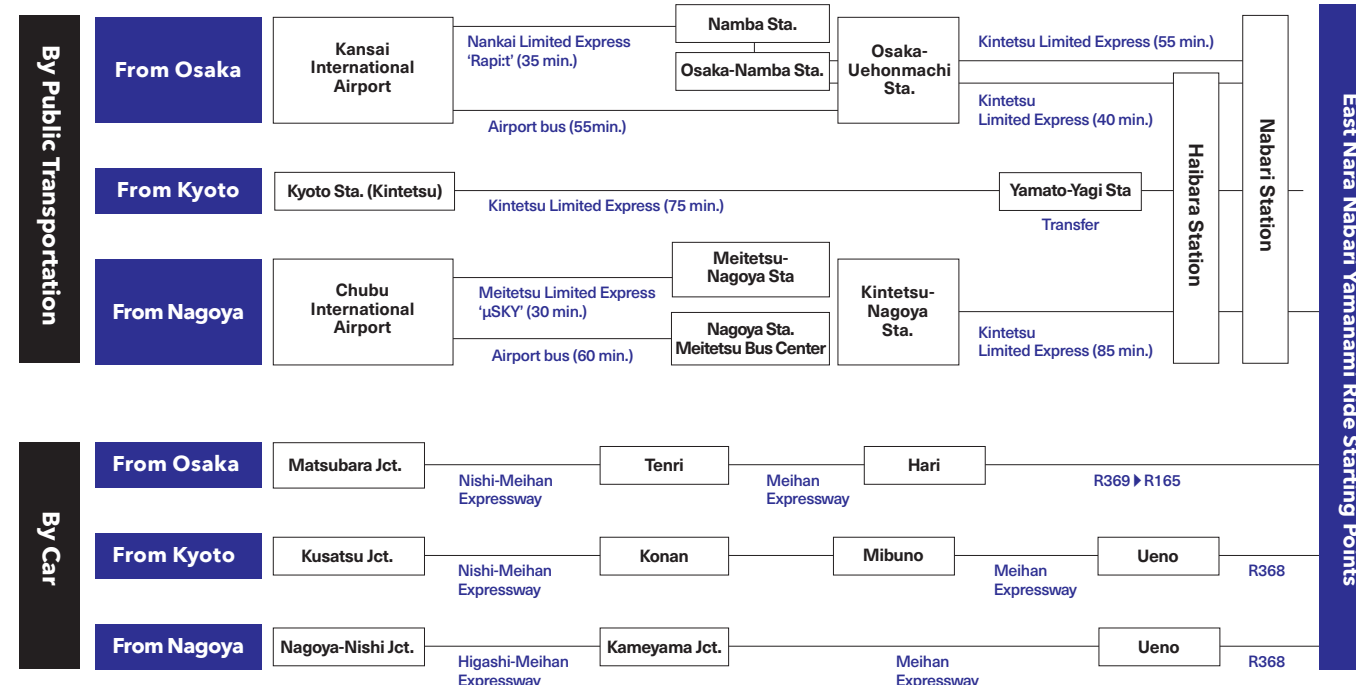
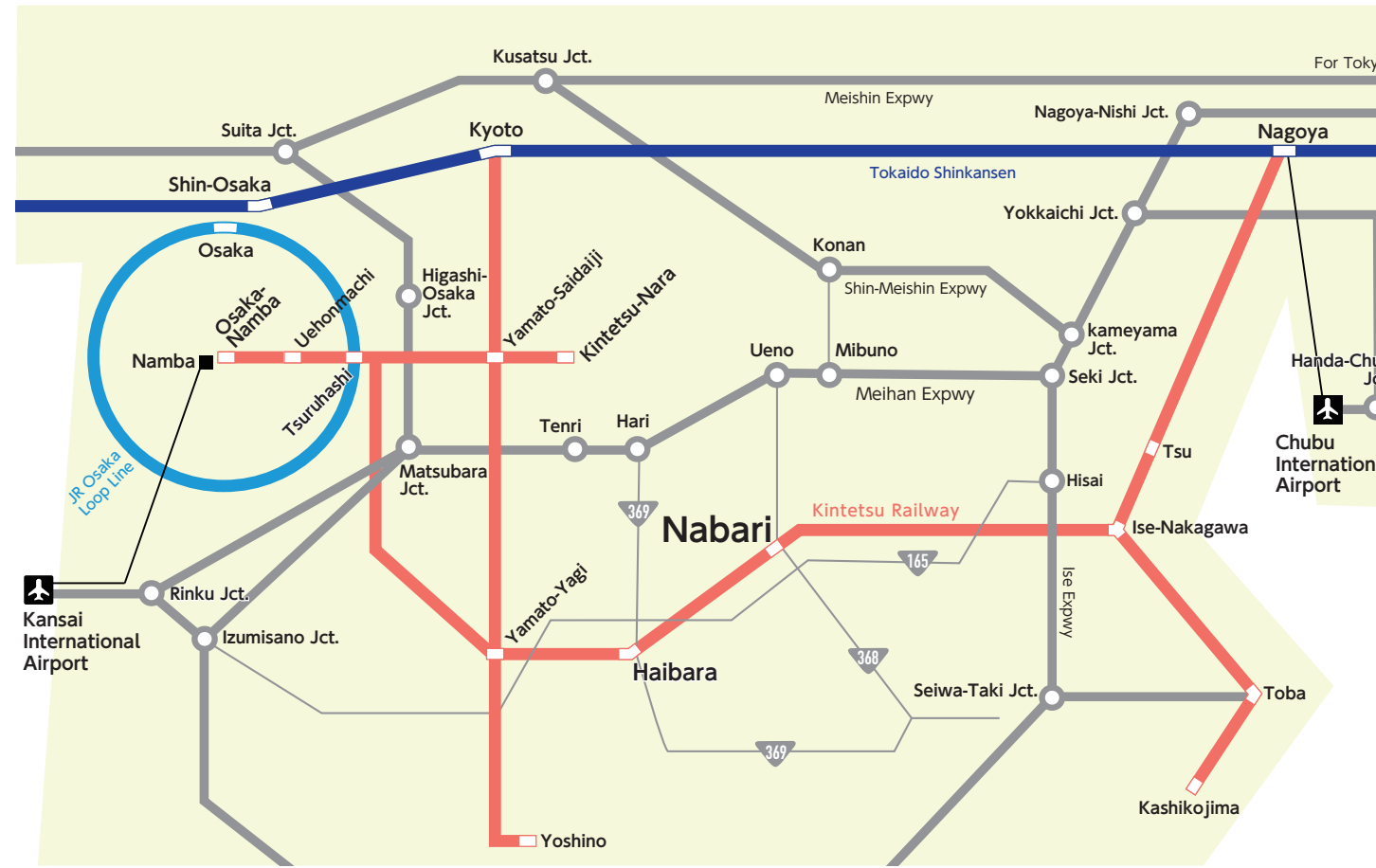


We have various types of accommodations; traditional Japanese inns with onsen, luxurious kominka folk house inns, campgrounds, and western-style hotels.

<https://enntourism.com/stay/>



## GETTING TO EAST NARA NABARI



EAST NARA NABARI TOURISM MARKETING  
 Nabari City Hall 4th floor, 1-1 Konodai, Nabari-shi, Mie-ken 518-0492

East Nara Nabari Tourism Marketing is a government-based rural tourism organization. It consists of Nabari city (Mie Pref.), Uda City (Nara Pref.), Soni Village (Nara Pref.), Mitsue Village (Nara Pref.), Yamazoe Village (Nara Pref.) and Higashiyoshino Village (Nara Pref.)

Official Website  
<https://enntourism.com>



Facebook: [enntourism](https://www.facebook.com/enntourism) Instagram: [enntourism](https://www.instagram.com/enntourism) Twitter: [enntourism](https://www.twitter.com/enntourism)



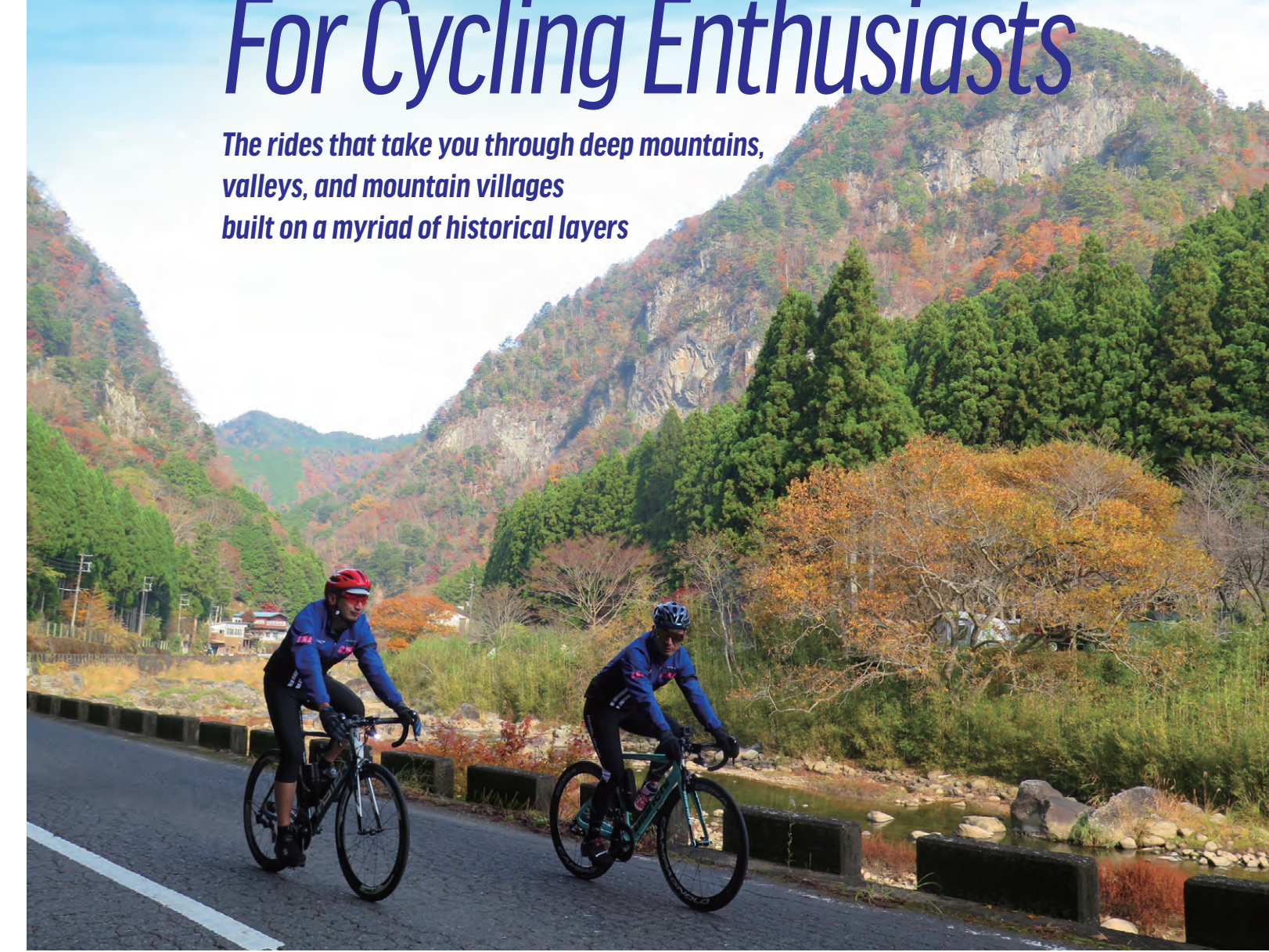
EAST NARA NABARI TOURISM

LONG DISTANCE

# HIGASHI NARA NABARI YAMANAMI RIDES

## For Cycling Enthusiasts

The rides that take you through deep mountains, valleys, and mountain villages built on a myriad of historical layers



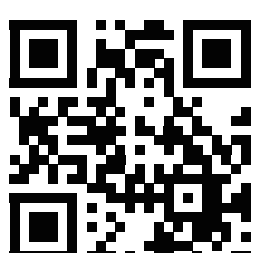
# HIGASHI NARA NABARI YAMANAMI RIDES

## LONG DISTANCE



## LONG DISTANCE RIDES for Cycling Enthusiasts

Visit the official blog posts to learn more about the routes ..... <https://enntourism.com/enn-yamanami-rides/>



### 1 Kaochidani—Murou—Akame 48 Falls

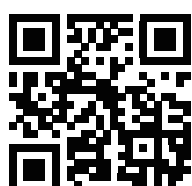


With a variety of scenery, including mountains, valleys, clear streams, and lakes, the highlight of this ride is Murou-Akame-Aoyama Quasi-National Park, which straddles the border between Nara and Mie Prefectures. The route offers stunning views during the fall foliage season and is also dotted with many religious spots.

**Route** Nabari no Yu – Lake Shorenji – Kaochidani Valley – Soni Village – Ryuketsu Shrine – Murou-ji Temple – Ono-ji Temple – Akame 48 Waterfalls – Nabari no Yu

**Distance** 66.7 km (41.4 mi.) **Elevation gain** 980 m **Difficulty** ★★☆☆☆

**Elevation Profile**



### 2 Murou—Yoshino—Uda-Matsuyama

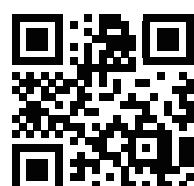


Starting from Nabari, this ride is over 100 km, the longest of the four, aiming for the World Heritage Site Mt. Yoshino, the historic town of Uda-Matsuyama, and Lake Murou. Stopping by at traditional and modern cafés on the route is what we recommend to enjoy this long ride. The course can be shortened to approx. 70 km starting from Ouda, Uda City.

**Route** Nabari no Yu – Lake Murou – Sumisaka Shrine – Yatagarasu Shrine – Hiyoshi no Sato Marché – Mt. Yoshino (Kimpusen-ji) – Lake Tsuburo – Ouda – Uda-Matsuyama – Lake Murou – Nabari no Yu

**Distance** 130.4 km (81 mi.) **Elevation gain** 1,290 m **Difficulty** ★★★★★

**Elevation Profile**



### 3 Yagyu—Nunome Dam—Mt. Kono

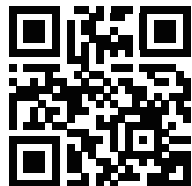


A hill climb route with multiple hills with a gradient of over 20%. The course will take you to the famed Itto-seki Split Boulder, featured in a popular anime, "Demon Slayer." It also includes Kansai's prided Tsukigase Plum Grove, three dam lakes, and Mt. Kono. At Mt. Kono, you can enjoy panoramic views of tea fields, mysterious boulders, and a sheep farm.

**Route** Nabari no Yu – Lake Tsukigase – Itto-seki Split Boulder – Nunome Dam – Mt. Kono – Kamitsu Dam – Nabari no Yu

**Distance** 71.3 km (44.3 mi.) **Elevation gain** 1,174 m **Difficulty** ★★★★★

**Elevation Profile**



### 4 Kaochidani—Soni Highland—Mitsue



A hill climb course to Soni Highland, one of the most popular destinations in Kansai. Starting from Shorenji Lake in Nabari, you will ride through Kaochidani Valley, a scenic spot, before reaching the highland. After the climb, you will take a breathtaking downhill ride into Mitsue Village and back to Shorenji Lake.

**Route** Cycle Pro Shop RPM – Lake Shorenji – Kaochidani Valley – Farm Garden – Soni Highland – Mitsue Kogen Ranch – Michi-no-Eki Ise Hon-kaido Mitsue – Lake Hinachi – Cycle Pro Shop RPM

**Distance** 56.8 km (35.3 mi.) **Elevation gain** 814 m **Difficulty** ★★☆☆☆

**Elevation Profile**

