

SHORT SHORT COURSES LESS THAN 10 KM

Nabari Old Town by Bike

A ride through Old Town Nabari, an inn town on Hase Kaido Road that flourished during the Edo period. No one-way/drop-off. Starts at Nabari Tourist Information Office



Mitsue Mini Ride

A route to Maruyama Park, which is famous for its cherry blossoms in spring, colored leaves in fall. Don't forget to visit Himeshi Myojin, too. No one-way drop-off. Starts at Michi-no-eki 'Ise Hon-kaido Mitsue'



Mt. Kono & Kamitsu Dam Cycling

Starting from Forest Park Konoyama, this route tours around the Kamitsu Dam. There are some climbs. No one-way drop-off. Starts at Forest Science Museum



Ouda Cycling Route

A ride through Uda-Matsuyama, where an old townscape from the Edo Period is well-preserved. Accepts one-way drop-off if the bike is rented within Uda City. Starts at Michi-no-eki 'Udaji Ouda'



Soni Highland by Bike

This route takes you to the area's one of the most popular destinations, Soni Highland. There is a hill climb, but the view is rewarding. No one-way drop-off. Starts at Soni Village Office



Higashiyoshino Mini Ride

A course along a beautiful river. Taking photos in front of the statue of the last Japanese wolf is a thing among cyclists. Starts at Higashiyoshino Village Office (the nearest bike rental is World Maple Park Hirara)



BIKE RENTALS SPOTS

Contact us for reservation.

Legend: ■ ■ ■ ■ corresponds to the route colors on the map. One-way drop-off is available among the spots with

STARTING POINTS



Nabari Tourist Information Office
 3225-10 Hirao, Nabari City, Mie Prefecture (Nabari Station)
 9 am to 4 pm, closed during New Year's holidays
 Reservation required
 2 adult's and 2 kid's hybrid bikes



Cycle Pro Shop rpm
 1521-5 Shorenji, Nabari City, Mie Pref.
 10 am to 7 pm, closed on Tuesdays
 Reservation required
 Road bikes, hybrid bikes, tandem bikes, etc.
<https://cycle-pro-shop.com/>



Michi-no-eki 'Ise Hon-kaido Mitsue'
 6330 Kozue, Mitsue Village, Uda-gun, Nara Pref.
 10 am to 4 pm, closed on Tuesdays*, New Year's holidays
 No reservation necessary
 5 electric-assist bikes
<https://enntourism.com/spots/roadside-station-isehonkaido-mitsue-himeshi-no-yu/>



Daisan Toco
 119-7 Minedera, Yamazoe Village, Yamabe-gun, Nara Pref.
 9 am to 5 pm, closed on Mondays & Tuesdays (also closes irregularly)
 Reservation preferred
 3 electric-assist bikes
<https://www.yama-zoe.com/>



Uda City Tourist Information Center 'Uda-Midokoro'
 2427 Haibara-hagiwara, Uda City, Nara Pref. (Haibara Station)
 9 am to 5 pm, closed during New Year's Holidays
 No reservation necessary
 2 electric bikes, 6 electric-assist bikes



World Maple Park 'Hirara'
 135-2 Furuichiba, Utano, Uda City, Nara Pref.
 9 am to 5 pm, closed on Mondays*
 No reservation necessary
 2
<https://enntourism.com/spots/world-maple-park-hirara/>

OTHER LOCATIONS



Soni Village (Operated by Soninowa Glocal)
 Various places in Soni Village, Uda-gun, Nara Pref.
 9 am to 5 pm, closed on Saturdays, Sundays, national and New Year's holidays
 Reservation required by email, info@soniexperience.jp
 6 electric-assist bikes
<https://soniexperience.jp/en/>



Michi-no-eki 'Udaji Ouda'
 714-1 Ouda-hiroo, Uda City, Nara Pref.
 8 am to 7 pm (November 1 - March 31: 8 am to 6 pm)
 No reservation necessary
 6 electric-assist bikes
<https://www.nakoservice.co.jp/udaji-ouda/>



Michi-no-eki 'Udaji Murou'
 3176-1 Murou-sanbonmatsu, Uda City, Nara Pref.
 9 am to 6 pm, closed during New Year's Holidays
 No reservation necessary
 2
<https://www.michi-no-eki-udajimurou.jp/>



Murou Regional Office
 1641 Murou-ono, Uda City, Nara Pref.
 8:30 am to 5:15 pm, closed on Saturdays, Sundays, national and New Year's holidays
 No reservation necessary
 2 electric bikes, 4 electric-assist bikes
<https://www.hanakoubou.jp/>



Hashimoto-ya
 800 Murou, Uda City, Nara Pref. (near Murou-ji)
 10 am to 4 pm (bike rental available only on Saturdays, Sundays, and national holidays), closed irregularly
 No reservation necessary
 2
<https://www.hashimotoya-uda.jp/>



Hanakoubou / Soyel
 1115-1 Onishi, Yamazoe Village, Yamabe-gun, Nara Pref.
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
 Reservation required
 2 electric-assist bikes
<https://www.hanakoubou.jp/>



Forest Science Museum at Forest Park Konoyama
 888-1 Fushigami, Yamazoe Village, Yamabe-gun, Nara Pref.
 9 am to 5 pm, closed on Wednesdays*, Thursdays*, and New Year's holidays
 Reservation required
 3 electric-assist bikes
<https://enntourism.com/spots/forest-park-konoyama/>



Yanase-shuku
 136 Shinmachi, Nabari City, Mie Pref.
 9 am to 5 pm, closed on Mondays*, New Year's holidays
 Reservation required
 3 adult's bikes, 1 kid's bike (non-electric)
<https://enntourism.com/spots/yanase-shuku/>

* Open if the closed day falls on a public holiday, closed on the following business day.

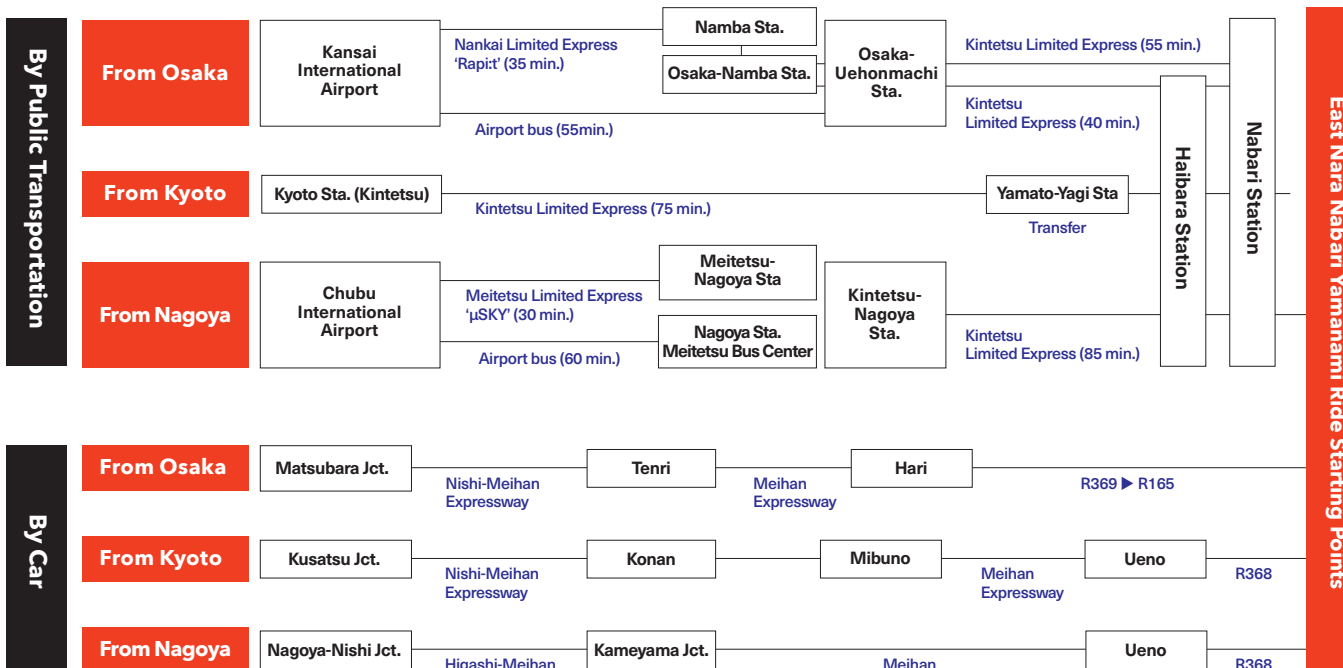
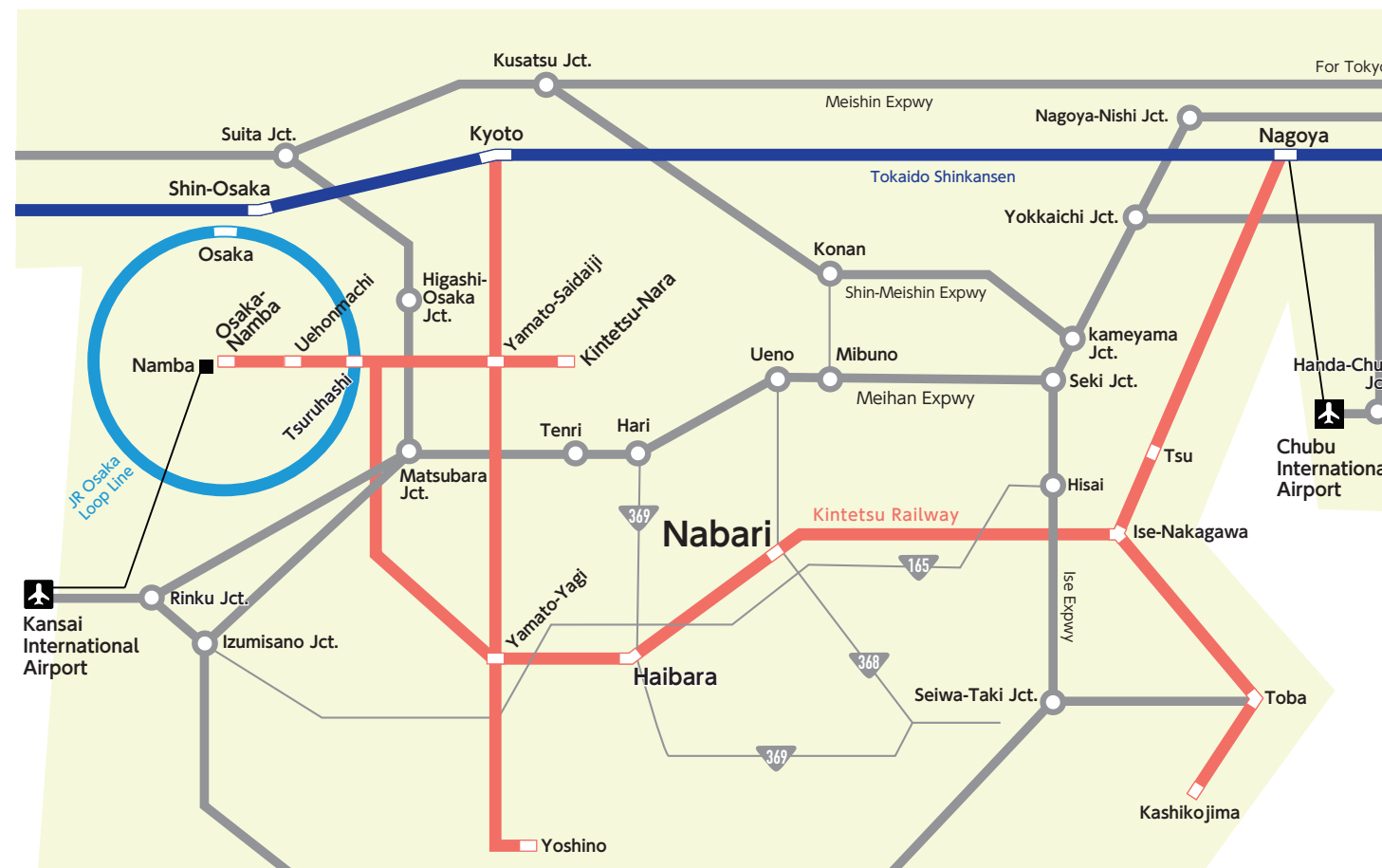
ACCOMMODATIONS

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://twitter.com/enntourism)



EAST NARA NABARI TOURISM

SHORT DISTANCE

HIGASHI NARA NABARI YAMANAMI RIDES

Casual Cycling Routes

Beautiful nature, historic sites, and cultural experiences—
 the rides to discover hidden gems in the Kansai Region



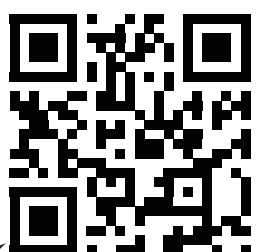
HIGASHI NARA NABARI YAMANAMI RIDES

SHORT DISTANCE



SHORT DISTANCE RIDES Casual Cycling with Cultural Experiences

If you want to experience slow travel in East Nara Nabari, these six bike routes are for you. Rent a bicycle (electric-assist bikes available), enjoy the spectacular seasonal scenery, and discover the area's hidden gems.



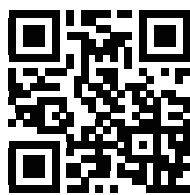
Visit the official blog posts to learn more about the routes <https://enntourism.com/enn-yamanami-rides/>

1 Yamato-hime Pilgrimage Route

Michi-no-eki 'Ise Hon-kaido Mitsue' (bike rental) – Seven Wonders in Mitsue – Maruyama Park, Himeshi Myojin – Michi-no-eki 'Ise Hon-kaido Mitsue' – Kunitsu Shrine (Misugi, Tsu) – Akaiwao Shrine – Lake Hinachi – Café Atré – Nabari Station



You will visit Mitsue Village, where a legendary princess is said to have stopped over 2,000 years ago on her journey to Ise. Then, the route takes you to Lake Hinachi, a reservoir surrounded by beautiful mountains. (28.5 km / 17.7 mi)



2 Ninja Route

Nabari Station – Lake Shorenji (bike rental) – Kashiwara Castle Ruins – Akame 48 Waterfalls – Ryuguchi – Lake Shorenji – Nabari Station



The route tours Nabari, the home of the Iga ninja. You will visit the ruins of a fort where the ninja fought, Akame 48 Waterfalls, an ancient ninja's training ground, and a hidden area where a legendary ninja once lived. If you are lucky, you may see deer. (20.4 km / 12.7 mi)

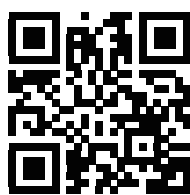


3 Nunome Lake Experience Route

Daisan-Toco (bike rental) – Shimokawa Organic Farm – Kunizane Japanese Sword Works – Ushigamine – Lake Nunome – Daisan-Toco



The route runs around Lake Nunome, which straddles Nara City and neighboring Yamazoe Village. Despite its short distance, this tour mainly consists of activities such as a farm experience and megalith hunting. (11.7 km / 7.3 mi)

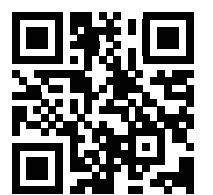


4 Kaochidani Scenic Route

Nabari Station – Soninowa Kitchen 'Katte' (bike rental) – 2.7 Inn – Angelica Herb Garden – Urushi Base Soni 'Nenrin' – Kaochidani Valley – Lake Shorenji – Nabari Station



Bike along one of the most scenic routes in the Kansai region, Kaochidani Valley, which connects Nabari, Mie, and Soni, Nara. Enjoy the soaring cliffs with the changing colors of the trees in each season. Visit the website to check the activity programs. (23.4 km / 14.5 mi)

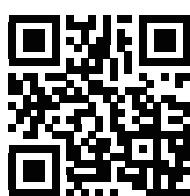


5 Crystal Stream Route

World Maple Park Hirara (bike rental) – Location of Tenchugumi's Demise / Lucha Libro – Nishizen – Niukawakami Shrine – Hiyoshi no Sato Marché – World Maple Park Hirara



From Uda, Nara, you will travel south to a mountain village, Higashiyoshino. While enjoying rustic seasonal views and clear river streams, you can also stop by quaint stores and a historic shrine dedicated to the Dragon God. (30.4 km / 18.9 mi)



6 Mahoroba Sakura Route

Haibara Station (bike rental) – Sumisaka Shrine – Yatagarasu Shrine – Michi-no-Eki 'Udaji Ouda' – Uda-Matsuyama Historic Town Scape – Michi-no-Eki 'Udaji Ouda' – Matabei Cherry Tree – Uda River – Haibara Station



This route is recommended in late March to early April as it stops at popular cherry blossom spots in Uda, Nara. You also bike around Uda-Matsuyama, a historic townscape district. It has nice cafes just right for cyclists to take a break. (18.1 km / 11.2 mi)

