

# 徒步旅行前的準備活動

The stretch for a walking performance

## 準備活動的要點 The point of a stretch

- 邊調節呼吸邊做運動，不要閉氣。  
Let's practice, exhaling without stop a breath.
- 在身體感覺最放鬆的時候，稍微停留 15-20 秒。  
Let's stand it still for 15~20 seconds at relaxed style.
- 在自然的狀態下活動身體，不要特意用力或借助外力。  
Let's perform operation slowly, without vigor.

### 1 側身彎腰

Body side



兩手緊握，伸直上舉，上身向左右兩側彎曲。  
Both hands are constructed, and are raised above, and bend one's upper part of the body on right and left.

### 2 拉伸後背

Back



兩手緊握，向前伸直，拉伸後背。  
Both hands are constructed and extend that ahead.

### 3 伸腰擴胸

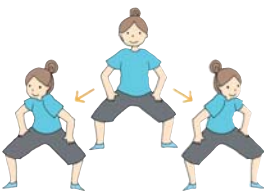
Breast/Waist



兩手背於背後，向下拉伸。  
Both hands are constructed behind and it pulls downward.

### 4 腰胯運動

Waist/Hip Joint



雙手放於大腿上，兩腿向外側打開，兩膝稍稍彎曲，左右扭動身體，拉伸小腿。  
Both hands are attached to a thigh and both legs are opened outside. Both knees are bent a little and the body is twisted right and left.

### 5 拉伸大腿後側

Back side of thigh



單腳向前伸出，拉伸背部的同時向前彎腰。  
One leg is taken out ahead, and makes a bow remaining straighten one's back.

### 6 拉伸大腿前側

Front side of thigh



手扶牆壁，另一隻手握住腳背，將腳跟貼近臀部。  
To put one's hand on a wall, and an instep is held by an opposite hand. The heel is brought close to the buttocks.

### 7 拉伸小腿

Shank



手扶牆壁，伸展腳背，腳趾支撐於地面，重心落在另一條腿上做半蹲運動。  
To put one's hand on a wall, and the shell side of a tiptoe is reached the ground, and put the weight slowly.

### 8 弓步壓腿

Calf of leg

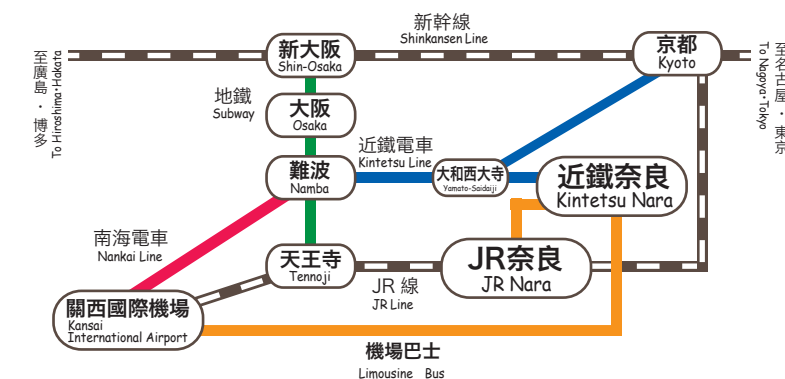


後腳跟緊貼地面，膝蓋不要彎曲，重心落在向前伸出的另一條腿上。  
The heel of hind leg is firmly reached to a floor, a knee is lengthened, and put the weight to a forelimb.

1. 徒步旅行前後，請做好身體伸展運動。  
Before and after Walking, Let's practice Stretch.
2. 調整合適的步伐，不要勉強。  
Let's strain ourselves and walk at your pace.
3. 即使不感覺口渴，也要及時補充水分。  
Let's drinks liquids, even if it does not feel thirsty.
4. 感到有任何疼痛和不適時，請馬上停止前進。  
If you feel Pain and Bad condition on your body, please stop the performance.
5. 遵守交通規則，注意安全。(行人靠右側行走！)  
Please follow Traffic Rules and be careful for safety. (Let's keep to the right!)

## 徒步旅行注意事項

Cautions for walking



## 從關西國際機場到奈良只需要65分鐘！

Nara is accessible from Kansai International Airport in approximately 65 minutes.

- 利用機場巴士 / By limousine bus :  
關西國際機場→近鐵奈良・JR奈良(大約85分鐘)  
Kansai International Airport→Kintetsu Nara/JR Nara Station(About 85 min.)
- 利用JR線 / By JR :  
關西國際機場→天王寺→JR奈良(大約65分鐘)  
Kansai International Airport→Tennoji→JR Nara Station(About 65 min.)
- 利用南海・近鐵電車 / By Nankai and Kintetsu railway :  
關西國際機場(南海電車)→難波(近鐵電車)→近鐵奈良(大約74分鐘)  
Kansai International Airport(Nankai Line)→Namba(Kintetsu Line)→Kintetsu Nara Station(About 74 min.)

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HP

此地圖的製作完成得到了志願者們的大力協助。  
This map is made by Volunteer's cooperation.

外語版 Foreign language version

# 邊走邊欣賞奈良

## Nara Walking and Watching

## 奈良徒步旅行地圖

### Nara Walking Map



1. 關於地圖上所標示的各觀光設施的門票及參觀時間，請提前確認。
2. 標有 標誌的地方設有衛生間設施。
3. 此徒步旅行地圖為略圖，請提前在詳細地圖上查詢確認後，即可出發。

1. Please confirm the fee and service hour of each institution which are indicated on the map beforehand, before use this walking map.
2. This mark is indicated for the institution with the toilet which we can use.
3. As this walking map is a rough map, please walk after checking with the city map beforehand.





4.7 km

徒步訪問世界遺產寺院、郊外眺望奈良全景行程

The course for visiting the World Heritage Temple and providing a panorama view of Nara city



6

**大池**  
Oike Pond



觀賞藥師寺和奈良市街道美景的展望點 (藥師寺的國寶「東塔」的修建工程估計于2019年3月底完成)  
It can be seen Yakushiji Temple and Nara city, from here. (Yakushiji, Three-storied Pagoda of a national treasure is a demolition repair schedule till March, 2019.)

1,300m

7

**近鐵西之京站**  
Kintetsu Nishinokyo Station

**終點 Goal**

5

**藥師寺**  
Yakushiji Temple



徒步遊覽的後半程開始，是遠望著藥師寺的三重塔一直前行的路程。寺院境內除三重塔之外，還有東院堂、金堂、大講堂等重要建築物。金堂裡供奉著藥師三尊像。  
It can be seen Three-storied pagoda at the latter half of walking course. The temple ground is studded with Three-storied pagoda, Toindo Hall, Kondo Hall and Daikodo Hall. And, there is Yakushi Sanzonzo (three statues that comprise the Yakushi Triad) in Kondo Hall.

960m

3

**正倉院**  
Shosoin Treasure Repository



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This repository was built at Nara period (710-784). This building is the institution which had collected more 9000 treasures (Many treasures that the Emp. Shomu seemed to use habitually and other treasures) of Nara period. The exhibition of Shoso-in is held at Nara National Museum between the latter part of October and early part of November, each year.

650m

4

**二月堂**  
Nigatsudo Hall



在世界遺產・東大寺境內的二月堂，3月1日至14日會舉辦祈禱國泰民安的「修二會」（提水儀式）。  
The religious rituals of the Torch Ceremony and Water-Drawing Ceremony, that is for praying for peace and happiness of country and people, are carried out from March 1 to 14.

520m

5

**若草山麓**  
Wakakusayama Hill



若草山是一座海拔 342 米，被綠草地所覆蓋的山。位於奈良市區的東面，作為徒步旅行指引方向的標誌起到重要的作用。每年 1 月份的第四個星期六，會舉行燒山活動。  
Wakakusayama Hill (Mikasayama) is 342m in altitude, and the whole surface is covered with the lawn. It is located on the east of Nara City, and it is useful for a landmark to almost the level down town. It has Grass-burning Ceremony every 4th Saturday of January.

470m

6

**春日大社**  
Kasuga Taisha Shrine



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This shrine is built for the protection and safeguarding of "Heijo-kyo." In this shrine, many buildings including the main shrine of a national treasure are designated as important cultural assets. This shrine is also known for the magnificent wisteria.

700m

7

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440m

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Ukimido Pavilion



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This hexagonal hall is built on Sagike Pond. Cherry blossoms add color to the landscape in spring.

920m

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420m

2

**依水園**  
Isuien Garden

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1350m

1

**近鐵奈良站**  
Kintetsu Nara Station

**起點 Start**

**終點 Goal**

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700m

7

**志賀直哉故居**  
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440m

8

**浮見堂**  
Ukimido Pavilion



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This hexagonal hall is built on Sagike Pond. Cherry blossoms add color to the landscape in spring.

920m

9

**興福寺**  
Kofukuji Temple



興福寺境內有五重塔、北圓堂、東金堂、三重塔等國寶級的建築物。在國寶館內展示著作為天平時代雕刻的傑作而聞名的阿修羅像等。  
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420m

2

**依水園**  
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總面積 1 萬 3481 平方米的廣闊庭院。依水園的前園由興福寺的分寺和摩尼珠院遺跡構成，後園是以借若草山、春日山、東大寺南大門為遠景的「池泉回遊式庭園」。  
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900m

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**近鐵奈良站**  
Kintetsu Nara Station

**起點 Start**

**終點 Goal**

1

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650m

4

**二月堂**  
Nigatsudo Hall



在世界遺產・東大寺境內的二月堂，3月1日至14日會舉辦祈禱國泰民安的「修二會」（提水儀式）。  
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470m

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