

徒步旅行前的准备活动

The stretch for a walking performance

准备活动的要点 The point of a stretch

- 边调节呼吸边做运动，不要闭气。
Let's practice, exhaling without stop a breath.
- 在身体感觉最放松的时候，稍微停留 15-20 秒。
Let's stand it still for 15~20 seconds at relaxed style.
- 在自然的状态下活动身体，不要特意用力或借助外力。
Let's perform operation slowly, without vigor.

1 侧身弯腰

Body side



两手紧握，伸直上举，上身向左右两侧弯曲。
Both hands are constructed, and are raised above, and bend one's upper part of the body on right and left.

2 拉伸后背

Back



两手紧握，向前伸直，拉伸后背。
Both hands are constructed and extend that ahead.

3 伸腰扩胸

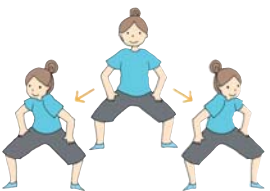
Breast/Waist



两手背于背后，向下拉伸。
Both hands are constructed behind and it pulls downward.

4 腰胯运动

Waist/Hip Joint



双手放于大腿上，两腿向外侧打开，两膝稍稍弯曲，左右扭动身体，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 拉伸大腿后侧

Back side of thigh



单脚向前伸出，拉伸背部的时候向前弯腰。
One leg is taken out ahead, and makes a bow remaining straighten one's back.

6 拉伸大腿前侧

Front side of thigh



手扶墙壁，另一只手握住脚背，将脚跟贴近臀部。
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



手扶墙壁，伸展脚背，脚趾支撑于地面，重心落在另一条腿上做半蹲运动。
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 弓步压腿

Calf of leg



后脚跟紧贴地面，膝盖不要弯曲，重心落在向前伸出的另一条腿上。
The heel of hind leg is firmly reached to a floor, a knee is lengthened, and put the weight to a forelimb.

1. 徒步旅行前后，请做好身体伸展运动。

Before and after Walking, Let's practice Stretch.

2. 调整合适的步伐，不要勉强。

Let's strain ourselves and walk at your pace.

3. 即使不感觉口渴，也要及时补充水分。

Let's drinks liquids, even if it does not feel thirsty.

4. 感到有任何疼痛和不适时，请马上停止前进。

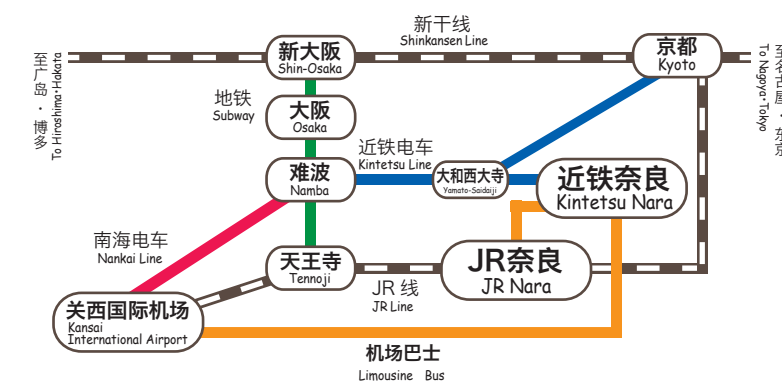
If you feel Pain and Bad condition on your body, please stop the performance.

5. 遵守交通规则，注意安全。(行人靠右侧行走！)

Please follow Traffic Rules and be careful for safety. (Let's keep to the right!)

徒步旅行注意事项

Cautions for walking



从关西国际机场到奈良只需要65分钟！

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

- 利用机场巴士 / By limousine bus :
关西国际机场→近铁奈良·JR奈良(大约85分钟)
Kansai International Airport→Kintetsu Nara/JR Nara Station(About 85 min.)
- 利用JR线 / By JR :
关西国际机场→天王寺→JR奈良(大约65分钟)
Kansai International Airport→Tennoji→JR Nara Station(About 65 min.)
- 利用南海·近铁电车 / By Nankai and Kintetsu railway :
关西国际机场(南海电车)→难波(近铁电车)→近铁奈良(大约74分钟)
Kansai International Airport(Nankai Line)→Namba(Kintetsu Line)→Kintetsu Nara Station(About 74 min.)

发行 奈良市
Issue Nara City

发行日 2012年9月
The date of issue September, 2012

照片 奈良市观光协会
Photograph Provide Nara city Tourist Association

主页 http://www.city.nara.lg.jp
HP

此地图的制作完成得到了志愿者们的大力协助。
This map is made by Volunteer's cooperation.

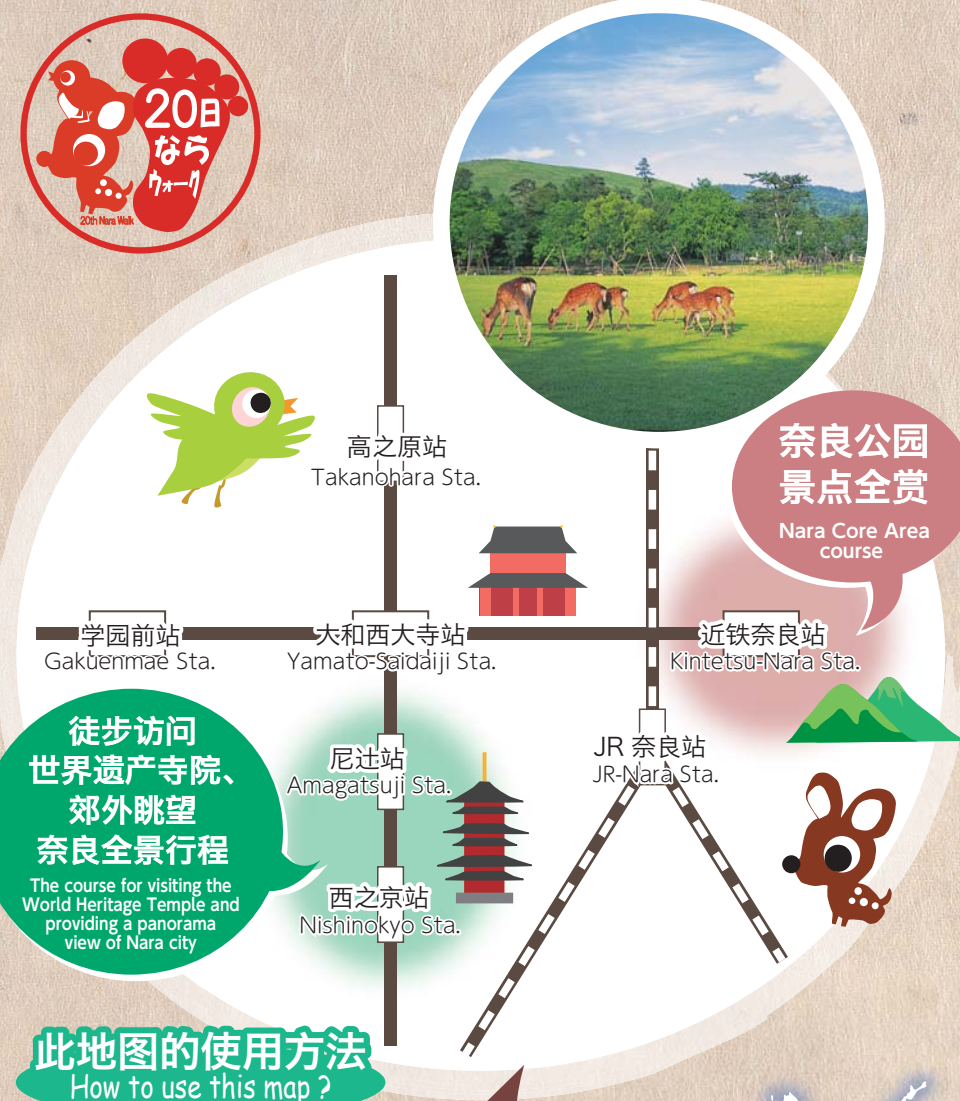
外语版 Foreign language version

边走边欣赏奈良

Nara Walking and Watching

奈良徒步旅行地图

Nara Walking Map



徒步访问 世界遗产寺院、 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

此地图的使用方法 How to use this map?

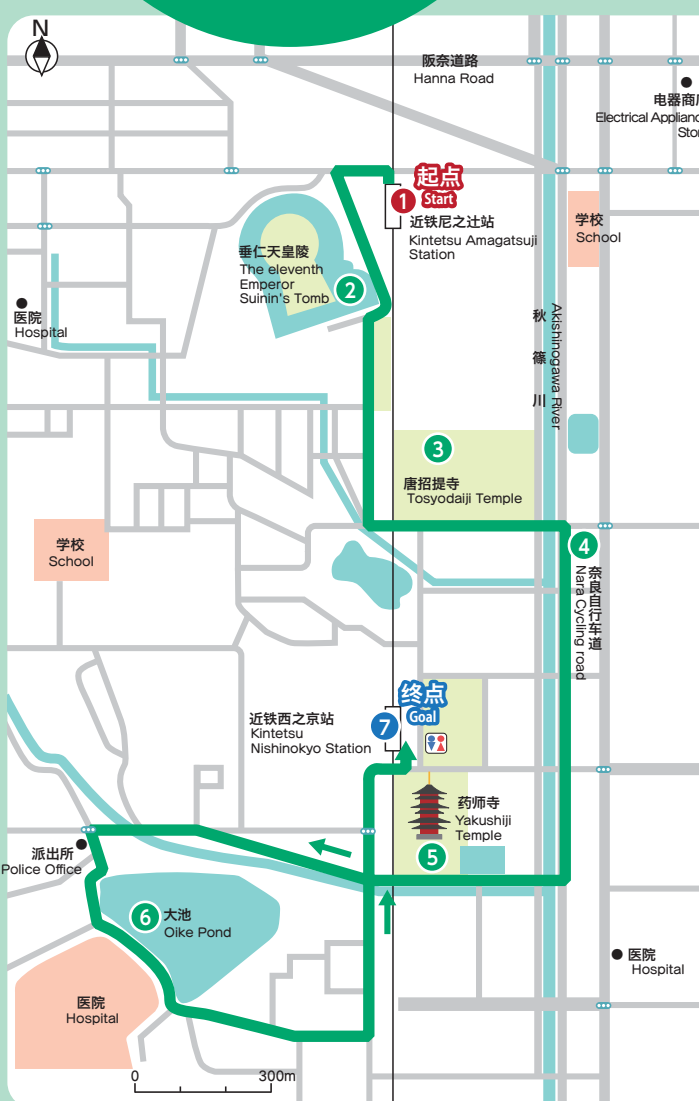
1. 关于地图上所标示的各观光设施的门票及参观时间，请提前确认。
 2. 标有 标志的地方设有卫生间设施。
 3. 此徒步旅行地图为略图，请提前在详细地图上查询确认后，即可出发。
1. Please confirm the fee and service hour of each institution which are indicated on the map beforehand, before use this walking map.
 2. This mark is indicated for the institution with the toilet which we can use.
 3. As this walking map is a rough map, please walk after checking with the city map beforehand.



4.7 km

徒步访问
世界遗产寺院、
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



观赏药师寺和奈良市街道美景的展望点 (药师寺的国宝“东塔”的修建工程估计于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.)


7

近铁西之京站
Kintetsu Nishinokyo Station

终点 Goal

5

药师寺
Yakushiji Temple



徒步游览的后半程开始，是远望着药师寺的三重塔一直前行的路程。寺院境内除三重塔之外，还有东院堂、金堂、大讲堂等重要建筑物。金堂里供奉着药师三尊像。

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

4

奈良自行车道
Nara cycling road

1,080m

3

唐招提寺
Tosyodaiji Temple



759年、由鉴真和尚创建。寺院内存有着鉴真和尚坐像及千手观音立像等许多天平雕刻的杰出作品。

This temple was built in 759 by Ganjin (Chinese Buddhist Priest). There are many masterpieces of Nara-Period (710-784) sculpture including statues Ganjin and a “thousand-armed” Goddess of Mercy.

2

垂仁天皇陵
The eleventh Emperor Suinin's Tomb



第11代天皇。前方后圆，全长约230米的古坟。

This is called Zempokoefun (large keyhole-shaped tomb) that is 230m total length.

1

近铁尼之辻站
Kintetsu Amagatsuji Station

起点 Start

350m

1

近铁奈良站
Kintetsu Nara Station

起点 Start

终点 Goal

6.4 km

奈良公园
景点全赏

Nara Core Area course

2

依水园
Isuien Garden

总面积1万3481平方米的广阔庭院。依水园的前园由兴福寺的分寺和摩尼珠院遗迹构成，后园是以借若草山、春日山、东大寺南大门为远景的“池泉回游式庭园”。

This vast garden has a total area of 13,481㎡. This garden is a circuit-style garden featuring a large pond against the backdrop of Wakakusayama Hill, Mt. Kasugayama, Nandaimon Gate of Todaiji Temple, etc.

3

正仓院
Shosoin Treasure Repository



建于奈良时代的宝库。这里收藏着以天平时代为中心的圣武天皇的珍爱之物等9000余件宝物。每年10月下旬到11月上旬期间，在奈良国立博物馆举办的“正仓院展”享有盛名。

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

9

兴福寺
Kofukuji Temple



兴福寺境内有五重塔、北圆堂、东金堂、三重塔等国宝级的建筑物。在国宝馆内展示着作为天平时代雕刻的杰作而闻名的阿修罗像等。

The temple grounds feature a number of structures designated as national treasures, including Five-storied Pagoda, Northern Octagonal Hall, Eastern Golden Hall and Three-storied Pagoda. The Exhibits at the Kofukuji National Treasure Museum include an Ashura Statue that is renowned as a masterpiece of Nara period (710-784) Sculpture.

4

二月堂
Nigatsudo Hall



在世界遗产·东大寺境内的二月堂，3月1日至14日会举办祈禱国泰民安的“修二会”（提水仪式）。

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

8

浮见堂
Ukimido Pavilion



立于鸞池水中的六角亭。春天时被樱花点缀的更加绚丽多姿，令人赏心悦目。

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

920m

5

若草山麓
Wakakusayama Hill



若草山是一座海拔342米，被绿草地所覆盖的山。位于奈良市区的东面，作为徒步旅行指引方向的标志起到重要的作用。每年1月份的第四个星期六，会举行烧山活动。

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.

7

志贺直哉故居
Shiga Naoya's Old Residence



志贺直哉自行设计，并从1929年起居住了9年的住宅。著名的小说《暗夜行路》后篇就是在此执笔的。

This residence was designed by Japanese novelist Shiga Naoya, who wrote Part 2 of “Anyakoro” (A Dark Night's Passing), while he lived there for 9 years from 1929.

6

春日大社
Kasuga Taisha Shrine




为守护都城平城京而修建的神社。国宝级的本殿等多个建筑都被指定为重要文化财产。寺院内的紫藤非常出名。

This shrine is built for the protection and safeguarding of “Heijō-kyō.” 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.

5

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Wakakusayama Hill



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470m

700m

440m

