

- •Please take your litter home. •The cityscape is for public use. Please help us keep it clean.
- Please refrain from driving into Narai-iuku Preservation District.

Shiojiri City Tourist Association

Narai-juku Tourist Information Center

Tel: 0264-34-3160 FAX: 0264-24-0024

Shiojiri City Tourist Association Tel: 0263-54-2001; http://www.tokimeguri.jp/ Narai-juku Tourist Association http://www.naraijuku.com/

Access to Narai-iuku Chuo Expressway Chuo Expressway Gonbei tunnel By car (approx. 2 hrs 10 min) (approx. 40 min) Takaido IC (Tokvo) -Okava JCT Total time required: approx. 3 hrs. (approx. 40 min) Kanetsu Expressway Joshinetsu Expressway (approx 1 hr 30 min) (approx. 1 hr 30 min) Nagano Expressway Nerima IC (Tokyo) — Fujioka JCT — Koshoku JCT – Total time required: approx. 4 hrs 30 min Chuo Expressway (approx. 1 hr 30 min) Nakatsugawa IC Komaki IC (Nagova) Total time required: approx. 2 hrs 10 min

Shiniuku station

JR Chuo Main Line (approx. 2 hrs 40 min by limited express) JR Chuo Main Line (approx. 20 min)

JR Chuo Main Line JR Chuo Main Line (approx. 1 hr 25 min by limited express)

Nagoya station (approx. 20 min)

Total time required: approx. 1 hr 45 min

Total time required: approx. 3 hrs

Sightseeing spots of the area



(Kiso Town)













Daiou Wasabi Farm

Takavama Festival (Takayama city, Gifu Prefecture)

Brand and Tourism Section

Shioiiri-Kiso Film Commission

(Matsumoto City)

 $\textbf{Shiojiri City Industrial Promotion Division} \quad \text{Tel: 0263-52-0886; http://www.city.shiojiri.lg.jp/}$

Tel: 0264-34-1122; http://www.filmcommission.jp/



Important Preservation Districts for Groups of Traditional Buildings

Naraijuku on NAKASENDO Kiso Valley





Travel Guide

Narai-juku Tourist Association: http://www.naraijuku.com/





History of Preserving Narai-juku

Narai-juku is the longest post town in Japan. Gradually descending along the Narai River, Narai-juku stretches approximately one kilometer along the old Nakasendo Road, with Shizume shrine at the foot of the Torii Pass marking the end on the Kyoto side.

To preserve Narai-juku, which was prompted by the issue of relocation of the Nakamura Family residence, a highly regarded private residence in the 1800s, out of the post town, a pioneering movement for preserving the old streetscape was launched through a public-academia-private sector initiative in 1968 with a view to reaffirming, passing down to the next generation, and protecting the historic assets in the immediate surroundings.

Thereafter, in accordance with the Report on the Survey for Old Streetscape Preservation published in the wake of the establishment of Japan's Preservation Districts for Groups of Traditional Buildings program, an ordinance to preserve them was enacted. Narai-juku was designated as an Important Preservation District for Groups of Traditional Buildings in 1978. This accolade is undoubtedly a result of the citizens' extraordinary efforts to develop their own community.

After Narai-juku was designated as an Important Preservation District for Groups of Traditional Buildings, it went on to receive numerous awards, including the Handmade Hometown Award by the Ministry of Land, Infrastructure, Transport and Tourism in 1989; the Handmade Hometown Grand Prize in 2005; Japan's Top 100 Beautiful Historical Sites in 2007; and the Flower Tourism Award by the Japan Travel and Tourism Association in 2009. The citizens' passion for developing the region by leveraging its streetscape has been handed down from generation to generation.

The beautiful Kiso road with its Narai-iuku historic Post town

During the Edo era (1603-1868), the Nakasendo Road was one of the main routes linking Edo (the old name of Tokyo) and Kyoto.

The eleven local villages from Niekawa-juku to Magome-juku on the route called Kisoii (Kiso road) are well-known sightseeing spots.

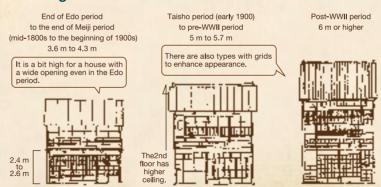
Particularly in Narai-juku, the view of the old street in the area has been maintained and the houses, built using unique local techniques, are of historical and academic value. Visit this small village in the mountains and feel the atmosphere of old Japan!



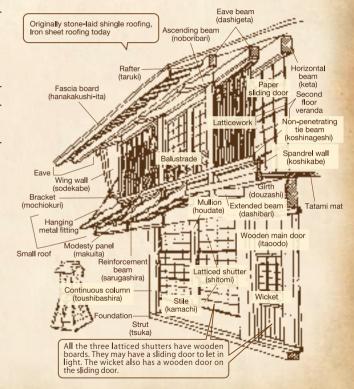
What are Important Preservation Districts for Groups of Traditional Buildings?

Important Preservation Districts for Groups of Traditional Buildings are the districts where the streetscape is preserved in accordance with the program defined in the Act on Protection of Cultural Properties. To preserve these streetscapes, approval needs to be obtained when you change the existing state that affects the exterior, including building a new structure, altering or extending an existing building, changing the color and other aspects. In addition, you may have to comply with relevant rules and regulations to keep its unique characteristics intact when you make a change to a traditional structure. Furthermore, when erecting a new building, you are likewise required to meet a variety of standards to ensure that it harmonizes with the streetscape in the surrounding area.

Eave Height and Period of Construction



Frontal Design of a Traditional Townhouse and Name of the Parts



Narai-juku Strolling Map

1 Narakawa Museum of History and Folk Customs

The museum displays various materials and articles related to folk customs that make you feel Narai-iuku as it was, such as a lacquered comb - the original form of the flower comb that poet Toson Shimazaki wrote in his poem "Hatsukoi (First Love)," or a tag that was being circulated as money in the post town.



2 Shizume Shrine

Narai-iuku's village shrine. It was originally built on the Torii pass but burnt down due to a war and it is said to have been relocated to the current site by Yoshitaka Narai. An annual grand-scale festival is held on August 12. where young people in the town get together and march along to festival music with Japanese flutes, drums and shamisen throughout the town. (The festival is designated as the city's intangible folklore cultural asset and the



shrine's main hall the city's tangible folklore cultural asset.)

3 Nakamura's Residence

The residence of the Nakamura Family, which used to be a wholesale merchant of lacquered combs, was built in the Tempo era (1830 to 1843). Featuring an extended beam on the second floor (armor eaves) it retains the typical town house style in Narai-juku (city-designated tangible cultural asset).



4 Location for NHK drama "Ohisama"

Narai-iuku was chosen as a shooting location for NHK's TV drama "Ohisama" in 2011. A large-scale set was built, stretching about 200 meters from Kagi-no-te road to Shizume Shrine in the post town, faithfully reproducing the streetscape in the early Showa period (early 1900s).









To Nagoya/Nakatsugawa

Shizume shrine forest

To Torii pass

5 Jyoryu-ji Temple

6 Chosen-ji Temple

every year.

The southernmost temple of the Otani school of the True Pure Land sect (Jodo Shinshu). which is one of the five Narai temples Sculptor Kakuzo Ishii produced the wooden sculpture of Toson Shimazaki at this temple. The garden has also been well groomed.

A temple of the Soto Zen sect. It was used as

a lodge for the Ochatsubo (tea leaf jar)

journey to transport Uji's green tea to Edo.

promoted by Shogun Iemitsu Tokugawa,



Gonbei parking area

Narai N

Gonbei bridge

into Narai-juku.

After turning at this traffic light.

parking area is on the left.

Walk across the train tracks

can park here

8 Tokuriya (The Hara Family Residence)

The building had been used as a tavern until the early Showa period. Currently, it is a restaurant with a museum on the same premises (city-designated tangible cultural



The residence of the Tezuka Family, which served as a wholesale merchant in Narai-juku from 1602 to the Meiji period (late 1800s). Valuable materials, such as old documents and tools, are on display at this museum. The residence features the style peculiar to wholesalers (designated as an important cultural property of Japan).

7 The Tezuka Family Residence (Kamidonya Museum)



9 Taiho-ji Temple

A temple of the Myoshin-ji Temple school of the Rinzai sect. It is said to have been opened by Yoshitaka Narai as his own family temple in 1582. There is a garden behind the main

Site of an officially approved inn for Daimyo



Water place Water place

Fureai square

Kiso Ohashi big bridge

11 Honen-ji Temple

available

Narai-juku parking area

Large vehicles can park here

Charger for electric vehicles

Route 19

A temple of Pure the Land sect (Jodoshu) According to historical records, Shogun Hidetada Tokugawa stayed here for a while on the way to Sekigahara to wage a battle and used the temple as an encampment.



Narai river

Narai-juku bridge

Narai-juku

into Narai-iuku.

After turning at this traffic light.

parking area is on the left.

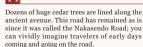
Walk through the underpass

Narai Ohashi (Big bridge)

Sannodan

Underpass

14 Nakasendo Cedar Tree Avenue



Stone Buddhist statues found nearby, such as the Kannon and the Jizo, are enshrined together. Their faces show a variety of expressions, creating a unique aura.



Nakasendo Road Zenkoji-kajdo Road To Matsumoto Sanshu-kaido Road Shioiiri-iuku

13 Sennen-ji Temple

A temple of the Otani school of the True Pure Land sect (Jodo Shinshu), located at an upper part of the slope. At the entrance is the Unari Ishi (groaning stone), which is said to have been groaning every night in the old days.





15 Two Hundred Jizo





Maria Jizo Maria Jizo (stone statue) was found in a

nearby bush by a local resident at the beginning of the Showa Period. It is believed to have been made for clandestine Christians to give a prayer in secret.



12 Kiso Ohashi (Big Bridge)

Made of Kiso hinoki cypress over 300 years old. The Kiso Ohashi (big bridge) boasts of being one of the largest-scale arched pier-less bridges. You can get a glimpse of mastery of skills from the timberwork at the underside of the bridge.





Narakawa Museum of History

and Folk Customs



Food in Narai-juku

Simple yet pleasant gourmet meals prepared with local produce



Soba

Kiso has traditionally been one of the best-known production centers of soba noodle in the Shinshu district. Soba made of buckwheat grown in a cool climate and thanks to clear fresh water has body and umami on top of a rich flavor.



Goheimochi

Goheimochi is a baked rice cake with sauce made from sesame or walnut on top. With light sweetness combined with a savory flavor, Goheimochi is a local specialty, which certainly stimulates your appetite. It varies in shape from area to area.



Ovaki

Oyaki is a traditional local specialty made by flattening kneaded dough nicely and browning both sides. Stuffed with locally-grown vegetables or red bean paste, Oyaki delights with its good old taste.



Souvenirs found in Narai-juku

Fine articles created through mastery of skills handed down by local predecessors from generation to generation



Kiso shikki (Lacquerware)

The origin of Kiso lacquerware is said to date back to more than 600 years ago. In the Edo period, lacquerware using Kiso hinoki cypress garnered popularity as souvenirs from travelers. The Kiso shikki industry thrived rapidly in the Meiji period. Since then, Kiso has been known as one of the major production centers of lacquerware. Kiso shikki is an officially recognized traditional craft in Japan.



Magemono

Magemono, which is known as a local specialty of Narai-juku, is made by bending a thin board made of Kiso or Sawara cypress to form round- and oval-shaped strips to assemble them into a container. It has a history of over 400 years in Kiso's Narai-juku. Magemono containers are popular as they help prevent rice from going bad and rice tastes good even when eaten cold.

Narai-juku Official Goods

Japanese washcloth, postcards and clear folders designed by Kyoko Yanagisawa, paper cutting artist. These items are available in the Tourist Association's member shops in Narai-juku.







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You may completely feel like a traveler in the Edo period

Let's go walking along the Torii pass



Column

In ancient times, Narai-juku was the post town where travelers heading for Kyoto from north on the Kiso road took a rest right before the Torii pass, known as the hardest route. Many years have passed since then, and in 1991 a great runner was born in Narai, who seems to be able to cross the pass with ease. He is Akinobu Murasawa. He began running when he was a pupil of Narakawa

Elementary School as his two big brothers did; thanks in part to the help of good coaches, his time kept improving. A boy, who had practiced running steadily in and around the post town, has grown to become one of the ace young long-distance runners of Japan. He has his roots here in Narai.



Yabuhara rail station

An approximately 6-kilometer mountain track connects Yabuhara-juku and Narai-juku along the Kiso Kaido route. For travelers wearing straw sandals in the Edo period, it was known as one of Nakasendo Road's hardest routes. Today, it is popular as a trekking course filled with rich verdure. You can view the Ontake mountain to the west and the Kiso-komadake mountain to the east from atop and there are a number of stone tablets inscribed with haiku poems by numerous poets, such as Basho Matsuo, or stone Buddhist images along the ancient road. The Torii pass is a historical site, which was the battlefield

for the Kiso and Takeda clans during the age of provincial wars, and the Imperial Princess Kazunomiya travelled through the pass when she got married at the end of the Edo period.

The route is designated as Nakasendo Route as part of Nagano Prefecture's Shinanoji Hiking Cours

Kiso-Torii pass



*Toilets are closed in the winter season (December - March).