

# Best Rural Tourism Destination in the Kansai Region

The East Nara Nabari lies in the eastern part of the Kansai region. Its mountains and basin land features contribute to the birth of characteristic traditions and cultures—the area is known as the home to authentic ninja, and still today, you can feel the mysterious remnants in serene nature.

## Scenic Spots

Located in the inland area, the East Nara Nabari is blessed with beautiful mountains, valleys, and clear streams. There are also old shrines, temples, and traditional townscapes because of the rich history. Most of the major attractions can be accessed by tour bus.

Visitors can also enjoy the scenic routes by bicycle.



### Soni Highlands

A 40-ha plateau with pampas grass in Soni, Nara Pref. Its peak season is October to November, when the grass turns silver. Summer is also recommended with the green grass covering the ground.



### Cherry blossoms and autumn leaves

A variety of cherry trees bloom from late March to late April, depending on the species and habitats. Autumn foliage season is usually from October to November, which attracts most visitors in the year.



### Murou Art Forest

This open-air museum in Uda, Nara Pref. is getting more attention as one of Nara's most "instagrammable" spots. Various art pieces in the park were designed in 2006 by Israeli sculptor Dani Karavan.

### Akame 48 Waterfalls

Located in Nabari, Mie Pref, this 4-km-long hiking trail, one of the most visited destinations in Kansai, is known as an ancient ninja's training ground. The trail runs through a steep ravine, and is cool and refreshing in the summer. The area's autumn foliage is especially spectacular in November.

## Events & Activities

Taking advantage of the rich nature in East Nara Nabari, we offer various events and activities.



### Ninja training experience and waterfall activities

Various activity programs are offered at Akame 48 Waterfalls. Waterfall activities include gorge walking and waterfall meditation available in summer.



### Grape and strawberry picking

Grapes: Mid-July to October  
Strawberries: January to mid-May



### Bamboo Lantern Illumination at Akame 48 Waterfalls

Late October to January



### Farm experience

Tea picking & processing, herb harvesting, urushi natural dyeing, etc.



### Mountain hiking

The area's 2 iconic mountains (both appx. 1,200m) are popular even during the winter.



## Local Food & Sake

It's the mountains and good-quality water that make the East Nara Nabari's cuisine distinctive.



### Wagyu beef

There are 2 brands: Iga beef and Uda Beef.



### River fish

Ayu sweetfish, amago trout, etc.



### Game meat (gibier)

Wild boar, venison, etc.



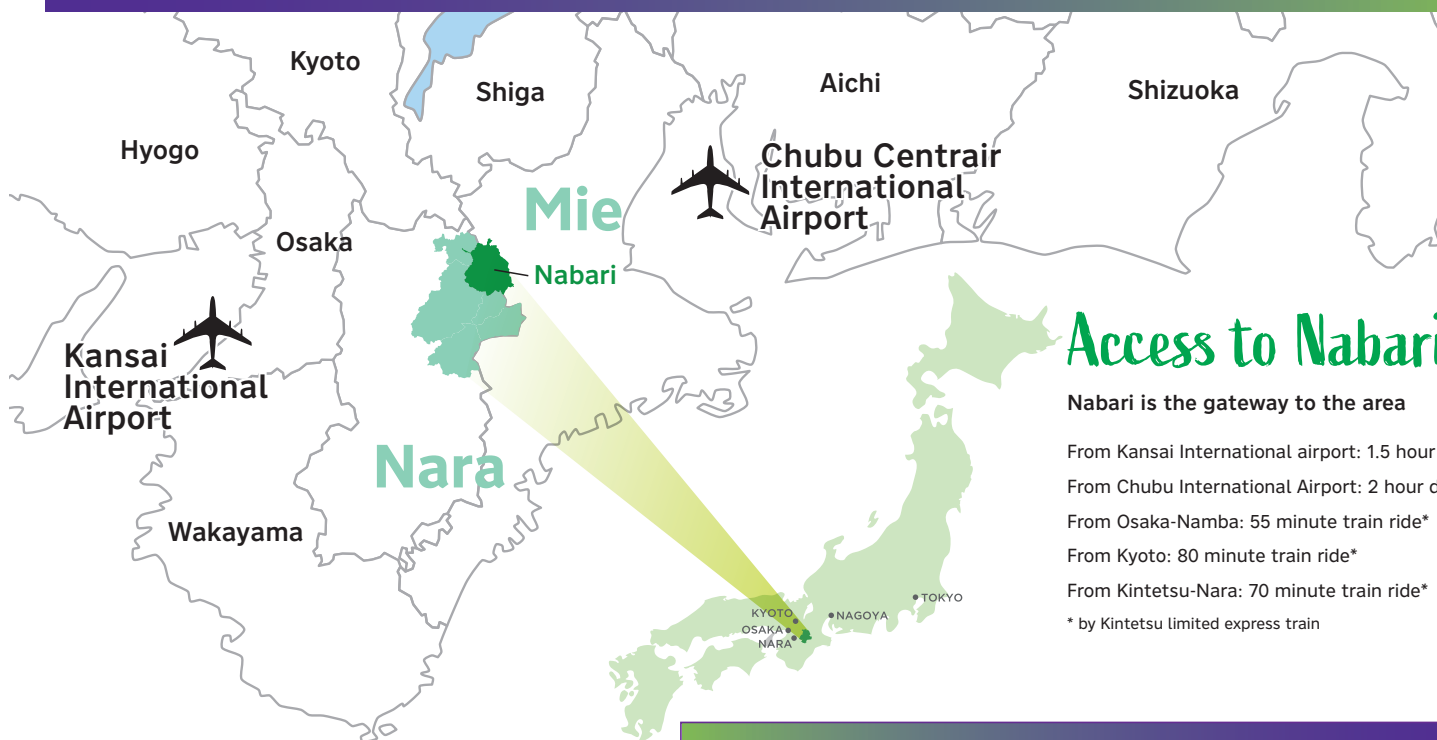
### Sake

The area boasts good local sake.

## Accommodations

We have many types of accommodations; traditional Japanese inns with *onsen*, luxurious *kominka* folk house inns, campgrounds, and western-style hotels. Please contact us for more information or access the below URL.

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



## Access to Nabari

Nabari is the gateway to the area

From Kansai International airport: 1.5 hour drive

From Chubu International Airport: 2 hour drive

From Osaka-Namba: 55 minute train ride\*

From Kyoto: 80 minute train ride\*

From Kintetsu-Nara: 70 minute train ride\*

\* by Kintetsu limited express train

## Contact information

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Monday - Friday: 8:30 AM - 5:00 PM / Saturday, Sunday & Public Holidays: Closed

## EAST NARA NABARI TOURISM MARKETING

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## Our Online Media

### Official website



<https://enntourism.com>

### Facebook



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### Twitter



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