

Why the rush?

Rural Nara Gourmet Guide
The Places Known To Special People

—
一足伸ばして行きたい 知る人ぞ知る 奈良の地元グルメ

Nostalgic Road

Steeped in history and nature, the Okuyamato area stretches across southeastern Nara Prefecture and is brimming with foodie destinations as one drives through the region. Going through Gojo City, the gateway from Kansai International Airport to Okuyamato, the journey begins at Route 30 and Route 261, known as the “Nostalgic Road”. This road runs at the foot of Mt. Katsuragi, and is an enjoyable course overlooking the idyllic landscape of Yamato plain. It boasts an exceptionally long history in Nara, and is home to many Shinto shrines that have retained their original exteriors. Don’t miss a variety of gourmet foods there! There is an endless lineup of delicious foods, wonderful people, and great shops. It is a perfect route for travelers who like to enjoy local specialties.

奈良県南部・東部に広がる、歴史と自然に包まれた奥大和エリアには、ドライブしながら楽しめるグルメスポットがたくさん。まずは、関空から奥大和への玄関口となる五條を經由して、県道30号～261号、通称「ノスタルジック街道」へ。葛城山麓を走るこの道は、大和平野ののどかな風景を見渡せる気持ちのいいコース。また、奈良の中でもひととき長い歴史を持つ地であり、原始の佇まいを残す神社が集中している。そして、食の充実ぶりが見逃せない。とにかく食材も人もバワフルな店が多数点在。ローカルな旅を好むトラベラーにぴったりのルートだ。

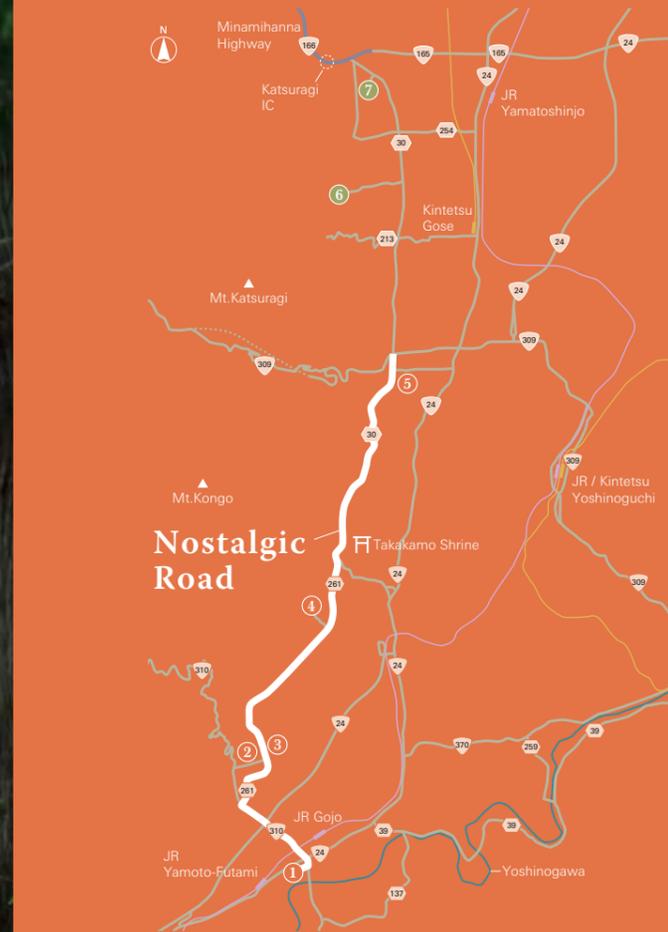
Takakamo Shrine

高鴨神社

When you enter still quiet Takakamo Shrine, there is a change in the air. It is one of Japan’s oldest shrines and the head shrine for the Kamo clan across Japan. Ajisukitakahikone-no-Mikoto, the enshrined deity, is a god who was revived according to Japanese mythology. Your trip to Nara is not complete without visiting this old temple, where traditional Shinto teachings have been passed down.

ひっそり静まり返る境内に入ると、ふっと空気が変わるのを感じる。日本最古の神社のひとつであり、全国にある鴨(加茂・賀茂)社の總本宮、御祭神の阿治須岐高日子根命(あじすきたかひこねのみこと)は、日本神話に登場する甕りの神様である。奈良を旅する上でぜひ参拝しておきたい、日本古来の神道の教えを伝承する古社だ。

1110 Kamogami, Gose-shi, Nara Pref.
奈良県御所市鴨神 1110
Phone_0745-66-0609 / Parking lot capacity_15 cars (free)



“That is an island unto itself in Nara Prefecture.”

“Katsuragi is rich in history and is said to be the birthplace of Japanese civilization. The traces of hunting in the Jomon period were found in the villages. It is a distinctive place that has been engaged in farming over 1,000 years; blessed with the rich soil of Mt. Katsuragi. You can encounter the unchanged landscape as if that was an island unto itself in Nara Prefecture.”

By Chief priest of Takakamo Shrine,
Yoshitane Suzuki

“奈良県の孤島”のような場所。

葛城は「日本文明の発祥の地」と言われる歴史の深い土地。この辺りの村は、縄文時代から狩猟生活を営んでいた形跡が残り、その後は、西の葛城山を背にした地形や土壌の良さによって、1000年単位で耕作が続いているという稀な地です。古代から変わらぬ風景に出会える、“奈良島の孤島”のような場所ですね。

—— 高鴨神社 宮司/鈴鹿 義胤(すずか よしたね)

☀ Lunch 🍷 Dinner 🌊 Onsen 🏠 Accommodation

① Gojo Genbei

五條 源兵衛



Gojo Genbei is a restaurant located in a 250-year-old traditional house on the old road of Shimnachi. This spot is highly regarded for foodies who have visited many established urban restaurants. Why? It’s all about the vegetables. “Use five senses when cooking,” says Chef Nakatani, who transforms over 50 kinds of seasonal vegetables freshly picked in the morning into course meals. These vegetables boost the taste of Yamato beef steaks as well as giving some spices to them.

古い街道・新町通に佇む、築250年の町家レストラン。都会の名店に行き尽した方がたどり着く、知る人ぞ知る一軒だ。その理由は、やはり「野菜」。「料理は五感」と言う中谷料理長が、朝採れの旬野菜を、50種類以上盛り込むコース。地元産大和牛のステーキも、野菜の力がスパイスとなって味わいが何倍にも深まってゆく。

2-5-17 Honmachi, Gojo-shi, Nara Pref.
奈良県五條市本町2-5-17
Phone_0747-23-5566 * 昼食も要予約
Open_Lunch 11:00-12:30 or 12:30-14:00 / Dinner 17:30-20:30
(reservation recommended)
Closed_Tuesday / Parking lot capacity_25 cars (free)

② yum-yum

パン工房 ヤムヤム

A hit with the locals, this bakery is also popular with cyclists from Osaka who flock here on weekends. Everything from vegetables, fruit, and eggs, is locally produced as much as possible to give bread a homemade touch. The always adventurous owners, the Maedas, have recently turned their attention to growing wheat in the region. A drive through the surrounding area and the savory natural taste of the bread rooted in the Gojo area go hand in hand.

ご近所はもちろん、土日ともなると大阪からサイクリストも集まる人気のパン屋さん。野菜やフルーツ、玉子など、食材はできるだけ地元産を選び、フィリングは自家製が中心。オーナー・前田夫妻の探求心は、近年では、地域ぐるみでの小麦作りにも及ぶ。五條という土地に根付いた、自然な味わいのパンをドライブのお供にぜひ。

3-20-6 Denen, Gojo-shi, Nara Pref.
奈良県五條市田園3-20-6
Phone_0747-23-5530
Open_8:00-19:00 / Closed_Tuesday, Wednesday
Parking lot capacity_5 cars (free)





③ Patisserie Client

パティスリー クリアン

Modeled after a French countryside patisserie, the café uses the fruit, wheat, eggs and other natural ingredients locally produced in the rich soil in Gojo. It offers rustic cakes and sweets uninfluenced by the latest trends. The inside of the café allows you to feel the personality of the owner who loves nature and Gojo, and its sweets are full of warmth that even attracts customers from abroad at first sight.

フランスの片田舎にあるパティスリーをテーマに、五條の豊かな土壌から獲れるフルーツや小麦・卵など地元の自然素材を使い、流行りに流されない素朴なケーキやお菓子を提供。自然を愛し五條を愛するマダムの人柄が感じられる店内とスイーツは不思議な温かみに溢れていて、外国からのお客様も一目でこの店の虜になるといふ。

4-1-5 Denen, Gojo-shi, Nara Pref.
奈良県五條市田園4-1-5
Phone_0747-26-2330
Open_10:00-18:30
salon de the 10:00-18:00 (LO 17:30)
Closed_Wednesday
Parking lot capacity_13 cars (free)

④ Baaku

手作りハム・ソーセージ工房 ばあく

"I want to make something delicious with only natural ingredients," says Chicko Izusawa, whose own child had allergies, and who started Baaku 30 years ago along with other mothers like her. The ham and bacon at Baaku contain none of the five major allergens and are made from slow-raised "Baaku pork" at Izusawa Farm, located at the foot of Mt. Kongo. This meat was pickled and aged with local vegetables and spices for two weeks.

「自然の素材だけで美味しいものをつくりたい。」子供がアレルギーだった泉澤ちよ子さんは、30年前に同じく子育て中の母親達とばあくを起業。5大アレルギーを使わないハム・ベーコンは、金剛山麓泉澤農園で時間をかけて飼育された「ばあく豚」を地元野菜とスパイスに2週間漬け込んで熟成した肉で作られる。

719 Owa-cho, Gojo-shi, Nara Pref.
奈良県五條市小和町719
Phone_0747-25-0701
Open_9:00-17:00 (restaurant 11:00-14:00)
Closed_Wednesday, Sunday
Parking lot capacity_10 cars (free)

⑤ Umemoto Tofu

梅本とうふ店

Located in a residential area just off the highway, Umemoto Tofu is a tofu shop that has been open for over 100 years. Since Hiromi Umemoto became the third-generation owner, taking over the shop from her predecessors, she has shown hospitality like no other shop does. Ms. Umemoto says, "I want to see the happy faces of customers." She offers tofu samples and serves tea to customers. With her hospitality and warm smile, it is no wonder she has a legion of fans.

街道から少し外れた住宅地の中、創業100年を超える豆腐店がある。良いところは引き継ぎつつも「お客様の顔が見たいから」と、3代目女将梅本弘美さんがお店を引き継いでからは、豆腐を試食してもらったり、お茶を出したりするなど、他に無いサービスで来店客をおもてなし。そんな女将の笑顔にファンも多いのだとか。

53-3 Nagara, Gose-shi, Nara Pref.
奈良県御所市名柄53-3
Phone_0745-66-0007
Open_10:00-until the time darken or supplies last
Closed_Sunday, Monday
Parking lot capacity_30 cars (free)



Katsuragi Highlands

Recommended shops around the Katsuragi Highlands, spreading northward from the "Nostalgic Road"

「ノスタルジック街道」の北部に広がる葛城高原周辺のオススメ店。

葛城高原



⑥ Latte Takamatsu

ラッテたかまつ

Unable to forget the delicious milk that she tasted in Hokkaido, Kuniko Takamatsu started her dairy farm in her hometown, in the Katsuragi Highlands. She started from zero at the age of 22, when she was young, and looked after as many as 37 cattle, tops. She has also taken up the challenge of processing dairy products using freshly squeezed milk. She had opened a café, located on a hill so that customers could taste her fresh products. There, customers can enjoy her well-known products such as ice-creams and puddings.

北海道で飲んだ牛乳の美味しさが忘れられず、地元・葛城高原で酪農を始めた高松久仁子さん。当時22歳の若さでイチからのスタート、多い時には37頭の牛の世話をしてきた。また、搾りたてミルクを使った乳製品加工にもチャレンジ。その場で食べてほしいとオープンした高台のカフェでは、アイスやプリンなどの自働の品が味わえる。

278-3 Yamaguchi, Katsuragi-shi, Nara Pref.
奈良県葛城市山口278-3
Phone_0745-62-3953
Open_10:00-17:00 (December-March 10:00-16:00)
Closed_Tuesday (December-March Tuesday, Wednesday)
Parking lot capacity_30 cars (free)

⑦ Katsuragi no mori - restaurant Asuka

かつらぎの森 レストラン明日香

Katsuragi no mori offers a variety of dishes, including Japanese and Western cuisine, and pastries. The chef draws from his diverse culinary experience and works together with young cooks. Among them, the two best dishes are a chef's recommended pasta full of fresh local vegetables such as eggplants, tomatoes, and Malabar spinach, and a cheese baguette backed on a ceramic plate with salad. Please enjoy its fresh-tasting dishes that can only be found here.

和食・洋食・パティシエの経験をして来たシェフが、若い調理師達と共に多彩な料理を提供しているこちらのお店。中でもオススメは、なすび・トマト・つるむらさき他、葛城産野菜の素材感を活かしたパスタと、チーズを乗せて陶板で焼くあつあつろけるチーズパン・サラダのセット。ここでしか味わえない逸品を是非ご賞味あれ。

1096 Teraguchi, Katsuragi-shi, Nara Pref.
奈良県葛城市寺口1096
Phone_0745-69-6921
Open_9:00-16:30 / Dinner 18:00-21:00 (reservation required)
Parking lot capacity_50 cars (free)

Shimoichi ⑧

下市町

Oketune began as a store selling wooden buckets. Today, it is a well-established sushi restaurant that has been passed down through four generations of the family. Oketune is well-known and beloved by residents of the local community, who frequently order sushi from Oketune for seasonal events and meals with family and relatives. From authentic hand-rolled sushi (nigirizushi) to the Nara specialty, persimmon leaf sushi (limited seasonal item), as well as rice bowl meals that come with noodles, the restaurant offers a full menu featuring many items. It is the perfect place for savoring Japanese food without having to dress up for the occasion.

Oketune

おけ常

始まりは桶屋だったという「おけ常」は、親子4代続く老舗の寿司店。季節の催しや親族同士の会食のときは「おけ常の寿司を注文」が定番だという、地域の人に愛される名店だ。本格的な握り寿司から、奈良名物の柿の葉寿司（夏季限定）、種類付きの丼ぶりメニューまで品数が豊富。普段着の和食を味わうにぴったりの店だ。

13-1 Shimoichi, Shimoichi-cho, Yoshino-gun, Nara Pref.
奈良県吉野郡下市町下市13-1
Phone_0747-52-2445
Open_9:00-19:00 (LO18:30)
Closed_Thursday
Parking lot capacity_8 cars (free)



Yoshino ⑨

吉野町

Sato

喫茶・お食事 里

観光客だけでなく地元の人たちの憩いの場としても連日大盛況。客の要望に応じるうちに増えて行ったメニューは、和洋中間わず50種以上が揃う。「吉野は食材の宝庫。季節に応じて様々な食材が取れるので、最高の食材をどうやって調理しようかいつも楽しみですね」。そう嬉しそうに語るご主人の笑顔もまた印象的である。

572-1 Narai, Yoshino-cho, Yoshino-gun, Nara Pref.
奈良県吉野郡吉野町橋井572-1
Phone_0746-32-8658
Open_12:00-22:00
Open daily except otherwise noticed
Parking lot capacity_15 cars (free)



Tourists and locals alike keep this stop busy all week. The menu has grown to over 50 items including Japanese, Chinese, or Western dishes by responding to customer requests. Says the owner with an impressive smile, "Yoshino is a treasure trove of ingredients. Since I can pick a variety of ingredients depending on the season, I always look forward to cooking with the best ones."

This restaurant is run by the Hashimoto family, who have been cultivating mushrooms for 30 years. Their homemade, organic shiitake, shimeji, lion's mane mushroom, nameko, and maitake mushroom dishes are a joy to eat. The shop's signature dishes are its rice bowl full of wild boar meat and mushrooms that melt into a salty-sweet broth, and its full course meal of mushrooms charred over a charcoal fire.



⑩ Higashi Yoshino

東吉野村

Kinoko no Yakata

きのこの館

きのこ栽培30年の橋本さん夫妻が営む料理店。しいたけ、しめじ、やまぶしたけ、なめこ、またたけなど、自家栽培・無農薬のきのこを使用した多彩な料理が楽しめる。たっぷりのきのこや猪肉、きのこの旨みが溶け込んだ甘辛い出汁が絶妙な猪肉丼、そして炭火できのこを炙るきのこのフルコースはこの店ならではの逸品だ。

1601 Washika, Higashiyoshino-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡東吉野村橋本1601
Phone_0746-42-0991
Open_9:00-19:00
(restaurant 11:00-19:00 LO 18:00)
Closed_Thursday
Parking lot capacity_3 cars (free)



⑪ Yoshino

吉野町

Tofu Chaya Hayashi

豆腐茶屋 林

祖父の営む豆腐店を受け継いだ林さん。地元のお客様からも愛される自慢の豆腐は、吉野山から流れる美味しい水と国産の高濃度豆乳を使った濃厚な味の特徴。この豆腐の魅力をもっと知ってほしいとオープンした豆腐茶屋林では、豆腐を使った定食や豆腐ラーメン・豆乳ソフトクリームといった、このお店でしか味わえない一品が堪能できる。

551 Yoshinoyama, Yoshino-cho, Yoshino-gun, Nara Pref.
奈良県吉野郡吉野町吉野山551
Phone_0746-32-5681
Open_9:00-17:00 (LO 16:30)
Closed_Tuesday
No parking spaces available.
Please park at nearby parking lot.



Mr. Hayashi inherited this tofu shop from his grandfather. His signature tofus, which local customers love, are made from clear water from Mt. Yoshino and soy milk produced in Japan. They have rich flavor. Tofu Chaya Hayashi has opened to promote tofu's charms. You can enjoy several kinds of special tofu dishes such as tofu set meals, tofu ramen, and soy milk soft-serve ice cream there.

12 Kurotaki

黒滝村

Situated in central Nara Prefecture and 97% covered in forest is the village of Kurotaki. For 30 years, Akichan has thrived as travel lodge that caters to both local tourists and to school sports club retreats. Popular dishes are the travel lodge's set plate featuring grilled red-spotted masu salmon flavored with salt, red-spotted masu salmon sashimi (reservation required), and sake made from young red-spotted masu salmon. Take in this peaceful place that is surrounded by nature, and delight in the unique and hardy masu salmon dishes.



Akichan

お食事処・民宿あきちゃん

奈良県の中央に位置し、97%が森林の村、黒滝村。30年前から続く民宿あきちゃんは、地元客や学校のスポーツクラブの合宿で賑わう。人気メニューは、あまごの塩焼きが付いたあまご定食とあまごの刺身(要予約)、そしてあまごの稚魚を使ったあまご酒。自然に囲まれたのどかな場所で味わう、身の引き締まったあまごは絶品だ。

326-3 Dohara, Kurotaki-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡黒滝村堂原326-3
Phone_0747-62-2712
Open_11:30-17:00
Closed_Sunday
Parking lot capacity_10 cars (free)



13 Takatori

高取町

Yamato Yoshinaga

酒味三昧 やまと吉永

日本三大山城に数えられる高取城下、石畳の街道沿いに立つ料理屋「やまと吉永」。造り酒屋をセンス良く改築し、客をもてなすのはオーナーの吉永さん夫婦。昼は自家製野菜中心のお弁当御膳、夜は一品ずつ注文する居酒屋スタイル又はコースで料理を提供。身近な家庭料理をベースに、美しくアレンジされた創作和食が堪能できる。

1433 Kangakujji, Takatori-cho, Takaichi-gun, Nara Pref.
奈良県高市郡高取町観音寺1433
Phone_0744-52-1008
Open_Lunch 11:30-14:00 (reservation required) / Dinner 17:00-22:00 (LO 21:30) (reservation recommended)
Closed_Lunch Monday, Tuesday / Dinner Monday
Parking lot capacity_10 cars (free)



Takatori Castle is considered one of the three great mountain castles of Japan, and Yamato Yoshinaga is a restaurant located along the cobbled streets of the neighboring castle town. Previously a brewery, Yamato Yoshinaga has been transformed into a stylish restaurant. You will be hosted at the restaurant by the owners, Mr. and Mrs. Yoshinaga. At lunchtime, the restaurant offers a bento meal comprising mainly home-grown vegetables. At night, you can order items from the à la carte menu in the style of a Japanese gastropub (izakaya) or choose from the set courses. You can expect to enjoy Japanese dishes arranged creatively and beautifully based on everyday dishes that all Japanese people are familiar with.

Kinari-Tei is a 10-minute drive from the Ikehara Dam, which is famous as a bass fishing hot-spot. A popular dish at Kinari-Tei is the mana (locally grown green vegetables) udon set. This set features mana mehari zushi (cooked rice wrapped in pickled takana mustard leaves), which uses local Shimokita harumana greens, a specialty of Shimokitayama Village, along with mana udon, mana tofu, and mana ice cream. The rich flavor and soft texture of the local greens come from the varying day and night temperatures during winter in Shimokitayama along with the village's clear waters and rich soil.



14 Shimokitayama

下北山村

Kinari-Tei

きなり亭

バス釣りポイントとして有名な池原ダムから車で10分。人気メニューの真菜うどん定食は、下北山村の特産品「下北春まな」を使用した真菜めはり寿司、真菜うどん、真菜豆腐、真菜アイスのセット。下北山村の冬季の昼夜温度差ときれいな水、そして栄養豊かな土が生み出した、下北春まなの濃い旨みとやわらかな口当たりが特徴だ。

282 Kamiikehara, Shimokitayama-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡下北山村上池原282
Phone_07468-5-2001
Open_11:30-21:00 (LO 20:30)
Closed_2nd and 4th Tuesday
Parking lot capacity_90 cars (free)



15 Yamazoe

山添村

Michinori no yado

農家体験民宿 里舎

奈良公園から、車で県道80号を東へ約40分。棚田に囲まれた築130年の古民家で民宿を営むのは、33年前から100%有機農業を続けてきた大久保さん。体に安全・安心な料理を提供することをモットーとし、自家製の新鮮な野菜をたっぷり使った調味料と天婦羅、平飼いで育てられた、鶏の全部位を使ったBBQを提供。お腹と心が満たされる場所だ。

1222 Hirodai, Yamazoe-mura, Yamabe-gun, Nara Pref.
奈良県山辺郡山添村広代1222
Phone_0743-85-0525
Open daily except otherwise noticed
Parking lot capacity_10 cars available at sake shop "Bonko"



Michinori no yado lies forty minutes by car from Nara Park, eastward along Road 80. The guesthouse is in a 130-year-old house surrounded by terraced rice fields and is run by Mr. Okubo, who has been an organic farmer for 33 years. His idea is to offer dishes that are cooked with healthy and safe ingredients. He serves its original hotpot and tempura, both of which are full of fresh and homegrown vegetables, and BBQ chicken. A free range chicken is selected and all chicken parts are grilled. Both your stomach and mind will be satisfied here.

Uda 16

宇陀市

Shamoji

農家レストラン

しゃもじ



大和高原伊那佐地区から直送、季節の野菜がたっぷり食べられるレストラン。手がけるのは有機栽培にこだわる地元農家「グリーンワーム21」。メニューは季節の天ぷら定食や日替わりサラダバーなど大和高原の四季を感じるものばかり。時期により大和野菜「宇陀金こぼう」も登場する。名湯「あきのゆ」とセットで立ち寄りを。

250-2 Oudahiro, Uda-shi, Nara Pref.
奈良県宇陀市大宇陀拾生250-2
Phone_0745-83-9977
Open_Mon-Fri 11:30-21:00 (LO20:00) / Sat, Sun, Holiday 11:00-21:00 (LO20:00)
※ Lunch 11:00-14:00 / Dinner 17:00-21:00
Closed_Thursday (Everyday open in Apr, Aug)
*祝日も営業
Parking lot capacity_150 cars (free)



At Shamoji, you can enjoy large amounts of seasonal vegetables delivered directly from the Inasa district of Yamato Highland. These are produced by Green Worm 21, a local farm that specializes in organic cultivation. The menu highlights the four seasons of Yamato Highland, with items such as the seasonal tempura set meal and the salad bar with vegetable offerings that change by the day. Depending on the season, you may even be able to try dishes featuring a local specialty known as “Uda Gold Burdock” (udakingobo). Drop by the restaurant after a visit to the renowned hot spring, Akinonoyu.



Sakurai 17

桜井市

L'AUBERGE DE PLAISANCE Sakurai

オーベルジュ・ド・

ぶれざんす 桜井



眼下に見渡す限りの美しい田園風景が広がる、このオーベルジュ。「ここでしか食べられないものを提供したい」と語る小林シェフが腕を振るう料理は、シェフ自らが厳選した地元食材を、一番おいしい季節に、一番おいしい食べ方で提供する。夕景に包まれたディナーを堪能したあとは、心地よいベッドでぐっすりと眠り、心から癒やされたい。

2217 Taie, Sakurai-shi, Nara Pref.
奈良県桜井市大字高家2217番
Phone_0744-49-0880
Open_Lunch 11:30-13:30 / Dinner 17:30-20:00 (reservation recommended)
Closed_Mondays (Tuesday when Monday falls on a national holiday) / Mondays and Tuesdays for lunch
Parking lot capability_20 cars (free)



This French inn (L' AUBERGE) overlooks a beautiful idyllic rural landscape that spreads as far as the eye can see. Chef Kobayashi wishes to offer dishes that can only be found here. He has a passion for using fresh, local and seasonal ingredients, cooked in the best way to bring out their flavors. After enjoying dinner at the restaurant overlooking a spectacular evening view, have a good night's sleep on a comfortable bed to restore yourself spiritually and physically.

Located in a renovated 60-year-old house, time seems to stand completely still when you enter Furusato no Shoku Sarara. The restaurant serves month-watering dishes made with local ingredients. The flavors of home-cooking that bring to mind the visage of the person who had made the dishes are sure to satisfy both the eyes and palate.



18 Asuka

明日香村

Furusato no Shoku Oku-Asuka Sarara

ふるさとのお食 奥明日香
さらら



築60年を超える民家を改装して作られたこちらのお店は、まるで時が止まったかのように穏やかな時間が流れる。そんな中で明日香村産の食材をふんだんに盛り込んだ味わい深い料理を提供している。作り手の顔が見える“おふくろの味”に目も舌も心も満たされること間違いなし。

137 Kavanomori, Asuka-mura, Takaichi-gun, Nara Pref.
奈良県高市郡明日香村栢森137
Phone_0744-54-5005 (reservation recommended by the previous day)
Open_11:00-16:00
Closed_Monday to Wednesday, August 1st-30th, December 21st-January 31st
Parking lot capacity_4 cars (free)



19 Mitsue

御杖村

Pizzeria e Trattoria renone



イベントや舞台の演出家として活躍していたオーナーの竹中さん。御杖村の自然の美しさに惹かれ、この地で商売をしたいと決意。本場イタリア仕込みのピザは「とにかく素材の味をシンプルに」がテーマ。御杖村の豊かな大地で育った野菜をふんだんに盛り込んだクリアな美味しさを溢れている。

168 Kozue, Mitsue-mura, Uda-gun, Nara Pref.
奈良県宇陀郡御杖村神末168
Phone_0745-95-3303
Open_11:00-15:00 (Saturday, Sunday and National holiday 11:00-18:00)
※ Unitl supplies last
Closed_Monday, Tuesday (Wednesday when Monday or Tuesday falls on a national holiday)
*祝日の場合は翌平日休み
Parking lot capacity_10 cars (free)



Before becoming the owner of Pizzeria e Trattoria renone, Mr. Takenaka, had been director of an event and the stage. Attracted to the natural beauty of Mitsue Village, he decided start business in the area. His concept is 'Bring the best out of the ingredients'. The restaurant serves authentic Italian pizzas topped with ample vegetables grown in the rich soil in Mitsue.

Torikin

鳥欽



焼き鳥一筋30年。気さくな人柄でファンも多い小山和彦さんが営む焼き鳥専門の居酒屋。開店と同時に席が埋まる人気の秘訣は素材の鮮度にあるという。朝引きの丸鶏を仕入れ、毎朝店主自らが仕込みを行う。焼きは客の目の前でライブ感たっぷりに。熟練の技で、肉の旨味を閉じ込めつつジュースに仕上げてくれる。料理は焼物から刺身まで、鳥づくしを堪能できる。

1105 Higaimoto, Oyodo-cho, Yoshino-gun, Nara Pref.
奈良県吉野郡大淀町検理本1105
Phone_0747-52-8866
Open_17:00-22:00
Closed_Sunday
Parking lot capacity_15 cars (free)



Torikin has been serving yakitori (skewered chicken) for 30 years. This izakaya (Japanese gastropub) is run by Kazuhiko Koyama and specializes in yakitori. He is beloved for his frank and warm-hearted disposition. All the seats are occupied as soon as the door opens. The secret to its popularity lies in fresh ingredients. The owner himself purchases and prepares chicken that is caught every morning. He grilled chicken and vegetable skewers right before the customer's eyes. Customers can enjoy watching this live performance while they dine. The meat is sealed in its flavor and juicy when the skilled chef cooked. Customers can be satisfied with a range of chicken dishes including raw and grilled chicken.



Houei

豊栄



名物料理は、5年前にご主人が地域の人と協力して開発した、方うどん。地元や周辺地域の食材にこだわり、とろみのある生姜入りの出汁をつるつとしたのどごしの良いうどんに絡め、宇陀の特産品宇陀金ごぼうを包み込んだお餅と、曾爾村の夏の寒暖差でおいしく育ったほうれん草の天婦羅をトッピング。曾爾高原と合わせてお立ち寄りを。

1262-1 Imai, Soni-mura, Uda-gun, Nara Pref.
奈良県宇陀郡曾爾村今井1262-1
Phone_0745-94-2154
Open_11:00-14:00
Closed_Monday
Parking lot capacity_10 cars (free)



Houei's specialty is a type of chikara udon, which was first created five years ago by the owner along with help from the local residents. Using choice ingredients found both locally and from the surrounding area, this silky smooth udon is mixed in a thick ginger broth, and is topped with mochi rice cakes stuffed with Uda Kin Gobou (burdock root) from the city of Uda, and spinach tempura made in the village of Soni, where the temperature difference is extreme in summer. Stop on by Houei and the Soni Highlands.

Hide

喫茶 秀



この店の人気の秘密。それは川上村観光協会会長の中川秀雄さん夫妻が調理する、厚みのある豚肉を使用した焼きそば、季節のフルーツ入りのサンドウィッチ。サイフォンを使い、湧き水で淹れたコーヒー。疲れた体と心を癒してくれる、まろやかな口当たりのこの湧き水を求めて、北海道や長崎からもこの地に人が訪れるのだとか。

12-4 Kashiwagi, Kawakami-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡川上村柏木12-4
Phone_0746-54-0640
Open_8:00-16:00
Closed_Thursday, Friday
Parking lot capacity_2-3 cars (free)



Just what is the secret to Hide's popularity? The answer lies with the restaurant's yakisoba fried noodles featuring thick cuts of pork and its sandwiches that are full of seasonal fruit, all prepared by the Chair of the Kawakami Sightseeing Association, Hideo Nakagawa, and his wife. Its popularity also lies with its coffee, which is brewed in a siphon with spring water. Visitors from as far away as Hokkaido and Nagasaki come for the mellow flavor of the spring water that soothes minds and tired bodies.



Gyoza Takasumi Kashiharahonten

餃子たかすみ

橿原本店



店をオープンする前、約1年間は毎日日本国内の餃子を食べ歩き、「旨さ」を追求したというオーナーの西出一成さん。白菜多めのこだわりの餃子の館は、出身の東吉野で西出さん1人で作っており、その製法は彼しか知らない。子供からお年寄りまで愛されることを目指しているその餃子は、一口サイズでヘルシーだ。

807-5 Kuzumoto-cho, Kashihara-shi, Nara Pref.
奈良県橿原市葛本町807-5
Phone_0744-24-4244
Open_12:00-22:00 (LO 21:45)
/ Lunch 12:00-14:00
Closed_Tuesday
Parking lot capacity_6 cars (free)



Before opening his restaurant, Kazunari Nishide spent about a year sampling gyoza (dumplings usually filled with ground meat and vegetables that are wrapped in a thin dough) around Japan, eating it almost every day in search of the taste he was looking for. Mr. Nishide, who comes from Higashiyoshino, makes the fillings himself, preferring to stuff his gyoza with generous amounts of Chinese cabbage—and only he knows how to make them. He hopes that his healthy and bite-sized gyoza are a hit with young and old customers alike.

Totsukawa 24

十津川村

At the southern tip of Nara Prefecture lies Japan's largest village, Totsukawa. Since the days of old, the hot spring town of Totsukawa has never needed re-used hot water for its baths and there are a lot of ryokan (Japanese style hotels) using 100% pure hot water from natural hot springs. One of those natural hot springs is Kamiyu Hot Spring, where its spring water is used to raise plump eels for its succulent dishes. Kamiyusou' grilled eel, along with its deer tartare and sweetfish sashimi, all use as many local ingredients as possible to ensure the freshest tastes.

Kamiyusou

神湯荘  

奈良県最南端にある日本で一番大きな村、十津川村。十津川温泉郷には古くから湯を再利用しない、源泉100%の温泉が集まる。その一つ、上湯温泉の温泉水で育てられたうなぎは、脂がのって絶品。神湯荘ではうなぎの蒲焼の他、鹿肉のユッケや鮎の刺身など、十津川産の食材を最大限に活かした料理を、新鮮なまま味わえる。

220 Detani, Totsukawa-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡十津川村出谷220
Phone_0746-64-0256
Open daily except otherwise noticed
Parking lot capacity_20 cars (free)
*Short stay plan including onsen & dinner available.
(15:00-20:00, reservation required)



Kamikitayama 25

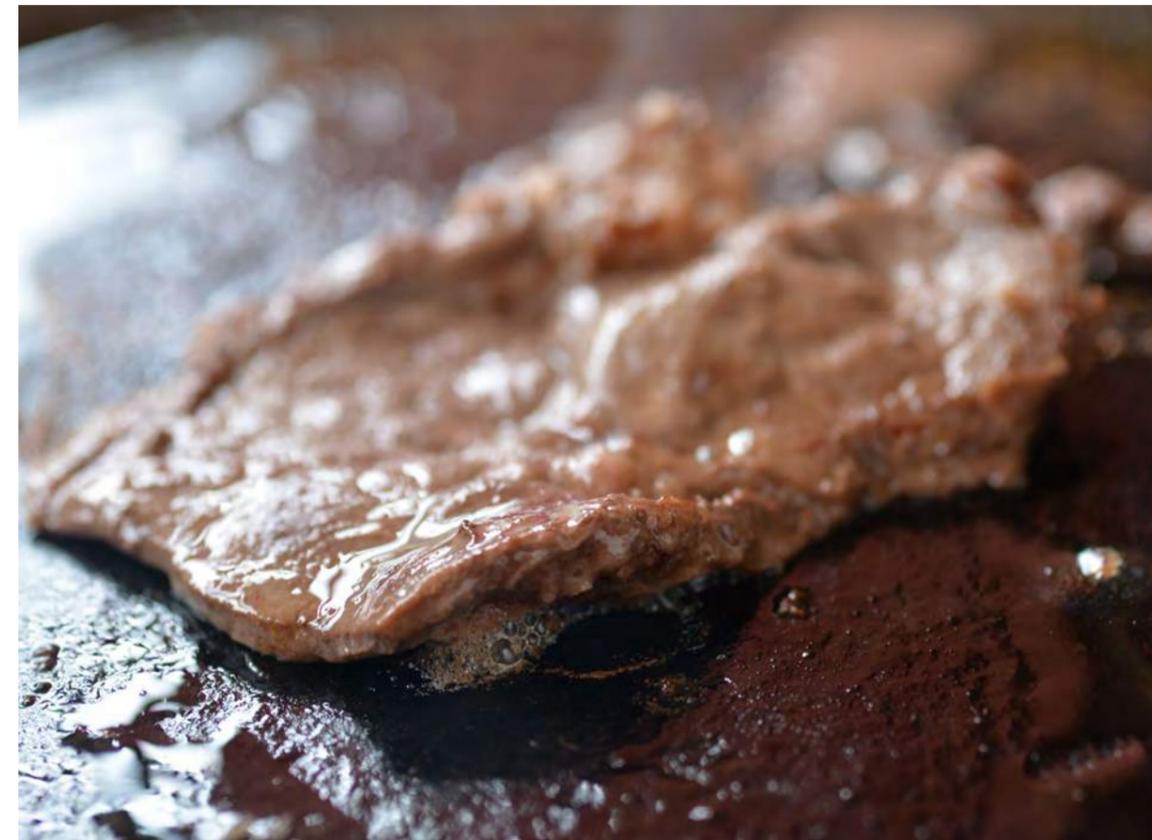
上北山村

Tassan

民宿タッサン 

国道169号沿いにある鮮やかな黄色い壁の民宿。「人が減っても、ここには変わらない人の温かさがある」。北岡フサさんが50年前に始めたこの民宿を、今は孫娘の由紀さんが営む。夕食は、地元の猟師から買い付けた鹿肉の焼肉や、大和牛の焼肉が楽しめる。ここから車で1分、座禅体験ができる景徳寺もオススメだ。

666-7 Kawai, Kamikitayama-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡上北山村河合666-7
Phone_07468-2-0171
Open daily except otherwise noticed
Parking lot capability_6 cars (free)



This guesthouse with bright yellow walls is located along Route 169. "Even if the population here has gone down, the warm human touch has not been changed." says Ms. Fusa Kitaoka, who started the guesthouse 50 years ago. Her granddaughter, Yuki, runs it now. At dinner, guests can enjoy grilled venison purchased from local hunters and grilled Yamato beef. It is recommended to visit Keitokuji Temple, 1 minute away by car, where you can experience Zen meditations.

The holy men and shrine worshipers visiting Mt.Omine which is the top 100 famous Japanese mountains keep Tenkawa Village's Dorogawa Onsen bustling. At this 330 year old hot spring inn, you can enjoy a special tofu that is made with the mineral-rich (especially in calcium) gurgling waters of Tenkawa Village. The allures of this inn are its rooms with private open-air baths, its large communal baths for followers of traditional Chinese medicine, and its different types of hot springs.

26 Tenkawa

天川村

Kadojin

  角甚

日本百名山の一つである、大峯山の修験者や参詣者で賑わう天川村洞川(どろがわ)。330年前から続くこの温泉宿では、ミネラル分が豊富で、特にカルシウムの含有量が多い天川村の「ころころ水」から作られた「名水豆腐」を食すことができる。露天風呂付きの客室や、大浴場の漢方行者の湯など、多彩な温泉もこの旅館の魅力だ。

240 Dorogawa, Tenkawa-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡天川村洞川240
Phone_0747-64-0336
Open daily except otherwise noticed
Parking lot capacity_15 cars (free)



27 Nosegawa

野迫川村

Hotel Nosegawa

  ホテルのせ川

高野山から車で40分。日本三大荒神社の一つ「立里荒神社(たてりこうじんじや)」がある野迫川村に位置するホテルのせ川。名物料理は鴨・猪・雉の肉と野迫川村の野菜、を使った「カシキ鍋」。その美味しさの秘密は素材の新鮮さと、20年前から変わらない、支配人の中村さんが開発した醤油仕立ての出汁だ。

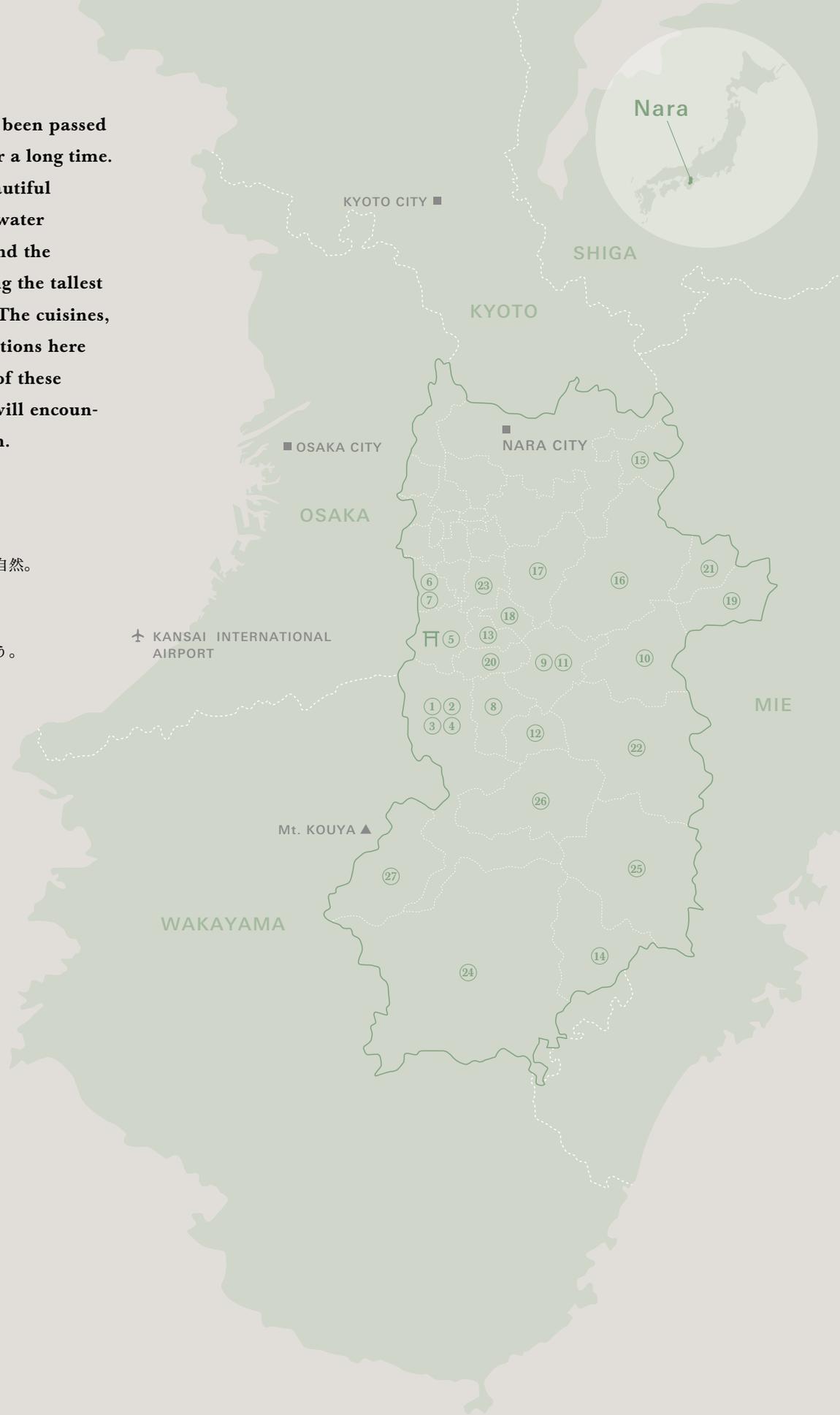
426 Kitaimanishi, Nosegawa-mura, Yoshino-gun, Nara Pref.
奈良県吉野郡野迫川村北今西426
Phone_0747-38-0011
Open daily except otherwise noticed
Parking lot capacity_31 cars (free)
*Dinner: reservation required



Forty minutes by car from Koyasan is Hotel Nosegawa, located in Nosegawa Village, home to Tateri Koujinja, one of Japan's three Koujinja shrines. The village is known for its kashiki nabe (hotpot), which uses duck, wild boar, pheasant, and local vegetables. The secret of kashiki nabe's flavor is in the freshness of the ingredients, and hotel manager Mr. Nakamura's very own soy sauce broth unchanged for 20 years.

The culture in Nara has been passed down through generations for a long time. The area is embraced by beautiful natural surroundings; clear water flowing through the rivers and the stunning mountains including the tallest mountain in Kansai region. The cuisines, hot springs, and accommodations here take the greatest advantage of these blessings from nature. You will encounter a warm welcome by them.

長い時を超えて継承されてきた文化。
 近畿最高峰を含む山々や、
 清らかな水が流れる川などの美しい自然。
 その自然の恵みを最大限に生かした
 料理、温泉、宿。全てがみなさんを、
 暖かく迎え入れてくれることでしょう。



<http://www.okuyamoto.pref.nara.jp/utsukushiki-nippon-nara/>

The website, "Beautiful Japan", offers videos free of charge that cover the beautiful nature of Nara including comments from locals.

サイト「美しき日本」では、動画で奈良の美しい自然や人々の肉声を無料で視聴できます。



Utsukushiki nippon

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