

Tourist Guidebook

HEGURI

Highlights of Heguri
in a Pocket
Between Mountains



HISTORY


Just as if you were slipping back in time. Experience ancient Japan.

Heguri is a town surrounded by beautiful mountains. There remain many kofun tumuli, historic sites, and cultural properties within the town. You can fully experience eternal time since ancient Japan through its nature and history.

Shigi-san Chogosonshi-ji Temple

Shigi-san is an ancient temple, which is popular as the "tiger temple" and is believed to have been founded by Prince Shotoku. Bishamonten is enshrined as the principal image of this temple, and Shigi-san is gaining popularity as one of the finest spiritual hot spots in the Kansai region.



 Parking is available for visitors.
 Please scan the QR code for a virtual walk.


 Raising financial luck



Point!



Annual Events

On February 3rd, the Repelling of Demons Ritual (Bean Throwing) is held to exterminate the rampaging demons. There are also events in which visitors can participate, such as the outdoor fire offering and fire walking ritual in November.



Shigi-san Tiger Festival

This festival is held on the last Saturday and Sunday of the month of the tiger (February). An experience-based workshop for painting a papier-mâché tiger and a food festival are held as well.



Shigi-san Tourist i Center

The Center disseminates information as a base of tourism for Shigi-san and sells regional specialties and goods from Heguri Town and Sango Town and provides meals.

These icons indicate the recommended seasons for visits and the period when events are held.



Senko-ji Temple

The Shugendo temple was founded by En no Gyoja (a.k.a. En no Ozunu), and there are many female mountaineering ascetics here. The temple bell was made in 1225 (Gennin 2) and is listed as a prefectural cultural property.



 Parking is available.
 Please scan the QR code for a virtual walk.


 Match making

Point!



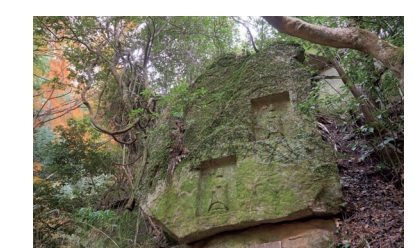
Annual Events

Every year, the mountain opening ceremony is held on the first Saturday of April, and the mountain closing ceremony is held on the first Saturday of October. In addition, waterfall and fire-walking rituals are conducted.



Geta and shakujo

It is said that if a woman walks while wearing a pair of iron geta (Japanese clogs), she will find a good match for marriage, and if a man lifts a shakujo, he will be blessed with a good wife and children.




Kiyotaki Stone Buddha Stafues

Different Buddha figures carved on a rock face are scattered throughout this area, including Hasshaku Jizo carved on a huge rock in Kiyotaki.

Autumn

Kinsho-ji Temple

This temple is said to have been founded by Gyoki Bosatsu in 746 (Tenpyo 18). There are many stone structures, including a 13-story stone pagoda and a five-ringed tower honoring Gyoki Bosatsu.


 Parking is available for visitors.


 Match making





Sakon Shima

This warlord played an active role in the battle of Sekigahara while serving as a vassal of Mitsunari Ishida, a close aide to Hideyoshi Toyotomi. There are not many records that remain about him, but it is said that he made Tsubai Castle his residence.

Tubai Castle Ruins

These are the ruins of a castle constructed on the Yata-kyuryo hills and measure 300 meters from north to south. The castle is considered to have functioned as a fort to protect Heguridani from foreign enemies. There are few records of the castle from that time, but architectural remains and buildings using foundation stones have been discovered.



About a 40-minute walk from the second parking lot of the Yamatoji Heguri Roadside Station

Mt. Shigi Castle Ruins

Shigisan Castle is the largest mountain castle in Nara Prefecture, extending 550 meters from east to west and 700 meters from north to south, centering on Odake of Mt. Shigi. The castle functioned as the base to rule Yamato Province after Hisahide Matsunaga made an entry into the castle in 1559 (Eiroku 2).



About a 30-minute walk from the Shigisan parking lot or the Shigi-ohashi bus stop



Hisahide Matsunaga

This warlord served the Miyoshi clan and then Nobunaga Oda during the Sengoku period. Though he has a strong image as a sly and arrogant villain in troubled times, he had excellent skills in constructing fortifications, was a cultural figure who practiced the tea ceremony, and was a practical man who remained faithful.



Point!



Spring

Heguri Festival of the Age

A major event in spring mainly held at Heguri Town Cultural Center. The main feature of the event is a historical procession in which people dressed up as great historical figures from Heguri Town march, and you can enjoy foods and local products as well. It is held on the national holiday of April 29 every year.



Warlord Seal

The warlord seals of Sakon Shima and Hisahide Matsunaga drawn by ouka, a yokai calligrapher. Sakon Shima's seal is sold at the Yamatoji Heguri Roadside Station and Hisahide Matsunaga's seal is sold at the Shigisan Tourist i Center.



Udozuka Kofun Tumulus

The largest keyhole-shaped tumulus in Heguri Town was built in the late sixth century. Horse harnesses, swords, and Sue stoneware have been unearthed.



About a 10-minute walk from Kintetsu Tatsutagawa Station

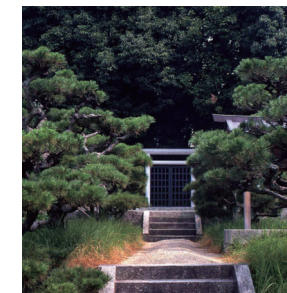


Nishinomiya Kofun Tumulus

The remains are from the middle seventh century. The stone chamber is horizontal and was constructed with cut stones. The house-shaped stone coffin with a hollowed-out style is placed inside.



About a 10-minute walk from Kintetsu Tatsutagawa Station



Grave of Prince Nagaya

This is said to be the tomb of Prince Nagaya, who was a pro-imperial politician in the Nara period. The tomb of his wife, Princess Kibi, is located nearby.



About a 10-minute walk from Kintetsu Heguri Station



Fujita Residence

The residence of the Fujita family, wealthy farmers, built in the middle of the Edo period. It is designated a national important cultural property and is open to the public twice a year.



About a 20-minute walk from Kintetsu Heguri Station



With the changing seasons The blessings of Heguri will fill your heart.

Agricultural products are available throughout the year in Heguri, a town rich in nature. Vegetables freshly harvested, fruits of the Heguri brand, and processed products and dishes made with local ingredients—not only foods but also fresh flowers, such as small chrysanthemums and roses, are satisfying.



Yamatoji Heguri Kumagashi Roadside Station

The Yamatoji Heguri Roadside Station offers freshly picked fruits, freshly harvested vegetables, small chrysanthemums and roses and other fresh flowers, processed foods, and sweets so that visitors can enjoy shopping and meals. Moreover, the Yamatoji Heguri Roadside Station disseminates tourist information, too.



Parking is available for visitors.
(106 vehicles)

[Opening hours] 8:30 a.m. to 5:00 p.m.
[Closed days] For the year-end and New Year holidays
[Telephone] +81-745-45-8511

Grapes

The Delaware and Kyoho grapes in Heguri Town are highly reputed as sweet and delicious grapes.

Summer



Small chrysanthemums

Heguri's small chrysanthemums are long-lasting with a good fragrance. Heguri Town boasts the highest production volume of chrysanthemums in summer and autumn.

Summer Autumn



Kotoka

Kotoka is an original strawberry variety from Nara Prefecture with the characteristics of well-balanced sweetness and sourness. Heguri Town is called Heguri: the sacred place for Kotoka strawberries.

Winter Spring



Roses



Heguri roses are high quality and characterized by their beauty, freshness, and long-lasting blossoms.

mamma

A specialty restaurant for Italian gelato and pasta where customers can enjoy pastas with homemade sauce and 16 types of Italian gelato.



You can enjoy gelato that brings out the natural ingredients and flavors.



Parking is available for visitors.

[Opening hours]
<Weekdays>
11:00 a.m. to 6:00 p.m. (Last call at 5:30 p.m.)
<Weekends and national holidays>
11:00 a.m. to 9:00 p.m. (Last call at 8:30 p.m.)

[Closed days] Mondays (If a Monday falls on a national holiday, the restaurant will be closed on the day after the Monday holiday.)
The second Tuesday
[Telephone] +81-745-46-1085

Heguri Rose

A rose specialty store that sells roses produced in Heguri Town and miscellaneous goods. The store directly lays in a stock of roses grown by the adjacent Onshitsu Bara Kumiai (Greenhouse Rose Association).



Parking is available for visitors.

[Opening hours]
10:00 a.m. to 3:00 p.m.
[Closed days]
Thursdays and Sundays
[Telephone] +81-745-46-1214

Mahoroba Kotoka jam

Additive-free jam made with Kotoka strawberries grown by producers in Heguri Town.



Kumagashi handmade miso

The miso is made from koji and domestic soybeans that have been naturally aged for over a year.



Summer

Autumn

May to November



Shaved ice with Kotoka strawberry syrup

Shaved ice with syrup made from the strawberry juice of Kotoka produced in Heguri Town.

*Limited time only at Restaurant hanana

Winter

Spring

January to April



Kotoka strawberry parfait

About 26 Kotoka strawberries produced in Heguri Town are used in this parfait. The parfait is served by reservation only.

*Limited time only at Restaurant hanana

Original sweets with Kotoka strawberries

Sweets with Kotoka strawberries produced in Heguri Town, including popcorn, kintsuba, pudding, and creamy caramel.





NATURE SCENERY

Scenery created by nature and the people. See the scenery of Heguri Town by yourself.



1 Observation deck with a bell

The observation deck along the Shigi Ikoma Skyline (toll road). You can see views of Osaka to the west and Nara to the east.

Parking is available for visitors.

Please scan this QR code for more information about the Shigi Ikoma Skyline.



Spring

2 Togen-kyo (Field of Flowers)

The magnificent scenery in early spring, where peach, magnolia, camelia, and cherry blossoms are in bloom on the slopes of the Fukihata District. It is called *Paradise on Earth in Heguri*.

About a 40-minute walk from Kintetsu Heguri Station



Trail course in the central area

Please scan this QR code for details about the hiking trails.

Trail in the south area

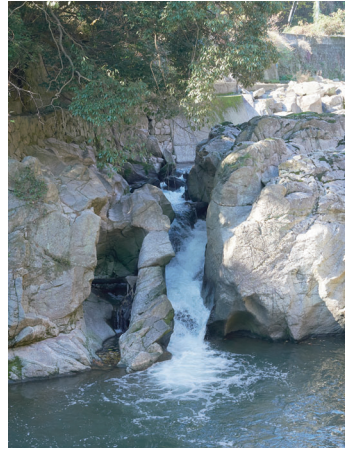
Please scan this QR code for details about the hiking trails.

Trail course in the north area

Please scan this QR code for details about the hiking trails.

3 Maguwabuchi Valley

The valley is on the Tatsuta River, and the strong flowing water is thrilling. The valley is called Maguwabuchi, and there is a legend that kappa (water sprites) lives there.



About a five-minute walk from the parking lot in Heguri-Kita Park.

Flat trail course

Please scan this QR code for details about the hiking trails.

4 Heguri Central Park

This district park, where you can enjoy the scenery throughout the four seasons, has large playground equipment, a grass square, and a path for jogging.



About a five-minute walk from the parking lot in Heguri-Kita Park.

5 Tatuta-gawa River Promenade

The promenade extends along the Tatsuta River. In spring when cherry blossoms bloom, the promenade is illuminated at night for cherry blossom viewing. From mid-April to mid-May of every year, carp streamers are hung alongside the trees and look as if they were swimming.



About a six-minute walk from Kintetsu Tatsutagawa Station to the carp streamers and the row of cherry trees



EXPERIENCE




Experience of ascetic practices at the Chogosonshi-ji Temple

The three guest quarters of Chogosonshi-ji Temple offer not only lodging but also the experience of prayers, sutra copying, and ascetic practices.

For reservations, please call or e-mail using the mail form.

Jofukuin Temple [Telephone] +81-745-72-2581
 Senjuin Temple [Telephone] +81-745-72-4481
 Gyokuzoin Temple [Telephone] +81-745-72-2881

To enjoy Heguri Town more, see its history and nature for yourself.

We can offer you an experience where you can appreciate the history and nature of Heguri Town, such as tours around the town and the experience of ascetic practices at the temple.



Jofukuin Temple
Please scan this QR code for details about.

Senjuin Temple
Please scan this QR code for details about.

Gyokuzoin Temple
Please scan this QR code for details about.



Experience of ascetic practices at Senko-ji Temple

Senko-ji Temple offers the ascetic practice experience of walking through Mt. Ikoma on the third Saturday of April and October with lodging at the guest quarters and the experience of sutra copying and seated meditation at any time.



For reservations and inquiries, please call.
[Telephone] +81-745-45-0652



Let's walk with a volunteer tourist guide of Heguri Town.

Volunteer guides provide tourist information about the historic sites and cultural properties of Heguri Town, as well nature in each season.



◀ Please scan this QR code for the application.

Days when guides are stationed at the Yamatoji Heguri Kumagashi Roadside Station
9:30 a.m. to 3:00 p.m. on Saturdays, Sundays, and national holidays

Return gifts for hometown tax donations

We will deliver agricultural products, specialty products, and special experiences as return gifts for hometown tax donations. The donations are used for projects by the town residents.

Website for the introduction of the hometown tax donation program

We introduce our return gifts of agricultural products, flowers, and lodging experiences.

Please scan this QR code for the donation.



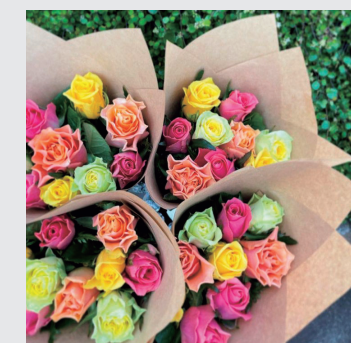
Kotoka from Heguri

Strawberries grown in Heguri Town. Large-sized ones and regular delivery service are available.



Grapes from Heguri

Grapes produced in Heguri Town have a high sugar content and are large in size, which will satisfy you.



Bouquet of roses (regular delivery)

Heguri roses will be delivered in a different bouquet each month.



Fermented brown rice

The brown rice we use is pesticide-free and fertilizer-free. (Delivered in a frozen pack)



Experience of lodging at Senko-ji Temple

You can experience the ascetic practices of seated meditation and sutra copying while lodging at an old temple.



Horseback riding experience

You can try horseback riding under the guidance of an instructor.



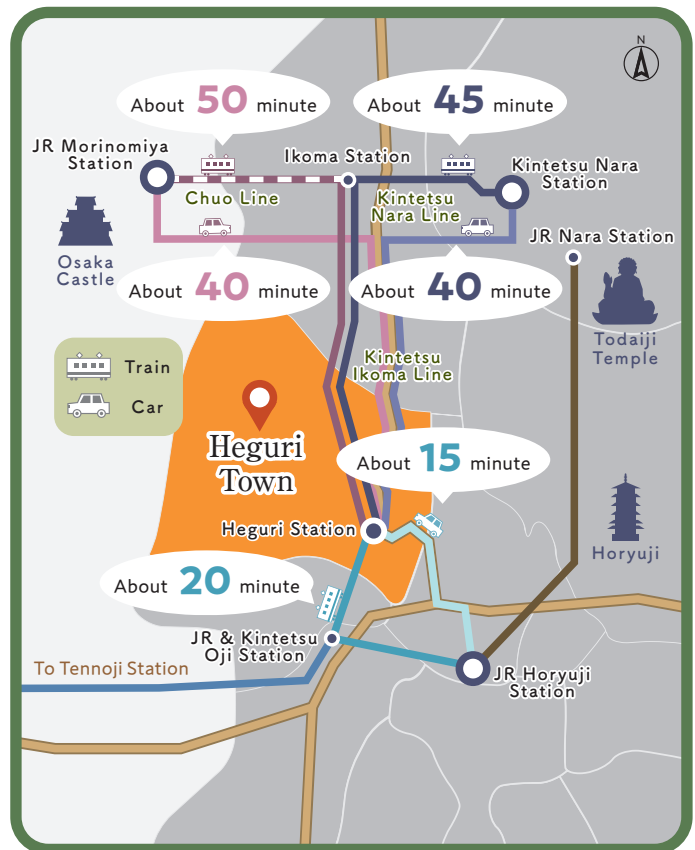
Italian gelato

We are proud of this gelato because we carefully select the ingredients and prioritize food safety.

ACCESS

From nearby tourist spots

Heguri Town is easily accessible from nearby tourist spots: for example, it takes about 40 minutes each from Osaka Castle and Todaiji Temple and about 15 minutes from Horyuji by car. Since the Kintetsu Railway and JR run through the town, it takes about an hour to get to Nara City and the Central Osaka area. The roads are connected to the various locations of Nara, Osaka, and Kyoto.



We have established the Heguri brand to disseminate the strengths unique to this area with all of the attractiveness of Heguri; thus, we aim to make Heguri appealing to everyone.

| | | | |
|----------|---------------|--------------------------|--|
| By car | Osaka City | Via the Daini Hanna Road | About 40 minutes |
| | Nara City | Via the Daini Hanna Road | About 40 minutes |
| By train | Kintetsu Line | Ikoma Station | Ikoma Line About 15 minutes |
| | | Oji Station | Ikoma Line About 10 minutes |
| | JR Line | Tennoji Station | Yamatoji Rapid Service Via JR Oji Station About 30 minutes |
| | | Nara Station | Yamatoji Rapid Service Via JR Oji Station About 25 minutes |

Please scan this QR code to access the Heguri Town Tourist Information Website. ▶



Please scan this QR code to access the Heguri Town Tourism Official Instagram page. ▶



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Email: sangyo@town.heguri.nara.jp

Selected Project in the Reiwa 5th year for Subsidies to Promote Comprehensive Tourism Strategy by Nara Prefecture