

## イベントカレンダー EVENT CALENDAR

1月 JANUARY	8日 8	上北山村 Kamikitayama-mura	河合の弓引き行事 <i>Kawai no Yumihiiki</i> (Japanese archery) Ceremony
	8日 8	川上村 Kawakami-mura	弓祝式〔烏川神社・運川寺〕 <i>Yumi Iwaishiki</i> (Japanese archery Ceremony) [Karasugawa Shrine / Unsen-ji Temple]
2月 FEBRUARY	12日 12	下市町 Shimoichi-cho	初市 <i>Hatsu-ichi</i> (First Market of the Year)
	旧正月14日 14th day of the Lunar New Year	吉野町 Yoshino-cho	浄見原神社 国栖奏(くずそう) <i>Kiyomihara Shrine Kuzuso</i> (Ancient Dance)
3月 MARCH	中旬 Mid-Mar	下市町 Shimoichi-cho	広橋梅の里山祭 <i>Hirohashi Ume no Satoyama Festival</i> (Plum Blossoms Festival)
	26日 26	川上村 Kawakami-mura	丹生川上神社上社 春季大祭 <i>Niukawakami Shrine - Kamisha Shunki-Taisai</i> (Spring Grand Festival)
4月 APRIL	上旬 Early Apr	下北山村 Shimokitayama-mura	さくら祭 <i>Sakura Festival</i>
	10～12日 10 - 12	吉野町 Yoshino-cho	金峯山寺 花供懺法会(はなぐせんぼうえ) <i>Kinpusen-ji Temple Hanakusenpoe</i> (Offering of Cherry Blossoms)
	29日 29	天川村 Tenkawa-mura	天川村名水まつり <i>Tenkawa-mura Meisui Matsuri</i> (Water Festival)
5月 MAY	3～5日 3 - 5	川上村 Kawakami-mura	匠の聚アートフェスティバル <i>Takumi no Mura Art Festival</i>
	中旬 Mid-May	上北山村 Kamikitayama-mura	大台ヶ原マラソン in かみきた <i>Odaigahara Marathon in Kamikita</i>
7月 JULY	7日 7	吉野町 Yoshino-cho	金峯山寺 蓮華会・蛙飛び <i>Kinpusen-ji Temple Renge-e / The Kaeru-tobi ritual</i>
	29日 29	川上村 Kawakami-mura	あかりの森時間 <i>Akari no Mori Jikan</i> (Illumination)
8月 AUGUST	14日 14	天川村 Tenkawa-mura	ふるさとまつり <i>Furusato Festival</i>
	15日 15	黒滝村 Kurotaki-mura	サマーフェスティバル <i>Summer Festival</i>
	15日 15	下北山村 Shimokitayama-mura	夏祭り <i>Summer Festival</i>
	18日 18	東吉野村 Higashi Yoshino-mura	念仏踊り <i>Nenbutsu Odori</i> (Folk dance)
	下旬 Late Aug	下市町 Shimoichi-cho	下市夢まつり <i>Shimoichi Yume Festival</i> (Folk dance)
9月 SEPTEMBER	上旬 Early Sep	上北山村 Kamikitayama-mura	ヒルクライム大台ヶ原 since 2001 <i>Hill Climb Odaigahara since 2001</i>
10月 OCTOBER	1日 1	川上村 Kawakami-mura	丹生川上神社上社 例大祭 <i>Niukawakami Shrine - Kamisha Reitaisai</i> (Grand Festival)
	上旬 Early Oct	黒滝村 Kurotaki-mura	健康ふれあい祭り <i>Kenko Fureai Festival</i>
	第2日曜日 2nd Sun	東吉野村 Higashi Yoshino-mura	小川祭り <i>Ogawa Festival</i>
11月 NOVEMBER	上旬 Early Nov	黒滝村 Kurotaki-mura	黒滝村文化祭 <i>Kurotaki-mura Culture Festival</i>
	上旬 Early Nov	天川村 Tenkawa-mura	天の川もみじまつり <i>Tennokawa Momiji Autumn Leaves Festival</i>



初市  
*Hatsu-ichi*  
(First Market of the Year)



さくら祭  
*Sakura Festival*



匠の聚  
アートフェスティバル  
*Takumi no Mura*  
Art Festival



蛙飛び  
*The Kaeru-tobi ritual*



サマーフェスティバル  
*Summer Festival*



ヒルクライム大台ヶ原  
since 2001  
*Hill Climb Odaigahara*  
since 2001



小川祭り  
*Ogawa Festival*



天の川もみじまつり  
*Tennokawa Momiji*  
Autumn Leaves Festival



JAPAN HERITAGE  
YOSHINO

*Yoshino-cho, Shimoichi-cho, Kurotaki-mura,  
Tenkawa-mura, Shimokitayama-mura,  
Kamikitayama-mura, Kawakami-mura,  
Higashi Yoshino-mura*

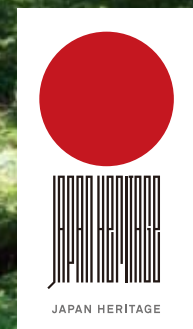
吉野町・下市町・黒滝村・天川村・下北山村・上北山村・川上村・東吉野村



森に育まれ、  
森を育んだ人々の  
暮らしとこころ  
「美林連なる造林発祥の地」吉野

FORESTBORN:  
THE LIVES AND MINDS OF  
PEOPLE WHO CULTIVATE  
THE FOREST

YOSHINO, BIRTHPLACE OF  
BEAUTIFUL AFFORESTATION



日本遺産 Japan Heritage

地域の歴史的魅力や特色を通じて我が国の文化・伝統を語るストーリーを「日本遺産 (Japan Heritage)」として文化庁が認定するものです。ストーリーを語る上で欠かせない魅力溢れる有形・無形の様々な文化財群を、地域が主体となって総合的に整備・活用し、国内だけでなく海外へも戦略的に発信していくことにより、地域の活性化を図ることを目的としています。

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【本誌に関するお問い合わせ】

発行者：吉野地域日本遺産活性化協議会 事務局

住 所：奈良県吉野郡吉野町大字上市80番地の1

T E L: 0746-32-3081

F A X: 0746-32-8855

[ Inquiries concerning this brochure ]

Issued by: Yoshino Japan Heritage Activation Council Secretariat

Address: 80-1 Kamiichi, Yoshino-cho, Yoshino-gun, Nara

TEL: 0746-32-3081

FAX: 0746-32-8855

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Yoshino Japan Heritage Activation Council





# 森に育まれ、森を育んだ人々の暮らしと ところ

## THE LIVES AND MINDS OF PEOPLE WHO CULTIVATE THE FOREST

日本の造林発祥の地、奈良県・吉野。

その技術は、約500年にわたって培われ、重厚な深緑の絨毯のような日本一の森を形成しています。

また、古くから神仏坐す地として、天然の森も大切に保存されてきました。

吉野の人々は、人工の森と天然の森を長きにわたって育み、そして育まれてきたのです。

訪れる人たちはその暮らしとところの文化に、神聖で生命力に満ちたいとなみを感じることができます。



Scan this QR code to get a translation!  
(expiration date: March 31, 2018)

Yoshino, Nara – Birthplace of afforestation in Japan.

Afforestation technology – in which a forest is introduced in areas previously without trees – has been cultivated for roughly 500 years and has produced Japan's greatest forest, resembling a heavy, lush dark green carpet.

As the place where the gods and Buddhas have been ensconced since long ago, natural forests are also preserved and attended to very carefully.

For centuries, the people of Yoshino have been nurtured by and help cultivate both natural and artificial forests.

Visitors are able to feel the sacredness of the land of Yoshino as well as the vitality-filled activities that lay at its cultural core.

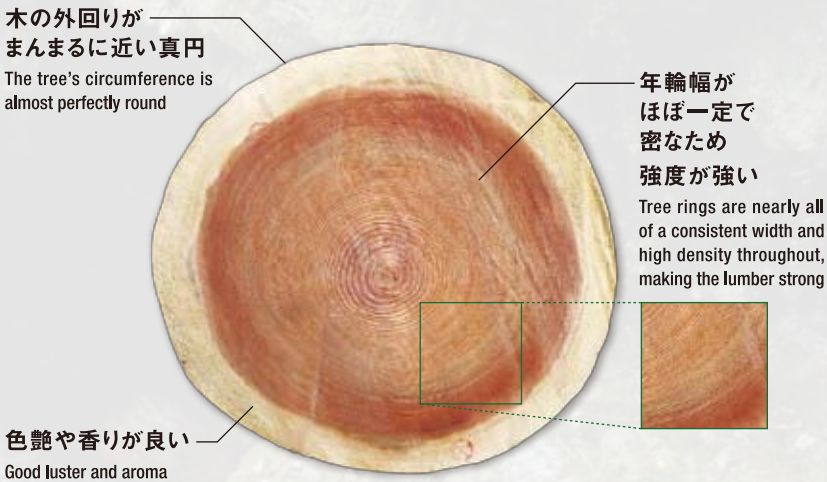


森と共生の文化

深緑の絨毯と野趣溢れる森  
時を超えて受け継がれる  
山紫水明の連なり

FILLED WITH DEEP, DARK GREEN CARPETS AND WILD FOREST  
AN ARRAY OF PLACES WITH SCENIC BEAUTY  
PASSED DOWN OVER TIME

吉野杉の特徴  
Characteristics of the Yoshino Cedar



吉野地域とは

THE YOSHINO AREA

吉野は、奈良県南部の吉野川流域を中心とする一帯で、ほぼ大半を森林が占めています。人々は恵み多い森や清流に親しみ、連綿と暮らしをいとなんできました。その歴史は神話や伝説に遡り、万葉集にも数多くの歌が残されています。吉野は神々が坐す神域としても崇敬を集め、修験道の聖地として、また庶民から権力者までが足を運ぶ地でもありました。歴史の痕跡と雄大な自然が共存し、人々のいとなみが続く森の国、吉野は日本人のこころのよりどころでもあります。

Yoshino, in the southern part of Nara Prefecture, is a region with the Yoshino River basin in its center and is largely inhabited by forests. Here, people have become close with the lush woods and rivers, with which they have been continuously connected throughout their lives. Its history dates back to myths and legends, and is also retained in a number of Manyoshu songs. Known as a sacred land inhabited by the gods and also as a holy land for *Shugendō* Buddhism, Yoshino is also a place where common folk as well as people of authority gather. Traces of history coexist with majestic nature here, and this land of the forests is a place where people continue to live their daily lives – as well as one to which some come for respite.



古代から続く森



吉野地域に古代から広がる天然の森は、多雨に恵まれ、多様な植物が密生していました。そのため木々は他の地域よりも長い時間をかけて大きく成長し、細やかで均一な年輪と強靱な性質に育ちました。中世までは、山や森に坐す神仏を祭祀する寺社造営に限って伐採されていました。

Ancient woodland

The natural forest across the Yoshino area since ancient times has been blessed with rain and inhabited by densely diverse plants. As a result, trees here took longer than in other areas to grow large and fine, and produced rings with uniformity and strong character. Up until the Middle Ages, trees were logged only to build shrines or temples housing gods and Buddhas resting in the mountains and forests.

植林・造林の始まり



植林最古の記録は室町後期の川上村に残っており、今も樹齢約400年の森が川上村下多古地区にあります。戦国期になると近畿各地で城や寺社の建築が増え、吉野の森林資源は用材として需要が高まりました。河川を開削した流路改修などもこの時期に行われ、天然林を守るために建築材として価値の高い杉や桧の植林が活発になりました。

The beginning of reforestation and afforestation

The earliest recordings of planted forests date back to the late Muromachi era, and even today 400-year-old trees remain in the Shimotako district of Kawakami-mura. In the Sengoku period construction of castles, temples and shrines in areas throughout the Kinki region increased, and demand for resources from Yoshino's forest rose. In order to both satisfy this demand for building materials and protect the natural forests, it was during this time that river channels were altered and the plantation of high-value Japanese cedar and cypress blossomed.

日本林業の発展に貢献



江戸中期になると灘や伊丹の酒輸送用の樽をつくるため、吉野地方の木材の需要が増えました。海上輸送にも耐えられる品質を求めて植林・育林方法に工夫がなされ「密植」や「多間伐」などの技術が生まれ、80年から100年以上かけて育てる「長伐期（ちょうばつき）」施業という独自の技術が生まれました。吉野材は品質が良いだけでなく、美林という景観も生み出したのです。

Contributing to the development of Japan's forest industry

During the mid-Edo period, timber demand increased in the Yoshino district for making casks to transport saké to places such as Nada and Itami. To improve quality so as to withstand sea transportation, technologies including 'dense planting' and 'thinning' came about with innovation to reforestation and silvicultural methods, and a unique technology was born called *chobakki* where it takes 80 to 100 years or more to cultivate. Yoshino materials are not only of superb quality, but lend to beautiful forest landscapes as well.



森と共生の文化

今植える木を使うのは100年以上先の世代。  
だからこそ、大切に使い切るのが吉野流

TREES PLANTED NOW WILL BE USED BY GENERATIONS  
TO COME, MORE THAN 100 YEARS FROM NOW.  
FOR THIS REASON, THE YOSHINO WAY IS TO USE  
THEM WITH CARE.



指定等の状況 Cultural Property Classification			
国宝 (建造物) National Treasures (Structures)	国無形民俗 National Intangible Folk Cultural Properties	県無形民俗 Prefectural Intangible Folk Cultural Properties	町指定 (建造物) Designated by Town (Structures)
国天然記念物 National Natural Monuments	県指定 (建造物) Designated by Prefecture (Structures)	県史跡 Prefectural Historic Sites	村指定 (天然記念物) Designated by Village (Natural Monuments)
国指定重要文化財 National Important Cultural Properties	県天然記念物 Prefectural Natural Monuments	史跡県指定 (彫刻) Historically Designated Historic Sites (Sculptures)	村指定 (歴史記念物) Designated by Village (Historic Monuments)
国登録 (建造物) Nationally Registered (Structures)			村指定 (建造物) Designated by Village (Structures)

15 下多古村有林

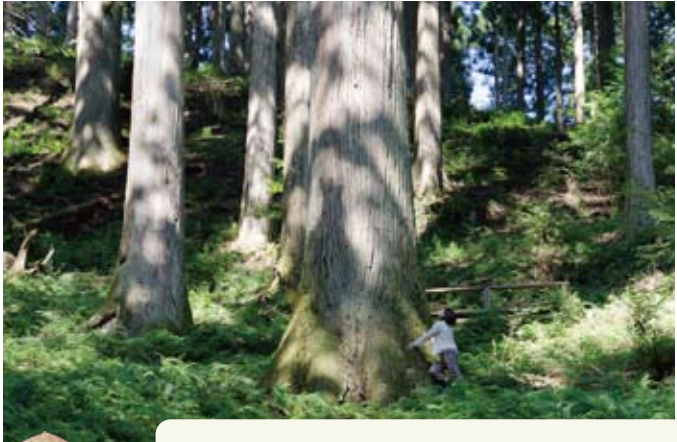
日本最古の人工林の一つとされ、樹齢約250～400年の杉、桧が育てられています。江戸時代のはじめ頃の植林とみられ、約3,700平方メートル。杉は樹齢約400年が3本、約260年が7本、最大の杉は直径172センチ、高さ55メートルもあります。

▶住所: 奈良県吉野郡川上村大字下多古

Shimotako-mura Forest

One of Japan's oldest artificial forests, with cedar and cypress growing that are around 250-400 years old. It is thought to have been created around the beginning of the Edo period and covers an area of some 3,700 square meters. There are 3 cedar trees believed to be 400 years old and 7 that are about 260 years old, with the largest being 172 centimeters in diameter and 55 meters tall.

▶Address: Shimotako, Kawakami-mura, Yoshino-gun, Nara



11 吉野川源流一水源地の森

和歌山市で海へとつながる、全長136キロメートルの吉野川・紀の川。その源流となる川上村三之公 (さんのこう) 地区には、500年以上も前から手つかずの森が残されています。

▶住所: 奈良県吉野郡川上村大字神之谷

Yoshino River Source – Suigenchi no Mori  
(Water Source Forest)

Yoshino River and Kinokawa River – 136 kilometers long and connected to the sea in Wakayama city. The Sannoko district of Kawakami-mura, the source of the rivers, contains a forest which has been vastly untouched for over 500 years.

▶Address: Konotani, Kawakami-mura, Yoshino-gun, Nara

この森を守り、多くの人に自然を感じてほしい。

吉野の森とは一言で言うと「雨が育てた森」。杉や桧の美林、森の中に沸き立つ霧。神秘的な風景は、修験者たちの心に作用し修行を助けてきたのです。代々、行者のサポートをする山伏の家に生まれた私は、祖父と4歳半から山に入り、植物や動物などのあらゆることを学びました。今は山岳ガイドとして活動しながら、動植物の保護活動なども行っています。自然を崇拝し大切にす文化と吉野の森を守り伝えていくことが、私の一生の仕事だと考えています。

奈良山岳自然ガイド協会 会長 岩本 泉治さん

Protecting the forest, with hope that many people are able to feel nature

If the forest of Yoshino were to be described in just one way, it would be 'the forest cultivated by rain.' Imagine cedar and cypress in a beautiful forest, fog billowing among them. The mysterious landscape has affected the hearts of ascetics and aided in ascetic training. I was born into a family of ascetics supporting monks from generation to generation. At the age of four and a half, I went into the mountains with my grandfather and I was able to learn in depth about the plants and animals (living/existing) there. Now, I work as a mountain guide and also as a conservationist of flora and fauna. I believe it is my life's work to worship nature, convey the culture of treating it with respect and the importance of continuing to protect the forests of Yoshino.

Mr. Senji Iwamoto, President of Nara Mountain Guides Association



8 前鬼のトチノキ巨樹群

前鬼と後鬼 (ごき) の子どもたち5人が住んでいたと言われ、今は修験道の行者や山を愛する人びとの宿坊である小仲坊 (おなかぼう)。ここから太古の辻 (たいこのつじ) 方面へ20分ほど登った所に、トチの巨樹群があります。トチの実実は古来よりトチ餅の材料として重宝され、下北山村の伝統食として受け継がれています。

▶住所: 奈良県吉野郡下北山村大字前鬼

Zenki no Tochinoki – Kyojugun –  
Giant Japanese Horse Chestnut Trees

It is said that the 5 children of the demon Zenki and Goki resided here, and there is now a temple guest house, *Onakabo*, for followers of ascetism and mountain lovers alike. The horse chestnut trees are located about a 20-minute walk from here by climbing up towards Taiko-no-Tsuji. The nuts from the trees have actually been valued since ancient times as an ingredient in *tochi mochi*, which has been handed down as traditional food of Shimokitayama-mura.

▶Address: Zenki, Shimokitayama-mura, Yoshino-gun, Nara



2 本善寺

浄土真宗の蓮如上人が文明8年 (1476年) に石山本願寺等の大寺院建立の建築材として吉野の材木を利用するため、搬出の拠点であった当地に建立しました。浄土真宗が開発した筏 (いかだ) 流しのルートは、江戸時代の吉野材搬出ルートの原型となりました。

▶住所: 奈良県吉野郡吉野町大字飯貝567

▶TEL: 0746-32-2675

Honzen-ji Temple

The temple was built here by Rennyo Shonin of the *Jodo Shinshu* sect in 1476 at this location which was a base to send out Yoshino timber to be used as building material for the construction of large temples such as Ishiyama Hongan-ji Temple and others. Developed by the *Jodo Shinshu* sect, the raft route became the archetype for the transport route of Yoshino material during the Edo period.

▶Address: 567 Igai, Yoshino-cho, Yoshino-gun, Nara

▶TEL: 0746-32-2675



Dorogawa Hot Springs Cluster

Dorogawa serves as a sacred Mt. Omine mountain trail head and is known for the beauty of its water. The cluster of 3 springs, *Gorogoro-sui*, *Izumi no Mori*, and *Shinsendo* is also one of the Top 100 Select Waters in Japan. It has helped the ascetics and people who live in the mountains stay hydrated since long ago.

▶Address: 686-139 Dorogawa, Tenkawa-mura, Yoshino-gun, Nara

17 吉野の天然林と人工林

古来より吉野の人々は、山頂と稜線は神仏の頭であり通り道と考え、植林をせず守り続けてきました。それにより、今では稜線の自然林と青々とした人工林が美しいコントラストを描いています。

▶住所: 奈良県吉野郡上北山村大字西原

▶TEL: 07468-2-0001 (上北山村役場)

Plantations and Natural Forests of Yoshino

Since ancient times, the people of Yoshino have considered the mountain top and ridge line to be the head of the gods or of the Buddha and a path way. They have continued to protect it as such with no planting in that area. Accordingly, the natural forest of the ridge line and the lush greenery of the artificial forest now depict a beautiful contrast.

▶Address: Nishihara, Kamikitayama-mura, Yoshino-gun, Nara

▶TEL: 07468-2-0001 (Kamikitayama-mura Village Hall)

未来につなぐ森  
1

吉野の植林技術について

Forest that leads to the future 1 Afforestation technology of Yoshino



どの地域の杉材よりも美しいといわれる吉野杉は、人工の森から生まれます。その始まりは1500年頃で、吉野は造林発祥の地ともいわれます。やがて酒樽の側板となる樽丸製作技術が伝えられると、他の地域が1ヘクタールあたり3,000～5,000本を植えるのに対し、8,000本～12,000本という高密度植を行い、多間伐・超伐期 (ちょうばっき) という独自の造林方法を生み出します。このことで杉はまっすぐに伸び、節がなく、年輪幅が密で均一だからこそ丈夫な木に育ちます。

The cedar in Yoshino, said to be more beautiful than that of any other region, is given life in an artificial forest. Its beginnings date back some 1500 years, and Yoshino is also believed to be the home of afforestation. As the technology for producing round parts for barrels holding saké was eventually spread, high-density plantation of 8,000-12,000 trees per hectare was created as opposed to other forests with 3,000-5,000 trees. An original forestation method for thinning and long rotation (*chobakki*) emerged. This helped the cedar stretch out straight with no knots, and dense, uniform tree rings form to grow sturdy trees.



# 森と信仰の文化

## 神仏座す地に、 ともに生きる 代々のよろこび

IN LAND WHERE THE GODS AND BUDDHAS REST  
THE JOY OF LIVING BY THEIR SIDE

### しゅ げん どう 修験道とは Shugendō

吉野の雄大な自然は人々の崇敬を集め、やがて吉野は修験道の聖地となりました。修験道とは、日本古来の山を神仏そのものとする山岳信仰に神道や仏教などが混和して成立したものです。修験道の言葉の由来は「実に修して実に験(しる)しを得る」といい、自ら山中に分け入り、厳しくも優しい大自然のいとなみの中に身を置くことで、命の循環や本来の人間らしさとはなにかを学びます。

The majestic nature of Yoshino captured the reverence of the people, and eventually the area became the sacred land for *Shugendō*. *Shugendō* was established as a mixture of mountain worship, Shinto and Buddhism. Since ancient times the faith believes that the mountains themselves are gods. The word *Shugendō* is derived from 'truly gain the faith (*shu*) and experience (*gen*)', and by entering the mountains and putting oneself in harsh yet gentle conditions of great nature, one will learn the true meaning of the circle of life and humanity.



## 神々とともに暮らすあゆみ

## LIVING ALONGSIDE THE GODS

吉野地域では人工林を広げるだけでなく、天然の森もあえて野趣溢れるままに保存・維持しています。それは、ここに暮らす人々が山や森を神仏坐す地として尊崇し、「信仰」の対象として大切に守り続けているからでもあります。山や峰、そして湧き出る清流まで、山の恵みのすべてに神が宿る聖地として、古くから皇室や摂関家などが詣でるなど、その「信仰」の足跡は点在する祠や寺社にもあらわれています。

In the Yoshino region, it is not just artificial forest that is expanded, but rather the natural forest and the wilderness it encompasses, are also preserved and maintained. This is because the people who live here respect the mountains and forests in which the gods and Buddhas dwell, and as part of their faith, feel the act of preservation is vital. From the mountains and the peaks to the clear flowing rivers, as sacred ground where gods dwell in all of the grace of the mountains, members of the Imperial household and as well as imperial regents and advisors have all gathered since long ago. Footprints of that faith are present in this area dotted with shrines and temples.



### 40 山の神の信仰



日本古代の人々は自然の中に神を見て、住み着いた土地の秀麗な山を神と崇めました。吉野の山の神は、地域ごとに様々な形態があるのですが、構成する町村のほぼ全地域にそれぞれ祀られています。その供え物も多種多様にわたり、山の神がイノコや弁天信仰と習合している地域もあります。

#### Faith in the mountain gods

The ancient people of Japan saw the gods in nature and worshipped the splendid mountains of the land where they have settled and where the gods dwelled. The gods in the mountains of Yoshino take various forms in each of the regions, but they are enshrined in almost each and every constituent town and village throughout the region. Offerings are also diverse, and there are areas where the mountain gods are syncretized with the *Inoko* and *Benten* faith.

### 20 よしの みくまり じん じゃ 重文 吉野水分神社



吉野では天然林・人工林ともに豊かな水によって支えられていました。この豊かな水を司る天之水分大神(あめのみくまりのおおかみ)を主神とし、みくまりが「御子守」となまって、俗に子守さんと呼ばれ子宝の神として古来より信仰されています。社殿は慶長9年(1604年)に豊臣秀頼が再建したものです。  
▶住所:奈良県吉野郡吉野町大字吉野山1612

#### Yoshino Mikumari Shrine

Both natural and artificial forests in Yoshino are supported by the abundant water available there. *Ame no mikumari no ookami* is considered the main god of this rich water, and *Mikumari*, also called 'Komori-san' is the 'child-minder' and is believed from ancient times to be the god of child-bearing. The shrine was rebuilt by Hideyori Toyotomi in 1604.  
▶Address: 1612 Yoshinoyama, Yoshino-cho, Yoshino-gun, Nara

### 21 に う たい こ おど 県無形 丹生の太古踊り



伝承によると丹生地区の太古踊りの由緒は昔、大干ばつに困った村人が丹生川上神社に雨ごいしたところ、願いがかない、喜びのあまり踊り回ったことがはじまりといわれています。現在後世に伝えようと、保存会の方々が「道引き踊り」「太古踊り」「大獅子舞」などの練習を重ねています。

#### Niu no Taiko Odori (Ancient Dances)

According to tradition, the history of the *Taiko Odori* in Niu district goes back a long time, when villagers troubled by a long drought turned to Niukawakami Shrine for rain – a wish which was granted. The villagers danced for joy and this is said to be the origin of the dance. To convey this legend to future generations, members of a preservation society practice many times to perform the 'michibiki dance', 'taiko dance', and 'ojishimai'.



## 森と信仰の文化

命の源である森への感謝が  
人びとの心に息づくGRATITUDE TO THE FOREST AS LIFE'S SOURCE  
ALIVE IN THE MINDS OF THE PEOPLE

## 27 天河大辨財天社

飛鳥時代、役行者(えんのぎょうじゃ)によって開かれた大峯蔵王権現(ざおうごんげん)に先立って勧請され、最高峰弥山の鎮守として祀られたのが天河大辨財天のはじまりといわれています。京都の観世界による能の奉納が現在も毎年行われ、能楽草創期からの価値の高い能面、能装束が多数奉納されています。

▶住所: 奈良県吉野郡天川村大字坪内107 ▶TEL: 0747-63-0558 / 0747-63-0334

## Tenkawa Dai-benzaiten Shrine

The beginnings of Tenkawa Dai-benzaiten Shrine are said to date back to the Asuka period, when it preceded the *Omine Zao Gongen* created by *Enno Gyoja* and was worshipped and dedicated as the guardian of the highest mountain peak, Mt. Misen. A Noh performance dedicated by Kanze-kai of Kyoto to this shrine is still held every year to this day, and Noh masks of high value and Noh costumes from the beginnings of Noh are dedicated.

▶Address: 107 Tsubonouchi, Tenkawa-mura, Yoshino-gun, Nara ▶TEL: 0747-63-0558 / 0747-63-0334



## 28 大峰山寺

重文

金剛蔵王大権現を本尊とする、国重要文化財の寺院。修験道(しゅげんどう)の根本道場であり、我が国の中でも最高所級の場所に所在する重要文化財です。これまでに発見された数々の遺物から「山の正倉院」とも呼ばれます。

▶住所: 奈良県吉野郡天川村大字洞川703

▶TEL: 0747-64-0001 (真言宗醍醐派大本山 大峯山 龍泉寺)

## Omimesan-ji Temple

A temple designated as a National Important Cultural Property with *Kongo Zao Daigongen* as its principal image of Buddha. It is the *konpon-dōjo* (main training hall) for *Shugendō*, and is an important cultural property located in the highest place in Japan. With numerous relics found thus far, it is referred to as *yama no shosoin* (treasure house in the mountains).

▶Address: 703 Dorogawa, Tenkawa-mura, Yoshino-gun, Nara

▶TEL: 0747-64-0001 (*Shingon* sect, *Daigo-ha*, Chief Temple Omimesan Ryusen-ji Temple)



## 22 丹生川上神社下社

日本最古の水の神を祀る古社。763年に黒毛の馬を献上して以来、雨乞いには黒馬を、晴れを祈るときには白馬をこの社に献上したといわれ、絵馬発祥の神社としても有名です。

▶住所: 奈良県吉野郡下市町大字長谷1-1

▶TEL: 0747-58-0823

## Niukawakami Shrine - Shimosha

An old shrine dedicated to the most ancient god of water in Japan. Since dedicating a black horse in 763, it is said that a black horse was presented to this shrine for rain to come and a white horse to pray for sunshine. This shrine is also known as the home of the *ema* (a wooden plaque on which prayers or wishes are written).

▶Address: 1-1 Nagatani, Shimoichi-cho, Yoshino-gun, Nara

▶TEL: 0747-58-0823



## 36 丹生川上神社中社

村置

水一切を司る神様で水利、雨師の神「罔象女神」(みづのはめのかみ)を祀る。瑞垣内にある石燈は、国の重要文化財に指定されています。五穀の豊穰など朝野の信仰を捧げ、祈ってきました。

▶住所: 奈良県吉野郡東吉野村大字小968

▶TEL: 0746-42-0032

## Niukawakami Shrine - Nakasha

This sacred place enshrines *Mizuhanome no Kami*, the god of rain who controls everything that is water. The stone lantern in the fence is designated as a National Important Cultural Property. Dedicated prayers for the land, such as fertilization of the five primary types of grains, are often conducted here.

▶Address: 968 Omura, Higashiyoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-42-0032



## 34 丹生川上神社上社

祀られる高麗大神(たかおかみのおおかみ)は龍神にて水・雨を掌(つかさど)る大神様。祈雨・止雨の神として奈良時代から室町時代に至るまで数十回の天皇の奉幣(ほうへい)祈願がなされ、朝廷・国家また人々より篤い崇敬を受けていました。

▶住所: 奈良県吉野郡川上村大字迫869-1

▶TEL: 0746-52-0733

## Niukawakami Shrine - Kamisha

The enshrined *Ryujin*, *Takaokami no Okami* - the deity of water and rain. Dozens of prayer rituals for the Emperor were made between the Nara period and Muromachi period to the god of rain and it received profound reverence from the court, nation and the people.

▶Address: 869-1 Sako, Kawakami-mura, Yoshino-gun, Nara

▶TEL: 0746-52-0733

## 33 不動窟鍾乳洞

県天

大峯登山の裏行場として名高い鍾乳洞で、洞窟内に不動明王が祀られています。洞内を流れる不動滝は、「やまとの水」にも選ばれるほど美しく澄んでいます。自然が長い年月をかけて生み出した不思議な空間を体験することができます。

▶住所: 奈良県吉野郡川上村大字柏木

## Fudokutsu Shonyudo Limestone Cave

A limestone cave famous for its Ura no Gyoba (an interior site accessible only after climbing down one of Mt. Omine's sheer cliffs), within which the Fudo Myo-o is enshrined. The waterfall in this cave is so beautiful and clear that it has been chosen as *Yamato no mizu*, water sources in Nara to be protected and shared. Here one can explore the mysterious space created by nature over many, many years.

▶Address: Kashiwagi, Kawakami-mura, Yoshino-gun, Nara



## 25 高算堂

吉野山の会式・花供懺法(はなくせんぼう)をはじめた高算上人の墓と伝えられ、堂には高算上人像と木造彩色の蔵王権現(ざおうごんげん)が鎮座しています。

▶住所: 奈良県吉野郡黒滝村大字横尾



## Kosan-do

It is said to be the tomb of Kosan Shonin who started ceremonies and flower-giving rituals in Mt. Yoshino. In the hall sits a statue of him and colored wooden *Zao Gongen* statue.

▶Address: Makio, Kurotaki-mura, Yoshino-gun, Nara

## 1 金峯山寺本堂

国宝

桜の名所として知られる吉野山の千中本(なかせんぼん)に位置する、日本固有の宗教、修験道(しゅげんどう)の総本山。高さ34mの桧皮葺き(ひわだぶき)の本堂には重要文化財に指定されている3体の蔵王権現(ざおうごんげん)像(秘仏・期間限定公開)が安置され、中尊は高さ7mにもおよびます。

▶住所: 奈良県吉野郡吉野町大字吉野山

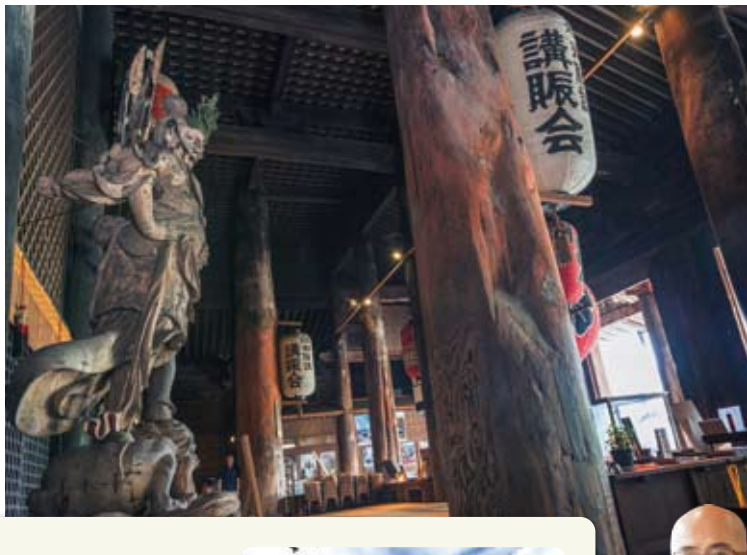
▶TEL: 0746-32-8371

## Kinpusen-ji Temple Main Hall

Located in Mt. Yoshino's Nakasenbon ("middle 1000 trees") region, which is famous for its cherry blossoms, it is headquarters to Japan's unique *Shugendō* religion. The three *Zao Gongen* statues located in the main hall with a 34-meter-tall *hiwadabuki* (cypress bark roof) are designated as National Important Cultural Properties (Hidden Buddha, public viewing for a limited time) and the central image is seven meters tall.

▶Address: Yoshinoyama, Yoshino-cho, Yoshino-gun, Nara

▶TEL: 0746-32-8371



## 自然にふれ“生きる”を学ぶ

古来より人々は、山は神仏坐す聖なる地であると考えてきました。私たち修験者(しゅげんじゃ)は、その山の大自然に命を預け修行を行います。神仏と自分だけの世界に身を投じると、普段は気づかない自然のいとなみを感じることができます。雨は森の葉や枝から幹を伝い、ゆっくりと土に戻り源流となっていきます。そんな姿を見ていると、自然の優しさに感謝し、生かされている自分に気がつきます。

総本山金峯山寺 管領 五條 良知さん

## Get in tune with nature, learn “to live”

Since ancient times, people have believed that the mountains are sacred land inhabited by the gods and Buddhas. We as ascetics entrust our lives with the great nature of those mountains when we train. Casting yourself to a world with only the gods and Buddhas and yourself, you can feel nature at work, something you normally do not realize. Raindrops from leaves and branches of trees in the forest trickle down along the trunks and slowly return to the source in the soil. Watching this unfold, I feel appreciation for the kindness of nature and energy towards the life I am able to live.

Mr. Ryochi Gojo, Head Representative, Kinpusen-ji Temple





# 森と暮らしの文化

## 森の恵みと季節とともに知恵を養い文化を育む

WITH BLESSINGS OF THE FOREST AND SEASONS  
CULTIVATE WISDOM AND NURTURE CULTURE

### 生活文化の歴史 History of living culture

人々は、古来より森と共に生き、森に生かされてきました。急峻な地形の中で建物を工夫し、森の恵みを活かした食を編み出し、鮮度を保つ工夫を行い、生業とする技術を発達させてきました。その知恵と工夫は、江戸時代には日本の物流に貢献し、例えば割箸は、外食文化の発展に寄与するなど、産業を支え、「暮らし」の中に息づき、訪れる人に独自の文化に出会う楽しさを体感させてくれます。

Since ancient times, people have lived in harmony with the forest and have been sustained by it, designing buildings in steep terrain, creating meals using the blessings of the forest, applying ingenuity to keep freshness, and developing technology for subsistence. Such wisdom and ingenuity contributed to the distribution system in Japan during the Edo period, and as the example of disposable chopsticks supporting the culture of eating out and related industries demonstrates, gives life to "living," and also allows visitors a chance to enjoy encounters with unique culture.



## 吉野の食の文化について

## YOSHINO'S FOOD CULTURE

熊野街道を何日もかけて運ばれる内に塩でしめた鯖の旨味が引き出され、吉野地方名産の柿の葉で包むことで魚の臭いも消される名物の柿の葉寿司。お祭りのごちそうとされた吉野の食文化の一つです。

吉野の食文化は、一言でいえば鄙<sup>ひな</sup>びた素朴なものが主流となっています。保存食として様々な名産があるのは、林業が盛んな吉野で長時間仕事をする際にはかせないものだったからです。普段の暮らしの中で毎日食べ続けられてきた、どこか懐かしい料理であるともいえます。

The specialty *Kakinoha* Sushi takes deliciousness of the mackerel that is drawn out as the fish gets salted for days while being transported over Kumano Kaido, and wrapping them in persimmon leaves from the Yoshino district, which helps remove the smell of fish. It is a feast during the festivals and one of the various dishes that make up the food culture of Yoshino. Yoshino's food culture in a nutshell is rustic and simple. Various specialties are actually preserved food because such was necessary for the long work in Yoshino, where forestry was a flourishing field. It can be said that it is familiar food, something that has been continued to be eaten every day in ordinary life.



### 53 ほう 朴の葉寿司



旧暦5月の節句（6月5日）のごちそうとして、握った米の上に生鯖の切り身をのせ、これを朴の葉で包んだものが起源となっています。朴の葉のすがすがしい森の香りがし、防腐作用によって日持ちが可能となっています。

#### Hounoha Sushi

A feast of the old May Festival (June 5), its origin is in rice balls topped with slices of raw mackerel and wrapped in magnolia leaves (*Hounoha*). Magnolia leaves have a fresh foresty scent and provide antiseptic effects allowing for a good shelf-life.

### 54 春まなのめはり寿司



高菜や春まなの漬物で温かいご飯を包んだおむすび。春まなは下北山村の気候でしか栽培できない野菜といわれています。名前の由来は、「目を見張って大きいおにぎりに大口を開けてかぶりつくから」などといわれています。

#### Harumana Mehari Sushi

Rice balls made with warm rice wrapped in mustard leaf or *harumana* leaf – a vegetable that is said can only be grown in the climate of the Shimokitayama-mura area. The origin of the name is said to be "because we bite into the big rice balls with mouths and eyes wide open."

### 58 柿の葉寿司



柿の葉でひとくち大の鯖寿司を包んで押した夏祭りのごちそうです。塩鯖を三枚におろし、薄くそいだ切り身を一口大に握った酢飯にのせて、柿の葉で包んで押しをかけた寿司です。葉は、タンニンが多く緑色があざやかな渋柿の葉が使われます。

#### Kakinoha Sushi

This is a dish for summer festivals, bite-sized mackerel sushi wrapped in persimmon leaves (*Kakinoha*). They are made by slicing salted mackerel into 3 parts and laying a thinly sliced piece on bite-sized vinegared rice, and wrapping with persimmon leaves then pressing down for firm, pressed sushi. The leaves are full of tannin, and vivid green leaves of astringent persimmon are used.



# 森と暮らしの文化

## 杉の香りは吉野の香り 受け継ぐ技と新たな広がり

YOSHINO'S SCENT IS THE AROMA OF CEDAR  
INHERITED SKILLS AND A NEW HORIZON



### 48 吉野の樽丸製作技術

吉野杉から酒樽の側板であるクレを作り、それをマルワと呼ばれる竹の輪に一定量詰め込むまでの技術です。樽丸とはこの一定量のクレを詰め込んだものをいいます。割箸製作技術も派生させた、日本の林産加工技術史上最も貴重な事例の一つです。

#### Taru-maru Woodcraft Production Skills of Yoshino

This is a technique of creating side plates called *kure* from Yoshino cedar and filling them into rings of bamboo called *maruwa*. *Taru-maru* is wood that is filled with a set amount of the side plates. It is one of the most valuable examples in the history of Japan's forestry processing technology, from which the manufacturing technology for disposable chopsticks was derived.



### 49 割箸製作技術

吉野の樽丸製作技術から派生した技術。明治のはじめ頃、樽丸を作る際に出た使えない端材を余すことなく使用するためにこの技術が生まれました。現在では様々な技法を駆使した割箸が作られています。

#### Waribashi Chopsticks Production Techniques

Technology derived from the Yoshino *taru-maru* woodcraft technology. Around the beginning of the Meiji period, this technology came about in trying to make use of material that was considered unusable in the process of making *taru-maru*. Currently, Waribashi Chopsticks are made utilizing various techniques.



### 46 下市の三宝製作技術

三宝とは献上物や供物を運ぶ台のことで、一般的には正月の鏡餅を載せたり、神棚にお供える台として使用されています。下市町に受け継がれる、伝統工芸三宝は吉野地域で発達した曲物の技術を活かして作られたものです。

#### Sanpo (Wooden Tray) Craft Techniques of Shimoichi

*Sanpo* is a stand that carries gifts and offerings and is commonly used during New Year's for the traditional rice cakes or offerings to the altar. The traditional craft *Sanpo*, which is passed on to Shimoichi, was developed utilizing bending techniques of the Yoshino area.



### 47 下市の神酒の口製作技術

神具の一種で、曲げ物の製作技術によって支えられる工芸品。神棚にそなえる神酒徳利の口に挿して装飾されます。上部が「炎」で下部は「水玉」を表しており、人間の生活の原点である、「火と水」を象（かたど）って構成されています。

#### Mikinokuchi Craft Techniques of Shimoichi

This craft is a form of a sacred tool and uses bending techniques. It is decorated by pressing against the mouth of *tokkuri* (saké flasks) used to offer sake to the gods. The upper part represents 'fire' and the lower part represents 'polka dots,' and is meant to symbolize "fire and water," the basic fundamentals of human life.



### 44 吉野建

吉野は、平地が少ないため、斜面に谷を背にして家屋を建てる 경우가多くあります。表から見るとどれも平屋か二階建てですが、家の裏は急な崖のため、家屋は下方へ二階、三階となっています。主に、道に面する一階は、商業空間などの公的な機能を備え、地階は家族専用の空間として利用しています。また、基礎は石垣段上積みとなっている場合が多いです。この建築様式こそが、吉野の山村の独特な景観を生み出しているのです。

#### Yoshino-date Architectural Style

Because Yoshino has little flat terrain, many houses are built with a slope at their back. All houses have the appearance of a one-story house or a 2-story house from the front, but as the houses are built on steep cliffs in the back, the houses continue two or three stories down. On the first floor facing the street, a public function such as commercial space is provided, and the basement is used as private family space. In addition, the foundation is in many cases stone-walled steps in stacks. This architectural style helps create the unique landscape of the Yoshino mountain villages.



### 51 黒滝白きゅうり

江戸時代から栽培されており、現在まで種子を受け継ぎ生産されています。外観は果実全体が白色。青きゅうりと比べて太く短く、黒滝村でなければ生育しないといわれています。林業が盛んだった頃には粥とともに黒滝白きゅうりの漬物を食べる習慣がありました。

#### Kurotaki white cucumbers

Having been grown since the Edo period, the seeds have been passed down to this day and continue to be grown. The whole fruit is completely white in appearance. It is thicker and shorter compared to green cucumbers, and is said can only be grown in Kurotaki-mura. When forestry was thriving, Kurotaki white cucumbers were traditionally pickled and eaten with rice porridge.



### 55 栃餅

上北山村の代表的な特産品。木灰汁で栃の実の灰汁抜きをし、手間暇をかけて作ります。砂糖・塩なども一切入れておらず、まじりけなしの天然の味です。古くからこの地方で食される、吉野の山地を代表する餅となっています。

#### Tochi Mochi

This rice cake represents signature product of Kamikitayama-mura. Time and effort are taken to make it, with the bitterness of horse chestnut carefully removed by using wood ashes. No sugar, salt or any other additives are used. The taste is pure and natural. It has traditionally been eaten in this region, and is *mochi* that represents the Yoshino mountain area.

### 50 陀羅尼助

「陀羅尼助」は、古くから万病に効くといわれるほど人々に注目されていました。役行者（えんのぎょうじゃ）が山中で修行する山伏のために、吉野の薬草から作ったとされる和薬でした。現在でも吉野で生産され、下痢止め・胃腸薬として用いられています。

#### Daranisuke Medicine

*Daranisuke* has been receiving attention since long ago, being said to work on various illnesses. It is Japanese medicine believed to have been made with Yoshino medicinal plants by *Enno Gyoja* for ascetics training in the mountains. Still produced in Yoshino today, it is widely used as a medicine for diarrhea and gastrointestinal ailments.



### 57 吉野葛

葛の根を精製して作られる葛粉。古くは修験者（しゅげんじゃ）の食糧だったものを、村人が自家製したものを売ったことがはじまりとされています。吉野葛は雪のように白くさらされたものが上質とされ、葛菓子などの素材とされています。

#### Yoshino kudzu starch

This is made with kudzu, a type of starch. It has been said that the villagers started making and selling food themselves that originally was food for ascetics in the old days. White as snow, Yoshino kudzu is considered high quality and is used in kudzu sweets.



## 吉野杉で家具を製作し、いつかは町の特産品に

平成24年から下市町に移り住み、吉野杉を用いて家具作りをしています。材質の柔らかな杉は家具作りには向かないと思われがちですが、修業時代、吉野杉で作った机の美しさに感動し、吉野杉は私にとって最高の素材となりました。仕上げには鉋（かんな）を使うことで、家具は使うほどに艶が増します。吉野杉と鉋という日本伝統の材料と道具で作る家具をいつか下市町の特産品とし、若い世代や海外に発信するのが私の夢です。

木工舎「市 ichi」 森 幸太郎さん

#### Furniture is manufactured with cedar from Yoshino, and will hopefully become a special product of the area one day.

I moved to Shimoichi in 2012 and make furniture out of Yoshino cedar. Cedar which is soft is often perceived to be unsuitable for furniture making. However, during training I was touched by the beauty of the desk I made with Yoshino cedar, and since then this has become the best material for me. By using *kanna* as a finish, the furniture gets more gloss with use. My dream is to some day use Yoshino cedar and *kanna*, two Japanese traditional materials and tools to make furniture as special products of Shimoichi and to share them with the younger generation and folks overseas.

Mr. Kotaro Mori, Woodworking House 'Ichi'

未来に  
つなぐ森  
2

## 木育活動について

Forest that leads to the future 2 Activities promoting wood education



木育とは「子どもをはじめとするすべての人々が、木とふれあい、木に学び、木と生きる」ことを学ぶ活動を指します。2016年8月6日、吉野町は「ウッドスタート宣言」をしました。子どもの頃から木に触れ、子どもが育つ環境に木を取り入れることで、木の良さ（魅力）を知ってもらい大きなきっかけにもなります。木のもつ可能性を生かして子どもの心を豊かにし、吉野の「自然」の大切さを伝えていくことを目的としています。

Wood education refers to activities to learn about "interacting with, learning from, and living with trees." On August 6, 2016, Yoshino-cho announced its Wood Start Declaration. By exposing children to the touch of trees and incorporating trees in environments where children grow, a great opportunity is created for children to feel for themselves the appeal that trees possess. Our aim is to utilize the potential of trees to enrich the hearts of children and convey the importance of nature in Yoshino.



P17 川上村・吉野町・下市町エリア

## 森から生まれた伝統産業と歴史を学ぶ

Kawakami-mura / Yoshino-cho / Shimoichi-cho Area  
Learn about traditional industries and history born from the forest



P18 吉野町～黒滝村エリア

## 森に祈り、森が育むチカラをいただく

Yoshino-cho & Kurotaki-mura Area  
Pray to the forest, and appreciate the majestic power fostered by nature



P20 天川村エリア

## 森が育む神水と恵みを訪ねる

Tenkawa-mura Area  
Seek sacred waters and blessings of the forest



P19 東吉野村エリア

## 森に抱かれ、吹く風に癒しを感じる

Higashi Yoshino-mura Area  
Become nestled in the forest and feel the quiet comfort of the breeze



P21 上北山村～下北山村エリア

## 森のふところ深く入り冒険者になる

Kamikitayama-mura & Shimokitayama-mura Area  
Burrow deep into the bosom of the forest and become an adventurer

上北山村  
Kamikitayama-mura



下北山村  
Shimokitayama-mura

# 吉野を徹底探索してみよう!

もっと吉野が  
好きになる!

吉野の大自然と歴史を体感できる、魅力的なエリアをテーマごとにご紹介します。

Come discover more of Yoshino's treasures – Explore all around Yoshino!

Here we introduce a variety of appealing places around Yoshino where you can experience the great outdoors and history of the area.

川上村・吉野町・下市町エリア Kawakami-mura, Yoshino-cho, Shimoichi-cho Area

## 森から生まれた伝統産業と歴史を学ぶ

巨木から木工製品ができるまで。吉野林業の歴史を、見て、ふれて体感できるスポットをご紹介します。

Learn about traditional industries and history born from the forest

The converting of giant trees into wood products.

We will introduce locations where the history of Yoshino forestry can be seen and experienced.

### 13 土倉翁屋敷跡



土倉庄三郎は、林業の発展に大きく貢献しました。彼が考えた「土倉式」造林法は、「超密植・多間伐」という画期的な方式で良質な杉材を多く作り出しました。その功績を称え屋敷跡に銅像が建立されています。

▶住所：奈良県吉野郡川上村大字大滝36-1

#### Residential Site of Shozaburo Dogura

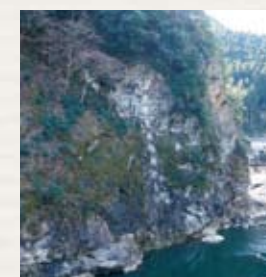
Shozaburo Dogura contributed greatly to the development of forestry. The Dogura forestry method he devised allowed for the production of large quantity, high quality cedar with breakthrough methods of ultra high density planting and thinning. His statue was built on this site in memory of his achievement.

▶Address: 36-1 Otaki, Kawakami-mura, Yoshino-gun, Nara

### 14 「土倉翁造林頌徳記念」岩壁碑文

土倉庄三郎は、私財を投じて小学校を開校させたり、様々な方面で社会に貢献した功績を讃えるため、大正10年(1921年)、林業博士・本多静六氏の呼びかけで、生誕の地大滝の岩壁に碑が彫られました。

▶住所：奈良県吉野郡川上村大字大滝(大滝郵便局の近く)



#### Inscription carved into rocky cliffside in memory of Dogura's forestry management

Shozaburo Dogura contributed to society in a number of ways, including establishing an elementary school by investing his own money. To honor these contributions, in 1921 forestry expert Seiroku Honda called for an inscription to be carved into the rocky cliffside of Otaki, Dogura's birthplace.

▶Address: Otaki, Kawakami-mura, Yoshino-gun, Nara (near Otaki Post Office)

### 3 願行寺

室町時代、蓮如上人が吉野地方の布教の拠点として建立した寺。同時代の吉野林業の担い手であった仙人※たちの心の拠り所でした。枯山水の庭園は、県指定文化財(庭園見学、要予約)に登録されています。

※そまびと。杣木を切ったり運び出したりする人。きこり。

▶住所：奈良県吉野郡下市町大字下市2952

▶TEL: 0747-52-2344

#### Gangyo-ji Temple

This temple was built during the Muromachi period by Rennyo Shonin as a missionary base for the Yoshino district. It was a place for comfort to *somabito* who led contemporary Yoshino forestry. The Japanese rock gardens (*karesansui*) are registered as prefecturally designated Cultural Property. (Garden tours available; reservations required.)

\* Lumberjacks and others who chop, transport or process lumber.

▶Address: 2952 Shimoichi, Shimoichi-cho, Yoshino-gun, Nara

▶TEL: 0747-52-2344

### 45 吉野の手漉和紙



大陸から伝えられた製紙技術は、水に恵まれた国栖(くず)地区で、和紙を漉(す)く職人が多く集住し、様々な和紙が漉かれて発展しました。

▶住所：奈良県吉野郡吉野町大字国栖100

▶TEL: 0746-36-6838 (国栖の里観光協会)

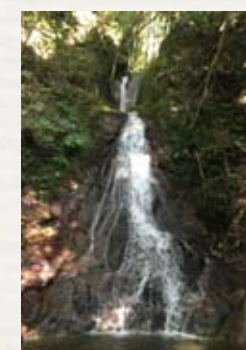
**Tesuki-washi (Japanese Handmade Paper) of Yoshino**  
Papermaking technology that was introduced from the continent developed into various forms of washi-making in the Kuzu district, which was blessed with water and where many washi craftspeople resided.

▶Address: 100 Kuzu, Yoshino-cho, Yoshino-gun, Nara

(Yoshino Tesuki-washi Association Office)

▶TEL: 0746-36-6838

### 19 龍門寺跡と龍門滝



龍門は古代の貴族たちにとって、別世界の空気が流れている場所で、吉野の自然を崇拝していた修行者たちが修行の場として利用していました。

\* 県史跡は龍門寺跡のみ

▶住所：奈良県吉野郡吉野町大字山口

#### Ryumon-ji Temple Ruins and Ryumon Falls

Ryumon was for the ancient nobility a special place filled with air from another world, and ascetics who worshiped nature in Yoshino used the area for ascetics training.

\* Only the temple ruins are designated as a Prefectural Historic site.

▶Address: Yamaguchi, Yoshino-cho, Yoshino-gun, Nara

### A 森と水の源流館

源流の森を体感できるジオラマや、川の生き物に出会える大型水槽など、川上村の自然を遊びながら学ぶことができます。

▶住所：奈良県吉野郡川上村

宮の平(迫590-2)

▶TEL: 0746-52-0888

#### Morito Mizuno Genryukan (Forest and Water Source Museum)

Learn about nature while being surrounded by majestic scenery at Kawakami-mura. The museum offers hands-on fun for all ages, with interactive exhibits such as a diorama to experience the forest as a water source and a large aquarium tank housing various river dwelling plants and animals.

▶Address: (590-2 Sako) Miyanojira, Kawakami-mura, Yoshino-gun, Nara

▶TEL: 0746-52-0888



### B 吉野林材振興協議会

吉野材センターの一角にあり、吉野の杉や桧を使ったさまざまな日用品や、樹齢60年～200年の杉などが展示されています。

▶住所：奈良県吉野郡吉野町

大字丹治11

▶TEL: 0746-32-8731

#### Yoshino Rinzei Shinko (Wood Product Promotion) Council

Located in Yoshino-zai Center, various handmade daily items crafted from Yoshino cedar and cypress, as well as cedar as old as 60 to 200 years are on display.

▶Address: 11 Tanji, Yoshino-cho, Yoshino-gun, Nara

▶TEL: 0746-32-8731





# 森に祈り、森が育むチカラをいただく

世界遺産の霊場を歩き、金峯山寺や鳳閣寺など、吉野の山岳信仰のルーツを訪ねます。

## Pray to the forest, and appreciate the majestic power fostered by nature

Stroll through the grounds of sacred world heritage sites such as Kinpusen-ji Temple and Hokaku-ji Temple, visit the roots of mountain worship in Yoshino.

### 5 いし ぼとけ 石仏



石仏とは、石に彫られた仏像や道祖神などの神像なども含め総称されています。黒滝川を流れる木材の集積場に水の安全を祈ったという石仏が祀られ、いにしへの時代から今もなお、村人たちを見守っています。

▶住所：奈良県吉野郡黒滝村大字赤滝945番地

### Stone Buddhas

Stone Buddhas is a name collectively used to include the various Buddhist statues carved in stone and deity statues such as that of *Dosojin*. The stone statue of a Buddha is said to have prayed for the safe transport of lumber down the Kurotaki River and is enshrined in this area, protecting villagers even now just as it has from long ago.

▶Address: 945 Akataki, Kurotaki-mura, Yoshino-gun, Nara

### 25 こう さん とう 高算堂



吉野山の会式・花供懺法（はなくせんぼう）をはじめた高算上人の墓と伝えられ、堂には高算上人像と木造彩色の蔵王権現（ざおうこんげん）が鎮座しています。

▶住所：奈良県吉野郡黒滝村大字横尾

### Kosan-do

It is said to be the tomb of Kosan Shonin who started ceremonies and flower-giving rituals in Mt. Yoshino. In the hall sits a statue of him and colored wooden *Zao Gongen* statue.

▶Address: Makio, Kurotaki-mura, Yoshino-gun, Nara

### 1 きん ぶ せん じ 金峯山寺本堂

桜の名所として知られる吉野山の千本（なかせんぼん）に位置する、日本固有の宗教、修験道（しゅげんどう）の総本山。

▶住所：奈良県吉野郡吉野町大字吉野山

▶TEL: 0746-32-8371

### Kinpusen-ji Temple Main Hall

Located in Mt. Yoshino's Nakasenbon ("middle 1000 trees") region, which is famous for its cherry blossoms, it is headquarters to Japan's unique *Shugendō* religion.

▶Address: Yoshinoyama, Yoshino-cho, Yoshino-gun, Nara ▶TEL: 0746-32-8371



### 24 かわ わけ 河分神社



黒滝川の中央に位置しており、宇迦之御魂神（うかのみたまのかみ）を祀っています。植物や蚕桑（こぐわ）を司る神で、人間の生活に必要な五穀、稲の育成を司る神として水が不可欠な吉野では古くから信仰されています。

▶住所：奈良県吉野郡黒滝村大字中戸394番地

▶TEL: 0747-62-2031（黒滝村役場）

### Kawawake Shrine

Located in the center of Kurotaki-mura, *Ukanomitama no kami*, a deity of agriculture, is enshrined here. The god watches over plants and silkworms and has been worshiped since long ago in Yoshino, where water plays an essential role, as the god for the healthy growth of the five grains and rice that are necessary for human life.

▶Address: 394 Nakato, Kurotaki-mura, Yoshino-gun, Nara

▶TEL: 0747-62-2031 (Kurotaki-mura Village Hall)

### 41 吉野山の街並み



尾根筋に道が作られ、その両側に吉野建の民家・商家・旅館・寺社が並んでいます。吉野の人々には経済活動の拠点、山伏には修行の拠点となりました。

### Townscape of Mt. Yoshino

A path was created along the ridge of Mt. Yoshino, with *Yoshino-date* architectural-style residences, merchants, *ryokan*, and temples lined up on both sides. This formed the economic foundation for the people of Yoshino, and a training base for ascetics.



### 4 黒滝村旧役場庁舎

1910年、吉野材木黒滝郷同業組合事務所として建てられた洋風木造建築。現在は民俗資料館に。

▶住所：奈良県吉野郡黒滝村大字大字栗飯谷1（黒滝・森物語村）

▶TEL: 0747-62-2770

### Kurotaki-mura Old Town Hall

A Western-style wooden edifice built in 1910 for the Yoshino Timber Kurotaki Trade Union Office, it is now a folklore museum.

▶Address: 1 Awaaidani, Kurotaki-mura, Yoshino-gun, Nara (Kurotaki/Mori Monogatari-mura)

▶TEL: 0747-62-2770

# 森に抱かれ、吹く風に癒しを感じる

春は桜、秋は紅葉と四季折々の表情を見せる、東吉野村の大自然を満喫できるスポットをご紹介します。

## Become nestled in the forest and feel the quiet comfort of the breeze

We will introduce places where the natural wonders of Higashi Yoshino-mura can be appreciated and seasonal changes, such as cherry blossoms in spring and crimson leaves in autumn, can be enjoyed.

### 35 なな たき や つば 七滝八壺

台高山脈「伊勢辻山」を源とし、大又川にそそぐ七つの滝の総称。水量豊かで美しい景観を造形しています。一帯は、日本三大人工美林のひとつであり、ニホンカモシカ、ニホンザルなど多くの動物が棲息しています。



▶住所：奈良県吉野郡東吉野村大字大又

▶TEL: 0746-42-0441（東吉野村役場）

### Nanataki Yatsubo Falls

The name is collectively used for the seven waterfalls that originate in Ise Tsuijyama of the Daiko Mountains and which pour into the Omata River. It is a beautiful area with abundant crystal-clear waters. The region hosts one of Japan's three largest and beautiful artificial forests, and is a natural habitat to many animals such as the Japanese serows and the Japanese macaques (snow monkeys).

▶Address: Omata, Higashi Yoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-42-0441 (Higashi Yoshino-mura Village Hall)

### 37 こだま 木霊神社



丹生川上神社中社の境内にある、林業の繁栄を願い祭祀された神社。祭神は五十猛命（いそのたけるのみこと）で、林業の神として信仰されています。林業が盛んであった吉野の林業に携わる人々の厚い信仰を集めています。

▶住所：奈良県吉野郡東吉野村大字小968（丹生川上神社中社境内）

▶TEL: 0746-42-0032

### Kodama Shrine

Located within the grounds of the Niukawakami Shrine Nakasha, this shrine was built to pray for the prosperity of the forest. *Isonotakeru no mikoto* is enshrined here and is worshiped as the god of the forest. It often attracts people who have a deep and profound respect for the forests of the Yoshino-area, where the industry first began to flourish.

▶Address: 968 Omura, Higashi Yoshino-mura, Yoshino-gun, Nara

(Niukawakami Shrine - Nakasha grounds)

▶TEL: 0746-42-0032

### 38 こ つ がわ き とう ねんぶつ 木津川の祈祷念仏



日本では古来より立春から数えて「二百十日」を厄日と考えられています。その前祈祷として、村落の平穏無事を祈る踊り念仏のことを「祈祷念仏」といいます。

▶住所：奈良県吉野郡東吉野村大字木津川

▶TEL: 0746-42-0441（東吉野村役場）

### Kotsugawa Kito Nenbutsu

Since ancient times, in Japan, it is believed that the 210th day counting down from the first day of spring is unlucky. Before this day arrives, in order to ward off the bad luck from the villages, sages pray for peace and stability with a special dance and prayer called *Kito Nenbutsu*.

▶Address: Kotsugawa, Higashi Yoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-42-0441 (Higashi Yoshino-mura Village Hall)

### 39 たか み さん 高見山



奈良県吉野郡東吉野村と三重県松阪市との境界にある山で、登山家たちの間では「近畿のマッターホルン」とも。標高は1,249m。山頂の「高角（たかすみ）神社」には祭神として「瀬織津姫命（せおりつひめのみこと）」「八咫鳥建津命（やたがらすたけつぬみのみこと）」も祀られています。

▶住所：奈良県吉野郡東吉野村大字平野

▶TEL: 0746-42-0441（東吉野村役場）

### Mt. Takami

This mountain range is located on the border of Higashi Yoshino-mura (in Nara) and Matsusaka-shi (in Mie). It is often referred to among mountain enthusiasts as the "Matterhorn of the Kinki region." On its summit, at an elevation of 1,249 meters is Takasumi Shrine, where *Seoritsuhime no mikoto* and *Yatagarasutaketsunumi no mikoto* are enshrined.

▶Address: Hirano, Higashi Yoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-42-0441 (Higashi Yoshino-mura Village Hall)

### C 宝蔵寺のしだれ桜

豊臣秀吉が1598年醍醐寺で開いた花見に、宝蔵寺より桜が取り寄せられたといわれており、秀吉が眺めた桜と関係のある桜がこの地に咲き続けています。

▶住所：奈良県吉野郡東吉野村大字木津58-1

▶TEL: 0746-42-0441（東吉野村役場）

### Weeping Cherry Blossoms at Hozo-ji Temple

It is said that *daimyō* Toyotomi Hideyoshi ordered cherry blossoms from Hozo-ji Temple for his grand cherry blossom viewing party at Daigo-ji Temple in 1598. The blossoms that are, in a way, related to the ones that Hideyoshi viewed, continue to bloom at the temple.

▶Address: 58-1 Kotsu, Higashi Yoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-42-0441 (Higashi Yoshino-mura Village Hall)



### D たかすみの里

四季の美しさから多くの文人を魅了してきた里。日帰りでも楽しめるたかすみ温泉には、薪風呂や桧風呂などもあります。

▶住所：奈良県吉野郡東吉野村大字平野

▶TEL: 0746-44-0777

### Takasumi no Sato

This remote and tranquil area, which has spectacular views throughout all four seasons, has inspired many authors. Takasumi Onsen, which can be enjoyed during a day trip, has a variety of bathing options to include a wood-fire bath, as well as a *hinoki* (Japanese cypress) bath.

▶Address: Hirano, Higashi Yoshino-mura, Yoshino-gun, Nara

▶TEL: 0746-44-0777





# 森が育む神水と恵みを訪ねる

古来より聖域と考えられてきた天川村の、神秘的で心落ち着くスポットをご紹介します。

## Seek sacred waters and blessings of the forest

Here we introduce various spots for peaceful and spiritual relaxation in Tenkawa-mura, believed since ancient times to be sacred land.



### 29 龍泉寺

真言宗修験(しゅげん)総本山醍醐寺の大本山。1300年前、役行者(えんのぎょうじゃ)が、湧き出る泉を発見し、これを龍の口と名付けほとりに八大龍王をお祀りしたといういい伝えが起源とされています。

▶住所: 奈良県吉野郡天川村大字洞川494(真言宗醍醐派大本山 大峯山龍泉寺)  
▶TEL: 0747-64-0001

#### Ryusen-ji Temple

The Chief Temple of the Shingon sect Shugen head temple Daigo-ji. Its origin is said to be over 1,300 years ago, when Enno Gyoja discovered a spring and named it *Tatsu no kuchi* ("Mouth of the Dragon") and enshrined *Hachidai Ryuo* there.

▶Address: 494 Dorogawa, Tenkawa-mura, Yoshino-gun, Nara  
(Shingon sect, Daigo-ha, Chief Temple Ominesan Ryusen-ji Temple)  
▶TEL: 0747-64-0001

### 30 栃尾観音堂



延宝3年(1675)、大峯の地で修行中この地を訪れた円空が、栃尾の集落の小さな祠にこもって彫ったといわれる聖観音菩薩立像、大弁財天女立像、金剛童子像、護法神像の4体を安置する観音堂です。

▶住所: 奈良県吉野郡天川村大字栃尾  
▶TEL: 0747-63-0999  
(天川村総合案内所)

#### Tochio Kannon-do

In 1675, Enku, who was doing ascetic practice in Omine, came to this area and is said to have confined to small shrine in a Tochio village and carved 4 statues – *Shokannon-bosatsu*, *Daibenzaiten*, *Kongo-doji*, and a *goho-jin* – which lay here today.

▶Address: Tochio, Tenkawa-mura, Yoshino-gun, Nara  
▶TEL: 0747-63-0999 (Tenkawa-mura information center)

### 6 みたらい溪谷

山上(さんじょう)川が川迫(こうせ)川に合流する辺りにできた溪谷。「みたらい」の名は、南朝の帝がミソギをしたといわれる伝説の地です。

▶住所: 奈良県吉野郡天川村大字北角

#### Mitarai Valley

A scenic area made where Sanjo River merges with Kouse River. The name 'Mitarai' is said to be a legendary ground where the emperor of the southern dynasty performed a purification ceremony.

▶Address: Kitozumi, Tenkawa-mura, Yoshino-gun, Nara



### 42 洞川温泉街



▶住所: 奈良県吉野郡天川村大字洞川(大峯山洞川温泉観光協会)  
▶TEL: 0747-64-0333

#### Dorogawa Onsen Resort

Located high along a Sanjo River at an elevation of 820 meters, this mountain village can be called Karuizawa of the Kansai region – a quaint, picturesque place abuzz with life. This hot springs town flourished as a base for the Omine faith, and many *ryokan*, souvenir shops and restaurants line the streets.

▶Address: Dorogawa, Tenkawa-mura, Yoshino-gun, Nara  
(Mt. Omine Dorogawa Onsen Tourism Association)  
▶TEL: 0747-64-0333

山上川のほとり、標高約820m余りの高地に位置する山里で、関西の軽井沢とも。大峯信仰の拠点として栄え、多くの旅館・土産物店・御食事処が軒を連ねる温泉街です。

### 27 天河大辨財天社

日本三大大辨財天の筆頭とされ、水や芸能の神様としても有名です。

▶住所: 奈良県吉野郡天川村大字坪内107  
▶TEL: 0747-63-0558 / 63-0334

#### Tenkawa Dai-benzaiten Shrine

It is regarded as the head of the Three Great Shrines of *Benzaiten* and is known as the God of water and the performing arts.

▶Address: 107 Tsubonouchi, Tenkawa-mura, Yoshino-gun, Nara  
▶TEL: 0747-63-0558 / 63-0334



# 森のふところ深く入り冒険者になる

雄大な山々に囲まれた上北山村と下北山村の、圧倒的な自然美を堪能できるスポットをご紹介します。

## Burrow deep into the bosom of the forest and become an adventurer

We will introduce places to enjoy the breathtaking natural beauty of Kamikitayama-mura and Shimokitayama-mura – an incredible land ringed by majestic mountains.

### 17 吉野の天然林と人工林



古来より吉野の人々は、山頂と稜線は神仏の頭であり通り道と考え、植林をせず守り続けてきました。それにより、今では稜線の自然林と青々とした人工林が美しいコントラストを描いています。

▶住所: 奈良県吉野郡上北山村大字西原 ▶TEL: 07468-2-0001 (上北山村役場)

#### Plantations and Natural Forests of Yoshino

Since ancient times, the people of Yoshino have considered the mountain top and ridge line to be the head of the gods or of the Buddha and a path way. They have continued to protect it as such with no planting in that area. Accordingly, the natural forest of the ridge line and the lush greenery of the artificial forest now depict a beautiful contrast.

▶Address: Nishihara, Kamikitayama-mura, Yoshino-gun, Nara  
▶TEL: 07468-2-0001 (Kamikitayama-mura Village Hall)

### 9 池神社と親子杉・夫婦杉



「役行者(えんのぎょうじゃ)」が開いたとされる池神社のご神体は、正面にある明神池です。大昔に突然池から恐ろしい地鳴りのような音が鳴り、水面が荒れ狂いだしたとき、役行者が三日三晩の祈祷で水神の怒りを鎮めたといえます。

▶住所: 奈良県吉野郡下北山村大字池峰

#### Ike Shrine Oyako-sugi, Meoto-sugi (Family Cedar Trees)

The Shinto embodiment at Ike Shrine, which is said to have been started by Enno Gyoja, is *Myojin Ike* – the small pond at the front of the shrine. At the time, a terrifying sound like a deep rumbling within the earth suddenly came from the pond and water raged from the surface, and it is said that Enno Gyoja prayed for three days and three nights to calm the wrath of the water god.

▶Address: Ikemine, Shimokitayama-mura, Yoshino-gun, Nara



### 43 前鬼集落跡

村の北部、大峰山脈の麓(ふもと)に位置し、大峰山中の修験者(しゅげんじゃ)の先達を務めた由緒ある集落。前鬼は、約1300年前に夫婦の「鬼」であった「前鬼」「後鬼(ごき)」が住み着いた地で、古くからの集落の姿をひっそりと伝えています。

▶住所: 奈良県吉野郡下北山村大字前鬼

#### Remains of Zenki Shuraku (Zenki village)

A historical site located in the northern part of the village, at the foot of the Omine Mountains, which served as a frontier area to ascetics. Zenki is the place where the couple 'demons' – *zenki* and *goki* – lived roughly 1,300 years ago, and this site quietly stands as a village of long ago.

▶Address: Zenki, Shimokitayama-mura, Yoshino-gun, Nara

### E 千尋滝

上北山村にある滝の中でも水量が多く、落差85mの高さから豪快に流れ落ちる光景は究極の自然美です。

▶住所: 奈良県吉野郡上北山村大字白川

#### Senhiro Falls

Having the most volume of water among all of the waterfalls in Kamikitayama-mura, the sight of the grand falls from a height of 85 meters encapsulates the profound beauty and power of nature.

▶Address: Shirakawa, Kamikitayama-mura, Yoshino-gun, Nara



### F 垢離取場

エメラルド・グリーンの美しい淵。垢離(こり)とは身についた罪・穢(けが)れのことです。修験者(しゅげんじゃ)が身を清める場所でもあります。

▶住所: 奈良県吉野郡下北山村大字前鬼

#### Koritoriba

Beautiful emerald green pools. Koritoriba is also a place where ascetics purify themselves of sins and foulness they have accumulated in the form of *kori*.

▶Address: Zenki, Shimokitayama-mura, Yoshino-gun, Nara





まだまだ  
ある！

# 吉野の見所

## THERE'S MUCH, MUCH MORE! PLACES TO SEE IN YOSHINO

From the ancient primeval forest to modern architecture, Yoshino is packed with charm that has accumulated over the course of its long history.

### 10 シシンラン群落

本州南部暖地産の着生常緑植物で、国指定の天然記念物かつレッドリストにも掲載される希少な植物。同じく天然記念物かつ絶滅危惧種であるゴイシツバメシジミの幼虫の餌にもなります。

▶住所：奈良県吉野郡上北山村

**Shishinran (Lysionotus pauciflorus) Plant Communities**

This epiphytic evergreen plant which grows in the warm region of Southern Honshu is rare. *Shishinran* is designated a national natural treasure and is listed as a threatened species on the IUCN Red List. It also serves the purpose of bait for the larvae of a natural monument and endangered butterfly species called the Shijimia moorei.

▶Address: Kamikitayama-mura, Yoshino-gun, Nara



国天

### 12 三之公川トガサワラ原始林

トガサワラは、第三期から第四期前半の比較的温暖な時代に、北半球に多く繁栄したマツ科の針葉樹の一種で、現在は紀伊半島と四国南部のごく一部に見られる日本固有種です。

▶住所：奈良県吉野郡川上村  
大字神之谷



国天

#### Sannoko River Togawara Primeval Forest

*Togawara* is a type of pine conifer that has thrived largely in the northern hemisphere during relatively mild climate between the third and fourth zones. Currently it is a species unique to Japan found in a very limited part of Kii Peninsula and southern Shikoku.

▶Address: Konotani, Kawakami-mura, Yoshino-gun, Nara

### 16 吉野川の開削跡

人々は、吉野の山奥で伐採した木材を運ぶため、木材の搬出の合理化に取り組みました。激しい蛇行を繰り返す吉野川上流域で、ダイナマイトのない時代に、ノミとゲンノウだけで岩を削り水路を開削して、大きな筏（いかだ）で木材を流せるようにしました。

#### Remains of Yoshino River construction site

Quite much effort was made in streamlining the transport of timber that was logged deep in the mountains of Yoshino. Along the Yoshino River basin where streams twist wildly and in a time when dynamite did not exist, rocks were scraped with only chisels and sledgehammers to create a waterway to carry timber on large rafts down the river.



### 23 フロウの滝

江戸時代初期の禅僧・盤珪（ばんけい）の修行の地と伝えられ、滝の畔で当地に留まり修行を重ねたといわれています。吉野の自然あふれる緑豊かな森の中でひっそりと佇むこの場所のすべてを五感で感じることができます。

▶住所：奈良県吉野郡黒滝村大字笠木

#### Furo Falls

This is said to be the place of training in the early Edo period for the Zen priest, Bankei, who remained at the cape of the waterfall and repeatedly trained. As it is quietly nestled away in the lush green natural beauty of Yoshino, you can feel all that this place offers with your five senses.

▶Address: Kasagi, Kurotaki-mura, Yoshino-gun, Nara



### 18 国栖奏

毎年旧正月十四日に、吉野町南国栖の天武天皇を祀る浄見原神社で行われます。精進潔斎をした「翁筋」といわれる家筋の男性、舞翁二人、笛翁四人、鼓翁一人、歌翁五人が神職に導かれて舞殿に登場し、舞を披露します。

▶住所：奈良県吉野郡吉野町大字南国栖

#### Kuzuso (Ancient Dance)

This ritual dance is held every year on January 14 during Lunar New Year at Kiyomihara Shrine, located in Minami Kuzu of Yoshino-cho, which enshrines the Emperor Tenmu. Males of the family called okinasuji who have gone through shojin kessai, or purification through abstinence, together with 2 dancers, 4 flute players, 1 hand drum player, and 5 singers are led by a priest to the maidono hall where they perform the dance.

▶Address: Minamikuzu, Yoshino-cho, Yoshino-gun, Nara



県無形

### 31 河合の弓引き行事（八日薬師）

山で暮らす吉野の人々の唯一の生活の糧である木材を出す作業は非常に危険であったため、仕事の安全と一年の暮らしの安寧を願い、毎年1月8日に厄を的に見立て、鎮めるための行事と伝わっています。

▶住所：奈良県吉野郡上北山村大字河合

#### Kawai no Yumihiki (Japanese archery) Ceremony “Yoka Yakushi”

The event takes place on January 8 every year to wish for the safety and welfare of the people of Yoshino, living in the mountains where livelihood depended solely on producing lumber, a very dangerous profession. Bad luck is symbolized by the target and shooting arrows at it is to quell the bad luck.

▶Address: Kawai, Kamikitayama-mura, Yoshino-gun, Nara



県無形

### 52 いもぼた

天川村に昔から伝わる郷土料理。細かく刻んだジャガイモとお米を一緒に炊き込み、お餅風にして軽く焼き目をつけます。味付けはシンプルに塩だけ。寒冷な気候のため米が育ちにくい中、おやつ料理として各家庭で受け継がれています。

▶住所：奈良県吉野郡天川村

#### Imobota

A local dish handed down for ages in Tenkawa-mura. Finely chopped potatoes and rice are cooked together, then pounded together into a rice cake and lightly grilled – then simply seasoned with only salt. With the cold climate making rice growing difficult, this dish has been passed down for generations in homes as a snack food.

▶Address: Tenkawa-mura, Yoshino-gun, Nara



### 56 粽とでんがら

東吉野村・川上村では、端午の節句に粽やでんがらを作る風習があります。どちらも、男の子の立身出世を祈って作られました。現在作られるお餅は米粉と餅米粉が主ですが、昔はとうきびを粉碎したものが主でした。

#### Chimaki and Dengara

In Higashiyoshino-mura and Kawakami-mura, it is a custom to prepare *chimaki* and *dengara* – pounded flour cakes for the boys' festival. Both are prepared in order to pray for the future success of the boys. *Mochi* made nowadays is from rice flour and glutinous rice flour, but crushed maize was the main ingredient long ago.



## 吉野町

Yoshino-cho

町域の一部は吉野熊野国立公園、吉野川・津風呂県立自然公園に指定され、桜で有名な吉野山は、2004年世界遺産に登録。春には豪華絢爛な桜が咲き乱れ、人々の心を魅了します。記紀、万葉集などにも記述があり、歴史の大きな舞台にも度々登場してきました。

Parts of the town are designated as Yoshino-Kumano National Park and Yoshinogawa Tsuburo Prefectural Natural Park, and Mt. Yoshino, which is famous for its cherry blossoms, were registered as a UNESCO World Heritage site in 2004. Cherry blossoms are in full bloom and magnificent in spring and fascinate the hearts of the people. The town appears in the Chronicles of Japan, *Kojiki* and *Manyoshu* writings, and have often appeared on big stages of history.



#### 吉野町役場

住所：奈良県吉野郡吉野町大字上市80-1  
TEL：0746-32-3081

#### Yoshino-cho Town Hall

Address: 80-1 Kamiichi, Yoshino-cho, Yoshino-gun, Nara  
TEL: 0746-32-3081

## 下市町

Shimoichi-cho

吉野郡の北西に位置し、秋野川、丹生川を挟む山間地域で、市場町として栄え、日本ではじめての商業手形「下市札」が発行されるなど、「自然と歴史が息づくやすぎの町」として古くから親しまれています。吉野杉箸・三宝などをはじめ、吉野杉、桜を用いた特産品が作られています。

Situated northwest of Yoshino-gun, it is a mountainous region surrounding Akino River and Niu River. It flourished as a market town, and it issued Japan's first commercial bill, the 'shimoichi-huda'. Shimoichi-cho has been known as a tranquil town where “nature and history are alive.” Special products of the town include Yoshino cedar chopsticks, *Sanpo*, and other products made from Yoshino cedar and cypress.



#### 下市町役場

住所：奈良県吉野郡下市町大字下市1960  
TEL：0747-52-0001

#### Shimoichi-cho Town Hall

Address: 1960 Shimoichi, Shimoichi-cho, Yoshino-gun, Nara  
TEL: 0747-52-0001

## 黒滝村

Kurotaki-mura

村の総面積の約97%を林野が占める「森の村」です。黒滝村に遺る社寺や文化財は、この地が修験道（しゅげんどう）の聖地であったことを古代より物語っています。大峯修験道の開祖であった役行者（えんのぎょうじや）が開いた鳳閣寺、蔵王権現（ごうごんげん）を祀る小堂や寺院が多く見られます。

It is a “forest village,” with roughly 97% of the entire village area comprised of forest. Temples, shrines and important cultural properties in Kurotaki-mura relay the tales since ancient times of this area that was sacred *Shugendō* land in the past. Hokaku-ji Temple, started by *Enno Gyoja*, the founder of *Omine Shugendō*, and halls and temples that enshrine *Zao Gongen* can be found here.



#### 黒滝村役場

住所：奈良県吉野郡黒滝村大字寺戸77  
TEL：0747-62-2031

#### Kurotaki-mura Village Hall

Address: 77 Terado, Kurotaki-mura, Yoshino-gun, Nara  
TEL: 0747-62-2031

## 天川村

Tenkawa-mura

高い山と深い谷によって形成された寒冷地帯。高天原（たかまのはら）に所以（ゆえん）するとされる「天ノ川」という名称が、河谷に名づけられたという伝承があり、一種の「聖域」だったとも考えられています。弘法大師、空海との関わりも深く、多くの史跡が残されています。

The village is a snow and cold district formed by high mountains and deep valleys. Legend has it that the name from Tennokawa, said to be located in Takamanohara, was used to name the river valley, and is also believed to have been a sort of sanctuary. There is a deep connection to Kobo Daishi, or Kukai, and many historical sites remain.



#### 天川村役場

住所：奈良県吉野郡天川村大字沢谷60  
TEL：0747-63-0321

#### Tenkawa-mura Village Hall

Address: 60 Sawatani, Tenkawa-mura, Yoshino-gun, Nara  
TEL: 0747-63-0321

## 下北山村

Shimokitayama-mura

役行者が修行に励んだいにしへの時代より現代に至るまで、多くの修行者たちに愛された変わらぬ自然のたたずまい。世界遺産、「大峯奥駈道」の「聖地の中の聖地」と呼べる場所です。大峯奥駈道周辺には様々な「霊域」と「行者道」が広がっています。

From the old days when *Enno Gyoja* trained here up to the present day, the large number of people who train here are endeared by the atmosphere of the never-changing natural environment. This is land that can be called the “sacred of all sacred places” in Omine Okugake-michi, a World Heritage site. Various spiritual areas and ritual paths are located around Omine Okugake-michi.



#### 下北山村役場

住所：奈良県吉野郡下北山村大字寺垣内983  
TEL：07468-6-0001

#### Shimokitayama-mura Village Hall

Address: 983 Teragaito, Shimokitayama-mura, Yoshino-gun, Nara  
TEL: 07468-6-0001

## 上北山村

Kamikitayama-mura

日本を代表する大台ヶ原の原生林を有し、水源地として美しい水をたたえています。夏場は溪流群、水源地ならではの淡いブルーの清流で涼むことができ、冬場には和佐又山にあるスキー場の真っ白な景色で遊ぶ家族連れで賑わっています。

The primeval forests of Odaigahara plateau represents Japan's virgin forests. Many people are astonished with the village's magnificent source of natural water. In summer, many families become the usual crowd who enjoy to play in the mountain streams. The advantage of the blue clear water has a tremendous cooling effect that flows from its water source. In winter, many families enjoy the snow-capped wonderland of the ski resort in Mt. Wasamata.



#### 上北山村役場

住所：奈良県吉野郡上北山村大字河合330番地  
TEL：07468-2-0001

#### Kamikitayama-mura Village Hall

Address: 330 Kawai, Kamikitayama-mura, Yoshino-gun, Nara  
TEL: 07468-2-0001

## 川上村

Kawakami-mura

川上村は日本有数の多雨地域に位置する源流の村です。豊かな雨の恵みにより、吉野林業の発祥の地として栄えてきました。水源地の村作りを掲げ、全国に「川上宣言」を発信。吉野杉の人工美林と水源地の原生林、「村の宝」の輝きを静かに守っています。

Kawakami-mura is a water source village located in one of Japan's rainiest areas. Thanks to the blessings of abundant rain, it has flourished as the birthplace of Yoshino forestry. With the aim of creating a water source village, the “Kawakami Declaration” has been spread nationwide. This village quietly maintains the beautiful, artificially planted Yoshino cedar and the water source that make up the primeval forest, which shines as the treasure of the village.



#### 川上村役場

住所：奈良県吉野郡川上村大字迫1335-7  
TEL：0746-52-0111

#### Kawakami-mura Village Hall

Address: 1335-7 Sako, Kawakami-mura, Yoshino-gun, Nara  
TEL: 0746-52-0111

## 東吉野村

Higashi Yoshino-mura

萌ゆる緑、吉野美林、まぶしい紅葉、そして幻想的な霧氷といったさまざまな表情で四季を彩る大自然に囲まれ、昔から受け継がれている吉野林業が村の基幹産業です。吉野林業の中心地としてその役割を担っています。

This village lies surrounded by the natural beauty of the Yoshino forest, which is known for its stunning variety throughout the seasons, including its luscious green landscapes, radiant fall foliage, and mesmerizing hoarfrost. Yoshino forestry, which has been passed down for generations, continues to be the primary source of industry for the village. It is also for this reason that the village still plays a pivotal role in the Yoshino forest industry, today.



#### 東吉野村役場

住所：奈良県吉野郡東吉野村大字小川99  
TEL：0746-42-0441

#### Higashi Yoshino-mura Village Hall

Address: 99 Ogawa, Higashi Yoshino-mura, Yoshino-gun, Nara  
TEL: 0746-42-0441



## 構成文化財位置図 CULTURAL PROPERTIES MAP

- 金峯山寺本堂 [Kinpusen-ji Temple Main Hall]
- 本善寺 [Honzen-ji Temple]
- 願行寺 [Gangyo-ji Temple]
- 黒滝村旧役場庁舎 [Kurotaki-mura Old Town Hall]
- 石仏 [Stone Buddhas]
- みたらい溪谷 [Mitarai Valley]
- 洞川湧水群 [Dorogawa Hot Springs Cluster]
- 前鬼のトチノキ巨樹群 [Zenki no Tochinoki – Kyojugin – Giant Japanese Horse Chestnut Trees]
- 池神社と親子杉・夫婦杉 [Ike Shrine Oyako-sugi, Meoto-sugi (Family Cedar Trees)]
- シンシラン群落 [Shishinran (Lysionotus pauciflorus) Plant Communities]
- 吉野川源流―水源地の森 [Yoshino River Source – Suigenchi no Mori (Water Source Forest)]
- 三之公川トガサワラ原始林 [Sannoko River Togasawara Primeval Forest]
- 土倉翁屋敷跡 [Residential Site of Shozaburo Dogura]
- 「土倉翁造林頌徳記念」岩壁碑文 [Inscription carved into rocky cliffside in memory of Dogura's forestry management]
- 下多古村有林 [Shimotako-mura Forest]
- 国栖姿 [Kuzuso (Ancient Dance)]
- 龍門寺跡と龍門滝 [Ryumon-ji Temple Ruins and Ryumon Falls]
- 吉野水分神社 [Yoshino Mikumari Shrine]
- 丹生の太古踊り [Niu no Taiko Odori (Ancient Dances)]

- 丹生川上神社下社 [Niukawakami Shrine – Shimosha]
- フロウの滝 [Furo Falls]
- 河分神社 [Kawawake Shrine]
- 高算堂 [Kosan-do]
- 鳳閣寺 [Hokaku-ji Temple]
- 天河大辨財天社 [Tenkawa Dai-benzaiten Shrine]
- 大峰山寺 [Ominesan-ji Temple]
- 龍泉寺 [Ryusen-ji Temple]
- 栃尾観音堂 Tōchio Kannon-do]
- 河合の弓引き行事(八日薬師) [Kawai no Yumihiki (Japanese archery) Ceremony “Yoka Yakushi”]
- 室の窟・銅造不動明王立像 [Sho no Iwaya Cave, Fudo Myō-ō Bronze Statue]
- 不動窟鍾乳洞 [Fudokutsu Shonyudo Limestone Cave]
- 丹生川上神社上社 [Niukawakami Shrine – Kamisha]
- 七滝八壺 Nanataki Yatsubo Falls]
- 丹生川上神社中社 [Niukawakami Shrine – Nakasha]
- 木霊神社 [Kodama Shrine]
- 木津川の祈禱念仏 [Kotsugawa Kito Nenbutsu]
- 高見山 [Mt. Takami]
- 吉野山の街並み [Townscape of Mt. Yoshino]
- 洞川温泉街 [Dorogawa Onsen Resort]
- 前鬼集落跡 [Remains of Zenki Shuraku (Zenki village)]
- 吉野の手漉和紙 [Tsuchi-washi (Japanese Handmade Paper) of Yoshino]
- 下市の三宝製作技術 [Sanpo (Wooden Tray) Craft Techniques of Shimoichi]
- 下市の神酒の口製作技術 [Mikinokuchi Craft Techniques of Shimoichi]

- ### 全構成町村の構成文化財
- Cultural Properties of All Constituent Towns and Villages
- 吉野の天然林と人工林 [Plantations and Natural Forests of Yoshino]
  - 山の神の信仰 [Faith in the mountain gods]
  - 吉野建 [Yoshino-date Architectural Style]
  - 吉野の樽丸製作技術 [Taru-maru Woodcraft Production Skills of Yoshino]
  - 割箸製作技術 [Waribashi Chopsticks Production Techniques]
  - 吉野葛 [Yoshino Kudzu Starch]
  - 柿の葉寿司 [Kakinoha Sushi]

- ### 複数の地域にまたがる構成文化財
- Cultural Properties Spanning Multiple Regions
- 吉野町・川上村 Yoshino-cho, Kawakami-mura
  - 吉野川の開削跡 [Remains of Yoshino River construction site]

- 吉野町・天川村 Yoshino-cho, Tenkawa-mura
- 陀羅尼助 [Daraniusuke Medicine]
- 下市町・黒滝村・天川村・東吉野村 Shimoichi-cho, Kurotaki-mura, Tenkawa-mura, Higashi Yoshino-mura
- 朴の葉寿司 [Hounoha Sushi]
- 川上村・東吉野村 Kawakami-mura, Higashi Yoshino-mura
- 粽とでんから [Chimaki and Dengara]

- ### 単独の町村に所在するが、 地点の特定ができない構成文化財
- Cultural Properties Located in a Single Town or Village  
(But without a specific cultural property site)

- 黒滝村 Kurotaki-mura
- 黒滝白きゅうり [Kurotaki white cucumbers]
- 天川村 Tenkawa-mura
- いもぼた [Imobota]
- 下北山村 Shimokitayama-mura
- 春まなのめはり寿司 [Harumana Mehari Sushi]
- 上北山村 Kamikitayama-mura
- 栃餅 [Tochi Mochi]

## アクセスマップ ACCESS MAP

**京都方面から** 吉野駅へは、近鉄電車京都駅から橿原神宮前駅に行き、ご乗車のうえ、橿原神宮前駅より吉野駅に行き、ご乗車のうえ、大和八木駅より近鉄大阪線橿原方面行へお乗り換えください。

**大阪方面から** 吉野駅へは、JR大阪駅よりJR天王寺駅に行き、ご乗車のうえ、近鉄大阪阿部野橋駅まで歩き、近鉄大阪阿部野橋駅より吉野駅に行き、ご乗車のうえ、橿原駅へは、JR大阪駅より天王寺駅に行き、ご乗車のうえ、鶴橋駅で近鉄鶴橋駅より近鉄大阪線橿原方面行にお乗り換えください。

**From Kyoto** To Yoshino Station – From Kintetsu Kyoto Station, take the Kintetsu Line to Kashiharajingu-mae Station, then transfer to a train headed for Yoshino Station. To Haibara station – From Kintetsu Kyoto Station, take the Kintetsu Line headed for Kashiharajingu-mae Station to Yamato-Yagi Station, then transfer to the Kintetsu Osaka Line headed for Haibara Station.

**From Osaka** To Yoshino Station – From JR Osaka Station, take the JR Line to JR Tennoji Station, then walk to Kintetsu Osaka Abenobashi Station. Take the train headed for Yoshino Station. To Haibara Station – From JR Osaka Station, take the JR Line headed for Tennoji Station to Tsuruhashi Station. From Kintetsu Tsuruhashi Station, take the Kintetsu Osaka Line headed for Haibara Station.

