

日本国創成のとき ~飛鳥を翔た女性たち~ The Dawn of Japan: Women in the Asuka Period

飛鳥女史紀行

EXPLORING THE FOOTSTEPS OF THE HEROINES OF ASUKA

一斉明(皇極)女帝編一 EMPRESS SAIMEI (KOGYOKU)



橿原市 高取町 明日香村 Kashihara City Takatori Town Asuka Village

飛鳥には、日本国創成 ASUKA—THE STAGE FOR DRAMATIC EVENTS DURING

いまから約1400年前の7世紀、 激動する世界の中で、「日本国」が誕生した。 そこには女性たちの熱き想いが込められていたのである。

About 1,400 years ago in the 7th century, the nation of Japan was born amid a drastically changing world. These are the women, with their unwavering passion and commitment, who made significant contributions to the formation of the nation.



古代飛鳥の復元模型 A model of ancient Asuka



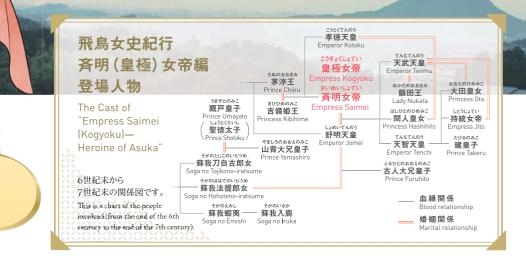
国を大きく変えた大化の改新後、 土木事業に取り組み続けた、 タブーも非難も恐れない 自由奔放なチャレンジャー

A free spirit who launched vital public works projects and took on every challenge without fear of taboos or criticism



物怖じしない系女史 A fearless woman with progressive ideas

斉明(臺藝)女帝EMPRESS SAIMEI (KOGYOKU)



の数々のドラマがあった。

THE DAWN OF JAPAN



万葉集にも詠まれた Celebrated in the Man'yashu Beautiful nature



仕事も恋もモテ系女史
An ambitious woman who balanced career and love

Reaching out to East Asia
International relations

コミュカ高い系女史 Tregal woman with strong powers of communication 推古女帝 EMPRESS SUIKO

資料提供:長門の造船歴史館

日本初の都市計画 大読み鋭い系女史 A politically savvy woman who was ahead of her times 持統女帝 EMPRESS JITO

時空を超えて、飛鳥女史と出会う旅がいまはじまる。 FOLLOW THE FOOTSTEPS OF THE HEROINES OF ASUKA AND TRAVEL BACK IN TIME



日本遺産 第1号 に認定されました



奈良県橿原市、高取町、明日香村を舞台に、5人の女性たちが活躍した軌跡で語る飛鳥時代の物語「日本国創成のとき~飛鳥を翔た女性たち~」が、日本初の「日本遺産」に平成27年4月24日に認定されました。

Designated as a Japan Heritage

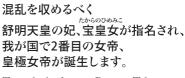
Five women played an active role in the formation of Japan in the Asuka Period (592–710 AD). Their story took place in the area covering Kashihara City, Takatori Town, and Asuka Village. Titled "The Dawn of Japan: Women in the Asuka Period," the collective story was designated as one of the first "Japan Heritage" items by Japan's Agency for Cultural Affairs on April 24, 2015.



女帝(皇極女帝)物語 THE STORY OF EMPRESS SAIMEI (KOGYOKU)







To settle the dispute, Princess Takara, Jomei's empress consort, was chosen. She became Empress Kogyoku, the second empress regnant of Japan.



方そのころ飛鳥では大干ばつが続き、 人々は不作に喘いでいましたが…

Meanwhile, crop-damaging droughts in Asuka caused much suffering.

"Give us water, give us rain!

葡乞いをしたところ、たちまち 豪雨が降り、田畑はうるおいました

to the throne, had her prayers for rain answered by a deluge that brought welcome irrigation to the farmers' fields.



人々の心を掴み、 豊穣なる国の実現に踏み出した 皇極女帝。

Empress Kogyoku touched people's hearts and helped to bring fertility to the lands.

> 忍び寄る惨劇の足音に、 このときはまだ気づいていませんでした。 But she did not foresee the troubled times ahead.

混迷をきわめた皇位継承争いに終止符を打ったのは、 神秘的な力を持った妃。

ここから、時代がうねりをあげて動き出します。





The princess with mysterious powers ends the succession conflict. Events then take a tumultuous turn.

A dark horse takes the throne

Princess Takara, the eldest daughter of Prince Chinu and Princess Kibihime, married Emperor Jomei at the age of 37. When Jomei died without designating a successor, disagreement arose over who would follow him on the throne. Three men were candidates: Prince Furuhito, backed by the powerful Soga clan; Prince Yamashiro, a son of Prince Umayato (posthumously referred to as Prince Shotoku); and Prince Nakano-oe, born between Emperor Jomei and Princess Takara. But the selection of any of the three would have inevitably heightened political tensions. To break the three-way deadlock, Princess Takara was chosen at the request of statesman Soga no Emishi. She was 49 years old at the time. Whether she liked it or not, she was to follow the path of an empress.

紅一点のダークホース、 まさかの即位

ちぬのおおきみ きびひめのみこ 茅渟王と吉備姫王の長女として誕生した宝皇女は、37歳で舒明 天皇と結婚。その舒明天皇が、次期天皇を指名しないまま崩御 したことから、皇位継承争いが激化します。蘇我一族の推す古人 ^{うまやとのみこ} 大兄皇子、厩戸皇子(聖徳太子)の血を引く山背大兄皇子、舒明 天皇と宝皇女の間に生まれた中大兄皇子の3人が候補に 挙がりますが、誰を選んでも政治的緊張が高まるのは必至。 そんな三すくみの状況を打開するべく、蘇我蝦夷らの要請に よって立てられたのが、宝皇女でした。このとき、宝皇女はすでに 49歳。自らの意志とは無関係に、女帝の道を歩み始めます。

雨乞いくらべを制して知名度アップ!

皇極女帝が即位した642年の夏、飛鳥の地は大干ばつに見舞 われました。当時、天変地異は為政者の不徳、と考えられて いたため、大臣の職についていた蘇我蝦夷は、大勢の僧を 呼んで雨乞いを実施。4日間に渡って読経させましたが、小雨 が降った程度で断念してしまいました。その様子を見かねた 皇極女帝は、飛鳥川の川上、女淵付近に櫓を組み、自ら雨乞 いを実施。すると突如大雨が降り、民は皇極女帝を「至徳まし ます天皇なり」と称えたそうです。

Winning fame through her rain-making exploits

In the summer of 642 when Empress Kogyoku came to the throne, Asuka was hit by a serious drought. Superstitious locals blamed the natural disaster on their leaders' lack of virtue. Soga no Emishi, the highest-ranking court official, summoned a large number of monks to offer prayers for rain. He had them read sutras for as long as four days but eventually gave up after seeing only meager results. Empress Kogyoku could not bear to see this. She set up a tower near Mebuchi waterfall in the upstream region of the Asuka River and there she prayed for rain. All of a sudden, heavy rains fell. The people praised the empress for her perfect virtue.

乙巳(いっし)の変、そして譲位 THE ISSHI INCIDENT AND ABDICATION

皇極女帝の即位により収束するかに見えた 皇位継承争いでしたが、火種はまだくすぶっていました。

Though conflict over imperial succession seemed to have ended



山背大党皇子一族を滅ぼし、 さらに城塞とも呼ぶべき 大邸宅をかまえたのです。

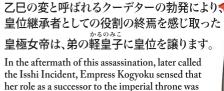
Soga no Iruka, the person in power at that time, destroyed Prince Yamashiro and his family and built a grand, castle-like mansion for himself.



混乱の続く東アジア情勢を懸念し、国力の充実を目指す 皇極女帝の息子、中大兄皇子は、それを阻む蘇我一族の 専横を憂慮。王権を奪還すべく、中臣鎌足と手を組み…

Concerned with the ongoing state of disorder in East Asia, Prince Nakano-oe, Empress Kogyoku's son, wanted to increase Japan's national power. He was worried that the Soga clan's tyrannical behavior was getting in the way of his plans. So he teamed up with statesman Nakatomi no Kamatari to retake regal power.





her role as a successor to the imperial throne was over. She renounced the throne in favor of her younger brother, Prince Karu, who became Emperor Kotoku.

どうか、私に代わってこの国を頼む

"Take my place and rule the country."



古代史上最大のクーデターがもたらしたものは、 豪族時代の終焉、新しい政治のはじまり。 中央集権国家への道は、女帝の目の前で"斬り"開かれました。



Ancient Japan's most momentous coup d'état ends clan power and ushers in a new era of politics

傍若無人、蘇我一族

^{そがのえみし} 皇極女帝の右腕であった蘇我蝦夷は、飛鳥板蓋宮を見下ろす 一族の子を「王子」と呼ばせるなど、王族まがいの振る舞いが 目立つように。さらに本来は天皇が大臣に授けるべき紫冠を、 ひそかに我が子である入鹿に授け、大臣の位になぞらえさせ ました。これに気をよくした入鹿は、古人大兄皇子を皇太子と して立てるべく、対立候補である山背大兄皇子を襲撃。一族を 自害に追いやりました。この暴挙にはさすがの蝦夷も怒り、 「なんという愚か者か。お前の命も危ういぞ」と入鹿を罵倒しま した。この蝦夷の心配は、やがて現実のものとなります。

時代一新、乙戸の変

645年6月12日。宮中にて三韓の使者が皇極女帝に貢物を 献上する行事が行われていました。計画では、中大兄皇子の 程がのいしかわまう 協力者である蘇我石川麻呂が国書を読み上げている最中に、 をえきのこまる 佐伯小麻呂ら刺客が入鹿を暗殺する、という手はずでしたが、 いつまでたっても動きはなく、緊張から石川麻呂の声は震え、 冷や汗が滴り落ち、挙句、入鹿に不信がられるという大ピンチに。 結局、業を煮やした中大兄皇子が、自ら入鹿に斬りかかりました。 警戒心の強い入鹿から事前に刀を外させる状況を作り、油断 させた上で殺害できるよう、巧妙に宮中行事を利用した暗殺 計画。この行事自体が偽りのものだったとする説もありますが、 その真相はいかに。息子の入鹿を失い、中大兄皇子の軍勢に 包囲された蝦夷は、邸宅に火を放って自害。栄華を誇った蘇我 本宗家の、壮絶な最期でした。

The Soga clan behaves high-handedly

Soga no Emishi, the right-hand man of Empress Kogyoku, set up a grand house on the hills of Amakashino-oka, overlooking the imperial Itabukino-miya palace. Acting like royalty, he insisted that children of the Soga clan be called miko ("prince") and he gave his son Iruka a purple cap—an imperial honor usually reserved for those of ministerial rank. Full of hubris and wanting to install Prince Furuhito as crown prince, Iruka assaulted one of the former's rivals, Prince Yamashiro. Iruka drove Yamashiro and his family to their deaths. Angered by his son's reckless act, Emishi condemned Iruka, calling him a fool and berating his courting of danger. Emishi's concerns would indeed be borne out.

The Isshi Incident shakes up the times

On June 12, 645, an event was held in the imperial court at which an envoy from the three kingdoms of the Korean Peninsula came to offer a tribute to Empress Kogyoku. A plan was afoot to have assassins (including Saeki no Komaro) attack Iruka while Soga no Ishikawamaro, one of Prince Nakano-oe's co-conspirators, was reading the empress's message. However, as the moments ticked by, nothing happened. Ishikawamaro became nervous. His voice wavered and he broke into a cold sweat. Iruka grew suspicious, and Ishikawamaro found himself in a pinch. Eventually, Prince Nakano-oe lost his patience and took it upon himself to strike Iruka with a sword. The assassination was designed to take Iruka off guard, as court protocol dictated that he would be without his sword. The entire ceremony may even have been staged. Emishi, finding himself besieged by Prince Nakano-oe's troops and having lost his son, set fire to his mansion in an act of self-immolation. At the height of its glory, the main Soga bloodline came to a sudden demise.

再び女帝に BECOMING EMPRESS AGAIN





孝徳天皇は都を難波に遷し、 大化の改新と呼ばれる さまざまな改革をすすめますが、

Emperor Kotoku transferred the capital to Naniwa (present-day Osaka) and carried out various initiatives known as the Taika Reforms.

State ownership of the land and people

Edicts of the Taika Reforms まことのり 大化技術の記

Population registers and redistribution of farmland

はんでんしゅうじゅほう

班田収授法

公地公民制

次第に孝徳天皇と 皇祖母尊・中大兄皇子の母子、 なかとみのかまたり 中臣鎌足は対立。

But tensions grew between Emperor Kotoku and Sumemioyano-mikoto's faction, which included her son Prince Nakano-oe and Nakatomi no Kamatari.



実娘であり、孝徳天皇の妻でもある間人皇后を引き連れ、 再び飛鳥に帰ることを決断します。

Sumemioyano-mikoto decided to take her daughter Hashihito—who was Emperor Kotoku's consort—and return to Asuka.

失意の孝徳天皇は崩御します。

Thoroughly dispirited, Emperor Kotoku passed away.

む…無念… "Such bitter sorrow…" 642年 Be極 Kogyoku Saimei

Reascending to the throne

国家安泰の使命に燃える皇祖母尊は、空位を避けるべく、

前例のない重祚を行い、再び皇位につきます。

With a burning passion to bring peace and

security to the nation and to prevent

a power vacuum, Sumemioyano-

mikoto once again ascended to

the imperial throne. Empress Saimei was born.

斉明女帝の誕生です。

国家を正しく導くための、大英断。 重祚という名のアクロバットを決めて、 再び権力を手中におさめます。



Reascending to the throne a drastic measure to lead the nation

豪族の時代から、国の時代へ

646年正月に発せられた改新の詔は、唐の律令制をベースに した、新しい政治方針を指し示すものでした。その第1条では、 これまで天皇家や豪族が支配していた土地や民衆を国家の ものとし、かわりに給料を払う仕組みをつくる=公地公民制 を提唱。これによって、地方豪族の権力を剥奪し、同時に国の 中心は天皇である、ということを世に知らしめたのです。改新の 詔の条文は『日本書紀』に掲載されていますが、その内容には 編者による潤色があったことが判明しています。しかし、孝徳朝 から持統朝にかけて、大規模な政治改革が行われたことも種々 の研究から明らかになっており、内容に改作はあれど、中央 集権国家への青写真は、孝徳天皇とそれを支えた皇祖母尊 (皇極女帝)、中大兄皇子らによって描かれたと言って間違い なさそうです。

The end of clan rule and the birth of a nation.

The Taika Reform edicts issued at the start of 646 provided guidelines for a new political structure modeled after the legal system of China's Tang dynasty. Article 1 abolished private ownership of land and people by the imperial family and powerful clans. They were instead to be owned by the state (in effect, the emperor), with clans being compensated with wages. This system allowed the emperor to diminish clans' power and tout his absolute authority over the nation. The four articles of the Taika Reform edicts were published in the Nihon Shoki ("Chronicles of Japan"), an ancient book of Japanese history, but they were apparently embellished by the editors. Nevertheless, various research sources have confirmed that many large-scale political reforms were conducted during the reigns of Emperor Kotoku and Empress Jito. Though the details of the reforms may have been rewritten, it is safe to say that the blueprint for a centralized government was drawn by people like Emperor Kotoku, Sumemioyano-mikoto (Empress Kogyoku), and Prince Nakano-oe.

歴史的に見ても珍しい、重祚とは?

Reascending to the throne—a rare event in history

一度天皇を退いた人物が、再び天皇になることを「重祚」と いいます。この重祚が実現したのは、長い日本の歴史の中で もたった2例だけ。その最初のケースが今回紹介している 皇極&斉明女帝です。もう|例は、皇極女帝の治世から下る ことおよそ100年、8世紀中頃に即位した孝謙天皇です。 孝謙天皇は母の看病を理由に、一度は淳仁天皇へ譲位し、 自らは太上天皇(上皇)となりますが、二人は次第に対立。 淳仁天皇を廃位し流刑に処し、再び称徳天皇として即位 しています。実は、この孝謙&称徳天皇も女性。何ごとにも 物怖じせず突き進む姿は、女帝ならばこその気概の表れ、 なのかもしれません。

In all of recorded Japanese history, there are only two instances where a person who had abdicated the throne later went on to reascend to it. The first example is Empress Kogyoku/Saimei. The other is Empress Koken, who first ascended the throne in the middle of the 8th century, about one hundred years after Kogyoku's reign. In order to take care of her sick mother, Empress Koken abdicated the throne in favor of Emperor Junnin and took the post of daijo-tenno (or joko). The two eventually came into conflict, and the former empress deposed Emperor Junnin and condemned him to exile. With their fearless pioneering spirits, these two women displayed the kind of self-assurance and mettle demanded of a female emperor.

造り、そして闘う BUILDING AND FIGHTING

斉明女帝は、

改新によって整備された組織を用い、 史上空前の大工事を断行。

Harnessing a new organizational structure created by the Taika Reforms, Empress Saimei executed public works projects of unprecedented ambition.

飛鳥の地を 造り変えるのじゃ!

"We're going to rebuild the land of Asuka!"



遣唐使の派遣や 朝鮮三国との交流など、 外交にも積極的だった斉明天皇は、

Actively advancing foreign policy, Empress Saimei dispatched envoys to Tang China and exchanged delegates with the three kingdoms of the Korean Peninsula.

こうくり 高句麗 Goguryeo

> 百次 済。 Baekje

新版 羅著 Silla

唐 Tang

東アジアの中での存在感を高めるべく、 飛鳥各地に次々と宮殿を造営。

She also built palaces in Asuka to boost the status of her realm among East Asian countries.



外国からの使者をもてなすための 迎賓館や美しい庭園も造りました。

She also built a guest house and beautiful gardens to entertain envoys from foreign countries.









ビルド&バトル。豊かでたくましい国をめざして 自由奔放に突き進む豪腕女帝。 その突然の最期に、人々はおののき、悲しみました。



Freewheeling empress envisions an affluent and powerful nation

石で、飛鳥を豊かに華やかに

飛鳥の地で重祚した斉明女帝は、唐や朝鮮三国に対抗しうる、 国際的な都市をめざし、大土木工事に着手しました。特徴的 なのは、石材をふんだんに使った建造物の数々。奇妙な石像 や堅牢な石垣などが近年次々と発見され、考古学ファンを をがれてころのみぞ 喜ばせています。また大運河「狂心渠」は、性急な土木事業と して非難を浴びましたが、田畑の水路や、敵の侵入を防ぐ 濠として転用できるよう建設されたのではないか、との見方も 広がっています。先見の明を持った斉明女帝は、石の持つ 永遠性に強く惹かれていたのかもしれません。

戦いの果てに訪れた、神秘的な死

百済を再興するべく、難波津を発ち、瀬戸内海を渡って九州に 向かう斉明女帝。途中立ち寄った熟田津(現愛媛県松山市付近 の浜辺)では、女官の額田王が有名な「熟田津に 船乗りせむと 月待てば 潮もかなひぬ 今はこぎいでな」の歌を詠み、兵たちを 鼓舞します。やがて筑紫の朝倉宮に入りますが、この朝倉宮の 造営にあたり、朝倉社の木を伐採したため、鬼火が現れ、近侍 する者が多く病死。それを追うように、斉明女帝自身も急死し、 葬儀の際には鬼が現れたとされています。この鬼については、 朝倉山の神だとする説、蘇我入鹿の怨霊説など諸説あります が、もちろん正体は謎に包まれたままです。私欲を捨て、国家の ために半生を捧げた斉明女帝。「私の墓の造営には労役を 起こすな」と中大兄皇子に言い残し、68歳でこの世を去ります。

Stones make Asuka a rich and spectacular capital

Empress Saimei, who reascended to the throne at Asuka, undertook large-scale public works projects in order to make Asuka a cosmopolitan city that could rival those in Tang China or the three kingdoms of the Korean Peninsula. Characteristic of these efforts were numerous buildings and structures made of stone. To the delight of archeology enthusiasts near and far, recent years have brought the discovery of strange-looking stone statues and the remains of a robust wall. The large canal she built has been unfairly criticized as being a hasty civil works project. But it is now widely accepted that the canal was constructed with two purposes: to irrigate fields and to form a moat that would deter enemy invasions. It seems the forward-looking Empress Saimei was strongly attracted to the timeless longevity of stone.

A mysterious death on the brink of battle

Empress Saimei left Naniwatsu and crossed the Seto Inland Sea toward Kyushu with the aim of organizing a naval expedition to aid the Baekje kingdom of Korea. She stopped by at Nikitatsu, where Lady Nukata, her lady-in-waiting, wrote this famous poem on her behalf to boost soldiers' morale: "At Nikitatsu / We have waited for the moon / Before boarding our boat; / Now the tide is in at last / Come, let's go rowing!"* Her party eventually reached Tsukushi (part of present-day Fukuoka) and built the Asakurano-miya palace. The palace is believed to have been constructed from timber taken from around Asakura Shrine. According to superstitious belief, the subsequent appearance of a ghostly atmospheric light called onibi ("demon fire") caused the sudden illness and death of Saimei and many of her court servants. It is said that an *oni* (demon) appeared during her funeral. Accounts of this oni differ. Some say it was a deity from Mt. Asakura, while others say it was the ghost of Soga no Iruka. The truth remains shrouded in mystery. Empress Saimei eschewed selfish desires and devoted her life to her nation. Before passing away at the age of 68, she instructed her son Prince Nakano-oe not to waste a great amount of labor on building her tomb.

*Translation by Edwin A. Cranston

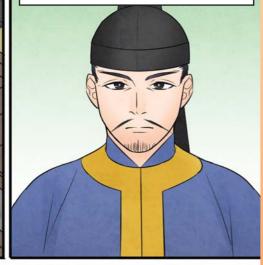
受け継がれる意志 INHERITING HER DETERMINATION





その数年後には、天智天皇として即位。 母の意志を受け継ぎ、 さらなる政治改革を推し進めて行きます。

Several years later, he was enthroned as Emperor Tenchi. Inheriting his mother's determination, he advanced further political reforms.



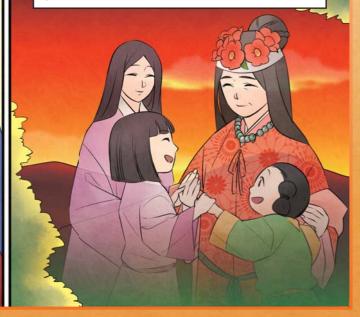
2度にわたる即位のみならず、 天皇の妻であり、姉であり、母でもあった、斉明女帝。

Saimei was not only the wife of an emperor, she was also the older sister of an emperor and the mother of two emperors. What's more, she herself was an empress who acceded to the throng twice in her lifetime. Outre remarkable!



波乱万丈の人生を終えた魂は、故郷の飛鳥へと戻り、 最愛の娘、孫らとともに安らかに眠っています。

Empress Saimei, who led an amazingly eventful life, now rests in peace with her beloved daughter and grandchildren in her hometown of Asuka.



国というもののあり方を、

その類まれなる行動力で指し示した斉明女帝。 母の意志は息子へと受け継がれ、日本の礎となりました。



Her unprecedented ability to take action paves the way for a nation

家族の絆

668年に中大兄皇子は天智天皇として即位。その弟の大海人皇子も、のちに天武天皇となりました。舒明、孝徳、天智、天武。その系譜の中心に位置する、斉明女帝の名。譲位・重祚といった奇抜な手を用いても、血統のリレーを死守した斉明女帝は、皇位継承争いにおける名バイプレーヤーと言えるでしょう。また中大兄皇子には、建皇子という子がいましたが、斉明女帝はこの建皇子を溺愛。わずか8歳で皇子が亡くなると深く悲しみ、群臣に「私が亡くなったら一緒に合葬せよ」と厳命しました。さらに皇子の死を悲しむ歌を3首も詠み、口ずさんでは涙したそうです。圧倒的な行動力で数々の事業を進める一方で、家族の絆を重んじ、大いなる愛情を注いだ斉明女帝。その父性と母性の間に、この国の産声はあがったのです。

Family ties

In 668, Prince Nakano-oe ascended to the throne as Emperor Tenchi. His younger brother, Prince Ooama, later became Emperor Tenmu. The name Saimei was at the center of the family tree, which included the emperors Jomei, Kotoku, Tenchi, and Tenmu. Saimei did whatever it took to defend the imperial bloodline, going so far as to renounce the throne and later reascend to it. Such extraordinary acts made her an outstanding figure in the battle for succession to the throne. Nakano-oe had a son called Prince Takeru, upon whom Saimei doted. When her grandson died at the tender age of eight, she grieved deeply and gave strict orders for her own body to be buried alongside his when she died. She also wrote three poems lamenting the boy's death and would shed tears as she read them to herself. With her amazing energy, Empress Saimei pushed forward with numerous projects. At the same time, she valued family ties and bestowed great affection upon family members. The blend of her motherly and fatherly qualities helped shape the nation of Japan.

〔斉明(皇極)女帝の生涯 Life of Empress Saimei (Kogyoku)〕

| 594年 | 父:茅渟王、母:吉備姫王の長女として誕生 | 594: Born as the eldest daughter of Prince Chinu and Princess Kibihime. |
|------|---------------------------|--|
| 630年 | 舒明天皇と37歳で結婚する | 630: Marries Emperor Jomei at the age of 37. |
| 641年 | 舒明天皇が崩御する | 641: Emperor Jomei passes away. |
| 642年 | 皇極女帝、49歳で即位 | 642: Empress Kogyoku enthroned at the age of 49. |
| | 飛鳥川の川上で雨乞い、大雨降る | Performs rain-making ritual in the upstream region of Asuka River, which brings heavy rain. |
| | 蘇我入鹿が山背大兄皇子を攻め、山背大兄皇子は自害 | Soga no Iruka attacks Prince Yamashiro, forcing him to kill himself. |
| 643年 | 蘇我蝦夷・入鹿父子、甘樫丘に邸宅を建てる | 643: Soga no Emishi and his son Iruka build a mansion on Amakashino-oka. |
| 645年 | 乙巳の変勃発、中大兄皇子・中臣鎌足ら蘇我入鹿を討つ | 645: Isshi Incident. Prince Nakano-oe and Nakatomi no Kamatari kill Iruka. |
| | 皇極女帝譲位 代わって弟の孝徳天皇が即位 | Empress Kogyoku abdicates the throne and is replaced by her younger brother Emperor Kotoku. |
| | 元号を大化とし、難波長柄豊碕宮に還る | Emperor Kotoku names the era "Taika" and moves to Naniwano-nagarano-toyosakino-miya palace (in present-day Osaka). |
| 646年 | 「改新の詔」を発布する | 646: Issues Taika Reform Edicts. |
| 654年 | 孝徳天皇が難波宮にて崩御する | 654: Emperor Kotoku dies at Naniwano-miya palace (in present-day Osaka). |
| 655年 | 重祚し、斉明女帝として62歳で即位 | 655: Empress Saimei reascends to the throne at the age of 62. |
| 656年 | 後飛鳥岡本宮、両槻宮、狂心渠などを造る | 656: Saimei builds Nochino-asuka-okamotono-miya palace, Futatsukino-miya palace, |
| | | and the Taburegokorono-mizo canal in Asuka. |
| 658年 | 阿倍比羅夫、北方の蝦夷を討つ | 658: Abe no Hirafu conquers the northern Emishi tribe. |
| 660年 | 唐・新羅の連合軍、百済を滅ぼす | 660: Allied Tang and Silla forces overthrow Baekje. |
| 661年 | 百済再興のために九州へ出発 | 661: Saimei heads for Kyushu in an expedition to resurrect Baekje. |
| | 朝倉宮にて68歳で崩御する | Dies at Asakurano-miya palace at the age of 68. |
| 663年 | 白村江の戦いで大敗 | 663: Imperial naval fleet suffers heavy defeat at the Battle of Hakusukinoe. |
| 667年 | 斉明女帝、娘の間人皇后らとともに葬られる | 667: Saimei is buried together with her daughter, Princess Hashihito. |

年齢は数え年で表記しています。

Note: Ages are rendered in the traditional Japanese age-reckoning system, in which newborns start from one instead of zero, and age is incremented on New Year's Day.





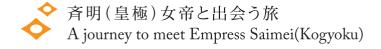
高取町

Takatori Town

高取城跡猿石 Saru-ishi (Monkey Stone) of Takatori Castle 20 女淵

Mebuchi Waterfall

17



あすかきゅうせき

形鳥宮跡(_{飛鳥板蓋宮}) に ASUKA ITABUKI PALACE RUINS



60歳を過ぎて再び皇位についた女帝。かつての宮殿で二度目の即位をしたのは、新たな決意の表れでしょうか。

At age 62, she became empress for the second time. Her renewed determination led her to build a new palace on the site of the previous one.

皇極女帝だった頃に建てた宮殿、飛鳥板蓋宮で女帝は再び即位 しました。かつてこの宮殿で乙巳の変が起き、その後すぐ皇位を 譲って身を引いた女帝。再び皇位についた心には、新たな国造り への決意を固めていたのかもしれません。

Empress Kogyoku had previously ruled from Itabukino-miya palace, and it was here that she ascended to the throne for a second time. The former palace was the site of the Isshi Incident, in the aftermath of which she renounced the throne. Her reascension showed how determined she was to make a new effort at rebuilding her country.









復元された石組みの大井戸で写真を撮るなら、 夕暮れの雰囲気もおすすめ。

Dusk is the perfect time to take a photo capturing the mood of the restored stone well.

石敷きの広場を歩いて、 当時の宮殿の姿や感触を想像してみて。

Walk the cobblestone square and imagine what this palace once looked and felt like.

Data

- ◆明日香村岡 ♥表かめ周遊バス岡橋本下車約5分または岡戎前下車約5分
- 👂 5 min. walk from Oka-hashimoto stop or Oka-ebisumae stop on





飛鳥京跡苑池 🌉 ASUKAKYO ENCHI RUINS



宮殿のそばで見つかった 大きな池のある庭園跡。

An imperial garden with a large pond was discovered next to the former palace.

飛鳥宮の庭園で、儀式・饗宴の場だったといわれています。その造園は中国などの影響 を受け、池の淵は水の侵食を防ぐ石積みで、池底は石を敷き詰め、大きな噴水もあり ました。休憩所では発掘の成果や歴史がわかる展示も。

This imperial garden is believed to have been the site of ceremonies and banquets. The landscaping had a Chinese influence, and the banks of the pond were

reinforced with stone to prevent erosion. The pond also had a cobbled stone bottom and a large fountain. At the nearby resting spot are explanations of the excavations and history of this site.

Data

- ◆明日香村岡
 ①休憩所 9:00~17:00
 『#赤かめ周遊バス岡天理教前下車
- ♦ Oka, Asuka-mura
- ① Rest area 9:00-17:00
- 🕫 7 min. walk from Oka Tenrikyomae stop on Akakame bus





飛鳥は「石の都」とも言われるほど 石造物がたくさん! Asuka has so much stonev that it was dubbed "the stone capital."





斉明女帝もここにいたと 思うとドキドキ。

酒船石遺跡(電形石造物) 疆

SAKAFUNE-ISHI RUINS (TORTOISE-SHAPED STONE STRUCTURE)

祈祷や祭祀も自ら行った斉明女帝。 この巨大な石造物もそのために造られたようです。

Empress Saimei herself performed prayers and rituals. This massive stone structure is said to have been built for that purpose.

小高い丘を登っていくと現れる、不思議な溝が刻まれた石。 女帝はここで作物の豊穣などを祈祷したとされています。丘 のふもとには亀形石造物が。頭で受けた水を甲羅にためて、 尾から流す凝った構造を古代に造ったことに感心します。

女帝の祭祀を見守ったのかも。

ここに人々が集まり、

A stepped plaza surrounds the Tortoise-Shaped Stone Structure. It was here that people gathered to watch the empress perform ceremonies.

亀形石造物の周辺は、階段状の広場。

performed fertility rites and other prayers. At the foot of the hill is the Tortoise-Shaped Stone Structure. One can't help but admire the workmanship of this ancient structure: water would enter the tortoise's head, build up in the shell, and flow out from the tail.



◆明日香村岡

TEL.0744-54-5600 ①(亀形石造物)8:30~17:00(受付16:45) 至(亀形石造物)300円 🛂 赤かめ周遊バス万葉文化館西口下車すぐ

Tel: 0744-54-5600 ①Tortoise-Shaped Stone Structure 8:30–17:00 (enter by 16:45) ¥ Tortoise-Shaped Stone Structure 300 yen Take the Akakame bus and get off at Man'yo-bunkakan Nishiguchi

On a gently sloping hill rests a large stone carved with mysterious lines. Here, the empress













女帝が造らせたと思われるたくさんの石の彫刻。 よく見るとなんだかユーモラスです。

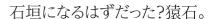
The empress ordered the building of many stone statues. A close look reveals their playful designs.

MAP

たかとりじょうあとさるいし

高取城跡猿石器

SARU-ISHI (MONKEY STONE) OF TAKATORI CASTI F



Was this supposed to be a part of a stone wall?

道の途中に残る猿石。室町時代、高取城建築のために、多くの石材と ともに明日香から運ばれてきたと考えられています。

A Saru-ishi (monkey stone) sits beside a mountain path. It is believed that it was brought from Asuka, along with the many stones needed to build Takatori Castle during the Muromachi Period (1336-1573).

- ◆高取町高取 ♥ 奈良交通バス壷阪寺前下車徒歩約50分
- ♦ Takatori, Takatori-cho € 50 min. walk from Tsubosakadera-mae stop on Nara

光永寺人頭石學

JINTO-SEKI (HEAD STONE) OF KNFI II TEMPI E

大きな鼻と耳は、異国人の顔?

Do the big nose and ears depict an overseas visitor?

饗宴の場の装飾として造られたとも考えられている人頭石。意志の強そうな 横顔は、女帝の元へ訪れた異国の使者の顔でしょうか。

Some say this head stone was built as a banquet decoration. Others say the stern-looking face depicts a foreign emissary who paid a visit to the empress.

Data

- ◆高取町観覚寺(お問い合わせ:高取町観光協会) 📢 近鉄壺阪山駅から徒歩約5分
- ◆ Kangakuji, Takatori-cho (Inquiries: Takatori Town Tourism Association) 👂 5 min. walk from Kintetsu Tsubosakayama Station

吉備姫王墓(檜隈墓) MAUSOLEUM OF PRINCESS KIBIHIME

墓前に、守るように並ぶ4体の猿石。

Four Saru-ishi are lined up to protect the princess's tomb.

元は別の場所から出土した猿石ですが、斉明女帝の母である吉備姫王の墓前に置かれています。 地元の人が子宝・安産祈願で訪れることも。

These stone statues, called Saru-ishi (monkey stones) due to their shape, were excavated from another location, but now they sit in front of the tomb of Princess Kibihime, the mother of Empress Saimei. Locals visit this site to pray for the birth of healthy children.



- ◆ 明日香村平田 **₹近鉄飛** 鳥駅から徒歩約8分
- ♦ Hirata, Asuka-mura
- 🐶 8 min. walk from

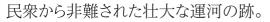


MAP



発掘調査時 Excavation

狂心渠 TABUREGOKORONO-MIZO SITE 🌉



Site of the remains of a grand canal, which drew public criticism.

宮殿の東山に石垣を築くための、大量の石材を運ぶ手段として始まった運河の建設は、3万人余りもの人手がかかり、非難の的に。 しかし女帝はこの運河を、田畑の水路や敵の侵入を防ぐ濠にも使えるよう、先を見通して造ったと考えられています。

The remains of a canal were found here. It was built in order to transport large amounts of stone for the construction of a stone wall to the east of the imperial palace. The canal required more than 30,000 people to build and was criticized by the public for being excessive. But it is now believed that the empress was actually quite far-sighted. She built the canal for other purposes as well—for example, as an irrigation channel for agriculture and as a moat to impede invading enemies.



- ◆明日香村飛鳥 ♥ 赤かめ周遊バス飛 鳥大仏前下車徒歩約5分
- 🔷 Asuka, Asuka-mura 😲 5 min. walk from Asuka Daibutsu-mae stop on Akakame bus





八、一局人。 TO ASUKA MIZUUCHI SI

我が国初の漏刻(水時計)が時を刻んだ地。 漏刻へ水を集める銅管なども出土しています。

The site of Japan's very first water clock. Copper pipes for bringing water to the clock have also been unearthed here.

女帝の息子、中大兄皇子が造った漏刻のための建物跡。石を積み上げ、一段高くした正方形の基壇の上の建物と、その周囲にめぐらせた濠。屋内中央に設置した漏刻へ水を集め、ここで時を刻みました。

This is where Prince Nakano-oe, Empress Saimei's son, built a water clock. Layers of stone formed the foundation of the site, atop which sat a rectangular stone foundation. On top of that was a building that housed the water clock. Around the foundation's perimeter was a moat-like ditch. Water flowed to the water clock in the center of the building, where time was measured.

都に時を初めて発信した 記念すべき地。史跡の案内板を 見るとイメージもふくらみます。

This is a significant location: the place where time was first measured and announced in Japan's capital. A sign shows what the water clock probably looked like.

Data

- ◆明日香村飛鳥 € 赤かめ周遊バス飛鳥下車すぐ
- ◆ Asuka, Asuka-mura 🗗 Take the Akakame bus and get off at Asuka

稲渕の棚田RICE TERRACES OF INABUCHI

日本の棚田百選にも 選ばれた風景。

近くには、皇極時代の宮殿跡も。

Chosen as one of Japan's 100 most beautiful terraced rice fields. Nearby is the ancient site of Empress Kogyoku's palace.

黄金色の稲穂と真っ赤な彼岸花。秋空の下、鮮やかに広がる棚田の風景は、カメラが趣味の人にも人気のスポット。秋はもちろん、一面の青い稲が風にそよぐ夏も素敵です。心地よい景色を前に、あなたらしい一枚を写してみては?

With its golden rice stalks and bright red spider lilies unfolding majestically under the autumn sky, this is a popular place for photography buffs. Summer is also beautiful, with deep green rice stalks swaying in the wind as far as the eye can see. Find your own unique photo opportunity amid this picturesque scenery.







- ◆明日香村稲渕 ・ ♥ 赤かめ周遊バス石 舞台下車徒歩約20分
- ♦ Inabuchi, Asuka-mura 📢 20 min. walk from Ishibutai stop on Akakame bus



おいしい飛鳥で、ちょっと一息。

Enjoy the tastes of Asuka



旬彩かづ

Shunsai Kazu Japanese Restaurant



毎日市場で仕入れる新鮮な魚のおいしさを、ぜひ。

Try fresh fish brought in daily from the market.

店主が目利きした魚は、その時々の旬の味覚。お造りをはじめとした魚料理は もちろん、八丁味噌が隠し味の牛ほほ肉の赤ワイン煮もおすすめ。

Enjoy seasonal dishes made from fish carefully selected by the owner. Besides sashimi and other seafood, we recommend the beef cheeks simmered in red wine, with a hint of Hatcho miso.



TEL.0744-41-6171 室Dinner4,000~5,000円程度(飲み物含む) ①17:00~23:00(Lo.22:00) 水曜休み 🛂 近鉄橿原神宮前下車徒歩約5分

◆ 102 Heim Kashihara, 2-2 Ishikawa-cho, Kashihara-shi

Tel: 0744-41-6171 | Dinner: 4.000-5.000 ven (incl. drinks) (017:00-23:00 (last order 22:00): Closed Wed. \$\mathbb{\text{\closed}}\$ 5 min. walk from Kintetsu Kashiharajingu-mae Station



Rustic Bakery Rustic Bakery



1日平均200本も売れる飛鳥米コルネを買いに。

Try the Asuka rice-flour cornets—about 200 are sold each day!

明日香村産のお米を生地におり込み、注文を受けてからクリームを絞り 入れてくれるコルネが一番人気。パンはもちろん、焼き菓子も充実です。

This bakery's biggest seller is the cornet, made from locally made rice flour and freshly filled with cream when you place your order. There's also a large selection of baked sweets.



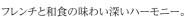
◆福原市五条野町663

TEL.0744-28-0366 ¥ 飛鳥米コルネ108円など ③ 8:00~18:00 月·火曜休み り 近鉄岡寺下車徒歩約5分

♦ 663 Gojono-cho, Kashihara-shi

Tel: 0744-28-0366 ¥ Asuka rice-flour cornet (108 yen), etc. ⊕ 8:00–18:00; Closed Mon. and Tues. 📢 5 min. walk from Kintetsu Okadera Station





A rich harmony of French and Japanese tastes.

本場フランスで腕を磨き、京都の名高いホテルで40年の経験を持つシェフ による、お箸でいただくフレンチ。オリジナルで繊細な味わいが楽しめます。

After learning the art of cooking in France, the chef worked for 40 years at one of Kyoto's finest hotels. Enjoy original and subtle flavors that you can eat with chopsticks or cutlery.



TEL.0744-54-4575 ¥ Lunch 3,800円~ Dinner 8,400円~ ①昼11:00~15:00、夜17:00~ 21:00 月曜休み(祝日の場合は営業、翌平日休み) € 奈良交通バス岡天理教前下車徒歩すぐ

♦ 385-2 Oka, Asuka-mura

Tel: 0744-54-4575

Lunch from 3,800 yen; Dinner from 8,400 yen ⊕ Lunch 11:00–15:00; Dinner 17:00–21:00; Closed Mon. (open on public holidays, closed following day)

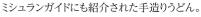
Take the Nara Kotsu bus and get off at Oka Tenrikyomae





Nishikawa Handmade Udon Noodles





A handmade udon noodle shop featured in the Michelin Guide.

釜からあげたてのうどんは、おいしさが違います。麺の仕込みから出汁 きつねの大きなあげなど、手間を惜しまず作られた一杯をぜひ。

There's nothing like udon noodles straight from the cauldron! Everything from the noodles, the broth, and the toppings, such as the large seasoned deep-fried tofu, are prepared with great care.



◆高取町下十佐409-6

TEL.0744-52-4332 \(\) Lunch 700円~ \(\) 昼11:30~13:30 夜18:30~20:30 (日・祝は18:00~、 土・日・祝前日は20:00まで)※麺切れ時は早く終了 月曜休み ● 近鉄壺阪山下車徒歩約7分

◆ 409-6 Shimotosa, Takatori-cho

Tel: 0744-52-4332 ¥ Lunch from 700 yen ⊙ Lunch 11:30–13:30; Dinner 18:30–20:30 (open from 18:00 on Sun. and public holidays; closes at 20:00 on Sat., Sun., and days before public holidays); May close earlier when kitchen runs out. Closed Mon. 📢 7 min. walk from Kintetsu Tsubosakayama Station











岩船 IWAFUNE MEGALITH 🌉



誰が、一体なぜ?謎めいた巨大な石造物。 これも女帝に関係があると考えらえています。

Who built this mysterious giant stone, and why? Some see a connection with the empress.

山道を5分ほど登ると突如出現する、巨大な岩 石。高さが約4.7mもあり、総重量は800tとの 説も。牽牛子塚古墳の石室と形が似ていること から、女帝の石室にするはずが、何らかの理由 で中断したものではと考えられているようです。

Walk five minutes up a mountain path and suddenly you'll come upon a giant stone. It's approximately 4.7 meters high and is said to weigh 800 tons. Because it resembles a stone chamber of the Kengoshizuka tumulus, it is believed to be an unfinished stone chamber that was in the process of being built for Empress Saimei.



住宅街の近くにこんなダイナミックな 巨石が。山道は急な登り坂なので 歩きやすい服装で。

The giant stone is not far from a residential area. The trail is steep, so be sure to wear clothing and shoes suitable for hiking.

- ◆橿原市白橿町 🗗 近鉄岡寺駅から徒歩約22分
- 🔷 Shirakashi-cho, Kashihara-shi 📢 22 min. walk from Kintetsu Okadera Station

(越智崗上陵) MAUSOLEUM OF EMPRESS SAIMEI





- ◆ 高取町車木 < ∮ 奈良 交通バス郡界橋下車徒 歩約5分
- Kurumaki Takatori-cho 🕫 5 min. walk from Gunkaibashi stop on Nara Kotsu

KOSHITSUKA-GOMON KOFUN TUMULUS





●明日香村越 ♥近鉄飛鳥駅から徒歩

MAP

♦ Koshi, Asuka-mura 15 min. walk from Kintetsu Asuka Station

自ら軍を率いて赴いた九州で、その生涯を閉じた女帝。 船で飛鳥まで大切に運ばれ、後に手厚く埋葬されました。

The final resting place of the empress who personally led her navy in Kyushu. She died there, and her body was brought back to Asuka to be buried with honor.

白村江の戦いが敗北で終わった後、飛鳥に戻った中大兄皇 子は女帝と間人皇女を合葬しました。その陵墓は斉明天皇 陵として残っていますが、現在では牽牛子塚古墳を二人の 陵墓とする見方が有力に。また隣接する越塚御門古墳は 女帝の孫、大田皇女の墓と考えられています。

Following defeat at the Battle of Hakusukinoe (Baekgang), Prince Nakano-oe brought the remains of his mother, Empress Saimei, back to Asuka to be buried together with her daughter, Princess Hashihito. Although this tomb is said to be that of Empress Saimei, today most agree that Kengoshizuka Kofun is the actual resting place of the empress and her daughter. The nearby Koshitsuka-gomon Kofun is believed to be the tomb of the empress's granddaughter, Princess Ota.

おいしい飛鳥で、ちょっと一息。 Enjoy the tastes of Asuka



patisserie cafe Haru Garden

Haru Garden Patisserie Cafe



素材のおいしさが生きている甘さ控えめのケーキ。

The true taste of ingredients comes alive in subtly sweetened cakes.

ふわふわしっとりなチーズスフレをはじめ、女性パティシエが丁寧に作るケーキのラインナップ。併設のカフェで炭焼コーヒーと一緒に。

Rich yet fluffy cheese soufflé is just one of the many cakes that are carefully made by the pastry chef. Enjoy your sweets with charcoal-roasted coffee at the adjoining cafe.



◆高取町兵庫273-5

TEL.0744-52-5578 闰チーズスフレ(カット)270円など ③10:00~17:00 毎週木・第3水曜休み(祝日の場合は営業)、臨時休業あり ♥ 近鉄市尾下車徒歩約15分

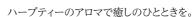
◆ 273-5 Hyogo, Takatori-cho

Tel: 0744-52-5578 (♣) Cheese soufflé (270 yen/piece), etc. (೨ 10:00–17:00; Closed Thurs. and 3rd Wed. (open on public holidays). May close irregularly. (9 15 min. walk from Kintetsu Ichio Station



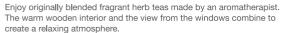
Cafe Furatto





Relax with the healing aroma of herb tea.

アロマテラピストがオリジナルブレンドした香り豊かなハーブティーを。木のぬくもりを感じる店内と窓からの景色にリラックスできる空間です。





◆明日香村川原115

MAP 19 ※ 明日香村地域振興公社 (あすか夢耕社)

下EL.0744-54-4151 ¥ Lunch1,000円~、Cafe400円~ ⑥9:00~17:00 (季節により異なります) 金曜休み (季節により異なります) 📢 赤かめ周遊バス中央公民館前下車徒歩約3分

♦ 115 Kawahara, Asuka-mura

Tel: 0744-54-4151 ¥ Lunch from 1,000 yen; drinks from 400 yen ⊕ 9:00–17:00 (changes by the season); Closed Fri. (changes by the season) • 3 min. walk from Chuo-kominkan-mae stop on Akakame bus





あすかいちご狩りパーク

ASUKA ICHIGOGARI (STRAWBERRY PICKING) PARK

(STRAWBERRY PICKING) PARK ビニールハウスの中は、一面のいちご畑。 摘みたてのあま~い一粒をほおばって。

Greenhouses filled with strawberries. Savor sweet, freshly picked strawberries.

きれいな光沢のまっ赤ないちごは特産品の「あすかルビー」。いちごの季節になると明日香村に14か所あるパークで楽しめます。棚を使った高設栽培なので、立ったまま楽な姿勢でいちご狩りを。ジューシーないちごが食べ放題なのもうれしい!

Asuka Ruby is a shiny, bright red variety of strawberry grown only in Asuka. When strawberry season arrives, you can enjoy picking them at any of 14 locations. Because the plants grow on shelves, you don't have to bend down to pick

the strawberries. Enjoy picking and eating juicy strawberries to your heart's content.



た出農園石田さんのおすすめ Sightseeing tip from Mr. Ishida of Ishida Fare

2016年にオープンしたキトラ古墳壁画体験館 四神の館も魅力いっぱいです。 どうぞ行ってみてください。

"Please visit Shijin no Yakata, a new museum about the Kitora Kofun murals.



Data

◆明日香村一帯

TEL.0744-54-1115(8:30~17:00) ① <完全予約制>開園期間:1月~5月、開園時間:10:00~16:00(入園は15:30まで)、開園日:土、日、祝日(2月以降は水曜も開園) ※詳しくはお問い合わせください。 ¥1,500円(5月以降1,100円)30分間食べ放題



女淵麗 MFRIICHI WATERFALI

女帝が雨乞いしたと伝わる地。 ハイキング気分で訪れて 神秘的なパワーを感じてみたい。



Legend has it that the empress prayed for rain here. It's well worth the hike to this mystic spot.

皇極女帝が即位した年は長い日照りが続き、雨乞いのさまざまな祭祀もむなしく 一向に雨に恵まれませんでした。しかし、女帝が南淵の川上でひざまづき天を仰ぎ 祈ると、たちまち雷が鳴り大雨に。ここは女帝にとってパワースポットだったのかも。

The year Empress Kogyoku ascended to the throne was one of little rain, and numerous rain-making rituals had failed to end the drought. However, when the empress knelt down and prayed for rain in this upstream area of the Asuka River, the heavens opened up. Could this place have given the empress special powers?

Data

- ◆ 明日香村畑 📢 赤かめ周遊バス石舞台下車徒歩約80分
- 🔷 Hata, Asuka-mura 🥬 80 min. walk from Ishibutai stop on Akakame bus

飛鳥川上坐宇須多伎比売命神社 ASUKA KAWAKAMINI IMASU USUTAKI HIMENOMIKOTO SHRINE

女淵の北側に位置する神社。女帝の雨乞いを伝承してきました。

The rain-making ritual of the empress has been passed down at this shrine north of Mebuchi.

南淵山がご神体のこの神社には、皇極女帝の雨乞いを起源とした南無天踊りが伝承されています。見上げる石段は 境内まで200段近くも続くので、一歩ずつ高くなっていく視界を楽しんでみては。登りきるとちょっとした達成感も。

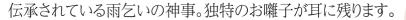
The principal object of worship at this shrine is the mountain of Minamibuchi. The Namode-odori dance, which has its roots in the rain-making ritual of Empress Kogyoku, has been passed down here. The stone stairs stretch almost 200 steps up to the shrine. Enjoy the view as you gradually ascend the stairs, and savor the accomplishment of reaching the top!

- ◆明日香村稲渕698
- ♥赤かめ周遊バス石舞台下車徒歩約40分
- ♦ 698 Inabuchi, Asuka-mura
- 🥬 40 min. walk from Ishibutai stop on









A rain-making ritual passed down through the ages. The unique accompanying music is sure to stick in your ears!

飛鳥川上坐宇須多伎比売命神社に伝わる、絵馬と古老の記憶から復元された南無天踊り。伝承芸能として後世に 残すために、定期的に公演を行っています。古代独特のゆっくりとしたリズムと踊りが印象的です。

The Namode-odori dance has been revived based on images on ema (wooden plaques) offered to the Asuka Kawakamini Imasu Usutaki Himenomikoto Shrine and on the recollections of local elders. It is performed regularly in public to keep the tradition alive for future generations. You're sure to be impressed by the unique slow rhythm and movements of this ancient dance.



- 🕒 4、5、6、9、10、11月第4土曜日13:30~14:10上演 📢 奈良交 通バス万葉文化館または赤かめ周遊バス万葉文化館西口下車すぐ
- ◆ Nara Prefecture Complex of Man'yo Culture
- 13:30-14:10, 4th Sat. of the month in April-June, Sept.-Nov. Take the Nara Kotsu bus and get off at Man'yo-bunkakan, or take the Akakame bus and get off at Man'yo-bunkakan Nishiguchi















森状氏に縁のある日樫丘、入鹿の首塚、石舞台古墳など、飛鳥は見どころたくさんです。
"There's so much to see in Asuka, like the Amakashinoroka hills, the burial place of Iruka's head, and the Ishibutal Kofun tumulus."

橿原ロイヤルホテル

KASHIHARA ROYAL HOTEL MAP 23

ゆっくり温泉にも浸かれる 駅近すぐのリゾート気分なホテル。

Take a long, hot bath in this resort-like hotel near the station.

ひとり旅でもグループでも泊まりやすいホテルは、橿原神宮前駅から徒歩 1分。便利な旅の拠点です。岩風呂とひのき風呂の温泉があり、歩きま わって疲れた身体をゆっくり癒して眠れます。

Just a one-minute walk from Kashiharajingu-mae Station, this hotel is great whether you're alone or with a group, and it makes a convenient base for your trip. After a full day of sightseeing, soak away your fatigue in the hot spring, which features a stone bath and a Japanese cypress wooden bath.

Data

- ◆橿原市久米町652-2 TEL 0744-28-6636 国シングル秦泊まり8,640円~、シングル1泊朝食付プラン11,016円~ ♥ 近鉄橿原神宮前駅から徒歩約1分
- ♦ 652-2 Kume-cho, Kashihara-shi Tel: 0744-28-6636 ¥ From 8,640 yen/night (no meals) for a single room; from 11,016 yen/night (incl. breakfast) for a single room ℓ 1 min. walk from Kintetsu Kashiharajingu-mae Station



ペンション飛鳥

PENSION ASIIKA

MAP 24

温かいもてなしがうれしい 飛鳥めぐりに便利なプチホテル。

This small hotel with warm hospitality is ideal for sightseeing in Asuka.

地元の季節野菜を使ったコース料理をディナーに楽しめる、アットホームなペンション。飛鳥駅より徒歩3分の立地も魅力です。1階の「ひだまりcafeあすか」では数量限定のひだまりカフェランチもおすすめ。

Enjoy a full-course dinner made with local vegetables at this homey lodge ideally situated just three minutes walk from Asuka Station. The Hidamari Cafe on the first floor has a daily lunch special—but quantities are limited, so don't be late!

Data

◆明日香村越17

TEL.0744-54-3017 国素泊まり5,700円~、1泊朝食付プラン6,800円~、1泊2食付プラン9,500円~(1室2名の場合の1人当たりの料金) ●近鉄飛鳥駅から徒歩約3分

♦ 17 Koshi, Asuka-mura

Tel: 0744-54-3017

☐ From 5,700 yen/night (no meals); from 6,800 yen/night (incl. breakfast); from 9,500 yen/night (incl. breakfast and dinner). Rate per person with two persons in a room.

¶ 3 min. walk from Kintetsu Asuka Station







日樫丘から見る夕陽が、夫婦でお気に入りなんです。 "We love watching the sunset from atop the hills of Amakashino-oka

もっと飛鳥を楽しみたいなら各地域のWebもチェック! Check out these websites for more fun in Asuka.

橿原市観光協会サイトさらら

http://www.kashihara-kanko.or.jp

高取町観光ガイド

Takatori Town Tourism Guide http://sightseeing.takatori.info

あすかナビ

http://www.kitemite.me/asuka.

明日香村観光ポータルサイト旅する明日香ネット

Asuka Village Sightseeing Portal http://asukamura.com/

あなたらしい スタイルで、 飛鳥をめぐろう

Cruise around Asuka in your choice of wheels.

レンタサイクル

橿原神宮前駅前、飛鳥駅前など 5カ所でレンタルできます。

Bicycle Rentals

Bicycles can be rented out at five locations in the area, such as at Kashiharajingu-mae Station and Asuka Station.



2人乗り電気自動車「MICHIMO」

橿原神宮前駅、飛鳥駅でレンタルできます。 Michimo 2-Seater: This EV can be rented out at Kashiharajingu-mae Station and Asuka Station.

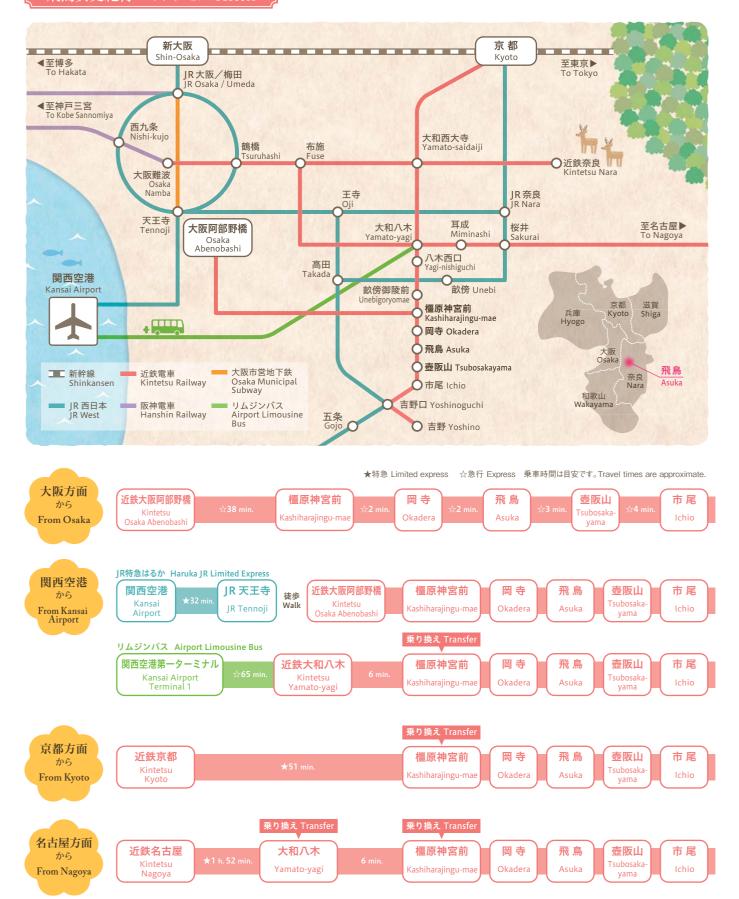
<予約 Reservations>

橿原神宮前駅 Kashiharajingu-mae Station TEL.070-5262-7472 http://michimo.mobi

飛鳥駅 Asuka Station TEL.0744-54-2099 http://michimo.jp



飛鳥女史紀行へのアクセス Access



監修:京都女子大学名誉教授 瀧浪貞子

Supervisor: Sadako Takinami, Professor Emeritus, Kyoto Women's University

写真協力: 奈良県立橿原考古学研究所/奈良文化財研究所/上田安彦

Photos courtesy of: Archaeological Institute of Kashihara, Nara Prefecture; Nara National Research Institute for Cultural Properties; Yasuhiko Ueda

日本遺産「飛鳥」公式サイト

http://asuka-japan-heritage.jp/



日本遺産「飛鳥」魅力発信事業推進協議会

Published by:

Asuka Japan Heritage Promotion Committee

橿原市観光協会: 奈良県橿原市内膳町1丁目6-8 橿原市観光交流センター2階 Tel: 0744-20-1123 Kashihara City Tourism Association: 2F, 1-6-8 Naizen-cho, Kashihara-shi, Nara Prefecture 高取町観光協会: 奈良県高市郡高取町上土佐20-2 夢創舘 Tel: 0744-52-1150

Takatori Town Tourism Association: 20-2 Kamitosa, Takatori-cho, Takaichi-gun, Nara Prefecture 飛鳥京観光協会: 奈良県高市郡明日香村岡1220 明日香村観光会館1階 Tel: 0744-54-2362・3240

Asukakyo Tourism Association: 1F, 1220 Oka, Asuka-mura, Takaichi-gun, Nara Prefecture