



JAPAN HERITAGE

日本遺産

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



善信尼  
Nun Zenshin-ni

持統女帝  
Empress Jito

推古女帝  
Empress Suiko

齊明(皇極)女帝  
Empress Saimai (Kogyoku)

額田王  
Lady Nukata

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



Japan's first Buddhist priest is born  
Arrival of Buddhism

我が国にも初の僧侶が誕生  
**仏教伝来**



清らか癒やし系女史  
A pure-hearted woman with a charitable spirit  
**善信尼 NUN ZENSHIN-NI**



飛鳥  
Asuka

東アジア世界へ  
**国際交流**  
Reaching out to East Asia  
International relations



資料提供：長門の造船歴史館  
Photo courtesy of Nagato Shipbuilding History Museum

コミュ力高い系女史  
A regal woman with strong powers of communication  
**推古女帝 EMPRESS SUIKO**



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.





# THE DAWN OF JAPAN

Celebrated in the *Manyōshū*  
Beautiful nature

政治改革のはじまり  
大化の  
The launch of political innovations  
The Taika Reforms

大化の改新

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

額田王 LADY NUKATA

日本初の都市計画  
藤原京  
Japan's first urban planning project  
Fujiwara-kyo

先読み鋭い系女史  
A politically savvy woman who was ahead of her times

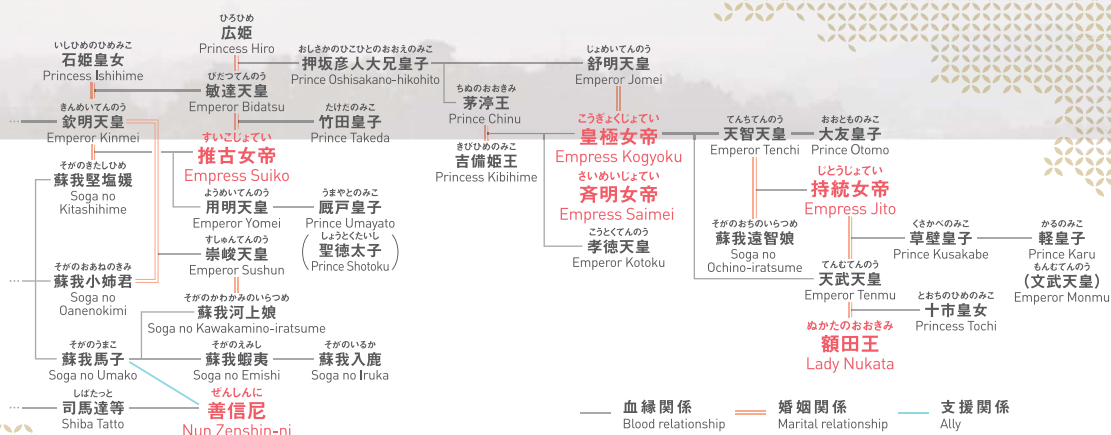
持統女帝 EMPRESS JITO

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

## The Cast of "Heroines of Asuka"

6世紀中頃から7世紀末の  
関係図です。

This is a chart of the people involved (from the mid-6th century to the end of the 7th century).





コミュ力高い系女史  
A regal woman with strong powers of communication

# すいこ 推古女帝と 出会う旅

## A JOURNEY TO MEET EMPRESS SUIKO

東アジア初の女帝は、大物政治家を上手に使って  
日本の海外PRを成功させた敏腕プロデューサー

A gifted facilitator, East Asia's first empress worked astutely  
with political leaders to enhance Japan's regional status

日本に仏教が伝わって以来、その受け入れを巡って争いが続いていた。そしてついに、天皇暗殺という大事件が起こります。この混乱収束のため、敏達天皇の皇后であった額田部皇女が即位。これが日本だけではなく東アジア初の女帝である推古天皇です。彼女は頭脳明晰な厩戸皇子（聖徳太子）と、渡来人との結び付きが強い豪族の蘇我馬子という、ふたりの大物政治家と協力体制を築きます。そしてまず仏教を公認し、百済や高句麗の僧たちから大陸文化を吸収。さらに隋が中国を統一したのを機に、交流が途絶えていた中国からも最新文化を取り入れようとします。やがて隋の都を見た遣隋使の報告により、日本の遅れを痛感し、国内の制度整備に努めます。有能な人材を登用するための冠位十二階、豪族や役人の有り方を示す十七条憲法を制定し、国家の礎をつくります。そして再び「日出づる処の天子、書を日没する処の天子に致す、恙なきや」で始まる国書を遣隋使の小野妹子に託します。この国書に隋の煬帝は激怒しながらも、使者を日本に派遣。使者の裴世清は開眼前の飛鳥大仏や小墾田宮の様子などを煬帝に報告したと思われ、こうして推古女帝は隋と国交を結び、独立国の地位を守り抜くことに成功します。その後も中国からの最新技術で国内の整備を続け、巧みに国の繁栄を図ったのです。

As Buddhism was being introduced to Japan, there was lingering conflict over official recognition of the religion. The assassination of the emperor merely added to the chaos. In order to quell the disorder, Princess Nukatabe, empress consort to the former Emperor Bidatsu, acceded to the throne as Empress Suiko. In so doing, she became the first woman in the history of Japan—and East Asia—to hold this exalted rank. Suiko deftly administered state affairs in close cooperation with two key figures: the brilliant Prince Umayato (known posthumously as Prince Shotoku) and Soga no Umako of the powerful Soga clan, a man with strong ties to Chinese and Korean immigrants. Suiko gave official recognition to Buddhism and promoted foreign culture brought to Japan by Buddhist monks from Baekje and Goguryeo.

Following the establishment of the Sui dynasty, Suiko sought to resume diplomatic relations with China and import that nation's most advanced culture. Reports from her envoys made her keenly aware of how far Japan lagged behind China, so Suiko began a major overhaul of the political system in her realm. This included the adoption of the Twelve-Level Cap and Rank System that allowed for promotion based on individual talent and achievement, along with the Seventeen-Article Constitution that propounded the morals and virtues expected of the empress's subjects and government officials.

Empress Suiko dispatched an envoy, Ono no Imoko, to deliver a letter to Sui Emperor Yang. It began, "From the sovereign of the land of the rising sun to the sovereign of the land of the setting sun, may good health be with you." Although Yang found the letter presumptuous, he nevertheless reciprocated by sending his own envoy, Pei Shiqing, to Japan. Upon Shiqing's return to China, he told Yang of the splendid sights he had seen in Japan, including the Oharidano-miya palace and the under-construction Asuka Daibutsu Buddha statue.

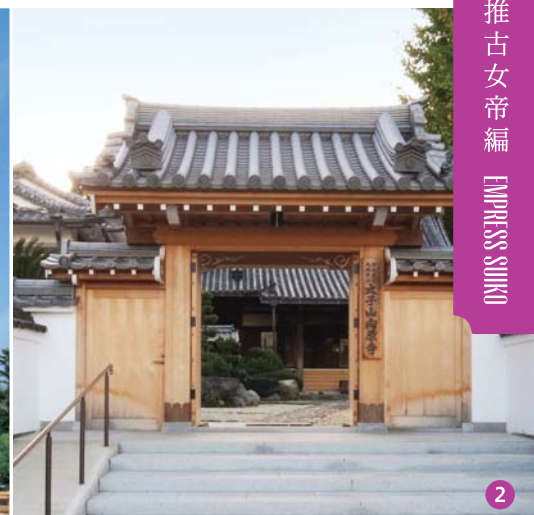
With Yang's recognition of Japan as a sovereign state, Empress Suiko had succeeded in setting Japan on an equal footing with China. Under her reign, a continuing influx of new technologies from China brought further prosperity to Japan.

そのとき世界は…  
Elsewhere in the world...

推古女帝が活躍した頃、中国では僧侶の玄奘（三蔵法師）が経典を求めてインドに向かおうとしていました。

While Empress Suiko was on the throne, the Chinese Buddhist monk Xuanzang set out on a journey to India to bring back Buddhist sutras.





## しなやかに政治を取り仕切った女帝の面影をたどって Visiting places that evoke the days of Empress Suiko

推古女帝が国の繁栄を願い造った官道やため池が、遙かなるときを経ていまだ残る飛鳥。多くの野鳥が訪れる深田池のほとりに立てば、その広い水面に、安定した稲作を願った女帝の気持ちが感じられるようです。

In Asuka, you can still find imperial roads and irrigation ponds that date back to the days of Empress Suiko. One such pond is Fukada-ike, which is popular with a variety of wild birds. Standing at the side of this pond and gazing across its watery expanse, you can almost feel Suiko's passion for building a prosperous state.

### 1 深田池

Fukada-ike Pond

大和や河内に造った9つのため池のひとつ、畝傍池といわれる。

Originally called Unebi-ike, this is one of nine irrigation ponds built in the Yamato and Kawachi areas during the reign of Empress Suiko.

- ◆ 橿原市久米町934 (橿原神宮内)
- 🚶 近鉄橿原神宮前駅から徒歩約10分
- ◆ Kashihara Jingu precincts, 934 Kume-cho, Kashihara-shi
- 🚶 10 min. walk from Kintetsu Kashiharajingu-mae Station

### 2 豊浦宮跡

Toyurano-miya Palace Site

推古女帝が即位した宮殿跡。我が国初の女帝が誕生した、飛鳥時代のはじまりの地といわれる。

The enthronement here of Suiko as Japan's first-ever empress served as the starting point of the Asuka Period.

- ◆ 明日香村豊浦630 (向原寺内)
- TEL.0744-54-2512 ☎8:30~17:00
- 🎫200 yen 🚌赤かめ周遊バス豊浦下車すぐ
- ◆ Kogenji Temple precincts, 630 Toyo-ura, Asuka-mura
- Tel: 0744-54-2512 ☎8:30-17:00
- 🎫200 yen 🚌Take the Akakame bus and get off at Toyo-ura

### 3 横大路

Yoko-oji Road

外交を活発にするために造った官道。外国の文物や情報の流通経路となり、国づくりの大きな原動力になった。

Constructed as an imperial road to facilitate diplomatic relations with foreign states, Yoko-oji boosted the flow of people, products, and information from overseas.

- ◆ 橿原市八木町 (八木札の辻)
- 🚶 近鉄大和八木駅から徒歩約8分
- ◆ Yagi-fudano-tsuji Crossroads, Yagi-cho, Kashihara-shi
- 🚶 8 min. walk from Kintetsu Yamato-yagi Station

### 4 農産物等販売所 あすか夢の楽市

Asuka Yumeno-rakuichi Farmers' Market

明日香村で栽培された新鮮な野菜や果物がたくさん。古代米も人気!

This grocery store sells a variety of local produce, *Kodaimai* (ancient rice) is one of the most popular items for visitors.

- ◆ 明日香村飛鳥225-2
- TEL.0744-54-3311 ☎9:00~17:00
- 🚌赤かめ周遊バス飛鳥下車すぐ
- ◆ 225-2 Asuka, Asuka-mura
- Tel: 0744-54-3311 ☎9:00-17:00
- 🚌Take the Akakame bus and get off at Asuka



所要時間  
約3時間

START

橿原神宮前駅  
Kashiharajingu-mae  
Sta.

3 min.

丘を  
のぼれるよ

2 min.

11 丸山古墳  
Maruyama Kofun  
Tumulus12 植山古墳  
Ueyama Kofun  
Tumulus

4 min.

近くに  
吉備姫王墓も→P10

7 min.

10 欽明天皇陵  
Mausoleum of  
Emperor Kinmei

5



6



7



5

## 外交にも積極的で、世界へまなざしを向けていた女帝 Empress Suiko's flair for foreign affairs enhanced diplomatic relations

『日本書紀』にも記される横大路。この道により、大陸との外交窓口であった難波から飛鳥の都への行き来がしやすくなり、外国からの使者が増加しました。外交に積極的だった推古女帝の功績のひとつです。

The Yoko-ji Road was mentioned in the *Nihon Shoki* chronicles. This road served to promote the flow of goods and people—including foreign envoys—between the capital city of Asuka and the city of Naniwa (present-day Osaka), which was then Japan's gateway to the outside world. The road remains today as a testament to Empress Suiko's astute grasp of foreign affairs.

### 5 はたみかい 波多甕井神社 Hatamikai Shrine

推古の時代、宮廷の人々が薬狩りをした地。男性は鹿を狩り、女性は薬草を摘んだと伝わる。

It was near this shrine that *kusurigari* ("medicine hunting") events were held to promote a theme of good health. Women would pick medicinal herbs while men hunted deer for their antler velvet.

- ◆高取町羽内
- 🚶 近鉄市尾駅から徒歩約20分
- ◆Houchi, Takatori-cho
- 🚶 20 min. walk from Kintetsu Ichio Station

### 6 いかつちのおかうほう 雷丘東方遺跡 Ikazuchino-oka Toho Archaeological Site

小墾田宮があったとされている場所。ここで推古女帝がさまざまな政策を実践したと考えられる。

It is believed that Oharidano-miya Palace once stood here. This is where Empress Suiko resided and administered state affairs.

- ◆明日香村雷
- 🚶 赤かめ周遊バス飛鳥下車徒歩約5分
- ◆Ikatsuchi, Asuka-mura
- 🚶 5 min. walk from Asuka stop on Akakame bus

### 7 やまだみち 山田道 Yamada-michi Road

飛鳥時代から残る古代官道。遣隋使とともに来日した裴世清が宮殿まで向かった道。Chinese envoy Pei Shiqing traveled this ancient imperial road to visit Empress Suiko at her imperial palace.

- ◆橿原市／明日香村
- ◆Kashihara-shi and Asuka-mura

### 8 くすり資料館 Medicine Museum

高取町は薬の町。薬の歴史が見られる資料館にはレトロなパッケージも。Takatori is renowned as a town of medicine. On display at this museum are a variety of medicinally related items, including vintage medicine packages.

◆高取町上土佐20-2(高取町観光協会 夢創館内)  
TEL.0744-52-1150 🕒10:00~16:00  
(月・休・月・祝の場合は翌日休み) 🚶 近鉄壺阪山駅から徒歩約10分

- ◆20-2 Kamitosa, Takatori-cho  
Tel: 0744-52-1150 🕒10:00~16:00;  
Closed Mon. (or Tues. if Mon. is a public holiday) 🚶 10 min. walk from Kintetsu Tsubosakayama Station





## 凛としてまっとうした生涯。国の未来を次世代に託して Devoting her life to imperial duties for the continued prosperity of Japan

最愛の息子との合葬を願った女帝。それは穀物の不作が続く中、多くの人手を要する巨大な墓づくりで、民が疲弊せぬよう気遣ってのことといわれています。飛鳥の未来を案じながら、我が国初の女帝はその生涯を閉じました。

In her final days, Suiko remained ever mindful of her subjects, who were suffering from famine at the time. She instructed her aids not to expend resources on building a new mausoleum for her. Instead, she requested that her body be entombed in the same mausoleum in which her beloved son had been laid to rest.

### 9 飛鳥寺 Asukadera Temple

日本最古の飛鳥大仏がある。隋からの使者、裴世清も開眼前の大仏を拝観したかも…。 This temple houses Japan's oldest Buddha statue, the Asuka Daibutsu. It is said Pei Shiqing was invited to observe the construction of this statue.

◆明日香村飛鳥682  
TEL.0744-54-2126 ☎4月1日～9月30日(4月7日～9日休み)9:00～17:30(受付17:15)10月1日～3月31日 9:00～17:00(受付16:45) ㊦350円  
❗赤かめ周遊バス飛鳥大仏前下車すぐ  
◆682 Asuka, Asuka-mura  
Tel: 0744-54-2126 ☎9:00～17:30 (enter by 17:15), Apr. 1～Sept. 30 (closed Apr. 7～9); 9:00～17:00 (enter by 16:45), Oct. 1～Mar. 31 ㊦350 yen ❗Take the Akakame bus and get off at Asuka Daibutsu-mae

### 10 欽明天皇陵(檜隈坂合陵) Mausoleum of Emperor Kinmei

父である欽明天皇が眠る陵へ、母を埋葬したといわれる陵墓。推古女帝の母への愛情が偲ばれる。

Empress Suiko is said to have requested that the body of her beloved mother be entombed in the same mausoleum in which her father, Emperor Kinmei, had been laid to rest.

◆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 Kintetsu Asuka Station

### 11 丸山古墳 Maruyama Kofun Tumulus

奈良県下最大規模の前方後円墳。欽明天皇の陵との説もある。

One of the largest keyhole-shaped tumuli still visible in Nara. Some argue that this is the true mausoleum of Emperor Kinmei.

◆榎原市大軽町・五条野町  
❗近鉄岡寺駅から徒歩約4分  
◆Gojono-cho and Ogaru-cho, Kashi-hara-shi  
❗4 min. walk from Kintetsu Okadera Station

### 12 植山古墳 Ueyama Kofun Tumulus

横穴式石室が2つ並ぶ古墳。推古女帝と、若くして世を去った最愛の息子・竹田皇子は当初ここに葬られていたといわれる。 Comprising two horizontal stone chambers lying side by side, this tumulus is believed to be the one in which Empress Suiko was entombed alongside her beloved son Prince Takeda.

◆榎原市五条野町(未公開)  
❗近鉄岡寺駅から徒歩約9分  
◆Gojono-cho, Kashi-hara-shi (closed to the public) ❗9 min. walk from Kintetsu Okadera Station





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

# さいめい 齊明(皇極)女帝と 出会う旅

A JOURNEY TO MEET EMPRESS SAIMEI (KOGYOKU)

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

蘇我氏の力によって即位した<sup>じょめい</sup>舒明天皇が崩зると、その皇后<sup>たからのひめみこ</sup>(宝皇女)が即位し、<sup>こうぎょく</sup>皇極女帝となります。この女帝は雨乞いなどの祭祀を行う神秘的な天皇でした。彼女の即位によって、皇位継承の争いが回避できるはずでしたが、蘇我氏は亡き<sup>うまやとのみこ</sup>厩戸皇子の一族を襲い、翌年には中大兄皇子らが蘇我氏を滅亡させる乙巳の変を起こします。この直後、皇極女帝は責任を取るカタチで、当時まだタブーであった譲位を行いました。そして次に即位した<sup>こうとく</sup>孝徳天皇は難波へ遷都し、大化の改新を進め、中央集権化を図りましたが、やがて孤立して崩御。その結果、皇極は62歳で再び即位、つまり日本初の<sup>ちようそ</sup>重祚を行ったのです。これが齊明女帝です。そして改新によって整備された組織で、齊明女帝は強力な国づくりをめざして、土木事業に力を注ぎます。宮殿やささまざまな施設の建設をはじめ<sup>たふれごころのみぞ</sup>「狂心渠」と非難されるほどの大規模な運河も造ります。また東北に船団を派遣し、領土の拡大をめざします。そして自ら陣頭指揮を取って、<sup>しらぎ</sup>唐と新羅が滅ぼした百濟再興のため海路で九州に赴きますが、決戦を目前に、68歳で息を引き取ったのでした。彼女の自由奔放に見える行動は、国家の安泰を願ってのことだったのかもしれません。

After the death of Emperor Jomei, who had ascended to the throne thanks to the support of the Soga clan, Princess Takara, Jomei's empress consort, ascended the throne under the name Empress Kogyoku. She was a mysterious empress who performed rituals such as rain-making. Her ascension to the throne should have averted an imperial succession feud, but the Soga clan attacked the family of the late Prince Umayato (Prince Shotoku), and the following year the Isshi Incident occurred, in which Prince Nakano-oe defeated the Soga clan. Immediately after this, Empress Kogyoku took responsibility for the incident and renounced the throne, something considered taboo at the time.

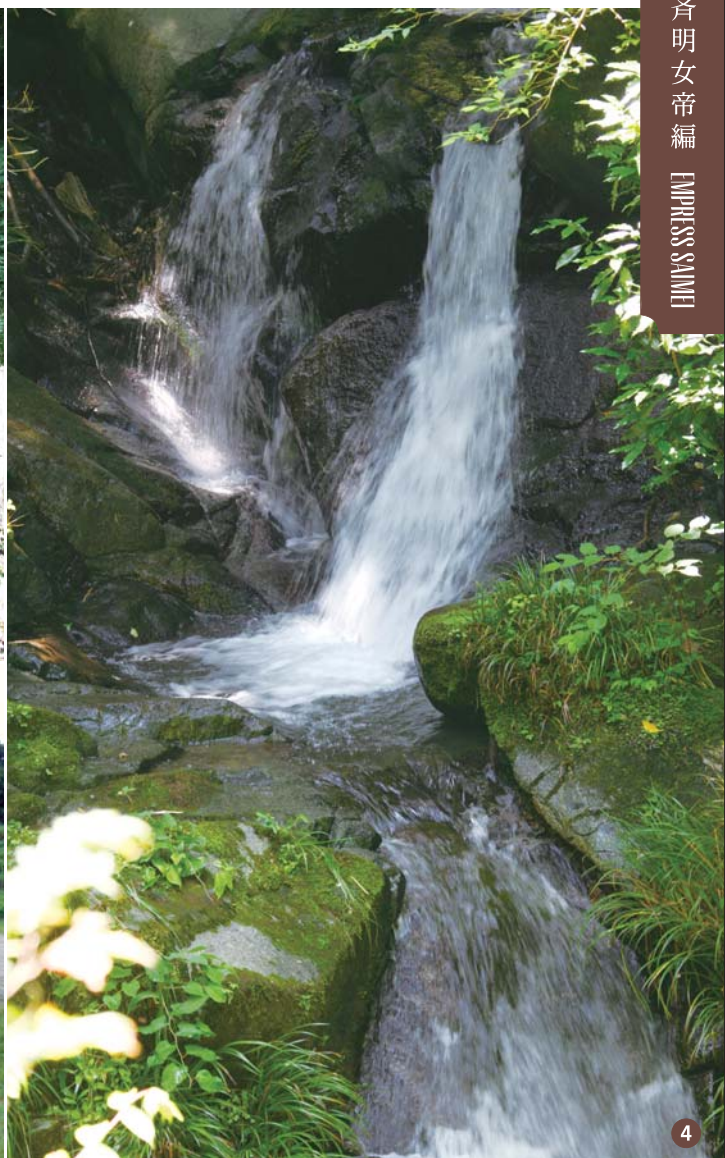
The next emperor was Kotoku, who moved the capital to Naniwa (present-day Osaka), initiating the Taika Reforms and centralizing imperial power. However, he was later abandoned by his underlings and died. As a result, Kogyoku once again ascended to the imperial throne, as Empress Saimei, at age 62. It was Japan's first instance of someone becoming emperor or empress a second time. Under a new organizational structure created by the Taika Reforms, she began in earnest to build a strong country, focusing her efforts on public works projects. Imperial palaces and a variety of other buildings were erected, and she even built a large-scale canal that brought widespread criticism for its excessiveness. She also dispatched ships to Tohoku (northeastern Japan) to expand her territory. She personally led her navy, traveling by sea to Kyushu (western Japan) with the intent of reviving the Baekje kingdom in Korea, which had been overthrown by the Tang dynasty of China and the Silla kingdom of Korea. But before she could lead the decisive battle, Empress Saimei died at age 68. The free-wheeling initiatives she took were most likely aimed at building a peaceful and secure nation.

そのとき世界は…  
Elsewhere in the world...

皇極女帝が重祚し、齊明女帝となる  
少し前、メソポタミアを支配していた  
ササン朝ペルシアが滅亡し、  
その王子は唐に亡命しました。

Just before Kogyoku once again ascended the throne,  
this time as Empress Saimei, the Sasanian Empire of  
Persia, which had ruled Mesopotamia, collapsed and  
the empire's prince defected to Tang China.





## 自然と一体となり、雨乞いの祈りを捧げた神秘的な女帝

At one with nature, she was a mysterious empress who performed rain-making rituals

雨乞いの言い伝えが残る飛鳥川の源流は、神聖な空気が感じられる場所。女帝が川のほとりでひざまずき、天に祈るとたちまち雷が鳴り出し大雨が降ったと『日本書紀』にも記されています。

There is a sacred air about the upstream region of the Asuka River. Legend has it that rain-making rituals were performed here. According to the *Nihon Shoki*, when the Empress knelt down by the river and prayed, the skies unleashed heavy rain and thunder.

- あすかかわかみにいすうすたきひめのみこと 産日産本
- ① 飛鳥川上坐宇須多伎比売命神社**  
Asuka Kawakamini Imasu Usutaki Himenomikoto Shrine  
飛鳥川上流域にある神社。皇極女帝（のちの齊明女帝）の雨乞いを、南無天踊りとしていまに伝える。  
At this shrine in the upstream region of the Asuka River, the rain-making ritual of Empress Kogyoku (later to become Empress Saimei) is still performed as the Namode-odori dance.  
◆ 明日香村稲淵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 Akakame bus

- なもでおど 産日産本
- ② 南無天踊り**  
Namode-odori Dance  
雨乞いの神事で、皇極女帝の雨乞いを起源として現在まで受け継がれている。  
A rain-making ritual, this dance has been passed down through generations ever since it was performed by Empress Kogyoku.  
◆ 奈良県立万葉文化館にて公演  
◎ 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

- あすかいなぶちきゅうでん 産日産本
- ③ 飛鳥稲淵宮殿跡**  
Asuka Inabuchi Palace Site  
飛鳥川の近くに建てられた、皇極女帝が一時的に利用した宮殿跡。  
This is the ancient site of the palace built near the Asuka River that was briefly used by Empress Kogyoku.  
◆ 明日香村稲淵  
◆ 赤かめ周遊バス石舞台下車徒歩約10分  
◆ Inabuchi, Asuka-mura  
◆ 10 min. walk from Ishibutai stop on Akakame bus

- めぶち 産日産本
- ④ 女淵**  
Mebuchi Waterfall  
飛鳥川源流域にあり、女神が棲むとされる。皇極女帝が雨乞いをした場所と伝えられる。  
A goddess is said to live in the upstream region of the Asuka River. Legend has it that this is where Empress Kogyoku prayed for rain.  
◆ 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



所要時間  
約5時間

START

2 min.

飛鳥駅  
Asuka Sta.

14

牽牛子塚古墳  
Kengoshizuka Kofun  
Tumulus

13 min.

13

齊明天皇陵  
Mausoleum of  
Empress Saimei

15 min.

9

岩船  
Iwafune Megalithスケールの  
大きい遺跡

8 min.

酒船石  
Sakafune-ishi

5

亀形石造物  
Tortoise-Shaped Stone Structure

5



7



6



6



8

## 飛鳥を華やかな都にするために、大開発に情熱を注いだ

She devoted herself passionately to large-scale development that made Asuka a shining capital

謎めいた石像に、宮殿や庭園、寺院の集まる色彩豊かであったろう飛鳥の都。大規模な土木工事を次々と手掛け、国の礎を築こうと実行した斉明女帝の功績の跡は、いまでも数多く残っています。

The ancient capital of Asuka must have been a colorful place, with its cryptic stone sculptures, palace, imperial garden, and numerous shrines and temples. Even today, you'll find many remains that show how successful Empress Saimei was in her ongoing efforts to build the foundations of a nation through large-scale public works projects.

さかふねいし かめがた 遺跡 産本

5 酒船石遺跡(亀形石造物)

Sakafune-ishi Ruins (Tortoise-Shaped Stone Structure)

斉明女帝は、豊穰の祈願などさまざまな祭祀をここで行ったとされる。

Empress Saimei is said to have performed fertility rites and other ceremonies here.

◆明日香村岡  
TEL.0744-54-5600 〇(亀形石造物)  
8:30~17:00 (受付16:45) ㊟(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

◆Oka, Asuka-mura  
Tel: 0744-54-5600 〇Tortoise-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

きびひめのみこのはか ひのくまのはか 遺跡 産本

6 吉備姫王墓(檜隈墓)

Mausoleum of Princess Kibihime

斉明女帝の母、吉備姫王の墓とされる。その形から猿石と呼ばれる石造物も4体並んでいる。

This is believed to be the tomb of Princess Kibihime, the mother of Empress Saimei. There are four stone statues, called Saru-ishi (monkey stones) due to their shape.

◆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 Kintetsu Asuka Station

たかとりじょうあととさるいし 遺跡 産本

7 高取城跡猿石

Saru-ishi (Monkey Stone) of Takatori Castle

吉備姫王墓の猿石と同類のもの。高取城建築の際に石垣用にここへ運ばれてきたといわれる。

This stone is similar to those in Kibihime's tomb, so it is believed to have been brought from there to use on the stone walls of Takatori Castle.

◆高取町高取  
㊟奈良交通バス壺阪寺前下車徒歩約50分  
◆Takatori, Takatori-cho  
㊟50 min. walk from Tsubosakadera-mae stop on Nara Kotsu bus

こうえいじんじんとうせき 遺跡 産本

8 光永寺人頭石

Jinto-seki (Head Stone) of Koeiji Temple

斉明女帝の宮を訪れた外国人の顔であろうか。饗宴の場の装飾として造られたともいわれる。

Some say this depicts an overseas visitor who came to Empress Saimei's palace. Others say it was made as a banquet decoration.

◆高取町観光寺  
(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 Tsobosakayama Station





## 9 岩船

Iwafune Megalith

謎の巨大な石造物は牽牛子塚古墳の石室と類似している。斉明女帝のための製作途中の石室と見られている。

This mysterious giant stone resembles a stone chamber of the Kengoshizuka tumulus. It is believed to be an unfinished stone chamber being built for Empress Saimei.

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

## 10 狂心渠

Taburegorokoro-mizo Site

宮殿の東山に石垣を築くために造られた運河の跡。3万人余を要した運河の大工事は民から非難された。

The remains of a canal built for use in the construction of a stone wall to the east of the imperial palace were found here. The public were critical of this project, which took more than 30,000 people to build.

- ◆ 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

## 11 飛鳥宮跡(飛鳥板蓋宮)

Asuka Itabuki Palace Ruins

乙巳の変の舞台となった皇極女帝の宮殿跡。また斉明女帝の時代となつても再度この地に宮殿を建てた。

These are the ruins of the palace of Empress Kogyoku, where the Isshi Incident occurred. This is also where the palace was built when the empress ascended the throne for the second time, as Empress Saimei.

- ◆ 明日香村岡
- ◆ 赤かめ周遊バス岡橋本下車約5分または岡或前下車約5分
- ◆ Oka, Asuka-mura
- ◆ 5 min. walk from Oka-hashimoto stop or Oka-ebisumae stop on Akakame bus

## 12 飛鳥水落遺跡

Asuka Mizuochi Site

斉明女帝の息子、中大兄皇子が造った我が国初の漏刻(水時計)の建物跡。民に時間を知らせた。

This is where Empress Saimei's son, Prince Nakano-oe, made Japan's first water clock. This clock informed the general public of the time of day.

- ◆ 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

## 13 斉明天皇陵(越智岡上陵)

Mausoleum of Empress Saimei

斉明女帝と娘の間人皇女の陵墓である。すぐそばに孫娘の、大田皇女の墓もある。There are some who believe that this is where Saimei was buried, along with her daughter Princess Hashihito, and that Saimei's granddaughter Princess Ota is buried nearby.

- ◆ 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 bus

## 14 牽牛子塚古墳・越塚御門古墳

Kengoshizuka Kofun Tumulus, Koshitsuka-gomon Kofun Tumulus

牽牛子塚古墳は八角形の古墳で、斉明女帝と間人皇女の陵墓との説がいまは有力。越塚御門古墳は大田皇女の墓と考えられる。

Most agree that the octagonal tumulus of Kengoshizuka Kofun is the actual burial site of Saimei and her daughter and that Koshitsuka-gomon Kofun houses the remains of Princess Ota.

- ◆ 明日香村越
- ◆ 近鉄飛鳥駅から徒歩約15分
- ◆ Koshi, Asuka-mura
- ◆ 15 min. walk from Kintetsu Asuka Station

## 15 飛鳥京跡苑池

Asukakyo Enchi Ruins

飛鳥宮の庭園跡。中国などの影響を受けて、飛鳥宮が宮殿に隣接して造った、饗宴の空間。

These are the remains of an imperial garden. Influenced by China, Empress Saimei had this garden built next to her palace as a banquet space.

- ◆ 明日香村岡
- ◆ 赤かめ周遊バス岡天理教前下車徒歩7分
- ◆ Oka, Asuka-mura
- ◆ 7 min. walk from Oka Tenrikyomae stop on Akakame bus

## 16 川原寺跡

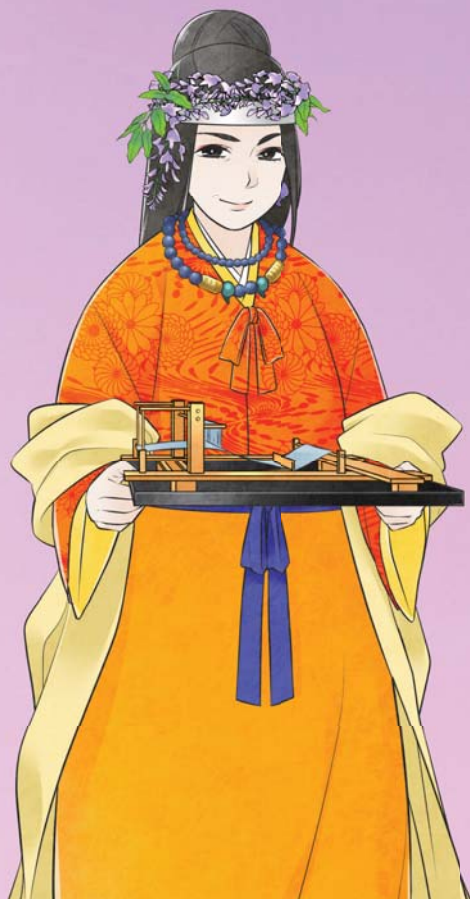
Kawaradera Temple Site

斉明女帝の川原宮の跡地に、息子の中大兄皇子が亡き母のために創建した寺院の跡。

This is the ancient site of a temple that Empress Saimei's son Prince Nakano-oe had built in honor of his dead mother on the former site of Saimei's Kawarano-miya Palace.

- ◆ 明日香村川原
- ◆ 赤かめ周遊バス川原下車すぐ
- ◆ Kawahara, Asuka-mura
- ◆ Take the Akakame bus and get off at Kawahara





先読み鋭い系女史  
A politically savvy woman who was ahead of her times

# じとう 持統女帝と 出会う旅

A JOURNEY TO MEET EMPRESS JITO

志半ばにして倒れた夫の夢を実現するため、  
我が子を後継者にするため、計画を練り続けるプランナー

A tenacious planner devoted to bringing her late husband's dreams  
to fruition and to making her son successor to the throne

うののさららのひめみこ  
天智天皇を父とし、のちに持統女帝となる<sup>うののさららのひめみこ</sup> 鸕野讃良皇女は、  
叔父の大海人皇子のもとに嫁ぎます。やがて大海人皇子は、  
天智天皇の後継者問題に身の危険を察知して、吉野に隠棲。  
このとき妃の中で讃良だけが息子の草壁皇子を連れて従い  
ます。その後、大海人皇子は壬申の乱の勝利によって天武  
天皇として即位。そして天武天皇は讃良皇后をはじめ草壁、  
大津らの諸皇子・諸王を中心とする皇親政治を始めます。  
さらに豪族を官僚とする法整備にも着手。なかでも天武  
天皇は新しい都の造営に情熱を傾けていました。ところが  
天皇自ら造営の予定地を視察し、造営を始めた矢先、崩御  
してしまいます。そこで草壁皇子への皇位継承を実現させる  
ために、讃良は即位せずに政治を行うのです(称制)が、草壁  
皇子までも3年後に死去。そのため持統女帝として即位し、  
草壁の息子で7歳の<sup>かるのみこ</sup> 軽皇子に皇位を継承させようとしてしました。  
そして都の造営も再開し、天武天皇の夢であった新しい  
都への遷都を果たすのです。それは碁盤の目のように東西南  
北に道が走る条坊制を備え、大和三山がすっぽり入って  
しまう広大な藤原京でした。これに先駆けて飛鳥浄御原令<sup>あすかきよみはらりょう</sup>  
も施行。隋や唐にならって少しずつ進められてきた律令国家  
への歩みを、彼女の手で一気に加速させたのでした。

The girl who would grow up to become Empress Jito was born Princess Unono-sarara (or Sarara). A daughter of Emperor Tenchi, she entered into marriage with her father's brother, Prince Oama. Several years later, a dispute erupted over who would succeed Emperor Tenchi to the throne. Prince Oama, sensing his life to be in danger, escaped to the seclusion of mountainous Yoshino. He was accompanied by only one of his consorts, Sarara, and their son, Prince Kusakabe. A year later, after defeating his nephew (Emperor Tenchi's son) in the Jinshin War, Oama ascended to the throne as Emperor Tenmu.

Tenmu solidified his rule by building a political system that concentrated power in the hands of the emperor and the imperial family. He also established a system of appointing powerful clan members as bureaucrats. The emperor was also committed to building a new capital city. But soon after he had inspected the planned site and construction had begun, he passed away.

After the death of the emperor, Sarara did not immediately accede to the throne. Rather, she assumed responsibility for administrative affairs to ensure the eventual succession of her son Kusakabe. But when Kusakabe died three years later, Sarara took the throne as Empress Jito, naming as her successor Kusakabe's son, the seven-year-old Prince Karu. Empress Jito saw that construction of the relocated capital was completed, thereby achieving her late husband's dream. The new capital, known as Fujiwara-kyo, was an expansive city covering an area that included the three mountains of Yamato. Its streets were laid out in a grid pattern modeled after Chinese capital cities.

Prior to relocating the capital, Empress Jito finalized and put into force the Asuka Kiyomihara Code—a set of laws first compiled by Emperor Tenmu. Japan had gradually evolved into a state based on the *ritsuryo* legal system (*ritsu* being a criminal code and *ryo* an administrative code). This system replicated systems in place in the Chinese dynasties of Sui and Tang. Empress Jito thus accelerated the move towards a *ritsuryo* state system in Japan.

そのとき世界は…  
Elsewhere in the world...

持統女帝が即位したとき、  
唐では高宗の皇后の<sup>こうそう</sup> 則天武后<sup>そくてんぶこう</sup>が  
中国史上ただひとりの女帝として  
即位し、国を周と改名しました。

Around the time that Empress Jito acceded the throne, Wu Zetian, empress consort of Emperor Gaozong of Tang, became the first and only female emperor of China and the founder of the Zhou dynasty.





## 信念を貫き、新たな都、藤原京を完成させた女帝 She stuck to her beliefs and built Fujiwara-kyo, a new capital of Japan

遠くに大和三山を望み、暮れゆく空のもとにたたずめば、飛鳥時代にトリップしたような藤原宮跡からの眺め。13歳で妃となり、壬申の乱のときも夫から離れず行動を共にしようとした持統女帝は、夫亡き後その遺志を継ぎ、約8年の歳月を経て、藤原京遷都を行いました。

If you gaze upon the distant Yamato Sanzan (the three mountains of Yamato) under the gradually fading evening sky from the ancient site of Fujiwara Palace, it's almost as if you've traveled back in time to the Asuka Period. Jito became a princess at age 13, and wanted to be at her husband's side as he fought in the Jinshin War. She fulfilled his dying wishes by completing the transfer of the capital to Fujiwara-kyo in about eight years.

### 1 藤原宮跡 Fujiwara Palace Site

古代最大の都の宮殿跡。壮大な国家形成の物語を象徴する歴史遺産。

This is the former site of a palace in Japan's largest ancient capital. This historic legacy symbolizes a magnificent story of nation-building.

- ◆ 榑原市高殿町ほか
- 🚶 4 min. walk from Kashiwara-shi Fujiwara-kyo Shiryoshitsu-mae stop on Community Bus
- ◆ Takadono-cho, Kashiwara-shi
- 🚶 4 min. walk from Kashiwara-shi Fujiwara-kyo Shiryoshitsu-mae stop on Community Bus

### 2 下ツ道 Shimotsu-michi Road

大和盆地を縦断する道。藤原京の造営が進む中、持統女帝が視察した大路との見方が強い。

This thoroughfare traverses the Yamato basin. It is likely that Empress Jito observed this road during the construction of the capital of Fujiwara-kyo.

- ◆ 榑原市八木町（八木札の辻）
- 🚶 近鉄八木西口駅から徒歩約8分
- ◆ Yagi-fudano-tsuji Crossroads, Yagi-cho, Kashiwara-shi
- 🚶 8 min. walk from Kintetsu Yagi-nishiguchi Station

### 3 本薬師寺跡 Moto-yakushiji Temple Ruins

天武天皇が皇后（のちの持統女帝）の病氣平癒を祈願して建立し始めたが完成せず、遺志を継いだ持統女帝が完成させた。

This is the ancient site of a temple that Emperor Tenmu began building so that his empress consort (later to become Empress Jito) could recover from illness. Jito eventually completed construction of the temple according to her husband's dying wishes.

- ◆ 榑原市城殿町
- 🚶 近鉄欽陵御陵前駅から徒歩約9分
- ◆ Kidono-cho, Kashiwara-shi
- 🚶 9 min. walk from Kintetsu Unebiryomae Station

### 4 中ツ道 Nakatsu-michi Road

持統女帝が妃（鸕野讃良皇女）の頃、愛息の草壁皇子を連れて、夫と大津宮から吉野へ下った際の道とみられる。

It is believed that Empress Jito—when she was still Princess Unono-sarara—took this road when traveling with her husband and son (Prince Kusakabe) to Yoshino from the palace in Otsu.

- ◆ 榑原市
- ◆ Kashiwara-shi





所要時間  
約4時間

START

大和八木駅  
Yamato-yagi Sta.

2 下ツ道  
Shimotsu-michi  
Road

7 min.

3 本薬師寺跡  
Moto-yakushiji  
Temple Ruins

4 min.

1 藤原宮跡  
Fujiwara Palace Site

3 min.

シーズンには  
一面が花畑に



5



6



7



7



8

発掘調査時  
Excavation

## いくたびも、吉野へ。国を治める我が身を奮い立たせるために Yoshino beckoned Empress Jito. It's where she was emboldened to lead a nation.

奥飛鳥の芋峠は、持統女帝が吉野をめざして越えた峠。夫への追憶からか、霊性を高めるためか。いずれにしても国家形成という壮大なビジョンを引き継いだ女帝にとって、吉野が心の支えであったのでしょう。

Imotoge in Oku-Asuka is the mountain pass that Empress Jito traveled to get to Yoshino. What attracted Jito to Yoshino? Did it bring back fond memories of her husband? Did it strengthen her spirit? Whatever the case, Yoshino surely provided emotional support for Empress Jito's grand vision of building a nation.

### 5 飛鳥宮跡(飛鳥浄御原宮) Asuka Kiyomihara Palace Ruins

持統女帝がさまざまな政策を実施した宮殿の跡。律令国家の形成に邁進した。This is where Empress Jito executed her policies. Japan was rapidly becoming a formal nation with its own laws and codes.

- ◆ 明日香村岡
- 🚶 赤かめ周遊バス岡橋本下車約5分または岡茂前下車約5分
- ◆ Oka, Asuka-mura
- 🚶 5 min. walk from Oka-hashimoto stop or Oka-ebisumae stop on Akakame bus

### 6 紀路(巨勢路) Kiji Road (Koseji Road)

紀伊国へと続く古代官道。この道を通り、持統女帝は紀州白浜の牟婁の湯を訪れた。

This ancient imperial road goes all the way to Kiino-kuni (today Wakayama Prefecture and part of Mie Prefecture). Empress Jito took this road and bathed in the hot springs of Muro in Kishu Shirahama.

- ◆ 橿原市／高取町／明日香村
- ◆ Kashihara-shi, Takatori-cho, and Asuka-mura

### 7 芋峠 Imotoge Mountain Pass

飛鳥と吉野を結ぶ古道にある。この道を通して夫と思い出の吉野へ、女帝は30回あまり訪れた。

This mountain pass is along an ancient road connecting Asuka and Yoshino. Empress Jito took this road more than 30 times on her visits to Yoshino—a place that brought her fond memories of her husband.

- ◆ 明日香村稲刈〜吉野町
- 🚶 赤かめ周遊バス石舞台下車徒歩約1.5時間
- ◆ Between Inabuchi (Asuka-mura) and Yoshino-cho
- 🚶 1.5-hour walk from Ishibutai stop on Akakame bus

### 8 嶋宮跡 Shimano-miya Palace Site

持統女帝が夫と吉野に赴く途中に立ち寄った宮。後に息子である草壁皇子の宮となった。

This is the palace where Empress Jito and her husband visited on their way to Yoshino. It later became the palace of her son, Prince Kusakabe.

- ◆ 明日香村島庄
- 🚶 赤かめ周遊バス石舞台下車すぐ
- ◆ Shimasho, Asuka-mura
- 🚶 Take the Akakame bus and get off at Ishibutai





9



11



11



発掘調査時  
Excavation

10



12

## 夫への愛、息子や孫への母性が、政治の原動力だった

Love for husband, son, and grandson were the driving force behind her political activities

夫とつくりあげたこの国の皇位を息子(草壁皇子)に継がせたい——。叶わなかった願いは、孫の<sup>かるのみこ</sup>軽皇子に託されました。自身は太上天皇(上皇)となり生涯政治を支え続けた女帝。いまは、夫とともに飛鳥の静かな丘の上に眠っています。

"I want my son, Prince Kusakabe, to inherit this nation I've built with my husband." Sadly for Empress Jito, her wish did not come true. The role was instead passed on to her grandson, Prince Karu. Jito abdicated in favor of the prince, who became Emperor Monmu, while she continued to support the imperial reign by taking the post of *daijo-tenno* (or *joko*). Today she rests alongside her husband under a quiet hilltop.

### 9 畝尾都多本神社 Uneotsu-tamoto Shrine

天武天皇の息子で、政治を牽引した高市皇子。その妃である檜隈女王が夫の延命を願ったといわれる。

Emperor Tenmu's son Prince Takechi played a key role in the government. His consort, Princess Hinokuma, is said to have stopped here to pray for a long life for her husband.

- ◆ 橿原市木之本町114
- ◆ コミュニティバス別所町下車徒歩約12分
- ◆ 114 Kinomoto-cho, Kashihara-shi
- ◆ 12 min. walk from Bessho-cho stop on Community Bus

### 10 石神遺跡 Ishigami Site

迎賓館の跡。東北に住む蝦夷や南九州に住む隼人、また外国使節を迎え、饗応するためにつくられたという。持統朝では武器庫であったとの説もある。

The remains of a guest house built for entertaining the Emishi tribe of Tohoku, the Hayato tribe of southern Kyushu, and overseas envoys. It is also said to have been a weapons storehouse during Jito's reign.

- ◆ 明日香村飛鳥
- ◆ 赤かめ周遊バス飛鳥下車徒歩約4分
- ◆ Asuka, Asuka-mura
- ◆ 4 min. walk from Asuka stop on Akakame bus

### 11 古代衣装着用体験 Dressing Up As Asuka Period People

古代衣装着用し、飛鳥人になってみよう! 衣装着身につけたまま遺跡めぐりや記念撮影もできる。

You can take a trip back in time by trying on traditional folk dress of the people of Asuka. You can wear it while visiting the various historical sites, and have your pictures taken.

- ◆ 明日香村1220(飛鳥京観光協会)
- TEL. 0744-54-2362 ☎ 8:30~17:00
- ☎ 3,000円〜 ◆ 赤かめ周遊バス明日香観光会館前下車
- ◆ Asukakyo Tourism Association, 1220 Oka, Asuka-mura
- Tel: 0744-54-2362 ☎ 8:30-17:00 ☎ From 3,000 yen ◆ Take the Akakame bus and get off at Asuka Kankokaikan-mae

### 12 天武・持統天皇陵(檜隈大内陵) Mausoleum of Emperor Tenmu and Empress Jito

天武天皇と持統女帝の合葬陵。律令国家の形成という壮大な夢を成し遂げ、いまは同じ陵に眠る。

This is a joint mausoleum for Emperor Tenmu and Empress Jito. These two achieved their grand dream of building a formal nation, and here they rest side-by-side for eternity.

- ◆ 明日香村野口
- ◆ 赤かめ周遊バス天武・持統陵下車すぐ
- ◆ Noguchi, Asuka-mura
- ◆ Take the Akakame bus and get off at Tenmu-Jito-ryo





清らか癒やし系女史  
A pure-hearted woman with a charitable spirit

# ぜんしんに 善信尼と 出会う旅

## A JOURNEY TO MEET NUN ZENSHIN-NI

我が国で初めて出家し、迫害されても信念を捨てずに、  
海外留学もさらりとこなす、使命に燃えるパイオニア

A fearless religious pioneer who bravely bore persecution and  
helped to foster Buddhism in Japan

仏教は伝来してから何十年にも渡り、その受け入れを巡って蘇我氏と物部氏の争いが続きます。そんな中、蘇我馬子は百済からもたらされた仏像を譲り受け、それを祀ったため争いはいっそう激しくなりました。そして馬子は、仏教弾圧の中で還俗していた高句麗の僧の恵便を探し、司馬達等の娘で、聡明で純真な11歳の嶋を得度させます。彼女が日本で初めて仏門に入った善信尼です。馬子はさらに善信尼を導師として、二人の少女を得度させて僧侶とします。彼女らは馬子の屋敷に建てられた仏殿で、仏像を祀っていました。ところが間もなく疫病が大流行。これを排仏派の物部氏は「異国の神を信仰したため、国神の怒りだ」と、馬子の屋敷を攻め、なんと善信尼ら3人の法衣を剥ぎ取って縛り上げ、海石榴市の辻で鞭打ちの刑にします。この仕打ちにも善信尼は懸命に他のふたりを励まし続けて耐え、挫折することなく、ひたむきに仏の教えを求め続けました。やがて善信尼らは馬子の勧めで戒律を学ぶために百済に15歳で留学しました。この留学は第一回遣隋使よりも早いものでした。帰国後は桜井寺(豊浦寺)にて多くの人々を出家させ、仏教興隆への信念を貫き通したのでした。

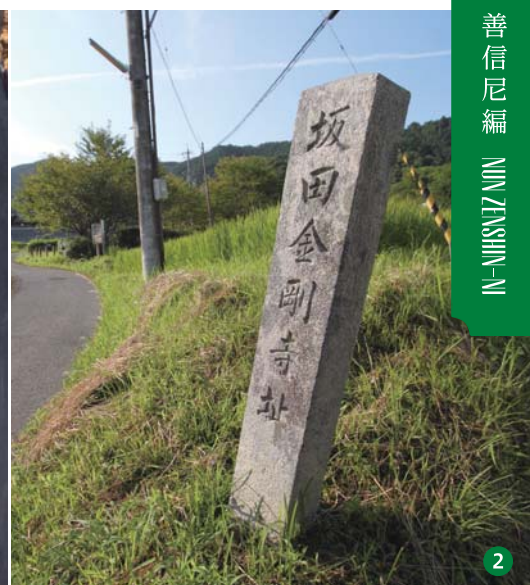
The introduction of Buddhism to Japan gave rise to several decades of political strife between the Soga and Mononobe clans over official recognition of the religion. The Mononobe clan was especially aggrieved when Soga no Umako obtained a Buddhist statue from Baekje (Korea) and called for its veneration. Umako sent his men to discover the whereabouts of Ebin, an ex-monk from Goguryeo who had lost his former status amid anti-Buddhist oppression. Having located Ebin, Umako asked him to instruct a bright and pure-hearted 11-year-old girl named Shima—the daughter of Chinese immigrant Shiba Tatto—in the ways of nunhood. She was to become Japan's very first Buddhist priest. Upon becoming a nun, Shima adopted the Buddhist name Zenshin-ni. At Umako's request, Zenshin-ni guided two more girls into nunhood. The three nuns worshipped Umako's Buddhist statue at a sanctum built inside his mansion. But when a plague broke out, the Mononobe clan seized the chance to blame it on the new religion, claiming it had incurred the wrath of the traditional Shinto deities. Mononobe's men raided Umako's mansion, constrained the three nuns and stripped them of their clerical robes. Then they took the nuns to Tsubaichi and gave them a public whipping. Despite the pain and humiliation, Zenshin-ni never lost her faith in Buddhism and encouraged the other two nuns to remain steadfast and endure the ordeal. At the age of 15, Zenshin-ni followed Umako's suggestion and journeyed to Baekje to study Buddhist precepts. She traveled in the company of other nuns from her order on a trip that predated the first Japanese diplomatic mission to Sui China. After returning to Japan, Zenshin-ni devoted her life to propagating Buddhism, guiding many into Buddhist priesthood at Sakuraidera (Toyuradera) Temple.

そのとき世界は…  
Elsewhere in the world...

善信尼が百済から帰国した頃、  
キリスト教世界の最高の指導者としての  
地位を築いた最初のローマ教皇  
グレゴリウス1世が即位しました。

Around the time that Zenshin-ni returned to  
Japan from Baekje, Gregory I—also known today  
as St. Gregory—was consecrated pope.  
Gregory is credited with founding the medieval  
papacy.





## まだ仏教が弾圧されていた苦難の時代に、日本初の僧侶に Amid anti-Buddhist persecution, Zenshin-ni became Japan's first Buddhist priest

伝来した仏教を広めるため僧侶となった善信尼。時代を同じくして蘇我馬子が飛鳥寺を創建しました。善信尼もきっと尊んでであろう日本最古の大仏は、いまでも訪れる多くの人々に向かっておだやかに微笑んでいます。

Zenshin-ni's purpose in becoming a priest was to propagate Buddhism in Japan. Soga no Umako had Asukadera Temple built with the same end in mind. The temple houses Japan's first Buddha statue, the Asuka Daibutsu. Today the statue evinces the same subtle smile that visitors would have seen in the days of Zenshin-ni.

### 1 飛鳥寺 Asukadera Temple

日本最古の飛鳥大仏がある。隋からの使者、裴世清も開眼前の大仏を拝観したかも…。 This temple houses Japan's oldest Buddha statue, the Asuka Daibutsu. It is said Pei Shiqing, an envoy from Sui China, was invited to observe this statue during its construction.

◆ 明日香村飛鳥682  
TEL.0744-54-2126 ☎4月1日～9月30日(4月7日～9日休み) 9:00～17:30(受付17:15) 10月1日～3月31日 9:00～17:00(受付16:45) ㊦350円 ㊦赤かめ周遊バス 飛鳥大仏下車すぐ  
◆ 682 Asuka, Asuka-mura  
Tel: 0744-54-2126 ☎9:00～17:30 (enter by 17:15), Apr. 1–Sept. 30 (closed Apr. 7–9); 9:00–17:00 (enter by 16:45), Oct. 1–Mar. 31 ㊦350 yen ㊦Take the Akakame bus and get off at Asuka Daibutsu-mae

### 2 坂田寺跡 Sakatadera Temple Site

善信尼の父、司馬達等が創建した初期の寺院。善信尼が父の思いを受け継いだ象徴的の尼寺。飛鳥五大寺の一つ。

Founded by Zenshin-ni's father, Shiba Totto, this nunnery was considered one of the five greatest temples of Asuka.

◆ 明日香村坂田408  
㊦赤かめ周遊バス石舞台下車徒歩約15分  
◆ 408 Sakada, Asuka-mura  
㊦15 min. walk from Ishibutai stop on Akakame bus

### 3 豊浦寺跡 Toyuradera Temple Site

留学から帰ってきた善信尼が住んだといわれる豊浦寺の跡。いまは向原寺の境内である。

Here in the grounds of Kogenji Temple are the ruins of what is believed to have once been Toyuradera, the temple where Zenshin-ni resided after her return from Baekje.

◆ 明日香村豊浦630(向原寺内)  
TEL.0744-54-2512 ☎8:30～17:00 ㊦200円 ㊦赤かめ周遊バス豊浦下車すぐ  
◆ Kogenji Temple precincts, 630 Toyo-ura, Asuka-mura  
Tel: 0744-54-2512 ☎8:30–17:00 ㊦200 yen ㊦Take the Akakame bus and get off at Toyo-ura

### 4 石舞台古墳 Ishibutai Kofun Tumulus

有力豪族であった蘇我馬子の墓。馬子の庇護を受け、善信尼は幼くして得度した。

This tumulus houses the mausoleum of Umako of the powerful Soga clan, under whose orders Zenshin-ni entered nunhood as a child.

◆ 明日香村島庄  
TEL.0744-54-4577 ☎8:30～17:00 (受付16:45まで) ㊦250円 ㊦赤かめ周遊バス石舞台下車徒歩約3分  
◆ Shimasho, Asuka-mura  
Tel: 0744-54-4577 ☎8:30–17:00 (enter by 16:45) ㊦250 yen ㊦3 min. walk from Ishibutai stop on Akakame bus





所要時間  
約4時間

START

5 min.

榑原神宮前駅  
Kashiharajingu-mae  
Sta.

4 min.

3 豊浦寺跡  
Toyuradera  
Temple Site

大きなお寺の  
広い跡地

4 min.

5 川原寺跡  
Kawaradera  
Temple Site

5 min.

2 坂田寺跡  
Sakatadera  
Temple Site



5



6



8



5



7



9



9

## 百済で学んだ教えを説き、11人の僧侶を得度

## Zenshin-ni preached Buddhist teachings learned in Baekje and guided 11 people to priesthood

留学から戻った善信尼たちによって、仏教の教えは広がっていきました。のちに飛鳥五大寺と呼ばれる、飛鳥寺や坂田寺を含む5つの寺も時代を追って創建されて、仏教文化が栄えていきました。

After their return from Baekje, Zenshin-ni and the other nuns devoted themselves to the propagation of Buddhism. Buddhist temples, including Asukadera and Sakatadera, were constructed during this period. These two temples were among those that would later be called the "five greatest temples of Asuka". Buddhist culture began to flourish during this period.

かわらでら

### 5 川原寺跡

Kawaradera Temple Site



飛鳥五大寺の一つ。斉明女帝のために息子の中大兄皇子が創建した寺院跡。Considered one of the five greatest temples of Asuka, Kawaradera was erected by Prince Nakano-oe for his deceased mother Empress Saimei.

- ◆ 明日香村川原
- ◆ 赤かめ周遊バス川原下車すぐ
- ◆ Kawahara, Asuka-mura
- ◆ Take the Akakame bus and get off at Kawahara

おくやまくめでら

### 6 奥山久米寺跡

Okuyama Kumedera Temple Site

発掘調査により大寺院であったと推定される。また蘇我氏同族の小墾田氏が創建した小治田寺との説もある。

Archeological excavations revealed that this temple once covered a vast area. Some argue that these ruins are those of Oharidadera Temple founded by the Oharida clan, which was related to the Soga clan.

- ◆ 明日香村奥山
- ◆ 赤かめ周遊バス明日香奥山下車徒歩約6分
- ◆ Okuyama, Asuka-mura
- ◆ 6 min. walk from Asuka Okuyama stop on Akakame bus

だいかんだいじ

### 7 大官大寺跡

Daikandaiji Temple Site

飛鳥五大寺の一つ。飛鳥・藤原京の一帯で創建された古代寺院で最大であったが、造営中に火災で焼失した。Daikandaiji was the largest of all the temples built in the Asuka and Fujiwara-kyo area. Although it was destroyed by fire before its completion, the temple is considered one of the five greatest temples of Asuka.

- ◆ 明日香村小山
- ◆ 赤かめ周遊バス明日香小山下車徒歩約5分
- ◆ Koyama, Asuka-mura
- ◆ 5 min. walk from Asuka Koyama stop on Akakame bus

たちばなでら

### 8 橘寺奉納写経会

Sutra Copying at Tachibanadera Temple

禮法華経儀をもとに簡略化した写経会。始めと終わりに5分間の勤行を行う。Visitors can transcribe simplified versions of Buddhist sutras. A five-minute religious service is held before and after the copying activity.

◆ 明日香村橘532  
TEL.0744-54-2026 ☎10:00~16:00(所要約1時間) 写経1,500円+拝観料350円

◆ 532 Tachibana, Asuka-mura  
Tel: 0744-54-2026 ☎10:00~16:00 (takes about an hour) 写経1,500 yen plus 350 yen admission





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## いまも多くの寺院が、仏教の教えを大切に受け継いでいる Zenshin-ni's legacy lives on to this day

飛鳥時代以降も多くの寺院が創建されました。仏像の顔が一つひとつ違うように、お寺にもさまざまな個性が見られます。そうした現在の日本の姿に、善信尼も満足しているのではないでしょうか。

A great number of temples have been built since the Asuka Period. Just as each Buddhist statue has a different face, each temple has its own unique qualities. Zenshin-ni would no doubt be proud to see the prevalence of Buddhism in modern-day Japan.

### 9 夢市茶屋 Yumeichi-chaya Restaurant

地元でつくられる古代米や野菜を使った「古代米御膳」が人気！

The *Kodaimai* Gozen set meal, served with *kodaimai* (ancient rice) and local vegetables, is a popular choice here.

◆明日香村島庄154-3  
TEL:0744-54-9450 〇11:00~16:00(土・日・祝日~17:00) 〔昼〕Lunch 860円~ ♡赤かめ周遊バス石舞台下車すぐ

◆154-3 Shimasho, Asuka-mura  
Tel: 0744-54-9450 〇11:00~16:00 (to 17:00 on Sat., Sun., and public holidays) 〔昼〕Lunch from 860 yen ♡Take the Akakame bus and get off at Ishibutai

### 10 橋寺 Tachibanadera Temple

たちばなでら

飛鳥時代の石造物二面石や、260点もの華の絵が美しい往生院の天井画が見もの。

This temple is known for its *Nimenseki* (dual-faced stone)—an ancient stone monument depicting the human duality of good and evil. Also of note is Ojoin hall, which has a wooden ceiling painted with over 260 pictures of flowers.

◆明日香村橋532  
TEL:0744-54-2026 〇9:00~17:00 (受付16:30まで) 〔昼〕350円 ♡赤かめ周遊バス川原または岡橋本下車徒歩約3分

◆532 Tachibana, Asuka-mura  
Tel: 0744-54-2026 〇9:00~17:00 (enter by 16:30) 〔昼〕350 yen ♡3 min. walk from Kawahara or Oka-hashimoto stop on Akakame bus

### 11 おふさ観音 Ofusa Kannon Temple

春と秋にはバラが咲き誇る境内。夏には風鈴祭りも開催される。

Visitors to this temple are treated to the sight of abundant roses blooming in spring and autumn. In summer, they can enjoy a wind chime festival.

◆橿原市小房町6-22  
TEL:0744-22-2212 〇7:00~17:00(本堂の拝観は9:00~16:00) 〔昼〕入場は無料、本堂拝観料300円 ♡奈良交通バス小房下車徒歩約5分

◆6-22 Ousa-cho, Kashihara-shi  
Tel: 0744-22-2212 〇7:00~17:00 (main hall 9:00~16:00) 〔昼〕Free (main hall 300 yen) ♡5 min. walk from Ousa stop on Nara Kotsu bus

### 12 壺阪寺 Tsubosakadera Temple

つばさから

本尊の十一面千手観音菩薩は眼病に霊験あらたかな観音様として、全国から多くの参拝者が訪れる。

The temple's main object of worship, the *Jyuchimen Senjiyu Kannon* (an 11-headed, 1,000-armed goddess of mercy), is believed to have miraculous powers to cure eye diseases.

◆高取町壺阪3  
TEL:0744-52-2016 〇8:30~17:00 〔昼〕600円 ♡奈良交通バス壺阪寺前下車すぐ

◆3 Tsubosaka, Takatori-cho  
Tel: 0744-52-2016 〇8:30~17:00 〔昼〕600 yen ♡Take the Nara Kotsu bus and get off at Tsubosakadera-mae





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

ぬかたのおおきみ

# 額田王と 出会う旅

A JOURNEY TO MEET LADY NUKATA

天皇の御心も恋愛も機知に富んだ歌に詠んで  
話題をさらい続ける、クールなワーキングウーマン

A spirited career woman who stole the show with  
her enchanting poems of passion and emotion

額田王は斉明・天智朝を中心に仕えた女官で、ときには天皇に代わって歌を詠むほどの歌才にすぐれ、ときには祭事に伴う舞も得意とした、機知に富んだ女性でした。彼女は大海人皇子の娘を生み、出産後も重用され再び出仕しました。斉明女帝が百済再興のために九州へ向かう際に「熱田津に船乗りせむと月待てば潮もかなひぬ今は漕ぎ出でな」と額田王が歌を詠み、兵の士気を高めました。そして近江大津への遷都の際、額田王は飛鳥を離れる悲しみを「三輪山をしかも隠すか雲だにも情あらなも隠さふべしや」と詠んだ歌が残っています。また有名な「茜さす紫野行き標野行き野守は見ずや君が袖振る」と額田王が宴で歌を詠むと、大海人皇子の「紫の匂へる妹を憎くあらば人妻ゆゑにわれ恋ひめやも」と返歌。さらに中大兄皇子の「香具山は畝火愛しと耳梨と相争ひき神代よりかくにあるらし古昔も然にあれこそつせみも孀を争ふらしき」と香具山（男神）・畝傍山（女神）・耳成山（男神）の大和三山を絡めた歌があり、中大兄皇子と大海人皇子と額田王の三角関係を連想させますが、真相はいまや知る由もありません。恋多き女性のイメージが強い額田王ですが、感情を巧みに表現し、万葉の文化をリードした歌人としての功績は計り知れません。

Lady Nukata served as a lady-in-waiting in the courts of Empress Saimei and Emperor Tenchi. She was a smart and multi-talented woman. Her poetry was so eloquent that the monarchs had her write poems on their behalf. And her dancing was so graceful that she was asked to dance accompaniments to important rituals. After giving birth to a daughter by Prince Oama (Emperor Tenmu), she was reappointed to a post in the court.

When Empress Saimei was heading for Kyushu (in western Japan) to organize a naval expedition to aid the kingdom of Baekje (in southwest Korea), Lady Nukata wrote this rousing poem on behalf of the empress. "At Nikitatsu / We have waited for the moon / Before boarding our boat; / Now the tide is in at last / Come, let's go rowing!"<sup>\*1</sup> When the capital was relocated from Asuka to Omi-otsu during Emperor Tenchi's reign, she gave voice to the poignancy of departure. "Do you dare to hide / Miwa Mountain in this way? / At least you, O clouds, / Should have greater heart than that: / What right have you to cover it?"<sup>\*1</sup>

This famous poem is believed to be addressing her ex-husband, Prince Oama, at a banquet hosted by his brother Emperor Tenchi (to whom she was a consort at the time). "Going over the fields of murasaki grass / That shimmer crimson, / Going over the fields marked as imperial domain, / Will the guardian of the fields not see you / As you wave your sleeves at me?"<sup>\*2</sup> Prince Oama responded with the following: "If I despised you, who are as beautiful / As the murasaki grass, / Would I be longing for you like this, / Though you are another man's wife?"<sup>\*2</sup> Prince Nakano-oe (Emperor Tenchi) wrote this poem about the three Yamato mountains (Kaguyama, Unebiyama, and Miminashiyama), which are likened to two men and a woman. "Mount Kagu strove with Mount Miminashi / For the love of Mount Unebi. / Such is love since the age of the gods; / As it was thus in the early days, / So people strive for spouses even now."<sup>\*3</sup> This poem suggests a love triangle involving the princess and the two princes, but today the truth remains a mystery.

Many people today see Lady Nukata as a woman who lived for love. She expressed her emotions deftly through poetry, and she is now considered without doubt one of the greatest poets of her time.

\*1 Translation by Edwin A. Cranston \*2 Translation by Ian Hideo Levy \*3 Translation by Nippon Gakujutsu Shinkokai

そのとき世界は…  
Elsewhere in the world...

額田王が宮廷で歌を詠んでいた頃、  
東ローマ皇帝コンスタンス2世が  
シチリア島で暗殺されました。

At the time Lady Nukata was writing her poems  
at the court, Byzantine Emperor Constans II was  
assassinated on the island of Sicily.





大和三山(香具山)  
Kaguyama (Yamato Sanzan)

1



2



3



3



4

## 大和三山が陽に染まる、額田王の恋ものがたり Lady Nukata's love story makes even the three Yamato mountains blush

藤原宮を護るように位置する香具山・畝傍山・耳成山。この大和三山にたとえて額田王をめぐる想いを歌にしたのが、中大兄皇子(のちの天智天皇)。才気あふれる額田王の魅力が、皇子の心を捉えて離さなかったのでしょうか。

Kaguyama, Unebiyama, and Miminashiyama—called Yamato Sanzan, or the three mountains of Yamato—are arranged as if to shelter Fujiwara Palace. It was Prince Nakano-oe (the future Emperor Tenchi) who likened the mountains to his feelings for Lady Nukata and wrote of them in a poem. The spirited and talented princess must have stolen the prince's heart and never let go.

### 1 大和三山 Yamato Sanzan Mountains

我が国最古の歌集「万葉集」でも詠まれることの多い香具山・畝傍山・耳成山。国の名勝としても指定されている。

The three mountains of Kaguyama, Unebiyama, and Miminashiyama are celebrated in the *Man'yōshū*, Japan's oldest anthology of poetry. They are also jointly designated as a Place of Scenic Beauty by the Japanese government.

◆ 橿原市 香具山(香具山)コミュニティバス南浦町下車 徒歩約5分(畝傍山)近鉄畝傍御陵前駅から徒歩約11分(耳成山)近鉄耳成駅から徒歩約12分

◆ Kashihara-shi 香具山: 5 min. walk from Minamiura-cho stop on Community Bus Unebiyama: 11 min. walk from Kintetsu Unebigoryomae Sta. Miminashiyama: 12 min. walk from Kintetsu Miminashi Sta.

### 2 バイキングレストランかぐやま(まほろばキッチン) Kaguyama Restaurant (Mahoroba Kitchen)

地元で採れた野菜を、おなかいっぱい堪能できるバイキングレストラン。

A buffet-style restaurant where you can enjoy your fill of fresh local produce.

◆ 橿原市常盤町605-1 TEL.0744-23-1305 〇11:00~15:00 (L.O.14:00) 不定休 〇Lunch 1,620円~ ◆ 奈良交通バス常盤町東下車すぐ

◆ 605-1 Tokiwa-cho, Kashihara-shi Tel: 0744-23-1305 〇11:00~15:00 (last order 14:00); closed irregularly 〇Lunch from 1,620 yen ◆ Take the Nara Kotsu bus and get off at Tokiwa-cho Higashi

### 3 奈良県立万葉文化館 Nara Prefecture Complex of Man'yo Culture

日本画の展示や、万葉おもしろ体験コーナーなどが楽しめる。

This museum has *Man'yōshū*-themed *nihonga* (Japanese-style paintings) on display, exhibits that let you experience Man'yo culture, and more.

◆ 明日香村飛鳥10 TEL.0744-54-1850 〇10:00~17:30 (入館17:00) 月休(月曜日が祝日の場合は翌日の平日) 〇600円 ◆ 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

◆ 10 Asuka, Asuka-mura Tel: 0744-54-1850 〇10:00~17:30 (enter by 17:00); Closed Mon. (or Tues. if Mon. is a holiday) 〇600 yen ◆ 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

### 4 奈良県橿原総合庁舎屋上庭園 Rooftop Garden at Nara Pref. Kashihara Branch Office

香具山・畝傍山・耳成山の三山が見られる。パノラマな眺望が素晴らしい。

From here, you get a panoramic view of the Asuka area, including the three mountains of Yamato.

◆ 橿原市常盤町605-5 TEL.0744-48-3020 〇9:00~17:30 ◆ 奈良交通バス常盤町東下車すぐ

◆ 605-5 Tokiwa-cho, Kashihara-shi Tel: 0744-48-3020 〇9:00~17:30 ◆ Take the Nara Kotsu bus and get off at Tokiwa-cho Higashi



所要時間  
約5時間

START

11 min.

橿原神宮前駅  
Kashiharajingu-mae  
Sta.大和三山を  
上から一望するならココ

11 min.

4 橿原総合庁舎  
Nara Pref.  
Kashihara Branch Office大和三山に  
護られているような眺め1 藤原宮跡・P13  
Fujiwara Palace Site上流に行くほど  
古代の面影が

13 min.

10 飛鳥川  
Asuka River大和三山(畝傍山)  
Unebiyama (Yamato Sanzan)

5



6



7



8

## 万葉集を代表する伝説の美女は、歌人であり高級女官

This woman of legendary beauty was a high-ranking lady-in-waiting and a fine poet

「飛鳥美人」として有名な高松塚古墳の壁画は、宮中に仕える女官を描いたもの。額田王は女官であり、最初の宮廷歌人であったといえます。数代の天皇に仕え、天皇の想いを代弁した歌を詠みました。

The murals of the Takamatsuzuka Kofun tomb include a painting of four ladies-in-waiting, nicknamed *Asuka Bijin* (*Asuka Beauties*). As well as being a lady-in-waiting, Lady Nukata is also believed to have been the first court poet in Japan. She attended to several monarchs, and, through her poetry, she expressed their feelings on their behalf.

## 5 高松塚古墳壁画

Takamatsuzuka Kofun Murals



国宝。「飛鳥美人」に代表される極彩色の壁画。当時の女官の姿などもわかる。These colorful paintings, including the famous *Asuka Bijin*, are designated as a National Treasure. The *Asuka Bijin* conveys how women of the court looked in those days.

◆ 明日香村平田439(高松塚壁画館) TEL.0744-54-3340  
○ 9:00~17:00(受付16:30) [※] 250円 ♪ 近鉄飛鳥駅から徒歩約15分または赤かめ周遊バス高松塚下車徒歩約5分  
※ 壁画館へ車での上入れはできません。

◆ Takamatsuzuka Mural Hall, 439 Hirata, Asuka-mura Tel: 0744-54-3340 ○ 9:00-17:00 (enter by 16:30) [※] 250 yen ♪ 15 min. walk from Kintetsu Asuka Station, or 5 min. walk from Takamatsuzuka stop on Akakame bus  
Note: No parking available.

## 6 飛鳥宮跡(後飛鳥岡本宮)

Nochino-asuka-okamoto-miya Palace Ruins



皇極女帝が62歳で日本初の重祚を行った宮殿跡。額田王もここで宮仕えした。This is where Empress Kogyoku re-ascended the throne—a first in Japanese history—to become Empress Saimei at the age of 62. Lady Nukata served the court here.

◆ 明日香村岡  
♪ 赤かめ周遊バス岡橋本下車約5分または岡茂前下車約5分

◆ Oka, Asuka-mura  
♪ 5 min. walk from Oka-hashimoto stop or Oka-ebisumae stop on Akakame bus

## 7 飛鳥水落遺跡

Asuka Mizuochi Site



斉明女帝の息子、中大兄皇子が造った我が国初の漏刻(水時計)の建物跡。宮仕えも時間管理されたのではと考えられる。The remains of the first water clock in Japan—built by Empress Saimei's son, Prince Nakano-oe—were found here. It is believed that court proceedings followed a regularly timed schedule.

◆ 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

## 8 川原寺跡

Kawaradera Temple Site



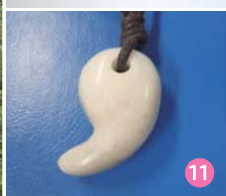
斉明女帝の川原宮の跡地に、息子の中大兄皇子が亡き母のために創建した寺院の跡。

Prince Nakano-oe built this temple for his deceased mother, Empress Saimei, on the former site of Kawarano-miya Palace.

◆ 明日香村川原  
♪ 赤かめ周遊バス川原下車すぐ

◆ Kawahara, Asuka-mura  
♪ Take the Akakame bus and get off at Kawahara





## いくつもの歌が生まれた万葉文化がここにある

## Man'yo culture, which originated in Asuka, was a wellspring of poetry

飛鳥には、万葉集に詠まれた美しい景色がいくつも残っています。いにしえの人々が想いをなぞらえたその眺めは、時を超えていまも四季折々に表情を変え、私たちの心を和ませてくれています。

The Asuka area retains many of the beautiful landscapes celebrated in the *Man'yoshu*. The ancient Japanese felt these scenic views symbolized their emotions. Showing a different face for each season, these landscapes transcend time and soothe the soul.

### 9 石川池 (剣池) Ishikawa-ike Pond (Tsurugino-ike Pond)

池のほとりには天武天皇の娘である、紀皇女の万葉歌碑がある。

At the edge of the pond is a stone monument inscribed with a *Man'yoshu* poem about Tsurugino-ike, written by Princess Kinohime, Emperor Tenmu's daughter.

◆ 橿原市石川町  
◆ 赤かめ周遊バス和田町西下車徒歩約2分  
◆ Ishikawa-cho, Kashi-hara-shi  
◆ 2 min. walk from Wadacho-nishi stop on Akakame bus

### 10 飛鳥川 Asuka River

万葉集にも多く詠まれる川。この川の流れに恋ごころを重ねた歌も残っている。

This river appears often in the *Man'yoshu*. Some poems liken the flow of the river to a person's feelings about love.

◆ 橿原市／明日香村  
◆ Kashi-hara-shi and Asuka-mura

### 11 飛鳥古代体験 Asuka Ornament-Making Class

古墳から出土した鏡のレプリカや、飛鳥時代の装飾品「ガラス玉」、古代の宝飾具「勾玉」などを作ることができる。イベントシーズンに同時開催。

You can try your hand at crafting a mini bronze mirror like those excavated from ancient tombs or accessories, such as glass beads and stone *magatama*.

◆ 明日香村平田538 (国営飛鳥歴史公園館)  
TEL.0744-54-2441 ◎詳しくはお問い合わせください。  
※(古代装飾品づくり) 勾玉400円/ガラス玉600円/鏡1,500円 ◆ 近鉄飛鳥駅下車徒歩約7分  
◆ Asuka Historical National Government Park Hall, 538 Hirata, Asuka-mura Tel: 0744-54-2441 ◎Please call for details ※ Magatama 400 yen; glass beads 600 yen; mirror 1,500 yen ◆ 7 min. walk from Kintetsu Asuka Station

### 12 甘樫丘・万葉の植物園路 Man'yo Botanical Garden Road in Amakashino-oka

ナンバンギセルやアジサイなど、万葉集に詠まれた植物を楽しめる、甘樫丘の遊歩道。

This is a trail in the hills of Amakashino-oka. Take a stroll and you'll encounter hydrangeas, forest ghost flowers, and other plants and flowers that appear in the *Man'yoshu*.

◆ 明日香村豊浦  
◆ 赤かめ周遊バス甘樫丘下車徒歩約5分  
◆ Toyo-ura, Asuka-mura  
◆ 5 min. walk from Amakashino-oka stop on Akakame bus



# 飛鳥はまだまだ見どころいっぱい ASUKA OFFERS SO MUCH MORE TO SEE AND DO

## 橿原市 KASHIHARA CITY



日本の伝統的な建築美に触れられる橿原神宮や、縄文時代から江戸時代までを展示する「歴史に憩う橿原市博物館」、いくつも古墳が連なる新沢千塚古墳群、500羽以上の蝶が舞う昆虫館なども人気です。

You really must visit Kashihara Jingu Shrine, the epitome of traditional Japanese architecture. Other highlights in the area include the Kashihara City History Museum—which covers the periods from Jomon to Edo—the Niizawa Senzuka Tumuli, and the Kashihara City Insect Museum, which houses more than 500 butterflies.



はにわまんじゅう  
Haniwa manju  
Sweet-bean-paste buns

古伊勢  
Furuu Soba noodles



- 1 橿原神宮  
Kashihara Jingu
- 2 橿原市昆虫館  
Kashihara City Insect Museum
- 3 新沢千塚古墳群  
Niizawa Senzuka Tumuli
- 4 歴史に憩う橿原市博物館  
Kashihara City History Museum



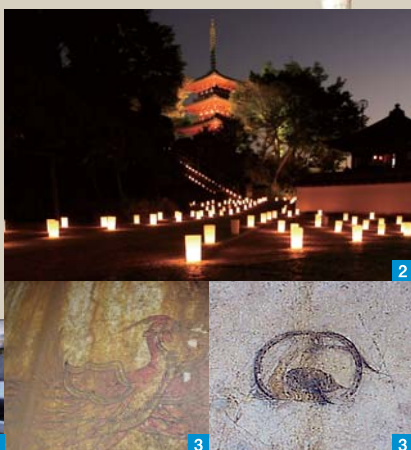
イチゴ狩り  
Strawberries

飛鳥資料館には本物そっくりの遺跡のレプリカがたくさん。他にもあちこちに点在する遺跡はもちろん、ジューシーなイチゴ狩りや、幻想的な光の回廊など、さまざまな体験イベントも開催。

Visit the Asuka Historical Museum to view artifacts and replicas, or wander around the village to take in the numerous ruins and monuments. You can also go strawberry picking or be mesmerized by a light show.

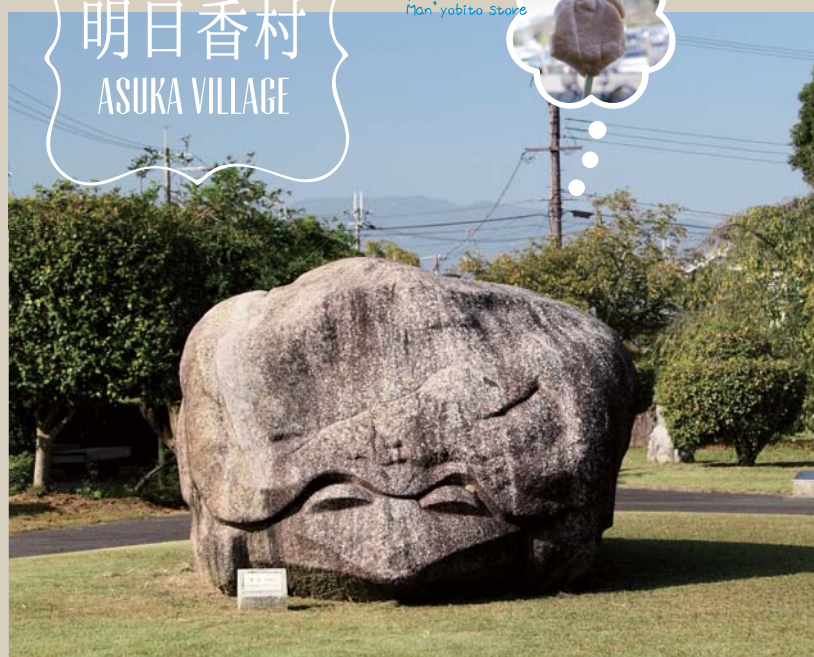
明日香路 旅の駅 石田商店  
Gelato from the Ishida Shoten Store

- 1 明日香村埋蔵文化財展示室  
Asuka Cultural Property Investigation Center
- 2 岡寺 光の回廊  
Okadera Temple
- 3 キトラ 四神の館  
(2016年秋オープン予定)  
Kitora Tumulus Mural Experiential  
Museum Shijin no Yakata  
(to open in fall 2016)
- 4 飛鳥資料館  
Asuka Historical Museum



## 明日香村 ASUKA VILLAGE

飛鳥の郷 万葉人  
かめこん  
Kamekon konnyaku  
from the Asukanosato  
Man'yōhito Store





です

橿原市観光協会サイトさらら <http://www.kashihara-kanko.or.jp/>

Kashihara City Tourism Association

高取町観光ガイド <http://sightseeing.takatori.info/>

Takatori Town Tourism Guide

あすかナビ <http://www.kitemite.me/asuka/>

Asuka Navigation

明日香村観光ポータルサイト旅する明日香ネット <http://asukamura.com/>

Asuka Village Sightseeing Portal



1

日本三大山城の中でも、もっとも高く難攻不落を誇る高取城。年に一度の城まつりでは鎧武者など総勢200名余りが城下町を練り歩きます。毎年3月の町家の雛めぐりも好評。また高取城二ノ門を移築した子嶋寺の山門もおおすすめです。

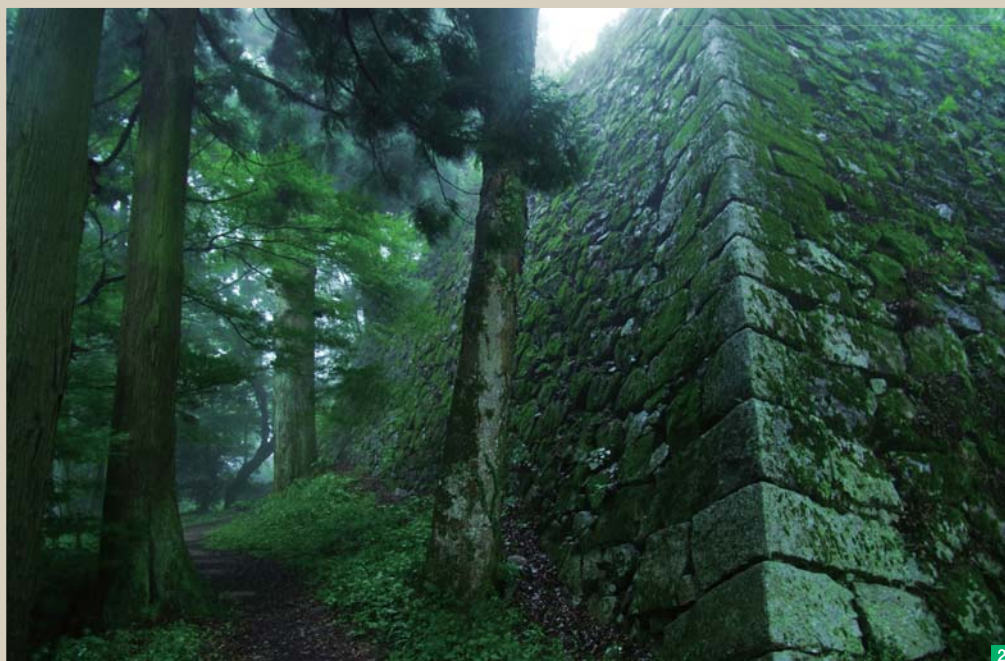
Takatori Castle is considered to have been the most impregnable of the three great mountaintop castles of Japan. During the annual castle festival, locals dress up in samurai armor and parade the streets of the town. The main gate at Kojimadera

Temple, which was relocated from the castle, is a must-see. Another popular sight is the *hinamatsuri* dolls on display in traditional townhouses in March.



町屋カフェ  
noco noco  
Parfait from  
Machiya Cafe  
Noco Noco

## 高取町 TAKATORI TOWN



2



3

1 雛めぐり

Hinamatsuri dolls

2 高取城跡

Takatori Castle ruins

3 子嶋寺

Kojimadera

4 たかとり城まつり 時代行列

Parade at the Takatori Castle Festival



やまととうき  
大和当帰の入浴剤  
Bath salts containing  
Yamato tokki herb  
extract



4



4

## あなたらしいスタイルで、飛鳥をめぐる

Cruise around Asuka in your choice of wheels

### レンタサイクル

橿原神宮前駅、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>

細い道もラクラク!  
Narrow streets are  
a breeze!

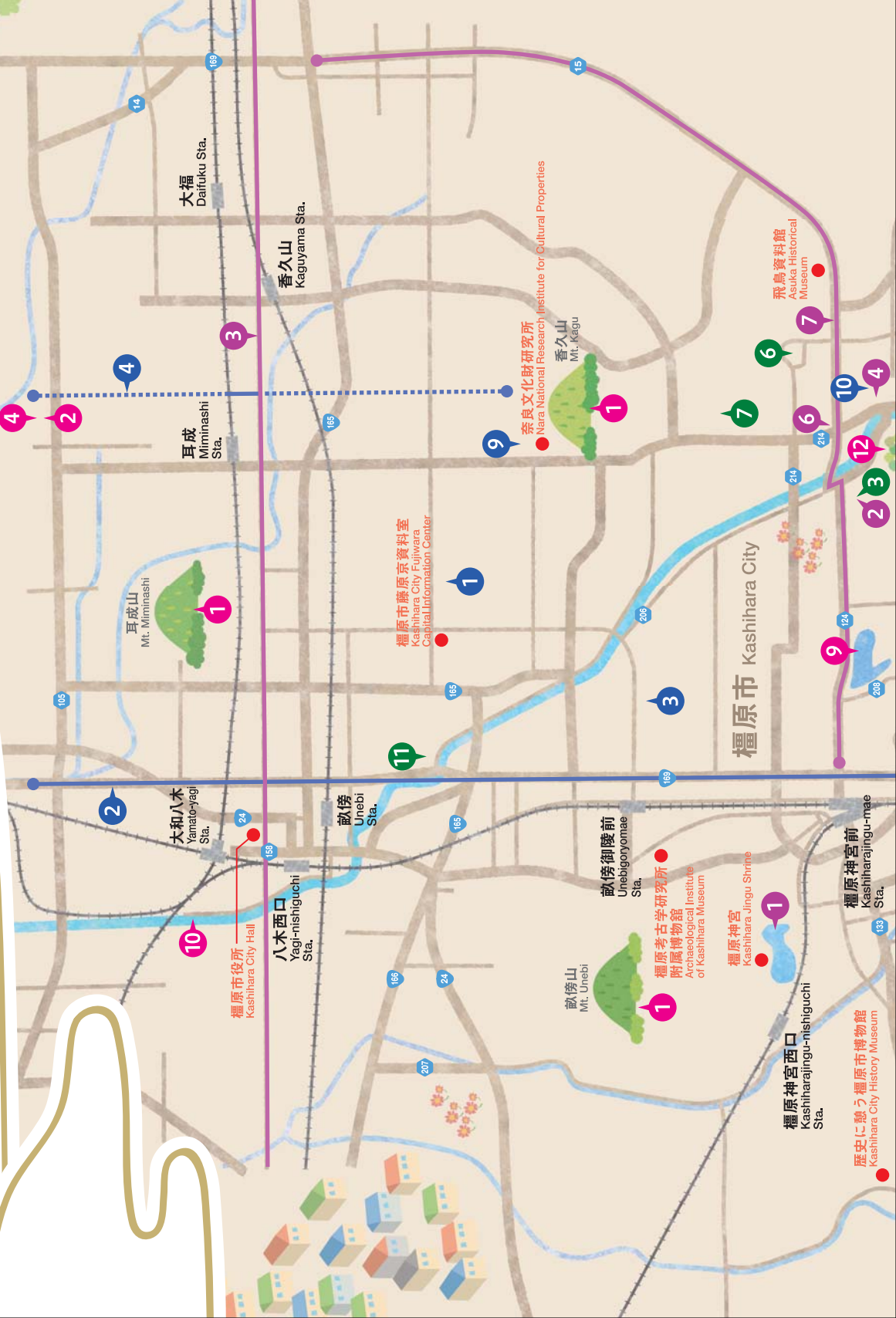




# 飛鳥女史の軌跡をたずねる

## ゆかりの地 MAP

FOLLOW THE FOOTSTEPS  
OF THE HEROINES OF ASUKA



### 推古女帝編 EMPRESS SUIKO

- 1 深田池 Fukada-ike Pond
- 2 豊浦宮跡 Toyurano-miya Palace Site
- 3 横大路 Yoko-oji Road
- 4 農産物等販売所 あすか夢の菜市 Asuka Yumeno-rakuichi Farmers' Market
- 5 波多羅井神社 Hatamikai Shrine
- 6 雷丘東方遺跡 Ikazuchino-oka Toho Archaeological Site
- 7 山田道 Yamada-michi Road
- 8 くすり資料館 Medicine Museum
- 9 飛鳥寺 Asukadera Temple
- 10 欽明天皇陵(檜隈坂合陵) Mausoleum of Emperor Kinmei
- 11 丸山古墳 Maruyama Kofun Tumulus
- 12 植山古墳 Ueyama Kofun Tumulus

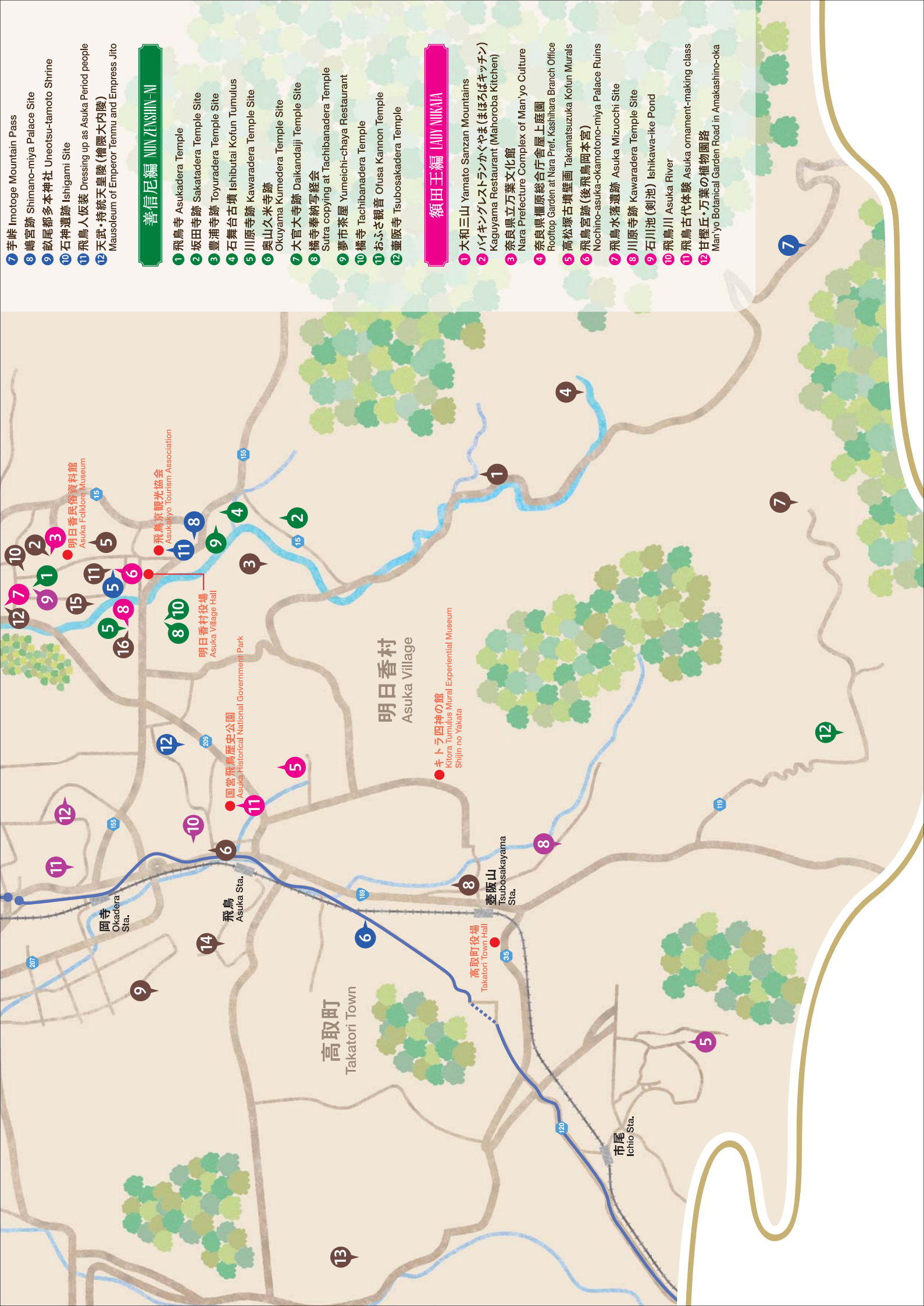
### 齊明女帝編 EMPRESS SAIMEI

- 1 飛鳥川上坐宇須多伎比売命神社 Asuka Kawakamimi Inasu Usutaki Himenomikoto Shrine
- 2 南無天踊り(奈良県立万葉文化館) Namode-on Dance (Nara Prefecture Complex of Manyo Culture)
- 3 飛鳥稻渚宮殿跡 Asuka Inabuchi Palace Site
- 4 女淵 Mebuchi Waterfall
- 5 酒船石遺跡(亀形石造物) Sakatune-ishi Ruins (Tortoise-Shaped Stone Structure)
- 6 吉備姫王墓(檜隈墓) Mausoleum of Princess Kibihiime
- 7 高取城跡猿石 Saru-ishi (Monkey Stone) of Takatori Castle
- 8 光永寺人頭石 Jinto-seki (Head Stone) of Koeiji Temple
- 9 岩船 Iwafune Megalith
- 10 狂心渠 Taburegokoronno-mizo Site
- 11 飛鳥宮跡(飛鳥板蓋宮) Asuka Itabuki Palace Ruins
- 12 飛鳥水落遺跡 Asuka Mizuochi Site
- 13 齊明天皇陵(越智岡上陵) Mausoleum of Empress Saimei
- 14 牽牛子塚古墳・越塚御門古墳 Kengoshizuka Kofun Tumulus, Koshitsuka-gomon Kofun Tumulus
- 15 飛鳥京跡苑池 Asukakyo Enchi Ruins
- 16 川原寺跡 Kawaradera Temple Site

### 持統女帝編 EMPRESS JITO

- 1 藤原宮跡 Fujiwara Palace Site
- 2 下ツ道 Shimotsu-michi Road
- 3 本薬師寺跡 Moto-yakushiji Temple Ruins
- 4 中ツ道 Nakatsu-michi Road
- 5 飛鳥宮跡(飛鳥浄御原宮) Asuka Kiyomihara Palace Ruins
- 6 紀路(巨勢路) Kiji Road





- 7 芋峠 Imotoge Mountain Pass
- 8 嶋宮跡 Shimano-miya Palace Site
- 9 畝尾都多本神社 Uneotsu-tamoto Shrine
- 10 石神遺跡 Ishigami Site
- 11 飛鳥人仮装 Dressing up as Asuka Period people
- 12 天武・持統天皇陵 (橿原大内陵) Mausoleum of Emperor Tenmu and Empress Jito

善信尼編 NIN ZENSHIN-NI

- 1 飛鳥寺 Asukadera Temple
- 2 坂田寺跡 Sakatadera Temple Site
- 3 豊浦寺跡 Toyuradera Temple Site
- 4 石舞台古墳 Ishibutai Kofun Tumulus
- 5 川原寺跡 Kawaradera Temple Site
- 6 奥山久米寺跡 Okuyama Kumadera Temple Site
- 7 大官大寺跡 Daikandaiji Temple Site
- 8 橘寺奉納写経会 Sutra copying at Tachibanadera Temple
- 9 夢市茶屋 Yumeichi-chaya Restaurant
- 10 橘寺 Tachibanadera Temple
- 11 おふざ観音 Ofusa Kannon Temple
- 12 壺阪寺 Tsubosakadera Temple

額田王編 LADY NUKATA

- 1 大和三山 Yamato Sanzan Mountains
- 2 バイキングレストランかぐやま (まほろばキッチン) Kaguyama Restaurant (Mahoroba Kitchen)
- 3 奈良県立万葉文化館 Nara Prefecture Complex of Man'yo Culture
- 4 奈良県橿原総合庁舎屋上庭園 Rooftop Garden at Nara Pref. Kashihara Branch Office
- 5 高松塚古墳壁画 Takamatsuzuka Kofun Murals
- 6 飛鳥宮跡 (後飛鳥岡本宮) Nochino-asuka-okamoto-no-miya Palace Ruins
- 7 飛鳥水落遺跡 Asuka Mizuochi Site
- 8 川原寺跡 Kawaradera Temple Site
- 9 石川池 (釣池) Ishikawa-ike Pond
- 10 飛鳥川 Asuka River
- 11 飛鳥古代体験 Asuka ornament-making class
- 12 甘樫丘・万葉の植物園路 Man'yo Botanical Garden Road in Anakashino-oka



## 飛鳥女史紀行へのアクセス Access

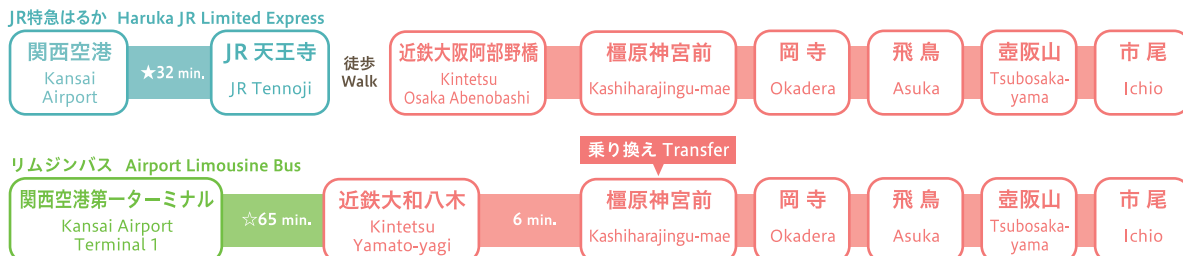


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