

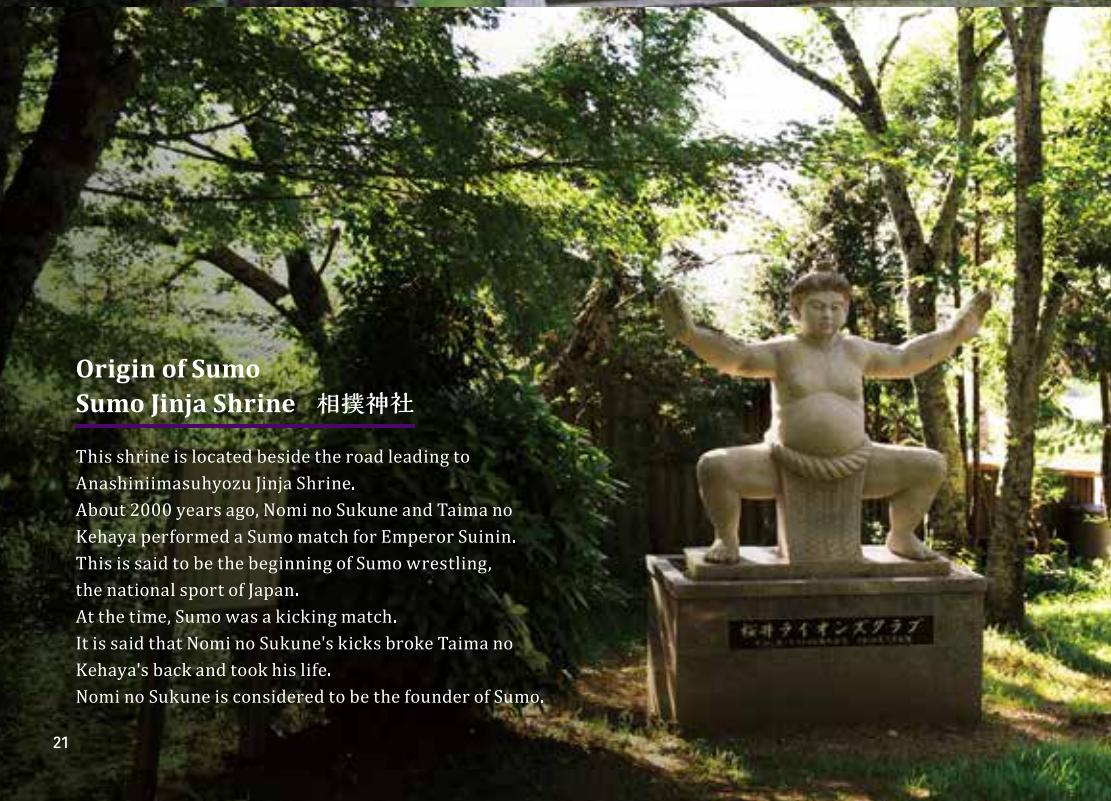
## Anashiniimasuhyozu Jinja Shrine 穴師坐兵主神社

Climbing a gentle hill about 300m to the east of the mountain brings visitors to the verdant shrine grounds. This beautiful shrine is nestled where the hill meets the mountain. Its vicinity is shrouded in tranquil silence. The shrine's atmosphere gives visitors the feeling that deities might appear when they pray quietly in solitude.



## Origin of Sumo Sumo Jinja Shrine 相撲神社

This shrine is located beside the road leading to Anashiniimasuhyozu Jinja Shrine. About 2000 years ago, Nomi no Sukune and Taima no Kehaya performed a Sumo match for Emperor Suinin. This is said to be the beginning of Sumo wrestling, the national sport of Japan. At the time, Sumo was a kicking match. It is said that Nomi no Sukune's kicks broke Taima no Kehaya's back and took his life. Nomi no Sukune is considered to be the founder of Sumo.







## Eleven-faced Kannon Bosatsu Standing Statue

### 十一面観世音菩薩立像

Erected in 1538 Important cultural property

The statue is 10m 18cm in height. It is the largest wooden eleven-faced kannon statue in Japan. It features a total of eleven faces, three with expressions of mercy, three with expressions of anger, three with the expressions of praise, one with the expression of enlightenment, and the final one with a smile. On special occasions, visitors can come as close as the statue's feet. Worshippers kneel before the Buddha and pray while touching the statue's feet. Centuries of worshippers praying in this manner has given the statue's feet a different color from its body.

## Morning routine 朝の勤行

A memorial service that has continued for more than 1000 years. It is conducted every morning at the main hall. The chanting of the sutras rings out in the early morning against the clear sky, a sacred experience for all who are there. Visiting travelers routinely praise the experience as wonderful. The service is worth experiencing when visiting Hasedera Temple.

**i** Starts at 6:30 from April to September. Starts at 7:00 from October to March. Registration starts 30 minutes before at the main hall reception. Please dress appropriately, as this is a sacred ceremony. It is best to avoid short skirts and shorts. We suggest that visitors who wish to see the service stay at an inn near Hasedera Temple.



## Monzen Town (Temple gate town) 門前町

A town for Hasedera Temple worshippers. It is a traditional street packed with food vendors, souvenir shops, inns, and other stores. You can enjoy their famous Japanese mugwort rice cakes and somen. There are traditional Japanese inns and guest houses both old and new. It is best to stay here in order to observe the ritual in the early morning.

Viewing times	April - September 8:30-17:00 October - March 9:00-16:30
Admission fee	Admission Adult / Jr & Sr high school students ¥500 Elementary school / disabled persons ¥250
Access	About 21 minutes from Sakurai Station Fare ¥210 <div> <div>Kintetsu Sakurai Station</div> <div> </div> <div>Hasedera Station</div> <div> </div> <div>Hasedera Temple</div> </div> <p>Limited Express [Jyunkyū] or Standard [Futsu] bound for Haibara / Nabari, either for two stations / 6 minutes</p> <p>15 minutes on foot</p>
Sightseeing duration	2 hours - 4 hours
Address	731-1 Hase, Sakurai City, Nara Prefecture
Tel	0744-47-7001



# Origin of Somen Noodles

## — Birthplace of Somen —

### Somen, a cool and delicate food

Many foreigners are familiar with soba, udon and ramen noodles, but very few foreigners know about Somen. Somen is a white noodle made from wheat flour. It is similar to pasta, but has a lower diameter of less than 1.3mm. It is usually soaked in ice water and eaten cool. The noodles themselves do not have a flavor. One simply dips them in the sauce and enjoys the cool noodles sliding down the throat. Sometimes it is put into a hot soup just like udon. This is called “nyumen”. It is delicious whether cold or warm. It is hard to find anywhere other than Miwa, so try it out there!



### Miwa, the birthplace of Somen

Tales from more than 1200 years ago tell us that Somen was made for the first time by a clan of Shinto priests who were the descendants of the Deity of Omiwa. The method of making Somen spread among the common people.

Somen noodles are still made with traditional manufacturing methods. Scenes of Somen drying are now renowned as a part of winter. Thinner noodles require more polished technique, and thus they are more expensive. Also, longer aging of noodles grants better texture, making aged noodles higher in quality.

#### Production method

1



Mix flour with water and salt and knead.

2



Stretch the dough into fat strings.

3



Add oil and continue to stretch into strings.

4



Drape the noodles between two poles.

5



Hang the poles with draped noodles someplace high.

6



Take care to prevent the noodles from sticking together, and stretch them to two meters in length.

7



Dry them in the sun.

8



Cut the noodles to length.

9



Pack into wooden boxes. That's it!