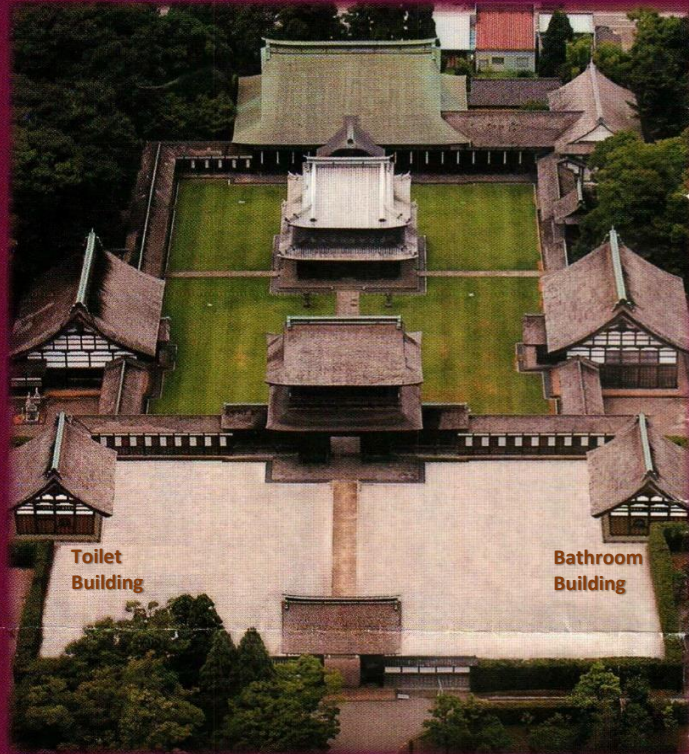


# Enjoy tours of Zuiryu-ji Temple and experience traditional Zen Buddhist Cuisine and Pursuits

**A place of serenity away from everyday life.**

Experiences of Sutra transcription and Zazen meditation in a quiet temple.

In today's stressful world it is a refreshing treat for the mind and body to escape the grind through the means of tranquillity and silence.



## Complete Seven Building Temple Restoration Project

Once the burned down bathroom and toilet buildings are fully restored, the restoration project will be complete. This brings the temple back to its balanced glory of the Edo period Soto-Zen style architecture. We donate a portion of all visitor ticket sales to help achieve this goal.

### Visitors' impressions of their experiences at Zuiryu-ji

- I was overwhelmed by how splendid the temple looked.
- It is on grand scale, unlike Kyoto. The Lecture Hall is wonderful.
- Although it was the first time for a Sutra experience, I could spend my time quietly and peacefully.
- It was my first time copying the Sutra and I was very happy I could complete it.
- The Monk's talk was very interesting. We would like to hear more, we would like to see more, we also thought we'd like to worship.
- Each dish was delicious and the size of each dish was just right.
- The vegetarian dishes were very tasty, healthy and well-balanced and perfectly accompanied by excellent green tea.

#### Travel planning and booking

Your booking may not be possible due to Temple events or unforeseen circumstances. Thankyou in advance for your understanding.

Come and visit Toyama

Fresh & Lively Toyama

#### We Organise Local Tours

Exhilarating • Healthy • Rejuvenating

**Fukushi**

**Toyama Prefecture Welfare Tour Centre Co., Ltd.**  
(Company) Member of the National Travel Association Member  
Toyama Governor Register No. 2-104

Takaoka Branch: 61 Sekihonmachi, Takaoka, Toyama, 〒: 933-0863 Licensee: Mr. Takeshi Toriyama

TEL: **(0766) 21-4700**

FAX: **0766-21-4668**

URL: <http://yado-club.com/>

EMAIL: [tulip@yado-club.com](mailto:tulip@yado-club.com)

For booking all journeys through the Toyama Prefecture Tourism Federation, Takaoka City Tourism Association, City Station Network Takaoka and Seifu restaurant.

**Advance reservation is required**



**1**

**Sutra Transcription Tour ¥6,500**

Includes entrance fee and sampling of the Buddhist vegetarian cuisine.

(Min 2 people)

Because the Sutras are transcribed by means of tracing with a brush pen in a quiet environment, even those who feel inexperienced can tackle the task with confidence.



#### Morning

- 10:00 Meet at the Main Gate.
- 10:10 Sutra Transcription.
- 11:00 Free time to view the Temple buildings.
- 12:00 Buddhist vegetarian lunch at Seifu Restaurant.
- 13:00 Free time to view the Temple gardens.

#### Afternoon

- 12:00 Buddhist vegetarian lunch at Seifu Restaurant.
- 13:10 Sutra Transcription.
- 14:00 Free time to view the Temple buildings.
- 15:00 Free time to view the Temple gardens.

**2**

**Temple Affinity Tour ¥6,000**

Includes entrance fee and sampling of the Buddhist vegetarian cuisine.

(Min 10 people)

Guided by Monks, you will tour Zuiryu-ji National Treasures and important cultural assets. Of special note are the Sanmon (High Gate), Butsuden (Buddha Hall) and Hatto (Dhamma Hall).



#### Morning

- 10:00 Commence the guided tour escorted by one of the Temple's Monks.
- 10:40 Tour of the Temple's treasures.
- 12:00 Buddhist vegetarian lunch at Seifu Restaurant
- 13:00 Visit the tomb of Maeda Toshinaga.
- 14:00 Free time to view the Temple gardens.

#### Afternoon

- 12:00 Buddhist vegetarian lunch at Seifu Restaurant.
- 13:00 Commence the guided tour escorted by one of the Temple's Monks.
- 13:40 Tour of the Temple's treasures.
- 14:10 Visit the tomb of Maeda Toshinaga.
- 15:00 Free time to view the Temple gardens.

**3**

**Zazen Meditation Tour ¥6,000**

Includes entrance fee and sampling of the Buddhist vegetarian cuisine.

(Min 10 people)

Escape the stress of the modern world by trying out a Zen Meditation experience in the serene halls of the Zuiryu-Ji temple. You will leave feeling calm and refreshed.

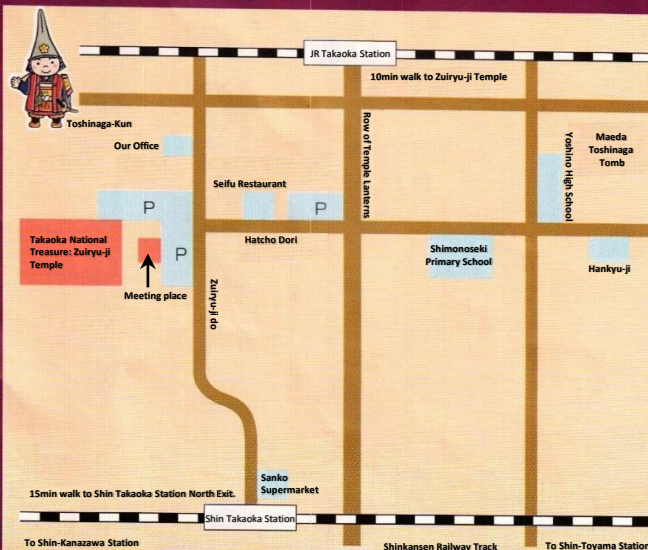


#### Morning

- 10:00 Meet at the main gate and start your Zen Meditation Journey.
- 11:50 5 minute walk.
- 11:55 Buddhist vegetarian lunch at Seifu Restaurant.
- 12:40 Free time to view the Temple gardens.

#### Afternoon

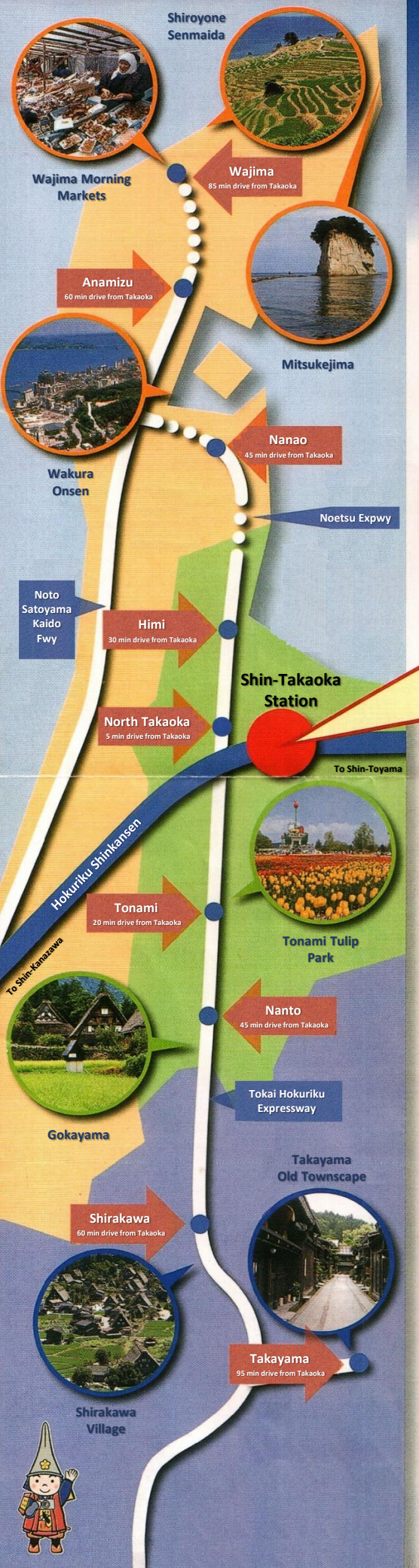
- 12:00 Buddhist vegetarian lunch at Seifu Restaurant.
- 12:55 5 minute walk.
- 13:00 Meet at the main gate and start your Zen Meditation journey.
- 14:20 Free time to view the Temple gardens.



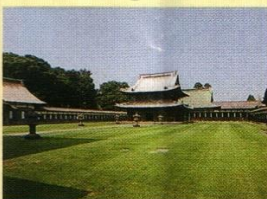


# Historical City • Takaoka is at the juncture of Hokuriku

## A trip to Noto and Hida begins at Shin-Takaoka Station



### Tourist Sights



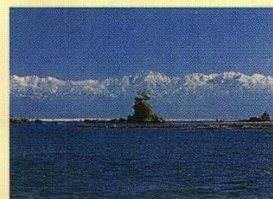
**National Treasure Zuiryu-ji** is the only national treasure in Toyama prefecture. A masterpiece of Edo Style Soto-Zen temple architecture which was commenced by Maeda Toshinaga circa 1603 and completed to its current style in 1663. Specific treasures include The Temple Gate (Somon), The Buddha Hall (Butsuden) and Lecture Hall (Hatto).

An easy 20 minute walk from JR Shin-Takaoka Station, North Gate, 5 minutes by car



**Takaoka Daibutsu** is said to be one of the 3 most important large Buddha statues in Japan, following Nara and Kamakura. While the statue has been in existence for around 800 years, it was made from wood and has burnt down many times. Toyama, being famous for producing bronze, the Daibutsu was finally completed in bronze in 1933.

A 30 minute walk from JR Shin-Takaoka Station North Gate, 10 minutes by car



**Amaharashi Coast National Park.** With an abundance of white sand and native red pine trees, Amaharashi Beach is one of Japan's 100 best beaches. If the weather is fine, the Tateyama mountain range can be seen as an exquisite backdrop.

A 30 minute drive from JR Shin-Takaoka station, 40 min by train using the Johana & Himi Lines.



**The Manyo Historical Museum** in Takaoka is a mecca for the study of Man'yōshū (Japanese Poetry – "The Collection of 10,000 Leaves"). There is a wealth of literary material on the trail of the "Birthplace of Man'yōshū" in Asuka, Nara and Takaoka, and on the collection itself.

A 25 minute drive from JR Shin-Takaoka station, 25 minutes by train using the Johana & Himi Lines.



**Yamachosuji Street** is a picturesque traditional merchant trading area. It is located on the route of the annual Mikurumayama Festival and harks back to the town's founding in 1609. The street has been designated an important Traditional Building Group Preservation Area.

A 10 minute drive from JR Shin-Takaoka Station, or 25 minutes by bus on Katsukihara Route (from South Entrance Bus Stop)



**Kanayamachi** is the place of the "Senbon Lattice" (1,000 frontages of latticed wood) and is the birthplace of the foundry industry in Takaoka. Traditional houses line the cobble streets which are also decorated with bronze statues, making the town a photogenic delight.

A 10 minute drive from JR Shin-Takaoka station, or 30 minutes by bus on Katsukihara Route (from South Entrance Bus Stop)

### Festivals & Events



**The Mikurumayama Festival** dates back to the founding of Takaoka City in 1609. Maeda Toshinaga gave a carriage to the people of the city who converted it to a float. The festival now has 7 floats that circulate through town. The floats are hundreds of years old and have been designated national cultural assets.

Held on 1st May each year



**Manyo Festival** events include a complete recitation of the Man'yōshū (Japanese Poetry), during which all 4,516 poems contained in the 20 volumes are read in relay over three days and nights. From start to finish, the recital involves readings from over 2,000 people.

The first Friday, Saturday, and Sunday in October each year



**Takaoka Nabe Festival** in Central Takaoka. Try many cheap dishes (nabes) cooked in the large pots made locally in Takaoka foundries. There are a multitude of flavours around the local venues, rich in local seafood, meat and vegetables. A truly delicious experience.

The first Saturday and Sunday in January each year

### Gourmet Foods & Local Crafts



#### Japanese Traditional Sweets

When Maeda Toshinaga founded Takaoka, many Japanese-style artisans were invited to establish businesses here, including those making traditional sweets. It was notably widespread from here-on-in that merchants welcomed their customers with these delicious local Japanese sweets.




#### Takaoka Copperware

After the closure of Takaoka Castle in 1615 and to keep Takaoka as a thriving city, Maeda Toshinaga funded the development of the forgery manufacturing industry. Today, Takaoka still produces the highest share of forged iron, copper, tin and bronze in Japan. Metalware is noted as a traditional local craft.



#### Takaoka Lacquerware


Takaoka lacquerware is based on unique techniques such as "Chokokunuri" (carved and lacquered), "Yusukunuri" (lacquered and painted) and "Aogainuri" (inlaid Mother of Pearl and lacquer). Products such as trays and tea ceremony furnishings are still traditional crafts of the local area.



**We're waiting for you!**

**Takaoka**

Hokuriku Shinkansen now stops at Shin-Takaoka Station



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FAX 0766-20-1496

**Takaoka City Tourism Association**  
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