



Trail Running in Nara

An exploration of the Yata Hills

Running the Yata hills

Nara is a landlocked prefecture in the Kinki Region

Known as the cradle of the Japanese civilization, many of the early emperors built their palaces in Nara Prefecture, formerly known as Yamato.

In 710, Nara was selected as the location of Japan's first permanent capital.

The Yata hills are part of Yata Prefectural Natural Park - to the northwest of Nara.

Temples in the park include Ryōsen-ji, Yata-dera, Tōmyō-ji, and Matsuo-dera.

The Yata hills run from north to south for about 10km and there are a network of good fast running trails all over them.

A wide maintenance road runs over the spine, with smaller tracks running off

It is possible to increase the intensity of the run by including more hill-climbs using the paths diverting from the maintenance road.

Welcome to www.ventureea.com:

Venture specialises in small group travel - designing activities and itineraries tailored to ensure that you get the most out of your Adventure, Expedition, or Event.