

Na no Ra

Nara Sightseeings

Volume 3
Tenkawa village

奈良
の
良い所

Access Map / アクセスマップ



Tenkawa village

APPROXIMATELY ONE HOUR BY BUS FROM SHIMOICHI GUCHI TO TENKAWA

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A Step Back in Time and the Nature of Tenkawa Village 自然たっぷりの天川村でタイムスリップ



After our car climbed mountain after mountain, we finally arrived in Tenkawa Village. This is your chance, dear reader, to visit this relatively unknown town full of great out-of-the-way places. Don't have a car? It's possible to get there by public transportation. After riding the Kintetsu Railroad south from Osaka or Kyoto, get off at Kintetsu Shimoichi-guchi Station. From there, you can take a bus for an hour long ride. An hour may sound like a long time, but taking in the beautiful scenery all along the way is a great way to discover what Japan looked like long ago.

They say that Japanese history began in Nara, and when you visit Tenkawa, located in the southern part of Nara, you'll surely have an "a-ha!" moment, understanding just what they meant by that.

Nature Galore!

During our visit to Tenkawa, I was first impressed with the Mitarai-keikoku Gorge. It was physically and mentally refresh-

車でたくさんの山々を越え、天川村に入ります。外国人にはあまり知られていない場所なので、これを読んでいらっしゃる方は、穴場スポットを体験するチャンスですよ。公共交通機関を使用する場合は、近鉄下市口駅で電車を降り、バスに乗って約1時間です。1時間は長いように聞こえますが、美しい自然を眺めながらの旅路はあっという間で、昔ながらの日本を発見することができ、おススメです！

日本の歴史は、奈良から始まったと言われてます。奈良県の南部に位置する天川村を訪れると、「なるほど！」と納得することでしょう。

自然たっぷり！

天川村を訪れ、最初に印象的だったのがみたらい溪谷です。非常に長い時間をかけて作られたこの景色の真ん中に行くと、心も身体もリフレッシュできます。森林の緑と川の青の美しい風景が、視界いっぱい広がっています。私達が訪れたのは秋でしたが、秋が深まるにつれ、



Tenkawa village surrounded by mountains and nature
自然と山に囲まれている天川村

ing standing there in the gorge, a landscape which must have taken eons to craft. In every direction you look, the crisp green forest mixes beautifully with the bright blue of the river. We visited in early autumn, but in due time, the leaves on the trees will color the mountain vistas in reds and yellows. You can hear the sound of the river and nearby waterfalls, so even if you close your eyes, you can still feel the nature around you.

Feeling Thankful for Nature

The people who live in Tenkawa are never far from nature, and are ever thankful for its presence. In the Japanese religion of Shinto, nature is worshiped as a god. Also, in Buddhism and Shugendo, an ascetic version related to the same religion, believers go through vigorous training in nature which is not always forgiving.

One place I really think overseas tourists should visit when they come to Nara is the Tenkawa Dai-Benzaiten Shrine. The main deity worshiped here is Benzaiten, the Japanese goddess of water. It has beautiful buildings and grounds, and the site is listed as one of the top three Benzaiten shrines in Japan, a must see for those interested in Shinto culture and Japan's relationship with nature. It is also a great place to learn about the rituals and services carried out by Japan's unique amalgamation of Buddhism and Shinto.

For generations, people meditated and offered prayers in Tenkawa's natural environment overflowing in spiritual energy. Due to efforts made by the Shugendo monk En-no-gyoja, who underwent strict ascetic practices in the Omine Mountains, in the 7th century, the surrounding region became the hub for eager disciples. The Buddhist temple Ryusen-ji serves as a place for the devotees to purify their minds and bodies before they begin their mountain training. The "Omine Okugake-michi", a pilgrimage route that passes through the sacred Kii Mountains, is a registered

その景色は赤と黄色に染まっていきます。川や滝の音が聞こえ、目を閉じても耳で自然を感じることができます。

自然への感謝

この地に暮らす人々は、常に自然とともにあり、自然に感謝しています。日本の神道では、自然を神様として崇拝することがあります。また、修験道や仏教では、厳しい自然の中で修行することもあります。

外国人観光客の方には、奈良を訪れたら是非行って欲しいところがあります。それは、天河大辨財天社です。この天河大辨財天社では、「弁天様」という水の神様を祀っています。とても美しい神社で、日本の三大弁天の筆頭とされています。神道文化や日本人と自然との関係に興味がある方には特におすすめです。日本独特の神仏混合の祭祀形態についても学ぶことができます。スピリチュアルなエネルギーが満ちたこの自然の中で、長い間、人々は瞑想したり祈りを捧げたりしてきました。7世紀に活躍した役行者が大峯山で修行をしたことに始まり、大峯山には多くの修験道者が集まるようになりました。龍泉寺は、修験道者が大峯山に入る前に心身を清めるためのお寺として建てられました。天川村をまたぐ大峯奥駈道は、「紀伊山地の霊場と参詣道」として世界文化遺産に登録されています。この地を訪れると、スピリチュアルなエネルギーを受けて元気になれますよ！

自然と神社仏閣を楽しんだ後は、洞川地区に移動して、日本らしい温泉街の町並みを歩きましょう。そして、疲れ



When it comes to Japanese autumn, the first thing to come to mind is the colours

日本の秋といえば、紅葉

World Heritage Site and also passes right through Tenkawa Village. When you visit, the surrounding natural energy will surely relieve your tension and make you feel better.

After taking in the natural scenery, and exploring some temples, and shrines, we moved on to the Dorogawa region of Tenkawa, whose scenery is very typical for a hot spring district. Here you can rest your tired body the Japanese way by soaking in the natural hot springs – that's Dorogawa-onsen! I hope you enjoy this trip through Tenkawa.

Mouloud Hammadou

Tochikannondo found in amongst the forest 自然の中にある板尾観音堂



た体を日本スタイルで癒すことができます。それは、洞川温泉！どうぞ皆様、お楽しみください。

ハマドウ ムルードウ

Dorogawa Onsen 洞川温泉



Visiting the Deities and Buddhas, Shugendo and Noh Deep in the Mountains

神々とともに歩くー山奥の能と修験道について

- Tenkawa Dai-Benzaiten Temple -
Wooden statues of Buddha carved by Enku
over 300 Years Ago

- Tenkawa Dai-Benzaiten Shrine -
Noh asks and garb gifted to the shrine by
Kanze Juro Motomasa, son of Zeami Moto-
kiyo

- Ryusen-ji Temple - Whispering
waters that can purify your body and soul

These can all be found deep in
Nara, in the village of Tenkawa.

According to Shugendo, the Ku-
mano region south of Tenkawa is consid-
ered the garbhakosa, the Womb Realm,
being likened to the safety of a mother's
womb. The Yoshino region to the north rep-
resents the vajradhatu, the Diamond Realm,
the world where we live our human lives.
Tenkawa rests between these two worlds,
signifying the zero point between them, or
a birthplace, a starting place. As such, it is
brimming with spiritual energy, resulting
in the coexistence of Shinto and Shugendo,
two religions centered on nature, and Bud-
dhism, which respects the natural world, for
centuries. What lay in this quiet mountain
village are a culture and history seemingly
unknown to the world.

One of the village's largest shrines
is Tenkawa Dai-Benzaiten, said to have been
constructed under the orders of Emperor
Tenmu (673 - 686 BCE). It is also believed
that about 600 years ago the famous Noh
playwright, Kanze Juro Motomasa, brought
Noh to Tenkawa, and the shrine developed
its own style of Noh performance over the
years. The shrine boasts not only a magnifi-
cent Noh stage, but also possesses several
hundred pieces of traditional Noh costumes
and garb, as well as many masks, some of



Tenkawa Daibenzaiten shrine
「天河大弁辨天社」



Tenkawa Daibenzaiten shrine Noh
performance stage
天河大弁辨天社の能舞台

which have been designated as Important
Cultural Assets. The stage is still used today,
serving as the setting for not only Noh per-
formances, but for more modern purposes
like healing rituals, too. I would have loved
to see a Noh performance on the stage in
an environment as solemn as in Tenkawa
so I could experience the true meaning of
yugen, of Noh's mysterious profundity and
elegance.

Ryusen-ji Temple is famous in
Shugendo because En-no-gyoja discovered
water pouring forth from the rocks. Believ-
ing that the god of water, the dragon Lord
Hachidai Ryuo, dwelled in the spring, the
mountain ascetic entered the water, thus es-
tablishing the water purification ritual mizu
no gyō, here, marking the start of the temple.
Shugendo beliefs hold that the mountains
themselves are gods. Before disciples begin
their training pilgrimages walking the holy
trails of Mt. Omine, they must first cleanse
their bodies with the pure water that flows
at Ryusen-ji.

During our visit, I had the oppor-
tunity to take part in this water ritual. At
Ryusen-ji, a pond sits in front of the tem-
ples main hall, and I could see fresh spring
water flowing from a dragon shaped spout.
After changing into the ceremonial dress, a
white top and white bottom made of cloth,
the chief priest explained the procedures of
the ceremony. First, while standing before
the small tori gate, through which I would
enter the pond, with our hands together and
eyes closed, the priest recited a sutra. After
this, we clapped our hands together and
bowed, which I then followed up by saying
“onegaishimasu”, expressing my hope that

the gods were watching. I then stepped into
the frigid pond, and at the halfway point,
between the gate and the dragon's spout,
I got down on my knees and once again
brought my hands together and closed my
eyes. It is customary to recite another sutra
here, and leave the pond through the gate
after doing so. Finally, you pass through the
gate, face the dragon, clap and bow for the
last time, and end the ceremony with a loud
and clear “thank you very much.” Usually,
one must recite the sutras themselves, but
since I don't know them, the priest did so
for me. (This was done for special circum-
stances and priests are unable to support
regular visitors) Without his help, this expe-
rience would not have been possible. (This
ritual was not only to cleanse my body, but
by taking a step closer to nature, it also felt
spiritually sanitizing. This is something you
must certainly try while in Tenkawa, just be
sure to ask first.

Another interesting thing at Ryu-
sen-ji is the rubbing stone, or nade-ishi. It's
easy enough to pick up, but if you gently rub
it first, doing so feels easy. If you try smack-
ing it or hitting it though, it feels much
heavier. This is meant to represent the mu-
tually Shugendo, Shinto, and Buddhist be-
lief that gods and spirits dwell in all things.
Treating this rock kindly or roughly allowed
me to feel firsthand the Japanese custom of
respecting people, animals, and everyday
objects.

Rich in history and surrounded by
natural beauty, Tenkawa Village is a place to
experience with all your senses.

Lukas S. Bonick



Tenkawa Daibenzaiten shrine
Mr. Kakisaka Masataka
天河大弁辨天社の栞匠匡孝氏

た。本堂前の池の銅色の岩にある竜の形の蛇口から湧
き水が流れています。白装束に着替え、ご住職より水行
の説明をしていただきました。ご住職にお経を読みあげ
ていただいた後、二礼、合掌し、「お願いします」の声と
もに池に入ります。門と岩の間点まで進み、水の中で
正座、合掌し、目を閉じてお経を唱えます。唱え終わつた
ら池から上がり、また二礼してから合掌して、「ありがとう
ございます」と呼び、水行が終わります。お経が分からな
い私に、今回はご住職より特別にお勤めをしていただき
ました(通常はご住職による対応は無く、水行は各自で
行うことになっています)。水行により、体のみならず魂ま
で清めることができ、自然により近づいたように感じまし
た。もし機会があれば、挑戦してみてください。

また、龍泉寺には、なで石という石があります。手でな
でると軽く持ち上げられますが、叩くと重くなります。これに
より、修験道・仏教・神道におけるの八百万の神の概念(全
てのものに命が宿っているという考え)を実感すること
ができ、ものを大事にする日本の風習をより理解できた
と思います。

深い歴史と自然が溢れている天川村を、五感で体験し
に来ませんか？

ボニック ルーカス

300年前に彫られた板尾観音堂の円空仏、
世阿弥元清の息子、観世十郎元雅が奉納した天河大辨
財天の能面と能衣装。
体と魂を清められる龍泉寺の湧き水。

これらすべては奈良の奥地、天川村に存在しています。

修験道思想によると、熊野地区は胎蔵界(母のお腹の中
の守られた世界)、吉野地域は金剛界(生まれてからの
厳しい実世界)と考えられています。天川村は、その中間
点に位置し、ゼロ地点・誕生・出発の地であり、スピリチュ
アルなエネルギーにあふれた場所です。天川村には、自然
を崇拜する神道や修験道、そして自然を大切にしている仏
教が共生しています。そこに隠れているのは、知る人ぞ
知る歴史と文化です。

その天川村に、天武天皇が造営したと伝えられている天
河大辨財天社があります。約600年前に観世十郎元雅が
天川村に能を伝えたといわれており、以降、我流の能が
発展しました。そのため、大辨財天社には重要文化財を
含む数百点の衣装や能面が所蔵されているほか、能舞
台までもがそろうています。能舞台は現在、演能だけ
でなく、ヒーリングなどの様々な目的で利用されているそ
うです。荘厳な雰囲気の中、その能舞台で演能を鑑賞し、「
幽玄」という言葉の意味を体験してみたいと思いました。

修験道で有名な龍泉寺は、役行者が岩から流れてくる湧
き水を発見したことに始まります。そこに八大龍王尊をお
祀りし、水行をしたのが龍泉寺の始まりとされています。
修験道では、山そのものが神であると考えています。修
験者たちは聖なる大峯山に修行に入る前に、龍の口の
湧き水で体を清めなければなりません。

この度、私も修験者の水行を体験させていただきました

Ryusenji Temple water purification 龍泉寺での水行





“Zenitani Shokakudo”
「銭谷小角堂」

Daranisuke is a popular household medicine that can be found in every home in Nara. I have been interested in it for a while since a friend gave me some, which completely got rid of a bad stomachache I once had. During this trip, we visited Tenkawa Village during the beautiful season of autumn. After a three hour drive from Nara City, we entered the charming district of Dorogawa-onsen, where we were greeted by the main street lined with traditional Japanese hot springs and lodges. I saw that many of the buildings even had signs advertising Daranisuke. Finally, I would be able to experience the feeling of bringing some of the medicine back as a souvenir. As we walked down the street, I spotted a wooden building that fit right in with the surrounding inns and hot springs - Zenitani Shokakudo. Although Daranisuke is available in many of Tenkawa's stores, the owner of this particular establishment, Mr. Zenitani, was the one we contacted to visit during our trip. Inside was a wide range of products, from elaborately decorated boxes of the remedy to creative characterizations of the little black balls of medicine, making it obvious that the store was not only interested in selling a traditional and natural cure, but also in trying to make its product more attractive to younger generations of customers. Here we were able to speak with Mr. Zenitani, the

Daranisuke - Household Medicine with Shugendo Roots 修験道から誕生した身近な常備薬、陀羅尼助

fifth generation in owners of Zenitani Shokakudo, about his product and the village of Tenkawa.

Q: The name “Daranisuke” is rather unique. Do you know anything about its origins or history of the name?

A: There is a legend that says the ascetic priest who developed Shugendo, En-no-joja (also known as Shokaku), developed the medicine and used it to help many people. The name supposedly comes from an old story saying that priests would put some of the medicine in their mouths because its bitterness helped them stay awake while they recited long and dull sutras called Dhara-ni. It's got a really strong bitter taste, and before its modern easy-to-take pill form was developed about a century and half ago, it used to only be available in large, flat pieces.

Q: What are some ingredients in Daranisuke, and what sort of effects do they have?

A: The main ingredient comes from the extract of shredded Amur cork tree bark, from the same family as the Satsuma orange tree, which is then hardened to make the medicine. The bitter tasting Amur cork bark has long been used for its antidiarrheal and disinfectant properties. Daranisuke is an affective remedy for stomachaches, diarrhea, and hangovers. Plus, since it's a medicine made from natural ingredients, it has few side effects and is not harmful on the body.

Q: In the Dorogawa district, there are many places that sell Daranisuke. Is there anything different about these other types?

A: Daranisuke that is sold in Dorogawa is all made the same way, but its packaging changes depending on who sells it. The kind made in Yoshino, though, has a slightly different composition, and has a different size and dosage amount.

It was very interesting learning that Daranisuke was not as simple of a medicine as I had imagined. It has a deep connection with Shugendo, and a long history of use as a folk medicine. Due to restric-



Zenitani Shokakudo Character goods
銭谷小角堂にあるキャラクターグッズ

tions placed on Korean Buddhism in the past, historical temples can be found deep in the mountains. This resulted in them being used not only as religious facilities, but also as medical facilities in times when local hospitals were uncommon. There the people practiced folk medical treatments and cultivated plants for natural medicines. I felt closeness to Japan when I discovered that it shares similar natural medicine and religious traditions with Korea.

Daranisuke is a medicine brought to us by the knowledge and traditions of Shugendo. When you visit Tenkawa, don't forget to pick some up and take it home with you!

Yoon-jeong Moon

奈良の家庭では常備薬として必ず持っていると言われている陀羅尼助。以前、お腹をこわしたときに同僚が渡してくれた陀羅尼助を飲んですっかり治ったことがあり、私はこのお薬には前から興味を持っていました。今回は紅葉の美しい季節を迎え、天川村を訪れました。奈良市から車で3時間、風情のある洞川温泉街に入ると、立派な温泉旅館がずらりと並ぶ中、陀羅尼助という看板がたくさん目に入りました。大峯のお土産と言ったら陀羅尼助！ということが実感できました。奥に進むと温泉街の雰囲気を保ちながら立っている木造建物が見えました。天川村にはたくさんの陀羅尼助を扱うお店がありますが、今回はそのうちの一軒、銭谷小角堂さんを訪ねました。店内には様々なパッケージに入った陀羅尼助とその陀羅尼助をモチーフにした可愛いキャラクター商品が置いてあります。薬の販売だけではなく、陀羅尼助をキャラクター化することにより、若い年代にも親しみやすくなっていました。ここで、5代に渡り、銭谷小角堂を営む銭谷さんから陀羅尼助についての話を伺うことができました。



Q: 陀羅尼助という名前はとても独特だと思いますが、その由来と歴史を教えてください。

A: 約1300年前、修験道を開いた役行者(小角)がこの薬を作り多くの人を助けたという伝承があり、和薬の元祖とも言われています。名前の由来は僧侶たちが長くて眠い陀羅尼経を唱える時、睡魔を防ぐためにこの苦い薬を口に含んだことから陀羅尼助という名前を付けたという説があります。大変苦い薬で、昔は板状のものでしたが、飲みやすい粒状になったのは、ここ百数十年のことです。

Q: 陀羅尼助はどんな成分で作られ、どんな効能がありますか。

A: ミカンの仲間である黄柏(オウバク)を刻み、そのエキスを固めて作ります。黄柏は下痢止めと殺菌作用もあり、古くから伝わっている苦味薬です。陀羅尼助の効能は腹痛、下痢、二日酔いで、自然からとれる生薬ですので副作用も少なく、体に優しい薬です。

Q: 洞川地区には陀羅尼助を販売している店がたくさんありますが、店ごとに違いはありますか。

A: 洞川地区の陀羅尼助は共同で製造しているので中身は一緒で、パッケージだけお店ごとに違います。しかし、吉野山で作られている陀羅尼助は配合が少し違い、粒の大きさや服用数も異なります。

陀羅尼助は単なる薬を超え、その誕生から修験道という宗教と深い関係があり、古くから民間薬として愛用されてきたことにも興味深いことでした。韓国では抑佛政策により、

今も歴史の古いお寺は深い山の奥に位置しています。そのおかげで、昔お寺は宗教施設だけではなく、薬用植物と民間治療の集約地になり、病院のなかった時代に民間の治療施設としても使われました。そんなことから韓国と同じ宗教と薬という関係の共通点を発見し、親しみを感じました。修行者たちの知恵と歴史が生み出した薬、陀羅尼助。天川村を訪れる際は、ぜひお土産としてどうぞ。

文 間真

Zenitani Shokakudo Mr. Zenitani Takahiro
銭谷小角堂の銭谷貴大氏



Cleanse your body and mind at the Dorogawa-onsen Hot Spring 身も心も清められる洞川温泉



the crystal clear waters of the Sanjo River will surely take your breath away. With Ryusen-ji Temple behind us, we crossed the river on the bright red Kannon Bridge and entered the famous Dorogawa-onsen Hot Spring Village. The Chinese poet Liu Yuxi wrote, "Any mountain can be famous with the presence of an immortal, and any river can be holy with the presence of a dragon."

This verse could not paint a better picture of the scenery to behold at Dorogawa-onsen, full of precious views the likes of which the world has never seen.

The mysterious beauty of Mt. Omine, dyed in autumnal crimson, and of

During our visit, we spoke with Yoshiharu Hanatani, head of the Mt. Omine Dorogawa-onsen Tourism Association, about the hot spring village.

Q: Japan is well-known for its hot springs, as they are a main attraction for many foreign tourists. What would you say sets the hot springs in Dorogawa-onsen apart from other places in Japan?

A: What makes Dorogawa-onsen different from other hot spring villages in Japan is the weather. The elevation here is pretty high – 820 meters. This means that you can see cherry trees in bloom for longer, as well as see the leaves change color in autumn earlier than you could in other places. Not only that, but summers are also very cool here. Dorogawa-onsen is in Nara, where the first capital of Japan was located, and is also regarded as the birthplace of a religion unique to Japan, the Shingon sect of Buddhism. The

Japanese inn Hanayatokubei
旅館「花屋徳兵衛」



Omine Mountain Dorogawa Onsen Tourism Organization
President Yoshiharu Hanatani (top right of the photo)
大峯山洞川温泉観光協会の花谷芳春会長(写真右上)



神秘的で息をのむ美しい紅葉に染まれた大峯山、澄き通った山上川のほとり。龍泉寺から山上川に架かる赤い観音橋を渡れば、洞川温泉郷に入ります。中国の詩人劉禹錫の「山は高きに在らず、仙有らば則ち名あり。水は深きに在らず、竜有らば則ち霊あり」という絶句はまさに洞川温泉の環境が描かれていると言えるでしょう。洞川温泉は、世界に目を向けても出会うことのない貴重な環境に恵まれています。

私たちは大峯山洞川温泉観光協会の花谷芳春会長に洞川温泉街についてお話を伺いました。

Q: 日本は温泉大国と呼ばれますが、温泉は外国人観光客にとっては日本旅行の大きな魅力の一つになります。ほかの温泉地にはない洞川温泉街の魅力は何だと思

ますか。

A: 洞川温泉地区が他の温泉地と違うところは気候です。標高が820m程度なので、紅葉は早く始まり、桜は遅く見られ、夏は涼しいです。そして、洞川温泉は日本で初めての都がおかれた奈良県にあり、日本の原点の宗教とも言われている真言宗の発祥地でもあります。山の崇拝、自然の崇拝に興味がある方は、是非登山後に洞川温泉で体を癒してください。

Q: 洞川温泉は修験道や山の崇拝と強く結びついて、魅力たっぷりですね。では、洞川旅行のベストシーズンはいつ頃でしょうか。

A: ベストシーズンはやはり夏場です。ですが、洞川では紅葉やみたらいい溪谷が秋の見どころなので、最近

風景を楽しむ観光客も増えてきました。そのほかにも、毎年名水まつり(4月)、行者まつり(8月)、もみじまつり(11月)が行われています。行者まつりは毎年8月2日~3日に行われ、100年ほどの歴史があります。祭りは大峯山開祖・役行者が伊豆大島に流されて、のちに冤罪だとわかり戻されてきたことを祝うことが始まりです。温泉街は浴衣姿の温泉客、修行者や参詣者などで賑わい、いわば大峯山の祭として大変有名です。

Q: オールシーズン楽しめますね。最後に洞川温泉のグルメを紹介して頂きたいです。

A: 会席料理はもちろん、大峯猪を使ったぼたん鍋が好評です。腕のいい料理人が厳選した肉を使用しており、おススメです。



“Dorogawa Onsen” centre
「洞川温泉センター」

area is perfect for those interested in Japanese nature worship, especially after a long hike.

Q: What would you say is the best season to visit Dorogawa?

A: I'd say the best season to visit is in the summer. Although, recently, the Mitarai-keikoku Gorge in Dorogawa has become a popular tourist destination for those who enjoy seeing autumn leaves. We also hold several large events, like the Meisui Festival in April, the Gyoja Festival in August, and the Momiji Festival in November.

The Gyoja Festival, which is held every year on August 2nd-3rd, has a 100 year long history. It began as a celebration of En-no-gyoja's return, the priest who founded the mountain temples in the Mt. Omine region). He was banished to the island of Izu Oshima, only to be found wrongly accused. During the festival, the streets are crowded with people wearing yukata, others who practice Shugendō, and still others who have come just to visit the shrines and temples in Tenkawa. It's one of Mt. Omine's most famous and interesting festivals.

Q: Tenkawa sounds like a great place to visit all year round. Lastly, could you tell us a little bit about the cuisine here in Dorogawa?

A: Well, there are of course the usual, traditional Japanese dishes served in the form of kaiseki-ryōri. We also have a very popular form of hot pot dish that has Omine boar meat in it. The skillful chefs who prepare it choose only the finest meat, so it's a must-try.

I also asked about mixed baths in Japan. Apparently, most baths are separated nowadays, as a result of the Meiji Government claiming that mixed baths were immoral. This means, though, that foreign tourists can feel at ease knowing that they can enjoy a dip in a modern public bath in Japan without having to worry about the other sex.

Mr. Hanatani was also kind enough to show us his ryokan, or Japanese style inn, Hanaya Tokubei. Beautiful on the outside, the inn also features an even more elegant

interior. This hot spring inn, complete with private bathtubs which whole families can use, an outdoor bath where visitors can soak in the seasonal mountain scenery, and a photo gallery titled "Shugen no Yado", has a definitive air about it that characterizes it as belonging to Dorogawa. This time we were only able to see the Hanaya Tokubei inn, but there are many more just like it along the main street of this hot spring district.

After our interview, we visited the Dorogawa-onsen Center to take a dip in the warm bath water for an authentic Japanese hot spring experience. It reminded me of when I had first visited a hot spring during my first trip to Japan 6 years ago. In China, men and women enter mixed baths in their bathing suits, but in Japan they bathe separately. I was also surprised to see that they do so without bathing suits on. You also have to thoroughly wash your body before entering the main tub with only a towel for cover, or so I thought. Apparently, the rule is you can't put the towel into the water! As such most people place it upon their heads. These customs define the Japanese bath experience.

The center we visited had both an indoor and an outdoor bath, each with different water temperatures. After warming up indoors, we moved outside. Despite the cold weather, it was truly delightful to see the surrounding mountains from the bath which warmed me to my core. The spring water of the Dorogawa-onsen Center is slightly alkaline, which made my skin nice and smooth after I dried off!

At night, walking along the Gyoja-dori Road, the main street in the hot spring village which is lined with Japanese lanterns giving it a nostalgic atmosphere, feels like taking a step back in time. It's the perfect place to get absorbed in retro Japan. I couldn't help but associate what I saw with the scenery from Mikio Naruse's classic film Floating Clouds. Dorogawa is a must visit for those who want to take a step back in time to see a Japan from the not so distant past.

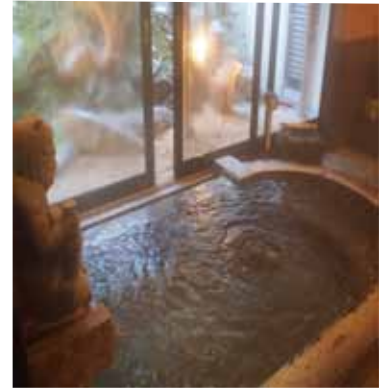
For those traveling to Japan, I highly recommend that you visit a hot spring. After customarily purifying your hands with cold water at Ryusen-ji Temple, warm yourself up

and relax your body and mind in the blissful hot spring waters of Dorogawa-onsen

TIPS:

- Manners for Using Japanese Hot Springs
- Wash your body first, then enter the tub
 - No swimsuits allowed
 - Keep your towel from touching the water
 - Don't scrub yourself in the tub
 - Keep long hair tied up
 - Keep your bath time short; take breaks, and drink water
 - Try not to bother others with your conversations

Min Zhang



そのほか、日本の男女混浴についても聞きました。現在は男女混浴はあまり残っていないとのことでした。史料によると、明治政府は風紀が乱れるなどの理由で男湯と女湯を別にしたということです。外国人は安心して現代の日本温泉を体験できますね。

また、今回お話を伺った花谷さんの旅館、花屋徳兵衛さんを見せていただきました。外観も素敵な温泉旅館は、中に入ってみるとより一層の趣が味わえます。家族で利用できる混浴風呂や、四季折々の山を見ながら入る露天風呂もさることながら、「修験の宿」フォトギャラリーが洞川地域の温泉旅館ならではの風情を醸し出しています。今回は花屋徳兵衛さんを見せていただきましたが、洞川温泉地区には、このほかにも沢山の素敵な温泉旅館があります。

その後、私たちは日帰り入浴施設の洞川温泉センターで温泉を体験しました。6年前初めて日本に来た時の温泉初体験を思い出しました。中国では水着を着たまま露天で男女混浴ですが、日本では男湯と女湯に分かれており、裸で入っているその光景にびっくりしました。それに、温泉に入る前はシャワーで体をきれいに洗って、湯船に持っていけるのはせいぜいタオルくらいですが、そのタオルも頭の上に乗せるなどで湯船に入ればいけないルールがあります。いずれも日本ならではのやり方ですね。洞川温泉センターでは、内湯と露天風呂両方があります。お湯の温度もそれぞれ違いました。内湯で体を温めてから、露天風呂に移動しました。外は寒いですが、それでも体の芯からぼかぼかしてきて、奥山を眺めながら至福の体験を満喫しました。洞川温泉は弱アルカリ性単純泉で、入浴後はお肌がすべすべになりました！夜には、提灯の灯りで昭和の風情を漂わせる「行者さん通り」を散策して、タイムスリップした気分を味わえます。日本情緒、昭和のレトロな雰囲気を感じられる場所だと思います。「浮雲」のような昭和時代の映画で良く出てきたシーンを連想しました。タイムスリップ体験が好きな方におすすめです。

日本を旅行したい方は、是非日本の温泉を体験してください。龍泉寺で水垢離(神仏に祈願する前に水を浴び

て身を清め、穢れをとり除いて心身を清淨にすること)の後、洞川温泉に入って体を温め、心身ともに癒やされる、このような至福のひとつを過ごしてはいかがでしょうか。

日本での温泉入浴マナーとコツ:

- 体を洗ってから浴槽へ入る
- 水着は着用できない
- タオルは湯船に入れない
- 浴槽内で体をこすらない
- 髪をまとめて入浴する
- 会話は周りの迷惑にならないようにする
- 一気に長湯せず休憩や給水を挟む

張 敏

Come and wash away the days stress at a Traditional Japanese "Ryokan" Inn!
日本の伝統的な宿泊施設「旅館」で一日の疲れを癒しましょう！



About Issue # 3



We are the Coordinators for International Relations (CIR) and work for the International Affairs and Tourism Division at the Nara Prefectural Government. Our job includes improving Nara Prefecture's relationships with countries abroad, and also working at local international exchange events and tourism-related events.

The "Na no Ra" newsletter was created in order to introduce Nara Prefecture's many attractions and charms to other foreigners from a foreigner's point of view. This newsletter contains interviews that we have conducted personally during our visits to various locations within Nara.

This time we covered the village of Tenkawa in southern Nara. The way the mountains of untouched natural beauty and traditional architecture melded together made for inspiring scenery. To the overseas traveler that imagines only the metropolises of Japan, Tenkawa will be delightful refreshment.

Last of all, we would like to express our deep gratitude to all the people in Tenkawa that made this publication possible, especially those from Mt. Omine-Dorogawa Onsen Hotsprings Tourism Association, Zenitani Shokakudo, Tenkawa Daibenzaiten Shrine, Tenkawa Town Hall, Dorogawa Onsen Hotsprings Center, and Ryusen-ji.

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こんにちは。

私たちは奈良県国際課に勤務する国際交流員です。奈良県と海外の交流を深める架け橋となるべく、日々、国際交流・観光業務に従事しています。

『奈の良』は、外国人の目線で見た奈良県の魅力を外国の方に紹介するため、奈良県で見つけた魅力やおもしろいことについて自ら取材し、記事にしたものです。本誌が奈良県に興味を持つきっかけや外国人が感じる奈良の魅力を発掘する手がかりとなれば嬉しく思います。

今回は天川村を取材しました。手つかずの美しい自然と村の歴史的な街並みの共生がとても印象的で感動しました。日本イコール都会というイメージを持つ外国人にはとても新鮮に映る場所だと感じました。

最後に、今回の取材にあたり御協力いただいた、大峯山洞川温泉観光協会、銭谷小角堂、天河大辨財天社、天川村役場、洞川温泉センター、龍泉寺をはじめ、天川村の方々にお礼申し上げます。

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