

A magazine about Shimane Prefecture, Japan

# The Shimanean

Vol. 78

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益田においでよ  
／わさびと神楽と温かい人々

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# Masuda: One City, Many Journeys

Liu Lisha

Masuda City is located in western Shimane Prefecture, facing the Sea of Japan to the north, and the Chūgoku Mountains to the south. Despite being the largest municipality in Shimane by area, its population is slightly less than 50,000 people. Although Masuda is not a famous tourist destination in Japan, for me — being born and raised in a big city — the tranquil landscape and refreshing breeze were brimming with charm; it is a place where you can enjoy abundant nature, historical sites that are close at hand, and a generous local hospitality. On an unusually hot day (quite unlike typical September weather), my colleagues and I visited Masuda, enjoyed the local attractions to our hearts' content, and returned home with a very fond impression of the city.

## ～ A Scenic Spot: The Shrine on the Water's Edge ～

On a day with gentle waves and not a cloud in the sky, we arrived at our “scenic spot” on the Kohama coast. Rising out of the sea before us was Miyagashima Island, upon top of which stood Ebisu-jinja Shrine. According to our guide, the guardian deity of the ocean and successful fishing expeditions is enshrined there. The area is also the model for Asa'ake no Ushio (“Tide at Daybreak”), a wall painting in the Imperial Palace by master Japanese painter Higashiyama Kaii. The beauty of this sea which captured Higashiyama's heart also captured ours. The approach to the shrine — connected by a white sandy beach and surrounded by a beautiful blue sea — continually changes shape with the tide's ebb and flow. At high tide the path disappears, and the island seems unreachable; we were in luck however, as the low tide that day let us walk to the island to visit the shrine. Dropping our gaze from the deep blue horizon, we peered through the sunken rocks below at the sapphire waters. Walking along the coast, the sound of the waves offered a healing presence, and for a moment we felt refreshed, as if all our worries were swept away with the breeze.

## ～ A Nostalgic Town: Walking Through History ～

Masuda City has a deep connection with the “revered monk of painting,” Zen master Sesshu, and the city brims with the historical atmosphere of many cultural heritage sites related to him. Sesshu spent his later years in Masuda, and it is said that he also died there. In the city, we were greeted by Ms. Shinmatsu Harumi, former director of the Masuda History and Folk Museum, and Mr. Osato Masao, who spent many years guiding tourists through Kyoto. With their guidance, we walked through the gardens that Sesshu created, as well as the former castle town of the Masuda clan — a town which has flourished for approximately 400 years.

## Japanese

### さまざまな旅がある益田

益田市は、島根県の西部に位置し、北は日本海を望み、南は中国山地が連なっている町。島根県内では最も広大な面積に対して、人口はわずか5万人弱。日本では大人気の観光地ではないが、そこに広がるのどかな風景と爽やかな風は、都会で生まれ育った私にとっては一つ一つ新鮮な魅力があふれている。豊かな自然、手の届きそうな歴史風景、そして人情あふれる地元のおもてなしが楽しめる場所。九月とは思えない厳しい暑さの中、私たち一行はそんな益田を訪れ、地元の魅力を思う存分満喫し、感動して帰った。

### ～ 絶景スポット 波打ち際の神社 ～

穏やかな波の日、雲一つない空に連れられて到着した先は、小浜海岸にある“絶景スポット”「宮ヶ島 衣毘須神社」(みやがしま えびすじんじや)。海に浮かぶ岩礁宮ヶ島の上に立つ「衣毘須神社」は豊漁と海の守護神が祀られているそうだ。ここは日本絵画の巨匠・東山魁夷が皇居壁画「朝明けの潮」のモデルとした場所でもある。東山魁夷の心を捉えた海の美しさは、今日も私たちの心をふるわせる。碧く美しい海に囲まれ、白い砂浜でつながる神社への参道は、潮の満ち引きにより



劉 莉莎

刻々と姿を変える。潮が満ちてくると参道が消え、島に渡れなくなるそうだが、今回訪れた際には運良く島に渡って参拝することができた。紺碧の水平線から視線を転じて眼下を見れば、岩礁を透かして映すサファイア色の海。海岸沿いを歩き、波の音が心を癒やし、悩みごととも吹き飛ばされそうなほどスッキリとする一時を味わえた。

### ～ 懐かしいまち 歴史を巡る旅 ～

益田市は画の聖・雪舟との関りが深く、関連する文化遺産が多く残る情緒あふれる町。雪舟は晩年を益田で過ごし、この地で生涯を閉じたと言われている。この日、私たちは市立歴史民俗資料館の元館長である新松晴美さんと京都で訪日客の案内経験のある大里雅男さんの案内で、雪舟が作った庭園や、中世の時代約400年栄えた武将・益田氏の城下町を歩いた。

益田氏は平安時代から安土桃山時代の領主。鎌倉時代初期には石見地方の約3分の1を治めるようになり、石見での地盤を強固なものにしていた。益田氏は文化への造詣が深く、中国での画法修業を終えて帰国した画僧雪舟を益田に招き、



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The Masuda clan ruled from the end of the Heian period to the Azuchi-Momoyama period. By the early Kamakura period, they governed approximately one third of the Iwami region, strengthening their influence there. The Masuda clan were very cultured, and invited the artist-monk Sesshu — who had returned to Japan after studying the art of drawing in China — to create gardens at Ikō-ji Temple and Manpuku-ji Temple. Appearing to transform from season to season, these two famous gardens, into which Sesshu incorporated ideas from Chinese ink painting, Taoism, and Buddhism, continue to fascinate visitors even today. I felt a mix of joy and pride, being so close to the site of this respected man, who chose to draw the curtains of his life in Masuda — the land that he loved.



## ～ A Town Rich With Human Connection ～

Our tour around the historical sites and well-preserved landscape of Masuda was wonderful, but even more so were the people who guided us; everyone was very welcoming, and despite visiting for the first time, the human connection made me feel as if I were returning to my hometown.

On our second day, after enjoying a workshop to make salt-grilled ayu (sweetfish), we participated in a dinner event at Manpuku-ji Temple; organized by local residents, the event allowed us to deepen our bonds with Masuda. We pleasantly chatted with residents about stories of the city, as well as our experiences living in Shimane. One local resident, Mr. Hajime Masaaki, told us that “all of you here have different nationalities. But here in Masuda, you are not foreigners; rather, we are all people of the same world — we are companions.” I was happy to hear his warm words, which were comforting and provided me with renewed energy. That evening, we stayed as guests at the homes of local residents. We were welcomed as family, with unmatched smiles and kindness. It is said that human contact has decreased in cities, with fewer chances to speak to others, but here, I did not feel that at all — we stayed up late, discussing language, family, and more, never worrying about the time that flew by.

## Japanese

「医光寺庭園」と「萬福寺庭園」を作庭させた。「医光寺庭園」と「萬福寺庭園」は、雪舟が中国の水墨画と道教思想、仏教思想を取り入れながら表現した名庭で、四季折々の表情を変え、訪れる人を今も魅了し続けている。益田の地を愛し、この地で自らの人生の幕引きをした偉人の遺跡が、私たちのすぐそばで息吹いていることに、なぜか誇りと喜びを感じた。

## ～ 人のつながりが濃い町 ～

ありのままの自然、歴史めぐりの旅も素晴らしかったが、何よりもその時に案内してくださった益田の方々が皆暖かく、初めての地とは思えないほどの触れ合いがあり、故郷に帰ったような感覚を覚えたのが印象的だった。

2日目、私たちは鮎の塩焼き体験などを楽しんだあと、萬福寺で開かれた地元の人々主催の交流会に参加し、益田との絆を深めた。益田の話や島根滞在体験談などについて地元の方々と和やかに歓談した。益田の元正章さんは、「君たちは国籍それぞれである。ただここ益田では、君たちは外国人ではなく、私たち日本人と一緒に、みんな国際人だ。仲間だ。」と暖かく語り、安心、勇気、力を与えてくださり、私の心に響く嬉しい一言となった。その夜、私たちは地元の方の家に泊めていただくことになった。まるで家族であるかのように歓待され、他では体験できない

In Masuda — a city with many journeys — there were many other places that I enjoyed visiting. For example, I recommend Hata Memorial Hall, which exhibits the life and work of Masuda-born bacteriologist Dr. Hata Sahachiro, who helped to revolutionize medical science in Japan. Another magnificent tourist site is the former samurai residence, Minoji Estate. In feudal times, the Minoji clan served as the village warimoto jōya (administrative officials responsible for everything from collection of taxes to maintaining peace and order), and they prospered from the tatara industry (iron production using foot-bellows). Even today, the impressive main building and thick thatched roof are testament to the grandeur of these historical village leaders.

The land of Masuda, surrounded by a blue Sea of Japan, green mountains, and clear air, felt to me like a second home. Masuda is brimming with charm: delicious cuisine blessed by nature, kagura theatrical dance (the pride of the Iwami region), countryside lodging experiences, and more. I encourage you to take a look at some of the other articles here about this fascinating city.



優しさと笑顔に出会った。都会だと人のつながりが薄く、話す機会がないなど言われているが、ここならそんなことは絶対にない。遅くまでお互いに外国語勉強や家族の話などをして、時間の流れを忘れたぐらいだった。

さまざまな旅がある益田では、お気に入りの場所はほかにもたくさんあった。日本の医学発展に努めた益田出身の細菌学者・秦佐八郎博士の生涯について展示されている秦記念館もおすすめ。また、美濃地屋敷もなかなか立派である。美濃地家は付近を総括する割元庄屋(村の租税の取り立てから治安の確保まですべて把握する)を務め、たたら業で栄えた。壮大な母屋と分厚い茅葺きの屋根が富裕な庄屋であった威厳を今に伝えている。

青い日本海、緑の山々、濁りのない清んだ空気に包まれた暖かい益田の大地は、私にとっては懐かしい心の故郷のようだ。自然の恵みを受けた美味しい食材や、石見の誇りある神楽、農家民泊など様々な魅力も益田には詰まっているので、ぜひ他の記事もご覧ください。

# Michikawa Kagura



Donovan Goto

Mythology, commonly found amongst many cultures, tells the history of the people, the culture, and most importantly, its creation. Since the time of the gods, we have been retelling these myths about an unfathomable world that was. Recreating that world of Japanese mythology and its characters through the use of song and dance is Iwami Kagura. Once a religious performance that was used to entertain the gods and performed only by priests, it is now a performance not limited to priests and performed as entertainment for the locals.

Iwami Kagura is known for its fast-paced music, lavish costumes, and dynamic movements. Those three points tickle your senses and really pull you into the world of Japanese mythology. But one thing that is often overlooked is the dialogue. Without knowing Japanese, and even knowing Japanese, the dialogue is quite hard to understand. To the average English (American) speaker, it would be the equivalent of watching a Shakespeare play in its original prose. I guess you could say with prior knowledge of the story or even a short description, one can imagine its turn of events.

Recently, Iwami Kagura has been picking up a fan base overseas. And this year having been designated as a Japan Heritage, Iwami Kagura has boomed in popularity even more. But how well does the story get conveyed, especially to those members of an audience that come from a different language background? One particularly inventive troupe might have found the answer.

Our travels brought us to Hikimi village in Masuda, where we were lucky enough to sample two performances from the local Michikawa Kagura Troupe. The first performance was Yamato Takeru and the second performance was the most well-known Yamata no Orochi. While I have already seen Iwami Kagura before, and know the Yamata no Orochi. story well, it was my first time watching the story of Yamato Takeru.

When we found our seats, we were provided with handouts in English that explained the background of their troupe, the synopsis of the performance, and most importantly, the history of Iwami Kagura.



## Japanese 道川神楽

多くの文化の中に見られる神話は、人々の歴史、文化、そして最も重要な創造神話を語っている。神々の時代以来、人々はその計り知れない世界の神話を語ってきた。神話のストーリーとキャラクターを唄・舞・口上を通して表すのが石見神楽だ。かつては神々が楽しめるように、神職だけが演じる神事的なパフォーマンスだったが、今では地元の人たちが楽しむ為に、神事だけに限らない芸能になっている。

石見神楽は、その明るい囃子、豪華な衣装、ダイナミックな動きで知られている。その三つのポイントに感覚を刺激され、日本の神話世界に引き込まれる。しかし、よく見落とされている口上のやりとりが今回のトピックだ。日本語を知っていても、知らなくても、セリフを聞き取ることが難しい。アメリカ人が、シェイクスピアの演劇を観ることと同じことだ。でも、事前にあらすじが分かると、起こっていることをなんとなく推測できる。

最近、海外では石見神楽が人気になっている。今年日本遺産に認定されたため、評判が爆発的に上がった。しかし、特に異なる文化背景を持つ観客にどのぐらいストーリーが通じているのか？この問いに一つの独創的な神楽社中が答えを



Receiving such handouts for Iwami Kagura performances has come to be a regular part of their service for foreign audience members.

The start of the performance began with an opening announcement in Japanese thanking everyone in the audience and telling them to please enjoy the performances. Then with the beating of the drums, and a billow of smoke, the first character appeared. He danced around the stage and with his first opening line — English. “Did I just hear English?” thought; without a doubt, it was English. From the beginning to the end, without fail, the whole performance was done entirely in English. Usually I would be looking down at the handout trying to follow the story as it unraveled, but instead, I was clutching my camera completely sucked into the performance. For the first time, I was able to say that I could understand the whole story from the beginning to the end.

The Michikawa Kagura Troupe’s solution, conducting the whole



ドノヴァン・ゴトウ

出した。

益田市の四見町に行く機会があり、地元の道川神楽社中の2つの演目を鑑賞させてもらうことになった。すでに石見神楽を見たことがある僕は、「ヤマタノオロチ」の話はよく知っているけど、「日本武尊(ヤマトタケル)」の物語を観るのは初めてだった。

席を見つけるとさっそく、英語で用意された社中の紹介、今回の物語のあらすじ、石見神楽の歴史を説明する資料が配布された。このような資料は定期的な外国からの客へのサービスになっている。

公演の開始は、日本語と英語でのオープニングアナウンス。観客への感謝、そして公演を楽しんでくださいと告げられた。それから太鼓の鼓動と煙の演出で、最初のキャラクターが現れた。間違えなく英語を聞くことができている？と耳を疑ってみた。2演目のうち「日本武尊」は最初から最後まで、口上がすべて英語で行われた。常に、ストーリーが書かれた資料を見ることなく、僕は完全にカメラに集中していた。最初から最後まで話の全部をはじめて理解できたと自信を持って言える。

道川神楽社中の前述の問いの解決策は、口上全体を英語で行うことだった。観

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times, and they said if given the opportunity, they would like to try their hand at Spanish and Portuguese translations as well.

People may wonder if the dialogue done in any other language except Japanese may affect the atmosphere of Iwami Kagura. I think it is a good thing; they aren't abandoning Japanese, and the story and its concepts are still 100% Japanese. They just made it easier for us to follow and experience it as if we were Japanese ourselves. They really put a lot of thought and care into ensuring that the audience directly engages with the Iwami Kagura experience. And I am really looking forward to seeing more of their performances in Japan or abroad.



performance in English, might seem simple, but the process wasn't smooth and easy.

The idea was first conceived two years ago. They practiced for six months and with the help of a professional translator, worked on getting their pronunciation right and delivering the same emotion in English.

When asked why they bothered to put in all that effort, they said that the opportunity to offer the Iwami Kagura experience to foreign visitors makes it worth it.

While they mostly perform on Saturdays to a primarily Japanese audience, they sometimes have events with a non-Japanese audience. It is during such occasions that they bring out their ace card, Iwami Kagura in English. So far they have already performed the English version over six



## Japanese

客としては、単純に見えるかもしれないけど、ここに至るまでは簡単な道のりではなかったらしい。

道川社中は、「日本武尊」を含め2演目についてこの新しい神楽に2年前に挑戦し始めた。6ヶ月間練習し、プロの翻訳者の助けを借りて、発音を正しくし、英語で正確に感情を伝えることに取り組んだ。

なぜそこまでするのかと聞くと、外国人の観客に石見神楽のストーリーを分かってもらうために、やる価値があると答えが返ってきた。

益田市では、ほぼ毎週土曜日に主に日本人の観客向けに公演しているが、道川社中は外国人の観客向けにイベントを開催することもある。そんなとき、道川社中にしかできない新しい石見神楽を見せる。今までにもう6回以上英語で公演しており、もし機会があれば、スペイン語やポルトガル語でも試してみたいそうだ。

日本語以外の言語での口上が石見神楽の雰囲気に影響を与えるかどうか疑問に思うかもしれない。しかしそれは良いことだと思う。外国語で表現しても日本らしさを捨てずに、物語の概念を100%日本のままにしている。日本人と同じように石見神楽の鑑賞がスムーズにできた。彼らは観客が石見神楽体験に直接触れることができるよう、配慮している。そして、僕は日本や海外での道川社中のパフォーマンスをまた楽しみにしている。



## Wasabi Cultivated by Nature

Felipe Nascimento



When it comes to the word “wasabi,” most people probably associate it with the green spicy paste often served with sushi. It has a punch that helps to enhance the sweetness of the rice and the original flavour of the fish. However, among a plethora of wasabi varieties, there is one so delicious that you might call it the star of the dish; it is called Hikimi Wasabi. This variety, cultivated in Hikimi Village, Masuda City, has a typical wasabi “punch” followed by a delicately sweet flavour which slowly spreads inside your mouth. There are many ways to prepare it, but in this article I want to focus on soy sauce-pickled Hikimi Wasabi, which uses the plant’s stems, leaves and shoots.

My coworkers and I stayed at the lodging house Miyoshi, where the owner, Ms. Shigeko Miyoshi, taught us how to pickle the wasabi. First, we put the stems, leaves, and shoots into a pot and added 70 °C (158 °F)



### Japanese

## 自然任せのワサビ

「ワサビ」と言うと、ほとんどの人がおそらく寿司に入っているあのピリツと辛いワサビのことを思い浮かべるでしょう。味覚に刺激を与え、寿司のしゃりの甘みとネタの旨味を引き立たせてくれるワサビです。しかし、様々なワサビの産地がある中、ワサビそのものが主人公になりえると言ってもいいほど美味しいのは匹見ワサビです。益田市匹見町で栽培されるそのワサビは、ピリツとした辛さのあと、口の中で優しい甘みが徐々に広がっていきます。調理方法も様々ありますが、この記事で強調し伝えたいのは茎、葉、ガニ芽を使った匹見ワサビの醤油漬けです。

民泊「三四四」に泊まらせていただき、オーナーの三好成子さんが漬け方を教えてくださいました。ワサビの茎、葉、ガニ芽を鍋に入れて、70℃のお湯を加えます。3～4分後、お湯を捨て、一番大事な作業に入ります。それは、蓋をした鍋を両手でしっかり持って、思いっきり振って、振って、振っていきます。「もう疲れた」と思っても、そのまま振り続けます。もう何分も振っているなど考えずに、お祭りの気分になって、汗をかきながら鍋を胸の前、頭の右横と左横、移動しながら楽器のように振ります。足も勝手に動いてしまいます。よ～し、もう充分

### フェリペ・ナシメント

振りました。やっと鍋を置いて蓋を開けると、目から涙が噴出しそうなほど辛い蒸気がでできます。そう、鍋を振っていたのは、ワサビの辛味を目覚めさせるためでした。

そのワサビをよく搾る、搾り汁を捨て小さくて可愛い瓶に分けて、醤油のたれを加えます。一晩おいて食べてみたら、食感からその美味しさが分かります。シャキシャキとして、前の日の辛～い蒸気とは違うピリツとした辛さの刺激を受け、醤油のたれのまろやかな甘味とワサビそのもののさっぱりとした甘



hot water. After three to four minutes, we threw away the water, and then the most important job took place: I had to hold the pot with its lid on firmly, and with both hands I shook it—shaking as if there were no tomorrow. I became tired, but we couldn't stop before the right time. Eventually, I stopped thinking about how long I'd have to keep shaking, and instead got into a party mood, shaking the pot in different ways while breaking a sweat, as if playing some musical instrument. My feet even started moving on their own in a weird dance. Finally, I had shaken it enough. Upon taking off the lid, tears rushed down my face from the pungent vapour. All that shaking was to bring out the spiciness of the wasabi.

We squeezed the wasabi—throwing away the liquid—and divided it into cute tiny glass jars, which we then filled with a special soy



sauce preparation for pickling. After letting it rest for one night, we finally tried some with breakfast. It was delicious. With a pleasant crunchiness, it also had a gentle spiciness, much unlike that pungent aroma from the day before. I could additionally taste a fresh sweetness from the combination of mild soy sauce and wasabi. If you are able to enjoy some while drinking local sake from Shimane, it is a perfect pairing. Of course, it also goes well as a topping for a steaming bowl of white rice, or a side dish for grilled fish. I bet you will want to take some home as a souvenir.

Now knowing how delicious Hikimi Wasabi was, we were taken to the place where it is grown. We navigated a short but narrow forest path leading upward, trying to keep our balance, in order to reach a very unique place. Upon arrival, we saw what was like a staircase made of natural stones, with a stream gently flowing through the various wasabi plants growing on each step. According to its producers, the shade provided by

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Map



the trees protects the plants from direct sunlight, helping to keep their temperature at adequate levels. Moreover, no pesticides are used, as the growers let nature do its work on the wasabi. No wonder then, that they produce such delicious soy sauce pickles.

I am sure that my colleagues and I were able to enjoy Hikimi Wasabi to the extent that we did, precisely because we went to Masuda City and tasted it right on the spot, while being warmly welcomed by the people who carefully grow it. And we felt, through our tastebuds, how important it is to preserve nature which gives us such good things. Please be sure to visit Masuda City and discover all of the goodness of Hikimi Wasabi.

## Japanese

みが口内を撫でてくれます。島根の地酒があればもう最高の組み合わせでありません。あ、お酒はともかく、熱々の白ご飯や焼き魚との相性も抜群です。お土産でも沢山持って帰りたいです。

その美味しさが分かったと翌日、ワサビを栽培している場所へ行きました。森に入って、体のバランスを頑張って保ちながら狭い道を登っていくと、とても気になる風景がありました。まるで自然の石で作られた階段のような所に水がやさしく流れて、その段々の中に育つワサビの中を通っていました。生産者によると、周りの木々の陰がワサビを日差しから守って適切な気温を保ち、そして農薬を使わずに自然任せでワサビを育てているそうです。道理であの美味しい醤油漬けが出来るはずですよ。

益田市まで行って、ワサビを大切に育てている方々に温かく歓迎されたので、間違いなくその場ではワサビを最も美味しくいただけるのです。そして、その美味しさを作ってくれる大自然を守る大切さを、味覚を通して肝に銘じました。ぜひ益田市へ四見ワサビの魅力を発見しに来てください。



# The Charming Points of a Japanese Guesthouse

Liliya Khakimova

When the idea to go on a trip strikes you, you might first think about the destination. Regardless of whether you are traveling abroad or in your home country, once you are immersed in a new environment and freed from routine, you can afford to appreciate things not often found in your usual lifestyle. It can be even more enjoyable if you are able to share such a refreshing change of scenery and mindset with your family and friends.

Once you have decided on a destination, the next step to consider is a place to stay. A person like me who likes travelling will probably look through hotel lists on the internet. After that, you might check out information on sightseeing spots, and your travel plans are set.

However, I have recently felt something lacking in my travels; perhaps it exposes rich personal tastes, but I feel a certain dissatisfaction — hotel rooms in the same price range are quite similar, and I have begun to think that not only sightseeing spots, but also engagement in local experiences may be exciting.

Therefore, I'd like to share with you what I learned this fall about minpaku, which means a Japanese-style bed and breakfast accommodation. For this purpose, I visited a minpaku called Miyoshi in Masuda City, Shimane Prefecture, to gather more information.

In 2006 this house — well preserved for generations — became a minpaku.

Minpaku Miyoshi is a lovely traditional Japanese-style house with plenty of room. When inside, looking at all the works of art and various fancy items, I imagined what each of their background stories was. Here, away from my usual routine, it was a perfect time to ponder the quotes about life that were written on notes here and there, all over the house; they provided an opportunity for me to reflect on my life. The guests that stay at Miyoshi are not only Japanese and foreign



tourists, but also fishermen and students — even a police officer stayed the other day, according to the owner.

This time we booked the two-meal plan, and I was looking forward to the food. Perhaps it was because we informed the guesthouse in advance of our allergies as well as any foods that we disliked, or perhaps the owner was an exceptional chef, because despite my picky nature, I enjoyed everything on offer.

The vegetables used in the meals at Miyoshi are seasonal and picked directly from the garden; even the rice is taken from the rice fields in front of the house.

And the stay included an entertaining activity, too — a wasabi pickling workshop.

"Ah, so this is what a wasabi plant looks like," I thought.

You can also try your hand at making soba noodles, sushi, and a shimenawa (an intertwined rope which traditionally adorns the entrance of a Shinto shrine).

To my surprise, the person who keeps this minpaku afloat runs the place entirely by herself, and her name is Ms. Shigeko Miyoshi. Miyoshi-san worked as a school teacher for 40 years, and after retiring started this guesthouse. Just by watching her, I felt just how energetic people can be, if they pursue what they truly enjoy.

Thanks to this minpaku experience, I will undoubtedly try to stay at more minpaku and homestay accommodations on my future trips.



## Japanese

### 民泊「三四四」の魅力 — リリヤ・ハキモヴァ

誰でも旅行へ行きたいという気持ちが生まれるとまずどこへ行きたいか考えるでしょう。海外旅行か国内旅行に関わらず旅先で新しい環境に浸ってみて毎日のルーティンから解放されると他のことに気付く余裕が出来ます。周りの景色が変わり気分も一新された経験や感想を家族や友達と共有できればさらに楽しいと思います。

旅行先が決まれば次のステップはやっぱり宿泊地を検討することです。旅行が好きな私の、一般的な探し方はインターネットでホテルのリストを出してそこから見て選ぶことです。その後は観光地を調べてほしいそれで計画もまとまります。…ですが最近は何だか物足りないという少し贅沢な悩みを持ち始めています。同じ価格帯のホテルの部屋はだいたい似ているし、観光地を回ることだけではなく面白い体験も出来たらなとも思うようになりました。

今年の秋は日本の民泊について知り皆さんにも感じたことを共有したいと思いました。そのために島根県益田市の「三四四(みよし)」という民泊取材で訪れてみました。

古くから綺麗に保存された自宅を民泊にしたのは2006年からです。民泊「三四四」は部屋が広くて昔ながらの美しい和風の一軒家です。目をどこにやっても美術

品や普通に面白い物が多く飾ってあってそれぞれには歴史がありそうだと想像してしまいます。壁に所々格言が貼ってあって、ルーティンから離れたこんな時こそ、それを見て自分の人生を見直してみる余裕が生まれるのではないのでしょうか。

ここに泊まるお客さんはそれぞれで日本人や外国人の旅行者はもちろん、他にも漁師、学生、先日はおまわりさんも泊まったそうです。

今回は一泊二食で泊まることになっていて、どんな料理が出るか楽しみにしていました。夕食は事前に伝えておいたらアレルギーや苦手な物まで考慮していただけのお陰か、料理の腕がいいお陰か、食べ物で好き嫌いの激しい私にとっても全てが美味しく感じました。食材になるべくその季節の野菜を庭から採っているそうで、お米までも家の前の田んぼの物を使っています。そして楽しいこともここで用意してありました。それは体験でやってみたわさび漬です。「あ、わさびってこんな植物だったんだな」と改めて思いました。他にもそば打ち、寿司やしめ縄作りなどの体験が出来るそうです。

驚いたことに、こんな民泊の経営を維持しているのはオーナーの三好成子さん一人です。40年も学校の先生をやってきて退職してから民泊を営業し始めたそうです。楽しく好きなことをやっているが一番元気が出ると三好さんを見て実感しました。

今回の民泊体験のお陰で、まだどこかへの旅行で民泊やホームステイをもう少し積極的にしてみたいと思いました。

A magazine about

Shimane Prefecture, Japan <http://www.pref.shimane.lg.jp/bunkakokusai/>

## The Shimanean

Editors: Donovan Goto,  
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Publisher: Culture and International Affairs Division, Department of  
Environment and Civic Affairs, Shimane Prefectural Government.

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発行: 島根県環境生活部文化国際課



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