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# Zen, Alive. Fukui





What a beautiful snowy senery here is!
Countless snowflakes gently fell and accumulated over time to create this exquisite sight.
Each of these snowflakes selflessly,
unconsciously adds to the whole, yet not a single one can be said to have fallen in the wrong place.

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Much like these snowflakes, if we simply trust the wind, it will ultimately take us to where we are naturally meant to be. We believe that you too will find the place where you are naturally meant to be, here in Fukui.

Find your  $\Sigma \in \mathbb{N}$  here in Fukui.





Ours is a simple and quiet lifestyle, built upon living in harmony with nature and the environment.

Fukui may not be full of large shopping malls or sightseeing destinations that attract large groups of tourists from overseas, but the lush environment, terroir and distinct climate of Fukui have led to the creation of our outstanding traditional slow food and local sake cultures, while Fukui's history and climate have shaped our traditional arts and crafts. Our deep ZEN-like spirituality has been handed down from generation to generation, becoming the cultural and historical heritage that lives on today. Above all, every person in Fukui enjoys their daily lives while honoring and preserving these traditions. This way of living is a point of pride for the people of Fukui.

Explore Fukui – through the mountains, rivers, fields, and sea – and find a time and place just for you. A place where you can relax and watch the clouds roll by. Walk the mountains and trace the river to its source, sit there, and watch the clouds surge forth.

Uriwarinotaki

\*See pp. 50–54 for more information on the items with numbers at the ends of their photo descriptions.





# 明





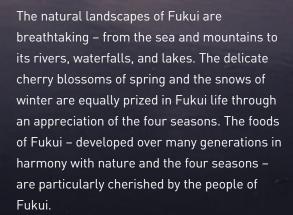


Fukui is surrounded by natural beauty, nourished by pure water. Humans are but one part of nature, and the people of Fukui enjoy a simple and sustainable lifestyle, living in harmony with the environment.



<u>Bonsai</u> Bonsai is a microcosm of nature, condensed into a small space. This piece combines a pine, the official tree of Fukui Prefecture, with local Echizen Pottery. Truly, a miniature ZEN world signifying the harmonious relationship the people of Japan share with nature.

05



06

We do not rely solely on modern machinery for our everyday needs. Instead, the people of Fukui have developed a great deal of cultural wisdom for use in our daily lives. The abundant supply of pure water in Fukui is used to chill vegetables, or sprinkled on the ground at the entryways of our homes, cooling the ground and the air. We seek to live in harmony with nature.

# [a] Terraced Rice Paddies

The terraced rice paddies of Takahama-cho. There are around 200 paddies worked by the local people, who enjoy a life of agriculture and fishing. Terraced rice paddies allow for maximized use of minimal land space. Extraordinary time and effort are given to develop these terraced rice paddies on slopes, which are not usually suited for rice cultivation. In spring, they are filled with water and planted with seedlings. Hundreds of tadpoles can be seen swimming around in the water, as well.



# [c] Pure Water

Fukui's pure water becomes a part of the everyday landscape in summer, as the cool underground water is used to chill fruits and vegetables. It gently supports the harmonious lifestyle the people share with nature.

## [d] Uchi-mizu

Uchi-mizu refers to the act of sprinkling the ground with water at the entrance and other outside parts of the home. More than simply suggesting coolness, this process actually cools the ground and suggests purification. Uchi-mizu at the entrance to the home is considered a form of thoughtfulness for guests.

# [e] Kazura Bridge

This 44-meter bridge is built mainly of vines, making it a shining example of local wisdom based on what nature provides. () Kazura Bridge



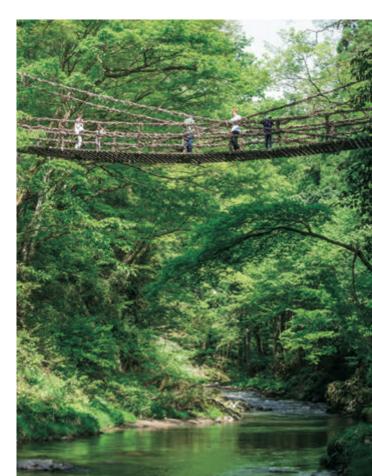


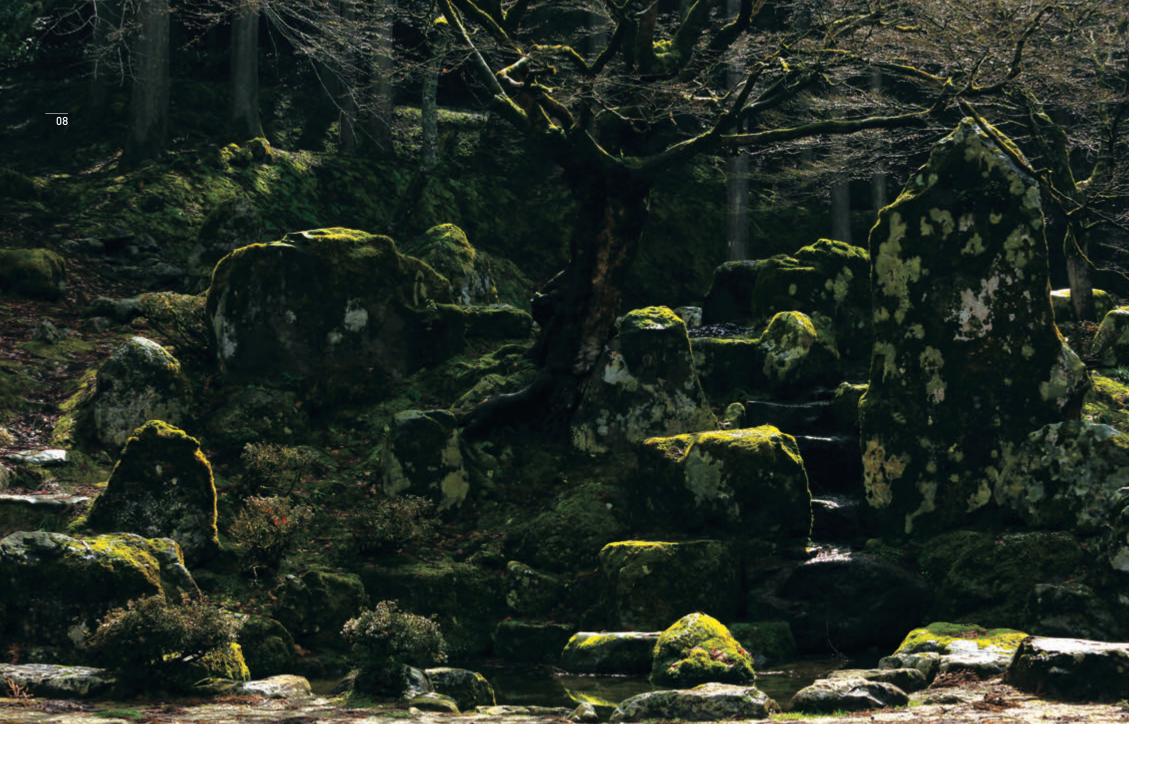
# [b] Tataki Net Fishing

Tataki net fishing for carp or other fish is a traditional winter sight on the Mikatagoko (Five lakes of Mikata.) This traditional fishing method is unique throughout Japan. Bamboo poles are used to strike the surface of the water, startling the fish lurking on the lake bed and driving them into the fishers' gill nets. The technique has been passed down over the generations in the Fukui area since the Edo period. Mikatagoko









# Suwa Residence Ruins Garden Ichiiodani Asakura Clan Ruins were once home to the Asakura Clan, who ruled the province centuries ago during the Warring States period. There is a garden featuring leftover monolithic rocks and narrow streams. Even in a period defined by constant warfare, there were still those who dedicated themselves to refined pastimes. This area represents another concept of ZEN – 'beauty from ruin' – in which the unnecessary is stripped away.

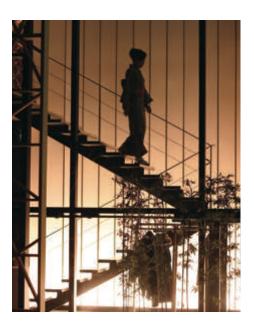
5 Ichijodani Asakura Clan Ruins

The world-famous architect Kengo Kuma, perhaps best known for the Kabukiza Theatre in Tokyo – the sanctuary for the traditional performance art of Kabuki – as well as for heading the design of the main stadium for the 2020 Tokyo Olympics and Paralympics Games, also designed a high-class traditional Japanese restaurant in central Fukui City. He was charmed by the Hama-machi area of the city, and has spent nearly a decade working to help develop this area. According to Kuma, "The boundaries between buildings and nature are disappearing. It's better for people to live a relaxed lifestyle, connected to nature." This is not to suggest that people should simply live in nature as it is. Much like with Japan's famous gardens and rock gardens, we should spend the time and effort to live in a way that reflects and becomes part of nature, rather than standing in contrast to it. Even crop fields could be said to be an example of this. To create such beautiful scenery, people work hard to clear away weeds and maintain the fields. This is the essence of living together in ZEN with nature, which subtly influences Japan's renowned aesthetic sensibilities. In an age where this spirit is fading fast all across Japan, Fukui cannot help but stand out for the way it embodies this spirit.



# <u>Kengo Kuma</u>

Born in 1954, this architect has received numerous awards both domestically and abroad for buildings such as the Nezu Museum (Tokyo), Nagaoka City Hall Aore (Niigata), KITTE (Tokyo), and more. He was also selected to head the design of Japan's New National Stadium for the 2020 Tokyo Olympic Games. Since 2006, he has worked on community development for the Hama-machi area of Fukui City, and his efforts have extended beyond architecture to include serving as a judge for local events and contests.



# The Hama-machi Area of Fukui City

This neighborhood is home to streets of long-established traditional Japanese restaurants, including one designed by the world-class architect Kengo Kuma. Its distinctive wooden latticework is based on traditional designs used for kimonos.



## Enso

A circle drawn by Zen priests, said to embody the ZEN state of enlightenment and sophisticated refinement. Visitors to the Echizen Matsudaira Clan's family temple, Zuigenji Temple, can see this example firsthand.

6 Zuigenji Temple



## Echizen Ono Castle

Echizen Ono Castle is perhaps at its most spectacular from the autumn to the winter, when the clouds sometimes gather below to make it look like a "castle in the sky." The best place to see this is from the Inuyama Castle ruins roughly a kilometer to the west, a 20–30 minute walk from Echizen Ono Castle.



09



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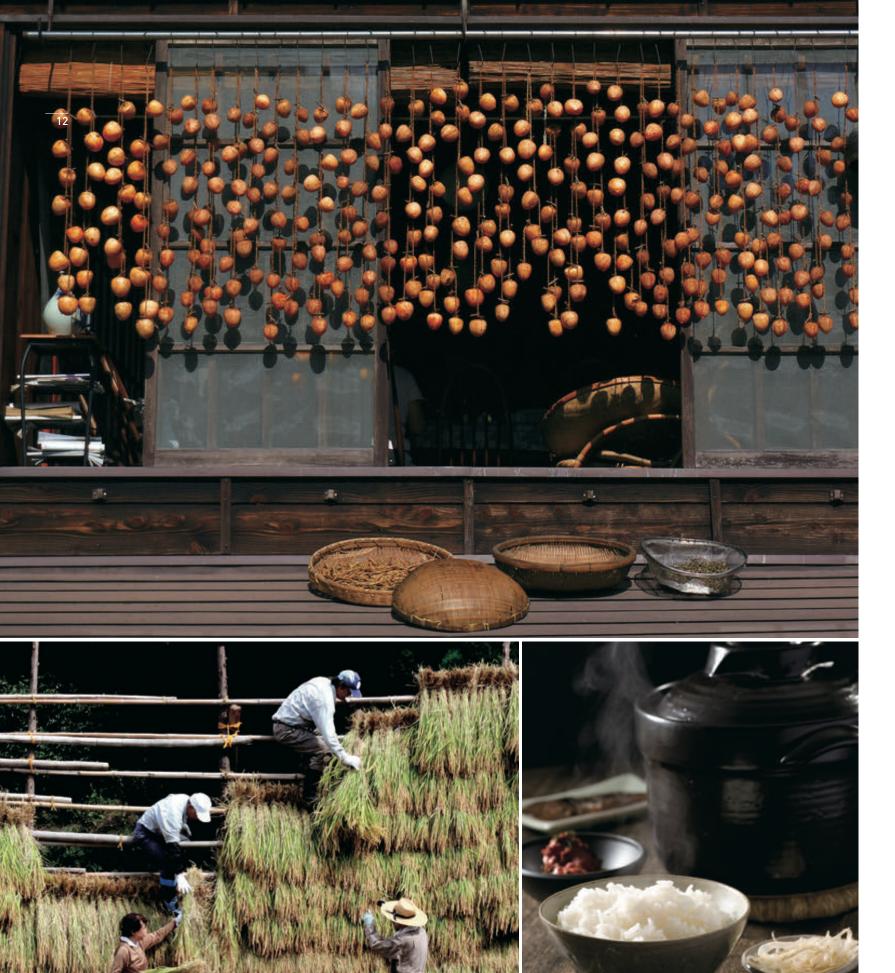
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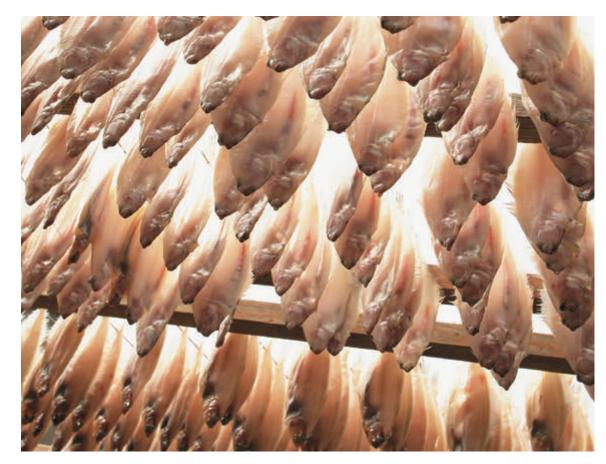
The human body can be separated from its surroundings: eating local, seasonal foods is the key to health.

Seasonal foods from all four seasons. Seafood from pure ocean water. The distinct flavor of Fukui's lush environment stands out in each ingredient, and the slow foods prepared from these ingredients with ZEN-like attentiveness purify both body and soul. The small prayer offered before eating— simply and humbly stating that one is receiving this meal demonstrates this awareness among the people of Fukui.



Shojin-ryori Buddhist Cuisine of Eiheiji Temple At Eiheiji Temple, meals are an important part of Zen practice. Sesame Tofu is prepared for special days, made by hand from sesame seeds, water, and kudzu starch through a process that takes over two hours. 11





d e b c [a] Persimmons hung up to

dry under the eaves. [b] Fukui koshihikari rice

а

being hung for drying in the sun. This famous variety of rice was developed about 60 years ago in Fukui.

[c] Fukui koshihikari rice, grown in Fukui's climate, has a distinct luster when cooked.

[d] Wakasa Garei Flatfish hung up to dry are a familiar winter sight in Wakasa. These flatfish are considered a delicacy and given as offerings to the imperial family.

©lshizuka Sagen Academy of

naturally in the sun.

Food Health

\*The belief that the learning about food and

[e] Many of Fukui's delicacies are simple dishes that allow the natural flavors of the ingredients to stand out.



Fukui's many satoyama, or traditional agricultural landscapes, have led to the prefecture playing host to the Global Conference of the International Partnership for the Satoyama Initiative. The prefecture's environment is enough to turn natural foods like persimmons or flatfish into delicacies simply by drying them. And koshihikari rice, developed here in Fukui about 60 years ago, is made all the more delicious by drying it

# <u>Ishiduka Sagen</u>

(1851–1909) was a doctor and pharmacist from the Fukui Domain, who pioneered *shokuiku\**. His belief that eating local, seasonal foods is the cornerstone of health — a way of thinking found in ZEN as well was just one of his beliefs that effectively served as the precursors to today's macrobiotic diet and Slow Food movement. The philosophy of *shokuiku* was rapidly adopted by schools throughout Fukui before spreading throughout Japan, and has played a significant role in Fukui's students leading the nation in both physical and scholastic ability.

eating a wholesome diet is a key part of basic education.







# Saba-kaido Road

[Ancient throughfare of foods and cultures] The road once used to take freshly-caught seafood from Wakasa Bay to the imperial courts in Kyoto and Nara was known as the "Saba-kaido Road." Vestiges of this age can be seen in the historic town of Kumagawa-juku. Enjoy *hamayakisaba* Grilled mackerel, a local specialty prepared by an expert cook, who grills the freshly-caught, deliciously-fatty whole mackerel.

8 Saba-kaido Road9 Kumagawa-juku Historic Post Town

# The Ancient Foundations of Japanese Cuisine Live On in Fukui

Wakasa Bay, located in Fukui to the north of Kyoto, is a treasure trove of exquisite foods. From long ago, the seafood of Wakasa Bay was so highly prized that it was a key feature of the Imperial cuisine. The route taken to bring this superb seafood to the capital city of Kyoto became known as the "Mackerel Highway," and came to be used to transport culture in addition to foods.

In addition, *kombu* kelp, used to make the *dashi* stock that forms the cornerstone of much of Japanese cuisine, was carried from where it was grown off the shores of the northern island of Hokkaido, down to Tsuruga, Fukui by the Kitamae trading ships, and was processed here in Fukui before being delivered to Kyoto.







Saba-kaido Road once ran from Obama, Fukui through the historic post town of Kumagawa-juku, before finally arriving in Demachiyanagi, Kyoto.





The local snow crab known as Echizer bank Crab is the star of the Sea of Japan eaci winter. The fishing ports of Echizen, Mikuni, Tsuruga, and Obama bring in hauls of Echizen Gani Crab fine enough to offer to the imperia family. Seafood lovers nationwide look for the to Echizen Gani Crab season – early November to late March – and many even visit Fuku themselves to enjoy the finest, freshest coavailable.



**[b]** Mikuni Fishing Port, where Echizen Gani Crab are auctioned in evening.

[c] Female Echizen Gani Crab is known as "Seikogani Crab," and the *uchiko* crab roe inside is a delicacy, described as being like red diamonds. The *Kaiko-don* seafood bowl, named after and beloved by writer Takeshi Kaiko, is like a jewelry box full of the ocean's finest ingredients.



Chua Lam Born in 1941. Hong Kong-based filmmaker columnist, writer, and gourmet. Fukui Brand Ambassador. President of Bo Bo's Travel Co., Ltd.

"Fukui has such a rich selection of foods from the sea, the mountains, and the villages. My personal favorites are Echizen Gani Crab, the sweet shump, and other seafood. With its delicious rich and outstanding

Fukui has occurred sightseeine destinations: the Awara Onser and t Tojinbo Cliffs, and excellent rood likk seafood bowls marke with Se kogani Onbo (emate Echizan, Goni Crab) and no or struth sake, mark and the context with sake, mark and the context markes on texts.





Chefs of Japanese cuisine strive to represent all four seasons through their cooking. The ingredients of Fukui are born of fertile ground and pure water, giving chefs the perfect opportunity to let their exceptional natural flavors shine. Each dish is carefully and individually prepared with a ZEN spirituality that is a treat for the body and soul.

MOOR COM





Japanese Cuisine Gorgeous dishes that make the most of seasonal ingredients. Every step including the selection of serving dishes is a demonstration of the chef's skills.



*Kintsugi*, a traditional repair technique used for lacquerware. Not just a simple repair process, it is used on a broken piece to deliberately draw attention to the repair. This technique increases the artistic value by highlighting the blemish. In short, it is a way of breathing new life into dishes.

# 松



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The people of Fukui conscientiously pass down the belief that even as times change, the value of something genuine remains constant throughout the generations. Finely honed skills embody the essence of

beauty, while traditional festivals and customs demonstrate appreciation for both nature and our ancestors.

Here in Fukui, many traditional skills have been passed down from generation to generation in an unbroken chain that continues to this day, whether Echizen Lacquerware and Echizen Paper - both of which boast 1,500 years of history - or the 800-year-old traditions of Echizen Pottery and Echizen Knives. Echizen Pottery is considered one of Japan's Six Ancient Kilns, alongside Bizen, Shigaraki, Seto, Tokoname, and Tamba tachikui. This history and these traditions owe a great deal to the craftsmanship and ZEN spirit of the artisans who live here.

As one example of this ZEN spirit, Echizen Lacquerware is a traditional craft made through a variety of carefully practiced techniques, each handled by a separate artisan who has mastered a single step of this process. Each artisan does their work with consideration for the others in order to allow everyone's expertise to stand out.

Echizen Lacquerware is made from wood carved into a base shape, which is then coated with lacquer and decorated with a *maki-e* gold powder images. Each step of the process is handled by a separate expert and each part is considered complete only once it is perfect. And yet, despite its roots in tradition, Echizen Lacquerware has evolved over time. Maki-e experts were invited from Kyoto in the 19th century to provide these lacquered items with beautifully detailed decorations, raising Echizen Lacquerware to the level of fine art. Today, orders for these exceptionally beautiful pieces come from people around the world who appreciate the focus on detail that Echizen Lacquerware embodies.

Fukui's artisans perform their work with spiritual devotion. Even in harsh natural conditions, their dedication to creating only the finest products is as unwavering as their faith. For the entirety of Echizen Paper's 1,500 year history, the production of a single sheet of paper has involved a great deal of cold water. This work is conducted even in winter as the snow falls. However, this is the path that Fukui's artisans have chosen. Spirits are believed to dwell in Echizen Paper, and a ceremony is held annually at a shrine to honor them. Each piece of Echizen Paper is made with a ZEN-like spirituality through the careful work of these artisans.

22





[a] The nationally designated important cultural properties Okamoto and Kawakami Gozen, said to be the goddess who first taught people how to make Echizen Paper. The exceptional roof is considered a masterpiece of Japanese architecture.

[b] Artisans of Echizen Paper have been recognized as living national treasures, and the exceptionally high quality of their handmade paper has long been prized by the art believed to have used Echizen Paper for his works. 1 Okamoto and Otaki Shrine



[c] The spring festival of the Kami to kami no matsuri ("Spirit and paper festival"), designated by Fukui Prefecture as an intangible folk cultural property, is held each May. The festival is beloved by people who work with paper, as well as the many locals who gather here.



[a] Echizen Knives Echizen Knives have long been known for their ancient Japanese fire-forging techniques, and their careful finishes applied by hand.

24

This very same spirit can be found in the making of Echizen Knives – from the teamwork involved in first pounding the iron through to the combination of classical techniques and modern design found in every single Echizen Knife. An undercurrent of ZEN – trimming away anything inessential to reveal only the truest form of an item – influences the creation of Echizen Knives. Chefs from Europe and beyond wait years for their Echizen Knives to be finished. However, the makers of these knives do not pride themselves on this point. These artisans are motivated solely by appreciation for their customers and treasure each completed product. If a knife grows dull, the artisan will expertly resharpen it into an even sharper edge. Giving new life to objects for lifetime use. This is one more example of the attention to aesthetics these local artisans believe in.





**[b]** The three most important knives for everyday cooking in Japan are the *nakiri* knife, the *deba* knife, and the *sashimi* knife. Each one is made with the thickness ideal for its purpose, and each is ground to give the optimal edge.

[c] The keenness of its edge is the truest test of a knife.
 These knives are beloved by first-class chefs the world over.
 [2] Takefu Knife Village







# <u>[c] Shigebishi-hanamaru-makie-ryoushibako</u> 繁菱花丸蒔絵料紙箱

This box with a *makie* decoration for holding papers was given as a gift to Matsudaira Shungaku by the Tokugawa shogun family. *Makie* is a delicate artistic craft practiced in Japan, where powdered gold, silver, or other metal is applied to lacquer to create designs. (In 1838, at the age of eleven, Matsudaira Shungaku became the 16th feudal lord of the Fukui Domain. Items 1, 5, and 6 shown here are historic items given to him as gifts by the Tokugawa shogun family.)

<mark>[d] Tenshi Hanae-on-uchiwa</mark> 天賜 花絵御団扇 An *uchiwa* fan with exquisite decorations on it.

# <u>[e] Kajikawa-saku Tsurukame-moyou-makie-shuhai</u> 梶川作 鶴・亀模様蒔絵酒盃

A sake dish with a *makie* decoration used by Matsudaira Shungaku during an 1864 visit to Kyoto's Nijo Castle. It bears the name "Kajikawa," who were famous *makie* artists within the shogunate government for generations

# [f] Ippikishishizu-menuki Mumei Teijo 一疋獅子図目貫 無銘 程乗

These were used as *menuki*, metal fittings designed to prevent a sword from slipping out of the rope grip tied around the handle. *Menuki* with elaborate designs are beautiful enough to be considered works of art. Though these were made with a lion design, they were produced in various motifs.



27

The many arts and crafts found in Fukui today tell the story of the techniques and history that live on through them. From the refined artistic sensibility to the fine craftmanship found a suit of armor. You can appreciate the hidden playfulness combined with ZEN elements.

# <u>[g] Gohairyou-ontaisetsu-no-onsaikumono</u> 御拝領御大切之御細工物

These carved ivory rabbits were given as a gift by the Tokugawa shogun family to Matsudaira Shungaku on the occasion of his becoming the 16th feudal lord of the Fukui Domain, at the age of eleven. These small items feature incredible technique and craftsmanship, and demonstrate the shogun's affection for the young lord.

# [<u>h] lissaihisataka-saku Kinikakezi-shoukakurokuzu-makie-inrou</u> い一齋久孝作 金沃懸地松鶴鹿図蒔絵印籠

A small *inrou* portable box decorated with *makie*, given to Matsudaira Shungaku by the shogun. An *inro* was generally used to store medicine or other items, and would ordinarily be worn hung from its string at the hip. Beginning in the Azuchi-momoyama period (1573–1603), they started to become more elaborate. The *netsuke* (the small stopper on the string) features delicate decorations that make it a work of art. *Netsuke* were also produced in various motifs.

Fukui City History Museum / Address: 3-12-1 Hoei, Fukui City





However, Mibu Kyogen was abolished in Kyoto, giving it all the more significance here in Obama, where it has been handed down from generation to generation as a precious part of the area's folk cultural heritage.

16 Wakuri Mibu Kyogen

# [e] Hoze Matsuri (Festival)

The Hoze Matsuri (Festival) is held on a Saturday and Sunday in mid-September each year at Hachiman Shrine in Obama. Hoze refers to compassion shown by releasing captured animals into the festival includes a large number of traditional performances. 17 Hoze Matsuri (Festival)



All things begin with respect for nature and spirits. In Fukui, we believe that spirits live in the sea, the mountains, and everywhere in between, and pay our respects to them, thanking them for allowing us to live within nature itself. For this very reason, we demonstrate our respect and gratitude through a variety of religious rites.

> [f] A picture depicting a late-Edo-era procession for the Gion Matsuri Festival held on June 14th at Hiromine Shrine in Obama City. This picture scroll gives us a detailed look at the clothing and customs of the period.



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opportunity.



Sprinkled water and burning Incense. The smiling faces of awara onsen's inn proprietresses. The people gathered below the Lanterns. A precious moment of ZEN, shared by all there.



<u>Awara Onsen</u> Hot springs soothe the weary body and may even have medicinal effects. Awara's many

long-established hot spring inns offer artistic cuisine and decor, paired with exceptional hot spring baths and impeccable service. The proprietresses of these inns are their cornerstones, visiting each room to greet guests, and offering warm welcomes to arrivals.

18 Awara Onsen

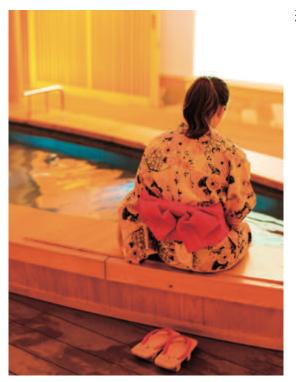


Fukui is home to events and places for soothing the souls of visitors. In Japan, hot springs are considered the ultimate in relaxation, and natural hot springs can be found in Fukui from the seaside to the mountains. In the hot spring town of Awara Onsen, hospitality is above all else, and visitors are welcomed in a spirit of ZEN. Enjoy private inn rooms designed with a sense of Japanese aesthetics for the perfect complement to a relaxing soak in the hot spring baths. Fukui is the perfect place to experience Japan's famous hospitality firsthand.



A Hot Spring Bath in a Cedar Grove Ichinami area of Fukui City is home to a hot spring bath in a grove of Japanese cedar trees. Enjoy a relaxing bath, surrounded by the natural beauty of the forest.

🗿 Mirakuru-tei



(D) Ashiyu Onsen (Public Footbath)





# <u>Festivals</u>

Fireworks have been a beloved part of summer in Japan for centuries. The Mikuni Fireworks Display – held on August 11th – features incredible fireworks launched from offshore boats, for an unforgettable show beloved by visitors and locals alike.

2 Mikuni Fireworks Display



# <u>Tojinbo Cliffs</u>

Tojinbo Cliffs are considered some of the most beautiful natural scenery in the world. Columns of rock tower some 25 meters over the water along this coastline giving exhilarating ocean views.



23 Tojinbo Cliffs

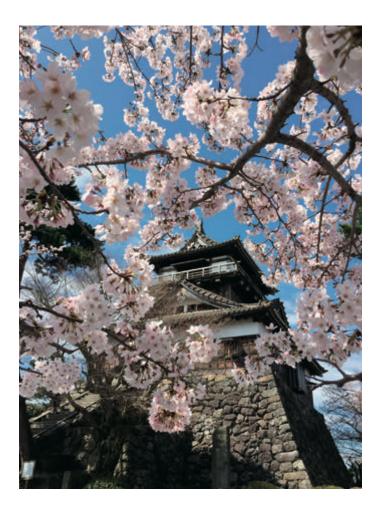
Fukui offers a variety of places and moments to soothe the weary soul. For example, this particular evening begins with a spectacular sunset against a beautiful natural scene, followed by a solemn and peaceful religious ceremony. The evening finishes with a breathtaking fireworks show so large that it has been famed throughout Japan for centuries. The Mikuni Fireworks Display features fireworks launched from the sea, illuminating the night like flowers of light. Wear a *yukata* (informal cotton kimono) to the beach and enjoy the fireworks display dressed in the traditional Japanese fashion, taking in the sights over the Sea of Japan with a hand fan to stay cool. Share a precious moment with the many others gathered there, in a way that transcends the boundaries of country and culture.

Eiheiji Floating Lantern Festival Lanterns are floated down the Kuzuryu River as a way of mourning our ancestors at this solemn festival. Buddhist priests from Eiheiji Temple read sutras while otherworldly lights float gently on the river, for a memory from Japan that you will never forget.











[d] Lotus flowers Minami-Echizen Town is Japan's top producer of lotus flowers, and the area's Lotus Festival is held from late June to the end of July in celebration. 🕐 Hanahasu Kouen (Lotus Flower Park)





**[b] Maruoka Castle** Maruoka Castle, Japan's oldest castle tower. Also known as "the Castle of the Mist," Maruoka Castle is now considered one of Japan's 100 finest cherry blossom viewing locations for the many cherry trees that surround it. 😰 Maruoka Castle

# [c] Echizen Coast

Echizen Coast is home to one of Japan's largest daffodil colonies. In winter, visitors can see the daffodils growing wild along the Echizen Coast, and enjoy their delicate fragrance against a backdrop of breaking waves in the Sea of Japan.

🔞 Cape Echizen Daffodil Land

The changing seasons are unmistakable in Fukui, and various times of the year are distinct with blooming cherry blossoms, daffodils, lotus flowers, and the red leaves of maple trees. The spirit of ZEN lies within each one of these wonders of nature, and in Fukui you can experience all of them within their natural environment. Landscapers of Japanese gardens put great effort into harmonizing with nature in a distinctly Japanese way, creating a soothing environment where visitors can forget about the world.







Unchain your mind and Practice your Mindfulness in Fukui.





Pause for a moment and let yourself feel the gentle passage of time within the peaceful stillness. Escape the noise of everyday life with a trip to a place where your soul can relax. Enjoy a dialogue with yourself that you cannot experience in Tokyo, Kyoto, or Osaka — only in Fukui.



A cellist who returned to Japan from Europe remarked, "Fukui is home to places where I can return to a state of mental relaxation, soothing my spiritual exhaustion". After over a decade of hard work living abroad in the US and Germany, when she returned to Japan, Fukui was the place she selected as her base to live as an artist. Fukui is the ideal place to escape the noise of the big city and enjoy an undemanding lifestyle, experiencing mental freedom and relaxation surrounded by the sea and mountains. For artists, it is important to find a place where they can feel creative. Wandering around and experiencing the peacefulness of shrines and temples naturally helps the mind relax and focus on the moment. This experience is not limited to artists. Fukui is the place for this relaxation, and it's always open to everyone.

> <u>Hakusan Heisenji Shrine</u> Hakusan Heisenji Shrine was established over 1,300 years ago by the monk Taicho, as a base for the Hakusan faith. In the Middle Ages, this shrine's vast grounds are said to have featured dozens of buildings, in use by thousands of monks. However, the entire compound was burned to the ground during the 1574 Ikko-ikki Uprising, when peasant farmers and religious men fought the rule of the feudal lords. Today, the entire grounds are covered in a thick layer of moss, creating scenery that almost seems to breathe in anticipation of visitors.

😢 Hakusan Heisenji Shrine





Jakushu Itteki Bunko Jakushu Itteki Bunko was founded by Fukui native author Tsutomu Mizukami as a museum of art and literature, and as a base for the Jakushu Ningyoza puppet theater. The Kurumaisu Theater located here features an open back wall, showing a bamboo thicket and creating a feel of unity between the inside and outside.

🗿 Jakushu Itteki Bunko



Matsuo Basho The master haiku poet Matsuo Basho, who famously traveled throughout Japan, visited modern-day Tsuruga in 1689 and was inspired to write a haiku poem for his masterpiece, Oku no Hosomichi, on the elegant scenery of early autumn in which beautiful bush clover flowers mix with small seashells on a beach of receding waves.

Wave after wave mixes tiny seashells with bush clover flowers

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Tsuruga's Port of Humanity and Chiune Sugihara Chiune Sugihara, Japan's deputy consul in Lithuania, saved the lives of many people who faced persecution by the Nazis. Around 6,000 Jewish refugees carried these "Visas for life" with them through Siberia until they arrived in Japan at Tsuruga Port. One refugee commented, "For us, Tsuruga was like a heaven."

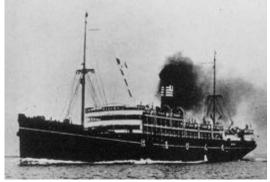
Chiune Sugihara, a Japanese diplomat who served in Lithuania, famously issued "Visas for Life" during World War II to refugees who then passed through Russia, crossed the sea, and eventually came ashore in Japan here in Tsuruga, Fukui. These persecuted Jews were able to start new lives without fear in Fukui.



Irogahama







This is the ship called "Harubin Maru". It carried many Jewish refugees.

Obama City known as "Little Kyoto" is located less than an hour from Kyoto itself in Wakasa, the southwest part of Fukui Prefecture. With its many ancient and traditional shrines and temples, this area is considered a "holy land" for fans of Japanese Buddhist statues. The local people work to preserve the buildings and statues found here, including the three-tiered pagoda designated a national treasure and the statues designated as important cultural properties. This pensive place sees few tourists, allowing visitors to truly immerse themselves in this world. These Buddhist statues each have their own deep meaning within the local faith, though to a traveler they may simply appear to be works of art. Their creators' messages transcend time through the life they have breathed into their works: they have always been — and will always be — waiting for you. Come and let yourself unwind in these calm surroundings, for a moment of Mindfulness that can be found nowhere else.



[b] Wooden Statue of the Standing Eleven-Faced <u>Kannon Bosatsu at Hagaji</u> <u>Temple</u> This wooden statue of the standing Eleven-faced Kannon Bosatsu (nationally designated as an important cultural property) was carved during the Heian period (794–1185), and is said to have been carved in the image of Empress Gensho. Much of the original coloration still remains, and the exceptionally long right arm is representative of its era.



[c] Seated Statue of the Horse-head-wearing Kannon Bosatsu at Nakayamadera Temple This invaluable statue is ordinarily shown to the public only once every 33 years. Originally carved during the Kamakura period (1185-1333), it still retains its original color and shape, and exhibits a surprising sense of vitality despite the seated pose.

36 Nakayamadera Temple

## [d] Itozaki no Hotokenomai

Itozaki no Hotokenomai is a traditional sacred dance handed down from generation to generation, performed at Itozakiji Temple in Fukui City on April 18th of every other year. Brought from the Tang Dynasty in China during the Nara period, this sacred dance is a precious part of the area's cultural heritage. Many ancient cultural traditions such as this continue to this day throughout Fukui.

37 Itozaki no Hotokenomai

[a] Main Building of Jinguji Temple

5

Wakasa Jinguji Temple is thought to have been originally built in 714. The main building, or hondo, was reconstructed in 1553 by the Warring States-period feudal lord Asakura Yoshikage, and houses an exceptional collection of Buddhist statues.

43

34 Jinguji Temple







# The Spirit and Teachings of Zen, Unchanged for Over Seven Centuries

Eiheiji Temple was established in the year 1244 by Dogen Zenji, the founder of Soto Zen, as a Zen training temple, and is the main temple of Soto Zen in Japan. Located deep in the lush mountains of eastern Fukui Prefecture, this peaceful temple experiences the full beauty and harshness of all four seasons in Japan.



When Dogen Zenji named Eiheiji (The Temple of Eternal Peace), he wrote:

"When heaven has the way, it is high and clear, when the earth has the way, it is substantial and at rest, when people have the way, they are calm and peaceful... Above the heavens and below the heavens, this very place is Eihei (Eternally Peaceful)."

Dogen Zenji was of noble birth, but he experienced the transience of all things firsthand when his parents both died while he was still young; he left home to become a Buddhist priest at age 13.

The temple grounds cover some 330,000 m², with some 70 buildings of various sizes for use in religious training. Visitors can see the Karamon and Tsuyomon gates, as well as Kichijokaku, Sanshokaku, the seven-structure temple compound, Joyoden (Founder's Hall), Shidoden (Memorial Hall), Rurishobokaku, and more. "Seven-structure temple compound refers to Sodo (Monk's Hall), Hatto (Dharma Hall), Butsuden (Buddha Hall), Daikuin (kitchen), Sanmon (main gate), Yokushitsu (bath), and Tosu (toilet), where practice of the monk-trainees is centered. Today, Eiheiji Temple has some 150 monk-trainees who practice the Zen way day and night.

## Morning Service



# Zazen Is Not a Means to Achieve Enlightenment. Zazen Is Itself Enlightenment.

Eiheiji Temple is best known for zazen (sitting Zen). The Buddha devoted himself to zazen, and it remains the core of Zen practice. By sitting and stabilizing the body, mind and breath, the harmony of the self and the world is manifested. In Dogen Zenji's teaching, zazen is not practiced as the means to attain a goal, such as enlightenment. The practice of zazen is itself enlightenment.

# Preparing and Eating Food is an Important Part of Zen Practice.

Food is the source of life. Eiheiji Temple's meals are built around the philosophy that meals are also an important part of religious

training. The Daikuin (kitchen) at Eiheiji temple is managed by a head cook monk known as the tenzo.

Buddhist Cuisine, called *shojin-ryori*, uses only plants, with neither meat nor seafood. The dishes use seasonal ingredients and great effort is involved to create a balance of spicy, sour, sweet, bitter, salty, and plain flavors. In this way, one can experience the richness and depth of the cuisine.

In short, from the moment one wakes up, through washing one's face, practicing zazen, reading sutras, eating, and working by cleaning the temple or maintaining the fields, to the moment one goes to sleep, everything one does at Eiheiji Temple is a form of

religious training. To realize this, the monk-trainees follow many strict rules. Demonstrating appreciation for their meals, and eating the meals themselves, are both precious parts of their Zen practice.



[b] The Karamon Gate of Eiheiji in the Tang Dynasty style.

[c] Sodo (Monk's Hall): The sound of the hanging fish-shaped woodblock and the taiko drum indicate the start of mealtime.







[d] Eiheiji Temple is surrounded by a lush natural environment that changes with all four seasons, befitting a place of religious training.

# 50 **① Cascading Cherry Trees at Takeda** 【竹田のしだれ桜】

Sakai City

0776-67-3097

Admission fee: Free



# **1** Uriwarinotaki



# 【瓜割の滝】 Address: 37-1-3 Tentokuji, Wakasa-cho

Contact info: Meisui no mori 0770-62-0186

•Contact info: Takeda's Village Council



【三方五湖】

【かずら橋】

【瑞源寺】



**()** Kazura Bridge

**6** Zuigenji Temple

# Address: Mihama-cho and Wakasa-cho Contact info: Mihama-cho Tourist Association 0770-32-0222/ Wakasa-Mikatagoko Tourism Association 0770-45-0113 < English OK

•Address: Shizuhara, Ikeda-cho

•Admission fee: 300 yen (adults) /

Address: Kidonouchi-cho, Fukui City

Address: 5-10-17 Asuwa, Fukui City

Contact info: 0776-35-1868

Admission fee: 200 yen

•Opening hours: 9 am to 5 pm

Preservation Association 0776-41-2330

Contact info: Asakura Clan Ruins

Admission fee: Free

Division 0778-44-8003

200 yen (children)

English OK

the winter

**⑤** Ichijodani Asakura Clan Ruins [一乗谷朝倉氏遺跡]

•Contact info: Ikeda-cho Special Policy

Closed: The first and third Tuesday, during



# Address: Kumagawa, Wakasa-cho, Mikatakaminaka-gun Contact info: Syukubakan 0770-62-0330 Closed: Mondays (the following day if it is a

Echizen Ono Castle

8 Saba-kaido Road

national holiday) Year-End and New Year holidavs



【越前大野城】

【鯖街道】

Address: 3-109 Shiromachi. Ono City

Tourism Division 0779-64-4816 •Admission fee: 200 yen (adults) /

Openinghours: 9 am to 5 pm

Address: 14 Hiromine, Obama City

•Contact info: Wakasa Obama Tourist

(Saba-kaido Museum)

Association 0770-64-6019

0779-65-5520

Free (children)

•Contact info: Ono City History Museum

•Ono City Commerce, Industry, Labor and

# 1 Echizen Lacquerware Hall (Lacquerware shop) 【うるしの里会館】

9 Kumagawa-juku Historic Post Town (熊川宿)



Cooperative Association 0778-65-0030 •Opening hours: 9 am to 5 pm

# 

# ① Okamoto and Otaki Shrine 【岡太神社・大滝神社】



# 【タケフナイフヴィレッジ】





# (B) Oshima Island Festival 【雄島祭り(大湊神社例大祭)】



island) •Contact info: 0776-82-5515 •Date: April 20th

# 🚯 Katsuyama Sagicho Festival



•Contact info: 0779-88-8117 Februarv

# 🚯 Mikuni Shrine



City •Contact info: 0776-81-2514 •Date: The last Sunday in June (Chinowa Straw Ring)

# 🚯 Wakuri Mibu Kyogen



Address: Wakuri, Obama City (Saihoji Temple) Contact info: Wakasa Obama Tourist Association 0770-64-6019 English OK

# Hoze Matsuri (Festival)



Address: 9 Obamaotokoyama, Obama City (Hachiman shrine) Contact info: Wakasa Obama Tourist Association 0770-64-6019 •Date: Saturday and Sunday in mid-September English OK

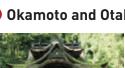
# (B) Awara Onsen (Hot Spring)



 Contact info: Awara Onsen Cooperative Association 0776-77-2040







•Address: 23-10 Otaki-cho, Echizen City •Contact info: 0778-42-1151









Address: 22-91 Yokawa-cho, Echizen City •Contact info: Takefu Knife Village Cooperative 0778-27-7120 •Opening hours: 9 am to 5 pm •Closed: Open all year round Admission fee: Free







•Admission fee: Free













•Address: 23-14 Anto, Mikuni-cho, Sakai City (Around Oominato shrine and Oshima



# 【勝山左義長まつり】

•Address: Motomachi, Katsuyama City •Date: The last Saturday and Sunday in



# 【三国神社】

Address: 6-2-80 Sanno, Mikuni-cho, Sakai



# 【和久里壬生狂言】



# 【放生まつり】



# 【あわら温泉】



# Mikuni Onsen (Hot Spring)





【芦湯】

# Ashiyu Onsen (Public Footbath)

Address: 1-1 Onsen, Awara City

- Contact info: Awara City Tourism Association 0776-78-6767
- •Opening hours: 7 am to 11 pm



【みらくる亭】

# (1) Mirakuru-tei (Hot Spring)

- •Address: 38-2 Ichinami-cho, Fukui City •Contact info: 0776-96-4141
- •Opening hours: 6 am to 9 am, 10 am to 9 pm (3:30 pm to 9 pm on Tuesday)
- •Admission fee: 510 yen (adults) / 250 yen (children)



# Mikuni Fireworks Display

- Address: Mikuni Sunset Beach
- •Date: August 11 th (National holiday)



# Contraction Cliffs



# 🕐 Yokokan Garden



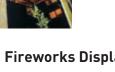
# 【養浩館庭園】

- Address: 3-11 Hoei, Fukui City
- Contact info: Fukui City Cultural Promotion Division 0776-20-5367
- •Opening hours: 9 am to 7 pm (March 1 to Nov.5) / 9 am to 5 pm (Nov.6 to the end of Feb.)
- Admission fee: 210 ven









- 【三国水上花火】
- Syuku, Mikuni-cho, Sakai City
- Time 7:30 pm to 8:30 pm



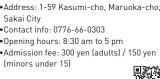
【東尋坊】



# 52 🚯 Maruoka Castle



【丸岡城】



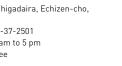


# 1 Cape Echizen Daffodil Land



## •Address: 27-1-2 Chigadaira, Echizen-cho, Nvu-aun •Contact info: 0778-37-2501 •Opening hours: 9 am to 5 pm •Admission fee: Free







# 初 Hanahasu Kouen (Lotus Flower Park) 【花はす公園】



•Address: 64-41 Nakagoya, Minami Echizen-cho Contact info: Hanahasu Onsen Somayama 0778-47-3368 Date: Late June-late July





# 【大矢谷の大岩】



Contact info: 0779-88-8117

•Admission fee: Free



【白山平泉寺】

# 🔞 Hakusan Heisenji Shrine



Address: Heisenji, Heisenji-cho, Katsuyama



【若州一滴文庫】

# 📵 Jakushu Itteki Bunko

Citv



•Address: 33-2-1 Okata, Ooi-cho, Ooi-gun Contact info: 0770-77-2445 Closed: Tuesdays and Sundays (the following day if it falls on a public holiday) Year-End and New Year holidays Opening hours: 9 am to 5 pm



# 🚯 Irogahama



# •Address: Irogahama, Tsuruga City •Contact info: Tsuruga Tourist Bureau 0770-21-8686 English OK



【色ヶ浜】

# 🔞 The Statue of Matsuo Basho (in Kehi Jingu Shrine) (氣比神宮)



Address: Kehi Jingu Shrine 11-68 Akebono-cho, Tsuruga City •Contact info: 0770-22-0794 •Opening hours: 6 am to 5 pm



# (我) Port of Humanity Tsuruga Museum 【教賀ムゼウム】



•Address: Kanegasaki Ryokuchi, 44-1 Kanegasaki-cho, Tsuruga City •Contact info: 0770-37-1035 •Opening hours: 9 am to 5 pm Closed: Dec. 29 to Jan. 3



# 🚯 Jinguji Temple

【神宮寺】

Address: 30-4 Jinguji, Obama City •Contact info: 0770-56-1911 Admission fee: 400 ven •Closed: Feb.15 to March 5





**111** Nakayamadera Temple



•Address: 27-2 Nakayama, Takahama-cho, 0i-gun •Contact info: 0770-72-0753 •Opening hours: 9 am to 5 pm •Admission fee: 400 yen (adults) Free (children)



# 😗 Itozaki no Hotokenomai (Traditional Sacred dance) [糸崎の仏舞]



# 🚯 lwaya no Osugi



 Contact info: Katsuyama City Tourism Policy Division 0779-88-8117





•Address: 33-1 Agari, Wakasa-cho, Mikatakaminaka-gun Contact info: Wakasa Division of History and Culture 0770-62-0864

# ④ Eiheiii Temple



Address: 5-15 Shihi, Eiheiji-cho Yoshida-gun Contact info: Eiheiji Temple General Reception 0776-63-3102

# ④ Panoramic view of Katsuyama city (勝山市全景)





%Please note that any locations that do not explicitly indicate English language availability will only offer information in Japanese.









【中山寺】









 Address: Ikuozanrvugein-itozakii Itozaki-cho, Fukui City •Contact info: Fukui City Cultural Promotion Division 0776-20-5367 •Date: April 18 th in every 2 years



# 【岩屋の大杉】

•Address: Iwaya, Kitago-cho, Katsuyama City



# 【諦応寺】



# 【大本山永平寺】



 Contact info: Katsuyama City Tourism Policy Division 0779-88-8117 (%The picture was taken from Mt.Houonji.)



# **111** Tree Picnic Adventure IKEDA



# 【ツリーピクニックアドベンチャー いけだ】

- •Address: 28-16 Shizuhara, Ikeda-cho,
- Imadate-gun
- •Contact info: Tree Picnic Adventure IKEDA
- 0778-44-7474
- Admission fee: Mega Zipline 3000 ven~ (adults) 1100 yen (children)



# ④ Genkuro Fujino Memorial Hall (藤野厳九郎記念館)



- •Opening hours: 9 am to 6 pm
- •Admission fee: 200 yen



# ④ Fukui Prefectural Dinosaur Museum (福井県立恐竜博物館)



- •Address: 51-11 Terao. Muroko-cho. Katsuyama City
- •Contact info: 0779-88-0001
- •Opening hours: 9 am to 5 pm
- •Admission fee: 720 yen (adults) / 410 yen (high school & colled students) / 260 yen (Primary / secondeary school students)

# Ukonke Museum [Kitamaebune Archives Center] 【北前船主の館 右近家】

- •Address: 2-15 Kouno, Minami Echizen-cho Nanjyo-gun •Contact info: 0778-48-2196
- •Opening hours: 9 am to 4 pm
- •Closed: Wednesdays / Dec. 29 to Jan. 3
- •Admission fee: 500 yen (adults) / 300 yen (children)



# 低 Echizenyaki-no-Yakata [Echizen ware shop] 【越前焼の館】

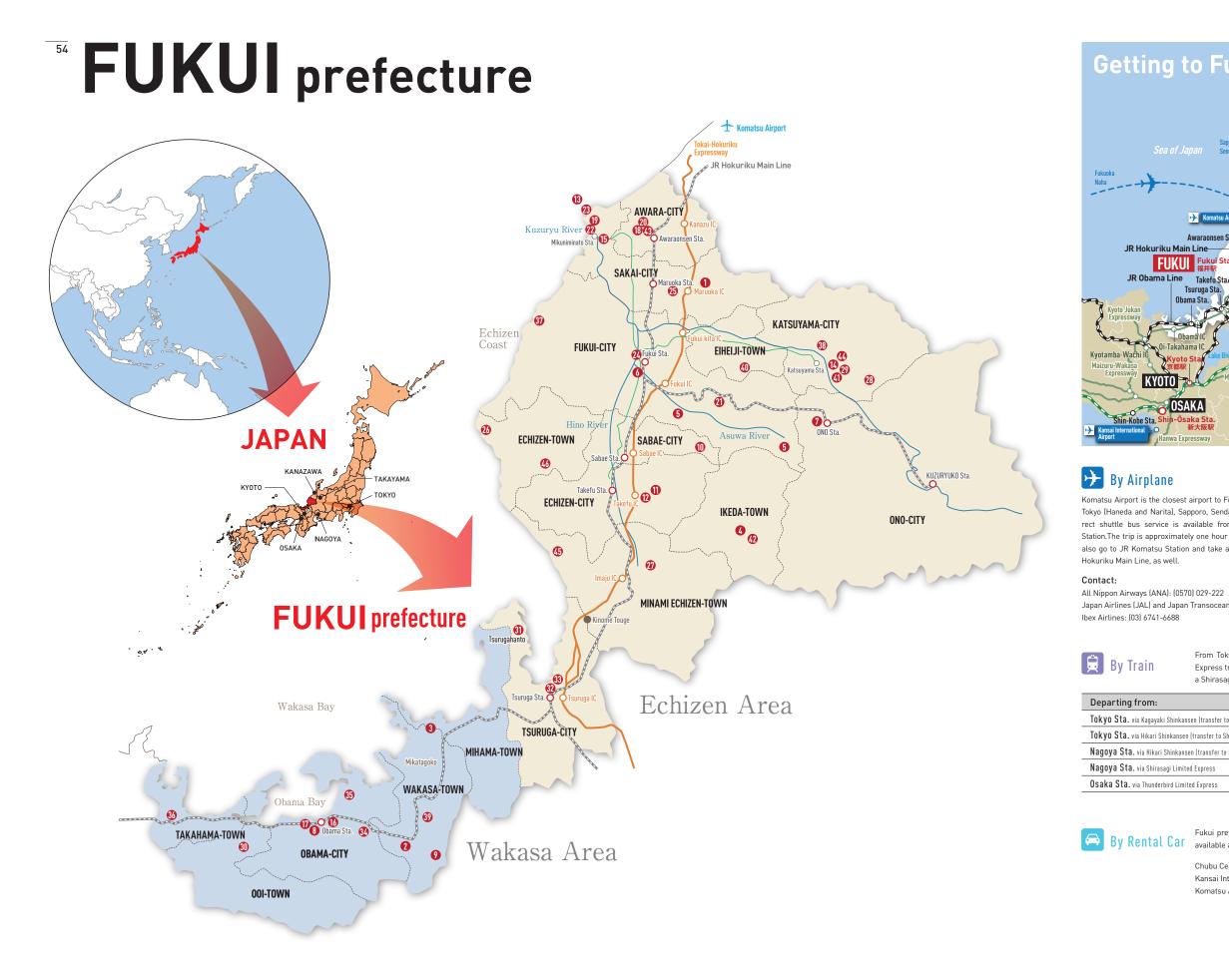
- •Address: 5-33 Ozowara, Echizen-cho, Nyu-gun
- •Contact info: Echizen Ware Industrial Cooperative Association 0778-32-2199 Admission fee: Free
- •Opening hours: 8:30 am to 5 pm

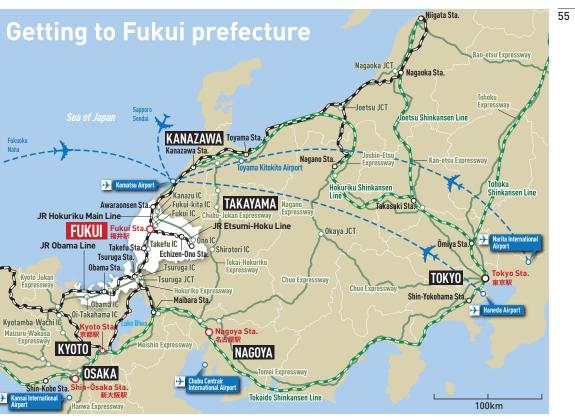


# Fukui Tourist Information Center 0776-20-5348

- •Echizen City Tourist Information Center 0778-24-0655
- •Wakasa Obama Tourist Information Center 0770-52-2082 •Tsuruga Tourist Information Center 0770-21-8686
- •Sabae Tourist Information Center 0778-51-2229 •Tsuruga Matsubara Tourist Information Center 0770-22-1520
- •Yunomachieki Tourist Information Center 0776-77-2279 •Mikuni Tourist Information Center 0776-82-5515







Komatsu Airport is the closest airport to Fukui. Flights available to and from Tokyo (Haneda and Narita), Sapporo, Sendai, Fukuoka, and Naha Airports.Direct shuttle bus service is available from Komatsu Airport to JR Fukui Station. The trip is approximately one hour (with nine trips per day). You can also go to JR Komatsu Station and take a Limited Express train on the JR

Departing from:	Komatsu Airport		
	Travel time:		
Haneda [Tokyo]	1 hr.		
Narita [Tokyo]	1 hr., 15 min.		
Sapporo [Shin-Chitose]	1 hr., 35 min.		
Sendai	1 hr., 5 min.		
Fukuoka	1 hr., 15 min.		
Naha [Okinawa]	2 hr., 10 min.		

Japan Airlines (JAL) and Japan Transocean Air (JTA): (0570) 025-121

From Tokyo, come via the Hokuriku Shinkansen Line or the Tokaido Shinkansen Line. From Nagoya, the Shirasagi Limited Express train provides direct service. Additionally, you can take the Tokaido Shinkansen Line to Maibara Station, then transfer to a Shirasagi Limited Express train. From Osaka, the Thunderbird Limited Express train also provides convenient direct service.

	To Tsuruga Sta.	To Takefu Sta.	To JR Fukui Sta.	To Awaraonsen Sta.
n (transfer to Hokuriku Main Line Limited Express at Kanazawa Sta.)	_	3 hr., 28 min.	3 hr., 10 min.	3 hr., 3 min.
transfer to Shirasagi Limited Express at Maibara Sta.)	2 hr., 40 min.	3 hr., 1 min.	3 hr., 15 min.	3 hr., 27 min.
ı (transfer to Shirasagi Limited Express at Maibara Sta.)	55 min.	1 hr., 16 min.	1 hr., 29 min.	1 hr., 41 min.
Express	1 hr., 34 min.	1 hr., 52 min.	2 hr., 5 min.	2 hr., 17 min.
d Express	1 hr., 19 min.	1 hr., 39 min.	1 hr., 47 min.	2 hr.

Fukui prefecture rarely experiences heavy road traffic, making getting around by car smooth and pleasant. Car rentals are By Rental Car available at airports, so you can drive to Fukui from there.

> Chubu Centrair International Airport:See the Access Plaza Information Counter for car rentals. Kansai International Airport:See the Aero Plaza 1F Car Rental Counter for car rentals. Komatsu Airport:See the 1F Car Rental for car rentals.

Car rentals also available near Fukui and Tsuruga Stations.