

〔材料〕(10個分)

④砂糖 大さじ 1

⑤つぶあん 350g

〔作り方〕

②かぼちゃ 煮てペースト状につぶしたもの 150g

①小麦粉にかぼちゃのペースト、ベーキングパウダー、

砂糖を加え、耳たぶのかたさになるように少々の水を

②ボールに入れてふきんを掛け、常温で6時間程度寝か

④生地は 55g を目安に丸めてのし、あんこ玉を入れて

南三陸 冬のイベント

寒鱈まつり福興市

まるまると脂がのった旬の鱈を贅沢に一本売り する他、鱈汁・鱈フライ・白子の天ぷらなどの

鱈メニューをお楽しみいただけます。会場には

牡蠣まつり福興市

南三陸の海で育った牡蠣は驚くほど濃厚でク リーミー。そんな牡蠣を味わい食べつくせるの が牡蠣まつり福興市です。蒸し牡蠣や牡蠣フラ イはもちろん、豊富な牡蠣メニューが販売され るほか、福興市ならではの地元の味をお楽しみ

牡蠣わかめまつり福興市

9:00-13:30

南三陸の海にもまれ歯ごたえのあるおいしいワ

カメが育ちます。ワカメのおいしさをめいっぱ

い楽しめる福興市。ワカメしゃぶしゃぶや新鮮 なメカブが販売されるほか、旬の牡蠣も楽しめ

有三陸町へのアクセス

(王) 志津川仮設魚市場(予定)

志津川仮設魚市場(予定)

自由に使える浜焼きコーナーも登場します。

9:00-13:30

いただけます。

第88回志津川湾

9:00-13:30

志津川仮設魚市場(予定)

せる。 ③つぶあんは 35g ずつ丸めておく。

Cute yellow buns made from pumpkin harvested in autumn. This pumpkin manju is a mild sweet local bun made in every home of Minamisanriku. By mixing nutrient-dense pumpkin with flour, soft skin with natural sweetness is produced. The skin itself has pumpkin flavor, and fresh pumpkin buns are floury and fluffy and so delicious

かぼちゃまんじゅうは

ふっくらツヤツヤ!

Slightly sweet and fluffy skin with pumpkin flavor, Exquisite matching of sweetness and crunchy smashed sweet red beans that comes out from inside. The hardness and sweetness of the bun are different by each home. It is exactly taste of mother's home cooking.

This time, people from the Ishizumi Fureai Miso Studio in Utatsu, which is

famous for delicious homemade miso, taught how to make pumpkin manju. In this studio, they make pumpkin manju and sell them at the Minamisanriku Direct Sales Store "Minasan-kan" in Kudanohama.

"In the season when a lot of pumpkin is harvested, boiled and mashed. It is convenient to subdivide the cooked pumpkin in smaller bags to frozen." When thawing it, it can play outstandingly not only as materials for sweets, but also

for porridge, salad and so on.

「南三陸の皆に出会える旅」を提供する南三陸町観光協会公式予 約サイトです。「みなたび」だけでしかインターネット予約がで

きない宿や体験プログラムもございます。

【みなたびで予約ができる宿の一例】校舎の宿さんさん館・民宿下道荘・民宿なか 等

南三陸町観光協会では公式予約サイトみなたびにて、平成 31 年 2 月までの期間中、通常価

格からお1人様3,000円引きで宿泊できる南三陸宿泊モニターキャンペーンを開催中です。 対象宿泊施設ごと先着 30 名様限定のお得なキャンペーン!キャンペーンご利用でご宿泊の

お客様には、各宿の改善・向上のためのアンケートにご協力いただいております。

お問い合わせは「南三陸町観光協会公式予約サイト「みなたび」から! https://minatabi.good-travel.info/

〈高速バスで来られる方〉 仙台駅から南三陸町間を結ぶバスが一日6本出ています。柳津から南三陸町までの所要時間は約30分です。

■高速パス 宮城交通 他台-南三陸線 (自由乗車制・予約不要)
【他台発】◎乗車のみ/県庁市役所前[8:10-11:15-14:10-15:10-16:40-18:15]⇒他台駅前(宮交他台高速バスセンター40番)[8:20-11:25-14:20-15:20-16:50-18:25] ◎降車のみ/県庁市役所前[8:10-11:15-14:10-15:10-16:40-18:29-20:04]⇒歌連市沢 [10:18-13:23-16:18-17:18-18:48-20:23] (他台行)愛乗車のみ/第2津州沢 [6:52-7:52-9:22-10:52-16:59-18:29-20:04]⇒駅下港川 [7:11-8:11-19:41-11:11-14:11-16:41] ◎降車のみ/他台駅前[8:54-9:54-11:24-12:54-15:54-18:24]⇒県庁市役所前[9:00-10:00-11:30-13:00-16:00-18:30] ※BRT 志津川駅、歌津枡沢からの移動手段については、あらかじめ宿泊先などにご確認ください。 2018 年 6 月 1 日現在

ぜひご活用ください!!

When smashed sweet red beans appears from the yellow dough, everyone feels

南三陸町観光協会公式予約サイト みなたびとは?



②歌津崎や金華山が一望できる山頂付近からの大パノラマ

※みちのく潮風トレイルは、震災後に環境省が定めた青森県八戸市から福島 県相馬市までの太平洋沿岸をつなぐロングトレイル。トレイルとは森林や里 山、海岸、集落を通る「歩くための道」のこと。森、里、川、海のつながり から生まれた自然とそこで紡がれた人々の暮らしの物語を体感しながら歩い てほしい。http://tohoku.env.go.jp/mct/

*Michinoku Sea BreezeTrail is a long trail connecting the Pacific Coast from Hachinohe City in Aomori Prefecture to Soma City in Fukushima Prefecture, which was established by the Ministry of the Environment after the Great East Japan Earthquake in 2011. The trail is "a road to walk" through forests, the seashore, and villages. Visitors can enjoy walkingalong this trail while feeling the power of nature that links forests, villages, rivers and the sea and the people living there. http://tohoku.env.go.jp/mct/



※行者の道は沢沿いの約 1.5km のコース。 沢を幾度も渡るので、増水時には注意が必要。 熊除けの備えも必須。 ※地図の①などの番号は写真の番号です。

山のガイドのお申し込みは南三陸町観光協会へ。

Mt. Tatsugane, a sacred spot for monks leading an ascetic life in the mountains

In spring time, the slopes of Mt. Tatsugane are covered with azalea blossoms. It is crowded with tourists wanting to visitone of the best spots in Minamisanriku for viewing the Pacific Ocean.

Venerated history of Mt. Tatsugane since the Heian Period (794-1185) . Heian is the period when the Yamato and Ezo cultures formed a new culture as battles continued for many years between the Ezo, the indigenous people of the Tohoku region, and the Yamato, coming from the west. Gold mines flourished in the Minamisanriku area, and with the rising power of the Oshu Fujiwara clan in Hiraizumi to the north, various people moved into this area. Around 1200 years ago, monks from Kumano and Haguro were already here. Mt. Tatsugane became a mecca for mountain worship and a training ground for monks.

Monks were sequestered in the mountains and underwent strict training so that they could attain spiritual awakening. This form of asceticism is a unique religious practice which combined ancient Japanese mountain faith with Buddhism.

In the past, many monks at Mt. Tatsugane ran over steep trails and sit/stood under waterfalls as part of their ascetic training. There are no less than eleven 800-year old kyozuka (mounds where sutras were buried)) on the summit, which were discovered during an excavation. They found a bronze kyozutsu (sutra case) with a carving on the bottom depicting two cranes holding pinebranches and leaves in their mouths, and with the Lotus Sutra written in red on the inside. The sutra caseis stored at the Tohoku History Museum in Tagajo City.

As Fujiwara no Hidehira (the third generation of the Oshu Fujiwara clan) worshiped at this mountain, several temples were built in his honor and monks settled in the area.

A mountain trail 1.5 km-long in Mt. Tatsugane is called Higashi no Gyoba (East Training Ground) where those who want to practice ascetic training can follow the same path that the monks used. In the past, the monks fasted and sit/stood under waterfalls for spiritual enlightenment. You can experience trekking and lose yourself in the sacred aura of this mountain. This route that goes up to the summit of Mt. Tatsugane is a part of the "Michinoku Sea Breeze Trail." *

Along the trail, you will see the Aresawa Fudoson Temple in which a statue of Fudo Myo-O (Acala, the God of Fire) said to be the work of Jikaku Daishi (one of the great Buddhist priests), and two statues of Nio guardians are enshrined.

As you go further along the trail, there is a headless stone statue of a monk in a slightly elevated place to the right of the trail. It is called "Boh-a Haka," which means a monk's grave. Legend says that between 1864 and 1868, a local gambler took off the head of the statue and took it away in the belief that it would help him win at gambling.

During the Heian period, as part of their training, monks went down a dangerous cliff from the top of Mt. Tatsugane while holding onto a vine of wisteria, and recited a sutra while sitting under the waterfalls.

One day, a woodcutter chopped down the wisteria vine with a hatchet as a prank. The monk who held onto this vine fell from the vine and was swept away. A woodcutter from Hinokuchi found the monk and all the people of the village united to build him a hut and nursed him back to ĥealth. He died saying "I will offer a prayer that Hinokuchi would never be destroyed by fire. The people of Hinokuchi mouned his death and built this statue in his honor, and prayed for his soul.

至伊里前

You finally enter into the "East Training Ground" where the monks did their training. As you climb up the trail, you will cross streams to your right and to your left, and a variety of lovely wild flowers will greet you in each season. From a small suspension bridge, you will see the Kumodaki Waterfalls (also known as Ohtaki Waterfalls), where the water flows down in a cascade. You may imagine the cold waters falling onto the still figure of a monk sitting under the waterfalls. As you climb further up from the suspension bridge, a carving on the steep rock of the face of the Buddha will come into view. It is the moss-covered statue of the Fudo Myo-O' which a monk once engraved. It is now difficult to see the faded lines of the engraving, but it reflects the passion of the monk's faith.

As you climb higher up the mountain, the air seems more refreshing and you will feel as though you are entering into a sacred world. The large Zelkova and cedar trees standing on the cliff on the north side of the Kumotaki Waterfalls can look down upon those who came through this mountain path for hundreds of years. There is a sense of eternity at this

You can hear water thundering down the mountainside. This is the Anadaki Waterfalls. This sound will recall the monks of long ago who went through the waterfall training of sitting under icy cold waters. At the base of the waterfall, the rock which Jikaku Daishi used for meditation, remains unchanged to this day in spite of the thundering flow of the falls.

You leave the forests along the mountain stream of the training ground deep in the mountain where you can commune with nature, and climb up the trail towards the top of the mountain.

Eventually, you reach the place where several large Zelkova trees stand. It has been recorded that a lot of temples and monks' dwellings were built around there in the distant past. At one time, the Hagurosan Seisuiji Temple stood at the top, with the Tatsuganesan Jakkoji Temple built slightly below it. The Horowasan Kinpuji Temple stood at the north peak, as well as a big building called Shichido Galan where the monks gathered, and over 70 dwellings where the monks lived. In spring time, many butterflies fly in the vicinity of the summit where you can see the remains of these buildings. The butterflies seem to hover over the souls of the people who came over this mountain.

Travelers on the "Road of Monks" in Mt. Tatsugane will gather their strength as they keep on walking along this historic path that goes back a





不動明王の姿がうっすらと浮かび上がる







南三陸,

めぐまれた南三陸町。

里海暮らしの喜びを

おすそ分けします。

蜘蛛滝・右写真も蜘蛛滝付近

※表紙は穴滝

Mt.Tatsugane, Road of Monks 海の幸、里の幸、山の幸に ③何段にもなって水が流れ落ちる 千年の時が流れる山の別世界

Minamisanii

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〈JR・BRTでこられる方〉※乗り換え一例

【キャンペーン参加宿泊施設】

での所要時間は約

南三陸 民宿清観荘 民宿下道荘 ニュー泊崎荘

南三陸まなびの里いりやど 校舎の宿さんさん館 ペンション oh!ing

アイルーム南三陸 アイルーム歌津 民宿なか 平成の森 明神崎荘

※柳津・気仙沼間の BRT は上記以外の時間にも運行しています。https://www.jreast.co.jp/railway/train/brt/pdf/data_kesennuma.pdf 2018 年 7 月 1 日改正

http://www.m-kankou.jp/access/



南三陸町観光協会 公式 twitter ページ

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