

A magazine about Shimane Prefecture, Japan

# The Shimanean

Vol. 84

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## Living History! A Samurai's View of Matsue

Oliver Marshall

Since coming to Matsue City, six years have flown by—I graduated from university in Canada, and promptly flew across the ocean, having the good fortune to call this city my home in Japan. When I arrived, my first impression was one of amazement that I would be living so close to an original Japanese castle! In the first few weeks here, I would often become lost, and yet I could always get my bearings by looking for the castle. In a way, Matsue Castle supported my life in Japan.

Because I live so close to the castle, I have climbed the keep, walked through the nearby historic streets, and ridden on the sightseeing boats that cruise around the castle moat many times over the years. And yet, as time has passed, I have become used to the intricate network of

moats and bridges, the winding streets, the magnificent temples—in other words, I feel like I have taken for granted the unique experience of living in a castle town. Especially nowadays, as social media becomes ever more pervasive in our lives, visitors to a place such as Matsue, brimming with history, may simply focus on taking pretty photographs that will garner the most “likes”; while this is understandable for sharing experiences with friends or for tourism promotion, my experience in this issue of The Shimanean made me realize how much more enriching it can feel to learn about the history of an area, rather than simply using it as a background for a photo or video.

### 歴史が生きる！ 武者から見た松江

私は松江市に住んで、あっという間に6年間が経った。カナダの大学を卒業し、社会人一年目で海を渡り、ご縁があって松江で暮らすことになった。初めて松江にきて、「日本のお城のこんなに近くに住めるなんて!」というのが第一印象であった。松江にまだ慣れていないところは、よく道に迷ったが、松江城を目印として自分の位置を確認できたので、面白いことに松江城が最初から私の生活をサポートしてくれた。

松江城の近くに住んでいるので、この数年間、何度も天守閣まで登ったり、城下町を歩いたり、お城を囲むお堀をぐるりと回る遊覧船に乗ったりした。長年住んでいると、堀川やそれに架かる橋、うねうねした道、見事なお寺…城下町の特徴が当たり前の風景だとだんだん思うようになってしまおう。特に私たち現代人は、歴史溢れる観光地に来て、SNSに載せようと、映える写真を撮ることに集中しがちだと思う。友達に気持ちを伝えることや観光客誘致の目的にはいいと思うが、写真や動画だけではその場所がただの背景になってしまい、何かもったいない、つまり、その場所の歴史を知った上で訪れるのもっと楽しめるのではないかと、今回の取材で改めて感じた。

### オリバー・マーシャル

同僚と一緒に、毎日生活している城下町である松江を「再発見」するために、松江観光協会が主催する「まつえ時代案内人」による街歩きツアーに参加してみた。その案内人はなんと、武者だ！今まで松江城の周辺を歩いている武者を見たことはあるが、武者ガイドと直接話し、400年前の松江の様子を聞くことは初めてだった。

細部にまでこだわった甲冑を身にまとった「石垣猿之助」と「楠馬之介」、二人の武者ガイドに案内してもらった。二人は松江の都市計画をした堀尾吉晴の家臣である。片手に火縄銃、もう片方の手に古地図を持つ猿之助さんは、力強い声で私たちを歓迎してくれた。長いモコモコした飾りを付けた兜を被る馬之介さんは、城下町に関する様々なイラストが描かれたスケッチブックを持っていた。お笑いコンビのような気さくな雰囲気の中で武者の言葉で語りながら、二人は400年前の都市計画が残る城下町を案内してくれた。

城下町松江は当初から、敵に対する様々な備えをした都市計画で誕生したと、猿之助さんと馬之介さんは説明した。その都市計画は「町割り」と言い、今でもその面影が見られる。今回のツアーは松江の町割りをより良く知るために、当



# 歴史 武者から見た 松江城

To “rediscover” the Matsue that I had known for many years, my colleagues and I participated in a walking tour hosted by “Matsue Period Guides,” part of the Matsue Tourism Association. And these guides are none other than... samurai! Although I had seen people dressed in samurai armour walking around the castle grounds before, it was my first time to talk with them and learn about the Matsue of four centuries ago.

Covered in intricate armour from head to toe, we were guided by “Ishigaki Sarunosuke” and “Kusunoki Umanosuke”—the two are chief retainers loyal to Horio Yoshiharu, the feudal lord who established the castle town. Holding a matchlock rifle in one hand and an old map of Matsue in the other, Sarunosuke-san welcomed us in a deep and booming voice. Umanosuke-san, wearing a helmet adorned with a long fluffy ornamental headpiece, carried a sketchbook with various illustrations about the castle and surrounding neighbourhoods. While speaking in old, Edo-period Japanese, and telling jokes as if they were a comedy duo, the friendly pair of samurai guided us around sites where you can still glimpse urban planning from four hundred years ago.

Since the very beginning, Matsue was designed with various features to defend against enemy attack. Sarunosuke-san and Umanosuke-san explained that this defensive urban planning was known as “machiwari” (“dividing the town”). The vestiges of this planning can still be seen today. To better understand Matsue’s “machiwari” design, this walking tour was not a passive experience—in fact, it was a special course where participants play as “imaginary Mori troops” from the Mori domain to the west of Matsue, in order to experience what it would be like to invade the city and attack the castle. Departing from the bronze statue of Horio Yoshiharu near the entrance to the Matsue Castle grounds, our tour route took us along the castle moat, proceeding northeast toward Senju-in Temple; from there, we walked down winding back streets leading toward Shiominawate Street, located just to the north of the castle, where you can still see a traditional samurai residence. This tour made me realize just how difficult it would have been to attack Matsue in the past.

Near the castle, there are irregular intersections where the roads do not line up perfectly. These intersections, called “kagigataro” (“key-shaped roads”) are a part of the “machiwari” urban planning, and were designed to prevent enemy troops from easily marching in a straight line toward the castle. In addition, there is a wide, flat neighbourhood in the centre of Matsue called Teramachi (“Temple Town”), aptly named for the 25 temples that are gathered there. By deliberately building all the temples in one large area, it would attract enemy troops to use the open area as a convenient gathering ground, where those protecting the castle town would



時の西国であった毛利がもし攻めてきたらどうなるのか、私たちが「仮想毛利軍」として松江城を目指す特別の街歩きコースだった。松江城の大手前にある堀尾吉晴公銅像から出発し、堀川沿いを歩きながら松江城の北東にある千手院に向かい、それから裏道を通り、お城の北側にある当時の侍の屋敷が残る塩見縄手に着くルートをとることで、松江城がいかに攻めにくいのかをよく想像できた。

松江城周辺には「鉤型路」という交差点の筋がずらした変則的な十字路がある。これは、敵が一直線に松江城に進軍できないように作られた「町割り」の一部である。その他、松江の中心部には25軒の寺院が集まる「寺町」という平坦地がある。お寺をあえて一つの広い場所に集中して建てることで、城下町を侵略する敵軍をそこに導き、町人を守る武者が待ち伏せできるようにした。お寺の配置まで考え、当時の松江は最新の軍事技術を用いて計画されたとりで砦であった。見るだけでは分からない、「町割り」による城下町の秘密が松江は溢れている。

まつえ時代案内人のホームページを見ると、「天下一やさしいお城ガイド」を合言葉にしているが、今回の取材では暑い中、猿之助さんと馬之介さんに色々



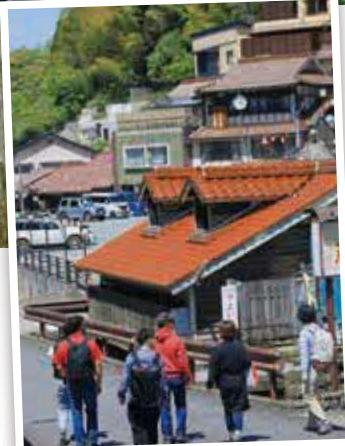
be waiting to ambush them. Matsue was truly a fortress utilizing the latest military technology and defensive planning at the time—even down to the placement of its temples. By just looking at the city, I would never have guessed that everything was secretly designed with this “machiwari” design in mind.

By learning history with Sarunosuke-san and Umanosuke-san, who made a great effort to provide an extremely fun tour despite the searing summer heat, I can see why the “Matsue Period Guide” website lists their motto as being “the friendliest castle guides in the world.” I am confident that participants on the many tours offered—whether first-time tourists or long-time residents—will be able to see the centuries-old city of Matsue with a new perspective. And who knows—you may just make friends with a samurai!



楽しく案内してもらって、まさにその通りだと自信を持って言える。初めて松江に来た人でも、私のような6年間松江に暮らした人でも、武者ガイドのツアーに参加すれば、400年前の松江を新しい視点で見ることができる。武者がまだ活躍している城下町で松江の歴史を実際に体験でき、かたじけないことでござる～!





## A Walk Through the Forest with a Guide ~Arifuku Moss Land~

Lee Jung-Hyun

Gotsu City is the smallest and least populated area in Shimane Prefecture. The Gonokawa River, which is the largest river in the Chugoku region, flows through the town center. With 80% of the town being mountainous, there is access to only a limited amount of land for agriculture. Therefore, moss, which is abundant near the highly humid Gonokawa River basin and can be cultivated in small spaces, is utilized as a local resource by companies and growers in collaboration with Gotsu City. Since 2015, they have been developing a project to revitalize the region as a model of the sixth sector with the vision of "enriching the world with the moss of Gotsu."

We visited a place called Arifuku Moss Land, run by the couple Masaki Kawamura and his wife, who both live in Gotsu City.

First, we drove to the Arifuku Onsen area. Although small, it is a famous hot spring area with a history of over 1,370 years. Natural hot spring water springs from 13 different locations with three hot spring facilities available for public use. There are also beautiful ryokans, fashionable restaurants, and wine bars. With the beautiful weather, we opted to walk a kilometer along the mountain road to Arifuku Moss Land, even

though we could have taken the car there. We enjoyed the scenery deep in the mountains, taking time to look at rice fields and wildflowers as we walked by. Frogs croaked loudly as we passed, giving us a raw experience in nature. While we walked, enjoying the scenery, we came across a creek and the place Moss Land, which looked like a forest right out of a Ghibli anime.

Six years ago, the couple began growing moss on their own while studying moss cultivation for a year under the Shimane Settlement Foundation's program. Moss is a rootless plant (some species have pseudo roots that are similar to roots and grow underground) that is affected by



### カイドとともに森の中を歩く ~有福MOSS LAND~

イ・ジョンヒョン

島根県の江津市は島根県で最も人口が少なく、面積も小さい市である。中国地方の一番大きな川である江の川が町の中心を流れており、町の8割が山間部であるため、農業ができる土地が限られている地域だ。そのため、狭い空間でも栽培が可能で、年間湿度が高い江の川流域を中心に豊富に生息する苔を地域の資源として活用するため、江津市・企業・生産者などが連携している。「江津のコケで世界を潤す」というビジョンで6次産業のモデルとして地域活性化を目指すプロジェクトを2015年から展開している。

江津市に住む河村正樹さん夫婦が営んでいる「有福MOSS LAND(モスランド)」という場所があり訪問した。

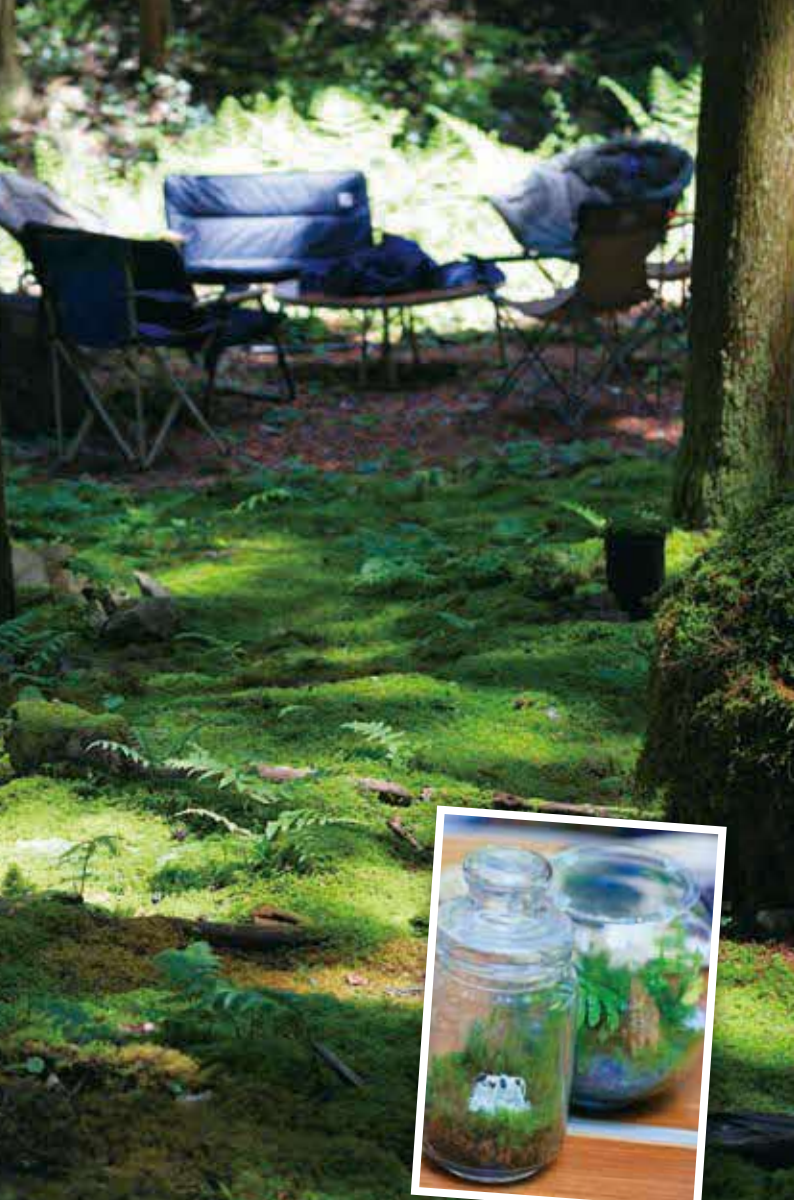
まず、有福温泉のある地域まで車で移動した。小さな地域だが、1,370年余りの歴史のある美人の湯として有名で、13カ所から天然温泉が湧いており、3つの公衆温泉施設があり誰もが気軽に利用できるところだ。きれいな旅館やおしゃれなレストラン、ワインバーなども目に入った。「有福MOSS LAND」までは車で行くことができるが、天気も良かったので約1キロ余りの山道を歩いた。山奥の風景や田んぼ、野花を楽しみながら。ちょうどカエルたちも大声で鳴いており、生の自然をそのまま感じることができた。風景を満喫しながら歩いていると、小川と、まるでジブリアニメに出てくる森のような「MOSS LAND」が目

の前に広がった。MOSS LANDにあるさまざまな苔が私たちを迎えてくれた。

「有福MOSS LAND」を運営している河村さん夫婦は広島出身で海の近くに住みたいと思い、移住先を探し、江津市に決めた後、苔栽培を考えるようになったという。6年前、島根県定住財団の制度を利用して1年間苔栽培について学びながら独自に栽培を始めた。苔は根を持たない植物であり(種類によっては仮根という根に似たものを持つ地中で伸びてゆくものもある)、空気中の水分などに影響を受けるため、日当たりや土の湿度によって敏感に反応し繁殖するので、どこでも順調に育つという保障がない。しかし、6年が過ぎた今、苔の圃場には美しい苔が並んでいる。そして何もない山の中に数年かけて2人で作ってきた「有福MOSS LAND」は現在、緑一面のコケの森になった。

「有福MOSS LAND」の緑の自然の中で癒され、私たちはお茶一杯とともに時間が経つのも忘れ、過ぎた。「有福MOSS LAND」では単なる自然の中で癒されることにとどまらず、体験活動もできる。河村さんから借りた虫眼鏡と苔の種類について書いてある写真付きの紙を見ながら14種以上の苔を探しながら観察したり、苔などを利用してテラリウムというインテリア用小物作りもオプションで体験ができる。また、海と森をつなぐプロジェクトと名づけられた活動の中で江津市の海岸に流れ着いた流木や浮きを利用したオブジェや小物で





moisture in the air, which means there is no guarantee that it will grow well anywhere. However, after six years, the garden is now full of beautiful moss. And Arifuku Moss Land, which the couple spent several years building together in an empty space on the mountain, is now an emerald moss forest.

We enjoyed a cup of tea and lost track of time as we relaxed in the green nature of Arifuku Moss Land. Here, visitors are able to relax in nature while also engaging in hands-on activities. Visitors can borrow a

magnifying glass and look for more than 14 species of moss using a piece of paper with pictures of the different types of mosses supplied by Mr. Kawamura. You can also make small terrariums of moss and other materials, and use them as decoration for your home interior. Moss Land is also decorated with objects as part of the “Connecting the Sea and Forest” project that uses driftwood and other objects that have washed ashore in Gotsu City.

Kawamura also runs a store called Naminoko Zakkaten, where he sells his moss along with other items. The moss sold at Naminoko Zakkaten mainly consists of the haigoke (*Hypnum plumaeforme*) and the yamagoke (*Leucobryum bowringii*) varieties. These two kinds of moss are mainly bought by gardeners who use them in Japanese gardens.

A survey on the use of moss reveals that it is mainly used for decorating flowerpots and for landscaping purposes, but in Korea, it is primarily used as a packaging material for ginseng. In addition to its eco-friendliness, which has been recently highlighted, moss is spread like mats on rooftops and walls of buildings and riverbank revetment surfaces, where it is used for creating green spaces in cities. I realized what I thought was just ordinary grass is actually not ordinary grass, but moss. I thought of moss as something that grew naturally in nature, but after this interview, I found out it is also grown artificially. Since I would commonly see them in damp and dark places, I thought they were similar to fungi and did not ever think about stepping or touching them. Thanks to this visit, I was able to see various species of moss with my own eyes and change my misconceptions about them.

Moss is not limited to only landscaping purposes, it is also used in medicines for its antibacterial properties, while fragrant moss is used as a raw material for perfumes. Moss is being used more than ever because it is resistant to climate change, grows without soil, and is light in weight. With environmental issues becoming bigger topics these days, the interest in moss cultivation in many countries is increasing. I think this was a good opportunity to think about moss cultivation and the possibilities of moss. I want to continue watching the moss project in Gotsu and visit other moss utilization projects in different countries.

Visitors of Moss Land are encouraged to enjoy their time resting in nature through trekking, hot springs, and moss activities in the Arifuku Onsen area. Please visit the Naminoko Zakkaten store, near Iwami Seaside Park, where you can enjoy some tea and find moss-related products.



る昨今、多くの国でも苔栽培に対する関心が高まっている。苔栽培と苔についての可能性を考える良い機会だったと思う。これからも江津市の苔プロジェクトと他の国の苔活用プロジェクトを見守りたい。

PS: 有福MOSS LANDを訪問される方は有福温泉エリアでのトレッキング・温泉・苔体験活動も兼ねて自然の中で休む時間を楽しむことをお勧めします。また、石見海浜公園の近くにある「ナミノコ雑貨店」で苔関連商品やお茶なども楽しむことができますので、ぜひ訪ねてみてください。

モスランドが飾られている。これらを探してみるのも楽しい。

河村さんはまた、「ナミノコ雑貨店」という店も営んでいて、こちらで苔などを販売している。「ナミノコ雑貨店」で主に栽培、販売している苔はハイゴケとヤマゴケだ。これらは日本庭園を作る庭師に主に販売されているようだ。

苔を活用しているものについて調べてみると、主に植木鉢の飾り、造園用として使用され、韓国では高麗人参を包装する材料として主に使用されている。また、最近重要視されている環境にやさしいことと併せ、建物の屋上や壁面、河川の護岸面などに苔をマットのように敷き詰め、被覆・固定し緑化植物として使われている。普通の草だと思っていた植物が苔だったという事実を初めて知った。今回の取材をするまで、苔は人為的に作られたものではなく、自然の中で自然に生まれるものだけ考えていた。湿気が多く、主に日陰で多く見たので、カビ類と似ていると思い、なるべく踏んだり、触ったりしたくなかった。今回の取材のおかげでさまざまな苔の種類を目で確認し、苔に対する誤解を解くことができた。

苔は造園だけではなく、苔の抗菌作用成分を利用して薬品を作ったり、香りのする苔は香料の原料としても使われるようだ。苔は気候変動に強く、土壌がなくても育ち、重量が軽いため有用性が増加しており、環境問題が叫ばれている





# A Tatami Mat of Fossils at “Iwami Tatamigaura”

Felipe Nascimento

For this issue of The Shimanean, one of our destinations was Iwami Tatamigaura—a place that one could say is a “geology museum created by nature.” Tatamigaura is located on the coast of Hamada City in western Shimane Prefecture. Guiding us through Tatamigaura was Mr. Hiromi Ushio, a Hamada City tourism volunteer guide.

The entrance to Tatamigaura is a sea cave, and a 25-meter-high cliff towers over the cave opening. You can see countless rocks dotting the cliff face, which have been eroded by the waves. In particular, my eyes were drawn to a large hollow indent which appears to have once contained a large boulder. According to Mr. Ushio, for many years the indent contained a rock aptly known as “the rock that never seems to fall.” Around exam season, students would visit the cliff and pray to the rock in order to pass their exams; however, the rock finally fell a few years ago, with locals saying that “the rock deliberately ‘fell’ instead of the students’ grades falling.”

We made our way through the opening in the cliff and finally entered Tatamigaura. We first walked through a short tunnel and arrived inside Sainokawara Doukutsu Cave. From inside the cave, we could see a beautiful view of the sea, as well



as a small, charming island known as “Cat Island.” Although not visible from inside the cave, there is another nearby island known as “Dog Island.” Mr. Ushio explained to us the origin of the island names. According to legend, in the Nara period this area used to be the site of Iwamikokubun-ji Temple, which had an extremely gorgeous roof; the Tang dynasty in modern-day China—fearing that they would be outshone—sought to destroy the temple roof by sending in a “red cat” (which is also an old expression meaning to start a fire). However, a faithful Japanese dog appeared and chased away the red cat, and thus “Cat Island” and “Dog Island” were born.

Proceeding through the cave, we entered another tunnel—which had explanations of the history and geological features



## 化石の畳「石見畳ヶ浦」

今回の取材先のひとつ、石見畳ヶ浦は、自然が作り出した野外の地質学博物館といえるでしょう。島根県西部、浜田市の海岸に位置します。浜田市観光ボランティアガイドの会の牛尾博美さんに案内していただきました。

畳ヶ浦の入口は海食洞になっていますが、そこに入るまでに高さ約25メートルある大きな崖が目の前にそびえたちます。荒波によって削られたその表面に無数の岩石が見えます。その中で特に目を引くのは、大きな岩が入っていたような凹みです。牛尾さんによると、確かにそこには長い間「落ちそうで落ちない石」と呼ばれる岩があり、受験になると、学生たちが合格祈願に来ていたようですが、何年前かに落ちたそうです。きっと学生の代わりに落ちてくれたのだでしょうと言っているそうです。

いよいよ畳ヶ浦入口に入ります。畳ヶ浦の歴史や地質について説明する看板がかかっているトンネルを歩いて、賽の河原洞窟へ向かいます。そこから見える海は絶景ですし、「猫島」という小さくてかわいい島も見えます。洞窟の中からは見えませんが、その近くにもう一つ小さい島があり、その名も「犬島」です。牛尾さんがその名の由来も教えてくれました。伝説によると、奈良時代にこの地で石見国分寺という非常に豪華な屋根を持つ寺院が建てられましたが、唐の国は自分が日陰になると言って、その屋根を壊すために赤猫を送り込ん

## フェリペ・ナシメント

だらしいです。しかし、日本の忠犬があらわれて赤猫を追いやったといえます。「猫島」と「犬島」はそこから出来たということです。

洞窟を抜けると、千畳敷になります。千畳敷とは、ブラジル最大のサッカー場であるマラカナン・スタジアムの3分の1に相当する、約49,000㎡にも及ぶ広大な波食棚という平な磯です（日本だと東京ドーム相当の面積だと言います）。「千畳敷」、「畳ヶ浦」という名はどちらも、千畳敷を縦横に走る節理からです。規則正しい長方形に見えるパターンを作るその節理を見る日本人にとっては畳が敷かれた部屋に見えます。

畳ヶ浦の千畳敷を歩き続けると見どころがたくさんあります。貝殻に含まれる炭酸カルシウムの動きによって固まった団塊「ノジュール」がその一つです。ちょうどいい高さのベンチになるので休憩にも写真撮影にもいいですよ。その他にフナクイムシの巣穴が多く開いている流木の化石もありますし、クジラのおご骨の化石も探せます。大地の動きで隆起した「馬の背」もあり、その上から綺麗な海も見え、イグアナなど様々な面白い形をした岩が見つかります。想像力を活かしてぜひ探してみてください。もっと歩くと、マグマが地表近くまで入り込んだ跡の「岩脈」があります。「岩脈」をよく見ると周囲とは異なる黒い岩石があります。その辺に「ハッピーシェル」という、ハートの形



of Tatamigaura on the walls. Exiting this tunnel, we finally arrived at our destination. Tatamigaura is a vast, flat rocky beach known as an “abrasion platform,” stretching over an area of approximately 49,000 m<sup>2</sup>—about one third of Brazil’s largest soccer stadium, the Maracanã Stadium (or about the same area as Tokyo Dome). Also called Senjoujiki (lit. “covering of one thousand tatami [bamboo] mats”), Tatamigaura (lit. “tatami seashore”) gets its name from the straight ridge lines that crisscross the ground. To Japanese people, this orderly pattern of straight, rectangular ridge lines was reminiscent of a room covered in tatami mats.

Walking along the “one thousand tatami mats” of Tatamigaura, there are many interesting spectacles. One such spectacle is the many “nodules”—concretions of rock formed by the effects of calcium carbonate originating in seashells. These nodules are the perfect height to be used as a bench while taking a break, or as a spot for taking photographs. In addition, the rocks contain fossilized driftwood in which there are many shipworm nesting holes. You can even find the fossilized jaw bone of a whale. Due to the upward movement of the earth, there is also an elevated area called “The Horse’s Back,” and from there you can see a beautiful view of the sea as well as many interestingly shaped rocks, such as one that looks like a giant iguana. I recommend visiting Tatamigaura and using your imagination to find other shapes in the rocks. Upon walking further, you can see dikes caused by magma which flowed upwards toward the surface. If you look closely at the dikes, you can see dark rock that is different from the surroundings. In the area, there are additionally small, fossilized shells that form the shape of a heart, which Mr. Ushio called “happy shells.” I imagine that it would be fun to go on a “happy shell” hunting adventure! I wonder if finding them will bring happiness?



をした貝の化石もポツポツとあるので探すのも楽しいでしょう。見つけたら幸せになれるかな？

最後は「眼鏡橋」に到着します。眼鏡橋にたどり着くまでの直前の細い道は足元に注意しながら歩かないといけませんが、綺麗な水が間近で見えますし、落差約3メートルの小断層があって上の砂岩層と下の礫岩層がハッキリと観察できます。夕暮れ近くで風がなかったらぜひ潮だまりを探しましょう。そこで逆光で自分や友達の写真を撮れば、シルエットが水面にも映る素敵な絶景フォトが撮れて最高のトレッキングのシメになるでしょう。



Lastly, we arrived at Meganebashi (lit. “Glasses Bridge”). Although it was a bit precarious to follow the narrow path toward the bridge, we were able to get a stunning view of the nearby pristine sea water as well as observe a cliff face which had been sheared in two, with a height difference between the sides of about three meters—the top was made of sandstone and the bottom was made of conglomerate stone. On an evening with little wind, I encourage visitors to Tatamigaura to find tide pools; by posing yourself or friends near the tide pools, you can take photographs with the subject’s silhouette being reflected in the water—a spectacular memento of a grand trek across a unique landscape.



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