

# LIVING GUIDE MORIOKA

## MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

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### Tamayama-ku

New Morioka started on January 10, 2006, when Tamayama Village was merged into the City of Morioka. The expanded Morioka has a population of more than 300,000 and an area of 886.47 square kilometers, which makes Morioka the second largest of the prefectural capitals in the Tohoku Region, next to Akita City. In Tamayama-ku (former Tamayama Village) you can relax yourself in the beautiful nature. Why don't you visit Tamayama?

【Transportation to Tamayama-ku (to the Ishikawa Takuboku Museum)】

- Bus: About 40 minutes from the bus terminal in front of Morioka Station by Iwate Kempoku Bus.
- Taxi: About 30 minutes from Morioka Station.
- Train: 16 minutes from Morioka Station to Shibutami Station + 5 minutes by taxi /10 minutes by bike (Bike rental is available.) /30 minutes on foot.

【Tourist Attractions】

#### ● Lake Gando (Gando-ko)

Gando-ko is known as one of the most beautiful lakes in Japan. In the white birch woods by the lake you will see flowers of each season. You can also enjoy wakasagi (smelt fish) fishing on the frozen lake in winter, as well as camping, tennis or picnic in summer. A sense of oneness with Mother Nature will be felt when you walk along the eight-kilometer trail around the lake.

\* Gando-ko Kazoku Ryoko Mura:  
(phone) 019-681-5235 (Open: May 1 ~ Oct.31)

#### ● Mt.Himekami

Mt.Himekami, 1123.8 meters high, is a beautiful mountain appearing as if facing Mt.Iwate. Local

people have long worshipped the mountain. It has a climbing route that takes you to the top by about 90-minute slow climbing. Enjoy the alpine plants and refreshing air.

#### ● Ishikawa Takuboku Kinenkan

(Memorial Museum)

Ishikawa Takuboku is a well-known poet from Tamayama Village. The memorial museum houses about 300 items from his life, including his autograph notebooks, photographs, personal effects and an organ that he used while he worked as a substitute teacher at the local elementary school.

※ For more information, contact Ishikawa Takuboku Kinenkan at 019-683-2315 or visit the website: <http://www.echna.ne.jp/~takuboku/>

#### \* Who is Ishikawa Takuboku?

Takuboku was born at a village that is now Tamayama-ku, Morioka City, in 1886. He pursued a literature career since he was a student of Morioka Middle School (Now Morioka Daiichi High School). Although he went to Tokyo for studying literature, he got sick and returned home. A collection of his poems titled "Akogare" was published in 1905. After working at his old elementary school as a substitute teacher, he went to Hokkaido and worked as a newspaper reporter. In 1910 a book of his tanka poems titled "Ichiaku-no Suna" was published. He was praised for his works based on his actual life. Living away from Iwate, he missed his hometown all through his life. Takuboku died in 1912 when he was as young as 26. Another book of his tanka poems titled "Kanashiki Gangu" was published soon after his death.



● Yuto Land Himekami

Yuto Land Himekami, a multi-purpose facility with accommodation, has hot spring baths (outdoor one, sauna and more), meeting rooms, a food processing facility where visitors can experience food processing using the ice cream and other local specialties, a farmers' market and a restaurant of local foods. The hot spring baths are available from 10:00am to 10:00pm.

\* Yuto Land Himekami: (phone) 019-683-3215

● Shibutami Koen (Park)

The park is located by the Kitakami River and has a monument inscribed with a tanka poem of Ishikawa Takuboku. It's the monument of Takuboku built first in Japan. From Shibutami Koen you can see Mt. Iwate in the west, and Mt. Himekami in the east.

● Makihori Shrine

With a history of over 500 years, the shrine is known as the deity of marriage and easy, safe childbirth.

● Jokoji Temple

Takuboku was born in this temple. Some of the rooms used by his family have been preserved for visitors. In the precincts there is a monument inscribed with the poem about his birth.

● Hotokuji Temple

Takuboku lived in this Hotokuji Temple when he was 2 to 10 years old. In its precincts facing Mt. Iwate there is a monument inscribed with his tanka depicting the temple.

【Local Specialties】

● Yabukawa Soba

Soba is buckwheat noodle. The soba grown in the Yabukawa area, which is known for its coolest climate in the main island of Japan, is superior in both quality and taste. There are many people who come to Yabukawa from distant parts of Japan just to taste Yabukawa Soba.

\* Office of Yabukawa Soba: (phone) 019-681-5117

● Princess Bell Ice Cream

Rich in milk fat, Princess Bell Ice Cream is moderately sweet and refreshing. It comes in four flavors: vanilla, strawberry, sesame and black soybeans.

\* "Kobo Suzuran" at

Yuto Land Himekami

(phone) 019-683-3215



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For more information on the locations of the facilities and the details about the specialties, contact (in Japanese, please):

■ Morioka-shi Kanko-ka (Tourism Department of Morioka City) at 019-651-4111

Or

■ Morioka-shi Tamayama Sogo Jimusho Sangyo Shinko-ka (Industry Development Department of Morioka Tamayama Office) at 019-651-4111

**Kafun-sho (Hay Fever)**

Have you heard of the word "kafun-sho" or hay fever? It is a disease with such allergic symptoms as sneezing, sniffles and bloodshot eyes that are caused by the pollens of cedar or cypress

trees. It is said that about 20 percent of Japanese people are suffering from kafun-sho. They need to wear a mask when snow has gone and it gets warmer, even if they don't have a cold. You are not immune even if you have never had the symptoms so far. It often happens that someone who had never had any symptoms of kafun-sho until last year develops symptoms like sneezing or itchy eyes this year. If you feel one of those symptoms, go to a doctor or a pharmacist. Pharmacies often have a section for kafun-sho. It would also be a good idea to ask someone who is allergic to pollens how to deal with the disease.

