

# GOKKAN

JAPAN OF THE FIVE SENSES



愛媛

EHIME LAND OF SPIRITUALITY

# EHIME light

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# EDITORIAL.



Japan is attracting more and more travelers from all over the world, in search of new horizons, it is ultimately the spirituality of the country that will change their worldview.

Always described with the usual cliché "between tradition and modernity" Japan fascinates by its capacity to have safeguarded its traditions in an environment in perpetual evolution, related to the technology but also to the natural hazards!

The gods are part of the Japanese daily and if, unfortunately, their existence was to be forgotten, they will regularly remind themselves to humans through nature! Volcanic and tectonic land, landscapes have been shaped by the fury from the depths, and the human has found in this chaos, its spiritual path to live in harmony with its hostile environment.

So, do not wait any longer! Put on your best shoes and come take the time to walk the roads of Ohenro in Ehime prefecture.

Good adventure!

David MICHAUD.





# SOMMAIRE



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Tokyo Haneda Airport > (1h 25mn flight)

Osaka Airport KIX > (45mn flight)

Matsuyama Airport > (1 hour by Limousine bus) > Dogo Onsen

Okayama Station > (3 hours by Yoson Limited Express train)

Tokyo Station > (7 hours by Shinkansen then Yoson Limited Express train)

Hiroshima Port > (2h40 by boat Setanaikaikisen) > Matsuyama Port





新居浜太鼓祭  
日本文化の魅力を紹介

金栄

金栄



# N i i h a m a T A I K O

Nothing better than festivities ("matsuri") to celebrate the gods!  
The Niihama Festival is a crazy show of strength where the tanks are  
raised at arm's length in a roaring noise.



**N**iihama is not necessarily in the priority list of places to visit in the Ehime area, but when locals invite you to attend a *matsuri*, you can not refuse such a feasting opportunity! With time we learn that according to the regions the notion of '*matsuri*' can vary enormously... very solemn religious ceremony, we can easily switch into big festive disorder... in general alcohol helps a lot for that...

The reputation of Niihama Taiko is well established throughout Shikoku Island. A show of force during a very dynamic festival where we carry at arm's length tanks of more than 3 tons and 5 meters high whistled accompanied by

cries: « *Sorya Sorya* » !

Festival in two stages: the day is an opportunity for participants to play their musclesur a large place by the sea... while in the evening they adorn themselves with lanterns and wheels to cross the city in scents of alcohol! The atmosphere is much more entertaining and we feel the warrior's rest after their superhuman efforts provided during the day. Niihama deserves a lot of attention, if not for its many museums and its nature, at least for its incredible festival!

Photos: Tristan DENIS  
Text: David MICHAUD



# THE PILGRIMAGE OF OHENRO

一金壹百萬圓  
西予市 土居保介

明石寺

綱  
昭和七年  
三月吉日  
建之  
山本

同行二人

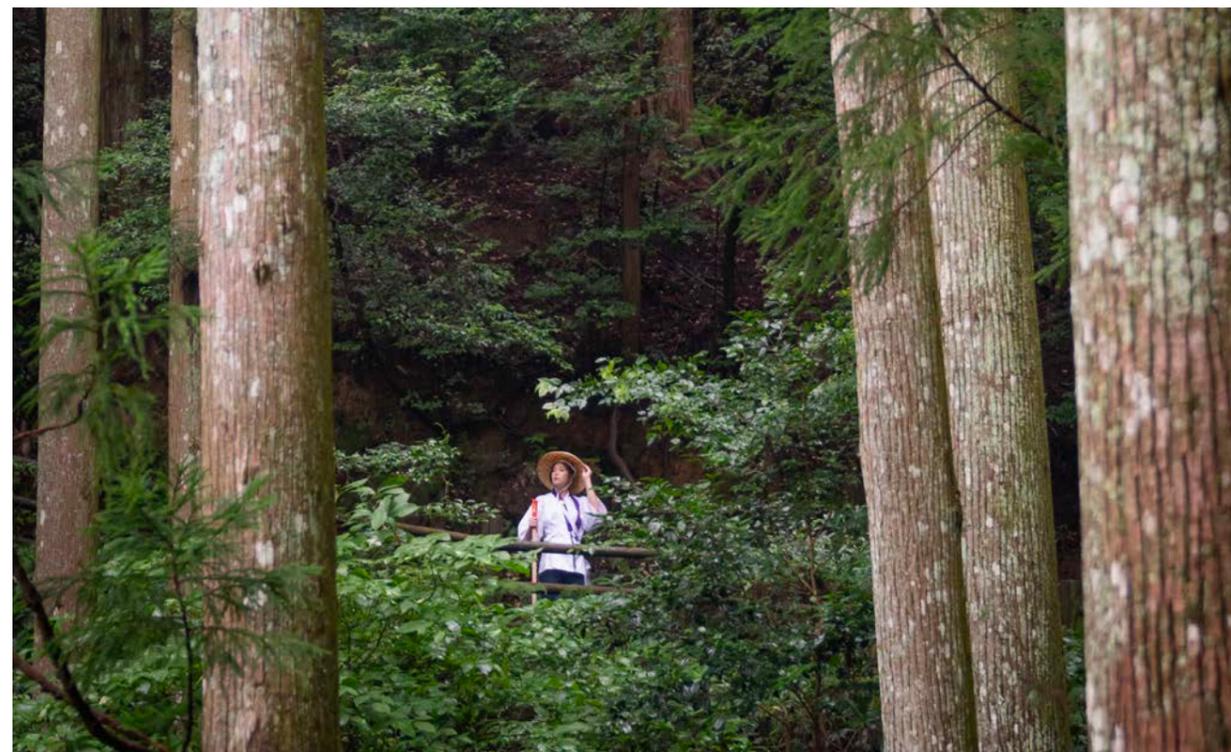
Photo: PASCAL MUMBER / David H. H. H. H.  
Texte: David H. H. H. H.

Quest for spirituality, redemption, religious tradition, etc ... many reasons are behind the famous pilgrimages around the world, offering the opportunity for a journey of introspection. Japan has a must-see that takes place on the smallest of the four major islands forming the archipelago: **Shikoku**

The origin of Ohenro goes back more than one thousand two hundred years when the Kukai monk (called Kobo Daishi since his death), native of the island, undertakes his quest in search of nirvana by following the "sadhana", the spiritual path.

Shikoku is divided into four prefectures and each one corresponds to a stage of the path. The region of Tokushima corresponds to the path of enlightenment, Kochi to the path of asceticism, Ehime to the path of enlightenment and finally, Kagawa for the path of nirvana.

The pilgrimage became especially famous during the Edo era thanks to the "Shikoku Henro Michi Shirube", a work written by the Buddhist monk Yuben Shinnen in the 17th century.



The whole path includes the visit of eighty-eight Buddhist temples spread over the island. The Ehime region is home to temples numbered forty to sixty-five, and it is here that pilgrims eventually attain enlightenment.

The verdant nature of the region is not strange, it fascinates travelers in his spiritual quest. Shikoku is also famous in Japan for its lush and wild nature. From the top of the forests, to the summit of the mountains, touching the clouds,

the pilgrim's path is self-evident, the traveler adding his palette, the only white touch in this canvas made of greenery.

The path is strewn with openings in the forest offering a few moments of contemplation on the way and thus keeping the pilgrim towards enlightenment.

# On the pilgrim's path



The pilgrimage is open to all, no matter the reason, the goal. There are, however, several things to know. First, keep in mind that the path is approximately one thousand two hundred kilometers and takes an average of forty-five days to complete. However, it is possible to do some by car, train, bike or other means of locomotion, or to visit only the temples considered the most important of the course.

Travelers also often wear the *byakue* and *sugasa*, respectively a white kimono jacket and this hat in the typical shape adorned with the four precepts of the pilgrim. The *kongozue* walking stick, with its particular shape, represents Kukai's incarnation and accompanies the traveler all along his journey. That's why it's best to take care of it and cleanse it after every day of walking.

It is customary to state sutras and prayers during the visit of each temple and to present its *nokyochō*, a notebook in which the monks will affix the calligraphy and stamp of the temple, testimony of your passage.

The *settai* is the hospitality of the people of Shikoku vis-a-vis travelers. It is not uncommon for a person to come and offer food and drink to the pilgrims he meets on his way. In return, they often offer their *osamefuda*, equivalent to a business card of the pilgrim.

All these accessories are easily found in the great temples that are part of the pilgrimage.

Photos: Ronan ECHERBAULT, Tristan DENIS & David MICHAUD  
Text: Ronan ECHERBAULT





# DISCOVER EHIME BY BIKE!

The discovery of the region can be easily done for lovers of the little queen, thanks to an exceptional network of 2000 km of bike paths, which are waiting for you!





## BETWEEN ROAD, POSTCARD & MEETINGS

My journey leads me inevitably to the edge of the coastal city of Onomichi. At the corner of an alley, the brightness forces me to squint. The star of the day and the Inner Sea Seto have decided to welcome me from their union.

## SHIMANAMI KAIDO

*"A few days have passed and it is against my heart that I leave my companion behind me, one last look back and I continue my journey, serene."*

I remain frozen in front of the seascape extending in front of me, it seems to me even perceive the wind touching briefly my face. Recovering my spirits I continue my way, the road Shimanami Kaido is not far and beyond this cycle track of more than 70 kilometers connecting 6 islands, is the prefecture of Ehime, true paradise of cycling with its infinity of practicable tracks. It was while thinking of the unique journey waiting for me that I thank with a discreet nod to the bicycle dealer. Determined I put my foot on the pedal and in unison with the wind, gives the first impulse.



» Encounters, wonder and delicious local dishes punctuate my path, and the invigorating air of the region seems to fill me with infinite energy.

» I notice an almost total absence of cars and easily make the link with this pure air. Is this the influence of the protective *kami* of the oceans and mountains of the nearby sanctuary of Oyamazumi?



# DISCOVER THE UFO LINE!

THE CURVES OF THE EHIME MOUNTAINS  
OPEN TO YOUR EXPLORATION



**Nagata Junya**

Multiple champion and mountain bike specialist to discover the nature of the region. Between two wakes left by his bike, he stops when the sun filters through the trees of the forest of Ehime, inviting the athlete to the contemplation.



FROM EARTH, ROCK AND WATER,  
**DRAW** WITH THE TWO WHEELS THE  
STAMP OF **YOUR ADVENTURE**



Photos: David MICHAUD, Ronan ECHERBAULT & Kenichi WATANABE  
Texts: Lou LEPARQUIER & Ronan ECHERBAULT

# FISHING BETWEEN FOREST & SEA



Water shapes the mountains by its rivers and the islands by its seas. She sculpts the unique landscape of Japan and endows the country with a prolific fauna. Fishing has long been no secret to the archipelago and is always a pleasure for the adventurers of their perfect catch.

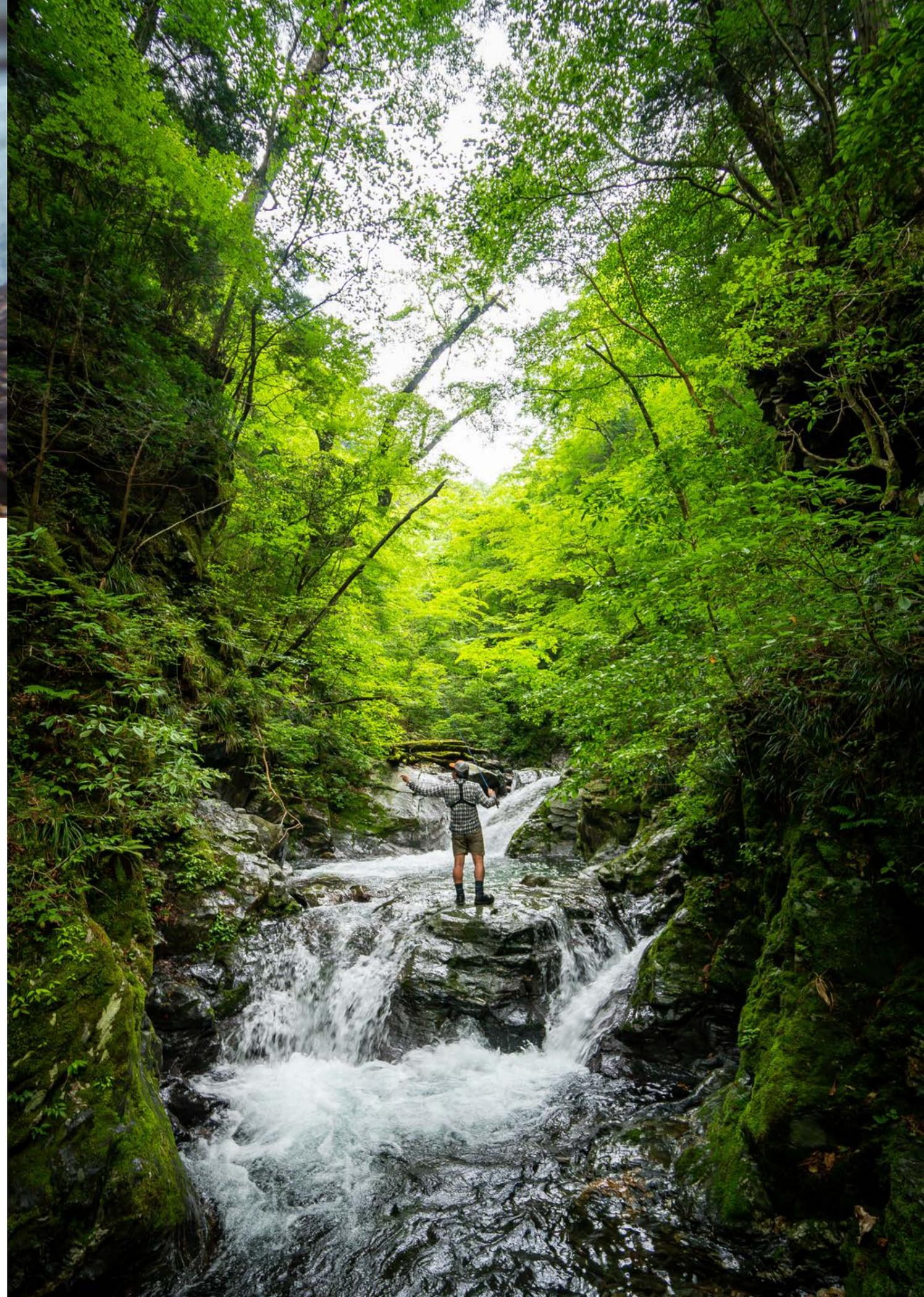


Like koi carp, a symbol of courage and perseverance in Japan, the river fishing at Ehime asks its practitioners to explore the area in search of the perfect place." Good crampons, sometimes a good pair of gloves are required to climb the slopes of the mountain and walk the forest, leaning from tree to tree in search of the Holy Grail: the hidden river in the eyes of the walker.

But as any adventure does not stop at the door of the temple, the path to the treasure will not be without pitfalls. It will be necessary that the fisherman is vigilant to the tumults of the river, to the obstacles that it brings with it, to the weather

sometimes capricious and especially to a fauna trained to be always alert to the predators. And sometimes, the talent operates. The artist with the cane melted into the scene, following the curves of the current with his lure. He will end up taking his catch at the end of a game of hide and seek between *komorebi*, reflections of the sun on the waves and stones sowing the bed of the river.

The moment of euphoria passed, the fish is released and will continue on its way. The nature of Ehime is not tamed, but on the contrary, let yourself be subdued if you are a wise explorer.





” One of the reasons that **fascinates the human** and pushes him to leave on his boat off is sometimes this limit **between sky and sea** disappears, capturing the now isolated fisherman **between two worlds.** ”

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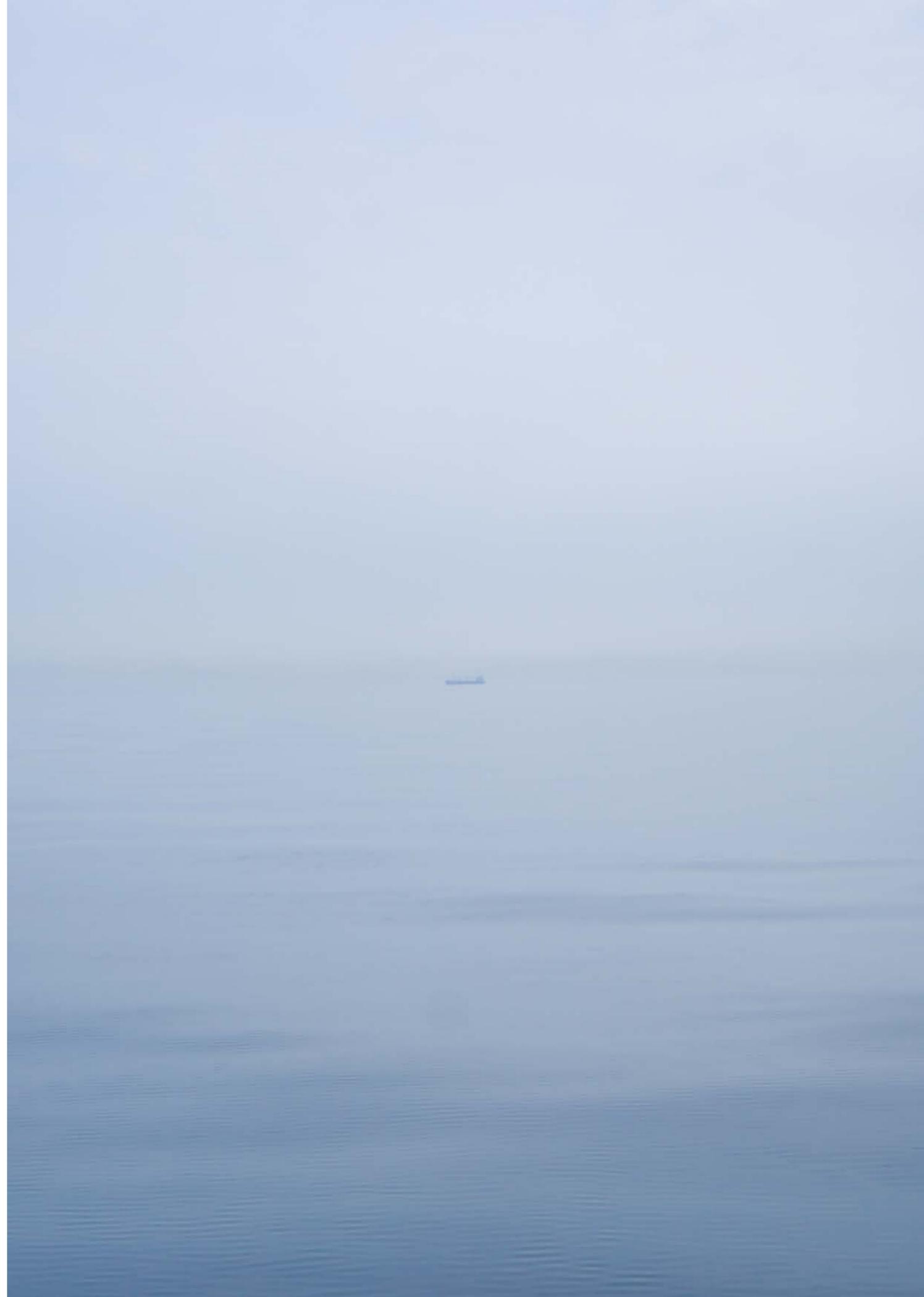
In this occasionally nebulous atmosphere, the human being found themselves alone with the nature. The fisherman on his boat is absorbed by the calm and sharpens his senses to detect the wave that will come to disturb this silent partition. The boat drifts to the rhythm of the sea, the silent islands that had melted on the horizon sometimes reveal themselves timidly on the canvas of the sky.

With patience, the first signs appear. A winged fauna descended from the sky in search of her meal, shaves the stream of water, leaving behind the agitation of a shoal of fish to aim. The

reason for the strongest being always the best, the boat sets the course on the agitation disturbing the marine tranquillity.

Like the stone, the leaf and the scissors, the balance between the sea, the fish and the human is wavering, each seeking to draw the water cover on its side. A moment of inattention or would it be the lure of gain, a line ends up cracking the surface: a fish has bit the deception orchestrated since a few hours already.

A trick that will multiply several times before the twilight tickles the horizon of its temperatures, sign for the standing animal that it is time to return to its natural environment, the earth.



The sea of Ehime is not misely in the aquatic population. The region is partly frequented by the famous Tai-Madai fish, main ingredient of the regional dish: **Taimeshi**.  
The other star from the depth of the sea is the Shima-aji and its yellow tail inevitable.







## ENDLESS ADVENTURE

The Ehime region, like Japan, is a place where we constantly discover new things, and who invites us to come back! You have been warned!

For more information: [www.gokanmag.com](http://www.gokanmag.com)



## Getting to Ehime

Whether in Tokyo, Osaka or Hiroshima, it is possible to travel to Ehime quite easily, via almost all means of transport!

**From the Tokyo** capital, the plane is recommended to swallow the 800 kilometers between the two cities in just 1 hour 30 flight.

**From Osaka or Kyoto**, even if it is once again possible to get there by plane, the train will be a nice way to see the landscape and to make many stops, in particular for the holders of the JR Pass. Extended time slots offer more freedom for a journey time of about 4 hours.

**From Hiroshima**, simply take the direct boat for a journey of just under 3 hours on the inland sea.

### Getting around Ehime

Once on site, it is now a question of being able to navigate from one place to another. And for that, the train and the bus will be your main allies to arrive there.

The Yosano train line from the JR National Company connects to Shikoku Island, along most of the coast and into the heart of Ehime.

A bus network will allow you to complete what is not served by the railway.

Athletes will be able to opt for cycling thanks to more than 2000 km of cycle paths, or even for the less in a hurry, a walk that will allow you to enjoy the stages of the pilgrimage of the 88 temples of Shikoku. But to see a maximum, the car remains the ideal!



# See you!

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Experience Ehime Japan



EXPERIENCE DESIGN IN JAPAN

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