

仙台
SENDAI

森林之都

Natural Attraction

WORDS SELINA HOY

迷人的林蔭大道與守護動物的樂園，讓仙台成為完美的僻靜勝地

Lovely tree-lined boulevards and animal-filled enclaves make Sendai the perfect destination for a retreat



來到仙台，觸目所及盡是茂密的翠綠樹林，連市區內也是到處鬱鬱蔥蔥，隨處可見開著鮮豔花朵的灌木叢；難怪仙台會成為日本家喻戶曉的「綠都」，而這些樹木也並不僅限於供人觀賞一途。

在江戶時代，仙台的藩主鼓勵當地居民在自宅外圍栽種如柿樹、栗樹、李樹與竹子等矮樹木，這些居家庭院所栽種的樹叢都具備多重功能，不僅可擋風避雪，同時也能作為食物、燃料與建材使用。歷經世代流傳，便形成目前散落在整個仙台市內的無數小樹林。從仙台城遺址的制高點青葉山頂俯瞰，一排排色澤深淺不一的綠色樹木，清楚的標記出街道位置，形成一幅仙台的綠林藍圖。

另外，從高處守護整座城市的兩座巨大雕像也是仙台市不容遺漏的特色。矗立在仙台北部，高約100公尺的大觀音像是佛教裡慈悲為懷的神明，雪白色的雕像是全球最高的宗教形態雕像之一。而在仙台市另一端的青葉山頂，聳立著建造仙台城的伊達政宗銅像，他騎在馬背上以藩主之姿守望整個仙台市。伊達政宗在1600年代初期建立仙台藩並成為藩主，在他的統治下，仙台藩日漸繁榮興盛。據傳，伊達政宗擁有相當獨特的外貌，他在年幼時期失去一隻眼睛，由於一直戴著眼罩，因此有「獨眼龍」的稱號。

當我在仙台市區內緩步閒逛時，可以明顯感受到仙台人將伊達政宗視為仙台之父的城市印記。瑞鳳殿是伊達政宗及其後代子孫專屬的陵墓，殿內滿是精

仙台

SENDAI

緻的木雕作品，和奢華斑斕的金箔裝飾畫作；儘管這裡是歷任藩主安息的陵寢，卻不會讓人有毛骨悚然或氣氛哀戚的感覺，相反的，由於周圍都是古老巨大的西洋杉林，讓瑞鳳殿更像是適合歷史偉人的安息之所。仙台市也採取詼諧輕鬆和仰慕愛戴的角度去看待這個建立者，因而設計出宮城縣吉祥物Musubi-maru飯糰丸，這是一個穿著伊達政宗式武士裝扮的Q版公仔，頭戴代表伊達家族的金色半月形頭盔。

蜿蜒的廣瀨川流過仙台中中心，大小橋梁縱橫其中，民眾經常沿著河岸步道遛遛小狗、跑跑步。整潔的寬闊街道上排列著楓樹、櫻花樹與樺木，隨著四季更迭，這些樹木也會改變它們的樣貌，為整座城市增添繽紛色彩。春天時，浪漫的櫻花樹好似蓬鬆柔軟的粉紅色雲朵；到了夏天，陽光任意灑落在茂密的枝葉間；秋天，楓樹與樺木恣意變換成紅、橘、黃等豐富色彩；儘管青葉通與定禪寺大道上的樹木會在冬季變成光禿一片，但掛上精緻燈飾後，立刻呈現一幅照亮漫長冬夜的夢幻燈景。

徒步探索讓仙台變得更迷人，我一邊順著綠樹成蔭的步道閒逛，一邊欣賞沿途的廣場與雕像；相較於繁忙、悶熱的東京，在仙台散步還能呼吸到清新空氣呢！不過，這裡的「朝市」一樣也是人潮擁擠，且雖然名為「朝市」，別以為它只是「早上的市集」，實際上是全天候都有開門營業。熙來攘往的顧客無不在尋找新鮮的農產品和剛捕撈上岸的海鮮，我也跟著人群，仔細研究那些鮮度與價格皆遠勝於東京的在地現摘蔬菜，彎曲的長蔥、依公斤計算的紫色山藥，



還有來自鄰近山形縣的粉紅小櫻桃。沒過多久，我便已滿載而歸；在回程途中卻又走入另一條街道，發現許多手工打造的小芥子日本娃娃及街邊美食小販。壹貳參橫丁是仙台熱門的商店街之一，這裡聚集數百家當地小商店，同時也保留了老街風格，很適合探險挖寶，我當然也趁機品嚐了剛出爐熱騰騰的紅豆鯛魚燒。

第一晚的住宿，我落腳於距離仙台中市中心約30分鐘車程的秋保溫泉，被譽為日本「三御湯」之一的秋保溫泉大約是在1,500年前被發現，成為讓人能徹底放鬆身心的療癒環境。周圍有森林環繞，還能俯瞰名取川。我在檜木浴桶中盡情享受了露天湯泉，洗去旅行中的一身疲憊。泡完湯回到房間，服務人員已經在我的房內備好豐盛的懷石料理，包括：仙台黑毛和牛肉、海鮮火鍋、宮城白米飯，以及仙台味噌等。每道佳餚光看就令人食指大動；此外，為了搭配餐點還可以選擇一之藏釀酒廠的清酒，或是我個人最喜愛的宮城峽蒸餾所酒廠的得獎威士忌。

到了第二天，我決定要探索仙台周邊的鄉村地區，尋找被四隻腳動物所佔領的樂土。第一站田代島，更為人熟知的名稱是貓島。從位於仙台東北方，距離一小時車程的石卷搭乘渡輪就能抵達；田代島的居民多以捕魚維生，漁民會根據貓的行為來判斷當天是否能順利豐收，島上甚至可以找到一座江戶時代晚期建造、專門供奉貓咪的小神社。當船舶一靠岸後，島上地位崇高的貓咪們立刻現身迎接。貓島上的貓咪多半懶洋洋的在碼頭上閒晃、在階梯上曬太陽，或是在一旁等待漁夫和牠們分享漁獲，有些則聰明的等到訪的旅客們主動獻出貢品。雖然有些貓咪會怕生，但多數貓咪都相當友善，我很快就和一

隻三花小貓熟稔起來，牠舒服的翻出肚子仰躺，還讓我幫牠搔耳朵。據說，田代島上的貓咪數量遠多於島上人口；而且相較於碼頭邊的破舊房舍，這些貓咪看起來都獲得了妥善的照顧。看著數十幾隻貓咪圍繞在我的腳邊，我彷彿置身貓咪天堂。

除了田代島，在距離仙台南西方約一小時車程，坐落著另一個動物保護區。藏王狐狸村創立於1990年，旅客能近距離接近自古以來便生活在這個山區的野生動物，如日本紅狐、少數外來種狐狸，以及不特定的小動物等。大約有250多隻狐狸在這個保護區中自由生活，雖然旅客可以在狐狸之間走動，不過礙於動物天性，園區依然嚴禁旅客觸摸或拍撫狐狸。在日本神話與日本神道教裡，狐狸都扮演很重要的角色，而我對於能與這麼多被日本人視為神明，並擁有法力的狐狸相處，內心充滿敬畏之意。我望著幾隻狐狸正在爭奪從餵食平台丟出的食物，不遠處還有幾隻舒服的蜷縮在草叢裡，完全不為外在世界所擾動。或許，這就是所謂的與自然合一、與世無爭，而我認為只有在宮城縣的寧靜平和環境中，才有可能達到的高深境界。❶

上 瑞鳳殿是仙台創建者伊達政宗的安息之所
在上 宮城縣的吉祥物：伊達政宗飯糰丸
左下 青葉祭是仙台最具代表性的祭典之一
對頁 仙台大觀音雕像內的最高層設有展望台，可眺望仙台優美的市景
開版跨頁 綠樹成蔭的定禪寺大道是仙台的最主要的街道

Top right Zuihoden, mausoleum of Sendai's founder, Masamune Date
Above left Musubimaru, the Miyagi prefecture mascot
Below left Performer at Aoba Matsuri, Sendai's oldest festival
Facing page Statue of Daikannon, one of the world's tallest statues
Opening spread Sendai's tree-lined main street, Jozenji-dori

寧靜祥和
的仙台，
讓人充分
感受與世
無爭的生活



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SENDAI



Verdant wooded forest surround everywhere I turn and lush green shrubs dotted with brightly colored flowers encroach the city at every corner; it's not hard to figure out why Sendai is popularly known within Japan as the city of trees.

And their purpose isn't purely decorative. During the Edo period, the city's leaders encouraged residents to plant shrubs such as persimmon, chestnut, plum and bamboo at the edges of their property. These household groves had multiple uses, acting as snow and windbreaks, while also serving as food, fuel and building materials. The lingering result is the numerous pockets of greenery that are still interwoven throughout the city and from the vantage point of the remains of Sendai castle atop Mount Aoba, rows of varying shades of green clearly mark out the streets, forming a green blueprint of the city.

There are also two towering figures looking over the town that you can't miss. Standing at the north, is a 100m tall Kannon (Guanyin), the Buddhist Goddess of Mercy statue shrouded in white, one of the tallest religious statues in the world. At the other end, perched on top of Mount Aoba, a bronze figure of city founder Masamune Date on horseback, who watches with a proprietary gaze over Sendai. Masamune founded Sendai in the early 1600s and as the lord of this area, he was responsible for the prosperity that the city enjoyed under his leadership. His appearance was also rather distinct. Having lost an eye at a young age, he wore an eye patch and was known as the one-eyed dragon.

As I stroll through the city, it is evident of how much the city embraces Masumune as the father of Sendai. Zuihoden, the mausoleum of Masamune Date and his heirs is filled with intricate woodwork and sumptuous colorful gilded paintings that are a joy to the eye. Even though this is the final resting place of dead feudal lords, it doesn't in the least bit seem creepy or maudlin here. With the surrounding copse of grand old cedar trees, it feels like a



peaceful resting place for a revered historical figure. Sendai also takes a light and loving view of the city's founder in the form of the Miyagi prefecture's mascot, Musubimaru, an animated rice ball dressed up in a samurai costume in the Date style, complete with helmet adorned with the clan's signature golden crescent.

In the centre of Sendai city is the winding Hirose river, criss-crossed by bridges and flanked by footpaths peppered with dog walkers and joggers. The wide streets are clean and orderly, and the main thoroughfares are lined with maple, cherry, and zelkova trees. The trees decorate the town with a blaze of colors that change according to the season: in the spring, the cherry trees become fluffy pink clouds; in the summer, dappled light filters through the deep green leaves providing shade for pedestrians; and in autumn, the maples and zelkovas bring a riot of color in reds, oranges, and yellows. The branches may be bare during winter, but they are dressed in fairy lights that magically brighten the long nights.

It makes for a charming place to explore on foot, with plazas and sculptures to admire as I meander along the shady walking path, and

上 田代島也被稱為貓島
左下 毛茸茸的貓咪是田代島的「在地居民」
右下 田代島上的貓口數量遠多於島上人口
對頁 上 由仙台宮城峽蒸餾所釀造的「世界頂級威士忌」
下 「仙台光之盛典」是日本最大的冬季燈光造景節日之一

Top Tashirojima, otherwise known as Cat Island
Bottom left Tashirojima's furry residents
Bottom right Cats now outnumber humans on Tashirojima
Facing page
Top Sipping on Nikka whiskey, which is made in Sendai
Bottom left Sendai's Pageant of Starlight is one of Japan's biggest illumination displays

it is literally a breath of fresh air, especially compared to the busy and muggy capital of Tokyo. One place though that is full of people is the Asaichi – despite its name, literally morning market, it's open all day. It's bustling with patrons after fresh produce and just-caught seafood, and I join the crowd in perusing the freshly harvested vegetables from the local area that are vibrant and much cheaper than Tokyo: long curving *negi* onions, purple-skinned yams by the kilo, and small sweet pink cherries from neighboring Yamagata. I walk away with a hefty haul and into an alley filled with little trinkets like handmade *kokeshi* dolls and vendors selling delicious street



緑豊かな杜の都

仙台を訪ねると、この都市が「杜の都」と呼ばれる理由がすぐにわかるだろう。市内の通りには青々と葉を茂らせた木々が並んでいるが、これは江戸時代に伊達藩が果樹や生け垣を植えるよう推奨したためである。住居の周りを柿、栗、梅、竹などの木が取り囲む。これらの木々は食料、燃料、道具の材料など

を人々にもたらし、風雪から家屋を守り、町中に緑があふれる美しい風景をもたらし、このような先人たちの遺産を、私たちは何世代も経た今も楽しむことができるのである。

仙台は、1600年代に伊達政宗公の築城によって都市の歴史をスタートした。青葉山公園を訪ねれば、馬上から仙台市内

を見下ろす有名な銅像がある。独眼竜の名でも知られた政宗公には、この仙台の町を繁栄させる使命もあった。この名将の伝説を現代に伝えるおもしろいマスコットが「むすび丸」。宮城県の豊かな食文化を象徴するおむすびが、伊達藩のシンボルである金の三日月を兜に飾ったキャラクターだ。



snacks. The Iroha Yokochō I'm in is one of several busy covered shopping arcades in the city that is with hundreds of small local shops in the city. It remains quaintly old-fashioned and is a delightful place to explore, while I munch on *kogane-yaki*, a chewy grilled red bean paste-filled cake.

Shopping done, I retire to Akiu Onsen, a hot spring that was discovered more than 1,500 years ago. Here, the seething earth below makes for soothing conditions to unwind above and I soak away my travel weariness by luxuriating naked in the open-air cypress wood-lined baths surrounded by forest overlooking the Natori River. When I emerge, I find a *kaiseki* (traditional multi-course) dinner is served in my room. On offer are the region's specialties: Sendai kuroge wagyu beef, seafood hotpot, a heaping bowl of Miyagi prefecture-grown rice, and Sendai miso. Every morsel on the tray has been perfectly prepared and glistens enticingly. To wash it all down, I get to choose between the locally made sake from nearby brewery Ichinokura and my personal favorite, the award-winning whiskey from the Sendai-based Nikka Whiskey factory.

My agenda for my second day is clear – exploring the surrounding rural areas that have been taken over by creatures of the four-legged variety. First up, Tashirojima, better known as Cat Island. This small island is a quick ferry ride from Ishinomaki, a city an hour northeast of Sendai and has always been inhabited by fisherfolk who would determine if the day of fishing would be a good one based on the cat's behavior. You'll even find a small shrine dedicated to cats that date back to the late Edo period. As soon as we disembark from our boat, the island's exalted residents make themselves known. Languidly strolling on the dock and sunning themselves on the steps, they wait for a fisherman to share his catch, or feline-loving visitors to break out their offerings. Though some are shy, plenty are friendly, and I quickly make friends with a little calico who rolls on her back when I scratch her ears. It's said that the cats here now outnumber the people, but they look well-cared for, especially when compared to the buildings on the dock. At one point a dozen or more of them swarm around my ankles, and though for some it might be off-putting, for me it's paradise.

About an hour southwest of Sendai lies another animal haven. Founded in 1990, Zao Fox Village allows visitors to get up close and personal with the wildlife that have always roamed this area of the mountains such as the Japanese red fox. There are over 250 foxes that roam mostly freely over on a preserve that mimics the surrounding natural habitat. Visitors are welcome to walk among the foxes, but are warned not to try to touch or pet them, as they are still wild animals. Foxes play an important role in Japanese mythology and the native Shinto religion, and I feel a little bit awed to be among so many of the creatures that are considered in Japan to be *kami*, gods, with magical powers. Out of the corner of my eye, I spot a friendly scuffle breaking out between a few as they fight over food being tossed from the feeding platform, while not too far away lies another, curled up snugly on a tuft of grass, napping as if without a care in the world. Perhaps this is what it means to be one with nature, undisturbed by the world around you, and I can imagine no better place to do this than in the calm surroundings of the Miyagi prefecture. ❶



最上 仙台主要的的慶活動大多會在定禪寺大道舉行
上 仙台七夕祭節慶
左下 來到藏王狐狸村能夠近距離接近野生的狐狸
對實 火山湖「藏王御釜」，湖水隨日光角度不同而變化，被稱為「魔女的眼睛」

Top Jozenji-dori is where Sendai's festivals are usually held
Above Tanabata festival in Sendai
Below left Get up close with foxes at Zao Fox Village
Facing page Okama circle crater lake, which is also known as "Eyes of a Witch" as its color changes depending on the sun's position



旅遊資訊
復興航空每周一及周四提供航班從台北（桃園）飛往仙台。詳細班次請參閱復興航空網站。

FLIGHT INFORMATION
TransAsia Airways flies between Taipei (Taoyuan) and Sendai on Monday and Thursday. Please refer to our website for more details.

フライト情報
トランスアジア航空は台北(桃園)と仙台を結ぶ定期便を毎週月曜と木曜日に運行しています。詳しい運航情報は、トランスアジア航空のウェブサイトをご覧ください。

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