

Eiheiji Town, a Zen Village Where Tradition and Innovation Coexist

# ZENTABI

*Mini Book*





EIHEIJI TOWN

# INTRODUCTION



Eiheiji town is a beautiful town where you can experience the fresh breath of nature and the passage of the four seasons. Every season's festivals, events, and sights unique to Eiheiji Town are sure to entertain all who visit.



**Kuzuryu River, the largest river in Fukui Prefecture, runs through the center of Eiheiji Town.**

Kuzuryu River Ayu Sweetfish Fishing (Mid-June - November)  
Cherry Trout Fishing (February - Late May)

The mighty Kuzuryu River attracts anglers from all over Japan as a mecca for ayu sweetfish and cherry trout. Ayu sweetfish from the Kuzuryu River is famous for being large, firm, and fragrant. Ayu sweetfish can be enjoyed in various ways in stores and restaurants throughout Eiheiji Town.



Products of the Kuzuryu River  
(Ayu Sweetfish, Cherry Trout)

EIHEIJI TOWN

# HISTORY

Tradition



Eiheiji town has several historical sites, such as the Daihonzan Eiheiji Temple, founded in 1244 by Zen Master Dogen, and the Matsuoka Mounded Tombs consisting of around 50 tombs constructed in the 3rd-7th centuries.



## Kippoji Temple

Kippoji Temple was used as a training dojo by Zen Master Dogen Zenji after moving from Kyoto to Echizen. It shows a glimpse of life at the time through sights such as the "Tettsuzaka," where Chef/Zen Master Teftsu was said to have carried rice porridge, and the "Gokaizan Zazen Stone," where Dogen Zenji practiced zazen (seated meditation).

## Matsuoka Tomb Mounds

On a hill that overlooks the Fukui plains, there are around 50 tombs constructed in the 3rd-7th centuries. Four keyhole-shaped tomb mounds (Tegurigajoyama, Ishifuneyama, Torigoeyama, Nihonmatsuyama) have been certified as national heritage sites.



## Eiheiji Temple

"Eiheiji Temple" is known for its beautiful autumn leaves. Nokyoto and Shidoden near the entrance and the innermost Hatto area are must-see locations.



## Eiheiji Water Lanterns (Late-August)

A summer famous festival in Eiheiji Town. After the monks recite sutras, about 10,000 lanterns are floated down the Kuzuryu River. At the climax of the event, colorful fireworks are launched.



Eiheiji Water Lanterns Homepage

EIHEIJI TOWN

# Food

Tradition



Buddhist vegetarian cuisine is based on the spirit of Zen and utilizes vegetables, legumes, and grains. Fermented products such as soy sauce, miso, and tsukemono (pickled vegetables) and Buddhist vegetarian cuisine such as soba and goma dofu are produced and sold.



## Buddhist Vegetarian Cuisine

Buddhist vegetarian cuisine is based on the food culture of asceticism. Dishes often incorporate vegetables, legumes, and grains, as well as fermented foods. These foods are available at the Monzen (front gate) area shops and restaurants.



## Goma Dofu (Sesame Tofu)

Goma dofu is one of the famous vegetarian cuisine. You can enjoy the fragrant flavor of sesame and goma dofu's unique texture.

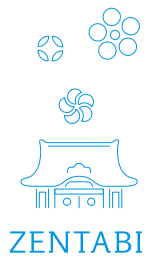


## Eiheiji Soba (buckwheat noodles)

Generous portions of grated daikon radish, dried bonito shavings, and chopped green onions are placed on cold soba noodles, with dashi stock added to taste. Eiheiji soba, characterized by its unique texture and flavor, is one of Fukui's signature gourmet dishes.

## Main Souvenir Shops

Roadside Station (rest stop) Zen no Sato 2-21-1 Shimizu, Eiheiji Tel.0776-64-3377  
Eibou House - Eiheiji Town Cultural Exchange Center (Eiheiji Town Tourist and Products Association)  
3-107 Matsuoka-shinmei, Eiheiji Tel.0776-61-0888  
Eiheiji Temple Monzen (Front Gate) Souvenir Shops



## Refresh your Mind and Body at the village of Zen

Refresh your mind and body by taking a leisurely stroll through the Monzen (front gate) and learn about the spirit of Zen through Eiheiiji Temple's training experience.



Touch the world of Zen and reset your body and mind!

Training experience at the Soto sect Daihonzan (head temple) that has over 770 years of history and tradition.

Eiheiiji is a zazen training dojo founded by Dogen Zenji in 1244. Nestled deep in the mountains, Eiheiiji consists of around 70 pagodas. Among them, seven main buildings (Hatto, Butsuden, Sado, Kuin, Sanmon, Tosu, Yokushitsu) known as "Shichido Garan" are pure and essential places for monks to train. Even now, there are over 100 training monks undergoing strict training practices daily at Eiheiiji. We would love for you to learn and feel Dogen Zenji's "spirit of Zen" through training practices like zazen and sutra copying. Furthermore, 19 of Eiheiiji Temple's buildings, such as the Butsuden and Hatto, were designated as Important Cultural Properties in the Summer of 2019.

**Tradition**

If you find the 5 special tiles, your wish may come true!



### Sanshokaku

On the second floor is Etenjo-no-Ma ("Pictured Ceiling Space"), a 156-tatami hall decorated with 230 beautifully painted ceiling panels by 144 leading painters in early showa period.



The paintings are primarily traditional nature themes, but there are 5 paintings that depict a carp, Karajishi (Lion), and squirrel.



### Daihonzan Eiheiiji Temple

5-15 Shihi, Eiheiiji Tel. 0776-63-3102 (main office)  
Visiting Hours/8:30-16:30 Open All Year Round

**Tradition**

The glass shoji are parallelograms to match the incline!



### Corridor

The stairs and hallways of the temple are wiped daily by monks, so they are always clean and shiny. This daily cleaning can be called "moving Zen."

## 1 Choka (Morning Recitation)

After training monks finish their morning zazen, they move to the Lecture Hall and perform Choka (morning recitation). Voices of dozens of training monks reciting sutras in perfect sync resonate throughout Eiheiiji Temple - the impact is breathtaking!



## 2 Zazen

Zazen is considered to be fundamental to Buddhist training. The key to zazen is adjusting your body, breath, and mind. Sitting in proper zazen posture, regulating the breath, and letting go of distracting thoughts will naturally regulate the mind.

Straightening the back, correct posture, and maintaining a calm breath is considered to be emulating the posture of the Buddha himself.

**Tradition**

Just keep sitting, letting go of distracting thoughts.



## 3 Syakyo (Sutra Copying)

Sutra copying is a form of Buddhist training. Performed initially as prayers, memorial services, and an expression of faith, many now find it a source of inner peace. Hand copying sutras with proper posture and a state of mushin ("no mind") brings merit.

**Tradition**

A time to forget everyday life and reflect upon yourself.

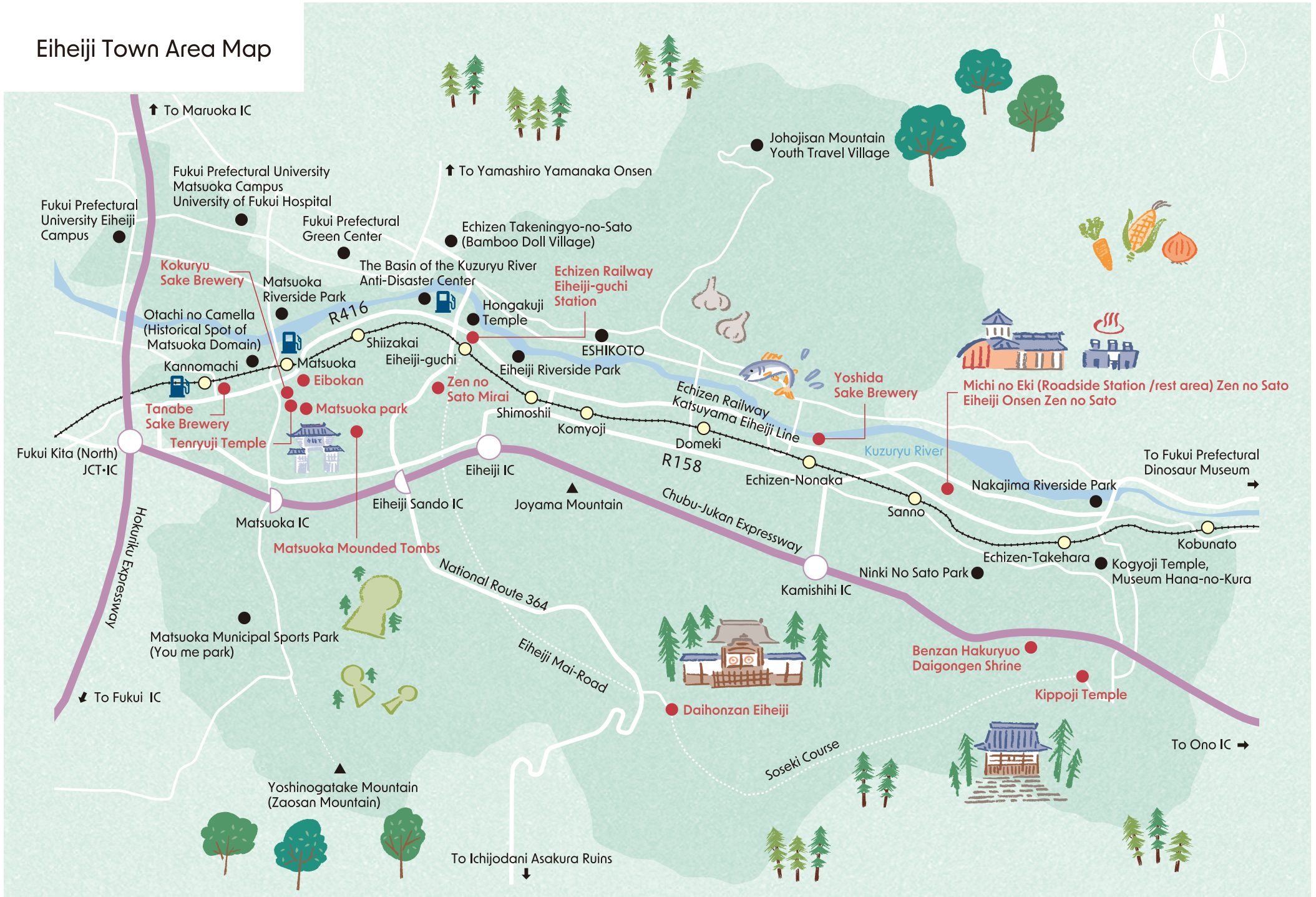


\*Picture shown is for illustration purposes only

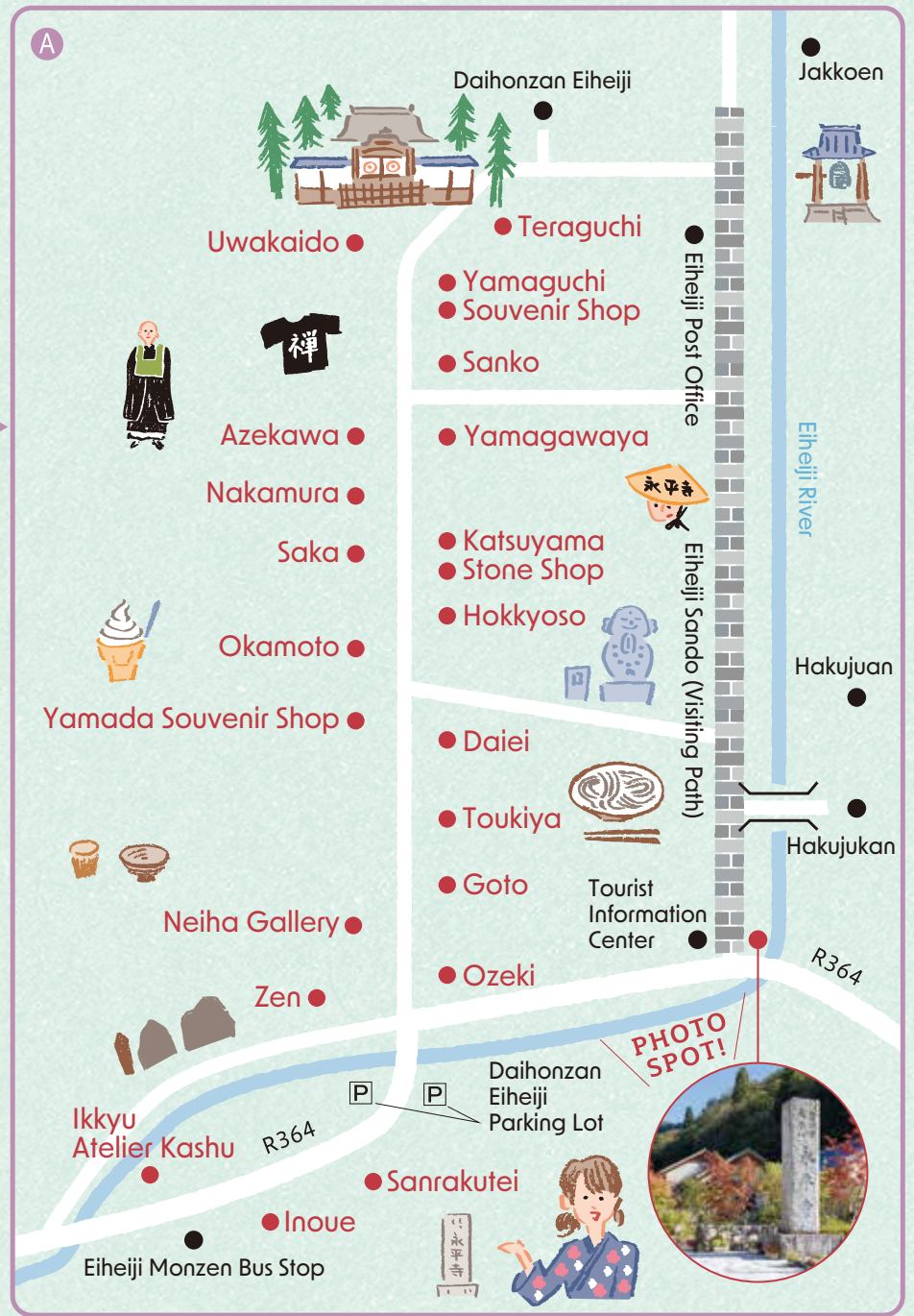
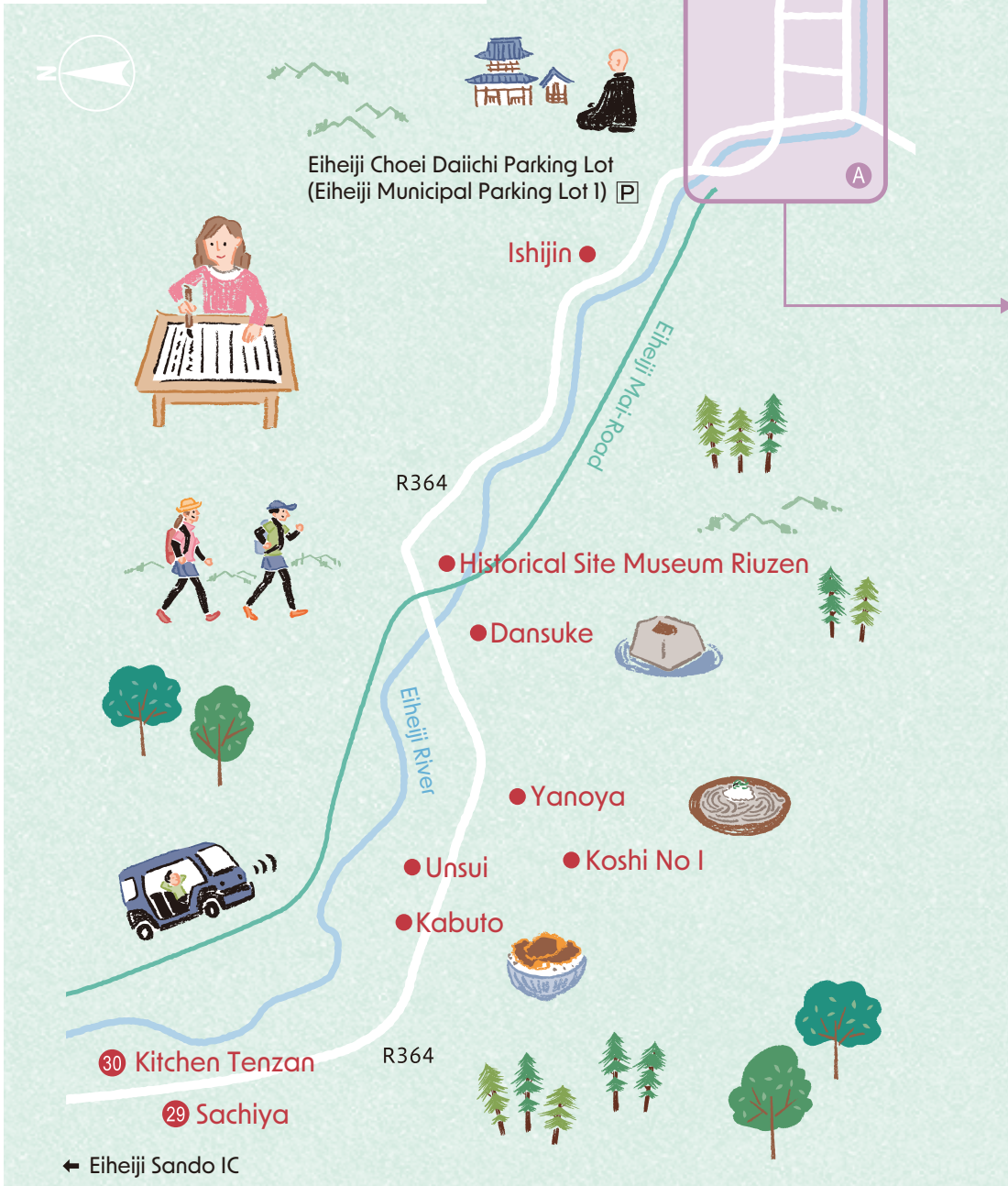


\*For information on long-term religious stays, one-day zazen meditation and sutra copying, sermons, etc., please visit the Eiheiiji homepage.

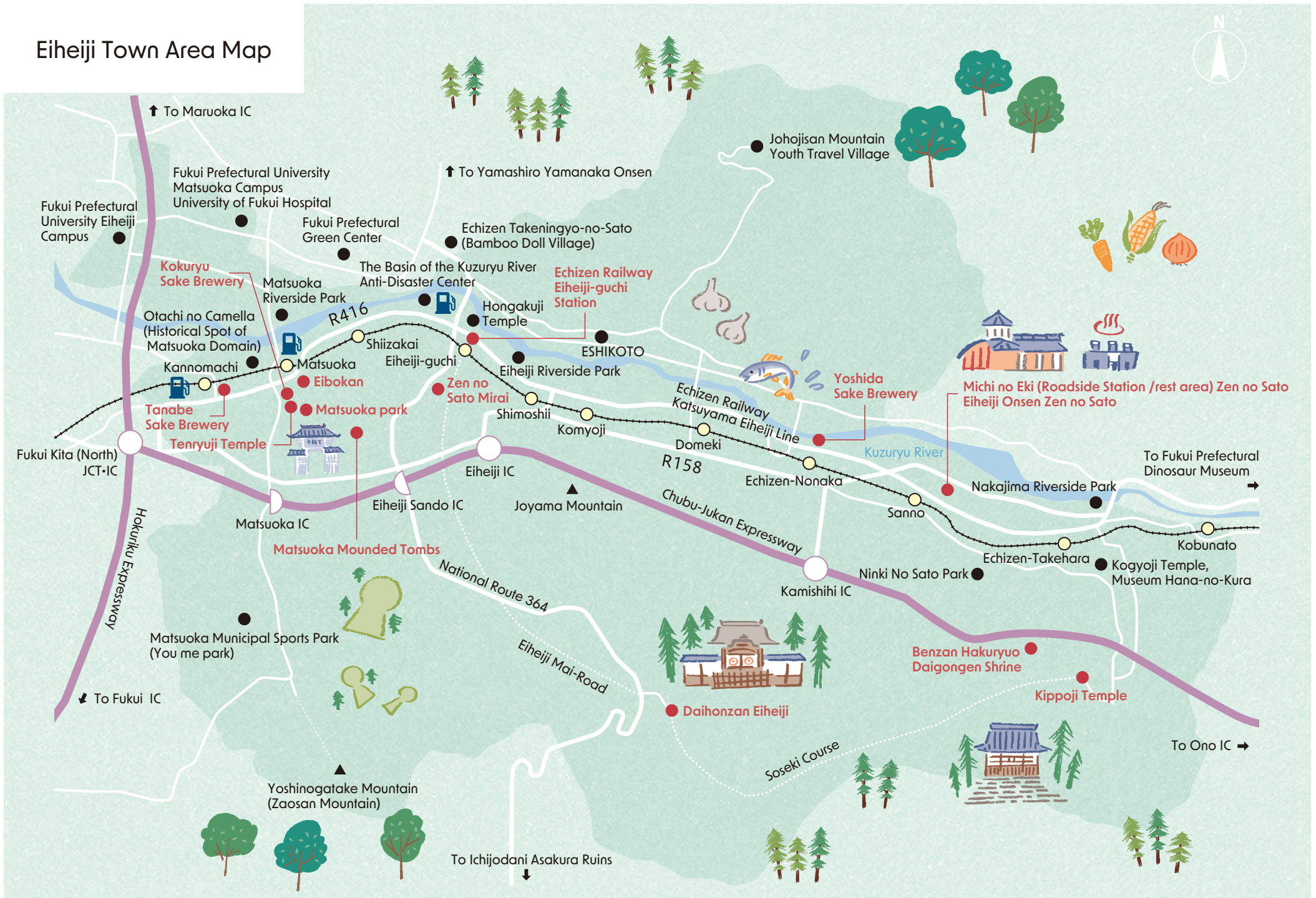
# Eiheiji Town Area Map



# Eiheiji Monzen Guide Map



# Eiheiji Town Area Map



# Must-eat food recommendations from Eiheiji Town residents

Eiheiji Town, blessed with rich soil and clean water, produces a selection of world-class products.



# Gourmet



## Sake

Eiheiji Town's naturally clean water, delicious rice, and harsh cold winters combine perfectly to make these small-town breweries among the most renowned in Fukui prefecture. Enjoy the sake from Eiheiji Town's three most prized breweries- "Kokuryu Sake Brewery" of "Kokuryu," "Tanabe Sake Brewery" of "Echizen Misaki," and "Yoshida Sake Brewery" of "Hakuryu."



## Tung Tree Leaf Sushi

Oshizushi (pressed sushi) with trout, wrapped in leaves from the town tree-tung. The synergy of the trout's sweetness and the sumeshi (vinegar rice) creates an elegant umami and flavor.  
\*Sold June through November



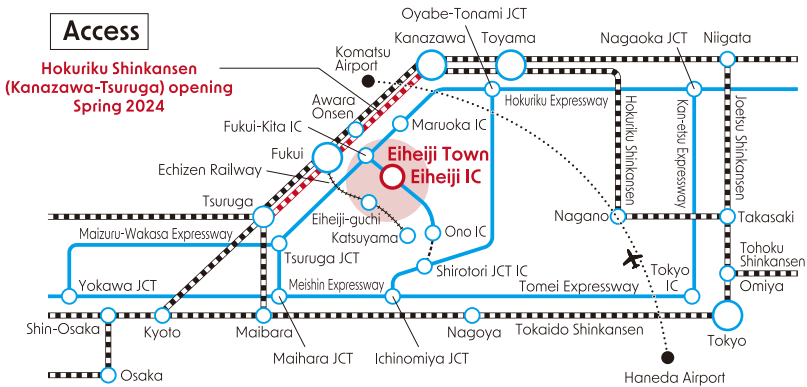
## Eiheiji Brand "SHOJIN" Certified Products

Eiheiji Town has long received the gift of clean water and rich soil from the Kuzuryu River, and these gifts have nurtured various cultures. Nestled in Eiheiji Town is Eiheiji Temple, the main temple of Soto Buddhism in Japan. One of Zen's precepts, "Koun Ryusui," refers to a state of flow while pursuing a path, similar to moving clouds and running water. The culture of Eiheiji, flowing like "Koun Ryusui" for generations, has given rise to delicacies and techniques unique to this region. These local specialties that reflect Eiheiji Town's tradition of excellence are certified by the town's brand, "SHOJIN."



Certified products are also popular as hometown tax gifts

<https://shojin-eiheiji.jp/>



## Eiheiji Town Tourist and Products Association



〒910-1117 3-107 Matsuoka-Shinmei Eiheiji-cho, Yoshida-gun, Fukui-ken  
Tel.0776-61-1188  
<https://www.eiheiji.jp/>

〒910-1192 1-4 Matsuoka-Kasuga Eiheiji-cho, Yoshida-gun, Fukui-ken  
Tel.0776-61-1111  
<https://www.town.eiheiji.lg.jp/>

