



①牛に乗ってのんびりと農場周辺を散策する「カウ・トレッキング」 ②欧州最大のラインの滝 ③ムノット城塞から見たシャフハウゼンの旧市街 ④春から秋に運航されるライン川クルーズ ⑤壁画が美しい「騎士の家」。2階に出窓が見える ⑥チーズ作り体験 ⑦Bolderhof農場で食べた全てオーガニックのランチ ⑧作ったチーズはお土産に (①は Bolderhof、②は Schaffhauserland Tourism 提供)

Riding the historic Rhine

スイス・シャフハウゼン ライン川沿いの古都



美しい自然や豊かな文化の残るスイス北東部を、この夏訪れた。

ドイツとの国境に近いライン川沿いの古都、シャフハウゼンでは、中世の街並みや自然を堪能した。(文・写真：峯夏子)

■ 交易で栄えたエリア

Situated near the border with Germany and the Rhine Falls, the largest falls in Europe, the city of Schaffhausen has long thrived as an important trading center on the Rhine River.

Naturally blocking transport by river, the Rhine Falls forced boats to unload and reload goods here. By the middle of the 11th century, Schaffhausen had developed from a docking point into an important market town. The river contributed to the town's industrialization in the 19th century, and Schaffhausen now houses the headquarters of prestigious watchmaker IWC.

The Rhine Falls' height is relatively low, at 23 meters, but the waterfall's width reaches 150 meters. Its thunderous torrent of water attracts 1.3 million visitors annually. There are viewing points on both sides of the river. For those undeterred by the pros-

pect of getting soaked, boat trips take visitors close to the falls.

I found that an ideal spot to survey Schaffhausen was the Munot fortress, built in the 16th century. The ring-shaped city landmark gives panoramic views of the Old Town and the Rhine River that twists through the green hilly terrain.

Christian Beck, the guardian who manages the fortress, sometimes holds guided tours for tourists. "I feel it a privilege to be here," he said with a smile.

Taking a vineyard path from the fortress down to the Old Town, you will be led onto streets with houses built in the Renaissance period. Many of them are decorated with rich paintings on their facades, and the numerous bay windows — symbols of wealth back then — underscore the prosperity of times gone by. "The House of the Knights" is the most celebrated of these structures.

Short trips in the history-rich vicinity are also recommended. On a Rhine cruise, you will coast past peaceful landscapes and catch glimpses of local life around the river, where people fish and play. Boats also stop at the picturesque medieval town Stein am Rhein. You can either explore the town, or head for nearby organic Bolderhof farm to experience various activities including milking, cheese-making and original "cow-trekking."

■ 郊外の牧場で

Joining a tour of the farm, I started with cheese-making, an activity in which each visitor was assigned a specific role. I served as "temperature minister," checking the milk temperature while it was heated and constantly stirred. A lactobacillus was added to the milk, and it was then left to sit. While waiting for the milk to coagulate, we set off on a cow trek.

After assigning a cow to each of us, Heinz Morgenegg, one of the farm's managers, told us to talk to the cows. "Talk to them, ask them what they ate yesterday, what they did this morning, and get to know each other," he instructed. Talking to a cow felt strange, but I followed his instructions and was eventually able to mount my bovine friend. I patted it gently to start but soon found out that the cows simply walked in any direction they chose! They stopped sometimes, turned away from the paths or even started to graze in the fields.

After the incident-filled trek, we returned to the farm and continued our cheese production, cutting, stirring, heating and pressing the product. Finally we were rewarded with freshly made cheese packed in a wooden box with our names printed on them as souvenirs — a happy end to my farm visit and the perfect time to say "cheese"!

KEYWORDS

thrive 栄える
unload (積荷を)降ろす
(後出 reload)は再び積む
dock (船が)埠頭につく
house ～～がある

prestigious 一流の
thunderous 大音響の
torrent 激流
undeterred 構わない
prospect 予想、見通し
get soaked ずぶぬれになる

survey 見渡す
fortress 要塞
twist through 曲がりくねりながら進む
terrain 土地、地形
guardian 管理者
privilege 特権、名誉

vineyard ブドウ園
facade (建物の)正面
numerous 非常に多くの
bay window 出窓
underscore 強調する
prosperity 繁栄、富裕
celebrated 名高い

vicinity 付近、周辺
coast 沿岸を航行する
catch a glimpse of ～～をちらりと見る
picturesque 絵のように美しい
medieval 中世の

milk 乳搾りをする
assign 任命する(後出は割り当てる)
serve as ～～を務める
stir かきまぜる
lactobacillus 乳酸菌
sit (ここでは)寝かせる

coagulate 凝固する
mount ～～に乗る
bovine ウシ(牛科)の
pat 軽くたたく
graze 草を食べる
(be) rewarded with ～褒美として～が与えられる

(8～9ページに地図と関連記事)