

Wild Grass Cottage YANBARU

Accommodation guides

September 2021

*** Amenities ***

Bath towels, face towels, hair dryer, cotton buds, and toothbrushes are provided, however we would appreciate it if you can bring your own toothbrush to reduce waste and protect nature.

Kitchen-related: A set of kitchen utensils, toaster, basic seasonings, coffee, roasted tea, seasonal herbal tea, etc.

Also a mosquito coil is under the gas stove, a first kit is in the magazine rack beneath the desk near the bed, and a flashlight is in the entrance hall.

Some games such as cards, Ryukyu karuta, etc. are in the desk drawer.

*** Facilities ***

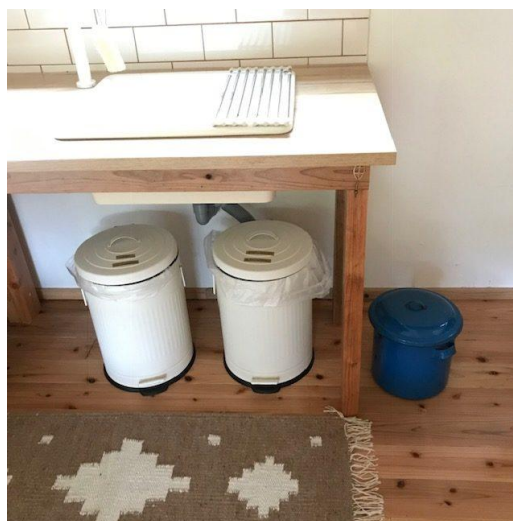
◎Kitchen

Old cloths are stored with the towels. Please use them to clean down the work surfaces after cooking. Please wipe off the water around the sink with a dish towel as much as possible after use.

We ask for your cooperation in separating the garbage.

In the white bins under the sink, please separate the garbage into the categories used in Japan: burnable trash (paper and plastic) and others (cans, PET bottles, glass bottles, glass bottles, and other recyclable

materials). Please put the organic garbage, such as food waste, in the blue enamel container.



◎The bathroom

The water heater switch is located next to the refrigerator.



Natural salt and herbal vinegar are provided instead of shampoo and body soap.

* About salt bath

Sea salt is a natural ally to balance, protect, and restore the body and skin. Salt absorbs dirt, grime, and toxins and cleanses your skin's pores deeply. Salt's mineral content helps restore the protective barrier in skin and helps it hold hydration.

* How to take a salt bath

1. Warm your body in a bathtub half filled with water.
2. Put 1-2 handfuls of salt in a basin to make a saturated salt solution (some salt will remain undissolved).

If you massage your whole body slowly with a strong saline solution, you may feel slimy (please note that if you rub your skin directly with salt not mixed with water, the salt particles may hurt your skin).

3. Rinse.

4. Bath again (optional).

5. A cold shower cools and hardens your newly secreted natural body oil (sebum) and allows it to settle on the skin. After bathing, sebum gradually melts at body temperature and works as a natural moisturizer. Warm water is OK in the cold season. On cold days, you can prevent feeling a chill after a bath by pouring cold water on your limbs and face.



* Washing hair with vinegar

Please try to use our rosemary vinegar, which is said to have a hair-nourishing effect.

Dilute about 1 part vinegar to 20 parts hot water and wash your hair and rinse off. If you bring your own shampoo, nature and its living creatures say they appreciate it if it's an environmentally friendly one ;)

When the water lily flowers in the pond in front of the cottage are blooming, it's recommendable to pick up some flowers and float them in the bath. Please enjoy the wonderful scent.



©**Washing machine / dryer / cleaning tools**

Are located on the terrace next to the bed. Please use the sodium sesquicarbonate for washing. It is a great all-purpose cleaning solution for the house, made of natural minerals, eco-friendly and powerful on stains. Use about one spoon for a load of washing. If you want to clean the terrace, please use a broom, dustpan, etc.



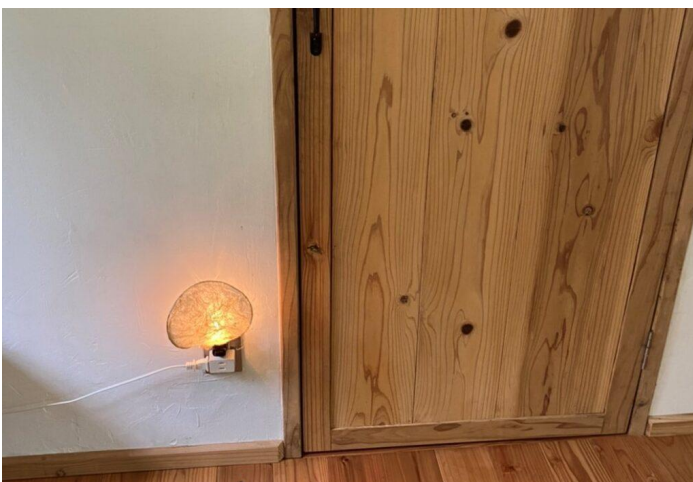
©**Roller blind (partitions)**

There are two roller blinds. Please use it when you would like to partition the room.



©**Footlight**

There is a footlight made of bamboo paper at the entrance to the bath and toilet. Please use it if necessary when going to the bathroom during the night.



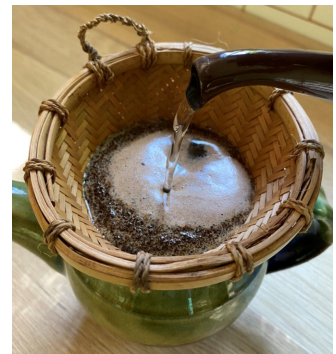
◎About water

There are two types of water. Natural water from the mountain flows from the faucet on the right. The left is tap water. For tap water, you can use hot water by turning on the water heater. The light blue pitcher is for reserving some tap water.



◎Coffee dripper

The coffee dripper is woven from Yanbaru bamboo. Please use it with the green teapot. There is no need to insert a paper or cloth filter, it can be used as it is. If you intend to make many cups of coffee in a row, the bamboo filter may get clogged. In that case, please use a cloth filter with a ceramic dripper.



◎Shoe rack and door mat

The mat in the shoe rack at the entrance is recommended to be used for cleaning feet when your feet are wet after playing in the river.



◎BBQ stove rental (with charcoal)

2,000 yen for up to 2 people

3,000 yen for more than 3 people

Tableware including plastic tableware is provided. If you would like to use disposable tableware (paper plates, disposable chopsticks, paper cups, etc.), please prepare and bring them yourself.

◎Wi-Fi

If you would like to use Wi-Fi, please let us know at check-in.

*** Notes ***

Yanbaru is in a subtropical rainforest, with many endemic species of flora and fauna. While this is a huge part of its charm, it does mean there are some things you need to be mindful of.

◎Mold control

Yanbaru is an environment where mold grows easily due to the high temperature and humidity. After using the bathroom, please open the window or turn on the ventilation fan. (The switch is on the right side of the wash basin.) Also, if the towels are wet, it is best to hang them on the laundry rope on the terrace, rather than leaving them inside. Especially in the summer, mold tends to grow easily, so please be careful with your own laundry too.

◎Habu snakes

You will not be bitten unless you accidentally step on a snake, so please mind your step all times. If you find a habu snake, never approach it and stay away from it. (If you run it over, do not get out of the car for confirmation as you may then accidentally get bitten.) Snake bites are rare in Okinawa, but if you happen to get bitten, aspirate the wound using the suction aid which is beneath the desk by the bed and call 119 to call an ambulance.

Below is advice provided by Okinawa Prefectural Government on what to do if you are bitten by a habu snake:

1. Stay calm and make sure if it is really a habu. Even if you cannot distinguish different types of snakes, a habu bite will usually leave 2 marks (sometimes 1, 3 or 4). It will swell up within a few minutes and will be extremely painful.

2. As soon as you find out it is a habu, call for help and be taken to a hospital. Running will make the venom spread faster in your body, so walk slowly or be driven to a hospital.

3. *Try to suck the venom and the blood out from the wound (around the bite marks). (This sucking procedure may not be medically agreed upon in the future.) If you don't have a suction aid instrument, suck it out with your mouth repeatedly (effective within 5 minutes after the bite). Don't worry if you have a wound in your mouth. Even if the venom is swallowed, it is not harmful because it is decomposed in the stomach.*

4. *If it is a long way to the hospital, tie the affected area loosely enough to be able to fit one finger. Tie just tight enough to slow the flow of blood. Never use a thin thread to wrap the affected area tightly, otherwise your blood will stop flowing and will make the situation worse.*

◎Biting midges (eratopogonidae)

Midges appear during warm and humid days between spring and autumn. When you get stung for the first time, itching continues for almost a week. Please be careful because when they occur, there tends to be a substantial outbreak of them. Midges are nocturnal and gather in the light electricity.

Since they are small enough to pass through the screen door, also close the glass door and keep lighting minimal. It is effective to use several mosquito coils at the same time. "Forest incense" for outdoor use is also effective. The mosquito coil is set under the gas stove. To protect yourself from midges, reduce the exposed part of your skin when going outdoors.

◎Gnats

If you are not used to being bitten by this small fly-like insect, it may cause swelling. They are most common in early spring.

*** Activities, tourist information, souvenirs, shopping, & history ***

You'll find a range of flyers, leaflets, shop cards, and other tourist information in the desk drawer by the bed. In Takae, places to visit include Hiro Coffee Farm, Bingata dyeing shop where you can try stencil dyeing textiles, and Horse Park where you can experience horse riding.



◎Shop Corner

On the glass table on the right side of the entrance, you'll find local Yanbaru products made using the power of plants, available to buy.

* Yanbaru Wild Grass Enzyme Syrup

An enzyme syrup made from wild grass that grows naturally around the cottage. It is prepared around the full moon when the energy of the plant is high. Benefits include detoxification, immune system improvement and regulating the functions of the intestines.



* Suigen Mist

Aromatherapy using Yanbaru's shell ginger and lemongrass distilled water blended with high-quality essential oils. The aromatic scent reaches deep inside you. The scent of plants helps you in every situation - at work, before going to bed, or when you are tired. It is also placed at the bedside and in the washroom. Please try it.

We also sell postcards and stamps.

Why don't you write a letter? The mailbox is in front of the Takae shop.

◎Shopping

There are no supermarkets or convenience stores in Higashi village. You can buy what you need in advance in Nago (the end point of the highway, about an hour from the cottage), or use the local shop which has basic household items and food, and is also an important place for local people to socialise daily. The shop is located 100 meters away on the right on the prefectural road off from the cottage.

There is also a canteen, where you can enjoy *soki soba* (Okinawa style noodle soup with pork ribs) and sweet red *zenzai* made by a local woman.

In addition to daily necessities, pineapples (in summer), vegetables, and local specialities are also available. Yanbaru Wild Grass Enzyme Syrup is also sold at a local price there. There is also a natural food section. Drop in for shopping, looking for souvenirs, lunch, etc.

Yama no Eki (Mountainside Station) Takae Store

Opening hours 7:30-19:00 (Canteen 11:00 - 14:00)

Closed on Mondays

85 - 30 Takae, Higashi village, Kunigami-gun, Okinawa Prefecture

◎US military helicopters

It is an unfortunate reality that this beautiful forest of Yanbaru is used as US military training grounds.

Although training in private areas is prohibited in continental United States and other countries, fighter aircrafts routinely fly over our houses and schools here in Okinawa. Here in Takae village US military aircrafts, such as the Osprey, sometimes scatter noise.

Witnessing how these military scenes contrast with the natural beauty of this area may deepen your thoughts on this reality.

◎From the history of Takae to Wild Grass Cottage YANBARU

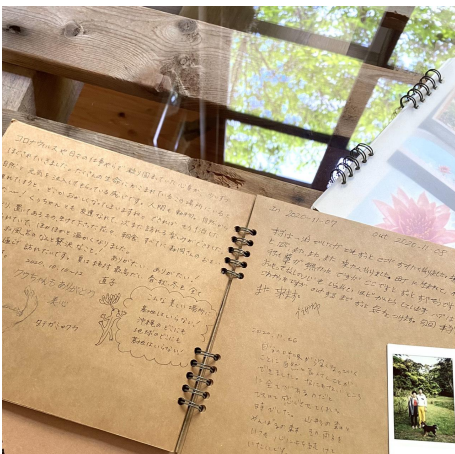
Until about 60 years ago local people used to live and work in Takae. There were rice fields, farms, and dwellings. On the days when the water level increased due to heavy rains, the school was closed because people could not cross the river. A trading ship called Yanbaru Ship sailed up and down the river.

Dwellings of local people were scattered along the Shinkawa River, but they left after the US military built a road into the area for training. This also made motorization in the area inevitable.

At that time, trees such as camphor trees were cut down and sent to the central and southern regions of Okinawa for use in postwar reconstruction. There are two camphor trees left uncut in front of Muinoyado, just upstream. There used to be such vibrant lives of the local Takae people here in this place. I've opened this Wild Grass Cottage YANBARU in the hope that it gives an opportunity for people to meet and get together like before, and that the relationship among people and also between people and nature - all living creatures - as before will come back once again.

◎Guest book

Please share your impressions of your stay. The guest book is on the glass table.



Have a welcome drink of Yanbaru Wild Grass Enzymes!