

KOCHI-JIN

Kochi Sightseeing Book

Best way to enjoy your time in Kochi.



KOCHI-JIN

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* Information shown in this book is valid as of the end of January 2018.
* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
* Entrance fee shown is for one adult unless otherwise mentioned.
* Entrance fee shown is effective in or after March 2018, but is subject to change without notice.

Revised in August 2018

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What is KOCHI-JIN? What is Kochi Prefecture, the home of KOCHI-JIN?

Kochi Prefecture, formerly named TOSA, extends in a crescent running east to west, and is bordered by Tosa Bay to the south. Although people may assume that the prefecture is predominantly coastal, 84% of its land is covered by forest, the largest percentage of any prefecture in Japan. It has long sunshine hours with a mild climate throughout the year, and a large amount of annual rainfall. Seasonal delicacies and the unique culture and character of Kochi have derived from this rich and wild nature of the area.

KOCHI-JIN is the people living in this characteristic Prefecture, KOCHI, who are generally cheerful, energetic and known for their generosity. They have a deep love of their prefecture. Ask almost anyone what they like about Kochi and their reply could go on forever. This book introduces you to the world of Kochi, its history, culture, nature and food. We hope you find it useful as you travel around and find out for yourself what makes Kochi so special.

Feel the calm that comes from walking the Pilgrims' Path. Kochi-Jin love entertaining visitors.



Facing the Pacific Ocean, Kochi spreads from east to west in the shape your arms make when they are both wide open. Due to its geographical shape, I feel Kochi is trying to cover the whole earth.



Tomoaki Kirino
(Writer and photographer)

Kochi, for me, is a power spot. Every time I visit, before I know it, I feel full of energy. It has a wealth of nature, good food and fresh air. I feel I absorb some kind of primal life energy every time I come here!



Riki Kusaka (Cartoonist)



Enjoy food from the sea, rivers and mountains of Kochi.



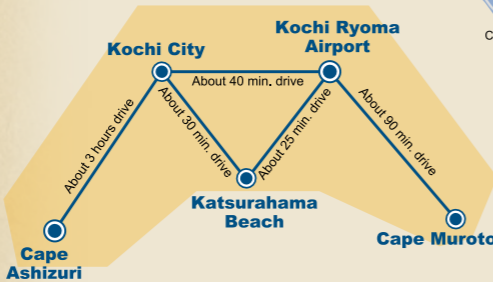
Kochi produced a number of important historical figures in the 19th Century.



Kochi is like a foreign country in Japan, combining scorching sunshine and heavy rainfall. The people here are cheerful and fond of their festivals. They also love to drink. I really enjoy my life here in Kochi.



Hayato Ikeda
(Blogger)



There are a number of famous sightseeing spots spread throughout the area. Enjoy your time in Kochi.

How to use a QR code

A QR code shows you the approximate time and distance taken from your location to your destination.

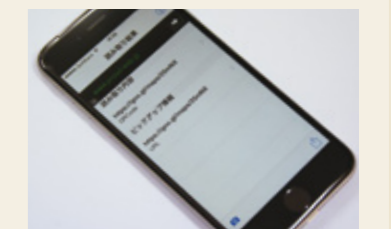
- 1 Turn ON the GPS function of your smart phone. iPhone ▶
- 2 Choose [Set].
- 3 Choose [Privacy].
- 4 Choose [GPS Service].

Android ▶

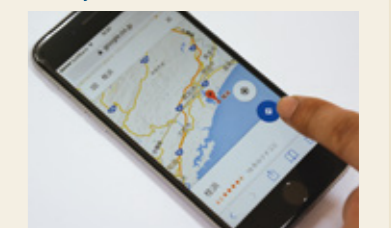
- 2 Read the QR code using your mobile phone.



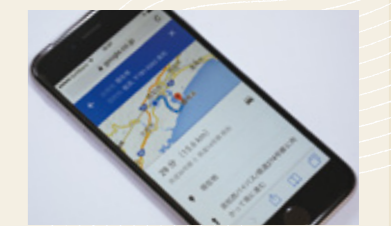
- 3 Tap on the details shown.



- 4 Tap on the blue arrow in the upper right corner. * You need to enter your current location.



- 5 The time and distance taken from your location to the destination will appear.



* This service is available for smart phones and tablets only.
* This service requires a QR code reading application.

Kochi-Jin talk about their local food!

Everyday food in Kochi

The sea, mountains, rivers, people, seasonal beauty and culinary delights
Delicious food throughout the year.

Start your trip with bonito.

As soon as you taste Katsuo no Tataki in Kochi, you will wonder what you were eating before. The secret of its delicate taste lies in the special regard which the Kochi-Jin have for this fish. With an annual household consumption far larger than that of any other prefectures, it is no surprise that Kochi attracts good quality bonito, including that caught in the ocean of Kochi itself. Restaurants must be careful to serve only the best, as Kochi-Jin are real aficionados, so cooks need a good eye – selecting good bonito is a tricky job. The quality of the belly stripes, the elasticity of the body and shape of the back fin are some of the elements they examine, but the true quality of bonito can only be understood by cutting the fish open. Professionals with a wealth of experience select bonito for the restaurants in Kochi, so you can always be sure of the quality. The whole fish, from the head to the tail can be used in cooking, and the ways of cooking and eating bonito in Kochi is a culture in itself.

Kochi-Jin are the largest bonito consumers in Japan.

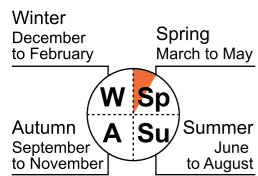


Tosamaki (Tosa Roll)

Tosamaki is a type of sushi roll popular in Kochi; it contains Katsuo no Tataki, raw garlic and ooba leaves.

Best season indicator icon

Yoshihiko Tokuhira, Fish wholesaler at Kochi City Central Wholesale Market, introduces you to the seasonal specialties of Kochi.



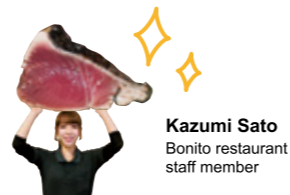
* There may be variations depending on the weather and sea conditions each year.



Hatsugatsuo (First bonito)
W Sp
A Su
Modorigatsuo (Returning bonito)

Comments

Food in Kochi is best represented by Katsuo no Tataki. Try katsuo chazuke (pouring tea on rice bowl) and shuto as well.



Kazumi Sato
Bonito restaurant staff member



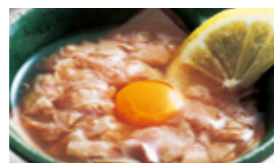
Katsuo no Tataki (Seared Bonito)

Seared only its skin, bonito is sliced into fillets and served with plenty of garlic, ooba leaves and onions, usually with a helping of yuzu ponzu sauce. Although this is the standard way of eating Katsuo no Tataki, recently Shiotataki (salted seared bonito) has been gaining popularity. There are many dressings that go perfectly with Katsuo no Tataki including shiodare, a blend of salt and citrus extracts.



Sashimi

Bonito is at its best twice a year, spring and autumn. Hatsugatsuo or first bonito is caught in spring at offshore in Kochi during trip going up to north. It is quite refreshing and has a light aroma because of less fat. It is best eaten by slicing it without removing its silver skin. Bonito caught in autumn during the journey returning to south is called modorigatsuo or returning bonito which has fatty meat. It has a fuller flavor.



Shuto

Shuto is salted bonito innards. It is peculiar to Kochi and goes perfectly with sake. Shuto can be written with characters meaning "Sake is stolen" which comes from the fact that drinking sake while eating shuto makes you drink so much the sake seems to vanish as if stolen.



Harambo

Harambo is made by sauteing the fatty stomach meat of bonito with salt. Only a single slice of harambo can be taken from one bonito. This is, therefore, a special part of a bonito.



Chichiko

Chichiko, is bonito heart sautéed with salt or boiled with ginger and soy sauce. It is a particular specialty of Kochi, but easy to find at supermarkets in Kochi.



Shimizu Saba (Shimizu Brand of Mackerel)

This is a brand of rod-caught sesame mackerel taken offshore in the region of Tosashimizu. There are areas off Cape Ashizuri where sesame mackerel gather throughout the year, but mackerel caught from autumn to winter is the fattiest, with a crunchy, springy texture. Recommended ways of eating include sashimi, sugata sushi and sautéed saba sushi.



Kibinago

Sukumo Bay in western Kochi is well known in Japan for kibinago. Kibinago is in season from spring to autumn. Fresh kibinago has a silver sheen and is best eaten as either sashimi, boiled or as tempura.



Mejika

Mejika is one of the types of soudagatsuo, otherwise known as frigate mackerel. Juvenile Mejika caught in Tosa Bay during August to September is a seasonal delicacy. The best way to eat it is to add bushukan su (citrus medica vinegar) to sliced raw mejika.

Marine products derived from the 700 km coast line

Sea

Kochi has efficient distribution networks from the market to fishmongers, which can deliver fresh fish quickly after being caught. Both markets and fishmongers care about freshness. Come to Kochi and try the fresh fish here.



Yoshihiko Tokuhira
Fish wholesaler at Kochi City Central Wholesale Market

Comments

Utsubo is nutritious and contains high levels of collagen, so it is regarded as especially good for women. Utsubo tastes delicate and mild, but goes well in savory dishes. Susaki City has many Utsubo cooks and has developed a variety of dishes using this fish.



Tomoyoshi Furuya
President, Susaki Utsubo Science Association

Utsubo (Moray Eel)

Though moray eel doesn't look nice, its meat has a mild, delicate flavor. Owing to its high collagen content, it is popular among women. The best ways to eat eel are tataki (seared), karaage or nikogori which is solidified the broth of this fish.



Noresore

Noresore is juvenile conger eel, one of the specialty foods of Kochi. Add yuzu ponzu sauce before eating. They combine a slight sweetness with a subtle texture.



Dorome

Dorome is fresh juvenile sardine. It tastes best with yuzu ponzu or nuta sauce containing garlic leaf. Chirimenjako is made from dorome boiled and then dried.



Urume

Urume is a type of sardine caught along Tosa Bay. People often think of urume, as a dried food, but fresh urume tastes good as sashimi. Urume produced in Usa Cho in Tosa City is taken using a rod and freshness is assured.



Kinmedai (Alfonsino)

Kinmedai is considered to be a high-end fish. Muroto City is the largest producer of kinmedai, and here kinmedai is served on the day it is caught. It can be served as sashimi, boiled or sautéed. Dried kinmedai is delicious, too.

Sea

Marine products derived from the 700 km coast line



Chotaro Gai (Shellfish)

Chotaro gai is cultivated off the coast of Konan City and other places in Kochi. With its colorful, eye catching shell, and great taste, it can be eaten sliced as sashimi, grilled on a metal net, or boiled with a garnish of minced onion and a splash of yuzu ponzu sauce on top.

Comments

The sea at Yasu in Konan City is characterized by the changing currents, which bring a constant flow of fresh seawater. Rivers bring nutrition down from the mountains into the sea and the chotaro gai here tends to grow bigger and firmer than elsewhere.

Takashi Yamazaki
Chotaro Gai farmer



Nagareko



Nagareko is the Kochi name for small abalone. It is mainly produced around Muroto City, in the eastern part of Kochi, from April to August. It is eaten raw as sashimi or after boiling or sautéing.



Chambara Gai (Strawberry Conch)

Chambara gai is the Kochi name of 'Strawberry Conch.' It goes perfectly with sake. Chambara refers a Japanese sword fight; the meaning becomes clear as you use a toothpick to pull up the sword-like lid and take out the contents. It is best served by boiling with salt.



Oil Sardine

Caught with a rod in Tosa Bay, urume is soaked in extra virgin oil to make oil sardines. It goes well with sake and is also used for pasta and salad.



Sodabushi

Sodabushi is sodagatsuo flakes. Sodabushi is used to make thick, rich soups and sauces. There is a saying that goes 'the smell of bonito and the taste of sodagatsuo.' It is produced from frigate mackerel caught off the coast of Cape Ashizuri in Tosashimizu City. The volume of sodabushi produced here is the largest in Japan.



Nerimono (Fish Paste Tempura)

In Kochi there are a lot of types of food made from paste such as kamaboko and chikuwa. Among them, sumaki can be found only in Kochi. In Kochi, tempura means satsumaage.

Himono (Dried Fish)

Himono is often served in homes in Kochi, and it makes a good souvenir. There are many kinds, such as mackerel, sardine, barracuda, oki urume, mehikari, okinirogi and shark. Himono is made from fresh fish, salt and sunlight.



Hiromasa Yamasaki
Himono producer and seller

Comments

Thanks to the strong sunlight and sea breeze, Himono from Kochi has been very popular for its good taste among people outside the prefecture. Himono from Mimase in Kochi City is still produced by the traditional method of drying under the sun.

Food Column 1 Features of Kochi, the Kingdom of Foods

Sampling delicious local food is one of the joys of travel. Kochi's abundant natural resources make it a treasure trove of food, and visitors rate it highly in this respect. In fact, in a survey conducted by Jaran, a well-known travel magazine, Kochi won the first prize six times in the section 'Where did you think there is the largest number of delicious local foods?' in the past eight years. The many festivals and events related to

local foods that take place throughout the year in Kochi include Local Gourmet featuring local food ingredients, 'Okyaku of Tosa' in spring and 'Tosa Hojosai (harvest festival)' in autumn. The variety of cuisine in Kochi is endless.



Suji Aonori (Green Laver)



The best seasons for suji aonori produced in the brackish water near the mouth of the Shimanto River are winter (when it's called kan-nori or cold laver) and spring (when it's known as haru nori, or spring laver). Izakaya often serve fried suji aonori as a regular item on their menu.



Kawa Ebi (River Prawn)



Kawa ebi is the best eaten by boiling it with salt or just frying it in oil. It goes perfectly with beer. In the Shimanto River area, it is boiled together with cucumber and ryukyu (hasu-imo). The best season is from May to August.

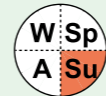
Comments

Kochi has clear streams and rivers scattered all over the prefecture. Not so long ago, it was not just fishermen but ordinary people living along the rivers who caught eel to eat at home, so a lot of people are quite particular about the taste. Every unagi restaurant in Kochi has its own recipe to bring out the best flavor.

Kunio Wada
Unagi restaurateur



Unagi (Eel)



Unagi is an endangered species in many places in the world. However, you can still find it in rivers in Kochi. Perhaps the most popular comes from the Shimanto River. Unagi's best season is summer, but local people sometimes say it is actually at its best from late autumn to early winter. Unagi cultivated in clean waterways is regarded as being particularly good.

Comments

Ayu feed on moss on stones in rivers. That's why Ayu grown in such wonderfully clear waters as the Niyodo River taste so great. It's a great sensation when you catch one, and when you taste the fish you caught, it's every bit as good.

Kiyohisa Yamanoue
Fisherman



Ayu (Sweetfish)



Kochi is blessed with pristine rivers such as the Shimanto River and the Niyodo River, where Ayu fishing flourishes. Ayu tastes different depending on its source, with everyone believing fish from their local river tastes best. Ayu is best served by sautéing it with salt, or dried, cooked in segoshi style or adding it to zosui or Japanese rice soup.

Rivers



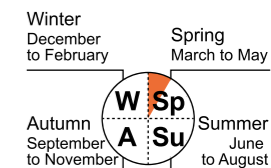
Mineral-rich water flows into the rivers in Kochi from the many clear streams throughout the whole prefecture. Ayu, Unagi, Kawa Ebi and Tsugani are just some of the delicious river products of Kochi.



Taisuke Hayashi
Michinoeki Yotte Nishitosa

Best season indicator icon

Taisuke Hayashi from Michinoeki Yotte Nishitosa introduces you to the best seasonal foods in Kochi.



●...Best season
* Foods' best season may vary depending on climate and sea condition each year.



Gori



Kochi-Jin refer to fish of the goby family as gori. Gori head up rivers in spring and are at their best from April to August. This rich-tasting fish is considered a rare delicacy and is a little on the expensive side. It is cooked in Tsukudani which is boiled down with sugar and soysauce, Karaage (fried) and Tamagotaji which is boiled up with egg soup.

Food Column 2

"Election for the best restaurant in Kochi" by all citizens of the prefecture.

One event that is popular among Kochi-Jin is 'The Kochi Family Table', an election to vote for the best foods and restaurants in Kochi, open to all citizens of the prefecture, and the first of its kind in Japan. It was in response to the large number of visitors who wanted to 'go to restaurants recommended by local citizens,' that the first 'Kochi Family Table' was held. Kochi-Jin, always so passionate about their local food, were asked to vote for the restaurants and food in Kochi they most

wanted to recommend to visitors. Altogether, 54 eating establishments were selected in 7 areas in Kochi. As it was so popular, a third election was held in 2016. The results can be seen in a homepage especially established for this purpose and in the 'Kochi Household Gourmet Guide' a pamphlet distributed at major facilities in Kochi.



Amego (Satsukimasu Salmon)



Amego makes its home in streams and rivers in dense forest, and is considered the queen of river fish species. It is best cooked by sautéing with salt. In a mountain village, amego is cooked in Sugata Sushi which remains the shape of the fish.



Tsugani (Japanese Mitten Crab)



Tsugani refers to Japanese mitten crab. It looks and tastes like Chinese mitten crab, a luxury food in China. Its best season is autumn when Tsugani start travelling down river to lay eggs. With its own special flavor it tastes great when boiled, steamed or added to soup (tsugani soup).



Search Page for Restaurants with Multilingual Menus

Dining Kochi Japan Search

Mountains and Villages

The blessing of foods produced in the mountains and fields.

Comments

Kochi has long sunlight hours allowing a high rate of photosynthesis during daytime. Thanks to this, a well-developed knowledge of tomato growing and the efforts of the producers, tomatoes produced in Kochi have a good balance of sweetness and acidity and a delicious, full flavor. Tomatoes are available throughout the year.



Hidehito Okazaki
Staff at a tomato producing and processing company



Tomato

Kochi became a pioneer in the production of specialized brands of tomato. As Kochi produces a wide variety of tomatoes, it is called the 'sacred place of tomatoes.'



Ryukyu

Ryukyu refers to hasu-imo, a close relative of the taro. In this case, the edible part is its long stem. Its name is said to be derived from Ryukyu, (or Okinawa) as this is where they were introduced to Kochi from. It has a crisp taste and is used for sunomono (seasoned with rice vinegar), for nimono (boiled foods) and as a garnish for sashimi.



Itadori (Japanese Knotweed)

It may be quite rare for people in other prefectures to eat it, but not in Kochi, where it is considered a mountain vegetable. The young shoots, which are picked in spring, have a crunchy texture and can be eaten sautéed or boiled.



Shihochiku

This is a bamboo root and is best in autumn. As its name suggests, it is square in shape and is found in mountain areas in Nankoku City and Kochi City. It is cooked by boiling or sautéing with other vegetables and may be included in sansai (mountain vegetable) sushi.

Toyotoshi Takai
Farmer at Tosa Tenku no Sato



Rice

Visitors to Kochi often comment on how delicious the rice is in Kochi. Kochi is, in fact, a rice producing prefecture. In mountain areas, the temperature difference, which is quite large, and the clear water are perfect for producing delicious rice.

Comments

Every area in Kochi has clean water and there are lots of superb rice producing areas here. 'Tosa Tenku no Sato' has many farmers who are enthusiastic about producing the world's No.1 rice and people here are making efforts to preserve the scenery of terraced rice fields in the mountains.



All the vegetables produced in Kochi, such as eggplants, bell peppers and tomatoes, are unique, full of vitality and infused with all the care and attention their producers can give. Kochi is the largest shipper in Japan of many types of vegetables. People should certainly come and try the seasonal vegetables here.



Yoko Oshioka
Secretary General of Yasai Somrie Community Kochi

Vegetables and fruits whose shipping volume is the largest in Japan

Comments

I grow yuzu without any chemical fertilizer, so the production volume varies depending on the year. I dare not use it, even though it would stabilize production, because I want people eat yuzu without worrying.

Katsutoshi Hayashi
Yuzu producer



Yuzu

Yuzu is used in many processed foods such as yuzu ponzu sauce, salad dressing and soft drinks. Its unusual flavor makes yuzu vinegar very popular in Kochi as a dressing for fish or mixed with soy bean paste and grated radish. It is also used for making sushi as well as in other cuisines and confectionery.



Tosa Buntan

Buntan is a citrus fruit, which is a representative fruit in Kochi. Tosa buntan grown in the open will be on the market in early winter, while fruit grown in greenhouses will be available from January to spring.



Eggplant

Eggplants produced in Kochi are very soft with a strong color. They are used for a variety of cuisines, Japanese, Chinese and Western. However, what is popular in Kochi is 'eggplant tataki' cooked by frying egg plant and dressing it with yuzu ponzu.



Shishito pepper

Almost half of all the shishito peppers produced in Japan originate in Kochi. They are often produced in greenhouses and are available throughout the year. They can be fried or sautéed.



Garlic Chives

Kochi has long hours of sunshine and is warm and mild in winter, so garlic chives can be harvested throughout the year. Those produced in Kochi have soft, thick leaves.



Myoga

Myoga produced in Kochi, the largest myoga producer in Japan, is grown in greenhouses and can be used as a seasoning in dishes such as amazu-zuke, soy bean paste soup and Inakazushi (mountain vegetable sushi).



Ginger

Ginger in Kochi has a rich smell, and is often used to flavor boiled vegetables and for amazu-zuke, as well as being processed into ginger syrup and ginger ale.

Comments

Tosa Cha is characterized by its fine fragrance. Mainly grown in mountain areas, it has a pleasing bitterness and the taste can be expressed as masculine. Tosa Cha goes well with western sweets. Please try it.

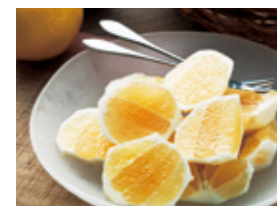


Kyoko Nakano
Tosa Cha adviser



Tosa Cha (Tosa Tea)

Kochi is a tea producer and Tosa Cha is actively grown in mountain areas along the Shimanto, Niyodo and Yoshino Rivers. Its taste is one of the best in Japan. Recently Tosa Cha is being promoted as a brand and is also used in sweets.



Konatsu

This is a citrus fruit produced in early summer. It has a unique, refreshing flavor and slight acidity. Kochi-Jin eat it by peeling it like an apple and cutting it into pieces.



Yamakita Mikan

Yamakita is a local name in Konan City, which has become well-known as a producer of delicious citrus unshu. Yamakita mikan has soft, thin skin and a very sweet, full flavor.



Yamamomo (Bayberry)

While the flowers of yamamomo are the symbol of Kochi, the fruit is also valued, partly because it can only be harvested during the early summer rainy season. With its short season and because it perishes quite easily, it has been mainly consumed within Kochi. In this sense, yamamomo is a rare fruit.



Emerald Melon

Emerald melon is a brand of melon originating in Yasu Cho in Konan City. Only a single fruit is taken from each seedling, and helped by favorable natural conditions, farmers take particular care of the seedlings till the fruit is picked.



Niiitaka Nashi

Niiitaka Nashi is the pear cropped in Kochi. This large fruit can weigh 800g to 1kg each. It has a very delicate, sweet flavor and a pleasant smell. It is known as the 'king of pears.'

Food Column 3

'Kochi Household Gourmet Guide'

'Kochi Household Gourmet Guide' shops recommended by Kochi-Jin, contains a list of restaurants chosen in the Kochi citizens' election, 'The Kochi Family Table', as well as being full of local cuisines and local people's views and comments. The booklet also contains useful information on restaurant recommendations in Kochi. Take it with you, and get more out of your trip in Kochi. Benefit from local knowledge and visit restaurants and



* The picture shows a part of the 2015 version booklet.
* This booklet is Japanese version only.

Mountains and Villages

The blessing of foods produced in the mountains and fields.



Comments

Broilers are shipped out in about 60 days after the eggs hatch, while Tosajiro is raised carefully for about 150 days before shipment. The adult chicken has extremely little fat and contains a lot of protein, while the egg yolk has a rich flavor. Enjoy eating them!



Seichi Komatsu
President, Kochi Tosajiro Association

Tosajiro

Tosajiro is a brand name of chicken produced in Kochi. Both its meat and eggs can be used for cooking. The meat has little fat and as you chew you realize the rich, juicy taste. The eggs are small in size but contain a lot of nutrition.



Shigeyuki Hosokawa
Tosa Akaushi breeder



Comments

Tosa Akaushi is quite rare. It has less fat than Japanese Kuroge Wagyu, but Tosa Akaushi has a delicious, sweet taste peculiar to lean meat, with a tender but firm texture.

Tosa Akaushi (Tosa red cow)

Brown-skinned cattle in Kochi is said to be one of the rarest Japanese breeds of cattle. Tosa Akaushi has been bred in Kochi, mainly in the mountainous area and only 700 cattle are raised a year. The beef has a good balance of fat and the lean meat, and is considered to be extremely delicious.

Because 84% of the entire prefecture is covered with forest, Kochi isn't suitable for large-scale livestock raising.

The prefecture, however, is blessed with nature and there are many smaller-scale livestock producers who are particular about livestock raising. Try the deliciously rich taste of local meat in Kochi.



Chihiro Hiura
A meat producer and processor



Tosa Wagyu

Bred in a plateau area with clean water and air, great care is given to the raising of each animal. The meat has a beautiful surface with a unique aroma and is quite tender.



Kubokawa Pork

Kubokawa region in Shimanto Town is the largest pig raising region in Kochi. The taste of pork varies depending on the feed used: pigs fed with barley have sweet fat, while those raised on rice have lean meat and delicious fat. It is also known as Shimanto Pork.



Gomen Kenka Shamo Chicken

It is said that Ryoma Sakamoto wanted to eat shamo nabe as his last meal. Kenka shamo is grown in Nankoku City, which is associated with him. It is a pure-blooded chicken grown from old times and its meat is lean but deliciously rich in taste.



Tosa Hachikin-Jidori (Chicken)

This brand of chicken is a hybrid of Tosa Kyukin and Oshamo. It contains less fat than most chicken and combines a number of elements to give an excellent taste. The legs are delicious grilled with salt, while the chest meat is often eaten as tataki and the tenderloin as sashimi.



Boshi-Pan (Hat Bread)

Boshi-Pan was created in 1958 by a bakery in Kochi City. The wide 'brim' is made from sweet sponge cake.



Aisukurin

Aisukurin has been very popular among people in Kochi since the 20th Century. Kochi-Jin refer to this type of ice cream as Aisukurin. The sight of roadside Aisukurin sellers with their large parasols is a distinctive part of Kochi's summer.



Imoten

Crisply fried batter with hot, soft sweet potato inside is a perfect match. Kochi-Jin love it! You can buy it at street markets, kamaboko shops and supermarkets.



Hiyashiamé

This is a sweet ginger drink. Hiyashiamé is perfect for summer, while ameyu, the hot version, is served in winter. You can get them at the Sunday Market.



Tokoroten

Tokoroten is made from agar weed produced in the sea. Kochi-Jin eat Tokoroten by dipping it in bonito soup with added onion, grated ginger, sesame and other seasonings.



Inakazushi (Mountain Vegetable Sushi)

Inakazushi varies depending on local areas in Kochi. It is an eye catching food and quite delicious. It contains konjak, bamboo root, and shiitake mushroom in addition to mountain vegetables such as itadori(P8), myoga (P8) and ryukyu(P7). It is a sushi unique to Kochi. The key is vinegared rice.

Comments

People in Yasuda Town make vinegared rice by adding 70%-ripe yuzu and locally produced food ingredients. Each locality has its own tastes in vinegared rice. It is good for tourists to visit various local areas in Kochi and compare inakazushi produced in each place.

Hatsumi Komatsu
Staff member at a local-life experiencing facility

Comments

Imo-kempi has become a representative snack of Kochi. The combination of the sweet and savory taste and its crunchiness are features of the snack and people of all ages like it very much.

Nobuyuki Nishimoto
Imo-kempi producer



Imo-kempi

This is a simple snack made by slicing sweet potatoes and frying them in oil. There are many sweet potato snack producers in Kochi, and everyone has his/her favorite maker.

Traditional tastes that have been cultivated by the culture of Kochi

Local Cuisine

The local food of Kochi, eaten as snacks, has become deeply ingrained in the culture of the prefecture. Kochi-Jin have eaten these snacks since they were very small.



Hideko Mitani
Commentator on local foods



Kokerazushi

This is a traditional molded sushi with vegetables and fish, and made in Toyo Town in eastern Kochi. It is made in layers representing people's wishes for repeated happiness.



Buri Herazushi (Sushi with yellowtail)

Buri herazushi is a local cuisine of Otsuki Town in western Kochi which has long been a yellowtail (buri) catching town. The name herazushi is said to be derived from the fact that the remains of yellowtail after making sashimi is called 'heda' in the local area.



Sawachi

Sawachi cuisine is an indispensable part of any party in Kochi. It uses large plates which are piled high with local specialties from the sea and mountains. Kochi-Jin eat sawachi cuisine by picking out whatever they fancy.

Foods that Kochi-Jin love

Local specialty in Kochi, Various dishes in each region.

The food that Kochi-Jin like and their appreciation of their local food are second to none. There are plenty of delicacies to be found on your plate or bowl.

Nature-oriented Kochi has delicacies throughout the prefecture.

Kochi is praised as 'a treasure box of food ingredients.' In fact, a survey shows that 90% of Kochi-Jin say 'the food in Kochi is delicious.'

Facing the Pacific Ocean, Kochi has the largest mountain area of all prefectures in Japan. Clear streams meander down from the mountains and into the sea. Kochi is a river prefecture, too. Thanks to the richness of the natural environment, fresh food ingredients from the sea and the mountains, as well as vegetables, yuzu and other citrus fruits, are available throughout the year. Livestock, including the rare cattle breed Tosa Akaushi, and good quality breeds of chicken and pig are raised here. Moreover, although Kochi is a rice and tea-producing prefecture, this is something only a handful of people are aware of. Travelers can find foods peculiar to Kochi in every corner of the prefecture. Kochi is, as it were, like a giant restaurant. You can trace people's lifestyle, food culture and the beautiful scenery peculiar to the prefecture on your plate and in your bowl.

04 Kumo no Ue no Kiji Gurume

Nakatosa and Shikoku Karst Area (Yusuhara Town)

Kiji (pheasant) is available at restaurants in Yusuhara Town. The common pheasant has been a specialty of Yusuhara Town since ancient times, and a local chef prepared a meal using it in his own way. With its subtle but full flavor, as you eat you will come to understand why pheasant is known as the blessed food of the mountain.



01



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01 Perayaki

Shimanto and Ashizuri Area (Tosashimizu City)

Perayaki has long been popular in Tosashimizu City. It is a thin pancake containing simple food ingredients such as jakoten, onion and egg, seasoned with bonito flakes and seaweed powder, and goes well with spicy sauce. After you've had one, you're sure to become a fan.

02 Nakamura Shiotataki

Shimanto and Ashizuri Area (Shimanto City)

In Nakamura region, 'Shiotataki (salted seared bonito)' has been a traditional delicacy. It uses a special dressing containing salt, vinegar and fruit juice. Each restaurant has its own way of serving 'Shiotataki', each with its own unique taste.

03 Shimanto Pork Don

Shimanto and Ashizuri Area (Shimanto Town)

Thanks to the clear waters of the Shimanto River, Shimanto Town is a superb producer of rice and pork. In fact, the pig raising industry has been flourishing for about 60 years. To popularize the food outside the town and coinciding with the opening of the extended Kochi Expressway in 2012, each restaurant has produced its own original pork donburi using delicious locally produced rice and pork.

12 Konan Nira Shioyakisoba

Monobe River Area (Konan City)

Konan City is the largest nira producer in Japan. Its leaves are thick and soft. Nirayakisoba contains nira in pan-fried noodles. Nira goes perfectly with original salt sauce, and is said to give you renewed energy. Eat Konan nira shioyakisoba at restaurants all over Konan City.

13 Aki Marugoto Don

Muroto and Aki Area (Aki City)

This is a local dish made from the most popular recipe in the new menu contests held in Aki City. It contains eggplant - Kochi is the largest producer in Japan - Tosajiro chicken, poached egg and chirimenjako on the rice. It has many varieties: some are served in a stone bowl, others are spicy or use yuzu pepper. The way they are served varies depending on the restaurant.

14 Aki Kamaage Chirimen Don

Muroto and Aki Area (Aki City)

Kamaage chirimen don is a specialty food in Aki City, one of the largest chirimenjako producers. Soft kamaage chirimen is served on hot rice with seasoning and special yuzu sauce. Aki Kamaage Chirimen Don won the grand prize in the third Tosa Food Grand Prix.

15 Muroto Kinme Don

Muroto and Aki Area (Muroto City)

In terms of volume, Muroto City lands more Kinmedai (alfonsino) than any other city in Western Japan. Kinmedai will be put on the market the same day as it is landed. Muroto Kinme Don consists of fresh kinmedai and other seasonal sashimi in a bowl. It is served at restaurants in Muroto City.



We can get to know people when we drink with them. The **Okyaku Culture** is indispensable for Kochi-Jin.

In Kochi, Okyaku refers to a celebratory party. While people are drinking, they move around to share glasses of sake with each other. This page introduces you to Okyaku in Kochi. The more you drink, the more you can enjoy Okyaku.



How Kochi-Jin drink

Kochi has an interesting culture related to drinking that has been passed down through the generations. This section introduces you to the way people drink at Okyaku, where various drinks, local cuisines and Sawachi cuisine are served.



Kiku no Hana (Chrysanthemum flower)

This is a game in which a number of sake cups equal to the number of participants are placed upside down on the table. A chrysanthemum flower is hidden in one of them, and participants must turn over the cups in turn. The person who turns over the cup with the chrysanthemum flower must drink a number of cups of sake equal to the number of cups that have been turned over. This is an exciting game a little like Russian roulette.



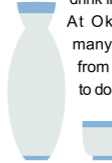
Bekuhai



While people are singing the song 'berobero no kamisama,' a spinning top is spun. When the spinning top stops, the person who it points to must drink using the cup that is shown on the top. Some of these special cups, such as the tengu and hyottoko cups, cannot be put back on the table until they are empty.

Kempai and Hempo

To show courtesy from a junior to a senior, the junior gives his/her cup to their senior and fills it with drink. This is Kempai. The senior should drink it all without putting it down and then give the empty cup to the junior and fill it with drink in turn. This is Hempo. At Okyaku, you can see many participants moving from one place to another to do Kempai and Hempo.



Tosa no Sakagura



The local sake of Kochi is low in sugar and acidity with a smooth, dry taste. Kochi has 18 Japanese sake breweries. The brewers make Japanese sake using local water and traditional techniques and methods passed down from generation to generation.

Breweries that accepts visitors

Takagi Shuzo

Address : 443, Akaoka Cho, Konan City
TEL : +81-887-55-1800
Open to visitors : 8:00~17:00 throughout the year
Fee : None

Matsuo Shuzo

Address : 5-1-1, Nishihonmachi, Tosayamada Cho, Kami City
TEL : +81-887-53-2273
Open to visitors : 8:00~17:00 throughout the year
Fee : None

Tosa Shuzo

Address : 418, Tai, Tosa Town, Tosa Gun
TEL : +81-887-82-0504
Open to visitors : 9:00~17:00 throughout the year
Fee : ¥ 200 per adult (including a cup of Japanese Sake)

Kameizumi Sake Brewing

Address : 2123-1, Izuma, Tosa City
TEL : +81-88-854-0811
Open to visitors : 10:00~17:00 throughout the year (During afternoon in winter)
Fee : None

Tsukasabotan Shuzo

Address : 1299, Ko, Sakawa Town, Takaoka Gun
TEL : +81-889-22-1211
Open to visitors : 10:00~16:00 throughout the year
Fee : None

Nishioka Shuzoten

Address : 6154, Kure, Nakatoso Town, Takaoka Gun
TEL : +81-889-52-2018
Open to visitors : 9:00 to 16:00 throughout the year (The sake storehouse may be closed to visitors depending on the stage of the brewing process.)
Fee : None

Fumimoto Shuzo

Address : 4-23, Honmachi, Shimanto Town, Takaoka Gun
TEL : +81-880-22-0039
Open to visitors : 9:00~17:00 throughout the year
Fee : None

Mutemuka Corporation

Address : 452, Taisho, Shimanto Town, Takaoka Gun
TEL : +81-880-27-0316
Open to visitors : 8:00~17:00 throughout the year
Fee : ¥ 200 per adult (including a cup of Japanese Sake)

* Advance reservation is required to visit Japanese Sake breweries.
* Inquiries are available only in Japanese.

The food and Sake culture of Kochi resides in Okyaku.

Going way back, the Okyaku Culture is deeply ingrained in the daily life in Kochi. Okyaku is a party held to celebrate marriage, seasonal festivals, shrine rituals, house-raising, for expelling bad spirits, for celebrating completion one's term of services, and for viewing cherry blossom. In the past, Okyaku referred to guests at a party, but as time goes by, in Kochi, Okyaku has come to mean the parties themselves. Kochi-Jin love Okyaku. They are very excited when they are invited to Okyaku. At the start of the party, they sit and talk quietly, but as things get going, people start to move around carrying a bottle of drink and the Tosa style giving and taking of drinks starts.

My friends outside of Kochi like to go to Hirome market first. For them, the Hirome market is something like Mickey Mouse in Disneyland. They want to see Kochi-Jin drinking, and are pleased that 'Kochi-Jin really do get drunk even during the daytime.' I want you to come to Kochi to eat some delicacies and see how open communication Kochi-Jin have.



Akihiko Takemura
President of Tosa Gaku Association

Sawachi cuisine is a must for Okyaku.

Okyaku cannot start without 'Sawachi cuisine', which dates from the Edo period(1600s~1800s). On tables in Okyaku, there are plenty of giant plates filled with food such as live sea bream, sashimi, vegetables from the sea and mountains, fruits and pieces of azuki bean jelly. People use a small plate and take their favorite items from the large Sawachi plates. Each Sawachi plate has nanten (heavenly bamboo) leaves and haran (cast-iron plant) leaves as decoration, so people who remain at the venue after the party is over are called Nanten Gumi (group), or Haran Gumi (group). At Okyaku, Hashiken, Berobero no Kamisama(the deity of drunken people) and other old party games are still alive. With the food and drink culture, people really enjoy themselves at Okyaku.

Okyaku needs sawachi cuisine.



Okyaku of Tosa

First Saturday to the second Sunday in March
Open in the central Kochi City and other places.

Okyaku of Tosa is an event held to enjoy the food culture in Kochi. During the period, more than 40 events are held, including Nihon Ichi no O-Okyaku (Japan's No.1 Grand Okyaku) held in a shopping arcade where the smiles of people drinking sake are much in evidence, a talk show Okyaku featuring celebrities related to Kochi, where food is served, and other Okyaku where a party is held in trams.



Berobero no Kamisama

©テハラユキノリ ©土佐のおきやく



Tosa Hojosai (Harvest Festival)

A gathering of cuisine from all over Kochi
September to November every year
Held in 7 venues in the prefecture.

Tosa Hojosai is a food festival featuring the delicious food and ingredients that the Kochi-Jin are so proud of, including modorigatsuo, newly harvested rice, sweetfish and mountain vegetables. Many large and small food events are held during the period at 7 venues in the prefecture. This is a festival that gives visitors the chance to taste good food in Kochi throughout the prefecture.

* Besides those shown in this book, a lot of other food-related events are held during these periods. Check the homepage for the details.



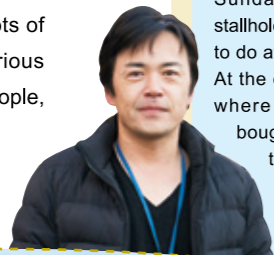
For Inquiries (Email): info@visitkochijapan.com (English is available)

Unique to Kochi! Let's go to the markets in Kochi!

Markets in Kochi are fascinating places to visit and explore.

If you want to know more about the daily life of people here, visit a market. Street markets are held in the streets of Kochi City 4 days a week, on Tuesday, Thursday, Friday and Sunday. You can see throngs of local people busily buying and selling in the Tosa dialect, and get a feel for the ordinary life of local people.

In addition to the street markets, there are lots of interesting and exciting markets open at various places in Kochi. Delicious food, interesting people, and exciting things are waiting for you.



One of the interesting things to do if you visit the Sunday Market is to enjoy a chat with the stallholders, something that you may not be able to do at a convenience store or a supermarket. At the center of the Sunday Market is a place where visitors can walk and eat what they bought. The Sunday Market is, as it were, a treasure of Kochi. It's OK just to look, but buying things is interesting and eating is also a lot of fun.

Koji Fujimura
Staff member of Industrial Policy Division,
Kochi City Office

Sunday Market (Where Kochi-Jin shop for their daily needs)

Stalls stretch along one lane of the two-lane Otesuji towards Kochi Castle on Sundays. This is the Sunday Market.

The Sunday Market can be dated back more than 300 years to 1690 and has supported the daily life of local people ever since. It is an all-day open air market, the largest of its kind in Japan. Over a distance of 1.3 km, there are about 430 stalls selling everything from fresh fruit and vegetables produced by local farmers, hardware, and knives produced in Kochi, to young trees, wild flowers and goldfish. The kinds of things sold there can be quite unique and sellers are really enthusiastic. About 15,000 shoppers visit there per day.

Access MAP



MAP P25 D-2

Address : Otesuji, Kochi City
Open hours : Sundays from 5:00 to 18:00 (or 5:30 - 17:00 during October to March) *
The opening hours include time for preparation and removal of shops.
Closed : During the Yosakoi Festival (it is held at Otesuji)
Parking lot : None
Access : About 15 min. drive from Kochi IC
About 10 min. on foot from JR 'Kochi' Station



Fresh shiitake mushrooms
The products are safe, as they don't use any agricultural chemicals.

Are you hungry?
Try some tempura and imoten.
An area where you can buy and eat imoten (tempura of sweet potato), etc.

Strolling the Street
Find some rare agricultural products of Kochi!

This area has over 100 stalls.

← Kochi Castle | 6-Chome North | 5-Chome North | 4-Chome North | 3-Chome North | 2-Chome North | 1-Chome North
6-Chome South | 5-Chome South | 4-Chome South | 3-Chome South | 2-Chome South | 1-Chome South
7-Chome

Green Road | Otesuji | Otesuji | Otesuji | Otesuji | Otesuji | Otesuji

Obiyamachi | Chuo Park

Kochi-jo Dori | Ohashi Dori | Nakanohashi Dori | Horizume Dori | Harimaya Bridge

Ekimae Densha Dori | Kochi Station

Find hardware, planted trees, antiques and other interesting items!

Delivery services and rest places are available.

There are lots of seasonal vegetables and processed foods.



Take your time and pick up whatever you want.

Tuesday Market Kochi City

The Tuesday Market consists of about 40 stalls lined up along a waterway dating from the Edo Period (1600s to 1800s). That's why the Tuesday Market, with its nostalgic old shops, has the flavor of times gone by.

Address : 4-Chome to 5-Chome of Kamimachi, Kochi City
Open hours : 6:00 in the morning to one hour before sunset on Tuesdays
Parking lot : None
Access : About 20 min. drive from Kochi IC; About 1 min. on foot from "Kamimachi 4-Chome" Tram stop



MAP P25 A-3

Thursday Market Kochi City

About 70 stalls are lined up along the city road near the Kochi Prefectural Government Office. It is the second largest weekday market, next to the Sunday Market. The Thursday Market has been held here since 1971. It is located at the center of Kochi City, but has a slightly tropical flavor because of the palm trees planted along the street.

Address : 5-Chome, Honmachi, Kochi City
Open hours : 6:00 in the morning to one hour before sunset on Thursdays
Parking lot : None
Access : About 15 min. drive from Kochi IC; Near "Kenchomae" Tram stop



MAP P25 C-3

Friday Market Kochi City

About 30 stalls are lined up along the street under the JR Dosan Line bridge. The Friday Market has been developed along with the Atago Shopping Arcade nearby. For local people, the Friday Market is a must for their daily life.

Address : 1-Chome, Atagomachi, Kochi City
Open hours : from sunrise to one hour before sunset on Fridays
Parking lot : None
Access : About 10 min. drive from Kochi IC; About 10 min. on foot from JR 'Kochi' Station



MAP P25 D-1

QR codes Get the access information using your smart phone. (See P2 for how to use the function.)
* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
For Inquiries (Email): info@visitkochijapan.com (English is available)

Kochi Organic Market

The joy of living in the agricultural prefecture of Kochi

Kochi Organic Market is a Saturday Market at Ike Park in Kochi. It is an open air market peculiar to Tosa, and the produce reflects its southern location. The concept here is 'organic' products. Farmers and processors who are involved in raising and processing agricultural products without using any agricultural chemicals are the stallholders and they started the weekly organic market in 2008, as the first of its kind in Japan. All the shops in the market are particular about food safety and are very popular among mothers raising small children. Many of the farmers here have either returned to Kochi to begin farming after their life in urban areas or have moved to Kochi from other areas to farm. Visiting the organic market, you can feel the happiness of living in this agricultural prefecture. The venue is a park in a natural setting where you can relax and let the day go by slowly.



The organic market is held in a vast open space in Ike Park. Nearby is Wanpaku Park, a children's park which is well equipped with play equipment.

You can get safe products there. All the agricultural products on sale are free of agricultural chemicals or fertilizers. There are about 50 shops selling fresh seasonal agricultural products, processed foods made with organic ingredients, bread and buns made using natural yeast, tempura made from marine produce, fried foods, sweets, organic coffee, sundry products, and even massage services. Each shop takes pride in the goods it sells, and the stallholders will be happy to answer any questions you may have. Enjoy chatting with them.



Chinatsu Yamada,
Staff member
at Kochi Organic Market Secretariat

Access MAP



MAP P25 H-8



Have some hand-made Snacks.

Address : Ike Park at Ike, Kochi City
Open hours : 8:00 to 14:00 on Saturdays (or 8:00 to 12:00 in July and August). Cancelled on severe weather days
Parking lot : 130 lots available (free of charge)
Access : About 15 min. drive from Kochi IC; 'Sumiyoshi Ike Mae' bus stop on My Yu Bus



Hirome Market

To make the food and kindness of Kochi-Jin more widely known

Hirome Market is a must for visitors to Kochi. It's a very popular place, where there are about 60 stalls including Japanese, Western and Chinese style restaurants, souvenir shops, fish shops and sundries shops. Hirome Market was opened in 1998 with the aim of 'spreading knowledge of the food and culture of Kochi, of what Kochi-Jin are like, the way they think and pass their daily life' to people outside Kochi. With its chaotic atmosphere, similar to the markets of Asia, at Hirome Market, you can get the specialty foods of Kochi and other food that ordinary Kochi-Jin eat regularly. You can see people drinking in the daytime, which is peculiar to Kochi-Jin, a land of sake. They don't hesitate to sit at a table with people whether they know them or not. Just enjoy eating while chatting with people.



It's natural to see people sharing tables, eating and chatting together.

Kochi-Jin don't hesitate to share tables with tourists, either if they are alone or with their family members. Sharing a table and drinking together will remove your barrier to people you don't know. Hirome Market is a place where strangers can enjoy good food and drink as if they were old friends. Befriend the stallholders and you may even be able to get something that isn't listed on the menu.



Kei Maeda,
Deputy General Manager,
Hirome Market

Access MAP



MAP P25 D-2



There are plenty of daily dishes of all kinds found there!!



Address : 2-3-1, Obiyamachi, Kochi City
Open hours : 8:00 to 23:00 daily (On Sundays, shops open at 7:00. Closing time varies depending on shops.)
Holiday : Second or third Wednesday in January, May and September (and other days as decided by each shop)
Parking lot : 220 cars (fees required)
Access : About 15 min. drive from Kochi IC
About 3 min. on foot from 'Ohashidori' Tram stop

Usa Saturday Market



Access MAP



MAP P39 D-4

Usa Saturday Market is open on Saturdays in the Usa Fishery Cooperative Association Market, where you can get freshly caught marine products just landed, local vegetables and fruits and various foods made from them. There are plenty of things to see: one of the features of the market is fish sold by the gram, and you can also watch the process of tataki making. It is also well known for its fresh urume iwashi (a kind of sardine). Many people visit the market from Tosa City and beyond.

Address : Usa Fishery Cooperative Association Market of Tosa City
Open hours : 9:00 to 12:00 on Saturdays
Closed : Second Saturday in August
Parking lot : Available (free of charge)
Access : About 20 min. drive from Tosa IC; Near 'Ichiba Mae' bus stop on Dragon Bus

Hata Market Seaside Sunday Market



Access MAP



MAP P54 D-3

This is an outdoor market in Tosa Seinan Daikibo Park at Irino, Kuroshio Town where you can get fresh agricultural products, various foods made from them and craft products. The stallholders know a lot about the products they sell, so stop and have a chat with them while you're shopping. There are also occasional live events and picture book reading to children.

Address : 388, Irino, Kuroshio Town, Hata Gun (near Kochi Prefectural Tosa Seinan Daikibo Park Gymnasium)
Open hours : 9:00 to 14:00 on the second Sunday every month
Parking lot : Available (free of charge)
Access : About 50 min. drive from Shimantocho-chuo IC

Kochi City Central Wholesale Market



Access MAP



MAP P25 G-7

Kochi City Central Wholesale Market has a Fresh Fish Division selling tuna and bonito, amongst other things, a Dried Fish Division selling dried fish and chirimenjako (baby sardines), as well as a Fresh Produce Division selling fruit and vegetables. All the products sold there are fresh and specially selected. On the Market-Open Day, which falls on the first Saturday every month, you can get a seafood donburi made at the market and all you can eat seafood.

Address : 12-12, Kokadai, Kochi City
Open hours : 5:00 to 11:00 on first Saturday (Market-Open Day)
Parking lot : Available (free of charge)
Access : About 15 min. drive from Kochi IC; Near 'Chuo Ichiba Mae' bus stop on Tosaden Kotsu Bus

Kure Taisho Town Market



Access MAP



MAP P51 D-2

Nakatosa Town, known for its rod and line caught bonito, is the home of Kure Taisho Town Market. People in the market are happy and lively and speak in the Tosa dialect. Fresh fish and dried marine products are sold here and served at restaurants. Plenty of food such as kureten (tempura of fish paste) and tokoroten (seaweed gelatin strips) are served at shops outside the arcade, too. The market has a nostalgic flavor of the good old days of a fishing town.



See P53.

QR codes Get the access information using your smart phone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.

For Inquiries (Email): info@visitkochijapan.com (English is available)

Refresh yourself by experiencing nature! Kochi is an adventure world.

Having been blessed with beautiful river, sea and mountains, Kochi is perfect for outdoor activities. This page introduces you to how Kochi-Jin are involved in and enjoy themselves in nature.



A partnership with nature.

Backed by the steep Shikoku Mountain Range and facing the Pacific Ocean, Kochi is a southern land rich in nature. Extending from Muroto in the east to Ashizuri in the west, Kochi has sea, mountains and rivers of outstanding quality. There are lots of places scattered throughout the prefecture where you can experience and enjoy nature in various ways. Kochi-Jin have accepted the countryside as part of their lives since childhood, learning how to really enjoy the experience of nature. Experience adventure or simply refresh yourself in the natural surroundings of Kochi.



The attractive rivers of Kochi.

Kochi doesn't have any large factories or big cities so the rivers are crystal clear. The Shimanto River is said to be the last remaining clear stream in Japan. The water quality of the Niyodo River has been rated the best in Japan, and the Yoshino River is another of the great rivers of Kochi with beautifully clean water. If you follow the rivers upstream you can find countless streams and beautiful valleys to explore.

River activities are abundant, too. Besides just swimming, you can go fishing, fly fishing, canoeing and rafting. In the valleys, you can enjoy shower climbing and canyoning.

Kochi-Jin take great pride in the ecosystem their rivers support, including countless species of fish and other creatures, and many wait eagerly for the season when the ban on sweetfish fishing and amego fishing is lifted. Come and experience the rivers in Kochi and feel that closeness yourself.



Takao Kimbara
Canoe and rafting instructor

While canoeing, the river surface is almost at eye level and you feel that you are involved with the mountains on both sides and birds singing in the mountains and at the riverside. Of all the rivers in Kochi, the Niyodo River is particularly transparent and so clear you can easily see fish.

You can do river sports at the following places!

Facility	Areas	Categories	Pages
Yoshino River Rafting (Otoyo Town)	Reihoku	Rafting	
Yoshino River Canyoning (Otoyo Town)	Reihoku	Canyoning	
There are many private river sporting facilities. Call one of the followings. Otoyo Town Tourism Development Association (☎+81-887-72-0450) Inquiries are available only in Japanese.			
Tosawashi Kogeimura 'QRAUD'	Niyodo River	Canoeing Rafting	Go to P41.
Ochi Cho Kanko Bussan Kan 'Ochi Eki'	Niyodo River	Canoeing Rafting	Go to P41.
Shimanto River Kawa Asobi Park Furusato Exchange Center	Shimanto and Ashizuri	Canoeing Rafting	Go to P60.
Shimanto Kawanoeki Canoe House	Shimanto and Ashizuri	Canoeing Rafting River Sports	Go to P60.
Shimanto Gakusha	Shimanto and Ashizuri	Canoeing Rafting	Go to P60.
Shimanto Canoe and Camp Village Kawarakko	Shimanto and Ashizuri	Canoeing Rafting	Go to P60.

For Inquiries (Email): info@visitkochijapan.com (English is available)



Canoeing

You can have endless excitement and surprises when canoeing in the open air, skimming over the surface of the Niyodo and Shimanto Rivers.



Canyoning

Rivers in Shikoku Island, such as the branches of Yoshino River can give you a full-scale canyoning experience. Once you have walked along the rivers or climbed the rocks there, you cannot forget how exciting it was!



Rafting

8 people pilot a special rubber boat down a fast-flowing stream. It is, however, not as dangerous as it sounds. You can experience rafting at suitable sites along the Yoshino River, as well as the Niyodo River and Shimanto River.

River Sports

River areas have clean air and clear water. You can enjoy fishing or diving and feeling the natural power of the rivers. The crystal clear rivers of Kochi are great places to enjoy river sports.



The Adventure World Mountains in Kochi



The welcoming mountains of Kochi.

When they speak of Kochi, people often refer to it as a seaside prefecture, but many of them will change their mind once they visit. The tall, steep mountains in Kochi have long been referred to as the 'Roof of Shikoku' where even beginners can enjoy trekking, hiking and climbing in mountains suited to a range of abilities and experience.

Each mountain facility is fully equipped with, for example, camping fields and lodges, where you can enjoy bird watching and nature trails or just relax in the forest. At Agawa in Niyodogawa Town, there is even a paragliding field. An exciting pastime that is gaining popularity is travelling along mountain trails on off-road bikes. Visiting mountain villages on bicycles is another way of enjoying the mountains that has become popular in recent years.



Cycling

Pedaling your bike slowly through the countryside gives you the time to listen to the birds singing, to enjoy the beautiful scenery around you and to see the daily life of local residents that often goes unnoticed in our busy lives. Rental cycles are available at various places throughout the prefecture.

Hirotooshi Yamane,
President, Kochi Prefecture Cycling Association

Cycling is a sport that uses your five senses. As you feel the road beneath your wheels, the rise and fall of the hills and the subtleties of the season, you can enjoy the beauty of the mountains and the sea, the good smells of local villages, and chatting with local people. All these elements multiply the fun of cycling.

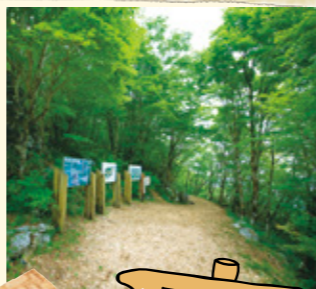


Camping

There are many camping grounds scattered throughout the prefecture. Passing time here in the rich countryside lets you forget your daily cares. Enjoying a barbecue under the stars gives you an unforgettable sense of well-being.

Hiking

Walking through the countryside is a lot of fun. One pleasant way to get even more out of it is to follow a themed walking course. There is one that takes you along the road that Ryoma Sakamoto followed when he secretly left his homeland. There are also three therapy roads in Kochi. Walking each themed course as you listen to the explanation of your guide is a perfect way to enjoy the countryside.



Get your lunch and start mountain walking!

There is a forest therapy road on Shikoku Karst Tengu Plateau. At the Tenguso, located at the start of the road, you can get your own guide and a 'therapy lunch box' using healthy local foods. Both require a fee and for the lunch, an advance reservation is needed at least one day ahead.



Paragliding

The excitement of the moment when you feel your legs being lifted off the ground and your body pulled up into the sky is beyond description. The calm skies around Agawa Sky Park are perfect for beginners to experience paragliding under the guidance of an instructor.

You can do river sports at the following places!

Facility	Areas	Categories	Pages
Yutorisuto Park Otoyo	Reihoku	Camping	Go to P32.
Shizen Okoku Shirataki no Sato	Reihoku	Camping	Go to P33.
Agawa Sky Park	Niyodo River	Paragliding	Go to P42.
Therapy Road	Nakatosa and Shikoku Karst	Hiking	Go to P52.
Shimanto Auto Camping Field 'Welcome'	Shimanto and Ashizuri	Camping	Go to P59.
Auto Camping Field Tomarotto	Shimanto and Ashizuri	Camping	Go to P59.
Shimanto River Kawa Asobi Park	Shimanto and Ashizuri	Camping	Go to P60.
Furusato Exchange Center	Shimanto and Ashizuri	Cycling	Go to P60.
Shimanto Kawanoeki Canoe House	Shimanto and Ashizuri	Camping Cycling	Go to P60.
Shimanto Gakusha	Shimanto and Ashizuri	Cycling	Go to P60.
Shimanto Canoe and Camp Village Kawarakko	Shimanto and Ashizuri	Camping Cycling	Go to P60.

The Adventure World Seas in Kochi



The sea is a superb place to go for fun!

Kochi boasts a long beach line stretching about 700 km east to west with plenty of places to enjoy marine sports. The sea in Kochi is great for diving and surfing, and attracts divers and surfers from all over Japan. Many people enjoy diving and snorkeling to see the varied marine life and beautiful coral, but the sea is not just for swimming. Sea kayaking and whale watching are two more ways people enjoy the sea. The coast of Kochi has different aspects. In some places you can find beautiful white sand beaches with palm trees, in others there are only have rocks, cliffs and rias shorelines. Just ask local people where there's a safe place for swimming or a good fishing spot, and they will be more than happy to tell you.



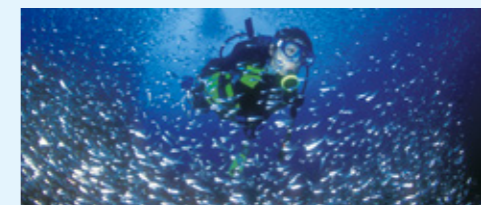
Katsutoshi Sennami
Sea kayak instructor

You can soak in the vast ocean and sky here. The sense of unobstructed spaciousness is very nice. Beginners can enjoy kayaking within a calm bay, while outside the bay, the seas are rougher than they look from the beach and quite interesting for more experienced kayakers.



Sea kayaking

As you paddle through the Pacific waves and feel the gentle sea breeze you feel at one with the ocean. Why not take a sea trip at Nahari and Yasu. Don't worry even if you haven't done kayaking in the past, an experienced instructor will accompany you.

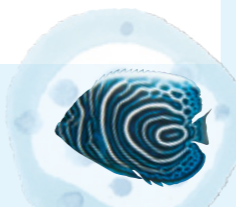


Diving is a lot of fun. You can enjoy a trip in the sea while watching marine creatures, large and small, close enough to touch. Okino and Kashiwa islands are popular spots for diving.



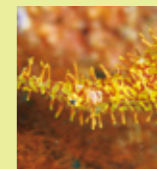
Sea bathing

Kochi has a lot of good places for sea bathing, such as Shirahama Beach, Ya Sea Park and Okitsu Beach. The sea all along the coast is clear and clean. Once you are there, you will forget the time and wish you could stay there forever.



Coral Reefs and Fish Paradise

You can go snorkeling to see coral reefs at various locations on the Kochi coast. There are lots of fish to see, as well. It is said that the Kashiwa area has the largest number of fish species in Japan.



Snorkeling and Diving

Many people choose to go diving, but if you are reluctant, snorkeling is still a lot of fun. Just float on the sea surface, look down into the sea at the beautiful coral and schools of kibunago and other small fish swimming over and around the coral reefs.

You can do river sports at the following places!

Facility	Areas	Categories	Pages
Ya Sea Park	Monobe River	Sea bathing	Go to P37.
YASU Uminoeki Club	Monobe River	Sea kayaking Snorkeling	Go to P37.
Shirahama Beach	Muroto and Aki	Sea bathing	Go to P45.
Seaside Nature School	Muroto and Aki	Sea kayaking Snorkeling	Go to P48.
Ryugahama Camp Ground	Shimanto and Ashizuri	Snorkeling	Go to P57.
Otsuki Ecology Camp Ground	Shimanto and Ashizuri	Snorkeling	Go to P57.
Okino Island and Kashiwa Island	Shimanto and Ashizuri	Diving	Go to P57.
Okitsu Beach	Shimanto and Ashizuri	Sea bathing	Go to P61.

Whale Watching



Facilities and Open Periods	Areas	For inquiries, call
Muroto Whale Watching Open Throughout the year	Muroto and Aki	☎+81-90-1009-4225 ☎+81-90-3183-9083
Usa Whale Watching Association Open April 20 to October. 31	Niyodo River	☎+81-88-856-1133 ☎+81-90-3782-2554
Ogata Whale Watching Open end of April to the end of October	Shimanto and Ashizuri	☎+81-880-43-1058
Kubotsu Gyokyo Whale & Dolphine watching Open April to October	Shimanto and Ashizuri	☎+81-880-82-7111
John-Mung Whale and Dolphin Watching Open April to November	Shimanto and Ashizuri	☎+81-880-82-1456

Inquiries are available only in Japanese.

For Inquiries (Email): info@visitkochijapan.com (English is available) 22

Cheerful and energetic:
Festivals in Kochi

Join us for the dance!

Dating from 1954, the Yosakoi Festival is an annual summer event for Kochi-Jin. Many teams participate in the events, each wearing unique costume, using unique music and choreography.

Yosakoi: the Festival of Kochi

As summer is approaching, Kochi-Jin are getting excited: it will soon be time for the Yosakoi Festival. The Yosakoi Festival started in 1954 to encourage citizens in the slow economy of the era. This event is held from August 9th to 12th in Kochi City and includes about 20,000 dancers in total, both from within Kochi and outside. They travel to 16 dancing venues (Kyoenjo/Embujo) in the city and the entire whole city of Kochi is filled with energy. Some citizens in Kochi are so fond of the Yosakoi Festival that they moved from outside Kochi. They are referred to as Yosakoi Immigrants. The energetic Yosakoi Dance spread from Kochi all over Japan and now, Yosakoi Dance is performed at more than 200 events and festivals around the country.



Taisuke Saeki
Director Kochi Yosakoi
Information Exchange Center

During the Yosakoi Festival, the city of Kochi takes on a new aspect. Both dancers and viewers are wildly enthusiastic, and the entire city is filled with energy. It is this atmosphere that makes Yosakoi so appealing and that's why it has gained the support of so many people.



Owen Weid
Kyoenjo hall staff

I have been working as a staff member of a shopping arcade, one of the Yosakoi Dance venues, since 2013. What I am doing is navigating a sightseeing bus. I am very excited and happy that I am involved in such a famous festival. I am no longer a foreigner, I am a Kochi-Jin!



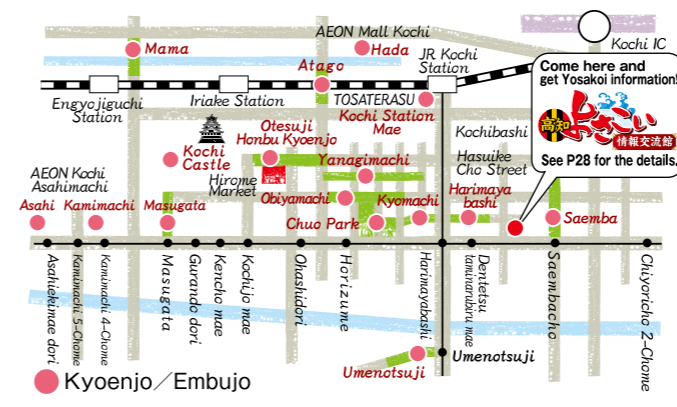
Miharu Miyazaki
Yosakoi Immigrant

I was 13 years old when I saw a national Yosakoi Festival in Kochi. I was so excited that I decided to live in Kochi in the future. I come from Ishikawa Prefecture, but now I live in Kochi. I don't mean I am a Yosakoi Immigrant, but I just want to dance Yosakoi.



Yosakoi Festival Information

Date	Events	Time	Venue
August 9	Yosakoi Festival Opening Event	17:00~(TBD)	Chuo Park
	Fireworks Event	19:30~	Midori no Hiroba on Kagami River
August 10 and 11	Yosakoi Festival	11:00~22:00	Obiyamachi
		11:30~22:00	Chuo Park
		12:30~21:30	12 Embujoyo halls and kyoenjo halls in the city
		13:15~21:30	Otesuji
August 12	National Competition	13:30~21:30	Kochi Castle: Otesuji: Obiyamachi
	Finale Event	18:30~22:00	Chuo Park



Come and join us! Yosakoi Festival!

Shimin Kensyo Yosakoi Dancing Team

Anybody is welcome! No reservation is required.

- Date and time: August 10 and 11; Registration: 14:00: Before starting dancing, a two-hour rehearsal will be held at 14:30.
- Site: Ground of Kochi Otemae High School
- Application: Come to the site on August 10 and/or 11.
- Fee: None (or ¥500 if you want to put on paper happi coat)

Attaka Kochi Dancing Team

Members mainly consist of tourists.

- Date and time: August 10 and 11; Registration: 17:00 Before starting dancing, a two-hours rehearsal will be held. Dismissal at: 22:00
- Site: East side street of Kochi Prefecture Government Building (TBD)
- Application: Advance application is required via telephone or fax.
- Fee: ¥2,500
- Inquiry to: Kochi City Hotels and Inns Cooperative Association ☎+81-88-823-5941 (Attaka Kochi Dancers' Team Steering Committee)

Inquiries are available only in Japanese.

Yosakoi events are held throughout the year.

Machinaka Yosakoi

- Period: Sundays during April 8 to June 24 at 12:00 - 14:00.
- Site: Ohashi Dori at Obiyamachi, Kochi City

Yosakoi Encore

- Period: August 17 to 26 at 18:00 - 18:45
- Site: Ohashi Dori Shopping Arcade

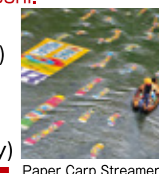
※The above are schedules for FY2018. Detail and time are subject to a change.

Annual Schedules of Festivals in Kochi

Traditional festivals show the history and culture of Tosa, while events express the dynamism of Kochi.

April

Kochi Castle Flower Collider (Kochi City)
Doronko Festival (Kochi City)
Dorome Festival (Konan City)
Carp Streamers Hanging over the River (Shimanto Town) (till mid-May)



May

T-Shirt Art Exhibition (Kuroshio Town)
Paper Carp Streamers (Ino Town)
Chosokabe Festival (Nankoku City and Kochi City)
Bonito Festival (Nakatosa Town)

June

Wanuke Sama (various areas in Kochi)

July

Ekin Festival (Konan City)
Marine Festival YASU(Konan City)



August

Manga Koshien (Kochi City)
Ashizuri Festival (Tosashimizu City)
Tosa City Otsuna Festival (Tosa City)
Shinane Festival (Kochi City)
Shimanto Fireworks (Shimanto City)

September

Shinko Festival (Susaki City)
Yusu-hara Gourmet Festival and Tosa Ushi Marukajiri Festival (Yusu-hara Town)
Kure Hachiman Shrine Autumn Festival (Nakatosa Town)
Tosa Hojosai (Harvest Festival) ※until November (See P14.)



Onda Hachiman Shrine Autumn Regular Festival

October

Fuba Hachiman Shrine Grand Festival (Shimanto City)
Tosa Sagano Modori Gatsuo Festival (Kuroshio Town)
Onda Hachiman Shrine Autumn Regular Festival (Muroto City)

November

Yuzu Hajimaru Festival (Umaji Village)
Okawamura Carnival (Okawa Village)
Mihara Doburoku, Agriculture and Forestry Cultural Festival (Mihara Village)
Ryoma Birthday Celebration Festival (Kochi City)
Ichijo Grand Festival (Shimanto City)

December

Akaoka Summer Festival in Winter (Konan City)



Akiba Festival

February

Akiba Festival (Niyodogawa Town)
Tosa no Machiya Hina Matsuri Festival (Muroto City, Aki City, Yasuda Town, Tano Town, Nahari Town and Kitagawa Village)
Shimanto Kaido Hina Matsuri Festival (Susaki City, Tsuno Town, Shimanto Town, Nakatosa Town and Shimanto City)
Sugimoto Shrine Spring Grand Festival (Ino Town)

March

Okyaku of Tosa(Kochi City)(See P14.)
Nangoku Tosa Sawachi Festival (Kochi City)

※The above are schedules for FY2017. Detail and time are subject to change.

What makes the Kochi-Jin proud of Kochi City

Central Area of Kochi
There is lots of history, nature and gourmet cuisine as well as heartfelt hospitality. This is where you should start your trip in Kochi.

Kochi City Area

ACCESS ACCESS to Kochi City

Car **Kochi IC** 44.249.384 32 **Kochi City**
5.0km
About 14 min.
Airport Shuttle Bus

Public Transportation **Kochi Ryoma Airport** **JR Kochi Station**
About 25 min.



ACCESS ACCESS to Kochi City

Tram 1-day pass Routes within Kochi City: ¥500 Entire routes: ¥1,000

My Yu Bus Katsurahama 1-day pass: ¥1,000; Godaisan 1-day pass: ¥600, others

Go to P68 for the details

Kochiekimae → **JR Kochi Eki** → **Katsurahama**

① JR Kochi Eki → ② Harimayabashi → ⑤ Godaisan Tenbodai → ⑥ Makino Shokubutsuen Seimon Mae → ⑦ Chikurinji Mae → ⑧ Sumiyoshiike Mae → ⑨ Ike Dori Gijutsu Gakko Mae → ⑩ Ryoma Kinenkan Mae → ⑪ Katsurahama

⑪ Katsurahama → ④ Harimayabashi Kanko Bus Terminal → ③ Kita Harimayabashi → ② Harimayabashi → ① JR Kochi Eki

① ~ ⑪ My Yu Bus Stops



Katsurahama Beach



The statue of Sakamoto Ryoma stands on a hill and looks out over the Pacific Ocean. Since long ago, Katsurahama Beach was famous as a moon viewing spot. Katsurahama Beach has white sands and beautiful pine trees and is one of the most famous sightseeing spots in Kochi.



Machiko Imanishi, Deputy Director, NPO Tosa Sightseeing Guide Volunteering Association

Address: Urado, Kochi City
Parking lot: 500 lots (for a fee)
Access: About 30 min. drive from Kochi IC; Near 'Katsurahama' bus stop on Tosaden Kotsu Bus or My Yu Bus

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.

For Inquiries (Email): info@visitkochijapan.com (English is available)

The Sakamoto Ryoma Memorial Museum



After more than a year since closing for full-scale renewal, the Sakamoto Ryoma Museum finally reopened. With the newly added building to be used as a full-scale museum space, the entire museum is dedicated to the life and times of Ryoma Sakamoto. Certainly worth a visit.

Kiyoyuki Takamatsu, Director



MAP P25 H-10

Address: 830, Uradoshiroyama, Kochi City
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥700 (or ¥490 when no special exhibitions are held)
Parking lot: 42 lots (including 2 lots for the physically handicapped), free of charge
Access: About 30 min. drive from Kochi IC; Near 'Ryoma Kinenkan Mae' bus stop on Tosaden Kotsu Bus or My Yu Bus

The museum is situated on a hill in Katsurahama Park facing the Pacific Ocean. The life of Ryoma Sakamoto still holds an attraction for many people and the museum exhibits important items depicting his life and achievements.

Katsurahama Aquarium



Katsurahama Aquarium presents various events that allow visitors to interact with many aquatic creatures. This aquarium is well known in Japan for the hands-on experience you can have with the animals; it provides great opportunities for photos to share online.

What visitors are surprised about most is how much closer they are to the aquatic creatures than in other aquariums. You can enjoy interaction experiences as feeding penguins and capybaras (Hydrochoerus hydrochaeris), which is unique to this aquarium.

Shina Akizawa, Deputy Director

MAP P25 H-10

Address: Katsurahama Park, 778, Urado, Kochi City
Open hours: 9:00 – 17:00
Fee: ¥1,200
Access: About 30 min. drive from Kochi IC; About 5 min. on foot from 'Katsurahama' bus stop on Tosaden Kotsu Bus or My Yu Bus

Kochi Tabi Hiroba

TEL: +81-88-826-3337
(Kochi 'i' Information Center)

'Tosa Terrace', located at the south entrance of JR Kochi station, is an information center for sightseeing in Kochi. The center also has the 'Ryoma-den' Fellow Loyalists at the End of the Edo Period pavilion (These refer to groups of samurai in Kochi just before the Meiji Restoration), where the history of Kochi during that era is exhibited.



We, the omotenashi staff, will tell you about the interesting things that Kochi has to offer. Why don't you visit us?

Ai Urata,
Omotenashi Staff

MAP P25 E-1



Address: 2-10-17, Kitahonmachi, Kochi City
Open hours: 8:30 - 18:00
Closed: Open throughout the year
Fee: None
Parking lot: 33 lots (for a fee or 120 min. free for shoppers who paid at least 1,000 yen at Tosa-ya)
Access: About 10 min. drive from Kochi IC; Near JR 'Kochi' Station

Kochi Sightseeing Information Transmission Center Tosa Terrace

Tosa Terrace has all kinds of sightseeing information about Kochi. You can get sightseeing brochures for all the sightseeing spots, a My Yu Bus and tram tickets or sign up for a sightseeing experience program. You can also leave your luggage here. Everything is geared to help visitors enjoy their trip to Kochi. Whenever you come, the omotenashi staff is ready to help you.



Sightseeing Event Hall 'Ryoma-den' Fellow Loyalists at the End of the Edo Period

This is a reproduction of the house where Ryoma was born, which was used in the shooting of 'Ryoma-den', an NHK Sunday Taiga Drama series. This facility has a souvenir shop. Visitors can also have their pictures taken dressed as Ryoma Sakamoto.



Statues of Three Bakumatsu Samurai

These statues of three famous samurai, Ryoma Sakamoto, Hanpeita Takechi and Shintaro Nakaoka are well known landmarks at JR Kochi Station, right by Kochi Tabi Hiroba. Popular photo spot.



Kochi Castle



It is a beautiful example of a castle of southern Japan, built by Katsutoyo Yamauchi, first Lord of Tosa Domain. The tower and Honmaru Goten building were built during the Edo Period.



MAP P25 C-2

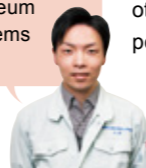
Address: 1-2-1, Marunouchi, Kochi City
Open hours: 9:00 - 17:00
Closed: Open throughout the year
Fee: ¥420
Parking lot: 65 lots (for a fee)
Access: About 15 min. drive from Kochi IC; About 5 min. on foot from 'Kochijo mae' Tram stop

Kochi Castle Museum of History



In front of the museum stands Kochi Castle, while in the museum, visitors can see a precise model replica of the castle. There are also exhibits related to Tosa in the modern age. It is recommended that you visit Kochi Castle first and then come to the museum to see the historical items exhibited here.

The museum provides information on Tosa Domain and Kochi Prefecture. Some 67,000 items are collected and exhibited here; some are national treasures while others are designated as important cultural property.



Kazumi Obo,
PR Staff

MAP P25 C-3



Address: 2-7-5, Otesuji, Kochi City
Open hours: 9:00 - 18:00 (8:00 - 18:00 on Sundays)
Closed: Open throughout the year
Fee: ¥500 (or ¥700 when a special event is held)
Parking lot: None
Access: About 15 min. drive from Kochi IC; About 3 min. on foot from 'Kochijo mae' Tram stop

Wan Park Kochi



This is a park which has animal land with about 90 species including lions and bears, restaurants and other attractions. It's a suitable place for a family day out.

Everyone, from the very young to the very old, can unwind as they spend time in the midst of nature. In spring, tulips, cherry blossom and azalea are in full bloom, and there is a range of seasonal events. Come and visit us!



Kyoko Oishi,
GA Section, Kochi City
Urban Development
Public Corporation

MAP P25 G-7



Address: 6-9-1, Sambashi Dori, Kochi City
Open hours: 9:00 - 17:00
Closed: Wednesday (or Thursday if Wednesday falls on a national holiday)
Fee: None
Parking lot: 140 lots (free of charge)
Access: About 15 min. drive from Kochi IC; About 10 min. on foot from 'Sambashishako mae' Tram stop

Kochi Prefectural Makino Botanical Garden



Plants are displayed in an atmosphere close to that of their wild habitat. There are themed events aiming at connecting people with plants, and a permanent display area where visitors can learn about floral species around the world.

There are about 3,000 species in the garden, including plants related to Dr. Tomitaro Makino, a pioneer Japanese botanist known for his taxonomic work, and beautiful seasonal floral species.



Hajime Mizukami,
President

MAP P25 H-7



Address: 4200-6, Godaisan, Kochi City
Open hours: 9:00 - 17:00
Closed: Open throughout the year
Fee: ¥720
Parking lot: 195 lots (free of charge)
Access: About 20 min. drive from Kochi IC; Near 'Makino Shokubutsuen Seimon Mae' bus stop on My Yu Bus

Kochi Yosakoi Information Exchange Center



The center is dedicated to the Yosakoi Festival, which originated in Kochi. Visitors can have their pictures taken wearing Yosakoi costumes and experience the Yosakoi Dance while watching a video of the festival. You can make naruko, which are used in the dance, in 15 min. Feel free to come here for any information you may need.

The history and information about the Yosakoi Festival are introduced here using a variety of media. Visitors can dance Yosakoi and make a naruko.



Mizuki Takenaka,
Yosakoi Concierge

MAP P25 E-3



Address: 1-10-1, Harimaya Cho, Kochi City
Open hours: 10:00 - 18:30
Closed: Wednesday
Fee: None
Parking lot: None
Access: About 10 min. drive from Kochi IC; About 15 min. on foot from JR 'Kochi' Station



Harimaya Bridge

In Harimayabashi Park, there is a red bridge reproduced in its old style and a monument of the couple Junshin and Ouma.

There is a marionette clock on the east side of the center. A marionette dancing Yosakoi and Harimaya Bridge come out of the clock. On the north side is a stone monument on which the lyrics of the song 'Nangoku Tosa wo Atonishite,' and while a recording of Peggy Hayama singing the song is played, large and small whales splash water out every 30 minutes. Many people like to come and watch.



Isao Shimamoto,
President, NPO Tosa
Sightseeing Guide
Volunteer Association

MAP P25 E-3



Address: Harimaya Cho, Kochi City
Parking lot: None
Access: About 10 min. drive from Kochi IC; About 15 min. on foot from JR 'Kochi' Station

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
For Inquiries (Email) : info@visitkochijapan.com (English is available)



Yokoyama Memorial Manga Museum

This is a memorial museum for Ryuichi Yokoyama, the cartoonist from Kochi. His works including 'Fuku-chan' greatly affected the history of manga in Japan.



Fuku-chan



I'm Fuku-chan, a manga character produced by Ryuichi Yokoyama. This facility gives visitors the chance to enjoy a variety of objects, some of them quite rare, connected with the Kochi-born cartoonist, Ryuichi Yokoyama. Also exhibited here are model railways, and a library of 14,000 manga books which are open to visitors. Why don't you come and put yourself in the world of Ryuichi Yokoyama?

MAP P25 G-6

Address: Kochi City Culture-Plaza Cul-Port, 2-1, Kutanda, Kochi City
 Open hours: 9:00 – 18:00
 Closed: Monday (Open if a Monday falls on a national holiday)
 Fee: ¥410
 Parking lot: 200 lots (for a charge)
 Access: About 10 min. drive from Kochi IC;
 Near 'Saembacho' Tram stop

Tosa Select Shop Tencosu

We want to please visitors. That's why all the items sold here are produced or created in Kochi. You will be surprised at the number of goods we have on sale. There is also a café where you can enjoy sweets and drinks which are locally made.



Natsuki Kunisawa,
Deputy Manager



MAP P25 E-3

Address: 1-11-40, Obiyamachi, Kochi City
 Open hours: 9:00 – 21:00
 Closed: Open throughout the year
 Parking lot: None
 Access: About 10 min. drive from Kochi IC;
 About 15 min. on foot from JR 'Kochi' Station



This is a shop selling goods selected from products produced in 34 municipalities in Kochi. There are countless seasonal goods available.

Kochi Liberty and People's Rights Museum

Why not come and learn about the history of the Freedom and People's Rights Movement of the late 19th Century? You can hear the Movement's song playing in the hall and there is detailed information on the Movement itself. In those days, people carrying freedom flags joined freedom discussion meetings. Also exhibited here is a reproduction of a room where a draft of the constitution was written.



The role of Tosa in the creation of modern Japan is reflected in the old saying, 'Freedom comes from the mountains in Tosa.' This museum exhibits many items related to the Freedom and People's Rights Movement.



Shuichi Tsutsui,
General Manager



MAP P25 G-7

Address: 4-14-3, Sambashi Dori, Kochi City
 Open hours: 9:30 – 17:00
 Closed: Monday (or the subsequent Tuesday when a Monday falls on a national holiday)
 Fee: ¥320
 Parking lot: 60 lots (free of charge)
 Access: About 15 min. drive from Kochi IC;
 Near 'Sambashidori 4-chome' Tram stop



Kochi Municipal Ryoma's Birthplace Memorial Museum

Visitors can learn the life of Ryoma Sakamoto from his birth to escaping from Tosa Domain to be an independent samurai, through georamas and animated pictures. The virtual 4-screen theater lets you feel as if you've stepped into Ryoma's own world.

The museum displays a large collection of documents and items connected with the life of Ryoma. In the central garden stand statues of Ryoma and Otome, his elder sister, which many visitors like to take pictures of. You can take part in a guided walking tour of the city called Tosappo.



Takuma Morimoto,
Curator



MAP P25 B-3

Address: 2-6-33, Kamimachi, Kochi City
 Open hours: 8:00 – 19:00
 Closed: Open throughout the year
 Fee: ¥300
 Parking lot: 10 lots (free of charge)
 Access: About 20 min. drive from Kochi IC;
 Near 'Kamimachi 1-chome' Tram stop

Museum of Art Warakoh

This museum presents exhibitions, workshops, movie viewing parties, dance and music performances that inspire you, stimulate your creativity and encourage you to enjoy the world around you. The seasonal handiwork class held during the spring holiday season and summer vacation period is particularly popular.



The museum is situated in an old, small, renovated rice-straw warehouse in a corner of Art Zone Warakoh warehouse.

Shihoko Matsumoto,
Curator



MAP P25 G-6



Address: 28, Minamikanada, Kochi City
 Open hours: 10:00 – 18:00
 Closed: Tuesday (or the subsequent Wednesday if Tuesday falls on a national holiday) and the period for preparing for next exhibition
 Fee: Varies depending on exhibitions
 Parking lot: 20 lots (free of charge)
 Access: About 5 min. drive from Kochi IC;
 About 10 min. on foot from 'Hoeicho' Tram stop

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
 * Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
 For Inquiries (Email) : info@visitkochijapan.com (English is available)

Kochi Literary Museum

The permanent exhibition changes four to six times a year. Special exhibitions are also planned with the concept of spectacular-friendliness. Every time you come here you will find new things of interest and you will feel closer to the world of literature. The Torahiko Terada area is a must as it includes the largest volume of documents and items related to him in Japan.



From the ancient works of Kino Tsurayuki to the contemporary works of Hiro Arikawa, the museum collects, introduces and recognizes masterpieces of novelists born in Kochi.



Sachiko Kawashima,
Chief Curator



MAP P25 C-2

Address: 1-1-20, Marunouchi, Kochi City
 Open hours: 9:00 – 17:00
 Closed: Open throughout the year
 Fee: ¥360 (For special exhibition, separate fees are levied)
 Parking lot: None
 Access: About 15 min. drive from Kochi IC;
 About 5 min. on foot from 'Kochijo mae' Tram stop



The Museum of Art, Kochi

The museum has collected about 1,200 masterpieces based around works by Marc Chagall and Yasuhiro Ishimoto, the photographer. These are the two main collections of this museum.

The gallery of Yasuhiro Ishimoto reproduces his atelier. This gallery shows you what he was like. As you look at the exhibits, imagine which works you would like to put in your room.



MAP P25 H-6

Emiko Mogi,
Curator



Address: 353-2, Takasu, Kochi City
 Open hours: 9:00 – 17:00
 Closed: Open throughout the year
 Fee: ¥360 (Admission fees vary depending on special exhibitions)
 Parking lot: 144 lots (free of charge)
 Access: About 10 min. drive from Kochi IC;
 About 5 min. on foot from 'Kenritsu bijutsukan dori' Tram stop

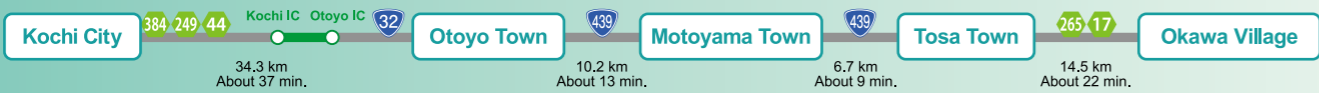
Reihoku is situated in the north of Kochi. The upstream areas of Yoshino River are blessed with rich forests and clear rivers. This is an area known for its good food as well as the many outdoor activities available.

Reihoku Area



ACCESS How to go to municipalities in Reihoku area

By car



By public transportation



'Sugi-no-Osugi' Japanese Cedar



Once, Hibari Misora, the singer, visited here to offer thanks for her success as a singer. The Osugi Shimenawa Matsuri (Giant Cedar Rope Binding Festival) is held on the second Sunday in October every year, when a 200 kg-weight rope (shimenawa) made by about 50 shrine supporters taking half a day will be tied between the two trees. The rope is replaced with a new one every year. This ceremony is a sign of the continuing respect for and protection of the two trees by the citizens of Ootoyo.

There are two giant cedar trees planted in the sanctuary of Yasaka Shrine. It is estimated that they are 3000 years ago. They were designated as Special Natural Monuments in 1952.



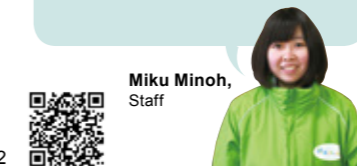
Address: 794, Sugi, Ootoyo Town, Nagaoka Gun
Open hours: 8:00 – 18:00 (or 8:30 – 17:00 from October to March)
Closed: Open throughout the year
Fee: ¥200 (as a facility maintenance cooperation fee)
Parking lot: Available (free of charge)
Access: About 5 min. drive from Ootoyo IC;
 About 15 min. on foot from JR 'Osugi' Station



Yutorisuto Park Ootoyo

On the plateau of 750 m above sea level covering the area of 90,000 m² are flower beds where seasonal flowers are in bloom, athletic areas, camping sites, souvenir shops and restaurants. Handiwork programs including ceramic plate painting are held.

Come and relax in this park situated on a plateau with a full view of the mountains of Shikoku Island. Fun activities include the giant roller slide and watching scenery from a mini-train.



Address: 4037-25, Nakamura daio, Ootoyo Town, Nagaoka Gun
Open hours: 10:00 – 17:00
Closed: Tuesday (or the subsequent Wednesday if Tuesday falls on a national holiday. During spring holiday seasons, spring and summer vacation seasons, the park is open on Tuesdays. During December to mid-March, the park may be closed.)
Fee: ¥500
Parking lot: 192 lots (free of charge.)
Access: About 20 min. drive from Ootoyo IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

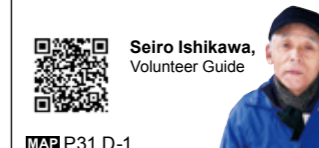
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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Former Tajikawa Bansho Shoin



As one of the three checkpoints into Tosa Domain, this building was designated as a National Important Cultural Property in 1974 as the Former Tajikawa Bansho shoin.

This building was built on the boundary of Tosa domain and each Lord would stay overnight on their Sankin Kotai journey from Tosa to Edo (former name of Tokyo). It was also a checkpoint for people coming in and out of Tosa domain. It is a building of historical interest, built in the architectural style known as shoin style. The beams in the house are meticulously crafted. This is something you should not miss.



Address: 28, Tajikawashimomoyo, Ootoyo Town, Nagaoka Gun
Open hours: Guests may enter the building on Sundays and national holidays from 9:00 to 17:00
Fee: ¥210 (to see inside of the house)
Parking lot: 20 lots (free of charge)
Access: About 20 min. drive from Ootoyo IC;
 Near 'Tajikawa Kariya' bus stop on Ootoyo Chomin Bus

Buraku-ji Temple

TEL: +81-887-73-0029
 (Inquiries are available only in Japanese)



The image of Shakyamuni (Shakanyorai) has been in place in the Yakushido Hall of this temple even after repeated national campaigns to abolish Buddhism and destroy Buddhist images. It has an unusual facial expression. Advance reservations are required to see the image of Shakyamuni. When you come, I'd be more than happy to tell you about the many ups and downs this temple has experienced in the past.

Yakushido Hall, a national treasury, is the oldest building in Shikoku. It was built in Heian period (794 – 1185). Three seated images of Nyorai and two standing images of bodhisattvas are designated as Important Cultural Properties.



Address: 314, Terauchi, Ootoyo Town, Nagaoka Gun
Open hours: To be inquired to the temple
Fee: ¥500 (reservation required)
Parking lot: 30 lots (free of charge)
Access: About 15 min. drive from Ootoyo IC

Toyonaga Go Folklore Museum

People have lived with the blessings of nature, have been helped by the tools and technologies they developed. These developments have changed society and had an impact on all our lives. Visit to learn more about the relationship between 'people and nature' and 'tools and technology.'

Ryushu Tsurui,
Chief Curator

Based around the themes of 'people, nature, tools and technology', this museum collects and exhibits about 12,000 items that were used by people in Toyonaga Go, including tools and daily utensils. Received the Good Design Award in 2017 for its architectural aesthetics and exhibition displays.

Address: 158, Aou, Otoyo Town, Nagaoka Gun
Open hours: 9:00 - 17:00
Closed: Open throughout the year Fee: ¥500
Parking lot: 20 lots (free of charge)
Access: About 30 min. drive from Otoyo IC



MAP P31 E-2

Asemigawa Fureai no Sato Seiryukan

TEL: +81-887-82-1231
(Inquiries are available only in Japanese)

A former elementary school was renovated into the community center facility equipped with accommodation facility. Many people come here to enjoy swimming in the clear river and to take part in a soba harvest festival. Why not come for an all you can eat lunch made from local food?



This is a facility in a building of the former Sawagauchi Elementary School located near the beautifully clear Asemigawa River. Here, you can make soba, and try ishigama pizza baking and moth bead making.

Address: 626, Sougauchi, Motoyama Town, Nagaoka Gun
Reservation required
Fee: Varies depending on an event you take part in
Parking lot: 20 lots (free of charge)
Access: About 30 min. drive from Otoyo IC; Near 'Sougauchi' bus stop on Reihoku Kanko Jidoshu Bus



MAP P31 C-2



Fumikazu Yamashita,
Chairman, Management Committee

Ohara Tomie Bungakukan

Many visitors like to take a picture in front of the building, as the building was used as a summary court before and they like the fashionable atmosphere of the building. Just relax yourself reading books and watching DVDs in the salon.



This is a museum exhibiting works and showcasing the life of Tomie Ohara, a novelist born in Motoyama. Her most well-known work is 'En to iu Onna (A Woman Called En)'. Her hand-written manuscripts, notes for her novels and other important items related to her are on display.

Chiho Kawamura,
Staff



MAP P31 C-2

Address: 568-2, Motoyama, Motoyama Town, Nagaoka Gun Open hours: 9:00 - 17:00
Closed: Monday (or the subsequent Tuesday if Monday falls on a national holiday)
Fee: ¥300 Parking lot: 25 lots (free of charge)
Access: About 15 min. drive from Otoyo IC; Near 'Motoyama Platinum Center Mae' bus stop on Tosaden Kotsu Bus



Sameura Dam

TEL: +81-887-70-1541

(Sameura Project)
(Inquiries are available only in Japanese)

Enjoy water sports in a vast lake, called the 'life of Shikoku Island', or just enjoy cycling along the lake. Just call us if you want to do any sport, hold club activities or company training seminars. * Registration required in advance for activities in the lake. Just call us.

The dam is situated on the boundary of Motoyama Town in Nagaoka Gun, Tosa Town and Okawa Village in Tosa Gun. It is a multi-purpose dam with a capacity of 316 million m³, supplying water to households and industries in the four prefectures of Shikoku.

Address: Tai, Tosa Town, Tosa Gun
Parking lot: 10 lots (free of charge)
Access: About 25 min. drive from Otoyo IC



MAP P31 C-2



Ikumi Sawada,
Sameura Project
Blue★Lake Leader

Kizenzan Park

This park is known for its rhododendrons, but besides this, there are cherry blossoms and azaleas and when they are in bloom, many people, both pros and amateurs, come to see and take pictures of them. There is also a view of the Yoshino River from the promenade.



This park is related to Kenzan Nonaka. Otherwise known as Shakunage (Rhododendron) Park. From the mid-April to early May, rhododendrons are in full bloom throughout the entire park.



Tomoko Tanaka,
Staff, Motoyama Town
Building Promotion Section



MAP P31 C-2

Address: Motoyama, Motoyama Town, Nagaoka Gun
Parking lot: Available (free of charge)
Access: About 15 min. drive from Otoyo IC; Near 'Kizen Koen Mae' bus stop on Tosaden Kotsu Bus



Shizen Okoku Shirataki no Sato

TEL: +81-887-84-2201

(Inquiries are available only in Japanese)

Among other things, the air here is very fresh. People can enjoy spending time here, and take part in a number of activities such as mountain climbing, swimming in the river and making Tofu.

This is a nature kingdom located on a plateau 750 m above sea level near the boundary with Ehime Prefecture. You can experience various activities including Tofu and Konjac making. There is a camping facility here.

Address: 26, Asatani, Okawa Village, Tosa Gun
Open hours: 8:30 - 17:00 (Sato no Chaya is open at 10:00 - 16:00 from early April to the end of November.)
Closed: Open throughout the year (Sato no Chaya is closed on Tuesdays)
Fee: Varies depending on events you take part in Parking lot: About 10 lots (free of charge)
Access: About 1 h 10 min. drive from Otoyo IC

Kyoko Kondo,
Staff of Okawa Village
Furusato Mura
Public Company



QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

AREA
GUIDE

What makes the Kochi-Jin proud of Monobe River

Monobe River Area

The Monobe River Area is situated in the northeast of Kochi. The area is filled with museums explaining the culture peculiar to Kochi, caves and zoos. This area is good for families to make a trip.

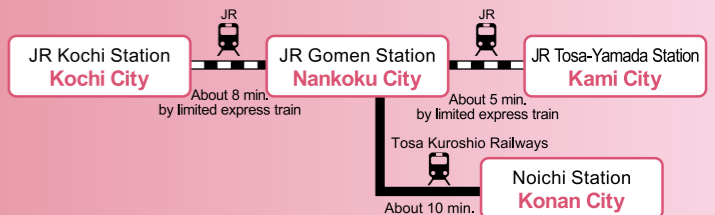
Monobe River

ACCESS How to go to municipalities in Monobe River Area

By car



By public transportation



Kochi City Area
Reihoku Area
Monobe River Area
Niyodo River Area
Muroto and Aki Area
Nakada and Shikoku East Area
Shimanto and Ashizuri Area

Kami City Yanase Takashi Memorial Hall



© Takashi Yanase / Froebel-Kan, TMS, NTV



The 'Anpanman Museum' and 'Poem and Märchen Gallery' highlight the diverse creative activities of Takashi Yanase.

The original tableaus exhibited on the 4th floor of the Anpanman Museum were created especially for this museum and can be seen here only. Visit the two buildings to get a better insight into the creative mind of Takashi Yanase.



MAP P34 C-3



Miyuki Semba,
Secretary-General and Curator

Address: 1224-2, Birafu, Kahoku Cho, Kami City
 Open hours: 9:30 – 17:00 (or 9:00 – 16:30 from July 20 to August 31)
 Closed: Tuesday (or the subsequent Wednesday if Tuesday falls on a national holiday. This facility is open during March 25 to April 6, April 29 to May 5, July 20 to August 31 and December 24 to January 7.)
 Fee: ¥700
 Parking lot: 50 lots (free of charge)
 Access: About 35 min. drive from Nankoku IC;
 Near 'Anpanman Museum Mae' bus stop on JR Shikoku Bus

Ryuga Cave



Welcome to the exciting trip to explore the limestone cave. The entire course is about 1 km long and we will introduce you to the romantic world of ancient times. The Tenkoseki Stone that took 150 thousand years to form is a must see. If you concentrate, you might find Ryoma somewhere here, too.

Ryuga Cave, designated as a natural monument, is a limestone cavern about 4 km in length which has been formed over the past 175 million years. It is also of historical and academic interest.

Hiroko Nishiuchi,
Guide



MAP P34 B-4

Address: 1424, Sakakawa, Tosayamada Cho, Kami City
 Open hours: 8:30 – 17:00 (or 8:30 – 16:30 from December to February)
 Closed: Open throughout the year
 Fee: ¥1,100
 Parking lot: 600 lots (free of charge)
 Access: About 25 min. drive from Nankoku IC;
 Near 'Ryugado' bus stop on Tosaden Kotsu Bus



Kochi Hokigamine Forest Park

This was established by Kochi Prefectural Government on a plateau about 370 m to 610 m above sea level with an area of 102 hectares. This forest park is close to the city area and is in a convenient location to enjoy the forest.

The selling point of this forest park may be there is nothing around here: there are no man-made lights at all, so at night, you can appreciate the beauty of the moon and the stars. You can also enjoy the beautiful flowers along the promenade.

Mitsuyo Kurotsu,
Staff



MAP P34 B-3

Address: Hirayama, Tosayamada Cho, Kami City
 Open hours: 9:00 – 16:30
 Parking lot: 50 lots (free of charge)
 Access: About 20 min. drive from Nankoku IC

Befu Gorge



This valley shows the different faces of the seasons: in spring, the cherry blossom trees are in full bloom; in summer, it is for good camping and river activities; in autumn, it is colored by beautiful autumn leaves; in winter, the entire area is covered with snow. In the autumn leaf season, local people set up shops to sell soba noodles and sautéed amego with salt.

This is a beautiful gorge along the upstream area of the Monobe River in Mt.Tsurugi Quasi-National Park. In autumn, a lot of visitors come to see the spectacular colors of the autumn leaves.

Momoe Endo,
Staff at Kami City Tourist Association



MAP P34 E-2

Address: Befu, Monobe Cho, Kami City
 Parking lot: 180 lots (free of charge)
 Access: About 1 h 25 min. drive from Nankoku IC



Kami City Yoshii Isamu Memorial Museum

Isamu Yoshii was a poet, well known for his work 'Gondola no Uta' (The Gondola Song). Exhibits concerned with his life and work are on display in this literary museum.

This museum shows the work of Isamu Yoshii on paper scrolls, tanzakus and shikishi art boards. Besides these, we have a lot of his writings. It is a special place in this sense. He wrote a lot of love poems and was an excellent calligrapher. Through these exhibits, you can get a greater understanding of this great poet.



MAP P34 C-3



Kei Yano,
Curator

Address: 514, Inono, Kahoku Cho, Kami City
 Open hours: 9:30 – 17:00
 Closed: Tuesday (or the subsequent Wednesday if Tuesday falls on a national holiday)
 Fee: ¥420
 Parking lot: 8 lots (free of charge)
 Access: About 50 min. drive from Nankoku IC

Ekin Museum



The works shown in this museum have a strong appeal. Come and visit us to learn who Ekin (the painter Kinzo) was and enjoy his world.

This museum has collections of paintings and items related to Kinzo Hirose, a painter of the mid-19th Century. He lived in Akaoka Town and had a studio in a Japanese sake warehouse.

Yoshitaka Hamada,
President, Ekingura Management Committee



MAP P34 B-5

Address: 538, Akaoka Cho, Konan City
 Open hours: 9:00 – 17:00
 Closed: Monday (or the subsequent Tuesday if Monday falls on a national holiday)
 Fee: ¥500
 Parking lot: 20 lots (free of charge)
 Access: About 30 min. drive from Nankoku IC;
 About 10 min. on foot from 'Akaoka' Station on Gomen Nahari Line

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Ya Sea Park



In the beach park, various exciting events are held throughout the year. People of all ages can enjoy staying here, as the facility is barrier-free.

This is a leisure zone next to Michinoeki Yasu. It faces to the beach and has a lawn park, a kids' square and picnic sites.



Rie Tsuyuki,
Station Master, Michinoeki
Yasu

MAP P34 B-5



Address: 537-90, Chigire, Yasu Cho, Konan City
Parking lot: 440 lots (paid)
Access: About 35 min. drive from Nankoku IC;
Near 'Yasu' Station on Gomen Nahari Line



Yasu Uminoeki Club

TEL: +81-887-57-1855

(Inquiries are available only in Japanese)

A great place for marine activities such as sea kayaking. Beginners are welcome, our skilled instructors will take very good care of you.

You should try sea kayaking as it won't take long before you are able to operate your kayak and you can feel the sea closer to you. Try it and you will realize how fun sea kayaking is.

Katsutoshi Sennami,
Sea kayak instructor



MAP P34 B-5

Address: 536-19, Chigire, Yasu Cho, Konan City
Open hours: 8:30 – 17:30 (varies depending on the season)
Closed: Monday (or a subsequent weekday if these regular holidays fall on national holidays)
Fee: Varies depending on activity (¥3,000 for a half-day sea kayaking course.) (Reservation required. Minimum number of persons to make a reservation: 5 people)
Parking lot: 100 lots (free of charge)
Access: About 35 min. drive from Nankoku IC;
About 5 min. on foot from 'Yasu' Station on Gomen Nahari Line

Nishijima Flower Garden



MAP P34 A-4



On an area of about 33,000m², there are 10 greenhouses and plant nurseries. From January to early June, visitors can go strawberry picking.

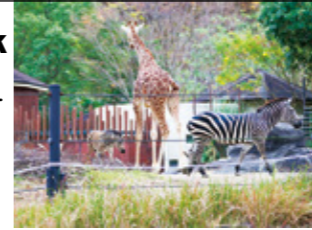
I recommend the newly opened 'Ichigo Café (strawberry café), where you can try sweets made with seasonal fruits. Melons and watermelons are available throughout the year under bougainvillea in full bloom. Come and have a great time here!



Fumiko Sugimoto,
Staff at Tourism Division

Address: 600, Hataeda, Nankoku City
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥780 (fruit ticket) (with water melons and melons)
Parking lot: 200 lots (free of charge)
Access: About 5 min. drive from Nankoku IC;
About 15 min. on foot from 'Kyohoen Mae' bus stop on Tosaden Kotsu Bus

Noichi Zoological Park of Kochi Prefecture



This park, located at the foot of a mountain rich in greenery, features animals kept in their natural environments. That's why you can see animals living in authentic conditions. You can interact with them and watch them feeding. There are other interesting things to do, as well. We look forward to seeing you in the park.

This is an animal park where giraffes, lesser pandas, whaleheads and other 110 species of animals are vividly displayed in the natural environment.



(Right) Dandy dan
(Left) Uzumaki Makiko

MAP P34 B-4



Address: 738, Otani, Noichi Cho, Konan City
Open hours: 9:30 – 17:00
Closed: Monday (or the subsequent Tuesday if Monday falls on a national holiday)
Fee: ¥460
Parking lot: 300 lots (free of charge)
Access: About 20 min. drive from Nankoku IC;
About 20 min. on foot 'Noichi' Station on Gomen Nahari Line

Creative Park 'ACTLAND'

TEL: +81-887-56-1501

(Inquiries are available only in Japanese)



This is a theme park containing 8 pavilions including the Ryoma History Museum. 'Jiyu Kukan' is a space where no admission fee is required.

This is the upgraded Ryoma History Museum. The life of Ryoma Sakamoto is displayed in 27 scenes using about 120 life-like wax figures, while over the entrance is a real dinosaur fossil on top of a jungle gym.



Hiroyuki Yamashita,
Staff



MAP P34 B-4

Address: 928-1, Otani, Noichi Cho, Konan City
Open hours: 10:00 – 18:00
Closed: Open throughout the year
Fee: ¥1,500 (Ryoma History Museum) ; ¥700 each (other 7 pavilions)
Parking lot: 285 lots (free of charge)
Access: About 25 min. drive from Nankoku IC;
About 10 min. on foot from 'Noichi' Station on Gomen Nahari Line

Shikoku Automobile Museum



This is a fascinating collection of 70 luxury cars and motorbikes from Japan and abroad. Be inspired by the ebullience and fantasy of these beautiful cars.

This museum displays prestigious cars of the past, including Alfa Romeo, Porsche and Ferrari to name just a few.



Yoshihiro Sakamoto,
Staff

MAP P34 B-4



Address: 896, Otani, Noichi Cho, Konan City
Open hours: 10:00 – 17:00
Closed: Monday (Open on Monday falling on a national holiday)
Fee: ¥800
Parking lot: 20 lots (free of charge)
Access: About 25 min. drive from Nankoku IC;
About 10 min. on foot from 'Noichi' Station on Gomen Nahari Line



Kochi Prefectural Museum of History; Ruins of Oko Castle, National Historic Site

This museum has a lot of items on display including documents related to the history of Kochi Prefecture. The exhibition room of the Chosokabe Clan, feudal lords of Tosa during the Age of Battles, explains the rise and fall of the clan. A tower has been constructed where the keep of the castle was located.

This is where Oko Castle, the home of Motochika Chosokabe was located and from here, you can get a full view of the Kochi Plain. If you are interested in the history of the Age of Battles, don't miss a room where the Chosokabe Clan is explained in detail. You can take your pictures at a Honjin set. Find the Motochika Hisho no Zo Statue.



Young samurai, Motochika Kun:
Official Character



MAP P34 A-4

Address: 1099-1, Yahata, Oko Cho, Nankoku City
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥460 (Admission fees vary depending on special exhibitions)
Parking lot: 50 lots (free of charge)
Access: About 15 min. drive from Nankoku IC;
About 10 min. on foot from 'Gakkou Bunki' bus stop on Tosaden Kotsu Bus

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

What makes the Kochi-Jin proud of Niyodo River

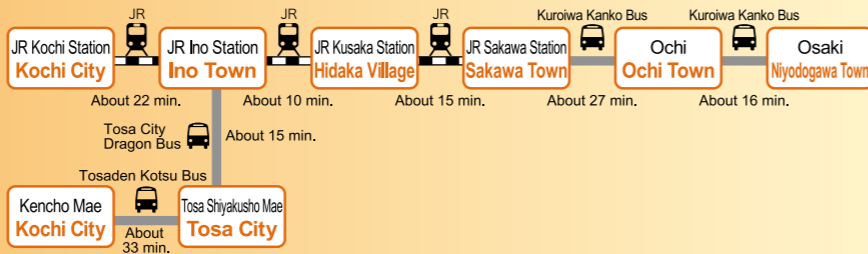
Niyodo River Area

ACCESS How to go to municipalities in Niyodo River Area

By car



By public transportation



Located in the northwest of Kochi, Niyodo River area has Niyodo River, a class one river whose water quality is of the highest in Japan, otherwise known as miraculously clear river. This is the area you can learn culture and history of local people.



Niyodo River

The Niyodo River, known for its miraculously clear water, is gaining attention for its beautiful and mysterious atmosphere. Besides the charm of the river, there are various activities on offer in the area. One of its features is its good access from Kochi City, which is only about a 30 min. drive away.



The photograph by Nobuyuki Takahashi



Fumi Sawamura, Staff at Niyodo Blue Tourism Council

The Niyodo River has been rated as the cleanest river in Japan for five straight years. The water quality is stable along its whole length, a rarity among rivers in Japan. You can enjoy the culture, delicious mountain and river food, and a range of activities that have been protected and nurtured by the people living in the watershed area. The Chinkabashi (Submersible bridges) are something you really should see.

Address: Tosa City, Ino Town, Hidaka Village, Sakawa Town, Ochi Town and Niyodogawa Town
Access: About 10 min. to 1 h 30 min. drive from Ino IC



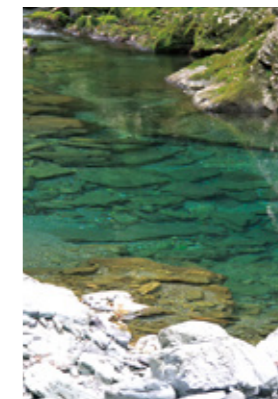
Nakatsu Gorge

This beautiful natural gorge is a pleasure to the eye. Along the Nakatsu River, a branch of the Niyodo River, is a promenade of about 2 km in length.

MAP P39 A-3



Address: Nanokawa, Niyodogawa Town, Agawa Gun
Parking lot: 10 lots (free of charge)
Access: About 1 h 10 min. drive from Ino IC



Yasui Gorge

It is in a prefectural natural park. Yasui River, a branch of Niyodo River is a highly clear river, the color of which is referred to as 'Niyodo Blue.'

MAP P39 B-2



Address: Oya, Niyodogawa Town, Agawa Gun
Parking lot: 50 lots (Free of charge)
Access: About 1 h 30 min. drive from Ino IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
For Inquiries (Email) : info@visitkochijapan.com (English is available)

Kochi City Area
Reihoku Area
Monobe River Area
Niyodo River Area
Muroto and Aki Area
Nakada and Shikoku Karst Area
Shimanto and Ashizuri Area

Tosawashi Kogeimura 'Qraud'

TEL: +81-88-892-1001
(Inquiries are available only in Japanese)



Here, you can make a post-card or signboard using Tosa Washi (traditional Japanese paper). It only takes an hour and will be a good memory. Why not come and make your own paper products as a souvenir?

Qraud is a multi-purpose facility, where you can enjoy canoeing, rafting, Japanese paper making, weaving and other activities blessed by the Niyodo River.

Akemi Ito,
Staff at Japanese Paper Making Hall



MAP P39 C-3

Address: 1226, Kashiki, Ino Town, Agawa Gun
Open hours/Closed: Depending on the activities
Parking lot: 170 lots (free of charge)
Access: About 20 min. drive from Ino IC;
Near 'Iwamura' bus stop on Kenko Hokubu Kotsu Bus



Niyodo River Houseboat

TEL: +81-889-24-6988
(Inquiries are available only in Japanese)



MAP P39 C-3

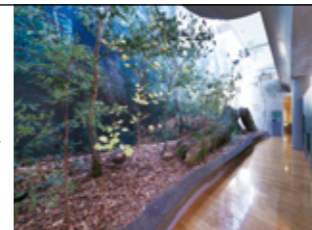
Address: 209-1, Honmura, Hidaka Village, Takaoka Gun
Open hours: 9:00 – 17:00
Closed: Cruising service is available throughout the year (Reserved cruising only from December to February. Services may be cancelled on stormy days.)
Fee: ¥2,000
Parking lot: 30 lots (free of charge)
Access: About 30 min. drive from Ino IC

As you float down the river in a houseboat, close enough to touch the river's surface, you can clearly see fish as they swim in the pure water and even its river bed. The mountains reflected on the river surface with Chinkabashi (Submersible bridges) provide a perfect photo taking opportunity.

Satoru Tanaka,
President



The Yokogurayama Natural Forest Museum, Ochi

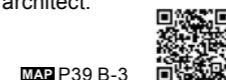


Welcome to this museum dedicated to the mysteries of 'earth science'. On display is a fossil triceratops skull, and fossils of coral dating back 400 million years. These fossils and rocks play an important role in the study of the Earth's history.

This is a natural history museum which takes its theme from Mt. Yokogura, where the oldest fossil remains in Japan were discovered; it is also a floral sanctuary. The building was designed by Tadao Ando, the world famous architect.



Toshio Yasui,
Curator



MAP P39 B-3

Address: 737-12, Ochihei, Ochi Town, Takaoka Gun
Open hours: 9:00 – 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: ¥500
Parking lot: 52 lots (free of charge)
Access: About 45 min. drive from Ino IC;
About 5 min. on foot from 'Miyanomae' bus stop on Kuroiwa Kanko Bus



Agawa Sky Park

TEL: +81-89-971-3190
(Windpal ESD)
(Inquiries are available only in Japanese)

Agawa Sky Park is one of the few paragliding spots in western Japan. Recently this site gained recognition for being chosen as a location for the film 'Kencho Omotenashi Ka (Hospitality Division of the Prefecture Office)'.

You only have to try paragliding once to get hooked. Visit the homepage of Shikoku Wing, a group of paragliding lovers, to see our activities and pictures/videos taken in the sky.



MAP P39 A-3

Kiyokazu Ikemoto,
Staff, Flight Area Management Group, Shikoku Wing



Address: Kaminanokawa, Niyodogawa Town, Agawa Gun
Open hours: 10:00 – 17:00 (April – November)
Closed: Open throughout the year except for stormy days
Fee: ¥5,700 (half-day paragliding) (Reservation required at least 2 weeks in advance)
Parking lot: Available (free of charge)
Access: About 2 hours. drive from Ino IC



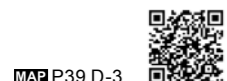
Ino-cho Paper Museum

TEL: +81-88-893-0886
(Inquiries are available only in Japanese)

This museum introduces you to the history of Tosa Washi and the manual processes of traditional Japanese papermaking. Find and buy your favorite items as your souvenirs at the renewed museum shop.

If you are with your children, why not try papermaking together? On the first Sunday every month, there is a nagashizuki papermaking workshop. The museum puts on a number of exhibitions and other workshops related to paper through the year.

Rika Becchaku,
Director, Ino-cho Paper Museum



MAP P39 D-3

Address: 110-1, Saiwai Cho, Ino Town, Agawa Gun
Open hours: 9:00 – 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: ¥500
Parking lot: 50 lots (free of charge)
Access: About 10 min. drive from Ino IC;
About 10 min. on foot from JR 'Ino' Station

Ochi Cho Kanko Bussan Kan 'Ochi Eki'

TEL: +81-889-26-1004
(Ochi Town Tourist Association)
(Inquiries are available only in Japanese)



Canoeing and rafting are natural attractions comparable to theme parks in that you can lose yourself in them and forget your everyday worries. Come to the Niyodo River, meet our guides and say goodbye to your cares.

Start your sightseeing in Ochi Town, home of canoeing and rafting along the Niyodo River, at Ochi Eki. Ochi Eki sells local specialty products and many people drop in to buy souvenirs.



Yuna Oda,
Shop staff



MAP P39 B-3

Address: 1736-7, Ochiko, Ochi Town, Takaoka Gun
Open hours: 8:00 – 17:00
Closed: Open throughout the year
Parking lot: 7 lots (free of charge)
Access: About 40 min. drive from Ino IC;
Near 'Ochi' bus stop on Kuroiwa Kanko Bus



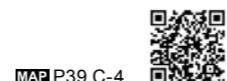
Sakawa Geology Museum and Institute

TEL: +81-889-22-5500
(Inquiries are available only in Japanese)

The museum shows items related to the geological and terrestrial formation of Kochi as well as a collection of fossils. It tells about the history of the Earth from 3.5 billion years ago. In the entrance hall, a moving tyrannosaurus welcomes visitors.

The museum has 'Sakawa, a Repository of Fossils', rare fossils collected in Kochi, and a 'movable continent model' which explains about plate tectonics in an easy-to-understand manner. You can experience fossil hunting yourself in a site in Sakawa Town. Just call us!

Tomihiko Mizobuchi,
Staff



MAP P39 C-4

Address: 360, Ko, Sakawa Town, Takaoka Gun
Open hours: 9:00 – 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: ¥300
Parking lot: 30 lots (free of charge)
Access: About 30 min. drive from Ino IC;
About 15 min. on foot from JR 'Sakawa' Station

Seizan Bunko, Sakawa Town



We have letters written by Ryoma Sakamoto and other items of historical value on display. There are lots of items in storage that have yet to be displayed. By regularly rotating the displays, we aim to show all the museum's treasures to the public.

Seizan Bunko is a museum with a collection of historical documents and paintings by painters in Tosa, which were once owned by Mitsua-ki Tanaka, former Imperial Household Minister.



Aki Fujita,
Curator



MAP P39 C-4

Address: 1453-1, Ko, Sakawa Town, Takaoka Gun
Open hours: 9:00 – 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: ¥400
Parking lot: 5 lots (free of charge)
Access: About 40 min. drive from Ino IC;
About 5 min. on foot from JR 'Sakawa' Station

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Former Hamaguchi Family Residence

This is the renovated former residence of the Hamaguchi Family, who were involved in Japanese sake production since the 18th Century. In the house, there is a tourist information center, a cozy café and a local specialty shop. This is a stop-off that every tourist should make before starting their trip in Sakawa Town. Tour guide services in Sakawa Uemachi are available.



MAP P39 C-4

Address: 1472-1, Ko, Sakawa Town, Takaoka Gun Open hours: 9:00 – 17:00
 Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
 Parking lot: Available (Sakawa Town Office) (free of charge)
 Access: About 40 min. drive from Ino IC; About 5 min. on foot from JR 'Sakawa' Station



National Treasure gilt bronze sword with ring pommel

*The sword shown in the picture is a replica.



MAP P39 C-3

This sword, which is enshrined in Tosaniomiya Shrine, otherwise known as Omura Shrine, is a national treasure. As the sword is on view to the public on November 15th only, when an autumn grand festival is held in the shrine, a replica of the sword is displayed at Muranoeki Hidaka.

Address: 1478-9, Hongo, Hidaka Village, Takaoka Gun Open: 8:00 – 18:00
 Closed: Open throughout the year Parking lot: 47 lots (free of charge)
 Access: About 20 min. drive from Ino IC; About 5 min. on foot from JR 'Okabana' Station



Green Park Hodono

TEL: +81-88-867-3705
 (Inquiries are available only in Japanese)

The park is a place where you enjoy yourself in the natural surroundings and its facilities including an athletic field, a lawn golf field and a camping field as well as bungalows and lodging buildings.

Feel free to enjoy yourself in the mountains. Mountain sports are really a lot of fun. Enjoy making baumkuchen as well! (1 roll for ¥2,600. Reservation required)



MAP P39 C-2

Tadayuki Hosokawa, Curator

Address: 973-8, Kiyomizukamibun, Ino Town, Agawa Gun
 Open: Free for entering the park (8:30 – 17:00 (Office))
 Closed: Open throughout the year. (Office is closed from December 29 to January 3)
 Fee: None
 Parking lot: 600 lots (free of charge)
 Access: About 60 min. drive from Ino IC



Nii Region Sightseeing and Friendship Exchange Facility 'Maze'

Maze is an ideally located sightseeing and friendship exchange facility. On the first floor there are shops selling local products, while on the 2nd floor is a café selling sweets using locally produced melons, and the 3rd floor has an observatory which gives a full view of the Pacific Ocean.



MAP P39 D-4

Address: 38-34, Nii, Tosa City Open: 8:00 – 16:00 (Depending on the facilities)
 Closed: Closed on the 2nd and 4th Monday (open if these Mondays falls on non-working days)
 Parking lot: 50 lots (free of charge)
 Access: About 15 min. drive from Tosa IC

Dragon Hiroba (Dragon Square)

This is a shopping square selling fresh local products, local food and a range of products from Tosa City. There is an open space where you can eat the food you buy here. There is also a tourist information center.



MAP P39 D-4

Address: 2116-3, Ko, Takaoka Cho, Tosa City Open: 8:30 – 20:00
 Closed: Open throughout the year Parking lot: 26 lots (free of charge)
 Access: About 5 min. drive from Tosa IC; Near 'Tosa Shiyakusho Mae' bus stop on Tosaden Kotsu Bus

Usa Shiokaze Park

TEL: +81-88-856-1133
 (Whale Watching in Usa)
 (Inquiries are available only in Japanese)



Tosa Bay is famous for whale watching area and there is a high probability that you can see dolphins and Bryde's whales. It's such a special experience that many people come back again as big fans.

This park features the famous statue of two whales, one large and the other small. Visitors go whale watching from here, and it is a good place to take a rest during a long drive.



Seiichiro Narutaki, Staff at Whale Watching in Usa

Address: 2752-7, Hashidahama, Usa Cho, Tosa City
 Open: April 20 – October 31 (whale watching); During the whale watching periods, ships leave the port three times a day. (Reservation Required)
 Closed: On stormy days Fee: ¥6,000 Parking lot: 50 lots (free of charge)
 Access: About 20 min. drive from Tosa IC; About 5 min. on foot from 'Shiokaze Koen Mae' bus stop on Dragon Bus



MAP P39 D-4

AREA GUIDE

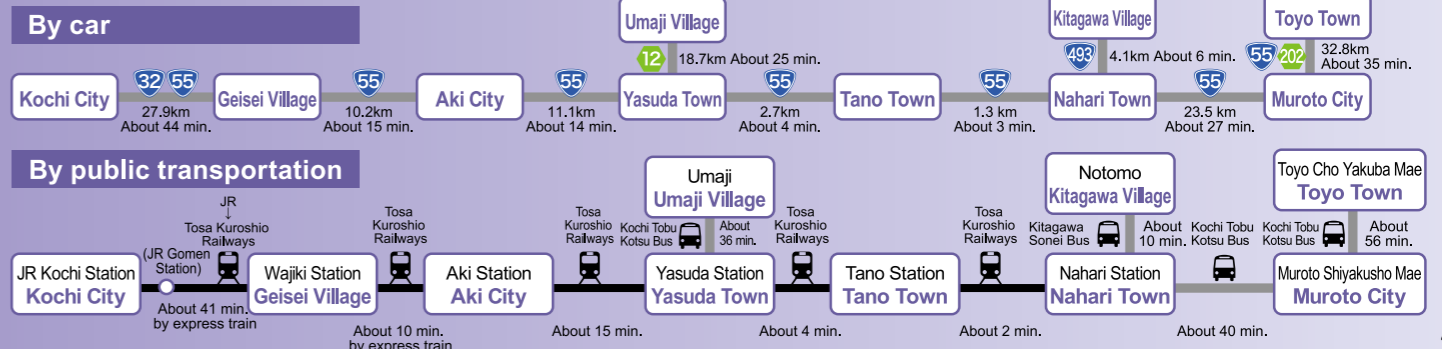
What makes the Kochi-Jin proud of Muroto and Aki

Muroto and Aki Area

Muroto and Aki areas are located in the east of Kochi, and are home to the Muroto UNESCO Global Geopark, the forest railway ruin, Monet's Garden and other interesting sightseeing spots.



ACCESS How to go to municipalities in Muroto and Aki Area



QR codes Get the access information using your smartphone. (See P2 for how to use the function.)
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 For Inquiries (Email) : info@visitkochijapan.com (English is available)

Shirahama Beach



Toyo Town is well known for surfing, but you can do diving and snorkeling as well. The sea changes dramatically depending on seasons. Come and visit us.

The beach, well known for its shallow water, is filled with people during the summer season from July to August. Many people enjoy marine sports nearby.

Nobuhiro Fukui,
President, Toyo Town Travel
and Tourism Association



MAP P44 D-2

Address: Shirahama, Toyo Town, Aki Gun
Parking lot: 175 lots (free of charge)
Access: About 1 h 10 min. drive from 'Nahari' Station on Gomen Nahari Line;
Near 'Shirahama' bus stop on Kochi Tobu Kotsu Bus

Uminoeki Toyo Cho



This facility is equipped with a tourist information center where you can pick up various pamphlets on local attractions, a shop selling fresh locally-made food and ingredients and a restaurant where you can enjoy a cup of coffee and eat local cuisine.

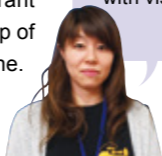
Most products available here are locally made and fresh. The prices are very reasonable. Many of the ingredients used by the restaurant are local products. They have weekend menus and local menus, which are popular with visitors.



MAP P44 D-2

Address: 88-1, Shirahama, Toyo Town, Aki Gun
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Parking lot: 175 lots (free of charge)
Access: About 1 h 10 min. drive from 'Nahari' Station on Gomen Nahari Line;
About 5 min. on foot from 'Shirahama' bus stop on Kochi Tobu Kotsu Bus

Misuzu Ito,
Staff

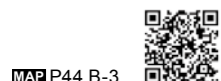


Kitagawa Village 'Monet's Garden' Marmottan

This is one of the only two recreations of Monet's Garden in the world. It has been reproduced from Claude Monet's famous garden in Giverny, France a place he loved.

Water lilies, the symbol of this garden, are in bloom in the morning, and close around noon, so the best time to come is in the morning. Enjoy watching the trees around the garden and the reflections in the pond, which Monet took as themes for his paintings.

Junko Nishiyama,
Staff



MAP P44 B-3

Address: 1100, Notomoko, Kitagawa Village, Aki Gun
Open hours: 9:00 – 17:00
Closed: Tuesday (Open on a Tuesday if it falls on a national holiday);
Closed for some periods in winter.
Fee: ¥700 **Parking lot:** 100 lots (free of charge)
Access: About 1 h 10 min. drive from Nankoku IC;
Near 'Monet no Niwa' bus stop on Kitagawa Sonei Bus

Shintaro Nakaoka Museum

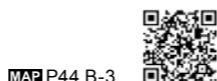
TEL: +81-887-38-8600
(Inquiries are available only in Japanese)

You can take a tour of the museum and visit a reproduction of the house where he was born nearby. Reservations are required for the hour-long tour. There are lots of sites related to Shintaro around the museum. Just walking around the area is interesting in itself.

Mitsuhiro Toyota,
Curator



This is a museum devoted to Shintaro Nakaoka, a samurai of the early 19th Century who was born in Kitagawa Village. His work, life and achievements are shown through documents and artifacts connected with him.



MAP P44 B-3

Address: 140, Kashiwagi, Kitagawa Village, Aki Gun
Open hours: 9:00 – 16:30
Closed: Tuesday (or the subsequent Wednesday, if Tuesday falls on a national holiday)
Fee: ¥500
Parking lot: About 13 lots (free of charge)
Access: About 1 h 15 min. drive from Nankoku IC;
Near 'Kashiwagi' bus stop on Kitagawa Sonei Bus

Muroto UNESCO Global Geopark

The whole of Muroto City was recognized as a UNESCO Global Geopark in September 2011. While you are here, you can enjoy finding out about everything from geology and culture to the diversity of the ecosystem.

The geopark makes you realize the dynamic movement of the earth. The Muroto Peninsula sticks out into the Pacific Ocean and is a particularly dramatic meeting-place of land and sea. You can see beach with its gigantic rocks, the 360 degree panoramic view, enjoy marine and mountain products and feel the sense of being united with nature.



Muroto UNESCO Global Geopark

Muroto Global Geopark Center

As the hub for disseminating information on Muroto UNESCO Global Geopark, the center explains about the geopark through an exhibition and videos. There is also a guided tour. A new feature is a geopark experiencing area.



Yugo Nakamura,
Geological specialist,
Muroto Geopark
Promotion Committee

Here, you can learn all the about the geopark and where to go to see its highlights. This facility has a video theater and educational programs explaining how the land of Muroto was formed. When you come to the geopark, make this your first stop.

MAP P44 C-4



Address: 1810-2, Murotomisaki Cho, Muroto City
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: None **Parking lot:** 50 lots (free of charge)
Access: About 40 min. drive from 'Nahari' Station on Gomen Nahari Line; Near 'Muroto Sekai Geopark Center' bus stop on Kochi Tobu Kotsu Bus

Streets of Kiragawa

TEL: +81-887-25-3670
(Kiragawa Machinami Kan)
(Inquiries are available only in Japanese)



The streetscape was designated as a National Important Preservation District for Groups of Traditional Buildings for the first time in Kochi. You can have a guided tour through the area.

The street has plaster-walled merchant houses built in the late 19th Century, 'mizukirigawara' warehouses, and walls made using stones from rivers and beach. These remaining examples of traditional architecture in the streets along the Kira River are very special. I'd like to see the street preserved and handed on to the next generation.



Masao Aoki,
Guide



MAP P44 C-4

Address: Kiragawa Cho, Muroto City
Fee: Guided tour is available for a fee (Advance reservation is required.)
Parking lot: About 33 lots (free of charge)
Access: About 20 min. drive from 'Nahari' Station on Gomen Nahari Line;
Near 'Kiragawa Gakko Dori' bus stop on Kochi Tobu Kotsu Bus

Cape Muroto Lighthouse

This white lighthouse is the symbol of Cape Muroto, and is famous as a meeting place for lovers. The lighthouse festival is a rare chance to enter the lighthouse and is held annually on the Sunday closest to November 1st.

MAP P44 C-4



Address: Murotomisaki Cho, Muroto City
Parking lot: Available (free of charge)
Access: About 45 min. drive from 'Nahari' Station on Gomen Nahari Line;
About 30 min. on foot from 'Murotomisaki' bus stop on Kochi Tobu Kotsu Bus



Muroto Dolphin Center

TEL: +81-887-22-1245
(Inquiries are available only in Japanese)

This facility gives visitors a chance to interact with dolphins. What I would recommend most is the 'Dolphin Swim', which gives you the opportunity to swim in the sea with a dolphin. I'm sure this will be an unforgettable event. Crews are close by and you can enjoy talking with them, too.

There are a number of programs you can take part in here; you can touch a dolphin, experience the trainers' work and swim with the dolphins.

Kei Murakami,
Trainer



MAP P44 C-4

Address: 6810-162, Kujirahama, Murotomisaki Cho, Muroto City
Open hours: 10:00 – 16:00 **Closed:** Open throughout the year
Fee: ¥435 (¥760 – Dolphin Touch, ¥2,160-Trainer experience, ¥8,640-Dolphin Swim)
Parking lot: 15 lots (free of charge)
Access: About 40 min. drive from 'Nahari' Station on Gomen Nahari Line;
About 5 min. on foot from 'Muroto Eigyocho' bus stop on Kochi Tobu Kotsu Bus

'Kujira Kan' Museum (Kiramesse Muroto)

This museum explains about the ancient style of whale hunting, once an industry in Muroto City, using illustrations and digitally animated pictures. Making use of up-to-date technology, the virtual reality experience, which simulates being aboard a sekobune ship, has become very popular with visitors.



MAP P44 C-4

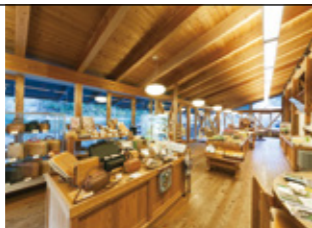
Address: 890-11, Hei, Kiragawa Cho, Muroto City **Open hours:** 9:00 – 17:00
Closed: Monday (or the next day when a Monday falls on a national holiday)
Fee: ¥500 **Parking lot:** 35 lots (free of charge)
Access: About 25 min. drive from 'Nahari' Station on Gomen Nahari Line;
Near 'Kiramesse Muroto' bus stop on Kochi Tobu Kotsu Bus

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Umaji Mura Furusato Center: 'Makaichotteya'

TEL: +81-887-44-2333
(Inquiries are available only in Japanese)



You can rely on us to tell you how to get the most out of your visit to Umaji Village, how to get around and for information on the mountains. We can tell you anything you want to know about Umaji Village. You can also try your hand at making magewappa. When you come to Umaji Village, make this your first stop.

This is a shopping center with a tourist information corner and a specialty item shop. Various yuzu products and handicrafts made from Yanase Cedar are for sale.

Naoko Anyoji,
Village Guide



MAP P44 B-2

Address: 382-1, Umaji, Umaji Village, Aki Gun
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Parking lot: 5 lots (free of charge)
Access: About 1 h 30 min. drive from Nankoku IC;
Near 'Umajibashi' bus stop on Kochi Tobu Kotsu Bus



Yuzu no Mori Kakojo - Umaji Mura Agricultural Cooperative Association

This is a yuzu processing plant of the Umaji Mura Agricultural Cooperative Association. You can watch demonstrations of the production process of 'Gokkun Umajimura' and buy products that are made here at the shop.

This facility shows you the process of making the yuzu products of Umaji Village from order taking to packaging and delivery. After watching, please relax in the Yanase Cedar Lobby and try some 'Gokkun'.

Yuki Honzawa,
PR Staff, Agricultural Management and Sales Section



MAP P44 B-2

Address: 3888-1, Umaji, Umaji Village, Aki Gun
Open hours: 8:30 – 17:00
Closed: Open throughout the year
Fee: None
Parking lot: 8 lots (free of charge)
Access: About 1 h 30 min. drive from Nankoku IC;
Near 'Umaji' bus stop on Kochi Tobu Kotsu Bus

Seaside Nature School

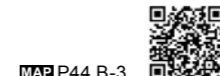
TEL: +81-887-38-5127
(Inquiries are available only in Japanese)



When you go snorkeling, you can see the colorful coral reef up really close and if you are lucky, you will find yourself surrounded by tropical fish. It feels as if you are in a dream.

In this facility, you can learn about and enjoy nature. There is a beautiful coral reef beach at Nahari and you can enjoy sea kayaking and snorkeling.

Takashi Ito,
Director



MAP P44 B-3

Address: Jisaki, 2293-2, Ko, Nahari Town, Aki Gun
Open hours: 9:30 – 11:00, 13:30 – 15:00
Closed: November to March
Fee: ¥2,000 (90-min. guide service included)
Parking lot: Available (free of charge)
Access: About 1 h 10 min. drive from Nankoku IC;
About 5 min. drive from 'Nahari' Station on Gomen Nahari Line

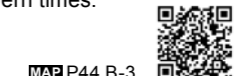


Fujimura Yarn Making Museum

The yarn making industry was based on the silk culture in Japan. An old yarn making factory is now a new sightseeing spot in Nahari Town. The museum shows documents and items related to yarn making industries of modern times.

The factory had operated here for many years, but closed down in 2005. The original building was demolished, but we built this memorial museum because we wanted to leave a record for later generations.

Kyoichi Yasumitsu,
President, Fujimura Yarn making Company



MAP P44 B-3

Access: 2630, Otsu, Nahari Town, Aki Gun
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: None
Parking lot: 20 lots (free of charge)
Access: About 1 h 5 min. drive from Nankoku IC;
About 15 min. on foot from 'Nahari' Station on Gomen Nahari Line



Yanase Maruyama Park

This is a park located at the starting point of trip in Yanase. The park includes Yanase Onsen, a Forest Railway, Yanase Sugi no ie, and athletic facilities.

Hop on a diesel locomotive used in days gone by for carrying logs and take a ride through the park. Enjoy the flavor of the seasons. The ticket for the train is made of wood by hand and makes a good souvenir of the Forest Railway.

Koshiro Inoue,
Preserving Forest Railways Group



MAP P44 C-1

Address: Yanase, Umaji Village, Aki Gun
Open hours: (for getting on a forest train); 10:00 – 15:30 (April to October); 10:30 – 15:00 (November to March)
Closed: From Monday to Saturday (In August, this train is on service on Saturdays, too)
Fee: ¥400 (train ticket); ¥1,000 (driver experience)
Parking lot: 30 lots (free of charge)
Access: About 2 hours. drive from Nankoku IC

Yanase Forest Railway Ruin

TEL: +81-887-44-2333
(Makaichotteya)
(Inquiries are available only in Japanese)



Come and walk with us along the ruin of railway. It was built 50 years ago. We will explain you the basic technology used for laying this railway to give you a vivid picture of the times. There are plans to establish a branch line route as well.

There is a guided tour to the ruin of Yanase Forest Railway extending across 5 municipalities in the Central Aki Area. You can listen to the history and culture of this area as well.

Japan Heritage

Hiroto Kiyooka,
Umaji Village Guides' Club



Address: Umaji Village and its peripheral area
Open hours/Closed/Fees/Parking Lot: Please direct your inquiries to the facility.
Access: About 1 h 30 min. drive from Nankoku IC

Japan Heritage refers to a cultural asset comprising Japan Heritage 'From Forest Railways to the Yuzu Road, the best of Japan.'



Tano Town Guide Tour

TEL: +81-887-38-2511
(Tano Town Education Board)
(Inquiries are available only in Japanese)

Participants can learn about the history and culture of Tano Town while on a walking tour of the town that lasts for about 90 minutes, starting from a Michinoeki or Oka Palace.

Why not come with us for a walk around Tano Town, and feel the flow of history? Tano Town was the home of many great figures, and our guides are ready to show you places related to them and other interesting sightseeing spots.

Japan Heritage

Seiichi Shibahara,
President of Tano Guide Group 'SAN'

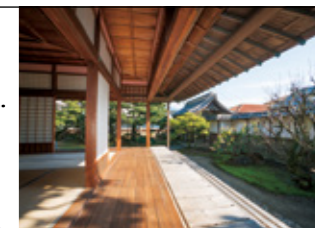


MAP P44 B-3

*Read the QR code to jump to Tano Town Community Center.

Address: (Secretariat) 1456-42, Tano Town, Aki Gun
Reservation: 8:30 – 17:00, required at least 7 days in advance.
Closed: Open throughout the year
Fee: ¥500
Parking lot: 100 lots (free of charge; Tano Town Office, etc.)
Access: About 60 min. drive from Nankoku IC;
About 3 min. on foot from 'Tano' Station on Gomen Nahari Line

Oka Palace



The open space here has such a pleasant breeze flowing through that I sometimes find someone taking a nap. Come visit us with your nearest and dearest; I'm sure you will feel at home.

This was the former house of the Oka Family, a rich merchant family, which was used as an inn by the lords of the domain during the Edo period when they made an inspection tour of the eastern area of Tosa Domain. Visitors can dress up as a lord and a princess in their traditional costumes.

Keiko Matsumoto,
Curator



MAP P44 B-3

Japan Heritage

Address: 2147-1, Tano Town, Aki Gun
Open hours: 9:00 – 16:30
Closed: Tuesday (or the subsequent Wednesday, if Tuesday falls on a national holiday)
Fee: ¥500
Parking lot: 100 lots (free of charge; Tano Town Office, etc.)
Access: About 60 min. drive from Nankoku IC;
About 10 min. on foot from 'Tano' Station on Gomen Nahari Line

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
* Though it isn't shown above, each facility is closed during the New Year holiday season, spring holiday season, summer holiday season and extraordinary closing days determined by each one.
For Inquiries (Email) : info@visitkochijapan.com (English is available)

Walking along Historical City of Aki

The Doi area contains the house where Yataro Iwasaki was born, samurai houses surrounded by characteristic hedges and Farmer's Clock. It preserves the atmosphere of the town, characteristic of the period from the 17th century to the 19th century. Why not take a guided tour around this unique and historical area?



Seisuke Negi,
President, Aki City
Volunteer Guide
Group



You will get a feeling of the long history of Aki City from its streetscape and sightseeing spots. Rent a bicycle or just stroll through the streets.

Aki City Museum of History and Folklore

Aki still keeps an atmosphere of the samurai era, including Farmer's Clock and Doikachu. The Museum shows the history of Aki City. In those days, a feudal lord, Kunitora Aki had his castle in this city. In this sense, the museum is the best place to learn history of Aki City.



Norio Oi,
Director



MAP P44 A-2



The museum holds weapons, body armors and fine arts and crafts that have been handed down from generation to generation among the Goto Family, the chief retainer of the Tosa Domain, and items related to the history of Aki City. The museum is situated in the ruin of Aki Castle and in the vicinity is a calligraphy museum.

Address: 953-1, Doi, Aki City
Open hours: 9:00 – 17:00
Closed: Monday (Closed on Mondays if they fall on national holidays)
Fee: ¥300
Parking lot: 10 lots (free of charge)
Access: About 50 min. drive from Nankoku IC;
About 10 min. on foot from 'Nora Dokei Mae' on Genki Bus

Yataro Iwasaki Birthplace



MAP P44 A-2



This is the house where Yataro Iwasaki, founder of the Mitsubishi Group, was born. It is said the stones in the garden were placed in a form of the Japanese archipelago by the young Yataro, showing his youthful ambition.

Address: Ichinomiya, Inokuchi, Aki City
Open hours: 8:00 – 17:00
Closed: Open throughout the year
Fee: None
Parking lot: Available (free of charge)
Access: About 50 min. drive from Nankoku IC;
Near 'Ichinomiya' bus stop on Genki Bus



Farmer's Clock



MAP P44 A-2

The clock was hand-made by Genma Hatakenaka for local farmers, around 1887, after studying the mechanical structure of a clock made in the U.S. It is a symbol of Aki City.

Address: Doi, Aki City
Open hours: Free for just watching the clock
Parking lot: 30 lots (free of charge)
Access: About 50 min. drive from Nankoku IC;
Near 'Nora Dokei Mae' bus stop on Genki Bus

Doikachu



MAP P44 A-2



This is a streetscape of samurai houses from the Doi area. It was, in those days, a castle town. The house of the Nomura Family is open to the public for free.

Address: Doi, Aki City
Parking lot: 30 lots (free of charge)
Access: About 50 min. drive from Nankoku IC;
Near 'Nora Dokei Mae' bus stop on Genki Bus

Yasuda Machinami Koryukan 'Nagomi'

Activists in Yasuda Town from the late Edo Period to the Meiji Restoration are introduced using historical documents and special events. They include Junzo Takamatsu, Eikichi Ishida and other people related to Ryoma Sakamoto.

Japan Heritage

Address: 1674-1, Yasuda, Yasuda Town, Aki Gun
Open hours: 9:00 - 17:00
Closed: Open throughout the year (until March 31, 2019)
Fee: None (¥200 for special events)



Parking lot: 8 lots (free of charge)
Access: About 60 min. drive from Nankoku IC;
About 10 min. on foot from 'Yasuda' Station on Gomen Nahari Line.



Tetsuro Kubo,
Yasuda Town Education
Board



MAP P44 B-3

Uchiharano Ceramics Museum

TEL: +81-887-32-0308
(Inquiries are available only in Japanese)



I feel happy when I hear someone saying 'When I put a cup and a dish I made on the table it makes me really happy.' I sincerely hope that more people come to enjoy the simple red brown Uchiharano pottery.

Visitors can make Uchiharano-yaki pottery using the traditional technique of tebineri and painting in the fully equipped facilities. Our instructors will lead you through the process.

Izuru Nishimura,
Instructor



MAP P44 A-2



Address: 1607-1, Kawakitaotsu, Aki City
Open hours: 9:00 – 17:00 (pottery making: 9:00 – 15:00)
Closed: Wednesday (Open on Wednesdays falling on a national holiday)
Fee: ¥2,200 or up (tebineri course); ¥800 or up (pottery painting course); ¥1,500 or up (pottery wheel course) (Sundays and National Holidays only) (Reservation at least one day in advance is required.)
Parking lot: 50 lots (free of charge)
Access: About 50 min. drive from Nankoku IC;
Near 'Togeikan Mae' bus stop on Genki Bus

Teruport Yasuda



This complex includes 'Tosa no Genki Ichi Market,' a shop selling local products, restaurants and sweets shops that sell food using local ingredients.

The square has all types of agricultural products delivered by local producers after harvesting in the morning. Soft ice-cream made from milk produced at a local farm in Yasuda Town is very popular.



MAP P44 B-3

Miki Komatsu,
Staff



Address: 1716-6, Yasuda, Yasuda Town, Aki Gun
Open hours: 8:30 – 18:00 (Depending on the facility)
Closed: Third Wednesday
Parking lot: 20 lots (free of charge)
Access: About 60 min. drive from Nankoku IC;
About 10 min. on foot from 'Yasuda' Station on Gomen Nahari Line

Geisei Mura Denshokan (Brown Sugar Making Facility)

TEL: +81-887-33-2990
(Kappa Ichi)
(Inquiries are available only in Japanese)

Geisei Village is famous as a producer of brown sugar and is working to preserve its traditional method of making it by hand. A facility giving visitors the opportunity to experience making brown sugar by hand opened in 2014. After you have made it, you can take the brown sugar home with you. Enjoy your visit to the facility.



Visitors can make brown sugar (shiroshiatou) using the traditional way of boiling extract squeezed from sugarcane.

Shiko Ino,
Staff, Sugar Making
Association



MAP P44 A-2

Address: 4537-1, Wajikiko, Geisei Village, Aki Gun
Open hours/Closed: Please direct your inquiries to the facility.
Fee: ¥2,000 (The experience courses are available from April to October. Reservation required at least 10 days in advance. A group of at least four people is required for a reservation.)
Parking lot: 10 lots (free of charge)
Access: About 35 min. drive from Nankoku IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Kochi City Area
Reihoku Area
Monobe River Area
Niyodo River Area
Muroto and Aki Area
Nakadasa and Shiohaku Karst Area
Shimanto and Ashizuri Area

What makes the Kochi-Jin proud of Nakatosa and Shikoku Karst

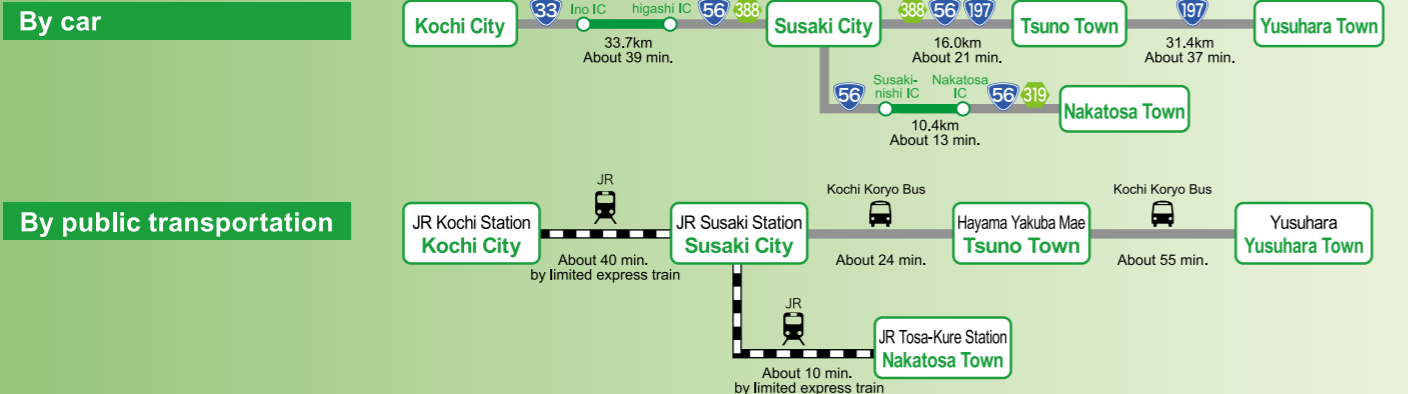
Nakatosa and Shikoku Karst Area

Situated in the west of Kochi, this area is rich in its natural environment and the culture of the mountains and sea, ranging from villages in the Shikoku Karst to nostalgic fishing towns on the coast.

Nakatosa and Shikoku Karst



ACCESS How to go to municipalities in Nakatosa and Shikoku Karst Area



1100 Years Story of Yusuuhara

TEL: +81-889-65-1187
(Inquiries are available only in Japanese)



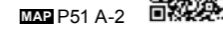
The museum shows many folklore materials that tell good old days for tourists as well as local residents. Visit 'Marodo Kan' a tourist information center nest to the museum.



Momoko Hashida, Staff at Marodo Kan

It exhibits folklore items that tell 1100 years history of Yusuuhara Town. Have a walk along the Dappan no Michi (lit. the road for fleeing from the domain). Marodo Kan accepts inquiries and reservations for walking along the Dappan no Michi.

Address: 1428-1, Yusuuhara, Yusuuhara Town, Takaoka Gun
Open hours: 10:00 – 17:00
Closed: Open throughout the year
Fee: ¥200
Parking lot: Available (at Yusuuhara Town Hall)
Access: About 55 min. drive from Susaki-nishi IC;
About 5 min. on foot from 'Yusuuhara' bus stop on Kochi Koryo Kotsu Bus



Shikoku Karst Tengu Plateau

Shikoku Karst is an ideal meteor shower and constellation viewing spot. Depending on the season, you can see Canopus. It has been said that looking at Canopus can extend one's life. Around Tengu forest is designated as a forest therapy site. Surprisingly enough, when you walk in the forest while watching mountain flowers of seasonal beauty, you will find your mind would be soothed.

Located on a plateau of 1,400 m above sea level extending about 25 km from east to west, Shikoku Karst is one of the three major karst of Japan. Tengu Forest, 1,485 m above sea level, is located at its east edge.



Rei Uehara, Deputy Manager, Tengu Inn

Address: Yoshiuno-otsu, Tsuno Town, Takaoka Gun
Access: About 1 h 20 min. drive from Susaki-higashi IC



Therapy Road

TEL: +81-889-62-3188
(Kogen Fureai no ie Tenguso)
(Inquiries are available only in Japanese)

Forest bathing is good for removing stress and staying healthy. Walking along the Therapy Road is a good exercise, too. You can walk with your guide, for a fee.

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

* Opening hours of facilities are from the time they open the doors to visitors in the morning to the time last visitors leave. Plan on arriving at least 30 min. to 1 hour before closing time.
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For Inquiries (Email) : info@visitkochijapan.com (English is available)



Ishin no Mon Gate

The statues standing at Ishin no Mon are vivid as if they are about to run and are symbols of Yusuuhara Town. They are shining forever in the long history of Yusuuhara Town.

These dynamic statues are themed by eight samurais of the mid-19th Century who are related to Yusuuhara Town, including Izumi Kakehashi originated from Yusuuhara Town, Sakamoto Ryo-ma and Yoshimura Torataro.

Yoshiyuki Nishimura, President of Yusuuhara Deai no Kai



MAP P51 A-2

Address: Square of Wadajo (Kawanishiji Region Structural Improvement Center) at 2343-1 Kawanishiji, Yusuuhara Town, Takaoka Gun
Parking lot: 15 lots (free of charge)
Access: About 55 min. drive from Susaki-nishi IC;
About 5 min. on foot from 'Yusuuhara' bus stop on Kochi Koryo Kotsu Bus

Residence of Torataro Yoshimura

Visit and enjoy the home of Torataro. There are plenty of places to visit, including 'Hayase Log Bridge', a wooden bridge of a type rarely seen in Japan, which is said to be the origin of chinkabashi (Submersible bridges), and Suwa Shrine, where Tsunoyama Koshiki Kagura, a dance with masks, is performed at its autumn festival.



This is a life-sized reproduction of the birth house of Torataro Yoshimura, one of the four famous samurai in Tosa Domain. In the house, milestones that Torataro passed as he escaped from the control of Tosa Domain, and other items related to him are displayed.

Sakae Toyoda, Representative of 'Ishin no Sakigake' Torataro Shachu



MAP P51 B-1

Address: 1456-1, Yoshiunoko, Tsuno Town, Takaoka Gun
Open hours: 9:00 – 16:00
Fee: None
Access: About 60 min. drive from Susaki-higashi IC.



Shimanto River Origin Point

The forest would remind you of an anime film, Princess Mononoke. It is fantastic to see a tiny stream of the origin of Shimanto River flows through rocks with moss. You can walk the area with your guide.



This is the origin of Shimanto River, the last clear stream in Japan. The river of 196 km in length starts in the forest of Mt. Irazu at 1,200 m above sea level.

Yumi Yamamoto, Industrial Section, Tsuno Town



MAP P51 B-1

Address: Funato, Tsuno Town, Takaoka Gun
Closed: On snowy days or during a Typhoon hit the area, the roads may be closed.
Parking lot: None (You may park your car on the road side.)
Access: About 60 min. drive from Susaki-higashi IC and about 25 min. walk



Kure Taisho Town Market

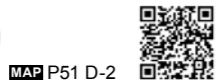


The market sells quite fresh and delicious fish at reasonable prices. The type of fish available here varies depending on the day. Take time and find your favorite products. Don't forget to enjoy chatting with generous and open-hearted sellers.

The market is a complex of an arcade and open air shop selling fresh sea foods and vegetables locally produced. It is like a kitchen of ordinary citizens.



Takahiro Tanaka,
Staff of Taisho Town Market
Cooperative Association



MAP P51 D-2

Address: 6370-2, Kure, Nakatosa Town, Takaoka Gun
Open hours: before noon to the evening
Closed: When the sea is rough. Ask each shop.
Parking lot: 30 lots (free of charge)
Access: About 5 min. drive from Nakatosa IC;
About 5 min. on foot from JR 'Tosa-Kure' Station



Kuroshio Kobo

TEL: +81-889-40-1160
(Inquiries are available only in Japanese)

The Kuroshio Kobo is situated next to an onsen ryokan 'Kuroshio Honjin' and provides visitors an experience of Katsuo no Tataki making. You can eat Katsuo no Tataki you cook here.

Speaking of Katsuo no Tataki in Nakatosa Town, raw bonito is cooked using a rice straw fire. Why don't you make and eat Katsuo no Tataki by quickly burning a bonito fillets using a rice straw fire? You cannot forget the moment and must become a fan of Katsuo no Tataki.

Kazuhito Hayashi,
Chef



Address: 8009-11, Kure, Nakatosa Town, Takaoka Gun
Open hours: 8:00 - 15:00
Closed: Second Thursday (or other day of week, if Thursday falls on a national holiday)
Fee: Bonito (at market price) + course fees (elementary course: ¥800; intermediate course: ¥1,500) * Reservation required
Parking lot: 70 lots (free of charge)
Access: About 5 min. drive from Nakatosa IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)



Susaki Machikado Gallery

The gallery uses renovated former merchant house and now is used as a friendship exchanging place for local people as well as a Tourist information center.

The gallery is used as a venue of exhibitions. Various events are planned and put into practice; in the 'Gendai Chiho Tan (contemporary local story)' event, artists are invited here from outside of Kochi to stay in Susaki to make objects or paintings of what they felt during their stay.

Tatsushi Kawanabe,
General Manager



Address: 1-16, Aoki Cho, Susaki City Open hours: 9:00 - 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: Varies depending on exhibitions Parking lot: 3 lots (free of charge)
Access: About 5 min. drive from Susaki-chuo IC; About 10 min. on foot from JR 'Susaki' Station



MAP P51 D-2

Uminoeki Gourmet Susaki



Fish markets in Susaki City opens auction three times a day. I always go there. We are group of fishermen, all have about 40 years experience. We believe we have good eyes to select quality fish. Come here and eat delicious fish here in Susaki City.

Operated by Susaki Fishery Cooperative Association, Umino eki Gourmet Susaki is open on Saturdays, Sundays and national holidays only, where you can eat, buy fish and experience Katsuo no Tataki making.



MAP P51 D-2

Sachio Nakagawa,
Representative



Address: 1, Kirimaminami, Susaki City
Open hours: 9:00 - 17:00
Closed: Weekdays except for national holidays
Parking lot: 15 lots (free of charge)
Access: About 5 min. drive from Susaki-higashi IC; About 10 min. on foot from JR 'Onogo' Station



Yokonami Kuroshio Line

It is a driving road extending along the Yokonami Peninsula. To the south extends the vast Pacific Ocean and to the north is a calm sea of Uranouchi Bay. At Sunoura Parking Area located on the driving road, stands a statue of Takechi Hanpeita.

This is one of the best skylines in Shikoku. The driving course along the coast is quite exciting with its many uphill and downhill slopes. You won't forget it!



MAP P51 E-1

Shinjo-Kun,
Susaki City Mascot
Character



Address: From Usa, Tosa City to Uranouchi, Susaki City

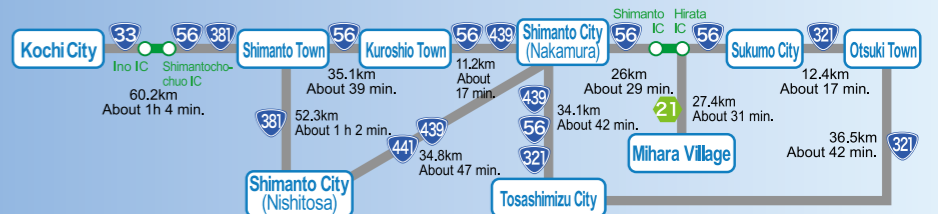
AREA GUIDE

What makes the Kochi-Jin proud of Shimanto and Ashizuri

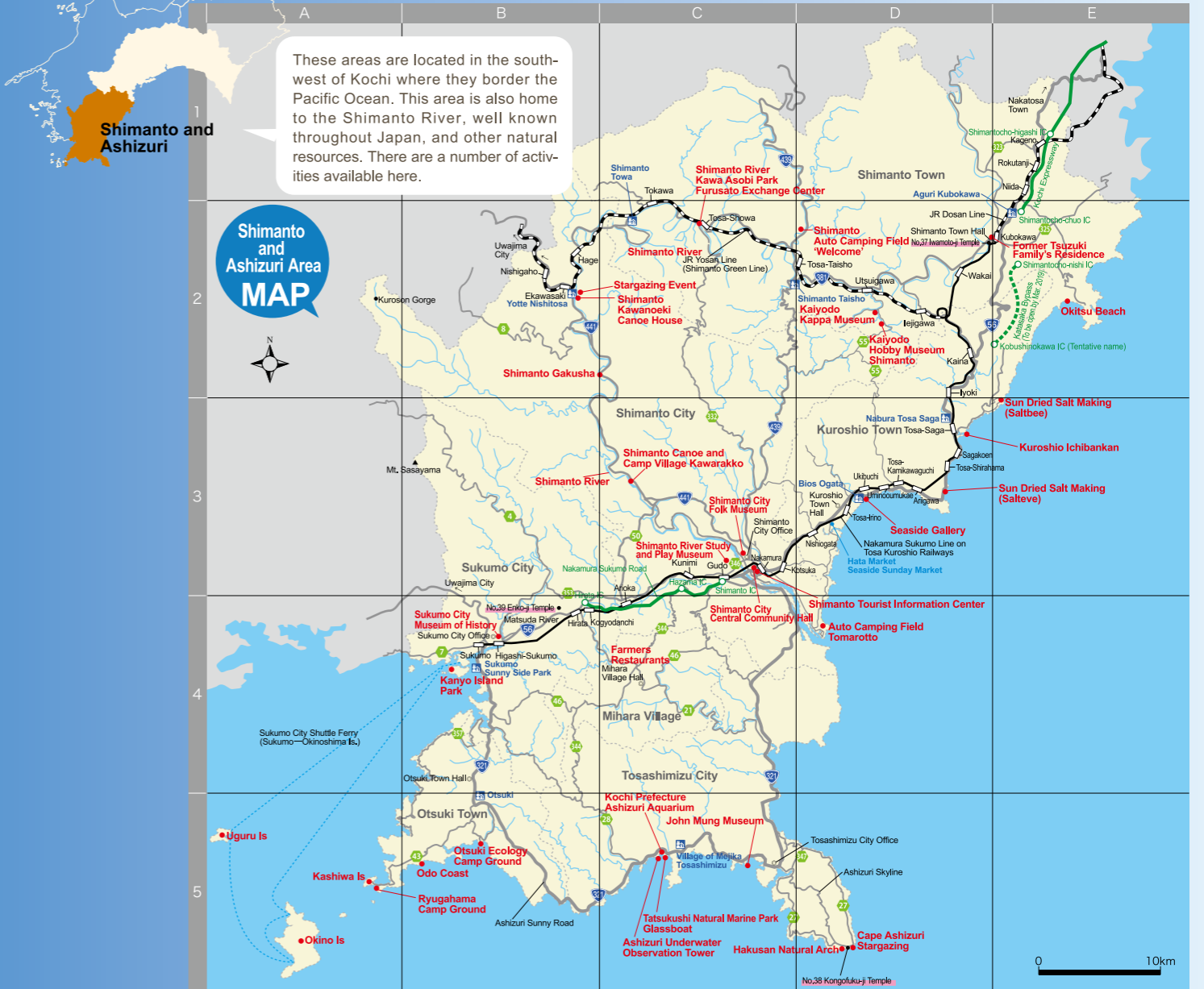
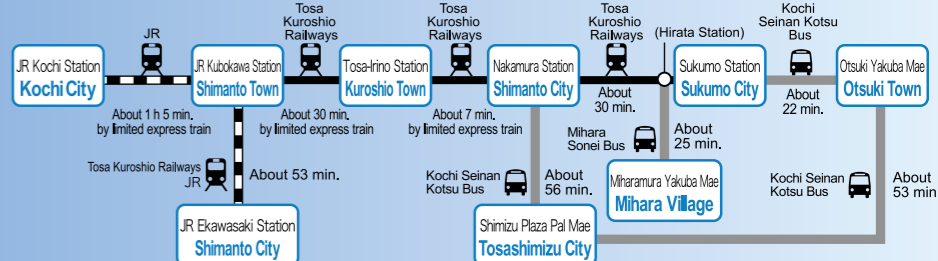
Shimanto and Ashizuri Area

ACCESS How to go to municipalities in Shimanto and Ashizuri Area

By car



By public transportation



Kochi City Area
Reihoku Area
Monobe River Area
Niyodo River Area
Muroto and Aki Area
Nakatosa and Shikoku Karst Area
Shimanto and Ashizuri Area

Cape Ashizuri

TEL: +81-880-82-3155
(Tosashimizu City Tourist Association)

MAP P54 D-5



Address: Ashizurimisaki, Tosashimizu City
Parking lot: 20 lots (free of charge)
Access: About 60 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways;
Near 'Ashizurimisaki' bus stop on Kochi Seinan Kotsu Bus



This is the southernmost cape at the tip of the Ashizuri Peninsula, and home to various types of sub-tropical plants. This area has been designated as the Ashizuri Uwakai National Park. The Cape Ashizuri lighthouse was first lit up on 1914 and was selected as one of the 50 best lighthouses in Japan.

The 270 degree panoramic view from the observation deck at Cape Ashizuri is something you shouldn't miss. There are a lot of mysterious stories related to Kobo Daishi. Come and join the Ashizuri 7 Mysteries Tour and listen to the stories. (The tour takes about 60 min.)



Bujo Tomita,
President of Tosashimizu City
Tourist Volunteer Group

*The guide is conducted only in Japanese

Ashizuri Stargazing

MAP P54 D-5

The observatory deck is surrounded by the sea and is a good stargazing spot throughout the year. A guide will explain about the various constellations that can be seen.



Address: Ashizurimisaki, Tosashimizu City
Open hours/Closed/Parking lot/Access: Please direct your inquiries to the above phone number.
(Inquiries are available only in Japanese)



Hakusan Natural Arch

This is a granite rock whose center has been eroded by the sea to form a natural arch 16 m high, about 17 m wide and about 15 m deep.



MAP P54 D-5

Address: Ashizurimisaki, Tosashimizu City
Access: About 60 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; About 5 min. on foot from 'Hakuo Jinja Mae' bus stop on Kochi Seinan Kotsu Bus

John Mung Museum



Address: 303, Yoro, Tosashimizu City
Open hours: 8:30 – 17:00
Closed: Open throughout the year
Fee: ¥400

The museum introduces you to John Manjiro, who lived in the mid-19th Century, and brought important information about the United States to Japan. His life, with its ups and downs, is explained with panels and models.



Naomi Idani,
Staff, Tosashimizu City
Tourist Association

MAP P54 C-5



The facility was reopened in April 2018 after undergoing renovations to improve facilities for visitors. There are statues of John Manjiro and his companions as they drifted in the Pacific, at the square in front of the museum – they look as if they are about to come alive!

Parking lot: 150 lots
Access: About 50 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways;
About 5 min. on foot from 'Yoro' bus stop on Kochi Seinan Kotsu Bus

Tatsukushi Natural Marine Park

MAP P54 C-5



Try to ride on a glass boat, when you come here to see coral reef under the sea and then have a walk at Minokoshi Beach to enjoy natural arts.



Noriyuki Hamaji,
Tosashimizu City Tourist
Association

Designated as the first marine park in Japan, the beautiful scenery of Tatsukushi Marine Park is known for its strangely-shaped rocks. There is a facility where the ecosystem of the area is explained. People of all ages will enjoy staying here.



Address: Tatsukushi, Tosashimizu City
Parking lot: 70 lots (municipal parking lot)
Access: About 55 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Tatsukushi' bus stop on Kochi Seinan Kotsu Bus

Glassboat

This is a boat with a glass bottom through which people can see the beautiful coral reef and tropical fish below them. The cruise lasts about 45 minutes.

Tatsukushi Sightseeing Steamboat

MAP P54 C-5

Address: 19-10, Tatsukushi, Tosashimizu City
Open hours: 8:00 – 17:00 (March to November); 8:00 – 16:30 (December to February)
Closed: On stormy days
Fee: ¥1,560
Access: About 55 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Tatsukushi' bus stop on Kochi Seinan Kotsu Bus



Tatsukushi Marine Sightseeing

MAP P54 C-5

Address: 4135-2, Misaki, Tosashimizu City
Open hours: 8:00 – 16:30 (March to October); 8:30 – 16:30 (November to February)
Closed: On stormy days
Fee: ¥1,560
Access: About 55 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Kaiteikan Mae' bus stop on Kochi Seinan Kotsu Bus



Kochi Prefecture Ashizuri Aquarium



Feeding time at the giant tank is very popular. People stand near the top of the tank, 9m in diameter and 7m in depth, to see the fish as they are fed – it's very exciting. We hold different events every month. Come and see the marine life here.

The aquarium has about 200 types of creatures from the sea around Tatsukushi. Feeding time for the sea animals in the giant tank takes place twice a day at 11:00 and 14:00.



MAP P54 C-5



Masao Nishimiya,
Director

Address: 4032, Misaki, Tosashimizu City
Open hours: 8:00 – 18:00 (or 9:00 – 17:00 from September to March)
Closed: Third Thursday in December
Fee: ¥720
Parking lot: 50 lots (free of charge)
Access: About 55 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Tatsukushi Kaiyokan Mae' bus stop on Kochi Seinan Kotsu Bus



Ashizuri Underwater Observation Tower

From the observatory room 7 m below sea level you can see the world of the colorful southern sea. It is one of the largest under-sea observatory rooms in Japan.

What you can see from the under-sea observatory room, even the texture of the rocks, changes from day to day as this is a truly natural museum. You can see about 30 species of fish, including nibblers. Don't hesitate to ask us any questions you may have.



MAP P54 C-5



Shota Bunno,
Sales Section Manager

Address: 4124-1, Misaki, Tosashimizu City
Open hours: 8:30 – 17:00 (9:00 – 17:00 from September to March)
Closed: On stormy days
Fee: ¥900
Parking lot: 150 lots (free of charge)
Access: About 55 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Kaiteikan Mae' bus stop on Kochi Seinan Kotsu Bus

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Odo Coast and Kashiwa Island

At Odo Coast you can see the spectacular contrast between its steep cliffs and the Pacific Ocean. Kashiwa Island is surrounded by beautifully translucent water which is perfect for diving and surf fishing.



The sea changes color on the way to Kashiwa Island. From the white beach, the emerald green sea gradually darkens and turns to a brilliant blue close to Kashiwa Island. The color gradation is truly beautiful. Time seems to pass more slowly on the island, making it a natural healing spot.



Masaru Kanda,
NPO Kuroshio Jikkan Center

Otsuki Ecology Camp Ground

TEL: +81-880-74-0303
(Inquiries are available only in Japanese)



MAP P54 B-5



There is a beach right next to the camping field. Various corals and species of coral dwelling fish live in the waters. You can rent snorkeling equipment here.

Address: 500, So-ogata, Otsuki Town, Hata Gun Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥2,300 for renting a set of snorkeling equipment
Parking lot: 25 lots (free of charge)
Access: About 60 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; Near 'Ecology Camp Jo Mae' bus stop on Kochi Seinan Kotsu Bus

Ryugahama Camp Ground

TEL: +81-880-76-0607
(Inquiries are available only in Japanese)



MAP P54 A-5

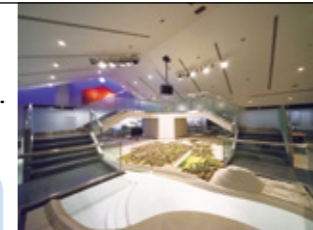


From the tent site on the plateau you have a great view of Ryugahama Beach and Kashiwa Island. It is perfect for snorkeling, fishing and hiking.

Address: 1001-1, Kashiwajima, Otsuki Town, Hata Gun Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥5,000 (one night stay in per site in the tent site); ¥3,500 (day camping)
Parking lot: 15 lots for overnight-staying visitors (free of charge); 26 lots for general visitors (free of charge)
Access: About 1 h 15 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; About 10 min. on foot from 'Kannonsho Iriguchi' bus stop on Kochi Seinan Kotsu Bus

Sukumo City Museum of History

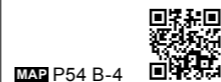
The diorama on the history hall on the 3rd floor is a must see. Visitors can watch videos by just pressing a button, which are synchronized with models, allowing them to compare scenes during the Edo period with how they look now.



This facility explains about the history of Sukumo and includes information about 21 notable people who were born in the area, using models, videos, panels and historical artifacts.



Yuka Yamato,
Staff



MAP P54 B-4

Address: 2-7-14, Chuo, Sukumo City
Open hours: 8:30 – 17:00
Closed: Monday (or the next day if a Monday falls on a national holiday)
Fee: ¥200
Parking lot: 88 lots (free of charge)
Access: About 30 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways; About 10 min. on foot from 'Higashi Sukumo' Station on Tosa Kuroshio Railways

Shimanto Tourist Information Center



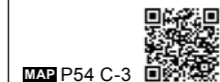
*This photo is for illustrative purposes.

The Center is a hub for sightseeing around the Shimanto Region and other sightseeing spots around the Shimanto River and Cape Ashizuri. Rental cycles are available here.

Pick up a rental cycle here and start your trip around the Shimanto River and city area. Enjoy cycling along the river, and the magnificent countryside of the Shimanto Region.

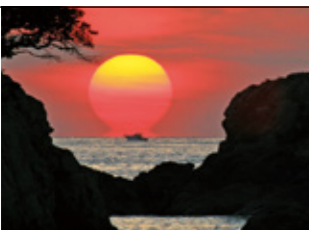


Yayoi Noji,
Staff at Shimanto City
Tourist Association



MAP P54 C-3

Address: 8-3, Ekimae Cho, Shimanto City
Open hours: 8:30 – 17:30
Closed: Open throughout the year
Fee: None
Parking lot: Available (free of charge)
Access: About 60 min. drive from Shimantocho-chuo IC; Beside the rotary of Nakamura Sta. on Tosa Kuroshio Railways



Kanyo Island Park

This park attracts a lot of visitors in summer who like to swim and enjoy the beach. In winter, many photographers come to take pictures of the sun as it sets in the shape of a snowman.

The snowman sunset (Daruma Sunset) can be seen from the mid-November to mid-February, on very cool and clear days. It has been chosen as one of the 100 most beautiful sunset scenes in Japan. Come to Sukumo Bay and watch the beautiful sunset.



Akira Uehara,
Staff at Commerce,
Industry and Sightseeing Section,
Sukumo City Office



MAP P54 B-4

Address: 378, Oshima, Sukumo City
Parking lot: Available (free of charge)
Access: About 45 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways

Okino Island and Uguru Island



Beaches in these islands are open in June every year. You can enjoy diving and go surf fishing to catch big fish. Come here and enjoy marine sports and forget your daily life.

These two inhabited islands are located off the southwest coast of Sukumo City. The sea around the two islands is one of the clearest in Japan.



Yohei Shiraishi,
Sukumo City Tourist Association

MAP P54 A-5

Address: Okino Island, Sukumo City / Uguru Island, Sukumo City
Access: About 50 min. to 1 h 35 min. by a regular shuttle Ferry from Katashima Port

Shimanto City Folk Museum

TEL. +81-880-35-4096

(Inquiries are available only in Japanese)



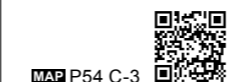
The museum is undergoing a refurbishment as a river and people's life museum. The exhibition hall on the 1st floor and the observatory on the 6th floor are partially open. (The admission fee (¥200) includes museum and the community hall.)

To be fully open in February 2019.

Shimanto City Central Community Hall is holding the 'Shimanto Special Exhibition.' It is a chance to view valuable items from the museum's collections. Don't miss it. (Closed from October 25 to 31 in 2018 when the museum prepares for the next exhibition.)



Miho Shimizu,
Shimanto City
Educational Committee



MAP P54 C-3

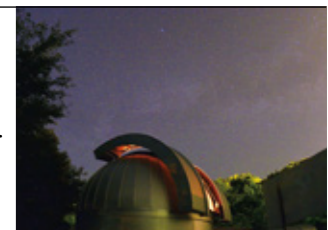
*Read the QR code to display information on Shimanto City Central Community Hall.

Address: 8-22, Uyamasatsuki Cho, Shimanto City (Shimanto City Central Community Hall)
Open hours: 9:00 - 17:00
Closed: Open throughout the year
Fee: ¥200 (Shimanto City Central Community Hall)
Parking lot: 15 lots (Shimanto City Central Community Hall)
Access: About 60 min. drive from Shimantocho-chuo IC

Stargazing Event (Shimanto Astronomical Observatory)

TEL. +81-880-52-2225

(Hotel Seira Shimanto)
(Inquiries are available only in Japanese)

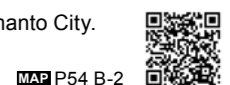


This is a rare observatory as stars and the Milky Way can be observed in a residential area. Many visitors are very impressed that so many stars are visible here. Come and visit the observatory with your family.

Nishitosa in Shimanto City is famous for starry sky, recognized by the Ministry of the Environment. The Milky Way viewed from the observatory extends from the top of the sky to the horizon. From the observatory, you can feel the vastness of the natural world in Shimanto City.



Saki Tani,
Seisho Attendant



MAP P54 B-2

Address: 1100, Nishitosamochii, Shimanto City
Open hours: The event starts from 20:00 and ends at 21:00 (Come to the observatory at least by 19:50.)
Closed: Wednesday
Fee: ¥510 (reservation required)
Parking lot: 14 lots (free of charge)
Access: About 1h 10 min. drive from Shimantocho-chuo IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Shimanto River

The Shimanto River is said to be 'the last clear stream' in Japan and is symbolic of Kochi. The Chinkabashi (Submersible bridge) blend with the beautiful scenery of this river with its rich natural environment.





Shimanto River Sightseeing Boat

■ **Cruise Ship Operators** (Inquiries are available only in Japanese)

Shimanto Kappa Kumiai	TEL: +81-880-29-1005
Shimanto Kawanoeki Canoe House	TEL: +81-880-52-2121
Nattoku	TEL: +81-880-38-2918
Shimanto no Ao	TEL: +81-880-38-2000
Misato Kanko Bune Ebisu Taishi	TEL: +81-880-38-2321
Yakatabune Sakoya	TEL: +81-90-5147-4023
Matsuhiroya	TEL: +81-880-35-0022



Shimanto Auto Camping Field 'Welcome'

TEL: +81-880-27-1211
(Inquiries are available only in Japanese)  

Located by the banks of the Yusuhara River, a branch of the Shimanto River, the auto camping field has lawn tennis courts and fully equipped cabins.

Address: 546, Eshi, Shimanto Town, Takaoka Gun
Open hours: 9:00 – 16:00 Closed: Open throughout the year
Fee: ¥3,000 per night (in the camp field); ¥15,000 per night (in a cabin)
Parking lot: 59 lots (free of charge)
Access: About 40 min. drive from Shimantocho-chuo IC

Auto Camping Field Tomarotto

TEL: +81-880-33-0101
(Inquiries are available only in Japanese)  

The autocamping field is situated in a superb location near the Pacific Ocean and Tosa Seinan Daikibo Park (lit. Tosa Southwest Large-Scale Park). Even beginners can enjoy outdoor activities here.

Address: 3548, Shimoda, Shimanto City
Open hours: 8:30 – 17:15 Closed: Open throughout the year
Fee: ¥10,300 for one cabin (used by 4 persons or less)
Parking lot: 87 lots (free of charge)
Access: About 1 h 5 min. drive from Shimantocho-chuo IC;
Near 'Iyashi no Sato' bus stop on Kochi Seinan Kotsu Bus



Osamu Kanda,
Shimanto River Foundation

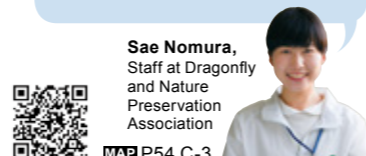
Adults and children alike can enjoy the river. If you travel slowly down the former road by bicycle you can really appreciate the gorgeous scenery along the Shimanto River. There is a lot of delicious food, too. Come and enjoy the Shimanto River and feel how slowly time passes.


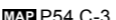


The Dragonfly Hall displays specimens of dragonflies from all over the world, while the Fish Hall keeps freshwater and brackish water fish from Japan and abroad. Around the halls is a natural sanctuary with many kinds of dragonflies. In fact, it is home to one of the greatest varieties of dragonfly species in Japan.

Shimanto River Study and Play Museum (Akitsuio) Shimanto City Dragonfly Nature Park

One of the notable features of the facility is feeding the piraruku, a carnivorous fish from the Amazon River, whose total length exceeds 2 m. This dynamic event starts at 16:00 every day, when you can see the fish jump and wrestle for their food. From spring to autumn, you can catch crawfish.



Sae Nomura,
Staff at Dragonfly
and Nature
Preservation
Association
 

Address: 8055-5, Gudo, Shimanto City Open hours: 9:00 – 17:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday) Open during spring, summer and winter holiday seasons
Fee: ¥860 Parking lot: 80 lots (free of charge)
Access: About 1 h 5 min. drive from Shimantocho-chuo IC;
About 15 min. on foot from 'Kochi Hoso Mae' bus stop on Kochi Seinan Kotsu Bus

Shimanto River Kawa Asobi Park Furusato Exchange Center

TEL: +81-880-28-5758
(Inquiries are available only in Japanese)



Rafting is accompanied by a guide and you can jump into the river during your cruise. Many people say they enjoyed the river very much. Take your time and enjoy your river cruise.

The camp site has well-treated lawn. You can enjoy Shimanto River in various ways, a guided rafting and using a rental canoe.



Masako Ito,
Curator
 

Address: 671-2, Showa, Shimanto Town, Takaoka Gun
Open hours: 8:30 – 17:30
Closed: Tuesday (Open on Tuesdays from March to October)
Fee: ¥10,800 for rafting (up to 5 people)
Parking lot: 30 lots (free of charge)
Access: About 50 min. drive from Shimantocho-chuo IC;
About 5 min. on foot from JR 'Tosa-Showa' Station

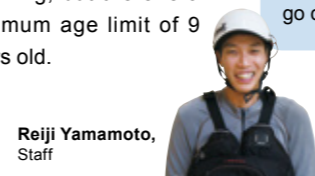
Shimanto Canoe and Camp Village Kawaracko

TEL: +81-880-31-8400
(Inquiries are available only in Japanese)



The facility is located in the downstream area of the Shimanto River and you can enjoy the river and auto camping. Beginners can enjoy kayaking, but there is a minimum age limit of 9 years old.

The Shimanto River isn't a fast-running river, so even beginners can enjoy canoeing here. It's exciting to see the changing scenery every time you turn a corner. Come and visit us by 9:00 to 12:30, then you can go canoeing the same day.



Reiji Yamamoto,
Staff
 

Address: 24, Tadenokawa, Shimanto City
Open hours: 8:00 – 18:00
Closed: Monday (or the subsequent Tuesday, if Monday falls on a national holiday)
Fee: ¥5,200 for a half-day kayaking
Parking lot: 40 lots (free of charge)
Access: About 1 h 15 min. drive from Shimantocho-chuo IC;
Near 'Kawaracko Mae' bus stop on Kochi Seinan Kotsu Bus

Shimanto Kawanoeki Canoe House

TEL: +81-880-52-2121
(Inquiries are available only in Japanese)



If you want to enjoy the experience of a river, perhaps canoeing is best. While paddling your canoe, you can feel close to the river's surface and enjoy the beautiful scenery around you. Stay in a bungalow and enjoy the Shimanto River!

The facility provides an extensive activity program, including a canoe school and family rafting. Beginners can enjoy the marine sports, too. Rental cycles can be picked up and returned at 7 terminals of 'Shimanto Rin Rin Cycle' along the mid to lower stretches of the Shimanto River.



Atsushi Tanabe,
President
 

Address: 1111-11, Nishitosamochii, Shimanto City
Open hours: 8:30 – 17:30
Closed: Open throughout the year
Fee: ¥8,100 for one day touring (reservation required)
Parking lot: 70 lots (free of charge)
Access: About 1 h 15 min. drive from Shimantocho-chuo IC

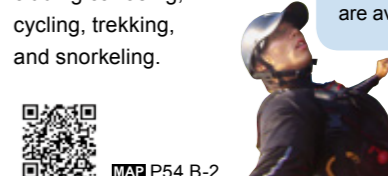
Shimanto Gakusha

TEL: +81-880-54-1230
(Inquiries are available only in Japanese)



This facility is housed in an old elementary school. Various types of outdoor activity courses on the Shimanto River are available here, including canoeing, cycling, trekking, and snorkeling.

There are various outdoor activities for you to do here. Locations include the Kuroson River, which has the purest water of all the branches of the Shimanto River. Just call us and we will tell you which activities are available.



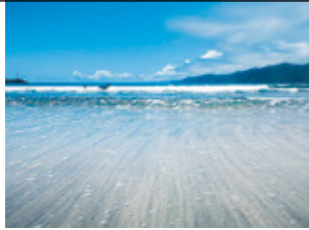
Hiroyuki Nashi,
Nature experience guide
 

Address: 408-1, Nishitosanakaba, Shimanto City
Open hours: 8:30 – 17:30
Closed: Wednesday (during July to September, this facility is open)
Fee: ¥3,000 for a half-day one-man canoeing
Parking lot: 30 lots (free of charge)
Access: About 1 h 20 min. drive from Shimantocho-chuo IC

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email): info@visitkochijapan.com (English is available)

Okitsu Beach



There is a camping site surrounded by pine trees. It looks out over a sandy beach and the Pacific Ocean. All the staff here work very hard to keep the beach clean so that people can enjoy sea bathing here. Please come and visit.

Okitsu Beach has a 2km sandy beach. It is a shoaling beach and families with small children can enjoy sea bathing.

Keishi Sato,
Staff, Okitsu Seishonen
Ryoko Mura



MAP P54 E-2



Address: Okitsu, Shimanto Town, Takaoka Gun
Open hours: 8:00 – 18:00
Closed: Open throughout the year
Fee: ¥14,000 for staying in a bungalow (up to four persons per a bungalow)
Parking lot: Available (free of charge)
Access: About 30 min. drive from Shimantocho-chuo IC;
Near 'Okitsu Ryoko Mura Mae' bus stop on Shimanto Kotsu Bus



Kaiyodo Hobby Museum Shimanto

This is a museum displaying the history and collections of Kaiyodo, world famous figure manufacturer. A huge range of figures is on display.

This museum includes a figure ordered directly by the British Museum: a reproduction of Egyptian mummies. The work was greatly appreciated by the staff of the British Museum.

Nobuichi Souzaki,
Staff



MAP P54 D-2



Address: 1458-1, Utsuigawa, Shimanto Town, Takaoka Gun
Open hours: 10:00 – 18:00
Closed: Tuesday (or the subsequent Wednesday, if Tuesday falls on a national holiday)
Fee: ¥800
Parking lot: 50 lots (free of charge)
Access: About 30 min. drive from Shimantocho-chuo IC

Sun Dried Salt Making

Visitors can make sun dried salt using seawater with nothing but sunlight and the wind. Sun dried salt contains various minerals and is very tasty. Your very own solar salt will make a perfect souvenir.



Saltbee

TEL: +81-880-55-2040 (Inquiries are available only in Japanese)

Address: 90-4, Kumanoura, Kuroshio Town, Hata Gun
Open hours: 9:00 – 16:00
Closed: Saturdays, Sundays and national holidays
Fee: ¥1,500 (with a gift) (Reservation required)
Parking lot: 10 lots (free of charge)
Access: About 50 min. drive from Shimantocho-chuo IC



MAP P54 E-3

Salteve

TEL: +81-880-55-3226 (Inquiries are available only in Japanese)

Address: 333, Nada, Kuroshio Town, Hata Gun
Open hours: 9:00 – 17:00
Closed: Open throughout the year
Fee: ¥1,500 (with a gift) (Reservation required)
Parking lot: 10 lots (free of charge)
Access: About 40 min. drive from Shimantocho-chuo IC



MAP P54 D-3



Katsuo Fureai Center Kuroshio Ichibankan

TEL: +81-880-55-3680
(Inquiries are available only in Japanese)

At this facility, you can enjoy bonito produced at Saga, the mecca of bonito fishing and other delicious fishermen's cuisine. Visitors can make warayaki tatakai (katsuo no tatakai by searing sliced bonito over a rice straw fire.)

I once saw a child clean a bonito, looking very pleased with himself, and then go on to eat all the katsuo no tatakai, even though he had never liked bonito before. His parents were very surprised. Why not come and try warayaki tatakai, the wildest tatakai in Japan?

Kazuyoshi Hamanaka



MAP P54 D-3



Address: 374-9, Saga, Kuroshio Town, Hata Gun
Open hours: 11:00 – 15:00
Closed: Tuesday (Open on a Tuesday if it falls on a national holiday); winter vacation
Fee: ¥4,000 for three to four persons; ¥3,200 for five persons or more
Parking lot: 10 lots (free of charge)
Access: About 30 min. drive from Shimantocho-chuo IC;
About 15 min. on foot from 'Tosa-Saga' Station on Tosa Kuroshio Railways

Former Tsuzuki Family's Residence



This is a café in an old private house. There is a railway visible through the window and you may see trolley trains running along the railway depending on the season. Listen to the sound of the trains and enjoy a cup of tea.

This is a reproduction of a villa once owned by a businessman Hanpei Tsuzuki, and is an important building in Kochi. The inside of the house is open to public and there is also a café.

Fumi Shimaoka,
Staff



MAP P54 D-2



Address: 2-3, Shigekushi Cho, Shimanto Town, Takaoka Gun
Open hours: 9:00 - 17:00
Closed: Thursday
Fee: None
Parking lot: 10 lots (free of charge)
Access: About 10 min. drive from Shimantocho-chuo IC;
About 7 min. on foot from JR 'Kubokawa' Station

Kaiyodo Kappa Museum



The facility is full of ideas of workers who enjoyed working hard to build the Kappa museum. Nobody has actually seen Kappa, but everybody will understand what I have collected are Kappa. I don't exactly know why.

Kappa is imaginary creature believed to live in rivers. This facility displays about 600 Kappa figures. They were sent to the Shimanto Kappa Figure Contest from all over the world.

Osamu Miyawaki,
President



MAP P54 D-2



Address: 685, Utsuigawa, Shimanto Town, Takaoka Gun
Open hours: 10:00 – 18:00
Closed: Tuesday (or the subsequent Wednesday, if Tuesday falls on a national holiday)
Fee: ¥500
Parking lot: Available (free of charge)
Access: About 30 min. drive from Shimantocho-chuo IC



Seaside Gallery

The entire Irino Beach, about 4 km in length, is like a museum of the natural world. The atmosphere changes from second to second, minute to minute, and day to day. The T-shirt Art Exhibition is held during the spring holiday week only.

The sandy beach extending in front of the Irino pine trees is a museum. Things that have drifted here, sand shaped by the waves and birds' footprints are some of the exhibits. Change your mindset and enjoy making your own art.

Kentaro Murakami,
President



MAP P54 D-3



Address: Irino Kaigan, Kuroshio Town, Hata Gun
Open hours: Open at any time (The office is open from 8:30 to 17:00.)
Closed: Open throughout the year
Fee: ¥300 as the event cooperation fee.
Parking lot: 50 lots (free of charge)
Access: About 40 min. drive from Shimantocho-chuo IC;
About 10 min. on foot from 'Tosa-Irino' Station on Tosa Kuroshio Railways

Farmers Restaurants Mihara Village, Doburoku



The doburoku sake made by 7 restaurants has its own taste. Try and compare tastes and textures of doburoku made by the 7 restaurants. It is made of rice produced in the village. Each restaurant serves delicious foods, as well.

Mihara Village is the specific district where to produce "Doburoku" is allowed. Doburoku is a type of sake which is made by rice cropped in Mihara Village and it is quite sticky as it does not have filtering process.

Kazushi Kawamura,
Staff at Mihara Village Association
of Commerce and Industry



MAP P54 C-4



Address: Mihara Village, Hata Gun
Open hours/Closed/Parking lot: Varies depending on restaurants.
Access: About 30 min. drive from 'Nakamura' Station on Tosa Kuroshio Railways

QR codes Get the access information using your smartphone. (See P2 for how to use the function.)

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For Inquiries (Email) : info@visitkochijapan.com (English is available)

Specialty Items of Kochi

These items are produced by refined craftsmanships and inspirations, and also Kochi's abundant natural resources. They will make a memorable souvenir of your visit to Kochi.



Woodwork

Woodwork produced in Kochi uses cedar and cypress from thinning the mountain forests, which occupy 84% of the land area in Kochi. The product line up is varied from household use to fashion use such as cutting boards made from cypress, essential oils, bath items and bags made of cedar.



Tosa Washi (Tosa Japanese Paper)

When we speak of traditional crafts closely connected to the clear waters of Kochi, one of the first that comes to mind is Tosa Washi, a kind of Japanese paper which dates back a thousand years. As Tosa Washi is strong and long lasting, it is used for restoring works of art and cultural treasures including some pieces stored in the Louvre Museum. Tosa Washi is highly regarded both in and out of Japan. It can be used for post cards, writing paper and oil blotting paper.



Tosa Uchihamono (Tosa Forged Blades)

Forestry has long thrived in Kochi, and there is a strong tradition of producing farming and forestry tools such as sickles, hatchets and saws. Tosa Uchihamono is a well-known brand throughout Japan; its kitchen knives are highly valued for their sharpness and durability, winning the praise not only of professional cooks but also housewives.



Tosa Sango (Tosa coral ornaments)

The history of coral ornaments in Japan is said to go back to 1812, when fishermen found coral in their nets off the coast of Muroto. Many people find themselves enchanted by the beauty of coral, and there is a wide range of coral ornaments to choose from here, from expensive luxury jewelry to more reasonably priced items.



Frafu (Giant Flag)

Frafu are a kind of a giant flag. In Kochi, people raise frafu together with carp streamers on May 5 to pray for the good health of boys. Frafu are designed, made and dyed by experienced craftsmen; giant frafu are about 4 m in height and 7 m in width. The magnificent sight of raised frafu can only be seen in spring. Dyed goods in Kochi use the superb technique of experienced frafu craftsmen and are popular souvenirs.



Tosa Bincho Tan (Tosa Charcoal)

Tosa Bincho Tan is one of the natural resources of Kochi. Tosa Bincho Tan uses Ubame oak (*Quercus phillyraeoides*) found in areas with moderate climate such as Muroto, and grows on slopes anywhere from the beachside to steep hill-sides. Charcoal production using wood and bamboo is active in Kochi. Charcoal is often used for fuel, deodorant and water purification purposes.



Deep Sea Water

Deep sea water refers to sea water taken from a depth of about 200 to 300 m under the sea. It has a high concentration of inorganic salts and minerals that are important for our body. Muroto Deep Sea Water is used for producing mineral water, salt, cakes, processed foods, cosmetics and a range of other items.

Kochi Prefecture MAP



[Legend]

- Michinoeki
- Shikoku Pilgrimage of 88 Temples
- Interchange
- Half-Interchange
- Expressways
- National and Prefectural Roads
- JR
- Railways
- Prefecture Office
- City Offices
- Town and Village Halls

[Half Interchange]

- Tosa PA** Entrance and Exit in direction of Kochi and Takamatsu only
*ETC smart IC
- Susaki-higashi** Entrance and Exit in direction of Kochi and Takamatsu only
- Susaki-chuo** Entrance and Exit in direction of Kochi and Takamatsu only
- Susaki-nishi** Entrance and Exit in direction of Shimanto City only
- Shimanto-higashi** Entrance and Exit in direction of Susaki and Kochi only

Shimantocho-nishi: Entrance and Exit in direction of Shimanto City only
Kobushinokawa (Tentative name): Entrance and Exit in direction of Susaki and Kochi only

0 10km
Scale; About 1:520,000

ACCESS GUIDE in KOCHI

Car Rental

* Inquiries are available only in Japanese

Muroto and Aki Area

Aki Station
Eki Rent-a-Car ☎+81-887-34-8800

Monobe River Area

Kochi Ryoma Airport
TOYOTA Rent a Car ☎+81-88-864-0707
NISSAN Rent a Car ☎+81-88-864-2319
Nippon Rent-A-Car ☎+81-88-863-0663
Times Car RENTAL ☎+81-88-804-6550
Budget Rent a Car ☎+81-88-878-6543
ORIX Rent-A-car (Airport Office) ☎+81-88-804-6188
ORIX Rent-A-car (Terminal Office) ☎+81-88-804-6007

Kochi City Area

Kochi Station
TOYOTA Rent a Car ☎+81-88-823-0100
NISSAN Rent a Car ☎+81-88-883-4485
Nippon Rent-A-Car ☎+81-88-883-6444
Times Car RENTAL ☎+81-88-872-4591
Budget Rent a Car ☎+81-88-884-0543
Eki Rent-a-Car ☎+81-88-826-3022
ORIX Rent-A-car ☎+81-88-856-7001

Nakatosa and Shikoku Karst Area

Susaki Station
Eki Rent-a-Car ☎+81-889-42-1515

Shimanto and Ashizuri Area

Nakamura Station
TOYOTA Rent a Car ☎+81-880-35-6200
Nippon Rent-A-Car ☎+81-880-34-2421
Eki Rent-a-Car ☎+81-880-34-6696
Sukumo Station
TOYOTA Rent a Car ☎+81-880-63-0800

ACCESS KOCHI

This homepage contains timetables of all bus and tram stops and transfer information.

For details, browse

* Japanese version only

Sukumo City Shuttle Ferry

[Timetable]

Service/Ports	Katashima	Hahajima	Hirose	Uguru Is
1st service	Departure at 7:00	Non stop→		Arrival and Departure at 7:50
	Arrival at 9:25	Departure at 8:35	Departure at 8:20	
2nd service	Departure at 14:30	Departure at 15:20	Departure at 15:35	Arrival and Departure at 16:05
	Arrival at 16:55	←Non stop		

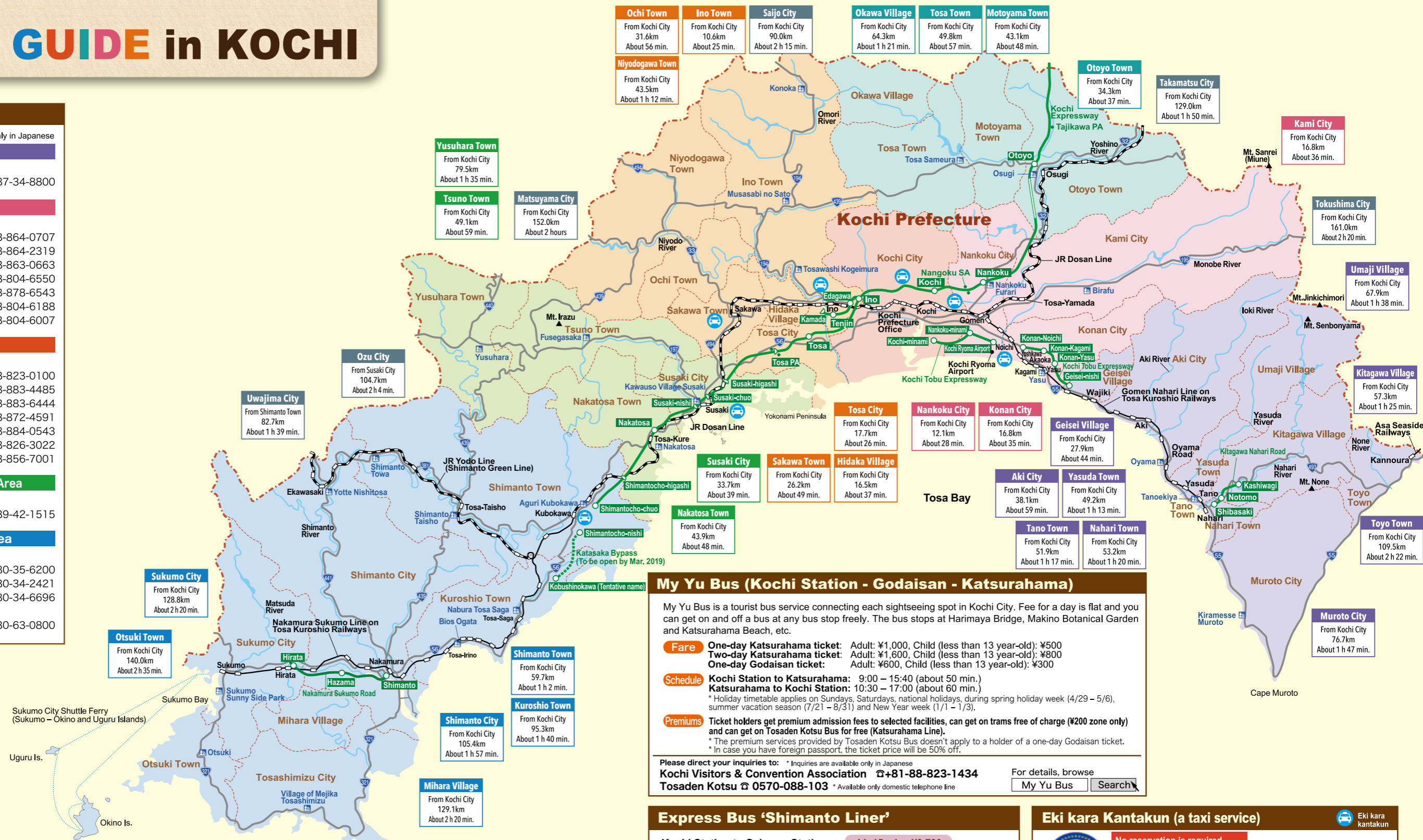
[Fare]

Please direct your inquiries to:
Sukumo City Shuttle Ferry
Katashima Office ☎+81-880-65-8568

* Inquiries are available only in Japanese

	Katashima	Hahajima	Hirose	Uguru Is
Economy (Adult)	¥1,330	¥210	¥370	¥370

Cape Ashizuri



My Yu Bus (Kochi Station - Godaisan - Katsurahama)

My Yu Bus is a tourist bus service connecting each sightseeing spot in Kochi City. Fee for a day is flat and you can get on and off a bus at any bus stop freely. The bus stops at Harimaya Bridge, Makino Botanical Garden and Katsurahama Beach, etc.

- Fare** One-day Katsurahama ticket: Adult: ¥1,000, Child (less than 13 year-old): ¥500
Two-day Katsurahama ticket: Adult: ¥1,600, Child (less than 13 year-old): ¥800
One-day Godaisan ticket: Adult: ¥600, Child (less than 13 year-old): ¥300
- Schedule** Kochi Station to Katsurahama: 9:00 - 15:40 (about 50 min.)
Katsurahama to Kochi Station: 10:30 - 17:00 (about 60 min.)
* Holiday timetable applies on Sundays, Saturdays, national holidays, during spring holiday week (4/29 - 5/6), summer vacation season (7/21 - 8/31) and New Year week (1/1 - 1/3).
- Premiums** Ticket holders get premium admission fees to selected facilities, can get on trams free of charge (¥200 zone only) and can get on Tosaden Kotsu Bus for free (Katsurahama Line).
* The premium services provided by Tosaden Kotsu Bus doesn't apply to a holder of a one-day Godaisan ticket.
* In case you have foreign passport, the ticket price will be 50% off.

Please direct your inquiries to: * Inquiries are available only in Japanese
Kochi Visitors & Convention Association ☎+81-88-823-1434
Tosaden Kotsu ☎ 0570-088-103 * Available only domestic telephone line

For details, browse

Express Bus 'Shimanto Liner'

Kochi Station to Sukumo Station 4 h 15 min. ¥3,700

Sukumo Otsuki Tosashimizu Nakamura Kuroshio Kubokawa Nakatosa Kochi

Please direct your inquiries to: * Inquiries are available only in Japanese
Harimaya Bashi Express Bus Center (Tosaden Kotsu) ☎+81-88-884-5666
Seinan Kotsu Express Bus Reservation Center ☎+81-880-34-6736

* These buses have good connection for transferring to long distance express bus services that leave Kochi bound for Tokyo, Nagoya and Fukuoka, with a discount price. Excluding JR buses and express tour busses.

Eki kara Kantakun (a taxi service)

No reservation is required.

- Departure at Kochi Station
- Departure at Ino Station
- Departure at Susaki Station
- Departure at Noichi Station on Tosa Kuroshio Railways
- Departure at Gomen Station
- Departure at Sakawa Station
- Departure at Kubokawa Station

You can get taxi tickets at major JR stations, Warp Branches and Station Warp Plaza in JR Shikoku and major tourist agencies.

Please direct your inquiries to
JR Shikoku Telephone Center
☎0570-00-4592 (Open hours; 8:00 - 20:00) * Inquiries are available only in Japanese

For details, browse

* Japanese version only

For Inquiries (Email) : info@visitkochijapan.com (English is available) 68

Katsurahama Course

Departure from	Departure from	Arrival at	Public Transportation Services	Numbers in the parenthesis indicate services on Saturdays, Sundays and national holidays.	Approximate travel time	Remarks
Kochi City	Kochi Station BT	Katsurahama	Tosaden Kotsu	14 services a day	35 min.	
	Kochi Station	Katsurahama	My Yu Bus	6 services a day (9 services)	52 min. (From Kochi Station to Katsurahama)	By way of Godaisan
	Minami Harimayabashi	Katsurahama	Tosaden Kotsu	14 services a day	30 min.	

Muroto and Aki Course

Kochi City	Kochi Station	Aki Station	Dosan Line + Gomen Nahari Line	1 to 2 services an hour	1 hour	Including 7 direct express services per day (55 min.)
	Harimayabashi	Aki Eigyocho	Kochi Tobu Kotsu	11 services a day	1 h 25 min.	
	Kochi Station	Nahari Station	Dosan Line + Gomen Nahari Line	1 service every hour	1 h 25 min.	Including 6 direct express services per day (80 min.)
	Harimayabashi	Murotomisaki	Kochi Tobu Kotsu	8 services a day	3 h 10 min.	Transfer at Aki Eigyocho
Aki City	Aki Station	Umaji	Kochi Tobu Kotsu	4 services a day	55 min.	By way of Yasuda Station
	Aki Station	Murotomisaki	Kochi Tobu Kotsu	18 services a day	1 h 25 min.	
Nahari Town	Nahari Station	Monet no Niwa	Kitagawa Sonei Bus	6 services a day	9 min.	
	Nahari Station	Kannoura Station	Kochi Tobu Kotsu	6 services a day	1 h 50 min.	

Monobe River Course

Kochi City	Kochi Station	Tosa-Yamada Station	Limited express train Nanpu and Shimanto	1 service every hour	15 min.	1 or 2 local train services every hour (30 min.)
	Kochi Station	Noichi Station	Dosan Line + Gomen Nahari Line	1 to 2 services every hour	30 min.	An express train stops at this station.
Kami City	Tosa-Yamada Station	Odochi	JR Shikoku Bus	14 services a day (10 services)	42 min.	By way of Anpanman Museum

Reihoku Course

Kochi City	Kochi Station	Osugi Station	Limited express train Nanpu and Shimanto	9 services a day	35 min.	
	Kochi Station BT	Tai (Tosa Town)	Tosaden Kotsu	6 services a day	1 h 35 min.	By way of Osugi Station
Otoyo Town	Osugi Station	Tai (Tosa Town)	Tosaden Kotsu	8 services a day (7 services)	28 min.	

Niyodo River Course

Kochi City	Kochi Station	Ino Station	Dosan Line	1 to 2 services every hour	25 min.	9 limited express services per day (12 min.)
	Harimayabashi	Ino	Tosaden Kotsu (Tram)	43 services a day (every 20 min. or so)	45 min.	
	Kochi Station	Sakawa Station	Limited express train Nanpu, Ashizuri and Shimanto	9 services a day	25 min.	
Sakawa Town	Sakawa Station	Ochi (Ochi Town)/Osaki (Niyodogawa Town)	Kuroiwa Kanko Bus	10 services a day (8 services)	11 min./27 min.	

Nakatosa and Shikoku Karst Course

Kochi City	Kochi Station	Susaki Station	Limited express train Nanpu, Ashizuri and Shimanto	9 services a day	40 min.	
	Kochi Station BT	Susaki Eki Mae	Tosaden Kotsu	7 services a day	1 h 30 min.	
	Kochi Station	Kubokawa Station	Limited express train Nanpu, Ashizuri and Shimanto	9 services a day	1 h 10 min.	
Susaki City	Susaki Eki Mae	Yusuvara	Kochi Koryo Kotsu	7 services a day	1 h 10 min.	

Shimanto and Ashizuri Course

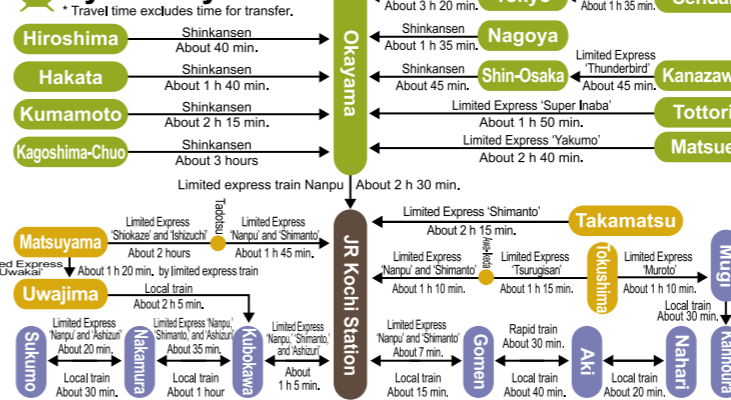
Kochi City	Kochi Station	Nakamura Station	Limited express train Nanpu, Ashizuri and Shimanto	9 services a day	1 h 45 min.	
	Kochi Station BT	Nakamura Station	Kochi Seinan Kotsu (Shimanto Liner)	1 service a day	2 h 15 min.	
	Kochi Station	Ekawasaki Station	Limited express train Nanpu, Ashizuri and Shimanto+Yodo Line	5 services a day	2 h 25 min.	Transfer at Kubokawa Station.
	Kochi Station	Sukumo Station	Limited express train Nanpu	1 service a day	2 h 10 min.	Connects to a local train at Nakamura Station.
Kochi Station BT	Sukumo Station	Kochi Seinan Kotsu (Shimanto Liner)	1 service a day	4 h 15 min.		
	Nakamura Station	Ekawasaki Station	Kochi Seinan Kotsu	3 services a day	1 h 25 min.	Not in service on Sundays, national holidays and new year holidays; On service during spring holiday weeks (Golden Week) and summer vacation seasons.
Nakamura Station	Shimizu Plaza PalMae	Kochi Seinan Kotsu	9 services a day (7 services)	56 min.		
	Nakamura Station	Ashizuri Misaki	Kochi Seinan Kotsu	9 services a day (7 services)	1 h 45 min.	

Please direct your inquiries to:

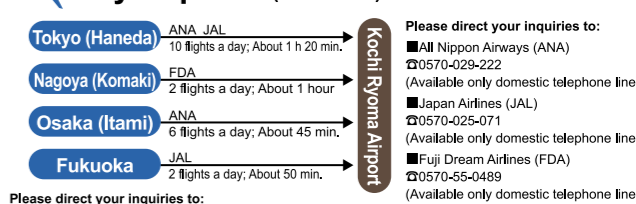
<p>Railways</p> <p>JR Shikoku Telephone Information Center ☎0570-00-4592 (Available only domestic telephone line)</p> <p>Tosaden Kotsu (Tram) ☎+81-88-833-7121</p>	<p>Tosa Kuroshio Railways</p> <p>Nakamura Station ☎+81-880-35-4961</p> <p>Aki Station ☎+81-887-34-8800</p> <p>* Inquiries are available only in Japanese</p>	<p>City Bus Services</p> <p>Tosaden Kotsu ☎0570-088-103 (Available only domestic telephone line)</p> <p>Kochi Tobu Kotsu ☎+81-887-35-3148</p> <p>Kochi Koryo Kotsu ☎+81-889-42-1705</p> <p>Kuroiwa Kanko Bus ☎+81-889-22-9225</p>	<p>Kochi Seinan Kotsu ☎+81-880-34-1266</p> <p>JR Shikoku Bus ☎+81-88-866-2513</p> <p>Kitagawa Sonei Bus ☎+81-887-32-1212</p> <p>* Inquiries are available only in Japanese</p>
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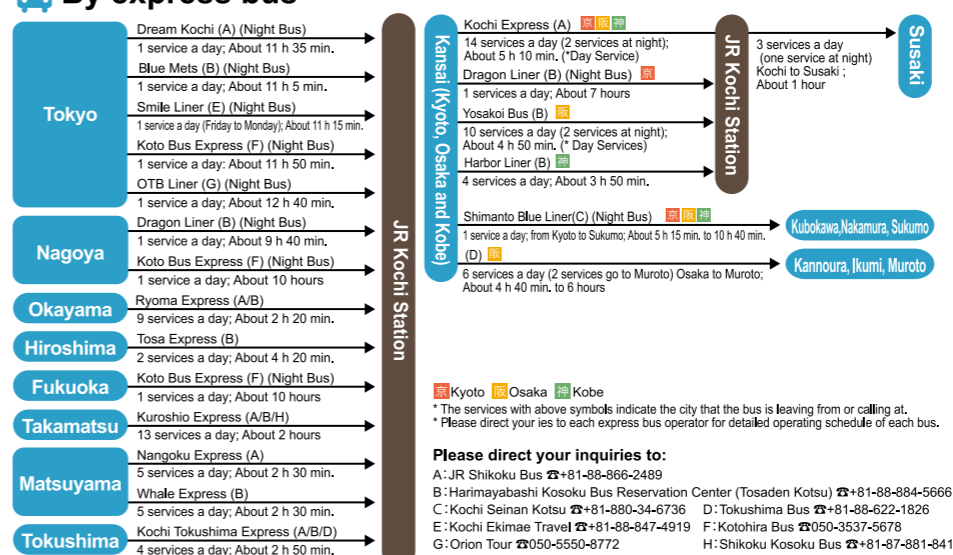
By railway



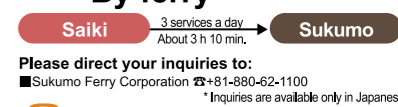
By airplane (Domestic)



By express bus



By ferry



By car



Kochi Visitors & Convention Association

Kochi Prefectural Office Building 5F, 1-2-20, Marunouchi, Kochi City, Kochi Prefecture 780-8570 Japan

TEL+81-88-823-1434

Email : info@visitkochijapan.com

VISIT KOCHI JAPAN is willing to receive inquiries and feedback.

Official Website for Tourism in Kochi



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