

Kochi Visitors & Convention Association

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VISIT KOCHI JAPAN is willing to receive inquiries and feedback.

2018.11

Official Website for Tourism in Kochi



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VISIT  
KOCHI  
JAPAN



# VISIT KOCHI JAPAN

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## KOCHI Prefecture

Kochi Prefecture, formerly named TOSA, is located at southern part of Shikoku island and extends in a crescent running east to west and is bordered by Tosa Bay to the south. This prefecture is blessed with beautiful and abundant nature such as the coastline with the Kuroshio Current (Japan Current), clear rivers such as the Shimanto River and Niyodo River, and deep green forests which cover the 84% of the land of the prefecture, 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 of Kochi have derived from this rich and wild nature. This guide book introduces the world of Kochi. You may find it useful as you travel around and find out for yourself what makes Kochi so special.



Drive from Otoy IC  
 To Iya Valley : 1hour  
 Dogo Onsen : 1h 30min.  
 Takamatsu City : 1h 20min.  
 Tokushima City : 1h 45min.

Drive			
Cape Ashizuri	About 3hours	Kochi City	About 40min.
		Kochi Ryoma Airport	About 1h 30min.
		Cape Muroto	

Train ※by limited express			
Sukumo	About 20min.	Nakamura	About 1h 50min.
		Kochi	About 1h 20min.
		Nahari	

### TOURIST INFORMATION OFFICES [http://visitkochijapan.com/travelers\\_kit/office/](http://visitkochijapan.com/travelers_kit/office/)

Facility name	Address	TEL	Business hours	Language	Free Wi-Fi	Internet PC
<b>Kochi "i" Information Center</b>	(Inside Tosa Terrace) 2-10-17 Kitahonmachi, Kochi City	+81-88-826-3337	9:00 ~ 17:00	English	Available for free *Limited for one hour	Available for free
<b>Shimanto Tourist Information Center</b>	8-3 Ekimaecho, Shimanto City	+81-880-34-1555	8:30 ~ 17:30	English	Unavailable	Available for free

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**VISIT KOCHI JAPAN**  
 The blessings of nature  
[Visit Kochi Japan](#)

## AREA GUIDE

What makes the people in Kochi proud of East area

## Kochi prefecture

# EAST



### Cape Muroto and Muroto UNESCO Global Geopark

The sea off Cape Muroto was previously known as an area extremely difficult to sail in. Oddly shaped rocks are scattered on the coast, with subtropical trees and beach plants thick along the coastline. The area around Cape Muroto was certified as Muroto Global Geopark in September 2011, unified area where sites and landscapes of international geological significance are managed with a holistic concept of protection, education and sustainable development. Even now the lands continue to uplift by earthquakes which occur every 100 to 150 years, and you can feel the dynamism of the planet.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/) **MAP-1**

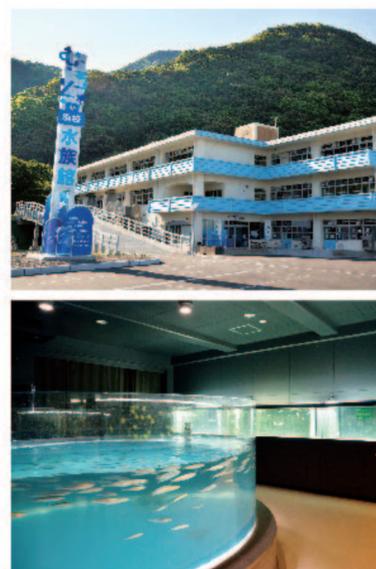


### Kitagawa Village "Monet's Garden" Marmottan

Monet's Garden in Giverny, France, is well known as a place that fascinated impressionist artist Claude Monet. Monet's Garden has been replicated in the nature-rich village of Kitagawa, Kochi Prefecture, as "Monet's Garden Marmottan, Kitagawa Village." It is the world's only facility that is allowed to use the name "Monet's Garden."



[http://visitkochijapan.com/things\\_to\\_do/museum/](http://visitkochijapan.com/things_to_do/museum/) **MAP-2**



### Muroto Haiko Aquarium

"Muroto Haiko Aquarium," renovated from an elementary school. Turtles caught in the local fixed shore net leisurely swim, and about 50 species of more than 1000 fish can be seen in the outdoor pool and aquariums positioned in the school compound. It is a school that is an aquarium, and an aquarium that is a school. Desks and chairs from when the school was open are used without any changes, and it is an aquarium with the lingering atmosphere of a Japanese school.

[http://visitkochijapan.com/things\\_to\\_do/museum/](http://visitkochijapan.com/things_to_do/museum/)

**MAP-3**



### Gomen-Nahari Line

Tosa Kuroshio Railway Gomen-Nahari Line runs southern coast, passengers can enjoy a panoramic view of the Pacific Ocean. Some trains operated on this line include unique carriages such as those without windows or walls on both sides to let in fresh air.

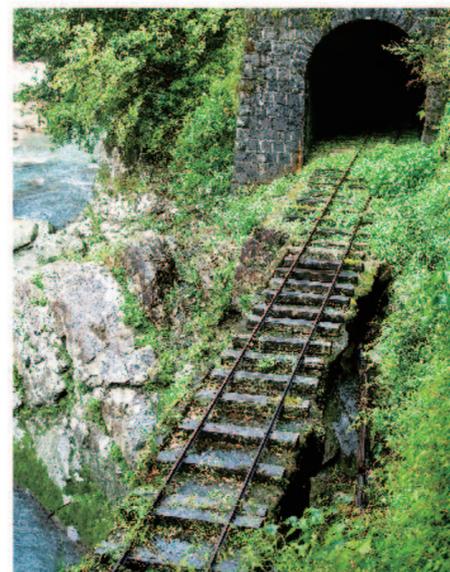
[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)



### Ioki Cave

This cave is formed from earth layers laid down some three million years ago, and is home to a fern community registered as a national Natural Monument.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/) **MAP-4**

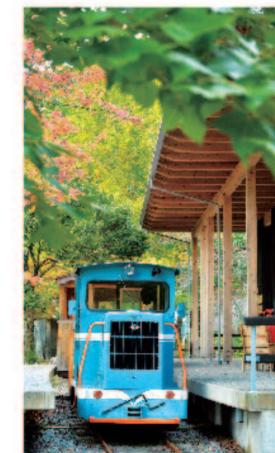


### Yanase Shinrin Tetsudou Heritage Railroad and Yuzu road

This railroad was developed from the early 20th century and used to be the largest in western Japan, and huge quantities of beautiful Yanase Japanese cedar wood was transported. With the decline of the forestry industry, Yuzu fruit trees were planted in old railroad areas and large-scale cultivation began. They now boast Japan's largest production of Yuzu and even export overseas in addition to contributing to Japan's food culture. Yuzu Road, which gives a good view of the Yuzu orchards, was recognized as a Japan Heritage site by the Japanese Agency for Cultural Affairs in 2017. From a mountain forest railway to Yuzu Road: the lives of Kochi's people are woven through this story and are now recognized as an integral part of Japan's heritage.

[Yuzu no Mori] You can visit and observe demonstration of the packaging proses of Yuzu drink. Work shop for aroma product with Yuzu material is also available.

[http://visitkochijapan.com/things\\_to\\_do/history/](http://visitkochijapan.com/things_to_do/history/) **MAP-5**



## AREA GUIDE

What makes the people in Kochi proud of Central area

Kochi prefecture

# CENTRAL



### Kochi Castle

Fifteen structures at Kochi Castle, including its tower and the Otemon main gate, have been designated by the national government as important cultural properties. The castle was originally built in 1603 on the order of Yamauchi Katsutoyo, lord of the Tosa domain. The current castle tower was rebuilt in 1749 after a massive fire in 1727. Kochi Castle is Japan's only castle where all the structures constituting its main building have been preserved. Kochi Castle is known as a popular photo spot because it is Japan's only castle where you can capture both its Otemon and its tower in a single shot.



[http://visitkochijapan.com/things\\_to\\_do/history/](http://visitkochijapan.com/things_to_do/history/)



### Kochi Prefectural Makino Botanical Garden

One of the most comprehensive botanical garden in Japan opened in 1958 to honor the achievements of the world renowned botanist from Kochi Dr. Tomitaro Makino (1862-1957). In addition to an exhibition room displaying hand-drawn figures of plants and such of Dr. Tomitaro Makino, there are rich attractions such as a greenhouse where about 3000 types of seasonal plants and tropical plants can be enjoyed, a medicinal plants section, and a East Asia garden plant garden. There are shops lined with original goods and popular restaurants using ingredients of Kochi.

[http://visitkochijapan.com/things\\_to\\_do/museum/](http://visitkochijapan.com/things_to_do/museum/)



### Katsurahama Beach

Located at the entrance to Urado Bay, it stretches in an arc between Cape Ryuzu and Cape Ryo. A deep green pine grove behind the coast, five-colored beach gravel and the azure ocean chime perfectly with one another like a miniature garden to produce a stunning landscape. The beach has been known since ancient times as a popular venue for viewing the moon.

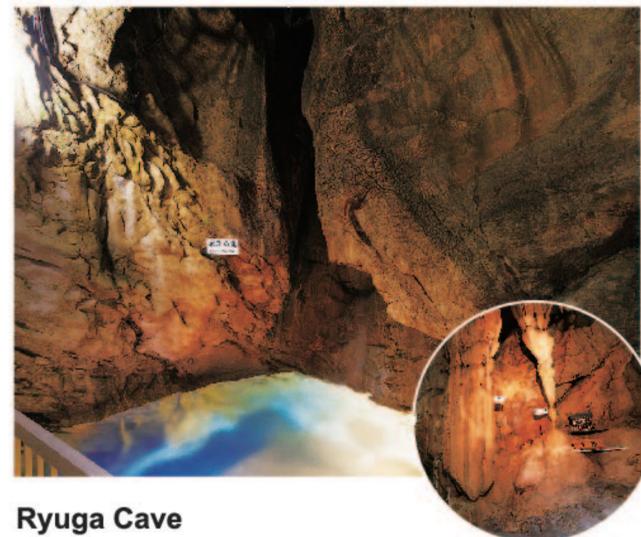
[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)



### Kochi Tabi Hiroba

Kochi Tabi Hiroba located in front of JR Kochi Station boasts a display of the house and items from the ancestral home of historical patriotic hero, Ryoma Sakamoto (1835-1867). In the same building there is the Tosa-ya Shop, with all the Kochi souvenirs and regional products. They also sell packs of Kochi sweets to eat while you take a break. Kochi Tourist Information Center, "Tosa Terrace" is also located in Kochi Tabi Hiroba. They have all the sightseeing information such as tourist sites, local cuisine, accommodation, luggage delivery, and of course, they sell public transport tickets.

[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)



### Ryuga Cave

The Ryuga Cave is a roughly 4-km limestone cave which took approximately 175 million years to form. It is one of Japan's best-known limestone caves and designated by the government as a natural monument/historical site. About a 1-km part of the cave is open to the public and you can view some mysterious scenes there.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)



### Ekin Museum

The Ekin Museum displays folding screens painted by the ukiyoe artist named Ekin (1812-1876) in the era of late Edo Period into the Meiji Period. The works are displayed in a dim room with the wavering light of candles, the richly colored pictures look as though they might come to life at any moment. There is also a reference room called "100 Stories of Ekin," in which you can learn more about the man's mysterious life.

[http://visitkochijapan.com/things\\_to\\_do/museum/](http://visitkochijapan.com/things_to_do/museum/)



### Tosa Japanese Paper

The Tosa (Former name of Kochi) brand of high-quality "washi" (Japanese paper) handmade in Kochi Prefecture has a history of more than 1,000 years. It has been designated by the central government as traditional craftwork. In Ino town that Niyodo river flows, 0.03-mm-thick "Tosa tengujoshi," the world's thinnest handmade paper, is manufactured. At Tosawashi Kogeimura (craftwork village) Qraud and Japanese Paper Museum in Ino, you can experience papermaking.

[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)



### Niyodo River – Niyodo Blue

The miraculous clear stream Niyodo River has been continuously designated by national government as highest water quality in all of Japan. The river holds many distinct natural colors over its 124km in length, owing to differences in the environment, the position of the sun, and the changing of the seasons. Its beauty has become well-known in recent years as Niyodo Blue as it is mysteriously blue. The best place to see Niyodo Blue is Nakatsu Gorge, Yasui Gorge, Nikobuchi and also from a traditional Japanese Yakatabune Houseboat that operate along the Niyodo River.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)



## AREA GUIDE

What makes the people in Kochi proud of West area

## Kochi prefecture

# WEST

### Shikoku Karst Natural Park

Located on a plateau of 1,400m above sea level extending about 25km from east to west, Shikoku Karst is one of the three major karsts in Japan. Trails have been built in the park and some of them, covered with Japanese cypress woodchips, wind through forested areas, offering visitors a comforting environment and therapeutic effects. The park commands a panoramic view of plains and starry sky at night. You can also see a stunning fantastical sea of clouds if topographic and meteorological conditions are perfect. There is a high chance of seeing this phenomenon early in the morning in November and December.



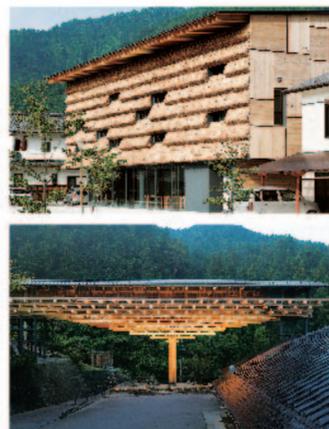
[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)

MAP-⑥



### Kengo Kuma— Designed Buildings

You can see large wooden buildings designed by Kengo Kuma, winner of the Pritzker Architecture Prize, in the town of Yusuhara. Mr. Kuma is also the architect of the main stadium for the 2020 Tokyo Olympics. In this town, there are five structures designed by him - Yusuhara Town Office, "Machinoeki" Yusuhara, Kumo-no-Ue-no Gallery, Kumo-no-Ue-no Hotel, and Yusuhara Community Library.



[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)

### Shimanto River

The 196-km Shimanto River is the longest river in Shikoku and is known as "Japan's last remaining limpid stream." You can see the relationship between the river and local residents who live in harmony with nature amid landscapes that vary from season to season. The Agency for Cultural Affairs has designated the entire Shimanto River basin as an "Important Cultural Landscape." Another local attraction is "Chinkabashi" — a submersible bridge without railings that sink below the water in a swollen river -- spanning the river. Many visitors choose to experience the Shimanto River with a traditional Japanese Yakatabune houseboat.



[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)

[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)

MAP-⑥



### Kure Taisho Town Market

The Kure Taisho Town Market has been popular with local residents for more than 100 years as their main source of food. The market becomes crowded with many shoppers at around 11 a.m. when fish just landed by local fishermen are put on sale. Special "kaisendon" (Kuredon), a bowl of rice topped with fresh sashimi (sliced raw fish) of one's choice, is particularly popular.

[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)

MAP-⑥



### Remains of Tojin-daba

Many fragments of earthenware and stoneware from the early Jomon period (around 5,000 years BC) to the Yayoi period (from around the third century BC to the third century AD) have been unearthed from the Remains of Tojin-daba on a river terrace located at the tip of the Ashizuri Peninsula. What appears to be a stone circle is preserved there while the area bristles with huge rocks that are 6 to 7 meters tall and known as the Tojin Rocks.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)

MAP-⑦



### Three Yodo Line Brothers

Shikoku Railway's Yodo Line runs along the Shimanto River and connects western Kochi Prefecture with southern Ehime Prefecture and three unique trains are operated. Shiman Torocco is a two-car train, with one carriage having no windows or walls on both sides to let in fresh air. Kaiyodo Hobby Train was produced by Shikoku Railway and Kaiyodo Co., Ltd., a manufacturer of figurines. Tetsudo Hobby Train was modeled on the first generation of shinkansen bullet train cars.

[http://visitkochijapan.com/things\\_to\\_do/tourist\\_attractions/](http://visitkochijapan.com/things_to_do/tourist_attractions/)



### Cape Ashizuri

Cape Ashizuri, located at the tip of the Ashizuri Peninsula jutting out into the azure Pacific Ocean, is the southernmost cape in Shikoku. An observatory on the cape commands a view of about 270 degrees, allowing you to truly feel that the earth is round. You can see spectacular landscapes created by nature, and certainly feel the grandeur of the earth. The observatory at this cape is highly recommended spots to do stargazing as there is nothing to get in the way of your view, and no street lights or artificial lighting to obscure the starry sky. It's as if you were on an island floating in the sea with an extravagant show unfolding before your eyes in the night sky. You can see lots of stars, even shooting stars and the Milky Way, as vividly as if they were raining down on you.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)

MAP-⑧



### Kashiwa Island

The sea around Kashiwa Island is relatively warm thanks to the Kuroshio Current that flows into the area. The color gradation is truly beautiful as emerald green gradually darkens and turns to a brilliant blue close to the island.

Over 1,000 kinds of fish inhabit the sea and there is a large coral reef colony in the area. The islands are also known as spots for marine sports including surf fishing and scuba diving. Time seems to pass more slowly on the island, making it a natural healing spot.

[http://visitkochijapan.com/things\\_to\\_do/nature/](http://visitkochijapan.com/things_to_do/nature/)

MAP-⑧

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 to enjoy yourself in nature.

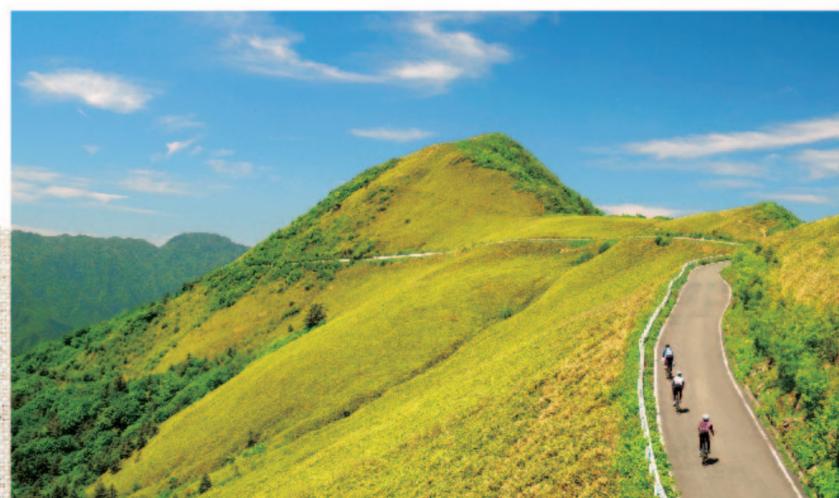


### A partnership with nature.

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.

Experience adventure or simply refresh yourself in the natural surroundings of Kochi.

[http://visitkochijapan.com/things\\_to\\_do/activity/](http://visitkochijapan.com/things_to_do/activity/)



### 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.

Local people 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.

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.



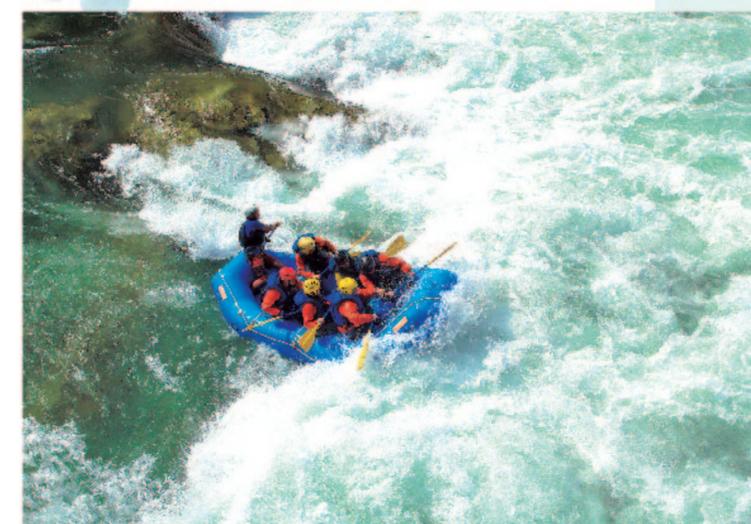
## Canoeing

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.





### The welcoming mountains of Kochi.

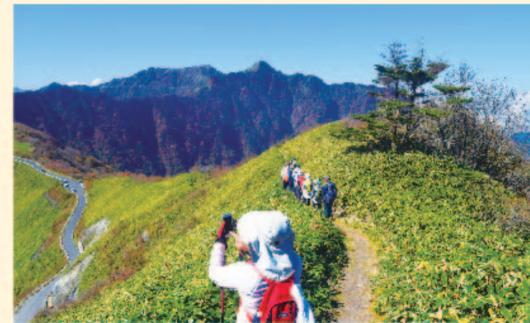
When they speak of Kochi, people often refer to it as a seaside prefecture, but many of them will change their mind once they visit. The tall, steep mountains in Kochi have long been referred to as the 'Roof of Shikoku' where even beginners can enjoy trekking, hiking and climbing in mountains suited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



## 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.



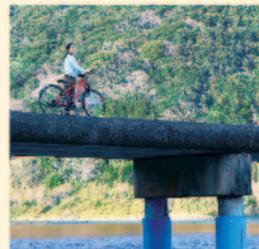
## Hiking

Shikoku Ranges offer ample opportunity for hiking. A lot of hiking routes are accessible by car from Kochi, and the backbone of the island runs right through the north part of the prefecture. You can spend days in these extensive mountains. As always, proper preparation is required.



## 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.



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.

### 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.



### 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 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.



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. 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.

## 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.

### 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.



## Whale Watching

As Kochi faces the Pacific Ocean, there are many points where people can watch legions of whales or dolphins. Dolphins leap up from the water, swimming in parallel with the boat. You can see whales spout water and even their caudal fins from up close. The fascination of watching them is endless, no matter how often you see them.

## SUP (Stand Up Paddle Board)

This is an aquatic sport in which the rider stands on the board and paddles. Because the rider stands on the board, the person feels as if walking on the water. Even beginners can leisurely experience the aquatic sport in one of Japan's foremost fresh streams surrounded by rich greenery while enjoying the nature of Kochi Prefecture.



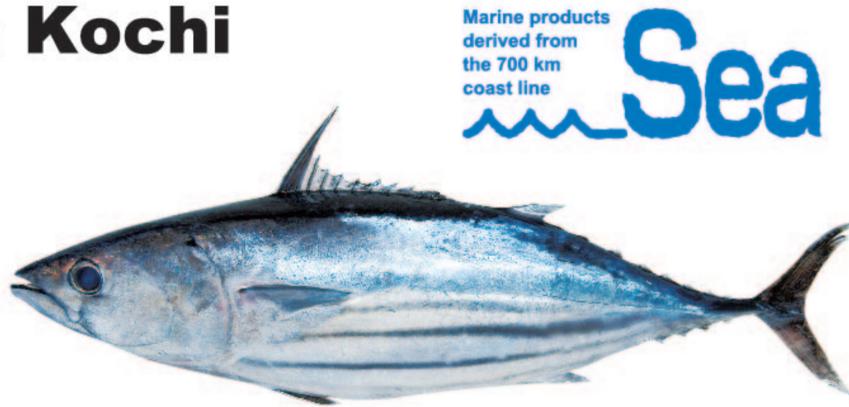
# Everyday food in Kochi

The sea, mountains, rivers  
seasonal beauty and culinary delights.

## 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 people in Kochi 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 people in Kochi 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 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.**



Marine products derived from the 700 km coast line  
**Sea**



## Katsuo no Tataki (Seared Bonito)

Seared only its skin, it is like rare steak. The 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.

At the several restaurants in Kochi, you can experience to sear fresh bonito by yourself.



## Katsuo no 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.



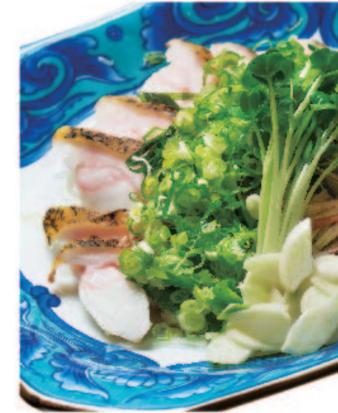
## Shimizu Saba (Shimizu Brand of Mackerel)

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.



## 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.



## 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.



## 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.



You can visit the factory tour to learn how the Sodabushi is made and try to taste the Sodabushi dashi soup.



## 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.

## 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.

Products nourished in the crystal clear streams of Kochi  
**Rivers**



## 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.

## 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.

**Mineral-rich water flows into the clear stream rivers in Kochi from Shikoku mountain range. Ayu and Unagi are just some of the delicious river products of Kochi.**



## 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.

# Mountains and Villages

The blessing of foods produced in the mountains and fields.

## 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.'



### 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.



## 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.



## 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.



### 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!

## 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.



## 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.

**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.**



### Comments

A yuzu producer says, "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."

## 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.



## Konatsu

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

## 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.

### 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.



Traditional tastes that have been cultivated by the culture of Kochi

# Local Cuisine



## 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, myoga and ryukyu. 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.



## 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. People in Kochi eat sawachi cuisine by picking out whatever they fancy.



## 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.

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

## Sunday Market

### Sunday Market (Where people in Kochi 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.

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.



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.



## Sunday Market Map

## Hirome Market

### To make the food and culture of Kochi 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 people in Kochi 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 locals eat regularly. You can see people drinking in the daytime, which is peculiar to Kochi, 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.

People in Kochi 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.

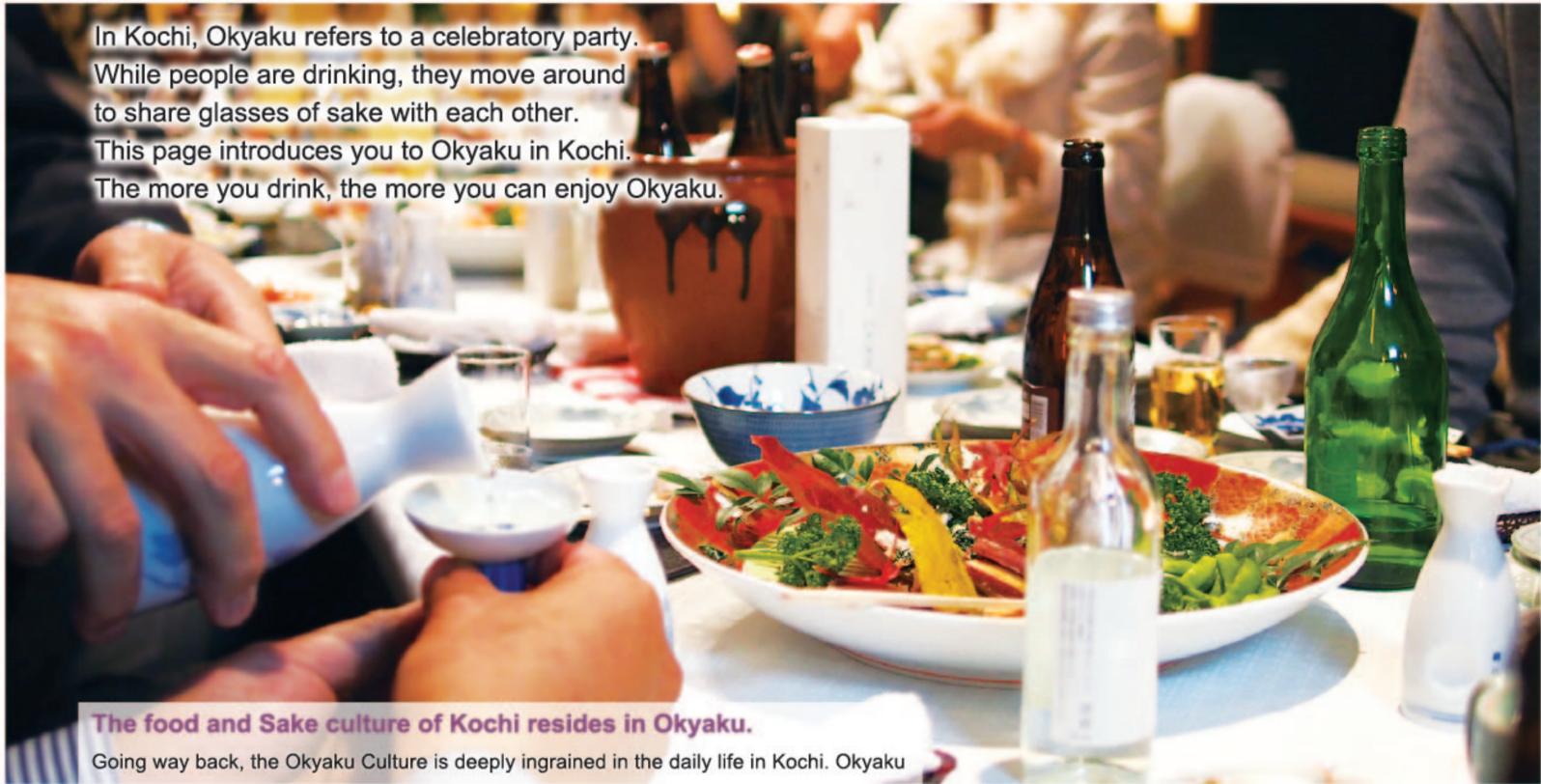
There are plenty of daily dishes of all kinds found there!!



We can get to know people when we drink with them.

# The Okyaku Culture is indispensable for people in Kochi.

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.



## 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.

People in Kochi 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.

## 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.

# How people in Kochi 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.

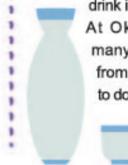


## Bekuhai

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 Hempai

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 Hempai. At Okyaku, you can see many participants moving from one place to another to do Kempai and Hempai.



## 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



Company	Brand	Company	Brand
Hamakawa Shoten	BUJOFU	Tosa Shuzo	KEIGETU
Minami Shuzojo	MINAMI	Suigei Shuzo	SUIGEI
Tosatsuru Shuzo	TOSATSURU	Kochi Shuzo	TAKIARASHI
Kikusui Shuzo	KIKUSUI	Kameizumi Shuzo	KAMEIZUMI
Arimitsu Shuzojo	AKITORA	Tsukasabotan Shuzo	TSUKASABOTAN
Sento Shuzojo	TOSA SHIRAGIKU	Nishioka Shuzo	JYUNPEI
Takagi Shuzo	TOYONOUME	Fumimoto Shuzo	MOMOTARO
Arisawa	BUNKAJIN	Mutemuka	MUTEMUKA
Matsuo Shuzo	MATSUOKINA	Fujimusume Shuzo	FUJIMUSUME



## 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

©デハラユキノリ ©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 people in Kochi 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.



# Cheerful and Energetic Yosakoi Festival

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



## Yosakoi: the Festival of Kochi

As summer is approaching, people in Kochi 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 people in Kochi!

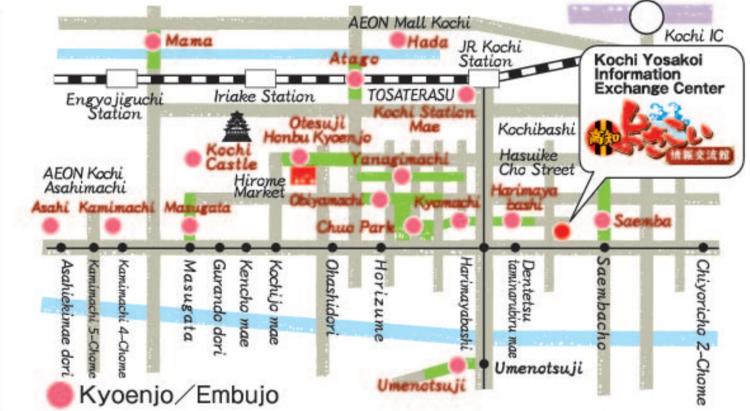


Miharu Miyazaki  
Yosakoi Immigrant

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 Embujo 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



### 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

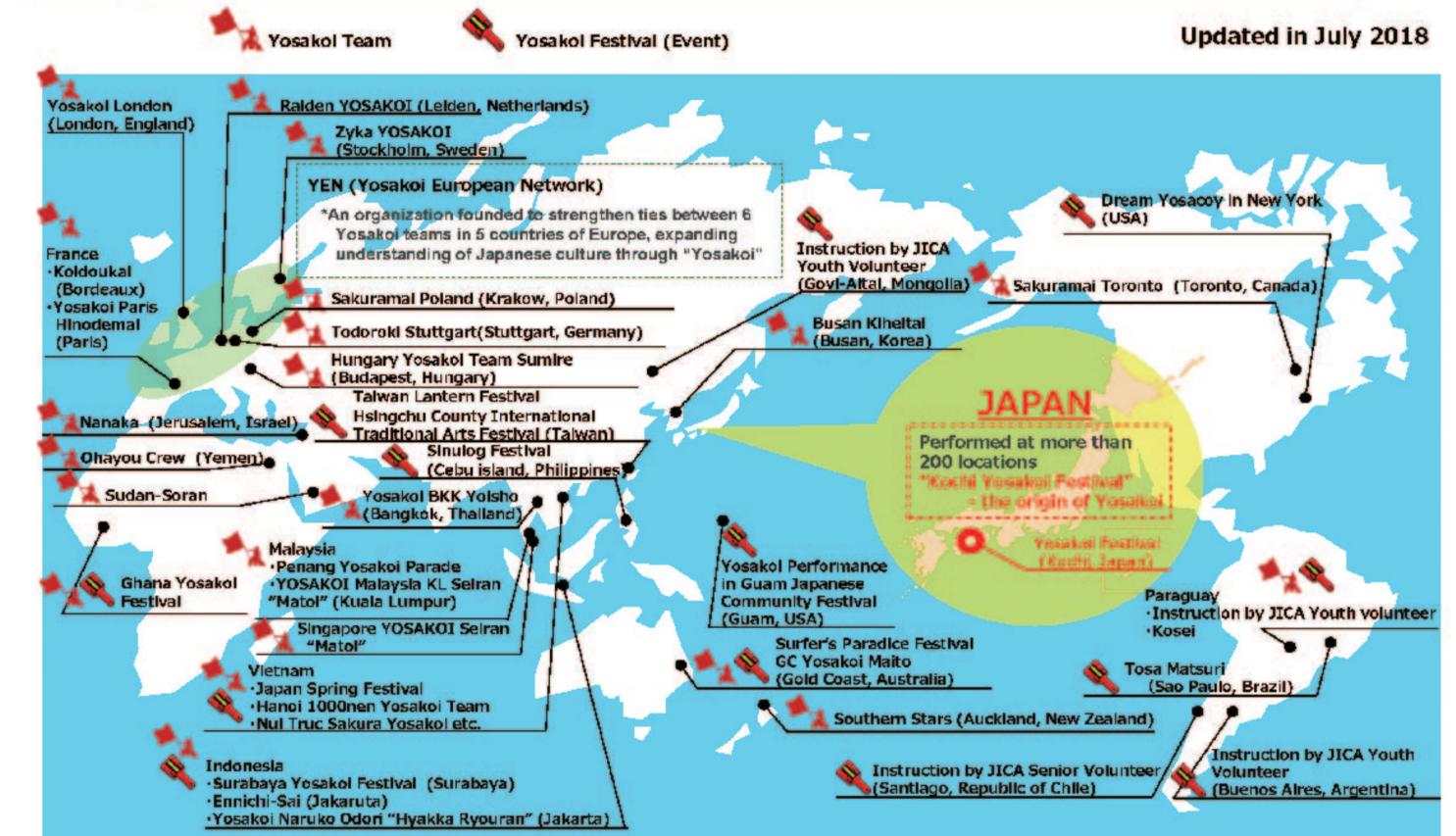
※The above are schedules for FY2018. Detail and time are subject to a change.

#### Yosakoi Encore

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

## Worldwide Spread of Yosakoi

More than 28 countries/regions (apart from Japan)



# Shikoku Henro – Pilgrimage to 88 sacred places

The Shikoku pilgrimage route is one of the few circular-shaped pilgrimages in the world. Kobo Daishi, a Buddhist monk also known as Kukai, is said to have trained on Shikoku Island and set up 88 temples in 9th century. Entire route is about 1,200 km. Making a pilgrimage to these 88 sacred places is called "ohenro" (sacred journey). It is believed that if you complete your pilgrimage to all the 88 temples, your earthly desires will completely disappear. This pilgrimage provides the chance to reflect on one's life and to change for the better. Sixteen of the 88 temples -- from the 24th to 39th -- are located in Kochi. The 88 temples are among the first cultural properties to be registered by the Agency for Cultural Affairs on its Japan Heritage list in 2015.

[http://visitkochijapan.com/things\\_to\\_do/history/](http://visitkochijapan.com/things_to_do/history/)  
<http://www.tb.mlit.go.jp/shikoku/88navi/en/>



52 ● One of the 88 Temples  
 — Walking Henro Trail



## List of Pilgrimage Sites in Kochi Prefecture

	Name		Address
24 <sup>th</sup>	Hotsumisaki-ji Temple	最御崎寺	4058-1 Murotomisaki-cho, Muroto City
25 <sup>th</sup>	Shinsho-ji Temple	津照寺	2652-1 Murotsu, Muroto City
26 <sup>th</sup>	Kongocho-ji Temple	金剛頂寺	523 Moto Otsu, Muroto City
27 <sup>th</sup>	Konomine-ji Temple	神峯寺	2594 Tonohama, Yasuda Town, Aki-gun
28 <sup>th</sup>	Dainichi-ji Temple	大日寺	476-1 Bodajji, Noichi-cho, Konan City
29 <sup>th</sup>	Kokubun-ji Temple	国分寺	546 Kokubu, Nankoku City
30 <sup>th</sup>	Zenraku-ji Temple	善楽寺	2-23-11 Ikkushinane, Kochi City
31 <sup>th</sup>	Chikurin-ji Temple	竹林寺	3577 Godaisan, Kochi City
32 <sup>th</sup>	Zenjibu-ji Temple	禅師峰寺	3084 Tochi, Nankoku City
33 <sup>th</sup>	Sekkei-ji Temple	雪蹊寺	857-3 Nagahama, Kochi City
34 <sup>th</sup>	Tanema-ji Temple	種間寺	72-1 Akiyama, Haruno-cho, Tosa City
35 <sup>th</sup>	Kiyotaki-ji Temple	清滝寺	568-1 Tei, Takaoka-cho, Tosa City
36 <sup>th</sup>	Shoryu-ji Temple	青龍寺	163 Ryu, Usa-cho, Tosa City
37 <sup>th</sup>	Iwamoto-ji Temple	岩本寺	3-13 Shigekushi-cho, Shimanto Town, Takaoka-gun
38 <sup>th</sup>	Kongofuku-ji Temple	金剛福寺	214-1 Ashizurimisaki, Tosashimizu City
39 <sup>th</sup>	Enko-ji Temple	延光寺	390 Nakayama, Hirata-cho, Sukumo City



### Japan Expressway Pass

The Japan Expressway Pass is a special service that allows unlimited use of Japan expressways through the ETC system at a flat rate. Please rent a designated ETC\* card with a vehicle.

**Eligible travelers**

The pass is available only for visitors to Japan who hold a passport other than Japan. However, Japanese citizens who have permanent residency in another country are also eligible (provided that he/she has a driver's license acceptable in Japan). At the time of application, we will ask you to present your passport or a document that proves compliance with the conditions specified above, as well as a driver's license.

**Terms of use and pricing**

Consecutive Days	Price
7-day	20,000yen
14-day	34,000 yen

※The rental charges for the vehicle and ETC card are not included.  
 ※The period of use cannot be extended midway.  
 ※Only valid for vehicles classified as "ordinary vehicles" according to expressway policies.

For details, browse

### ALL SHIKOKU Rail Pass

**Eligible travelers**

- The ALL SHIKOKU Rail Pass (hereinafter Pass) is for the use of passengers who have passports issued by governments other than Japan and have Temporary Visitor status based on the Immigration Control and Refugee Recognition Act.
- Valid only when used by the person whose name is printed on the special pass case. (Cannot be transferred.)

**Terms of use and pricing**

Pass	Purchasing Overseas	Purchase in Japan
3-day	9,000yen (Children 4,500 yen)	9,500yen (Children 4,750 yen)
4-day	10,000yen (Children 5,000 yen)	10,500yen (Children 5,250 yen)
5-day	11,000yen (Children 5,500 yen)	11,500yen (Children 5,750 yen)
7-day	12,000yen (Children 6,000 yen)	12,500yen (Children 6,250 yen)

※Child prices apply to Children between the age of 6 and 11.  
 ※Valid on the following lines during the validity period:  
 Non-reserved seats in regular cars on limited express, rapid and local trains on all JR Shikoku lines, and all Tosa Kuroshio Railway lines

For details, browse

### My Yu Bus – Kochi City Tourist Bus

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  
 \* In case you have foreign passport, the ticket price will be 50% off.

**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.

For details, browse

