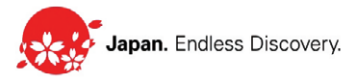


Shikoku Access Map

Let's go all the way for an exclusive experience!



Shikoku, the journey with in.
You will have a special time in the countryside of Shikoku.

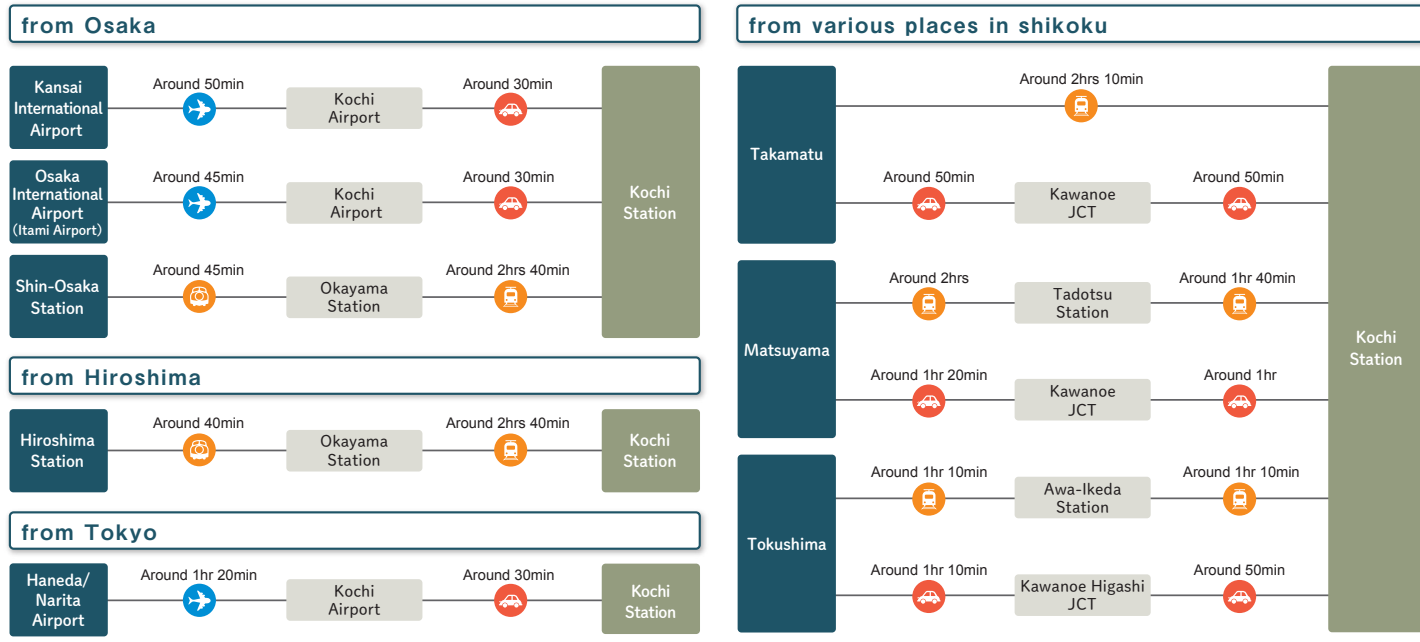


Rural Experience Content
Shikoku, the journey with in.

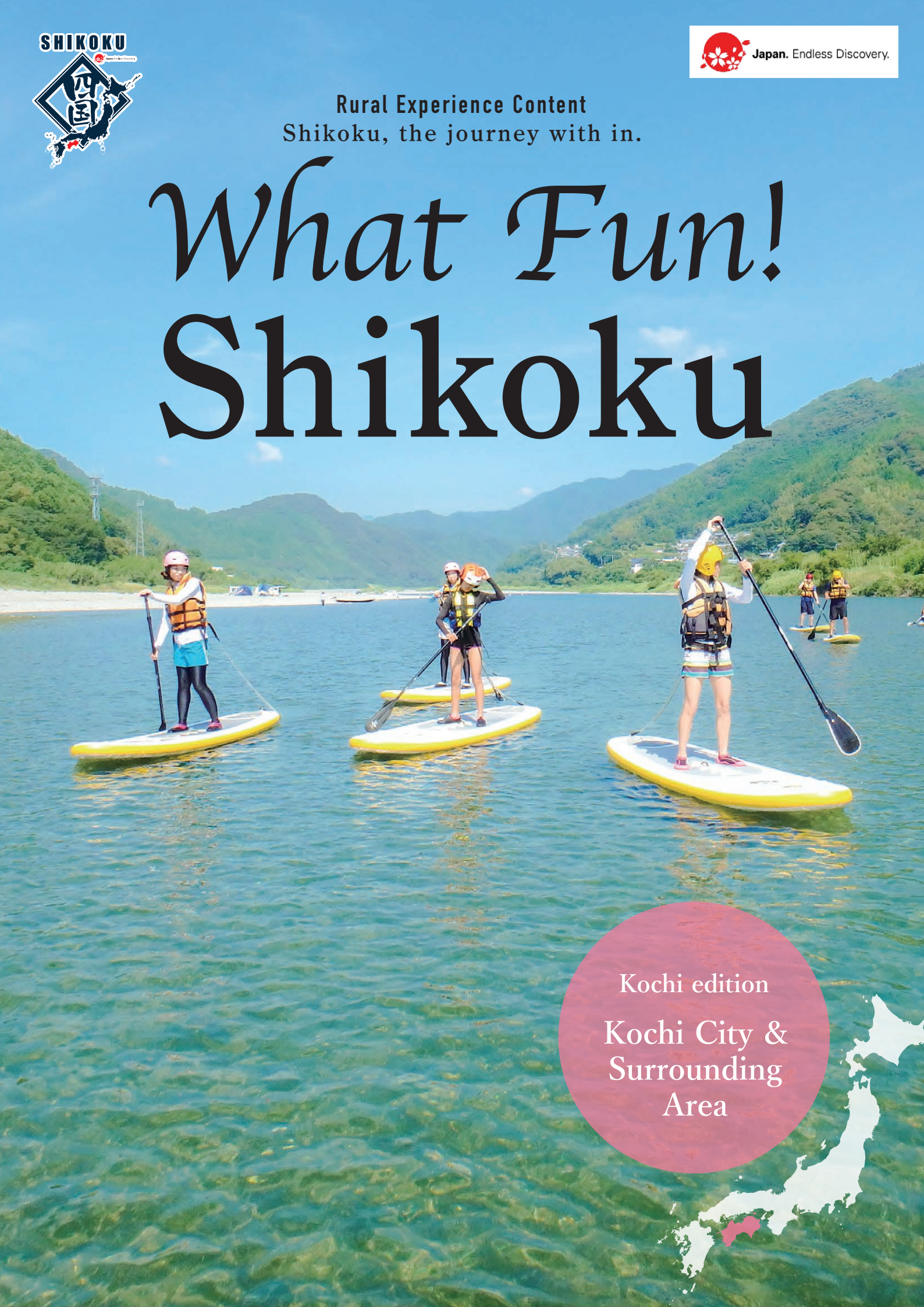
What Fun! Shikoku

Access to Kochi

Shinkansen bullet train Train Bus or rent-a-car Ferry () means high-speed ferry Airline



Inquiries/Application

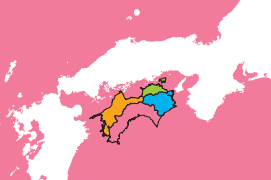


Kochi edition
Kochi City & Surrounding Area

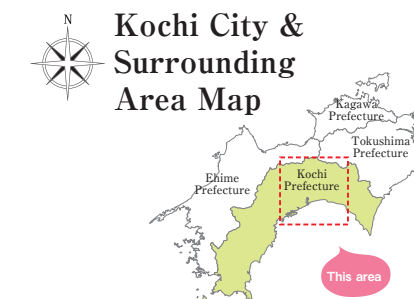
What Fun! Shikoku

Rural Experience Content
Shikoku the journey with in.

Kochi edition
Kochi City
&
Surrounding
Area



Embraced by
the magnificent scenery created by
Shikoku's natural blessings.



Kochi Castle



Hirome Market



01

Ino
Town

Tosa Washi paper-making experience

A one-of-a-kind sheef of paper. Why not try your hand at making Japanese washi paper?

Tosa washi paper is a traditional craft of the Kochi region. Why not experience washi paper-making at its birthplace—the town of Ino? Use the classic techniques of Tosa washi paper production to make your own washi paper. You can finish it as a postcard or as colored paper.

There are also live demonstrations of the “nagashisuki” technique by craftsmen in the same building. This experience lets participants draw out washi paper from a tank containing a slurry of raw pulp using a traditional suketa (papermaking screen). With help from an adult, children from around 5 or 6 years of age can join in the fun.

■¥: 900 yen ■Where: Ino-cho Paper Museum
■Location: 110-1 Saiwai-cho, Ino-cho, Agawa-gun, Kochi
■Book: Phone: 088-893-0886 ■Min. 1 person
■Max. 40 people ■Hours: 9 AM – 5 PM ■Closed: Mondays
■Time: 1 hour ■Other: Booking required, accompaniment by interpreter

02

Ino
Town

Make “boshi pan” pastry, originally invented in Kochi

Want to try making sweet boshi pan (literally, “hat bread”)—invented in Kochi—outdoors with nothing more than a pan?

Measure out the flour, knead the dough, and bake on an open fire.

This summer, why not expand your camping experience?

- “Boshi pan” pastry made in a pan (in summer only)
6 pieces 2,300 yen *With coffee
- Baumkuchen cake class
1 cake 2,600 yen (serves 2 or 3) *With coffee

■¥: 2,300 yen (6 pieces)
■Where: Ino-cho Green Park Hodono Learning Facility
■Location: 973-8 Kiyomizu-kamibun, Ino-cho, Agawa-gun, Kochi
■Book: Ino-cho Tourism Association (to hodono@eagle.ocn.ne.jp)
■Min. 2 people ■Max. 10 people
■Hours: 8:30 AM – 2:30 PM ■Closed: Please inquire ■Time: 2 to 2.5 hours
■Other: Booking required 10 days in advance



03

Nankoku
City

All-you-can-eat! Unlimited time! Strawberry picking

Every year from January to early June, strawberry picking is available daily by popular demand. It starts at 9 AM, but ends as soon as all the juicy red fruit is gone for the day. Visitors are recommended to arrive at the farm early.

Harvest some strawberries yourself and eat them on the spot, incredibly fresh! Pick some juicy red strawberries, dip them in milk, and just pop them in your mouth! They're cultivated with liquid fertilizer, so you don't have to wash them. There's no time limit, so enjoy the experience at your own pace.

Please come along with family and friends!

■¥: January – March: 1,400 yen / April – June: 1,200 yen
■Location: 600 Hataeda, Nankoku City, Kochi
■W: <http://www.nishijima.or.jp/>
■Book: Phone: 088-863-3167
■Min. 2 people ■Max. 80 people
■Open: January – early June
■Hours: 9 AM – 5 PM
■Closed: Always open during season



04

Hidaka
Village

Hands-on tour lets you enjoy SUP in the miraculous clear waters of the Niyodo Blue Be soothed by the beautiful, clear flow of the Niyodo River, bathed in Shikoku sunlight

This plan lets you paddle downriver on a SUP (Stand-Up Paddleboard) for about 2 hours and 30 minutes. Local guides will instruct on the techniques necessary for river paddling, which differ from the techniques used for sea and lake. The guides teach the fundamental techniques thoroughly to beginners, so you can enjoy paddling with confidence, and will guide you to the secret spots along the Niyodo River. Travel gently with the river's flow while enjoying the beautiful scenery that extends on both banks! The pleasure of heading downriver on a SUP is the Niyodo River itself—the clearest waters in Japan. Known as “Niyodo Blue,” the Niyodo River has been selected as having the best water quality in Japan. Just looking at this beautifully shining clear river illuminated by Shikoku sunlight makes you feel lighter and fresher - you might get a shock seeing yourself reflected perfectly in the water, though! Refresh yourself in these miraculously clear waters.

■¥: 7,500 yen ■Where: Sugoi Sports Kochi ■Location: 2658 Shimobun, Hidaka-mura, Takaoka-gun, Kochi ■W: <http://shikoku-rafting.com/activity/sup.php>
■Book: Phone: 090-9397-6573 ■Min. 1 person ■Max. 15 people ■Open: March – August ■Hours: (1) 9 AM – 11:30 AM / (2) 1 PM – 3:30 PM
■Closed: Never closed during season ■Time: 2.5 hours ■Other: Ages 9+. English language support available



05

Konan
City

Visit a warehouse where handmade sake is born!

The popular “Toyo-no-ume” sake, made by a brewery in operation for the last 130 years or so, is packed with all the appeal of the Tosa region, famous as a land that loves its liquor. The historic sake warehouse is open to the public free of charge, and tours lasting around 15 minutes can also be done (booking required). Sake tasting is also available, and the store sells regular sake as well as specially labeled bottles for brewery visitors only. Although you can visit on most regular holidays, the brewery may not be open to visitors at some times during the busy brewing season, so be sure to book.

■¥: Free of charge ■Where: Takagi Syuzo Brewery
■Location: 443 Akaoka-cho, Konan City, Kochi
■W: <http://www.toyonoume.com/>
■Book: Phone: 0887-55-1800
■Min. 2 people ■Max. 40 people ■Open: All year ■Hours: 8 AM – 5 PM
■Closed: Basically open for tours and tasting all year round
■Time: 30 minutes ■Other: Interpreter required



06

Tosa
City

Tour a katsuobushi factory!

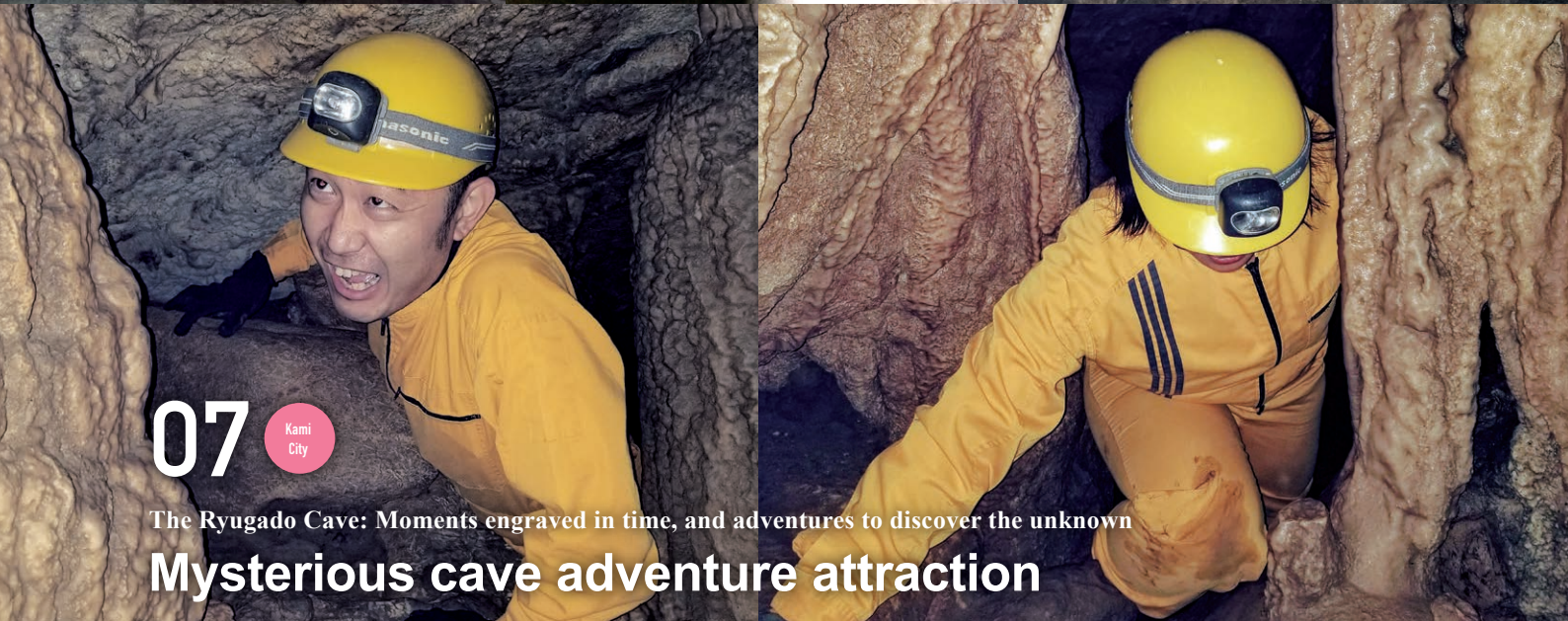
Enjoy the authentic flavor and aroma of freshly shaved katsuobushi (dried bonito) made by traditional methods in the region where katsuobushi originated.

Visit a factory where katsuobushi is made following the traditional method in use since ages past. Takeuchi Co.,Ltd manufactures high-quality katsuobushi (dried bonito) that won the prestigious Minister of Agriculture, Forestry and Fisheries Award at Japan's National Katsuobushi Awards in 2012. Following the traditional manufacturing method, this katsuobushi is made from raw bonito flesh, which is simmered, smoke-dried, treated with a mold agent, and then sun-dried—a process repeated four times over 6 months to achieve the finest possible class of katsuobushi.

■¥: 1,500 yen ■Where: Takeuchi Co.,Ltd ■Location: 2824-3 Usa, Usa-cho, Tosa City, Kochi
■Book: Via Jyoseikan email: concierge@jyoseikan.co.jp
■Min. 2 people ■Max. 40 people
■Open: All year ■Closed: Saturdays, Sundays, New Year holidays
■Time: 40 minutes ■Other: Booking required, interpreter required

■¥: Cost ■Where: Host destination ■Location: Address ■W: Website ■Book: Booking method
■Min.: minimum number of persons required ■Max.: Maximum number of people per event ■Open: Days open
■Hours: Opening hours ■Closed: Days closed, holidays ■Time: Time required to experience ■Other: Other items

■¥: Cost ■Where: Host destination ■Location: Address ■W: Website ■Book: Booking method
■Min.: minimum number of persons required ■Max.: Maximum number of people per event ■Open: Days open
■Hours: Opening hours ■Closed: Days closed, holidays ■Time: Time required to experience ■Other: Other items



07
Kami
City

The Ryugado Cave: Moments engraved in time, and adventures to discover the unknown Mysterious cave adventure attraction

One of Japan's three major limestone caves, the Ryugado Cave is a mysterious limestone cave where a history of 175 million years has put down strong roots. This difficult climb, equivalent to several floors of a building, has proved popular as a caving (cave exploration) destination! Crawl along narrow rocky passages, climb ladders, and clamber over 3-meter rocks using ropes ... This is a very popular course, with many people saying, "As difficult as it is, the sense of accomplishment is amazing!"

■¥: 2,100 yen (group prices available) ■Where: Ryugado Cave ■Location: 1424 Sakakawa, Tosayamada-cho, Kami City, Kochi ■Book: Phone: 0887-53-2144 ■Min. 1 person ■Max. 10 people ■Open: All year ■Hours: 8:30 AM - 4:30 PM ■Closed: Never ■Time: 1.5 hours ■Other: Interpreter required. Ages 6+



08
Kochi
City

Try your hand at copying Buddhist sutras and visit sites of power with the monks of Chikurin-ji Temple

The garden at Chikurin-ji Temple is one of three famous gardens in Kochi Prefecture. In a quiet room overlooking this wonderful garden, calm your spirit by copying Buddhist sutras. After being soothed by the sutra copying, gaze out onto the garden as you enjoy Japanese tea and sweets and feel even more refreshed. After this, a monk will guide you along the path to the main hall, while you appreciate the beauty of nature's four seasons. In the main hall, joined by the monks, visitors press their hands together in prayer, read their sutras and offer them to the Buddha. This extraordinary experience, together with stories told by the monks, will give you a true glimpse of this site of power.

- Buddhist sutra-copying experience (copying sutras of the 10 Good Deeds)
- Have a moment of tea time—enjoy tea and sweets while viewing the garden
- Dedicate the sutras
- Chikurin-ji Temple tour by monks (guide to the power sites of Chikurin-ji Temple)

■¥: 2,500 yen ■Where: Chikurin-ji Temple ■Location: 3577 Godaisan, Kochi City, Kochi ■W: <http://www.chikurinji.com/> ■Book: Via Jyoseikan email: concierge@jyoseikan.co.jp ■Min. 2 people ■Max. 40 people ■Open: All year (There will be days when temple events will not be held) ■Hours: 10 AM - 4 PM ■Time: 1.5 hours ■Other: Booking required, interpreter required

■¥: Cost ■Where: Host destination ■Location: Address ■W: Website ■Book: Booking method ■Min.: minimum number of persons required ■Max.: Maximum number of people per event ■Open: Days open ■Hours: Opening hours ■Closed: Days closed, holidays ■Time: Time required to experience ■Other: Other items

MODEL COURSE JOURNEY WITHIN KOCHI

Model Course.A 2D1N

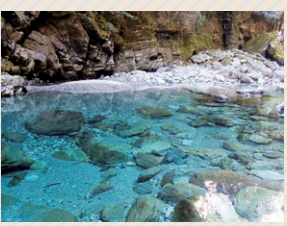
Day1		
	Kochi Airport or Kochi Station	
	30min	
07	[Ryugado Cave] Cave adventure attraction	1hr 30min
	25min	
05	[Takagi Syuzo Brewery] Sake warehouse tour	30min
	35min	
Dinner	Hirome Market	1hr
	5min	
Accommodation	In Kochi City	

Day2

	Hotel	
	1hr 20min	
	Nakatsu Gorge	1hr
	15min	
04	Niyodo River SUP experience	2hrs 30min
	50min	
03	[Nishijima Horticultural Park] Strawberry picking	1hr
	20min	
	Kochi Airport or Kochi Station	



Ryugado Cave



Nakatsu Gorge



Niyodo River SUP Workshop



Strawberry-picking Workshop

Model Course.B 2D1N

Day1		
	Kochi Airport or Kochi Station	
	30min	
	Kochi Castle	1hr
	20min	
08	Chikurin-ji Temple Buddhist sutra-copying experience	1hr
	20min	
	Katsurahama	1hr
	30min	
Dinner	Hirome Market	1hr
	5min	
Accommodation	In Kochi City	

Day2

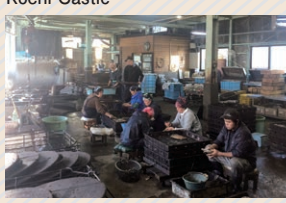
	Hotel	
	1hr 20min	
	Nakatsu Gorge	1hr
	1hr	
01	Washi paper-making experience	1hr
	30min	
06	Tour of katsuobushi factory	40min
	45min	
	Kochi Airport or Kochi Station	



Kochi Castle



Washi paper-making experience



Tour of katsuobushi factory



Sutra-making Workshop