

SHIKOKU

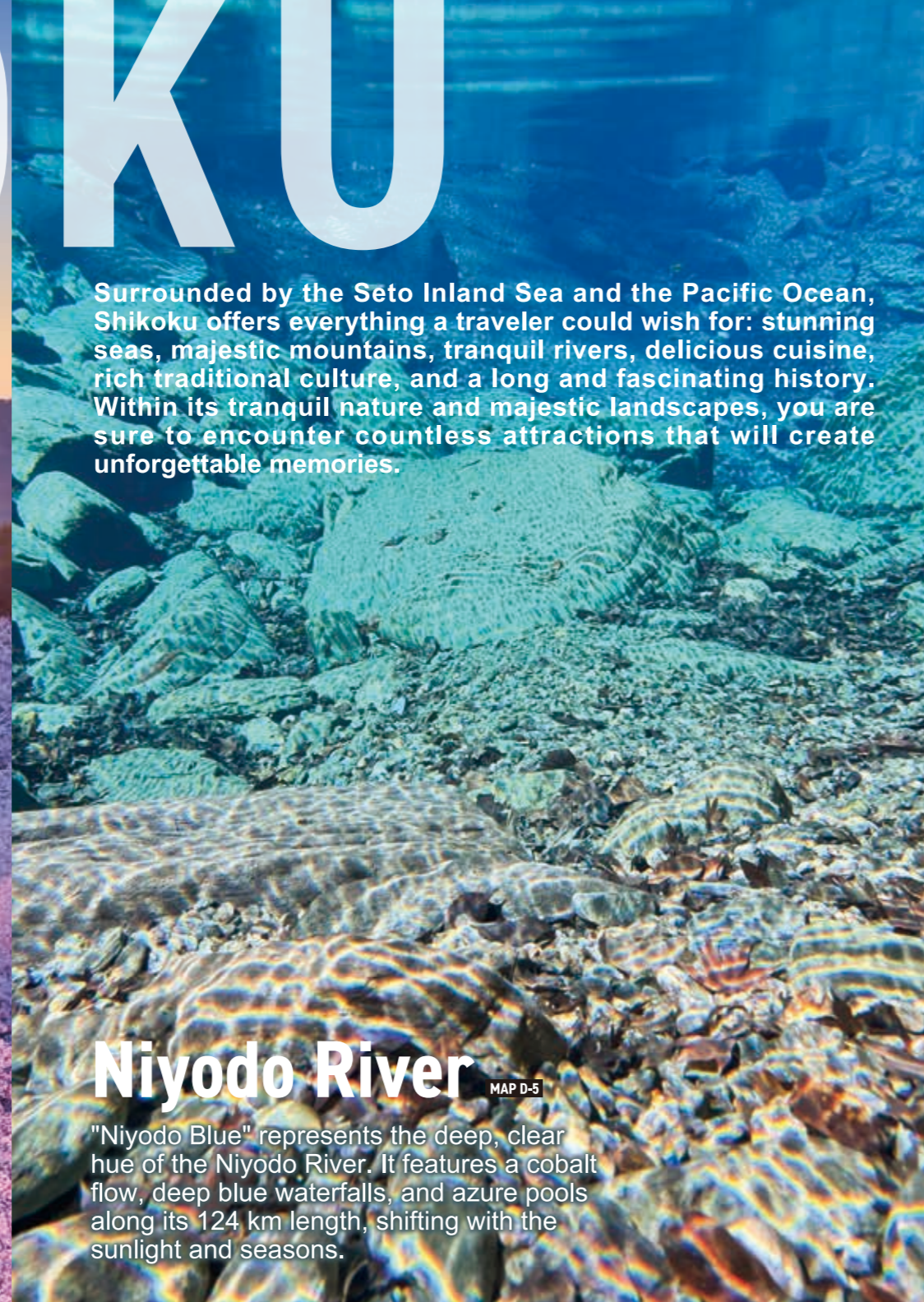
TRANQUIL*MAJESTIC



Setouchi Shimanami Kaido

The Shimanami Kaido spans approximately 70 kilometers, connecting Ehime Prefecture and Hiroshima Prefecture. It is a place where countless islands float in the calm Seto Inland Sea, surrounded by an abundance of nature that creates breathtakingly beautiful scenery.

Hirakiyama Park (Photo: ©Shizumasa)



Niyodo River

"Niyodo Blue" represents the deep, clear hue of the Niyodo River. It features a cobalt flow, deep blue waterfalls, and azure pools along its 124 km length, shifting with the sunlight and seasons.

Matsuyama Castle

Matsuyama Castle, built in the Momoyama period style, is one of the few existing castle towers in Japan, representing the Setouchi Region. Twenty-one of its buildings are designated as Important Cultural Properties. **MAP 4**



Kochi Castle

Kochi Castle is the only castle in Japan where all the structures of its main building have been preserved intact. Fifteen of its buildings are designated as Important Cultural Properties by the national government. **MAP 3**



Shikoku's Castles

There are 12 existing castle towers in Japan, and four of them are located in Shikoku. These historic castles, rich in history, are sure to captivate anyone—from history enthusiasts and nature lovers to architecture fans! Ozu Castle and Marugame Castle even offer private overnight stays for visitors.

Castle Stay



Ozu Castle



The castle tower was demolished in 1888 but was restored in 2004. At Ozu Castle, visitors can enjoy a "Castle Stay" experience, staying overnight in the restored wooden castle tower. **MAP 3**

Castle Experience



Marugame Castle

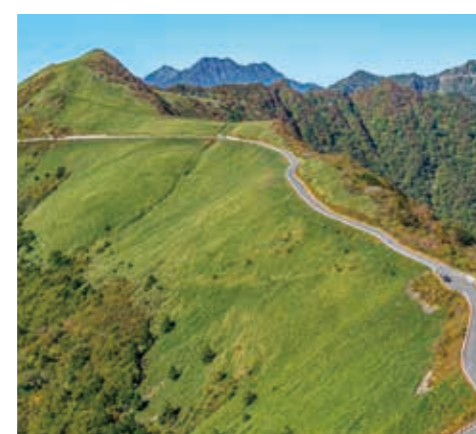


Marugame Castle, renowned for its impressive stone walls and white-plastered castle tower, was built approximately 400 years ago and has been designated as a National Important Cultural Property. There is a luxurious Castle Stay lodging option available, allowing you to rent out the entire annex. **MAP 2**



Historical Townscape of Hiketa

Located at the eastern tip of Kagawa Prefecture, Hiketa Town is a port town that preserves its traditional townscape. Since the Muromachi period (1336 – 1573), it has thrived as a port where ships waited for favorable winds. **MAP 3**



UFO Line

The "UFO Line" is a famous 27-kilometer scenic driving route that offers breathtaking views with Mount Ishizuchi as its backdrop. (Closed during winter from late November to early April.) **MAP 4**



Ritsurin Garden

Ritsurin Garden is a feudal lord's garden that was constructed over approximately 100 years, completing in 1745. This spacious garden features six ponds and thirteen landscaped hills. **MAP 3**



Naruto Whirlpools

The Naruto Strait, home to the Naruto whirlpools, is only 1.3 km wide between Shikoku and Awaji Island and is known as one of the world's three major tidal currents. **MAP 3**



Zentsuji Temple

Dogo Onsen

Dogo Onsen Honkan is believed to be the oldest hot spring in Japan, with a history spanning 3,000 years. This three-story, castle-like wooden building is designated as an Important Cultural Property. **MAP 4**



Culture and History



Yosakoi Festival

The Yosakoi Festival in Kochi is regarded as one of Japan's top 10 major festivals. Dancers hold wooden dappers called "naruko" and dance energetically while moving their hips dynamically. **MAP 3**



Kotohira-gu Shrine

Kotohira-gu Shrine, affectionately known as "Konpira-san," is one of Japan's most popular shrines. The staircase leading to the shrine consists of 1,368 steps and is extremely long. **MAP 3**



Naoshima Red Pumpkin

A giant, polka-dotted pumpkin sculpture by artist Yayoi Kusama that visitors can actually step inside. **MAP 2**



Awa Odori Festival

The Awa Odori Festival, a 400-year-old tradition, represents summer in Japan. Dancers in colorful costumes perform to the energetic rhythms of drums. At Awa Odori Kakkai, visitors can enjoy exhibits and hands-on experiences. **MAP 3**

Henro

The Shikoku pilgrimage route, known as Henro, is one of the few circular pilgrimage routes in the world, spanning approximately 1,200 kilometers. It encompasses 88 temples and numerous sacred sites associated with Kukai (Kobo Daishi), where he is believed to have trained or stayed. This pilgrimage offers opportunities to experience the rich natural beauty of Shikoku and interact with local residents. It also provides a chance for personal reflection and encourages positive changes in one's life. **MAP 3**



This pilgrimage should not be viewed as merely a journey to collect stamps; instead, it should be seen as a spiritual endeavor. It provides an opportunity for self-reflection and allows you to gain something meaningful from the experience. The local people will warmly welcome your decision to undertake the Shikoku pilgrimage.

Experience

Kimono Experience

Dress in meticulously selected traditional Japanese attire at the historic Kashino Residence. Stroll through the gardens and immerse yourself in the beauty of Japanese culture. **MAP 3**



Hirome Market

Hirome Market is a commercial facility located next to Kochi Castle, where locals and tourists can enjoy both Kochi's local cuisine and a variety of international dishes. **MAP 3**



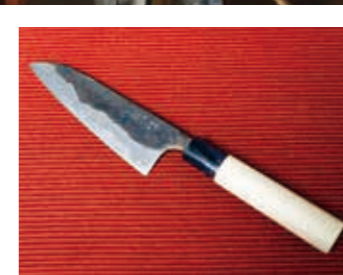
Japanese Cuisine Experience

Enjoy authentic Japanese cuisine inside Tokushima's historic Kashino Residence, a nationally designated Tangible Cultural Property. **MAP 3**



Tosa Uchi-hamono knives

You can experience making Tosa Uchi-hamono, a nationally designated traditional craft. **MAP 3**



Indigo Dyeing Experience

Experience traditional indigo dyeing at an artisanal workshop. **MAP 3**

Note: You can purchase indigo-dyed products at "Okumura," the shop next door.

Kankakei Gorge & Ropeway

Kankakei Gorge, situated on Shodoshima, is a vast valley renowned for its stunning forests and distinctive volcanic rock formations. You can take a ropeway to enjoy its mesmerizing natural scenery. **MAP 2**

Iya Vine Bridge

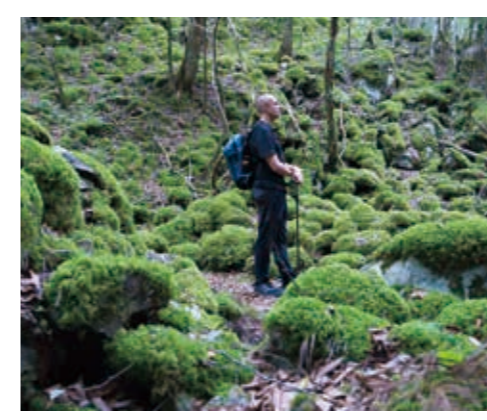
Iya Vine Bridge, also known as Kazura-bashi, is a secluded suspension bridge nestled in nature. It is regarded as one of Japan's Three Most Unusual Bridges. **MAP 4**



Activity

Cycling on the Shimanami Kaido

The Shimanami Kaido links Onomichi and Imabari, spanning over 60 km, and offers cycling paths with scenic island views. **MAP 3**



Important Notices:
- Please do not step on the moss or take any of it.



- Do not enter the terraced rice fields.

Walking in Shikoku

Shikoku is home to numerous natural trails where you can enjoy stunning scenery, including mountains and terraced rice fields. (Photo: Mt. Yamainai-dake and the Kasahira terraced rice fields in Tokushima.) **MAP 4**



Trekking Mt. Ishizuchi

Mt. Ishizuchi is one of Japan's Seven Sacred Mountains, towering over Shikoku. A variety of hiking trails are available, including a challenging and unique route where climbers ascend steep cliffs using a series of chains. **MAP 4**

SHIKOKU

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For further access details, please visit the official website of the Organization for Promotion of Tourism in SHIKOKU. <https://shikoku-tourism.com/en/>



Shikoku can be accessed by various transportation modes, including airplanes, trains, and highway buses. The "ALL SHIKOKU Rail Pass" is a convenient option for travel within Shikoku and is exclusively available to overseas travelers, offering unlimited train travel on six railroads, including JR, that run through Shikoku. For locations difficult to reach by railway, we recommend traveling by bus or renting a car. Purchasing digital tickets is recommended for greater convenience.

SHIKOKURURI <https://shikokururi.com/web/en/>
Website for enjoying Shikoku travel
SHIKOKURURI



Sightseeing Trains

Consider traveling around Shikoku by train! Not only can you enjoy the beautiful scenery from the windows, but riding on Shikoku's unique and distinctive trains will also make your travel time a memorable part of your journey.



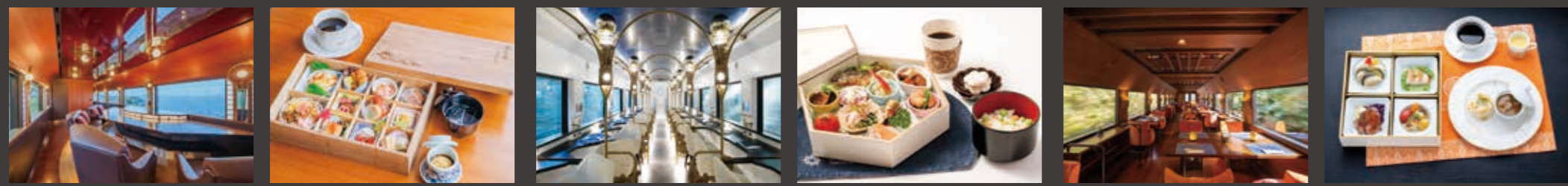
IYONADA MONOGATARI



SHIKOKU TOSA TOKI NO YOAKE NO MONOGATARI



SHIKOKU MANNAKA SENNEN MONOGATARI



In the western part of Kochi Prefecture and the southern part of Ehime Prefecture in Shikoku, unique trains known as the "Yodo Line Brothers" (Hobby Trains) operate. Additionally, in Shikoku, there is a sightseeing train themed around Japan's famous character, "Anpanman," which travels through the region.

Yodo Line Brothers



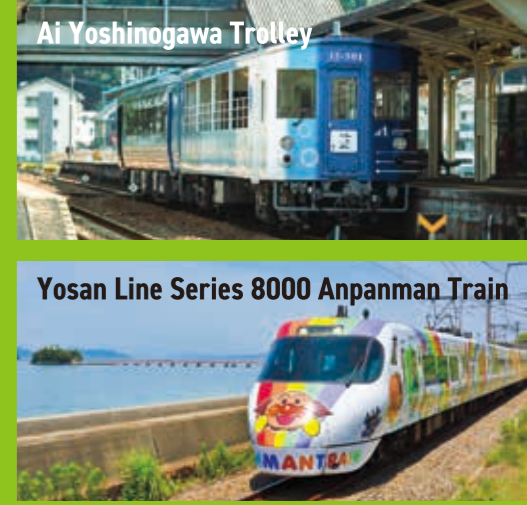
SHIMAN TOROCCO



KAIYODO HOBBY TRAIN



TETSUDO (RAILWAY) HOBBY TRAIN



Yosan Line Series 8000 Anpanman Train

Shikoku 88 Temples

The Shikoku 88 Temple Pilgrimage (Henro) refers to a Buddhist pilgrimage to 88 temples around Shikoku. Through this pilgrimage, you can experience the rich history, sacred sites, and natural beauty of Shikoku.

Tokushima	Kochi	Ehime	Kagawa
1. Ryuzenji 龍尊寺	1. Hasekuraji 長門寺	1. Kanjizai 観音寺	1. Unenji 雲井寺
2. Gokurakiji 五穀楽寺	2. Shikokuji 室積寺	2. Butsumokiji 佛土寺	2. Jininji 神人寺
3. Konzeji 権蔵寺	3. Kogoshuji 金剛寺	3. Meisekiji 明石寺	3. Kanonji 観音寺
4. Daishinji 大心寺	4. Koomineji 権盛寺	4. Daihuji 大戸寺	4. Kanonji 観音寺
5. Jijoji 地蔵寺	5. Daichinji 大心寺	5. Anrakuji 安楽寺	5. Motosuyama 本山寺
6. Anrakuji 安楽寺	6. Tosa Kakubunji 土佐かくぶん寺	6. Juroji 浄徳寺	6. Nyadanji 野田寺
7. Juraokiji 十家寺	7. Zenshokiji 善徳寺	7. Yasakiji 八咫寺	7. Mandaraji 曼達羅寺
8. Kumanoji 熊野寺	8. Ohkurinji 大倉院	8. Sairinji 斎院寺	8. Shushakuji 出雲寺
9. Huroki 堀越寺	9. Zuyohji 瑞穂寺	9. Jidaiji 時代寺	9. Koyamaji 小谷寺
10. Kirishitanji キリシタン寺	10. Sakaki 栄木寺	10. Hanaji 花井寺	10. Zenshokiji 善徳寺
11. Fujidaira 藤井寺	11. Tenmeiji 天明寺	11. Ichiiji 石手寺	11. Kanaji 金蔵寺
12. Shosonji 勝山寺	12. Kyotakidaira 清徳寺	12. Tabaaji 太田寺	12. Doryuji 道徳寺
13. Daichinji 大心寺	13. Shoyuji 青龍寺	13. Enryuji 縁起寺	13. Gokurakiji 五穀楽寺
14. Juraokiji 十家寺	14. Inamotaji 稲本寺	14. Nanakobe 南光寺	14. Tenmeiji 天明寺
15. Awa Kakubunji 阿波かくぶん寺	15. Kogoshuji 金剛寺	15. Ekiyaji 恵吉寺	15. Kakubunji かくぶん寺
16. Kameiji 亀井寺	16. Ekiokiji 栄光寺	16. Senryuji 善忍寺	16. Yakumiji 八雲寺
17. Kaji 加賀寺	17. Ekiokiji 栄光寺	17. Senryuji 善忍寺	17. Yashiji 八雲寺
18. Tsuruji 土師寺	18. Kikubunji 吉備寺	18. Kakubunji かくぶん寺	18. Shidoji 志道寺
19. Tsuruji 土師寺	19. Manganji 萬満寺	19. Manganji 萬満寺	19. Naganji 長光寺
20. Yakuji 薬師寺	20. Senakujiji 三光寺	20. Senakujiji 三光寺	20. Daibutsuji 大佛寺

Local Tastes

Each region in Shikoku has developed its own unique and rich food culture. Travel around Shikoku to savor the local cuisine of each area and experience its unique differences.

Yakibuta Tamago-meshi

Mandarin Juice

Olive Products

Honetsukidori Chicken-on-the-Bone

Yawatahama Chanpon Noodles

Tai meshi (Uwajima style)

Sanuki udon noodles

Oiri Soft Serve

Katsuo no tataki (Seared Bonito)

Iya Soba

Nabeyaki Ramen

'Naruto Kintoki' Sweet Potatoes

Muroto Kimme Don

Kochi Yuzu

Awaodori Chicken

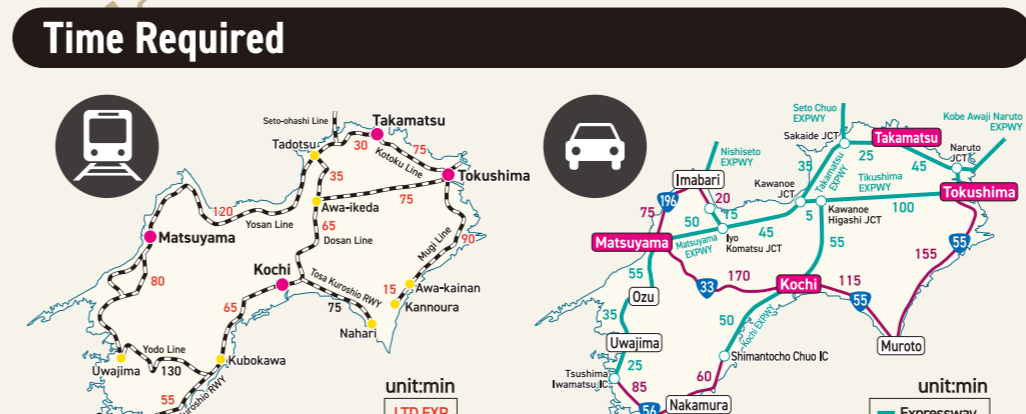
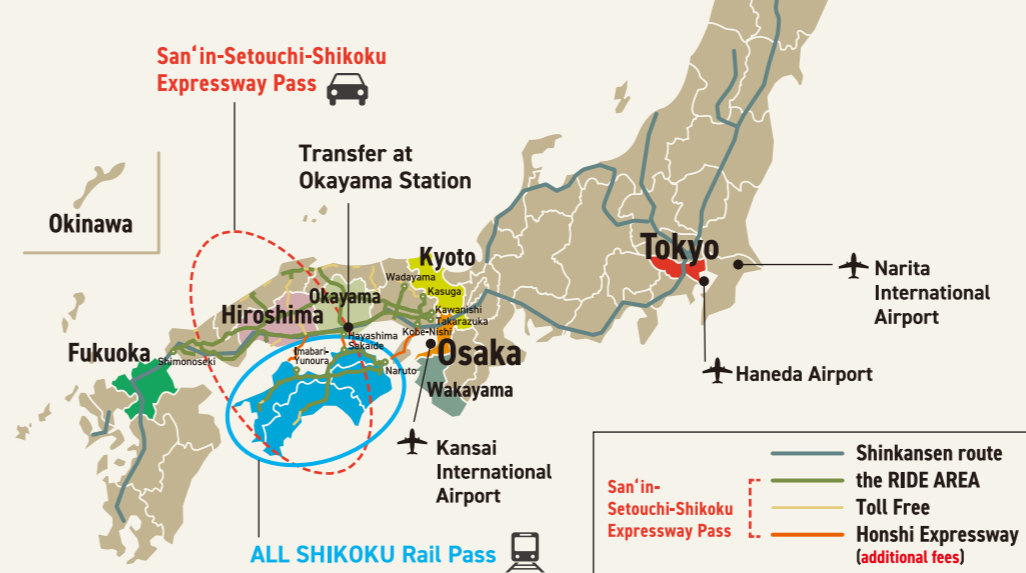
Tokushima Ramen

Japanese Sake

Shikoku is home to a variety of local sake that perfectly complements the unique food culture of each region. Brewed in an environment of clean air, delicious water, and abundant nature, Shikoku's sake is truly captivating.



Access to Shikoku



Value Transportation Pass

ALL SHIKOKU Rail Pass
The ALL SHIKOKU Rail Pass is available to foreign tourists visiting Japan under a "short-term stay" visa for sightseeing purposes. It offers unlimited rides on railway lines within Shikoku, including JR Shikoku (some trains are excluded), as well as the Shodoshima Ferry and Shodoshima Olive Bus. With flexible validity options, it's the ideal pass for travelers looking to explore Shikoku to the fullest.

JAPAN RAIL PASS
The JAPAN RAIL PASS, offered jointly by the six JR Group companies, is available to foreign tourists visiting Japan under a "short-term stay" visa for sightseeing purposes. It provides unlimited rides on JR lines throughout Japan, including Shikoku, for a fixed price, with several validity options available. This pass is a convenient and cost-effective way to travel by train across the country.

San'in-Setouchi-Shikoku Expressway Pass (SEP)
A special pass designed for foreign rental car users, providing unlimited access to expressways in the San'in, Setouchi, and Shikoku regions for a fixed price. Please note that some expressway sections are excluded.

From major cities to Shikoku

From	Route	Time	To
Jet Star	1:40 hr	Takamatsu	2:40 hr
Jet Star	1:50 hr	Matsuyama	3:40 hr
Jet Star	1:40 hr	Kochi	5:40 hr
ANA/JAL	1:20 hr	Tokushima	3:20 hr
ANA/JAL	1:25 hr	Matsuyama	2:00 hr
ANA/JAL	1:25 hr	Kochi	4:00 hr
ANA/JAL	5:30 hr	Tokushima	3:40 hr
ANA/JAL	4:20 hr	Takamatsu	3:00 hr
ANA/JAL	6:10 hr	Matsuyama	3:00 hr
ANA/JAL	6:10 hr	Kochi	3:00 hr
ANA/JAL	2:05 hr	Tokushima	4:15 hr
ANA/JAL	0:40 hr	Takamatsu	3:30 hr
ANA/JAL	2:45 hr	Matsuyama	4:10 hr
ANA/JAL	2:40 hr	Kochi	1:20 hr
Shinkansen	1:00 hr	Osaka Station or Namba Station	3:40 hr
Shinkansen	1:10 hr	Shin-osaka Station	4:00 hr
Shinkansen	1:00 hr	Wakayama Port	3:00 hr
Shinkansen	0:35 hr	Hiroshima Station	4:15 hr
Shinkansen	0:40 hr	Hiroshima Port	1:20 hr

What to Do If You Feel Unwell

This website offers helpful information on receiving medical care in Japan. We recommend bookmarking it in case of an emergency.

Emergency Contact Information

緊急時連絡先情報・JNTO 訪日旅行者コールセンター
緊急時はこちらをご参照ください。

Fire Department 119 | **Police Department 110**

Call for fires, serious medical emergencies, or traffic accidents. Call to report traffic accidents or crimes such as theft or assault.

Japan Visitor Hotline TEL 050-3816-2787 (Available 24 hours, 6 days a week)

Operated 24/7 by the Japan National Tourism Organization (JNTO), this multilingual call center is available to assist foreign visitors in Japan.

Scope of support: Assistance during emergencies such as illness or natural disasters. General travel information. Guidance on COVID-19-related matters. Help finding medical facilities that offer services in foreign languages.

Languages Available: English, Chinese, Korean

Support Provided: Direct inquiries from visitors to Japan (as a general rule, we do not provide three-way interpretation or make reservations on behalf of visitors to Japan).

JNTO TheAPP: Download "Safety Tips," a push-enabled information alert app designed for foreign tourists.