



## Shikoku Access Map

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



Countryside Workshop Contents  
Shikoku the journey with in.

# What Fun! Shikoku

Kochi Prefecture

Aki and  
Muroto  
Area

## Access to Aki and Muroto

✈️ Airplane 🚅 Shinkansen bullet train 🚆 Train 🚗 Bus or rent-a-car

### from Kochi prefecture

Haneda Airport	Around 1hr 20min	Kochi Ryouna Airport	Shin-Osaka Station	Around 45min	Okayama Station	Around 2hrs 30min	Kochi Station
Itami Airport	Around 45min		Hiroshima Station	Around 40min	Okayama Station	Around 2hrs 30min	
Nagoya Airport	Around 1hr		Takamatsu Station			Around 2hrs 10min	
Fukuoka Airport	Around 50min		Matsuyama Station			Around 3hrs 45min	

### from Kochi city

Kochi Station	Around 15min	Gomen Station	Around 40min	Aki Station	Around 20min	Nahari Station
Kochi City	Around 15min	Geisei Station	Around 15min	Aki Station	Around 50min	Muroto City

### from Tokushima prefecture

Tokushima Station	Around 80min	Mugi Station	Around 15min	kaifu Station	Around 10min	Kanoura Station
Tokushima IC	Around 2hrs 20min	Toyo Town	Around 40min			Muroto City

Inquiries/Application





Countrywide Workshop Contents  
Shikoku the journey with it.

# What Fun! Shikoku

Kochi Prefecture  
Aki and  
Muroto  
Area



Monet's Garden Marmottan in Kitagawa Village



Muroto UNESCO Global Geopark

Embrace the magnificent view  
created by Shikoku's abundant nature!

Ioki Cave





# 01

Muroto City

## BONITO GRILLING AND DOLPHIN TRAINING WORKSHOP

### Dining on delicious bonito and fun interaction with dolphins!

Learn how to be able to become a dolphin-trainer, and how to communicate with them. You can also feed and pet the dolphins. You also get to learn how to prepare and grill freshly-caught bonito. Yum!

金 ¥2,160 施 Muroto Dolphin Center  
住 6810-162, Misaki-cho, Muroto-shi, Kochi-ken, 781-7101  
U <http://www.muroto-dc.jp/index.html>  
最 1 person 定 4 people  
予 Kochi East Tourism Association email: [tobukochi@vesta.ocn.ne.jp](mailto:tobukochi@vesta.ocn.ne.jp) (Japanese and English)  
営 Whole-year 時 9:00-16:00 休 Wednesday 験 Around 2 minutes  
他 Reservations and translator might be required

# 03

Uwajima

## YUZU COSMETIC-MAKING WORKSHOP

### Take a relaxing dip at Umaji Onsen and dine on delicious countryside-style sushi!

Yuzu cosmetic factory site-visit and cosmetic-making workshop. Overnight at Umaji Onsen and countryside-style sushi for dinner.

金 For consultation 施 Uwajima Onsen 住 3564-1, Uwajimura, Aki-bu, Kochi-ken  
U <http://www.umaj.gr.jp/index.php> 最 10 person 定 consult with facility  
予 Kochi East Tourism Association email: [tobukochi@vesta.ocn.ne.jp](mailto:tobukochi@vesta.ocn.ne.jp) (Japanese and English)  
営 Whole-year 験 cosmetic-making is 30 minutes



# 02

Muroto City

## MUROTO UNESCO GLOBAL GEOPARK

### A guide will take you around the geopark's Cape Muroto site.

Walk along the forefront of the birthplace of new lands through the subtraction of the oceanic plate and uplifting from past great earthquakes more than 1,600 year ago. Muroto UNESCO Global Geopark is a place where you can read the history of the Earth as it is written in the rocks, and through the abundant lifeforms found all-over the area.

金 ¥900 施 Muroto UNESCO Global Geopark  
住 1810-2, Misaki-cho, Muroto-shi, Kochi-ken  
U <http://www.muroto-geo.jp/>  
最 1 person 定 consult with facility  
予 Kochi East Tourism Association email: [tobukochi@vesta.ocn.ne.jp](mailto:tobukochi@vesta.ocn.ne.jp) (Japanese and English)  
営 Whole-year 時 9:00-16:00 休 none 験 Around 1 hour  
他 Reservations and translator might be required. I guide for every 15 guests

# 04

Aki City

## UCHIHARANO-YAKI ROKURO POTTERY WORKSHOP

### Traditional Japanese pottery challenge!

You get to make your very own unique and one-of-a-kind bowl/cup at the pottery village's Uchiharano Yaki Rokuro Pottery - which has over more than 200 years of pottery history. You can also purchase works of art from traditional potters as well.

金 starting from ¥1,500~ 施 Uchiharano-Tougenkan  
住 1607-1 Kawa-kita Otsu, Aki-shi, Kouchi-ken  
U <http://www.uchiharano-tougeikan.jp/index.html> 最 1 person 定 6 people  
予 Kochi East Tourism Association email: [tobukochi@vesta.ocn.ne.jp](mailto:tobukochi@vesta.ocn.ne.jp) (Japanese and English)  
営 Whole-year 時 9:00-14:30  
休 Wednesday 験 30 minutes  
他 Translators might be required. Separate fee for shipping products





05 Geisei Village

## JAPANESE SHIROSHITA SUGAR-MAKING WORKSHOP

A taste of nature's natural sweetness!  
A special kind of treat-making!

Shiroshita sugar is normally made black, but in this shop, they make white Shiroshita sugar. The special thing about this is that, it can also be used as a treat during Japanese tea ceremonies, instead of being used just as a condiment.

After making your sugar by hand, you are also able to bring it home as a souvenir.

金 ¥2,000/person 施 Geisei Mura Tradition Hall  
予 Kochi East Tourism Association email: tobukochi@vesta.ocn.ne.jp (Japanese and English)  
最 2 person 定 20 people  
営 Mid-January to October 時 10:00~ and 13:30~  
休 Wednesday and Thursday morning 験 2 hours  
他 Reserve 10 days before arrival date. Translators might be required.



06 Toyo Town

## KOKERA SUSHI WORKSHOP

The sushi that looks  
as brilliant as it tastes!

Kokera sushi uses yuzu vinegar and a lot of umami in its flavors. In the past, rice was a scarce and valuable resource, but during times of celebration sushi is a must during the feast. Even now, Kokera sushi is considered to be "the flavor of the past" and is served in large platters during events.

施 No-ne Kitchen 住 708-18, Kannoura, Touyou-cho, Aki-bu, Kochi-ken  
最 10 person  
定 40 people 予 confirmation required  
予 Kochi East Tourism Association email: tobukochi@vesta.ocn.ne.jp (Japanese and English)  
営 Mid-January to October 時 9:00~ and 14:00~  
休 Wednesday and Thursday morning  
験 3.5 hours  
他 Translators might be required.



07 Toyo Town

## SURFING AND SUP WORKSHOP

Try out your surfing skills at one  
of Japan's best surfing spots!

Over 100 thousand surfers visit Ikumi beach every summer as it has some of the best waves from the Pacific Ocean! Your surfing board, wet suit, insurance and surfing lesson are all included in the price.

金 ¥5,500  
施 Takamatsu Marine Taxi  
住 Kaigan, Ikumi, Toyou-cho, Kochi-ken  
予 Kochi East Tourism Association email: tobukochi@vesta.ocn.ne.jp (Japanese and English)  
最 1 persons  
定 20 people  
営 consult with facility 時 consult with facility 休 consult with facility  
験 Around 2 hours



Model Course

## JOURNEY WITHIN SHIKOKU 6D5N

