Rich Food Culture Weare proud of Tosa food culture, cultivated by nature and rich tradition. **Katsuo(Bonito)** A Taste of Sake Cultui

Kochi Prefecture boasts of having the highest consumption of katsuo in Japan. There are a variety of ways to eat it, but "katsuo no tataki" is the most representative of Kochi It is prepared by searing the katsuo briefly, then slicing and seasoning it with green onion or myoga

(Japanese ginger). Since each shop and region has its own seasoning or special sauce, you can savor a variety of flavors. "Shio tataki", seared katsuo served hot with salt, is one popular variety.

## Moray

Morays with their grotesque appearance and ferocious personalities are called the gangs of the sea, but in Kochi households they are regularly eaten. They can be seared, fried or stewed and the light taste and texture are a perfect match for sake.

Some famous Kochi citrus fruits are buntan (pomelo), konatsu orange, and ponkan (Chinese honey orange). They are bright yellow, juicy, and sweet.



#### This healthy dish is made with fresh,

seasonal ingredients. These ingredients change based on the region and season, but they include many local vegetables such as bamboo shoots and shiitake mushrooms

have a taste you won't ever get tired of.



Ryu-no-hama Swimming Beach

1 2 3 4 5km

Uranouchi Bay (Yokonami-Sanri)

Yokonami Skyline

Temple-36, Shouryuuji 🚖

Living up to the name "Tosa, land of sake", Kochi Prefecture is known as a place where men and women of all (legal) ages enjoy sake. Kochi has a variety of locally brewed sake rich with regional flare that is characterized as transparent with a crisp and dry flavor that never gets old. Kochi

also has unique banquet games such as "Hashi Ken" and "Beku Hai", which are not seen in other regions.

### Nibbles for Sake

(salted and fermented

There are seven sections

"Castle Square" and

"Ryoma Street", which

such as fish vendors,

clothing stores, and

hold many unique shops

butchers, sundries shops,

···Access····

Get off at Ohashi-dori

10 minutes by tram from Kochi Station.

restaurants. Everyone buys food separately and then sits

and eats together at the tables and chairs that are placed

throughout the market. After you are done eating, the staff

will collect your dishes. You can eat, drink, and shop to your

heart's content. At Hirome, locals and tourists alike can be

found sharing tables and friendly conversation while

enjoying the festivities from morning to late evening.

in Hirome Market, such as

Noresore (conger myriaster fry)



# AISUKUTIN (derived from ice cream

Approx. Approx. 5hrs 45min. 4hrs 25min.

Aisukurin, a Kochi specialty, has a texture between ice cream and sherbet. It has a low fat content and a pleasant aftertaste. It is popular for its old and familiar flavor, and it is often sold at tourist spots like Katsurahama

**Sawachi Cuisine** 

buffet in which various dishes

are served on big plates and

This hat-shaped bread was

created in Kochi. The top

part of the hat is soft, and

sponge cake. It is available

the brim is crispy, sweet

at most bakeries in Kochi.

bowls of about 40cm.

Hat bread

Sawachi cuisine is a type of



Koch

# Kochi's Famous Yosakoi Festival

The Yosakoi Festival, a seasonal Kochi tradition, is an energetic and powerful mid-summer festival of tropical Kochi in which many Yosakoi fans gather from all around Japan every year. The town is filled with a festive atmosphere

# Kochi Yosakoi Museum

Once you enter, be sure to head left to the "Yosakoi Circle" first. Here you can learn about the basics and history of the festival. Afterward, pass through the "Yosakoi Tunnel" to the "Yosakoi Square." In the theater and hands-on corner, you can experience the joys of the Yosakoi festival yourself.

····Access··· 💂 5 minutes by tram from Kochi Station. Get off at

Harimayabashi, and walk for 5 minutes

#### MAP 🕒 Katsurahama Area

#### Katsurahama

This spectacular scenic spot, where an arch-shaped coast's five-colored sand is flanked by green pines on one side and a stunning azure sea on the other, has been known since long ago as a famous place of the moon

A statue of Sakamoto Ryoma and an aquarium are in the surrounding area, and the Sakamoto Ryoma Memorial Museum is in Yamate.

#### ···Access···

30 minutes by car from Kochi Station. OR MY Yu Bus. Get off at "Katsurahama"

#### The Sakamoto Rvoma Aemorial Museum

A museum standing on the heights of Katsurahama. Ryoma's life is introduced through valuable materials and images including hi hand written letters.

# Statue of

Sakamoto Ryoma Built in 1928 through the nationwide fund-raising efforts of Kochi youths, this magnificent statue conveys the achievements of Ryoma to future generations. Here he is dressed in traditional

Bus Ticket Booth

MY-Yu Bus (Godaisan / Katsurahama Course)

Kochi Tourist Information Center Tosate Tel.088-826-3337 9∶00~17∶00

Japanese clothing and western boots as he gazes at the Pacific Ocean and conceals his hand.

Route

**JR Kochi Station** 

Harimayabashi

**Godaisan Observatory** 

Makino Botanical Garden

Chikurinji Temple

Sakamoto Ryoma

Memorial Museum

Katsurahama

1-day pass/2-day pass

(JR Kochi Station to Katsurahama) Godaisan 1-day pass

(JR Kochi Station to Chikurinji Temple)

JR Kochi Sta.

Kochi Red-Cross Hospital



## MAP D Godaisan Area

-···Access····

walk for 5 minutes.

#### **Godaisan Observatory**

Mt. Godai is situated in the southeast part of Kochi City, and it is famous for cherry blossoms and azaleas. You can get a great view of the city from the mountain's observation deck, and it is also a famous spot for a night view.

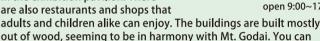


-···Access··· 20 minutes by car from Kochi Station OR MY Yu Bus. Get off at "Godaisan Observatory", "Makino Botanical Garden", or "Chikurinji Temple"

10 minutes by tram from Kochi Station. Get off at Kochijo-mae, and

## **Makino Botanica** Garden

Makino Botanical Garden was opened in memory of Makino Tomitaro, a world famous botanis There is a section introducing his life and a project exhibition room in the exhibition pavilion. There are also restaurants and shops that



out of wood, seeming to be in harmony with Mt. Godai. You can also enjoy different plants in the garden each season.

# Chikurinji

Why don't you adopt the heart o a traveler and become an Ohenro-san", or pilgrim, and visi Shikoku's eighty-eight sacred temples? You will be able to encounter beautiful nature and human warmth. Chikurinii is the 31st temple on the holy pilgrimage.



open 8:30~17:00

Gomen nasai

#### MAP **B** Kochi Pref. Central Area To Motoyama / Otoyo To Okayama / Takamatsu -Otoyo-cho JR Dosan Line Auberge Tosayama To Tokushim Nankoku City **Kochi City** Poem & Märchen Gallery Selene Health Cent **Cultural Station Ri** meno Hot Spring lno-cho Tosa-Yamada Stadium Kochi Expresswa Tosa-Yamada-Sta Temple-30, Zenrakuji Kochi (Pref.) Museum of History osa Japanese Paper Craft Village 「QRAUD」 AEON Mall Kochi Ryugado Skyline Kochi Sta Onagadori Center Noichi Zoological Park **Konan City** Ino Sta. Godaisan Art Culture Technology 「ACTLAND」 Makino Botanical Garde Noichi Sta. Wan Park Kochi-Nankoku Highway Kochi Bay To Matsuyama Konan-Noichi I Sokaku Hot Spring Liberty And People's Rights Museum Rvoma-kuko IC Hidaka Village Tosa-Kuroshio Railwa Ball Park, Kuroshio Arena, Etc) Kochi-Katsurahama HWY Temple-31, Chikurinji Kochi Ryoma Airport MAP D Temple-35, Kiyotakiji Temple-32, Zenjibuji **Kuroshio Line** onan-Yasu IC Urado Bav ← Opens April 23, 2016 → Haruno General Athletic Parl Ya-sea Park (Swimming Tanezaki Senshou Pref.Park - Kochi New Harbor Ajisai Street Haruno no Yu Tanezaki Geisei Village Katsurahama **Tosa City** Geisei-Nishi IC Statue of Sakamoto Ryoma rado-ohashi Bridge Katsurahama Aquarium To Susaki / Shimanto Temple-34, Tanemaji The Sakamoto Ryoma Memorial Museum Katsurahama Flower Bund National Lodge Katsurahama Haruno-cho MAP C MAP 🕒 Katsurahama Area MAP 📵 Godaisan Area Niyodogawakako-ohashi Bridge Susaki City Usa-ohashi Bridge

The MY-Yu bus service runs from JR Kochi Station. It is a bus line for tourists, which covers a wide array of great sites around Kochi city. (Harimaya Bashi, Makino Botanical Garden, Katsurahama, etc.)

va Komaki Airport

#### Regular fare for MY-Yu Bus

	1-day pass	2-day pass	Godaisan 1-day pass
Adults(age12+)	<b>1,000</b> yen	<b>1,600</b> yen	600 yen
Children(age6-11)	<b>500</b> yen	800 yen	300 yen
★ 1 Free for children under age 6			

- \* 1 One free pass for a child under age 6 per adult. Fare is required
- for the second child and more ※ 2 If you visit Katsurahama after purchasing a Godaisan 1-day pass, pay an additional 400 yen (200 yen with foreign passport) to a MY-Yu bus driver. You can trade the Godaisan 1-day pass for a

Get the tram route map beforehand

and go to a tram stop headed in the

it "Tosaterasu" or "Ryoma Airport"

Make sure you have the correct

amount of money for the ride when

still get change. Change is only given for coins and 1,000 yen notes.

getting off the tram. If not, you can

direction you wish to go.

1-day pass to Katsurahama on the bus ※ 3 Godaisan 1-day pass is not available on the Tosaden Kotsu bus.



Check the tram route map and the

timetable. You may need to transfer

When you hear the name of the tram

disembark, press the button nearby.

let the driver know where you want

stop from which you wish to

trams at the 'Harimayabashi' tram

stop, so make sure to check the

tne tram

MY-Yu Bus Ticket Office









(200 yen zone).

box when embarking the tram.

Tickets will not be issued for tram

rides that do not require transfers

The entrance to the tram is either located in the center or the back-section of the tram. Take note that you cannot pay the fare with



If you pay the fare and receive a When getting off the tram, put the money for the ride in the fare you do not have to pay additional advance if necessary. the 200 ven zone.

# Easy Travel Conversation

Kon nichiwa (こんにちは)

**Arigatou** (ありがとう)

(ごめんなさい) Where am I?

Sumimasen (すみません)

How much is it?

Ikura desuka?

(○○に行きたいです)

Excuse me.

Koko wa doko desuka? (ここはどこですか?) I would like this one.

(これを下さい)

Koreo kudasai.

(いくらですか?) I want to go to ○○ ○○ ni ikitai desu

How can I get there? Donoyou ni ikemasuka? (どのように行けますか?)

How long does it take? Donokurai jikanga kakarimasuka? (とのくらい時間かかかりますか。)

○○ wa doko ni arimasuka?

(○○はどこにありますか?) Convenience store

Drug store Konbini Doraggu sutoa コンビニ ドラッグストア

Rest room Toire トイレ

Souvenir shop Omiyageya お土産屋

Money exchange Ryogaesho 両替所

観光名所

Sightseeing spot

Kankou meisho

one two three four five six seven eight nine ichi ni san yon go roku nana hachi kyu 1 2 3 4 5 6

hundred thousand ten thousand hyaku jyu sen



#### Welcome to Kochi

Kochi City is a scenic and compact city surrounded by beautiful mountains and the magnificent Pacific Ocean. It has a warm climate and long sunlight hours, and the pure Kagamigawa River runs through the city.

In the center of town, you can find Kochi Castle, which was built over 400 years ago and is one of the last 12 castles in Japan to still have its original main keep. Nearby is Sunday Market, which stretches 1.3km with over 430 vendors and has been fueling the daily lives of locals for over 300 years.

In Kochi, varied seasonal fish and produce can be found year round. With representative seafood like katsuo no tataki (seared bonito) and fresh sashimi, Kochi is said to be the most delicious region of Japan. It is also famous throughout the country for its friendly people who love to drink sake. There are always people enjoying delicious food and drink downtown until late hours of the night, so why not try out Kochi's nightlife?



# Information for foreign tourists

#### information for foreign to

Kochi International Association
4-1-37 Honmachi, Kochi City

4-1-3/ Honmachi, Kochi City TEL.088-875-0022/FAX.088-875-4929

New Year holiday season)

8:30-17:15
(Closed on Sunday, National holidays, Saturdays in August and during

# Kochi Tourist Information Center

Kita Honmachi, Kochi City

TEL.088-826-3337 9:00-17:00

9:00-17:00
(In the Kochi Prefecture Tourism Information-Disseminating Center "Tosaterasu")

#### Emorgoney Contacte

Emergency Contacts
Police TEL.110 Ambulance/Fire/Emergency TEL.119

