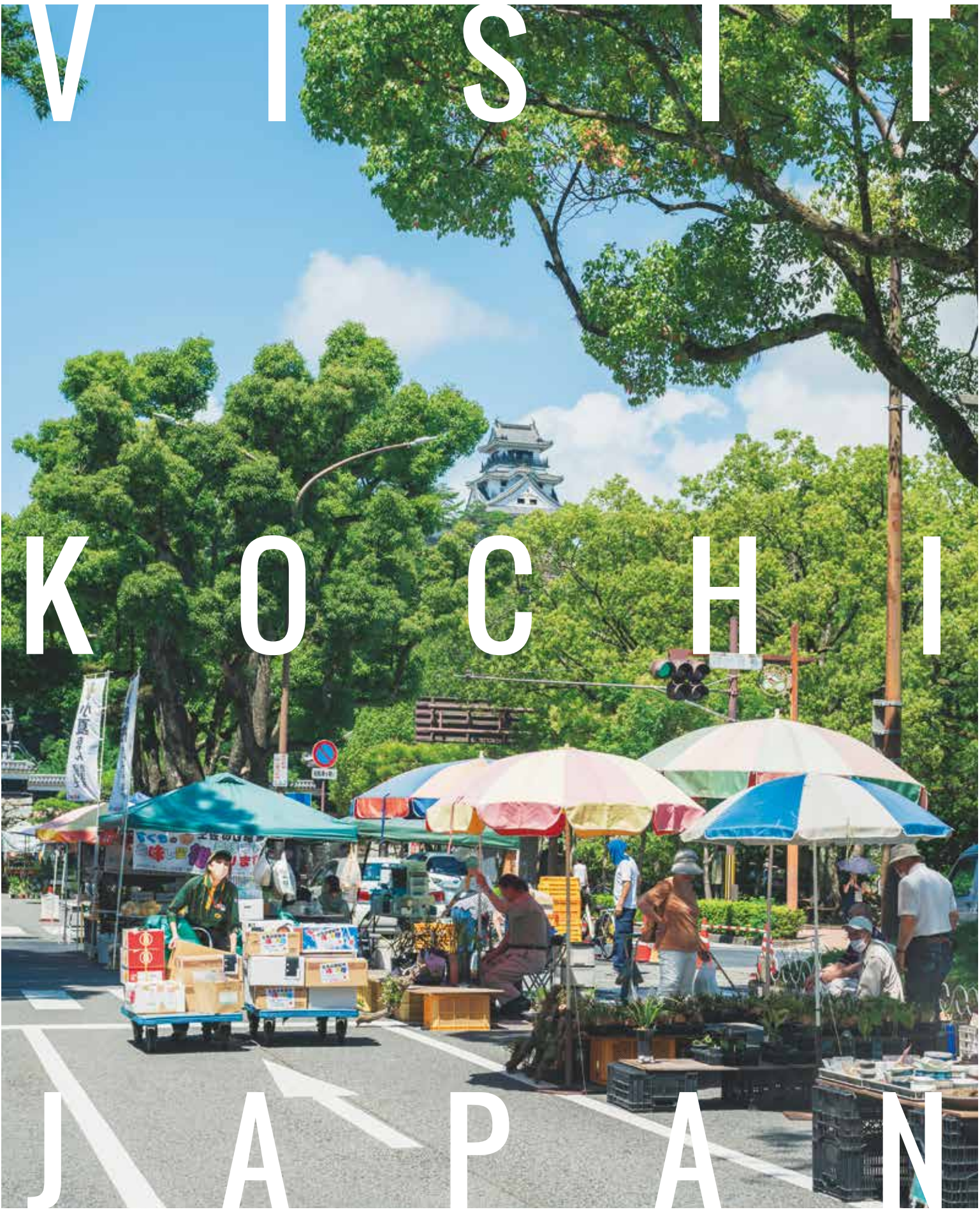


V I S I T

K O S H I

J A P A N



K O C H I A W A I T S !

**Welcome to Kochi,
home to pristine nature,
delightful flavors and millennia of history.**

Stretching along the southern coast of the island of Shikoku, Kochi Prefecture packs a big punch, with diverse landscapes ranging from soft sandy beaches to lush river valleys and dramatic craggy highlands. With a long history of welcoming pilgrims and travelers, unique culinary traditions and outdoor adventures galore, Kochi offers you the luxury of choice, all in one prefecture.

04	10 MUST SEES IN KOCHI!
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1 Kochi Castle

A 400-year-old castle and cherry blossoms

Constructed at the beginning of the 17th century, Kochi's castle is the only one in Japan where the original castle tower and main keep remain intact.

After centuries of surviving wars, fires, and other catastrophes, it is one of Japan's last twelve original castles and has been designated an Important National Cultural Property.

高知城

2 Sunday Market

The longest street market in Japan

Held for over 300 years, on Sunday morning and afternoon this beloved 1.3km market takes over one of the main streets in Kochi City, starting right by the castle gates. Explore the 300 stalls that sell everything from fresh produce and tasty snacks like imoten (bite-sized sweet potato tempura) and veggie-based inaka-sushi, to beautiful Tosa knives, local crafts and dozens of other tempting delights.



日曜日市



3 Shimanto River Valley

Japan's last free-flowing river

Starting from a source deep in the mountains, the Shimanto makes its way to the Pacific Ocean 196km away, gently snaking through the Shimanto River Valley area. Don't miss the iconic chinkabashi (submersible bridges) as you kayak, SUP or swim in the clean water, or enjoy the views on a long bike ride along the river. Be sure to try the locally-caught ayu sweetfish or unagi eel!

四万十川

4 Katsurahama

Picture-perfect beach watched over by local hero Sakamoto Ryoma

This sandy beach flanked by pine trees is one of the most iconic spots in Kochi Prefecture. The beach has been a popular moon-viewing spot since ancient times. Stop and say hello to the 13.5m-tall statue of Sakamoto Ryoma and enjoy the panoramic ocean views.

桂浜



5 Ohenro

Walking the Shikoku 88 Temple Pilgrimage

This 1,400km route takes pilgrims on a meditative journey to 88 sacred sites around the island of Shikoku, as set out by the Buddhist monk Kukai. 16 of the temples along the pilgrimage route are in Kochi, with several sub-sections that can be walked in one day, for adventurous travelers who want to get a taste of this ancient trail. Wave to the white-clad pilgrims you are sure to see along their walk and visit the historic temples that have been their destination for centuries.

お遍路

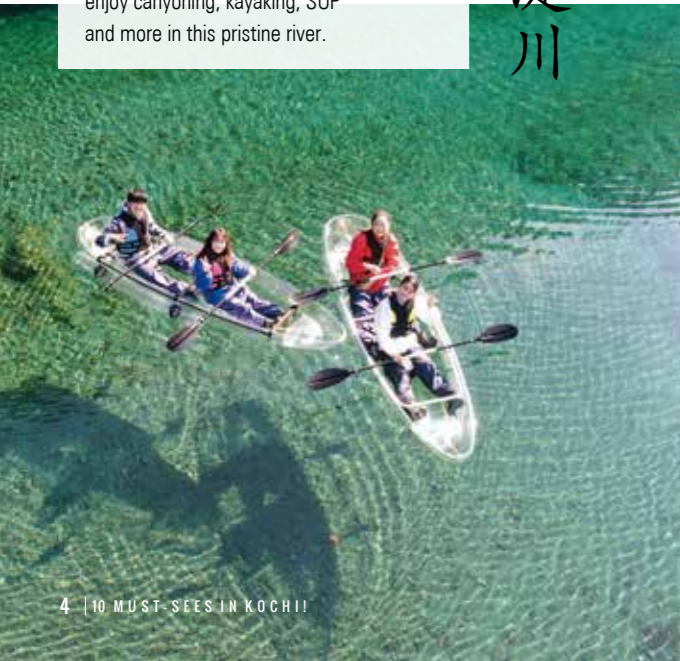
Niyodo River

The purest, bluest river in Japan

Despite being just a short drive from Kochi City, the crystal clear, glowing blue of the Niyodo River feels like a remote paradise.

Famed for its vibrant Niyodo Blue color and water purity, visitors can enjoy canyoning, kayaking, SUP and more in this pristine river.

6 仁淀川



10 MUST-SEES IN KOCHI!



7

Kengo Kuma's Architecture

Beautiful buildings designed by Kengo Kuma in a town above the clouds

The mountain town of Yusuhara is dotted with architectural wonders designed by famous architect Kengo Kuma, who created the main stadium for the 2020 Tokyo Olympic Games. Don't miss the magical library!

隈研吾の建築群

8

鰹のたたき

Katsuo no Tataki

Kochi's soul food

When in Kochi you must try this local favorite! Juicy fillets of bonito are seared over a straw fire, then served in generous slices with toppings like garlic, green onion and tangy ponzu sauce.



9 A night on the town in Kochi City

Party like a local

People in Kochi are known for having one of the highest sake consumption rates in Japan, often choosing local brews from the 18 breweries scattered throughout the prefecture. Kochi City has lots of bars, food stalls and restaurants to choose from, so you are sure to have a memorable night out. If you can, try the traditional bekuhai drinking game, with special cups that can't be put down until empty.

夜の街

10 The Kochi Prefectural Makino Botanical Garden

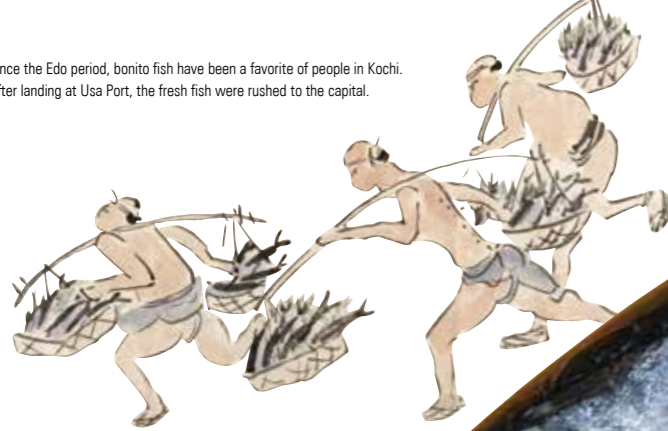
Explore one of Japan's best botanical gardens

The Kochi Prefectural Makino Botanical Garden honors the late Kochi-born botanist Dr. Tomitaro Makino, known as the father of Japanese botany. Take a stroll through gentle winding paths blooming with over 3,000 plant species, from rare exotic flowers to wild endemic varieties discovered by Dr. Makino.

牧野植物園



Since the Edo period, bonito fish have been a favorite of people in Kochi. After landing at Usa Port, the fresh fish were rushed to the capital.



"Tosa annual event illustrations" (Kochi Prefectural Library Collection)



鰹

Katsuo no Tataki

Seared Bonito

In Kochi bonito are still caught using traditional pole fishing methods, a more environmentally friendly style that has not changed in 400 years. The freshly caught bonito are then seared over a straw fire, much like a rare steak. Cut into thick slices and served with garlic, ooba leaves, green onions, salt and tart ponzu sauce, you will quickly understand why this local soul food is so popular.



Katsuo no Tataki



Coastal skipjack pole and line fishing ©RKC production

F O O D

KOCHI SPECIALTIES

Kochi Prefecture is known around Japan for its high sake consumption, and much of the rich culinary culture is influenced by the local love of entertaining and bounty from the ocean, rivers and fertile valleys. From bonito fillets seared over a straw fire and rare Tosa Akaushi beef, to veggie-filled inaka-sushi flavored with yuzu citrus and giant party platters of tempting tidbits, Kochi is a foodie paradise.

高知の食

皿鉢

Sawachi Cuisine

A Kochi-style party platter

Commonly served at festive occasions and during the New Year, sawachi platters feature mounds of fresh sashimi, inaka-sushi, vegetable dishes, fried tidbits and more. This informal serving style (unusual in Japan) allows the host to relax and enjoy the party. Many restaurants in Kochi City offer mini sawachi sets so visitors can get a taste of Kochi-style hospitality.



©Kochi Prefecture

柚子

Yuzu

A citrus beloved by chefs

Kochi is the biggest producer of this tart citrus fruit, which has a bright, refreshing flavor that has enchanted chefs worldwide. Besides being used to make delicious drinks and sweets, yuzu vinegar is an essential part of local dishes, even used to flavor rice for Kochi's iconic inaka-sushi (country-style sushi). You will find a variety of sauces and dressings featuring yuzu, which make excellent souvenirs.



©Kochi Prefecture

Inaka-sushi

Sushi--without fish?

This "country-style" sushi was developed in the mountainous areas of Kochi. Unusual vegetables like mountain potato stems (ryukyu), Japanese ginger (myoga), and fresh bamboo shoots are preserved and served on top of rice flavored with yuzu vinegar. Light and healthy, this is a must-try!



田舎寿司



Bekuhai

Try this fun game where you spin the dreidel to determine which "trick" cup to drink from

土佐酒

Tosa Sake

Discover Kochi's 18 sake breweries

No meal or okyaku (celebration) in Kochi is complete without a few glasses of sake. Known collectively as Tosa sake (from the former ruling domain name), the breweries dotted around the prefecture tend to create dry, crisp brews with a smooth and clean finish, made to enhance the flavors of local dishes. A number of breweries offer tours and tastings, so you can stop by to sample their sake while exploring.



©Kochi Prefecture



金目鯛

Kinmedai

Splurge on fresh alfonsino

With their golden eyes and bright red color, these deep-sea fish are highly prized in Japan, and the Muroto area of Kochi boasts an abundant catch. Be sure to try this luxurious fish between December to February and June to July, when they are at their plumpst.





鰻

Unagi (Eel)

Fresh from the river

The pure Shimanto River is one of Japan's top spots to catch freshwater unagi eel, which is highly sought after as a summer delicacy. However, locals share that the eels are even more delicious and plump in late autumn to early winter. A number of restaurants along the Shimanto offer delicious, freshly caught grilled unagi.



土佐あかうし

Tosa Akaushi Beef

The "miracle" wagyu!

Tosa Akaushi beef is only produced in Kochi and is limited to about 500 head of cattle per year, making it a rare treat that is almost impossible to find outside the prefecture. The meat is highly rated, as this prized beef is said to have 2 to 4 times the umami and sweetness of more commonly available black-haired wagyu beef.



ひろめ市場

Hirome Market

Getting started at "Kochi's Kitchen"

Foodies visiting Kochi City must make at least one visit to Hirome Market, where locals and visitors from around Japan and abroad come together to sample the region's culinary delights. The covered market has dozens of food stalls with everything from Kochi favorites like katsuo no tataki to Indian and Italian dishes. Order at whichever stall takes your fancy (along with a few glasses of local sake), then grab a spot at the big communal tables. Unusually for Japan, folks in Kochi are not shy about joining a table with other people, and conversation soon starts to flow as freely as the drinks. The bustling atmosphere makes this a great place to start an evening out.



四万十ポーク

Shimanto Pork

The best pork you may ever try

Raised in the beautiful natural environs of the town of Shimanto, the pigs are fed special diets which give their meat distinct flavors. Some farmers feed them chestnuts, barley and imo-kempi (a local snack made of fried sweet potatoes) to produce a sweeter meat, while others thrive on a diet of locally-grown Niida rice, which makes the meat juicy and tender.



土佐ジロー

Tosajiro Chicken

A native breed packed with flavor

A heritage breed raised in Kochi, Tosajiro chickens are allowed plenty of space to roam, which not only ensures a good quality of life but also that their meat is high in protein and low in fat. Unlike most chicken destined for the table, which are shipped out at two months, Tosajiro are carefully reared for 5 months. Whether broiled, roasted or grilled, the meat is sensational. Vegetarians can try their eggs instead, which have a rich flavor.

屋台餃子

Yatai Gyoza

Potstickers (and more)

Looking for a special night out in Kochi City? Head to the Nijyudaimachi area, where you will find rows of open-air yatai street food stalls offering wallet-friendly eats, drinks and tons of atmosphere. Be sure to stop at the famous Yasube stall, for a plate of their sizzling gyoza potstickers.



アイスクリン

Aisukurin

An old-school sweet treat

Halfway between ice cream and sorbet, this chilly treat made from eggs, sugar and powdered milk has been the quintessential snack for sweet tooths in Kochi for over 100 years. Look for the colorful, parasol-covered stands, where you can purchase this local version of ice cream in an array of different flavors.



高知の自然

NATURE

From deep green forests to emerald blue rivers and crystal-clear oceans, Kochi's pristine nature offers a surprising diversity of landscapes. You can go hiking through karst-strewn highlands in the morning, kayak down a pure river in the afternoon and finish the day watching the sunset from a sandy beach. There is so much for outdoor enthusiasts and nature lovers to discover!



Hiking

Kochi offers hiking and walking trails for visitors of all levels. From thrilling ascents of the peaks of the Shikoku Mountains to shorter forest bathing trails, sub-sections of the famous Shikoku 88 Temple Pilgrimage or riverside treks ending at waterfalls, you will want to make sure to pack your hiking boots.

Rafting

Those looking for the thrill of white water should head to the Yoshino River, which boasts some of Japan's best rapids. There are plenty of rafting tour operators in the area between Otoyo and Oboke ready to take you on an adrenaline-filled adventure. For those who prefer calmer waters, take a gentle ride down the Shimanto or Niyodo rivers instead.



Cycling

The All Round Shikoku circuit is a bucket list ride for cyclists looking for an off-the-beaten-track adventure on two wheels. With close to half of the 1000km route passing through Kochi Prefecture (including what we humbly believe to be some of its most spectacular sections), it's safe to say that Kochi is a strong contender for those considering a multi-day bike trip in Japan.

Sea Salt Making

Along the coast you can make your own delicious sea salt with sea water from the Pacific Ocean, naturally dried using the power of the sun!



Kayak & SUP

Kochi is blessed with two of the cleanest rivers in Japan, making it an ideal destination for adventurous travelers (and kids!) seeking exciting excursions on the water. Float down the gentle currents of the Shimanto River as you paddle a kayak or SUP board, or feel like you are floating in the air on one of the clear kayaking tours of the Niyodo River.



Golf

Kochi Prefecture offers a selection of challenging golf courses, ranging from championship-level greens framed with palm trees and Pacific Ocean views, to hidden gems tucked away in the lush valleys and mountains.



柏島



Kashiwa Island

White sand and emerald water

Located on the southwestern edge of Kochi Prefecture, this tropical paradise is surrounded by water so clear that boats look like they are suspended in the air. Kashiwa Island is part of Ashizuri-Uwakai National Park, and attracts many divers, as 1000 of the 3500 fish species in Japan can be found in the coral reefs that surround this little 4km-long island. Relax on the white sand beach or enjoy swimming, snorkeling and other ocean activities.



四国カルスト

Shikoku Karst Natural Park

A magical highland retreat

The Tengu Highlands area of this natural park is on the ridge line between Kochi and Ehime prefectures. Reaching up to 1485 meters in elevation, the plateau is dotted with spiky karst rock formations, which can only be found in three places in Japan. Trekking along the various hiking trails and forest bathing therapy road, you are likely to eventually come across herds of cows. Stay overnight at the luxurious high-altitude lodge, as the dark skies offer excellent stargazing opportunities.



吉野川

Yoshino River

World-class rapids

Stretching across 194km of Shikoku, the Yoshino is well-known in Japan as the country's wildest river, with thrilling rapids that attract white water rafting enthusiasts. It was even chosen as the location for the 2017 World Rafting Championships. Book a tour with one of the many local rafting companies and prepare for a wild ride!

PRISTINE BOUNDLESS NATURE!

入野海岸

Irino Beach

Natural art and mirrors

Stretching for four kilometers, the beach's clean white sand backed by pine forest attracts photography fans, who come to capture the moment when the tides create enchanting mirror-like sheets of water that reflect the colors of the sky and people walking on the surface. In early May, the Sunabi Museum's yearly T-Shirt Art Exhibition turns Irino Beach into a grand natural art installation featuring around 1000 shirts, each designed by a different artist. The long lines of t-shirts fluttering in the sea breeze make for quite a surreal scene!



仁淀川

Niyodo River

Unforgettable glowing blue

The Niyodo River runs for 124km, from deep in the mountains of Shikoku and out into the Pacific Ocean. It consistently ranks as the purest river in the country, and so is often referred to as "Japan's most beautiful river." Springing out from beneath the ground from around 1500m above sea level, the river's water purity barely changes from its source to the downstream area. This flowing ribbon is a dazzling cobalt blue, which has given rise to the nickname "Niyodo Blue."

Cape Muroto

Learn about the geological power of the Earth

Designated a UNESCO Global Geopark in 2011, the Muroto Peninsula is a hub of geological activity, with areas where the ground continues to rise as tectonic plate activity push up the seabed. At Cape Hane, you can walk through rock formations that were once a part of the seafloor and spot fossils of ancient sea creatures. Meanwhile at Cape Muroto, visitors can wander along paths that were once part of the seafloor, now surrounded by subtropical plants such as sea figs, large night-scented lilies and ubame oaks.

室戸岬



四万十川

Shimanto River

Japan's best kept secret

The 196-km Shimanto River is the longest in Shikoku and is also Japan's last remaining free-flowing river. Local residents protect this important ecosystem, best symbolized by the stocky chinkabashi (submersible bridges), designed to blend into the environment and stand up to flooding. Many visitors choose to experience the Shimanto by kayak, raft or SUP, but you can also enjoy a cruise on traditional yakatabune leisure boat or follow the curves of the river by bike.

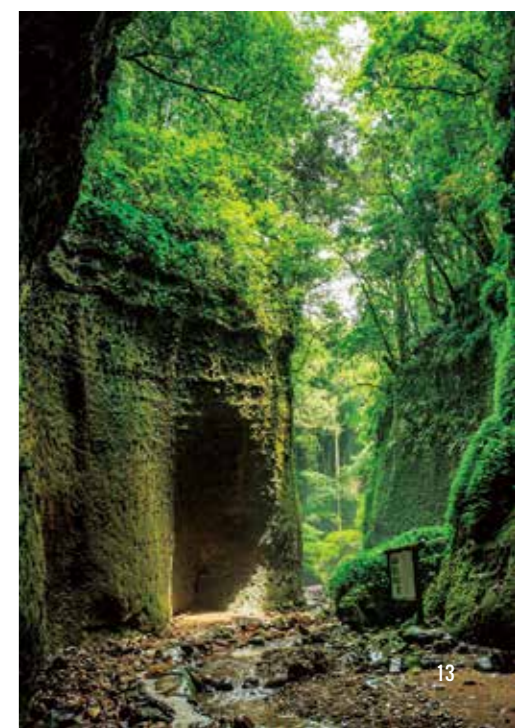


伊尾木洞

Iki Cave

Aki City's hidden gem

A very short walk from Iki Station takes you to a natural tunnel with fossilized shells embedded in the rocky walls, that opens into a wondrous hidden cave, carved by the ocean millennia ago. The canyon walls that extend beyond the cave are cloaked with a thick carpet of mostly tropical ferns. The diversity of ferns (over 40 species!) is so unique that it was recognized as a National Natural Monument in 1926. A small river runs through the cave and connects 3 waterfalls hidden among the delicate emerald hues of the fluffy ferns.



CULTURE

Kochi Prefecture's culture is deeply connected to climate and location. The lush forests (with 84% of the prefecture covered in trees) supports a long tradition of lumber production and carpentry, which continue to the modern day, most recently in Yusuhara's marvelous structures designed by world-renowned architect Kengo Kuma.

As part of the Shikoku 88 Temple Pilgrimage route, for centuries Kochi has welcomed pilgrims from across Japan (and now the world), which has fostered a culture of openness and hospitality toward visitors from all walks of life. The harmonious combination of a strong spirit of curiosity and joie de vivre, evident in the work of botanist Tomitaro Makino and the energetic Yosakoi dance festival, along with the desire to preserve beloved traditions like the over 300-year-old Sunday Market and craft of washi paper-making, is what makes Kochi Prefecture so special.

高知の文化



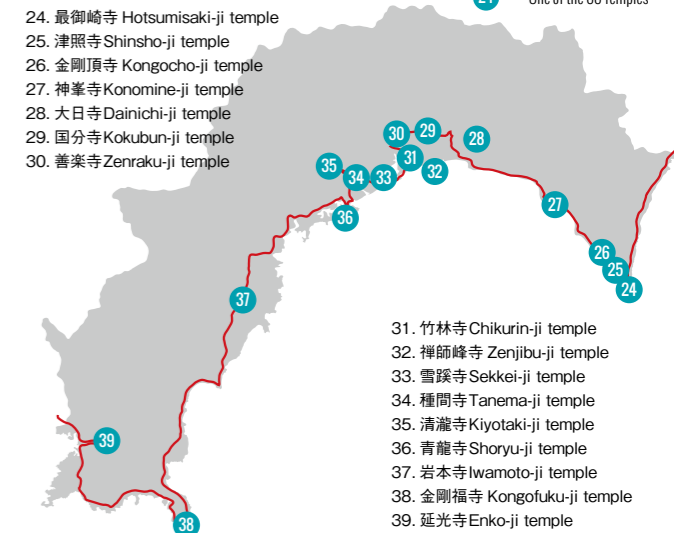
お遍路 Ohenro

The Shikoku 88 Temple Pilgrimage



Circling all four prefectures on the island of Shikoku, this long trail connects 88 sacred sites the monk Kobo Daishi (also known as Kukai) is said to have visited around 1,200 years ago. While the full journey spans around 1,400km, it is not necessary to walk the entire route to experience the meditative tranquility of the pilgrimage. Kochi is home to 16 of the temples along the route (temples 24 to 39), and the section that passes through the prefecture is known as the "place of ascetic training," as certain parts are quite arduous. Fortunately, there are also some shorter hikes between temples that can be done in one day, to get a taste of the pilgrimage in Kochi. Alternatively, simply opt to visit some of the temples while sightseeing, such as serene Chikurin-ji in Kochi City or quirky, art-filled Iwamoto-ji in Kubokawa. Be sure to pick up a nokyochō booklet and have it signed at each temple, for a beautiful calligraphed memory of your journey.

List of Pilgrimage Sites in Kochi Pref.



Temple seal booklet (nokyochō)



Yusuhara Community Library



Machi-no-Eki Yusuhara



Kumo-no-Ue-no Gallery

梶原町の建築群
隈研吾

Kengo Kuma Architecture

World-class marvels in a mountain town

The charming town of Yusuhara is home to several wooden structures designed by famous architect Kengo Kuma, who planned the main stadium for the 2020 Tokyo Olympics. Inspired by the town's retro kabuki theater, he designed six structures: the Yusuhara Town Office, Machi-no-Eki Yusuhara, Kumo-no-Ue-no Gallery, Kumo-no-Ue-no Hotel (currently under renovation), YURURI Yusuhara and the magical Yusuhara Community Library.



Yosakoi

Kochi's exciting dance festival

The energetic Yosakoi dance festival takes over Kochi City every year from August 9th to 12th. Teams of perfectly synchronized dancers in elaborate, colorful costumes parade through streets and venues, moving to the beat of music based on a folk song called yosakoi-bushi. Visitors flock to see the vibrant dance performances by around 200 teams (and approximately 20,000 dancers) from Japan and all over the world. One of the characteristics that makes the Yosakoi festival such a spellbinding spectacle is that each team has vastly different costumes and choreography, bringing their own style to the performance.

よさこい祭り



牧野植物園

The Kochi Prefectural Makino Botanical Garden

A stunning tribute to Japan's greatest botanist

This bloom-filled garden honors the late Kochi-born botanist Dr. Tomitaro Makino, known as the father of Japanese botany. Take a stroll through gentle winding paths lined with over 3,000 plant species, from rare exotic flowers to wild endemic varieties discovered by Dr. Makino. The organic architecture of the Makino Tomitaro Memorial Hall blends harmoniously with the landscape, and houses exhibits dedicated to his lifework. The Greenhouse has a rainbow of tropical plants year-round, and the cozy cafes are an ideal stop to rest among the greenery.



©The Kochi Prefectural Makino Botanical Garden



©The Kochi Prefectural Makino Botanical Garden



Tosa Washi Paper

A tradition of quality

Kochi has been a major washi paper-making area for over 1000 years. Handmade Tosa washi is highly prized, durable and has been recognized as a traditional craft by the Japanese government. You can join washi-making experiences at the Ino-cho Paper Museum, Tosa Washi Kogei Mura QRAUD or under the instruction of the Dutch-born washi master at Washi Studio Kamikoya.

土佐和紙



Japanese Paper Museum in Ino

日曜市

Sunday Market

Japan's Biggest Open Air Market

The Sunday Market stretches for 1.3km along a broad, palm tree-lined road, ending right at the foot of Kochi Castle. Every Sunday around 300 stalls line both sides of the road, running from early morning until mid-afternoon. The atmosphere is festive and friendly. Be sure to go hungry as there is plenty of tempting street food to try, from only-in-Kochi snacks like aisukurin (a local version of sorbet) and inaka-sushi (countryside-style sushi made with preserved veggies), to favorites like grilled yakitori chicken skewers and other fried delights. As you nibble away, check out the stalls selling everything from fresh fruit, vegetables and sweets, to things like bonsai, high-quality kitchen knives, crafts and more! Most of what you see for sale has been grown or made in Kochi. Often the sellers themselves grew or crafted their wares, and are happy to show off the fruits of their labor.



FUN! TRAIN!

TOSADEN TRAM LINE

The trams that crisscross Kochi City are an unmissable feature, especially around the Harimayabashi area. With over 120 years of history, the Tosaden tram lines are the oldest in Japan, with both retro and modern trolleys, including a few from Norway and Austria.



TOURIST TRAIN

Shikoku Tosa Toki no Yoake no Monogatari

This two-car touring train runs between Kochi Station and Kubokawa Station. The first car, named Kurofune, is decorated with motifs that recall the steamboat seen by Sakamoto Ryoma, the Kochi-born hero who played a major role in advancing Japanese society. The second car, Sorafune, evokes a futuristic feel with decorations inspired by the spaceships of science fiction.



Get around Kochi Prefecture on a variety of trains and trolleys, from elegant sightseeing trains where you can enjoy local cuisine with the everchanging views to cute retro trams that take you to Kochi City's top sights. A train journey along the beautiful Shimanto River is a ride you will never forget!

ANPAN-MAN TRAIN

The Dosan Line Anpanman Train runs between Kochi Station and Okayama Station in Okayama Prefecture. The train celebrates the popular, long-running children's program Anpanman, and is colorfully decorated both inside and out with the many cheerful characters of the series.



The Shiman Torocco Trolley

Tetsudo Hobby Train

Kaiyodo Hobby Train

Three Yodo Line Brothers

The Shikoku Railway's Yodo Line runs along the Shimanto River in Kochi, and connects the western side of Kochi Prefecture with southern Ehime Prefecture. They operate three unique, beloved trains nicknamed the "Three Yodo Line Brothers". The Shiman Torocco is a two-car train, with one open-air carriage to allow for plenty of fresh air and views. The Kaiyodo Hobby train is inspired by mythical kappa, and was created in collaboration with famous figurine manufacturer Kaiyodo Co., Ltd. The most recent addition is the Tetsudo Hobby Train, modeled on the first generation of shinkansen bullet train cars.

GOMEN NAHARI LINE

This line runs along the coast from Nankoku City to the town of Nahari. There are a few special open-deck trains scheduled regularly, that allow you to feel the sea breeze and get unimpeded views of the ocean along the way.



A Guide to Kochi's Cultural Attractions

Lovers of history, art, wildlife and more are well-catered to at Kochi's museums, galleries, aquariums and gardens.

1 Monet's Garden Marmottan in Kitagawa Village

Wander through an impressive garden where you can literally immerse yourself in landscapes inspired by the works of famous French artist, Claude Monet. The Flower Garden, Water Garden and Garden of Bordighera all recreate different periods of Monet's art. This reimagined version of the artist's beloved home and gardens in Giverny is the only one in the world that the Claude Monet Foundation allows to bear his name.

2 The Kochi Castle Museum of History

Dive deep into Kochi's past through the 67,000 historical materials and artworks on display. You can use the multilingual audio guide accessible through your tablet or phone (available in English, Chinese, Korean, and Thai), to learn about the history behind the exhibits, such as ancient documents, samurai armor, and ancient arts and crafts.

3 Ashizuri Underwater Observation Tower

The red and white retro Ashizuri Underwater Observation Tower looks slightly surreal, surrounded by the fantastically-shaped rocks of the Tatsukushi Coast in Ashizuri-Uwakai National Park. Built in 1972, it is one of the last buildings of its kind in Japan. After crossing the thin metal bridge, descend into the tower to get views of marine creatures freely swimming past the portholes.

4 Noichi Zoological Park of Kochi Prefecture

Noichi Zoological Park offers a glimpse into the life of creatures great and small from around the world, as it is home to 1,100 animals of 100 different species. One of the greatest features of this park is that it has been designed to closely mimic the natural habitat of the various animals, so that they roam freely and maintain their natural behaviors.

5 Kochi Prefectural Ashizuri Aquarium SATOUMI

The newly renovated Ashizuri Aquarium opened to the public in July 2020, and focuses on the marine ecosystem of Cape Ashizuri. Located in Tosashimizu, this area was named Japan's first Marine Park in 1970 and is now recognized as a National Park. Home to around 15,000 marine animals of 350 species, the aquarium serves as a local research and preservation center.

6 The Museum of Art, Kochi

At the Museum of Art, Kochi, you can admire a collection of over 1,200 works by Marc Chagall. In addition, the museum houses a collection of over 41,000 works by about 440 international and Japanese artists, offering visitors an immersion into a variety of distinct styles of creative expression.

7 Sakamoto Ryoma Memorial Museum

Kochi-born Sakamoto Ryoma played an important role in ending the samurai-dominated feudal age in 1867, leading Japan to be reborn as a modern nation. In addition to seeing Sakamoto's handwritten letters and documents related to the change of government up close, you can also enjoy learning about the history of the end of the Edo period through hands-on exhibits such as animations and models. Additionally, the view of the Pacific Ocean from the rooftop is spectacular. The uniquely-shaped, glass-walled main building is also one of the highlights.

8 Yanase Takashi Memorial Hall Anpanman Museum and Poem & Märchen Gallery

The Anpanman Museum is a celebration of the superhero Anpanman, a character much beloved by children in Japan. Takashi Yanase, the character's creator, was raised in Kochi and the museum honors his legacy. Hugely popular among fans of the series (adults and children alike) the museum features many paintings the author created specifically for the museum.

Access to Kochi



Airplane

TOKYO

Haneda Airport
about 1hr 20min

Narita Intl.
about 1hr 30min

OSAKA

Itami Airport
about 45min

NAGOYA (AICHI)

Nagoya Komaki
Airport
about 1hr

Chubu Centrair Intl.
about 55min

FUKUOKA

Fukuoka Airport
about 1hr

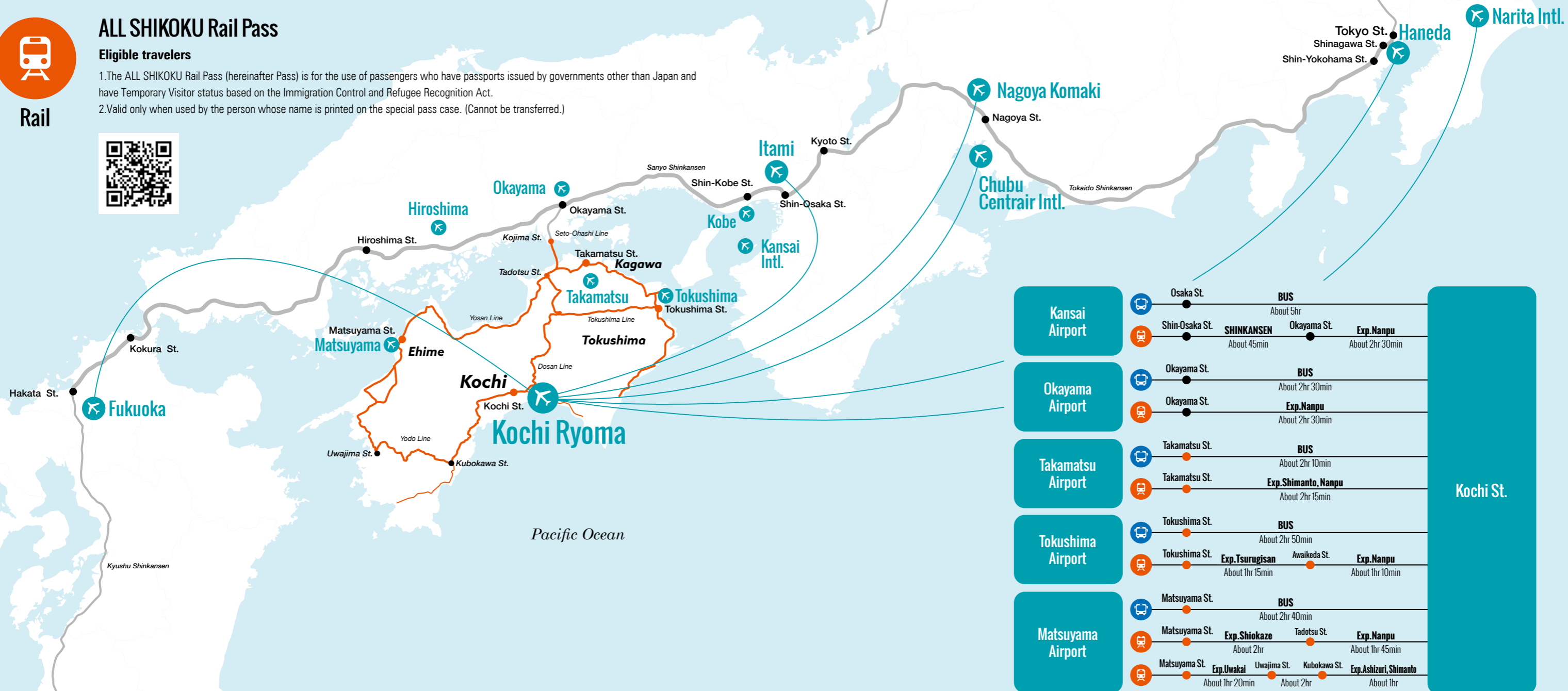


Rail

ALL SHIKOKU Rail Pass

Eligible travelers

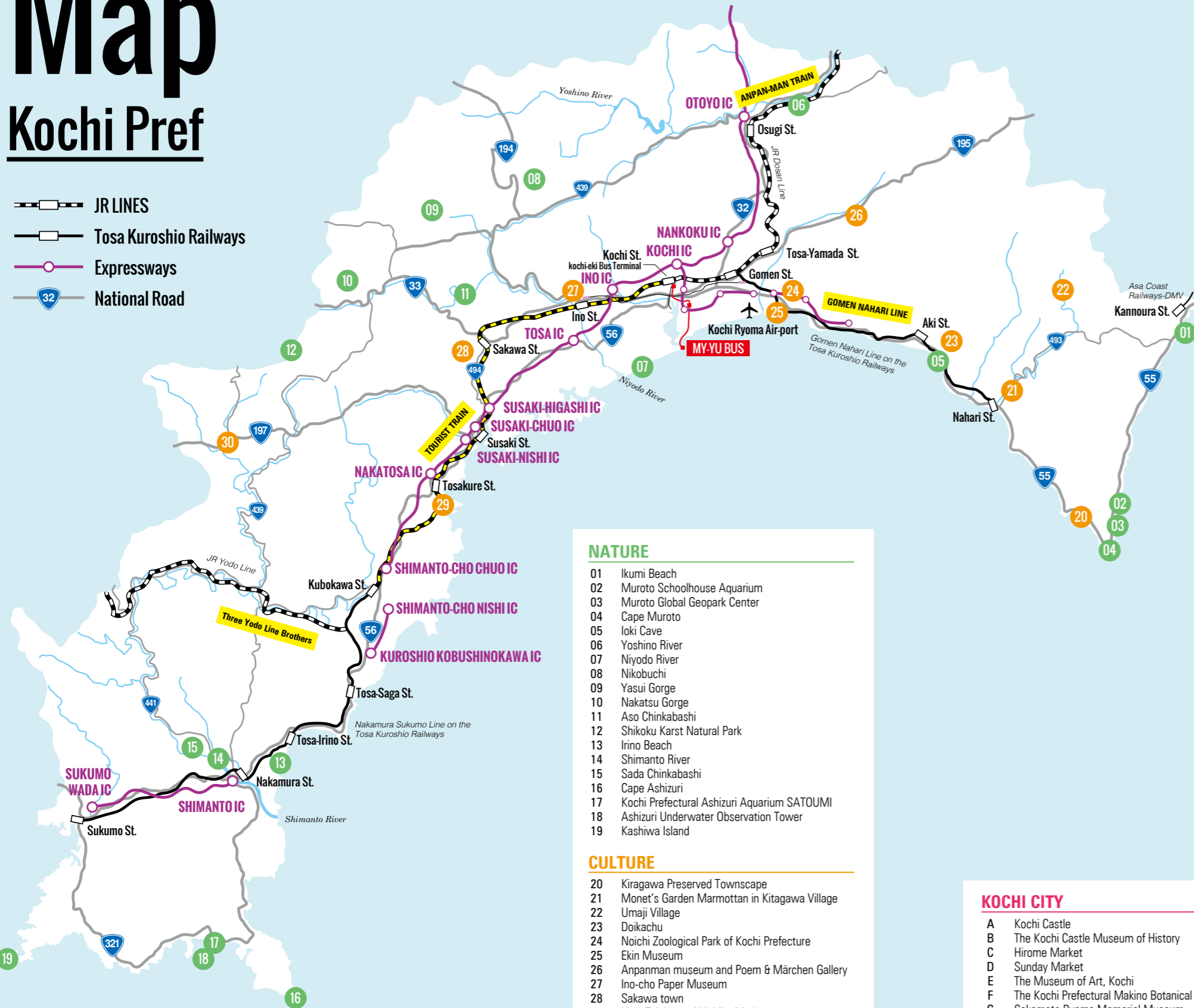
- 1.The ALL SHIKOKU Rail Pass (hereinafter Pass) is for the use of passengers who have passports issued by governments other than Japan and have Temporary Visitor status based on the Immigration Control and Refugee Recognition Act.
- 2.Valid only when used by the person whose name is printed on the special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



Kansai Airport	Osaka St.	BUS	Osaka St.	About 5hr
	Shin-Osaka St.	SHINKANSEN	Okayama St.	Exp.Nanpu About 2hr 30min
Okayama Airport	Okayama St.	BUS	Okayama St.	About 2hr 30min
	Okayama St.	Exp.Nanpu	Okayama St.	About 2hr 30min
Takamatsu Airport	Takamatsu St.	BUS	Takamatsu St.	About 2hr 10min
	Takamatsu St.	Exp.Shimanto, Nanpu	Takamatsu St.	About 2hr 15min
Tokushima Airport	Tokushima St.	BUS	Tokushima St.	About 2hr 50min
	Tokushima St.	Exp.Tsurugisan	Awaikeda St.	Exp.Nanpu About 1hr 10min
Matsuyama Airport	Matsuyama St.	BUS	Matsuyama St.	About 2hr 40min
	Matsuyama St.	Exp.Shiokaze	Tadotsu St.	Exp.Nanpu About 1hr 45min
	Matsuyama St.	Exp.Uwakai	Uwajima St.	Kubokawa St.

Map Kochi Pref

-  JR LINES
-  Tosa Kuroshio Railways
-  Expressways
-  National Road



NATURE

- 01 Ikumi Beach
- 02 Muroto Schoolhouse Aquarium
- 03 Muroto Global Geopark Center
- 04 Cape Muroto
- 05 Ioki Cave
- 06 Yoshino River
- 07 Niyodo River
- 08 Nikobuchi
- 09 Yasui Gorge
- 10 Nakatsu Gorge
- 11 Aso Chinkabashi
- 12 Shikoku Karst Natural Park
- 13 Irino Beach
- 14 Shimanto River
- 15 Sada Chinkabashi
- 16 Cape Ashizuri
- 17 Kochi Prefectural Ashizuri Aquarium SATOUMI
- 18 Ashizuri Underwater Observation Tower
- 19 Kashiwa Island

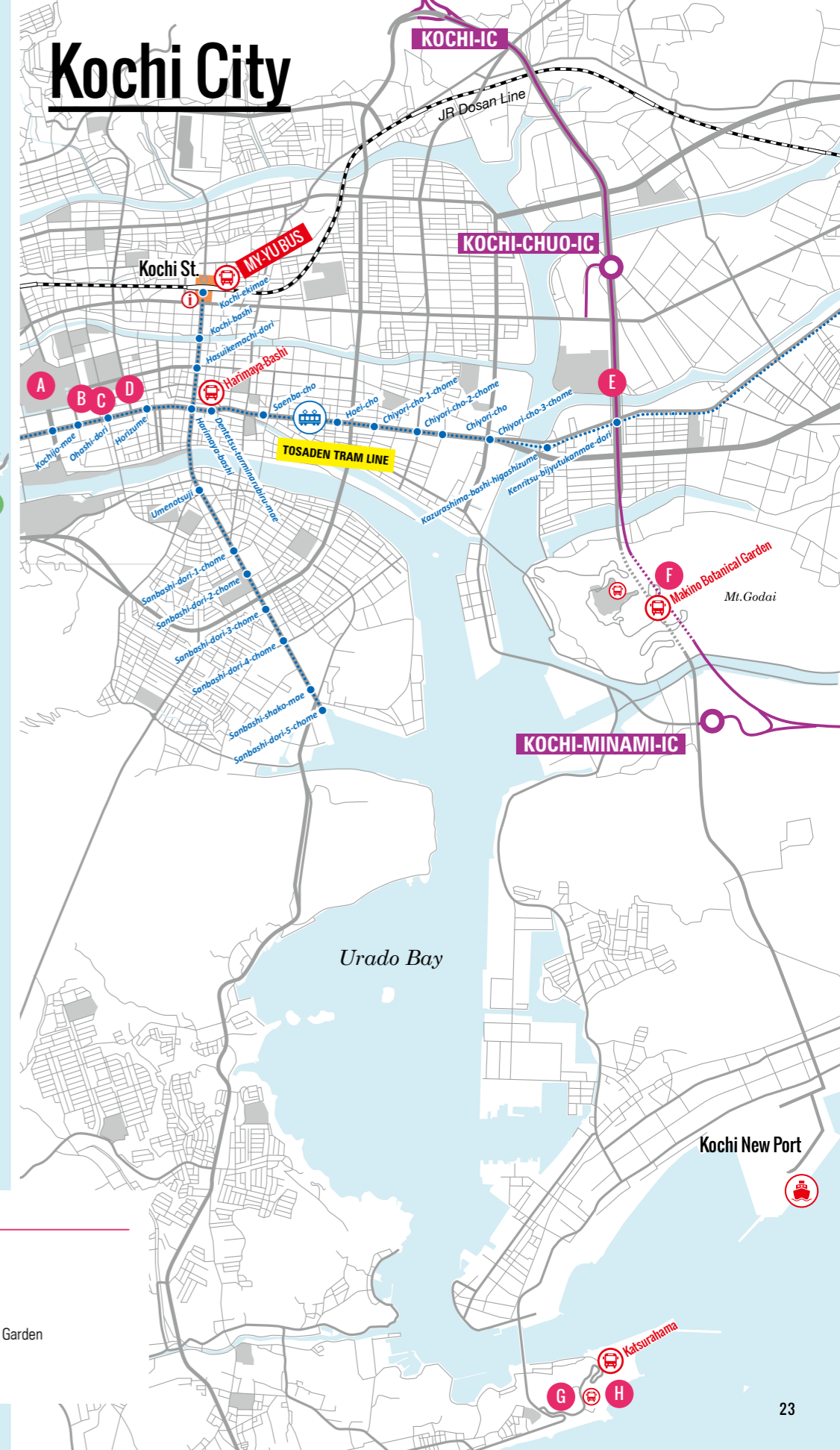
CULTURE

- 20 Kiragawa Preserved Townscape
- 21 Monet's Garden Marmottan in Kitagawa Village
- 22 Umaji Village
- 23 Doikachu
- 24 Noichi Zoological Park of Kochi Prefecture
- 25 Ekin Museum
- 26 Anpanman museum and Poem & Märchen Gallery
- 27 Ino-cho Paper Museum
- 28 Sakawa town
- 29 Kure Taishomachi Ichiba Market
- 30 Kengo Kuma Architecture in Yusuhara

KOCHI CITY

- A Kochi Castle
- B The Kochi Castle Museum of History
- C Hirome Market
- D Sunday Market
- E The Museum of Art, Kochi
- F The Kochi Prefectural Makino Botanical Garden
- G Sakamoto Ryoma Memorial Museum
- H Katsurahama

Kochi City





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The blessings of nature

Kochi Visitors & Convention Association

2025.3