

# Rich Food Culture

We are proud of Tosa food culture, cultivated by nature and rich tradition.

## Katsuo(Bonito)

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 regular eaters. They can be seared, fried or stewed and the light taste and texture are a perfect match for sake.



## Fruits

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

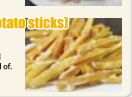
## Inakazushi (sushi from the countryside)

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 shikake mushrooms.



## Imo Kenpi (sweet potato sticks)

This snack is made by frying sweet potatoes and sprinkling them with sugar. They are crisp and sweet and have a taste you won't ever get tired of.



## A Taste of Sake Culture

Living up to the name "Tosa, land of sake", Kochi Prefecture is known as a place where men and women of all 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 Haru", which are seen in other regions.

## Nibbles for Sake

Shio (salted and fermented bonito)(Shiunin)



Dorome (lardine fry)



Moronose (congar mystair fry)



## Sawachi Cuisine

Sawachi cuisine is a type of buffet in which various dishes are served on big plates and bowls of about 40cm.

## Hot bread

This hot-shaped bread was created in Kochi. The top part of the hat is soft, and the bottom is crispy, sweet sponge cake. It is available at all bakeries in Kochi.



## Aisukurin derived from ice cream

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



## 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 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!  
 open 10:00-18:30  
 ● Access - 5 minutes by train from Kochi Station. Get off at "Marimiyabashi", and walk for 5 minutes.

## Yosa-Field and Samurai Culture

# Sakamoto Ryoma

Ryoma paved the way in the transition from feudal times to the Meiji constitutional government, and then to today's democratic republic.  
 This spectacular scenic spot, where an arch-shaped castle's five-colored sand is flanked by green pines and a sea of blue, has 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 located on a hill.  
 ● Access - 30 minutes by car from Kochi Station. Get off at "Katsurahama", and walk for 15 minutes.



## Kochi Castle

The castle tower, gate, and 15 other structures are designated as nationally important cultural properties. The castle was built in 1603 by Katsuyori Yamashiro but was lost to the Kato family of 1727. The current castle tower is what was rebuilt in 1748.  
 ● Access - 10 minutes by train from Kochi Station. Get off at "Kochiyamada", and walk for 15 minutes.



## Godaisan Observatory

Mr. 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 - 23 minutes by train from Kochi Station to MY-Yu Bus. Get off at "Godaisan Observatory." "Makino Botanical Garden", or "Chikuriji Temple".



## Makino Botanical Garden

Makino Botanical Garden was opened in memory of Makino Tomitaro, a world famous botanist. There is a section introducing his life and a project exhibition room in the observation pavilion. There are also restaurants and shops that adults and children alike can enjoy. The buildings are built mostly out of wood, seeming to be in harmony with Mt. Godai. You can also enjoy different plants in the garden each season.  
 open 9:00-17:00



## Chikuriji Temple

Why don't you adopt the heart of a traveler and become an "observed" or pilgrim, and visit Shikuro's eight-year-wired temples? You will be able to encounter beautiful nature and human warmth. Chikuriji is the 31st temple in the old pilgrim route.  
 open 8:30-17:00



## MAP B Kochi Pref. Central Area



## MAP C Katsurahama Area



## MAP D Godaisan Area



# MY-YU BUS

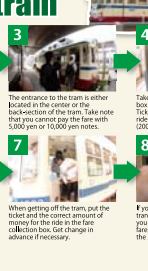
KOCHI CITY'S TOURIST BUS  
 The MY-YU Bus service runs on JR Kochi Station. It is a bus line for tourists, which covers a wide array of great sites around Kochi city, (Harimaya Bashi, Makino Botanical Garden, Katsurahama, etc.)

	1-day pass	Godaisan 1-day pass
Adult(20~64)	1,000 yen	600 yen
Children(6~11)	500 yen	300 yen
1 Free for children under age 6		

Regular fare for MY-YU Bus  
 ● One fare plus 400 yen for a 400 yen transfer for the second 400 yen and more.  
 ● If you use a 400 yen transfer, you can pay an additional 400 yen (200 yen with lower payment) as a MY-YU Bus transfer. (The transfer is not available to Katsurahama on the bus.)  
 ● Godaisan 1-day pass is not available on the Tsusima Koto bus.

Route	1-day pass/2-day pass (JR Kochi Station to Katsurahama)	Godaisan 1-day pass (JR Kochi Station to Chikuriji Temple)
Harimayabashi	1,000 yen / 2,000 yen	600 yen
Godaisan Observatory	600 yen	600 yen
Makino Botanical Garden	600 yen	600 yen
Chikuriji Temple	600 yen	600 yen
Sakamoto Ryoma Memorial Museum	600 yen	600 yen
Katsurahama	600 yen	600 yen

MY-YU Bus fares are offered at half price for children aged 6 to 11 years old. (The transfer is not available.)  
 ● For those who purchase a 1-day pass, you can purchase a 2-day pass when you purchase your first pass.



# Easy Travel Conversation

Hello. (こんにちは)	Thank you. (ありがとう)	I'm sorry. (ごめん nasai)
Excuse me. (すみません)	Where am I? (どこですか?)	I know! It's this one. (これです)
How much is it? (いくらですか?)	How do I get there? (どこに行きますか?)	I don't know. (わかりません)
I want to go to ○○ (○○に行きたいです)	Can you tell me how to get to ○○? (○○の行き方を教えてください)	How long does it take? (どのくらいかかりますか?)
Where is ○○○ (○○○はどこですか?)	Convenience store (コンビニ)	Drug store (ドラッグストア)
Convenience store (コンビニ)	Rest room (トイレ)	Sightseeing spot (観光地)
Rest room (トイレ)	Souvenir shop (おみやげ屋)	Money exchange (両替)

one	two	three	four	five	six	seven	eight	nine	ten
1	2	3	4	5	6	7	8	9	0
zero	ten	hundred	thousand	ten thousand	hundred thousand	million	ten million	hundred million	one billion
0	10	100	1,000	10,000	100,000	1,000,000	10,000,000	100,000,000	1,000,000,000

# How to use the tram



1 Make sure you have the correct amount of money for the ride when getting on the tram. If you can't get off for change, change only if you have 1,000 yen notes.  
 2 When you hear the name of the tram stop that you wish to get off at, press the button repeatedly. If you do not understand Japanese, let the staff know when you want to get off in advance.  
 3 Check the train route map and the timetable. You may need to transfer to another train. If you are not sure, ask the staff. If you cannot pay the fare with 2,000 yen, so make sure to have change.  
 4 The entrance to the train is either back or front. The staff will check the ticket and the amount of money. Take the train ticket from the ticket box when boarding the train. If you do not have a ticket, you will need to pay the fare. If you do not have change, you will need to pay the fare with 2,000 yen notes.  
 5 Take the train ticket from the ticket box when boarding the train. If you do not have a ticket, you will need to pay the fare. If you do not have change, you will need to pay the fare with 2,000 yen notes.  
 6 When getting off the tram, put the ticket and the correct amount of money in the coin box. If you do not have change, you will need to pay the fare with 2,000 yen notes.  
 7 If you pay the fare and receive a transfer ticket from the train driver, you do not have to pay the fare for the transfer. If it is wrong within the 200 yen zone.

# Kochi City Central Map

Kochi General Tourist Information Center

まろまろ



## 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 Kagami 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 km with over 400 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 katano no tataka (leard 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

Kochi Prefecture "I" Information Center

2-10-7 Kisa Honmachi, Kochi City  
TEL:0878-879-6400  
8:30-18:00

(In the Kochi Prefecture Tourism Information/Disseminating Center "Tosaterasu")

Kochi Tourist Information Center

2-1-25 Obiyamachi, Kochi City  
TEL:0878-82-8070 FAX:0878-82-8675  
10:00-18:30

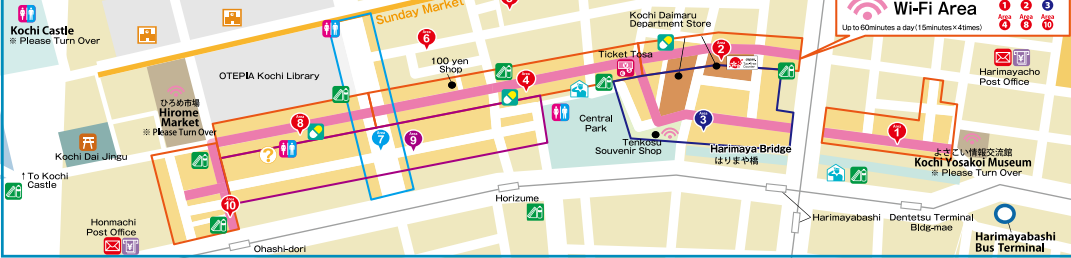
## Emergency Contacts

Police TEL:110 Ambulance/Fire Emergency TEL:119

# MAP A Kochi City Central Area



## A Kochi city center shopping street & Wi-Fi area



## Explore Obiyamachi, Kochi City's Central Shopping Arcade

**Harimayabashi & Unonata**  
The Harimayabashi shopping arcade is constructed from lumber, giving it an old-time experience. The attached Unonata street is a free downtown feeding from the Edo period, with its shade trees and other old-fashioned furnishings. You can also experience the charm of Kochi's Yosaku festival at the nearby Kochi Yosaku Museum.

**Nakanohashi-dori**  
Café-bars, clothing stores, and sundries shops here - you will find many unique items.

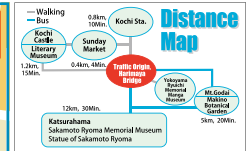
**Obiyamachi 2-chome**  
Asian cuisines, Chinese noodles, Japanese snacks, book stores, and Italian cafés - this area has many international establishments.

**Oshashi-dori**  
This shopping arcade right next to Kochi Castle is known as the "Kitchen of Tosa." (Tosa is an old name for Kochi.) Here you can find fresh seafood, including bonito, and many seasonal fruits and vegetables. Harime Market, a popular food court filled with many Kochi foods, is also nearby.

**Obiyamachi 1-chome**  
This area is one of the liveliest towns, with a large range of shops, from longstanding hat and umbrella shops to clothing stores, cafes, restaurants, and izakaya bars targeted toward young people.

**Shinkyobashi & Kiyomachi**  
This part of the arcade has high-quality department stores and stores that handle Kochi produce like conch and food items. The store "Toshiko" with many famous Kochi goods, can also be found here.

**Osiban Road**  
This collaboration road lined with zibuka trees is home to many sundries shops, clothing stores, and cafes targeted to young people.



## B Bus Leading Zone, Kochi Sta.



MY-YU Bus (Godaiaru / Katsurahama Course)  
[MY-YU Bus Contact]  
Kochi Visitors & Convention Association  
TEL:088-823-1434