

Kochi's Tourism and Food Culture

Speaking of Marathon.....

KOCHI !

The year-round mild climate
is perfect for marathon!

Delicious food!

Plenty of sightseeing !

Come to KOCHI !!

Ryōma Sakamoto, born in Tosa (present day Kochi) is a loyalist in the last days of the Edo period. He started a revolution against the Tokugawa shogunate, and then changed Japanese political system.

Ryoma Sakamoto



The Charms of Kochi

■ Rich Nature, Great Food

Kochi, located in Southwest Japan and surrounded by rich forested mountains and a diversely shaped coast line, is blessed by beautiful nature. The Shimanto River, Japan's last pristine river, flows calmly along, and the Niyodo River, Japan's clearest river, has mysteriously blue water.

The climate is mild throughout the year due to its warm ocean current and the most hours of sunshine in Japan. The annual average temperature is 17.7°C with over 2000 sunlight hours per year. Seafood and produce harvests are amazingly rich. Kochi won the "Best Local Food in Japan" award five times in the last six years in a major Japanese travel magazine survey.

■ Birthplace of Historical Hero & Festival

Kochi is famous for many historic heroes that supported Japan's revolution at the end of the Shogun period which began 400 years ago. Also it is well known as the birthplace of Yosakoi, one of the most famous Japanese dance festivals.



■ Local Appeal

Kochi Castle, located in the capital city, is one of the three best Castle nightscapes in Japan. Parts of Kochi castle have remained the same since the Shogun era, almost 400 years ago. A beloved open-air market has been held continuously every Sunday for 300 years on the avenue at the foot of the castle. The Kochi streetcar system has a 100-year history and is still used today.

Kochi has both a tropical atmosphere and unique historical/cultural assets that no major cities can offer.

Transit to Kochi

■ By Airplane

It takes about an hour by airplane from Kochi to Tokyo (Haneda), making Kochi an ideal location. You can begin your training promptly without the stress of long travel.

Domestic Flight Access

Kochi Ryoma Airport	Tokyo (Haneda)	1 hr 20 min
	Osaka (Itami)	45 min
	Fukuoka (Fukuoka)	1hr 15 min
	Nagoya (Nagoya Komaki)	1 hr



■ By Rail

Shinkansen (Bullet Train) takes you to Okayama from any major city. Local rail line will bring you to Kochi from Okayama. On the way, you will enjoy the wonderful view such as the Seto Ohashi Bridge, beautiful Yoshino river, and Oboke & Koboke with their variety of strange natural rock formations.

Rail Access

Okayama	Tokyo	3 hr 15 min
	Osaka (Shin Osaka)	45 min
	Fukuoka (Hakata)	1hr 40 min
	Hiroshima	40 min

Okayama

Local Rail Line Access

Kochi	Okayama	2 hr 30 min
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Recommended Tourism (Central Kochi)

Landscape / Scenic Spots



■Katsurahama Beach

(Kochi City)

Arc-shaped white beach facing the Pacific Ocean, located south of Kochi City. You may enjoy the majestic view of wild waves coming continuously from the Pacific. There are Museum, Aquarium, and Memorial Hall around this area. The vicinity of Katsurahama has been developed as Kochi's Leisure Zone. You can find the statue of Ryoma Sakamoto who supported Japan's revolution at the end of the Shogun period.

■Mouth of Niyodo River

(Tosa City)

Mouth of Niyodo River is an essential surfing spot for people with advanced skills in Kochi. It has the best quality, strongest, and biggest scale wave in Kochi. Flow of Niyodo River at the entrance to the ocean make a big sand dunes, and beautiful waves. The pipe-shaped wave called 'The Tube' is a surfer's dream.



History



■Kochi Castle

(Kochi City)

Kochi City produced many historical heroes who supported Japan's revolution at the end of Shogun Era. Ryoma Sakamoto is one of them. The city on both sides of the Kagami River is still very quiet, although high buildings and new roads are built. It is the center city of southern Shikoku Island. Kochi Castle was built in 1601, and also Harimaya Bridge which is known by the Tale of tragic love and the Yosakoi Song.

■Kochi Municipal Ryoma's Birthplace Memorial Museum

(Kochi City)

Kochi is located in the southern region of Japan on Shikoku Island, and is well-known as the birthplace of Ryoma Sakamoto. This museum introduces Ryoma and his birthplace Kamimachi, how he overcame great difficulties during the transitional period of Japan, and explains why he left to go into a new and changing world. Ryoma's Birthplace Memorial Museum was built for the purpose of community development and to promote Kochi's history, tourism, and culture.



Recommended Tourism (Central Kochi)

Museum / Other

■ Makino Botanical Garden (Kochi City)



It was opened in Godaisan, Kochi City in 1958 to honor the achievements of Kochi botanist Dr. Tomitarou Makino. About 3000 kinds of seasonal plants, including ones grown in Southwest Japan and ones in connection with Dr. Makino, can be observed. In greenhouse just like a jungle, there are rare tropical plants, and also there is a exhibition which introduces Dr. Makino's achievements and appeal. After taking a walk in the botanical garden, you can enjoy relax ing at restaurant or cafe surrounded by green. Also check out the shop with original goods which you cannot get at anywhere else!

■ Kochi Yosakoi Info Exchange Center (Kochi City)



It introduces the past, present, and future appeal of Yosakoi. The Exchange Center introduces history and the appeal of the 'Yosakoi Festival' which began in 1954. The center is designed to look like a music truck, an essential part of the festival. Inside is composed of 2 main areas. One is the history and knowledge area called 'Yosakoi Circle', and the other is the evolution and experience area called 'Yosakoi Square'.



■ Harimaya Bridge (Kochi City)

The Harimaya Bridge is known as the location of the famous love story of Junshin & Ouma as well as being the part of lyrics of Yosakoi Song. There were 2 businesses on the each side of moat at the Edo era. One was called Harima-ya and the other was called Hitsu-ya. They built a private bridge across the moat. That is said to be the origin of the bridge named 'Harimaya Bridge'. Later, bridge has been rebuilt several times, and water of the moat has been landfilled. Now, it is organized as 'Harimaya Park.'



■ Sunday Market (Kochi City)

Sunday market is held every Sunday along Ote-suji which is a 1km-long street extending east from Kochi Castle. It has been open every week for 300 years. About 500 street vendors are gathered, and vegetables, flowers, plants, food, and commodity goods are available for purchase. Visitors enjoy the atmosphere.

Cultural Food of Tosa (Kochi Local Food)

Kochi Gourmet Lesson: The Centerpiece of Kochi Tourism is dynamic and gorgeous delicious food – Tosa Local Food !!

Food in Kochi

Kochi, with its mild weather and rich natural surroundings, has plenty of food from Ocean, Rivers, and Mountains!
It is well known in Japan as the prefecture with delicious food. The platter food, delicate and healthy dishes, and fresh processed food are widely known.

“Sawachi” – Platter Cuisine full of Delicious Food of Kochi

Sawachi is Kochi’s traditional local food.
It is an essential dish on the table where people are gathered.
Seasonal delicious food like Sashimi, Sushi, Deep fried products, cooked products, fruits and so on are piled on the platter.
Whether they drink alcohol or not, people can enjoy the food together.



Image of Sawachi

Kochi Sake (Japanese Liquor)

Kochi people love drinking so much that Kochi is called “Sake Land”. There are 18 sake breweries and each brewery makes a uniquely favored sake.
The characteristic of Kochi’s Sake is its dry and smooth taste in the throat. Ease of drinking with any kinds of food gives it a high reputation

Drinking bouts in Kochi

In Kochi, banquet is called “Okyaku” meaning “Customers” or “Visitors”. Not to mention festival or celebration, people in Kochi take any excuse to sit around Sawachi, drink together, and deepen their friendships.
Henpai (someone gives a cup of sake to someone, then the person returns the cup after pouring full of sake to the same person after drinking)
Kenpai (Pouring sake into someone’s empty cup to show respect)
Hashiken (Game using chopsticks)
This unique banquet culture was born in Kochi.



【Salt Seared Bonito】
Usually seared bonito is eaten with Citrus flavored soy sauce. But, if you would like to enjoy Bonito’s freshness, it is best to eat with salt. Originally, fisherman ate Bonito in this way. With only salt, the flavor of the fish cannot be disguised, so the fish must be very fresh!. The wonderful taste of salt seared bonito cannot be expressed in words. Please try it for yourself!



【Hat-Shaped Bread】
Cute local bread of Kochi! Around 1955, it has been devised and started selling by the local bread factory, Nagano Asahido. Now, it is sold all over Japan. It is hat shaped bread, and the brim part is made with crispy sponge cake dough. Most bakeries in Kochi sell this hat-shaped bread nowadays, and many varieties of flavor are available.



【Imo Kenpi】
It is a rustic snack of deep-fried shredded sweet potato which is sprinkled with sugar. It is one of Kochi’s representative gift foods. Besides regular sugar flavor, there are rich varieties such as nori, black sesame, salt, and so on. It is popular among all ages.



【Nabeyaki Ramen】
In Susaki city, about 40 restaurants offer this Ramen. Recently, there are also unusual kinds such as Kimchee or Cold ramen.



【Ice CreaN】
Not ice cream!
Very popular sherbet in Kochi.



【Inaka Sushi】
Country-style sushi roll which smells of Yuzu citrus vinegar. Mountain produce like Bamboo shoots, Myoga, Konnyaku, and Shitake Mushrooms are rolled with sushi rice and seaweed.

Cultural Food of Tosa (Kochi Local Food)

Seafood



【Bonito Tataki】
First Season: March ~ April
Second Season: October



【River Shrimp】
Season: June~September
Main Area:
Shimanto City, Tosa City



【Dried Bonito】



【Sun Dried Sardine Fry】



【Sweetfish & Trout】
Season:
Sweetfish: Jun~October
Trout: March~November



【Riverweed (from Shimanto river)】
Season: December~March

Land Products



【Fruit Tomato】
Season: February~May



【Tosa Buntan - Pomelo】
Season:
October~December (Greenhouse)
January~April (Open Culture)



【Konatsu - Citrus】
Season: Late March~Late June



【Tosa Akaushi Beef】
Season: All Year Around



【Shimanto Springwater】
Season: All Year Around



【100% Yuzu Vinegar】