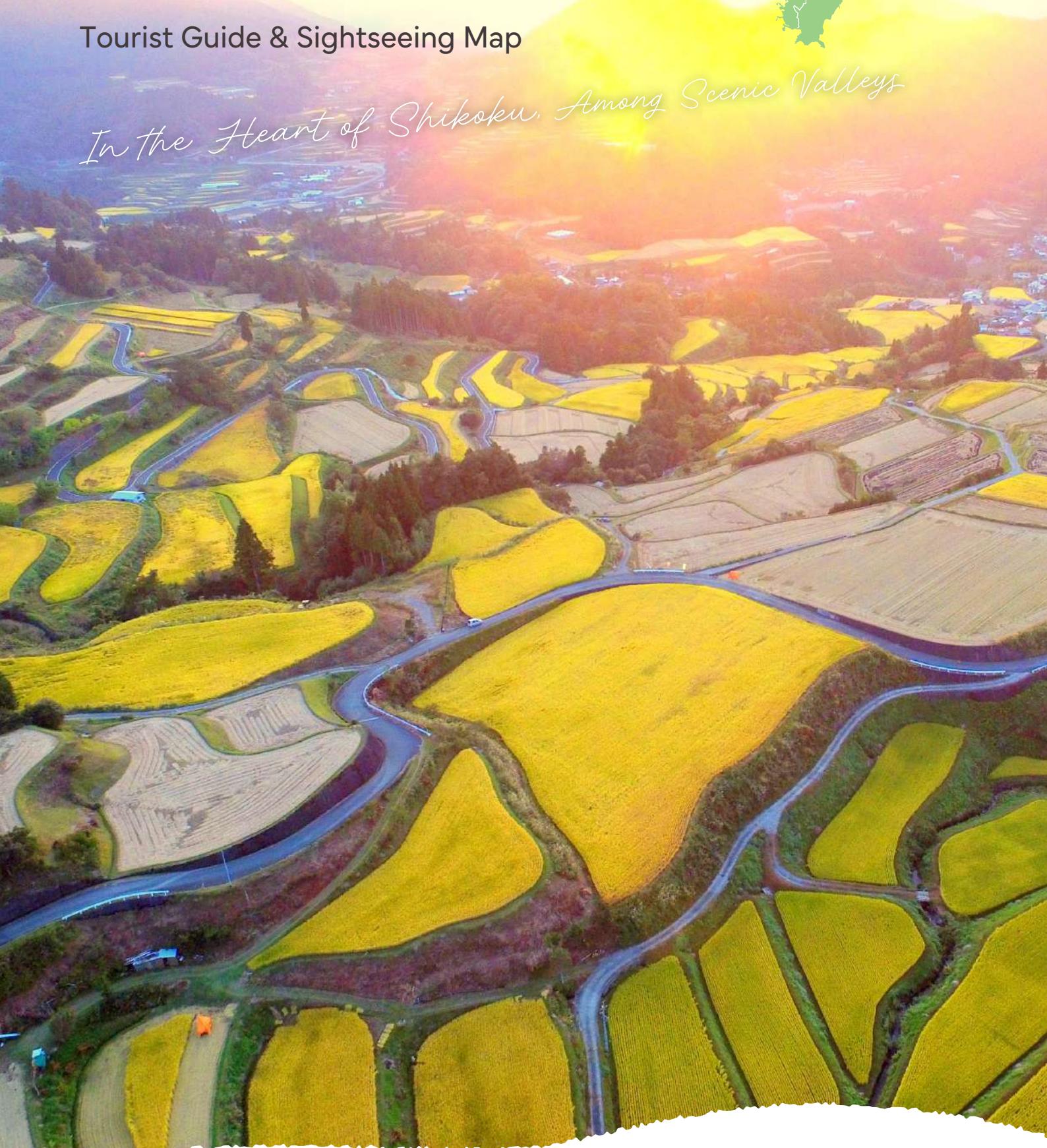


OSA REIHOKU



Tourist Guide & Sightseeing Map

In the Heart of Shikoku, Among Scenic Valleys



Tosa Reihoku
Tourism Association

582-2 Motoyama, Motoyama-cho, Nagaoka-gun, Kochi, 781-3601 JAPAN Tel. 0887-72-9400 Fax. 0887-76-2350

Official Website(EN)
<https://tosareihoku-kanko.com/en/>



Instagram
[@tosa_reihoku](https://www.instagram.com/tosa_reihoku)



Tosa Reihoku:

The Heart of Shikoku

Easy Access

Nestled in the heart of Shikoku, the Tosa Reihoku region offers an ideal location—just 1.5 to 2 hours from major cities and airports across the island.



A Taste of Nature's Bounty

The region's rich natural environment has nurtured a distinctive food culture.

Savor the rare and flavorful Tosa Akaushi beef—known for its lean, healthy richness—rice from picturesque terraced fields, sake brewed from it, and a colorful variety of local vegetables. Every bite tells the story of the land.

Tosa Akaushi Wagyu beef



Tosa Hachikin Jidori chicken



Sake
(Keigetsu)



Onigiri (rice balls)
made with
Tosa Tenku no Sato rice



Timeless Satoyama Scenery

After exploring Japan's vibrant cities, why not immerse yourself in its serene countryside?

In Tosa Reihoku, the traditions and landscapes shaped by life along the Yoshino River remain beautifully preserved.

Stroll through lush valleys, stay in a charming kominka (traditional house), and let both body and mind unwind.



Landscapes of the Four Seasons

Tosa Reihoku's scenery gently changes with each season—from the soft greens of spring to the deep hues of autumn. Surrounded by mountains, rivers, and tranquil countryside, visitors can slow down and feel the rhythm of nature, spending time that soothes both body and soul.



Access



By Car 

Kochi Ryoma Airport (KCZ)	36km 45min.	▶
Takamatsu Airport (TAK)	98km 1hr 40min.	▶
Tokushima Airport (TKS)	132km 2hr 5min.	▶
Matsuyama Airport (MYJ)	125km 1hr 45min.	▶
Kansai Kokusai Airport (KIX)	311km 4hr 55min.	▶
 Kochi IC.	31km 26min.	▶
Takamatsu-Chuo IC.	97km 1hr 20min.	▶
Tokushima IC.	123km 1hr 40min.	▶
Matsuyama IC.	115km 1hr 30min.	▶
Okayama IC.	129km 1hr 55min.	▶
Hiroshima IC.	250km 3hr 25min.	▶
Suwa IC.	269km 4hr.	▶

By Train

Shin-Osaka Stn. → Okayama Stn. (Shinkansen 45min.) → Tadotsu Stn. → Awa-Ikeda Stn. → Oboke Stn. → Osugi Stn.

Shin-Osaka Stn. → Okayama Stn. (Limited Express 1hr 10min.) → Tadotsu Stn. → Awa-Ikeda Stn. → Oboke Stn. → Osugi Stn.

Tokushima Stn. → Awa-Ikeda Stn. (Limited Express 1hr 15min.) → Oboke Stn. → Osugi Stn.

Takamatsu Stn. → Tadotsu Stn. (Limited Express 35min.) → Awa-Ikeda Stn. → Oboke Stn. → Osugi Stn.

Matsuyama Stn. → Tadotsu Stn. (Limited Express 2hr.) → Awa-Ikeda Stn. → Oboke Stn. → Osugi Stn.

Shin-Osaka Stn. → Okayama Stn. (Limited Express 45min.) → Tadotsu Stn. → Awa-Ikeda Stn. → Oboke Stn. → Osugi Stn.

By Air

Haneda (HND) → 10 flights/day (JAL / ANA) → 1hr20min. ~ 1hr30min. → Otoyo IC.

Narita (NRT) → 1 flights/day (JJP) → 1hr20min. ~ 1hr30min. → Otoyo IC.

Osaka Itami (ITM) → 6 flights/day (ANA) → 45min. ~ 50min. → Otoyo IC.

Fukuoka (FUK) → 2 flights/day (JAL) → 50min. ~ 55min. → Otoyo IC.

Nagoya Centrair (NGO) → 2 flights/day (FDA) → 55min. → Otoyo IC.

Nagoya Komaki (NKM) → 1 flights/day (FDA) → 1hr. → Otoyo IC.

Kochi Ryoma Airport (K CZ) → Rent a Car 36km 45min. → Otoyo IC.

⚠️ Getting Around the Tosa Reihoku Area

Public transportation in the Tosa Reihoku area—such as trains and buses—is limited and not suitable for flexible travel. The most convenient way to explore the region is by rental car or bicycle.

Please note that the area is mountainous, with many steep hills and narrow roads.

We recommend renting a compact car rather than a large vehicle. If you are not confident in your driving skills, it



Car Rental

You can find rental car services near
Kochi Ryoma Airport or JR Kochi Station
by scanning this QR code.



Tosa Reihoku Tourism Information

Tosa Reihoku Tourism Association provides assistance with directions and information on local attractions. Scan the QR code for the location.

Scan the QR code for
Hours: 8:30AM - 5:30PM

Hours: 8:15AM - 5:15PM
Closed: Weekends, national holidays,
and during the New Year holi



Activity

Rafting SUP Canoe



Scan this QR code
to explore more about
Tosa Reihoku's
activities on our website.



The Yoshino River, which flows through the Tosa Reihoku region, is famous for its powerful rapids and is considered a mecca for river activities, having even hosted the Rafting World Championships. Its dynamic gorge scenery is another highlight. Visitors can enjoy a variety of river adventures—from thrilling white-water rafting to leisurely SUP or canoe trips on gentler stretches.



Cycling



Tree Climbing

The Tosa Reihoku region is blessed with scenic rivers and lakeshores, along with abundant nature and traditional Japanese landscapes, making it a great place to enjoy cycling. Some shops rent e-bikes, which make mountain roads easier to ride, so you can choose the option that best matches your fitness level and experience.

JAPAN ECO TRACK
Website



Using special ropes, saddles, and safety gear, participants climb trees and experience a deep sense of connection with the forest and nature. It's a unique way to enjoy Japan's rich woodlands from a treetop perspective—an activity open to both children and adults.

Activities & Tours

*Only some of the available activities are shown here.
For more details and the full range of experiences, please visit each activity shop's website.

Happy Raft Rafting Canyoning
MAP 2-H
221-1 Ikadagi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-75-0500

Galbanzo Rafting SUP Kayak Shower Climbing
MAP 3-G
1 Nishi-dōi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 090-7578-6330

Lucky Raft Rafting Kayak
MAP 3-F
2050-43 Kawaguchi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-72-0235

river people Rafting SUP
MAP 3-G
236-3 Terauchi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 080-6284-8656

Rio Bravo! Rafting
MAP 3-G
14 Isotani, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-73-1222

You Me Rafting Rafting
MAP 2-H
6-1 Nagafuchi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-75-0520

TOPS Rafting SUP
MAP 2-H
1-3 Okubo, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-79-0214

The Blue Earth Rafting
MAP 2-H
382-4 Nagafuchi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 090-7765-4524

Montbell Outdoor Village Motoyama Rafting Cycling SUP Kayak Trekking
Inset MAP 1
2133-1 Motoyama, Motoyama-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-72-9680

SORAMIL Canoe SUP
Inset MAP 2
47 Jike, Motoyama-cho, Nagaoka-gun, Kochi, Japan
TEL: 080-1990-1992

Sameura Canoe Terrace Canoe SUP Cycling Gym
Inset MAP 2
146-1 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-72-9919

Ishihara no Sato Shower Climbing
MAP 5-C
1228 Nishiishihara, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-72-9328

CrossFit Otoyo Strength Gym Cycling
MAP 3-G
317-1 Higashidoi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-79-0260

Wonder Tree Kochi Tree Climbing
Motoyama-cho, Nagaoka-gun, Kochi, Japan



Mountains & Breathtaking Views

Stretching across the Shikoku Mountains, the Tosa Reihoku region offers a wide range of scenic peaks for hikers and climbers of all skill levels. Whether you're looking for a casual hike or a more challenging ascent, you'll find a trail that suits your pace and ability.

Be sure to wear proper hiking shoes and bring essential gear to ensure a safe and enjoyable journey.



Scan this QR code
to explore more about
Tosa Reihoku's
mountains and view spots
on our website.



A scenic 90-minute trail with wooden walkways. In spring, Akebono-tsutsuji and Shakunage flowers color the path, and near the summit lies the striking "White Bone Forest," a grove of bleached tree trunks.

The trail features scenic spots such as Ryuo-no-taki Waterfall, one of Japan's Top 100, and Miei-do Hall linked to Kobo Daishi. Jofuku-ji's Okunoin and nearby Kajigamori Mountain Lodge make it ideal for leisurely exploration.



Mt. Ozare

Elevation: 1,587m

An easy trail suitable for beginners, passing through a magnificent primeval beech forest. The area is rich in alpine plants, offering beautiful scenery in every season.

MAP
2-B

Mt. Inamura

Elevation: 1,506.2m

Starting near Inamura Dam, this gentle trail passes through forest paths lined with spring shakunage blossoms and offers sweeping views of the surrounding mountains from the summit.

MAP
3-A

Mt. Nojimine

Elevation: 1,279.3m

A well-maintained, gentle trail takes about 80 minutes to the summit, making it ideal for beginners. On rocky peak offers striking views of the Shikoku Mountains. Beech trees and seasonal colors add gentle beauty along the trail.

MAP
2-C

Mt. Oku-Kuishi

Elevation: 1,515.8m

MAP
1-E

Unkai (sea of clouds)



Yutorisuto Park Otoyo

MAP
4-F

If you're lucky, you can see it in the early mornings from October to December.



Breathtaking Views of
Tosa Reihoku



Tanada (terraced rice fields)

MAP
4-D

Takasu no Tanada

A traditional Japanese landscape that has been preserved for centuries.

Local Delicacies

Scan this QR code
to explore more about
Tosa Reihoku's gourmet
on our website.



Tosa Akaushi Wagyu

Tosa Akaushi is a rare and highly prized wagyu variety known for its rich umami flavor and perfect balance of lean meat and delicate marbling. With its light yet flavorful taste, it's especially appealing to those who prefer a less fatty cut of wagyu.

Sake, Shochu & Doburoku



Tosa Reihoku is also known for its distinctive drinks made from locally grown rice. Enjoy the renowned sake Keigetsu, rice shochu brewed with premium Tosa Tenku no Sato rice, and Teru, a doburoku that has been awarded Japan's top honor.



Taste of Tosa Reihoku

Shirataki no Sato Sato no Chaya

MAP
2-E



Set in the scenic mountains of Shikoku, this cozy restaurant serves homestyle Japanese dishes and BBQ featuring Ōkawa Kuro-ushi wagyu and Tosa Hachikin Jidori chicken.

26 Asatani, Okawa-mura, Tosa-gun, Kochi, Japan
Hours: Weekdays: 11:00am - 2:00pm
Weekends & Holidays: 10:00am - 3:00pm
Closed: Tuesdays and Wednesdays
*Closed during winter (December-March)



Hachikin Jidori Chicken



A premium free-range chicken descended from gamefowl, Hachikin Jidori is known for its slightly firm texture and rich, savory flavor. Enjoy it at local restaurants, or buy it at roadside stations and "Yui no Sato" in Okawa Village for a BBQ at a campsite or in a private rental.

Okawa Kuroushi Wagyu



Raised only in Okawa Village, this wagyu is even rarer than Tosa Akaushi wagyu, prized for its tender texture and refined, flavorful marbling. Carefully nurtured in the village's lush highland environment, it can be savored at restaurants within Okawa.

Reihoku's Signature Noodles

Ramen



This ramen features a rich, savory broth made from Tosa Hachikin Jidori chicken bones. The clear salt-based soup brings out the deep umami flavor—simple yet deeply satisfying.

Ramen Tosacho 439

1208-11 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
Hours: Mon, Thu, Fri, Sat, Sun
10:39am - 6:39pm
Tue 10:39am - 2:39pm
Closed: Wednesdays

Inset
MAP2



How about trying some delicious noodle dishes you can find only in Tosa Reihoku?

Tajikawa Soba



Unlike most soba enjoyed for its smooth texture, Tajikawa Soba is all about flavor. Made entirely from buckwheat flour, the thick 5 mm noodles offer a hearty bite and a full, nutty taste with every chew.

Michi no Eki Osugi

743-1 Sugi, Otoyo-cho, Nagaoka-gun, Kochi, Japan
Hours: 8:00am - 5:00pm
Closed: None

MAP
4-F



There are many more wonderful places to dine.

Scan the QR code to explore local favorites
and discover the flavors of Tosa Reihoku.



Marugoto Akaushi !

Inset
MAP1



Run by a local Tosa Akaushi producer, this restaurant offers handmade burgers and steaks made from 100% Tosa Akaushi beef—simple dishes that let the flavor speak for itself.

763-1 Motoyama, Motoyama-cho, Nagaoka-gun, Kochi, Japan
Hours: Friday, Saturday and Sunday
11:00am - 2:00pm
Closed: Monday - Thursday
(open on national holidays)



Traditions & Heritage



Iwahara & Nagafuchi Kagura

(Otoyo Town, around October)

This unique kagura (a type of traditional Shinto ritual dance) has been performed for over 1,000 years. Following a ceremonial feast with a Shinto priest, dancers in white robes perform traditional rituals. It is designated as an Important Intangible Folk Cultural Property of Japan.

Kamizeki Amidado Hall Dedication Sumo

(Motoyama Town, August 14)

This powerful sumo event, open to both men and women, began in the late Edo period when an epidemic and poor harvest struck the region. To pray for recovery and a good harvest, a local sumo champion offered a ceremonial bout, giving rise to the tradition that continues today.

Minagawa Hyakumanben Festival

(Tosa Town, around July)

Praying for harvests, health, and safety, participants carry a 30-meter rosary around the dance hall to the sound of drums. The highlight comes when the rosary is cut apart and men surge into the shrine grounds in an energetic finale.

Hanatori Tachi Odori Sword Dance

(Okawa Village, performed at local events)

Said to have been started in the medieval era by local lord Oyabu Kiino-kami, this tradition features three performances: the sword dance, the naginata dance, and the hand dance. Today it is presented at events in Okawa Village.

Temples & Shrines

Jofukuji Temple

MAP
3-H



A 1,300-year-old temple where visitors can enjoy seasonal flowers and autumn foliage.

Burakuji Temple

MAP
3-G



Founded about 870 years ago, featuring a Yakushi Hall that showcases the beauty of traditional Japanese architecture.

Nyakuichi Oji-gu Shrine

Inset
MAP2



With a history of over 870 years, its main hall, built 150 years ago, adds to its cultural significance.

Workshops

Shochu Tasting



Housed in a renovated former school gymnasium, this distillery produces shochu and awamori made entirely from rice grown in Tosa Reihoku's terraced fields. Visitors can observe the production process and enjoy a tasting of these locally crafted spirits.

baum Motoyama Distillery

173 Yoshino, Motoyama-cho, Nagaoka-gun Kochi, Japan

Hours: Monday–Friday
9:00–12:00 / 13:00–17:00
Closed: Saturdays, Sundays, and public holidays



Soba Noodle Making



Using buckwheat flour traditionally grown along the Asemikawa River, participants can learn how to make handmade soba under the guidance of local noodle masters.

Asemikawa Fureai-no-Sato Seiryukan

626 Sougauchi, Motoyama-cho, Nagaoka-gun Kochi, Japan

Fee: ¥2,000 (¥2,200 incl. tax) per person

Group size: Minimum 5 people

*The activity can also be arranged for groups of 4 if the equivalent fee for 5 participants is paid.

*Please book at least one week in advance.



MAP
3-D

Stay Guide

Accommodation Types

- Hotel
- Ryokan (Japanese Inn)
- Minshuku (Family Inn)
- Campsite
- Whole-House Rental
- One-Group-Per-Day Stay
- Converted School Stay
- Guesthouse / Hostel
- Cottage / Cabin

*If online booking is available, please scan the QR code to access the reservation site.

1 Yutorisuto Park Otoyo

2 GH Hareruya

3 Nakayashiki Inn

4 Guesthouse Takamotoya

5 Kajigamori Mountain Lodge

6 Murata Bed & Breakfast

7 Hinode-ya

8 Oyama-no-yado Michitsuji

9 Kawakaze Inn

10 Waraku-ya

11 Teruhachi Inn

12 Cottage Niyada

13 Farm Inn Leben

14 Otoyo no Mori

15 Happy Guest House

16 Farm Inn Tomio

17 Yancha Inn (Kazetosobu Yado Yancha)

18 Guesthouse boro-ya

19 Let's Stay in a School! Midori no Tokeidai

20 CrossFit Otoyo Strength

21 Montbell Outdoor Village Motoyama

22 Shiraya-yama Fureai-no-Mura Recreation Center

23 Guesthouse SOU

24 Asemakawa Fureai-no-sato Seiyukan

25 Vacation Home Sameura

26 Seiryu House

27 Sameura-So Lakeside hotel

28 Sameura Tent Park

29 Ishihara Community Center

30 Oku-Sameura-no-Sato

31 Jizo-an

32 Tosa Town Fureai Ranch Experience and Learning Exchange Center

33 Fujimi-kan

34 Pocciri-do

35 Shirataki no Sato

36 Tsutsui Ryokan

Scan this QR code to explore more about accommodation on our website.



Tosa Reihoku Sightseeing Map

Map Key

- Accommodation
- Narrow Road (Drive with Caution)
- Restaurants
- National Route
- Shops & Markets
- Major Prefectural Road
- ATM
- Activity Shop
- Campsites
- Temples
- Shrines
- Trails
- Mountain Name
- Expressway
- JR Line
- Trailhead
- Notes: Roads to trailheads may include narrow or unpaved sections. Drive with caution.

Ehime Pref.

Okawa Village

Toward Sajo, Ehime

Ino Town

Kochi City

Kami City



Ehime Pref.

Motoyama Town

Toward Kochi City

Tokushima Pref.

Otoyo Town

Toward Oboke, Kokebe & Iya Valley

Kami City

Kami City

Kami City

Kami City

Kami City

Kami City

Toward Oboke, Kokebe & Iya Valley

Kami City

Kami City

Toward Oboke, Kokebe & Iya Valley

Emergency Information

Emergency Call

JNTO Japan Visitor Hotline (English / 中文 / 한국어)

TEL 050-3816-2787 (24 hours a day)

Ambulances

119 (24 hours a day, at no charge)

Police

110 (24 hours a day, at no charge)

Hospitals Accepting Foreign Patients (Reihoku Area)

Motoyama Municipal Reihoku Central Hospital

620, Motoyama, Motoyama-cho, Nagaoka-gun, Kochi, Japan

TEL 0887-76-2450

JNTO Official Website (en)

QR code

Dining Guide

Scan this QR code to explore more about dining on our website.

1 Michi-no-Eki Osugi

2 Hibari Shokudo

3 Otaguchi Cafe

4 Komyu Shokudo

5 Nagafuchi Shokudo Shanti

6 Yutorisuto Park Otoyo

7 Kitchen Nakatoyate

8 Restaurant Green Grass

9 Otoyo Ramen

10 Tajikai Goten Chaya

11 Kondou Store

12 Ekimae Shokudo

13 Cafe Muran

14 Restaurant Harvesterrace

15 Japanese Diner Miraku

16 Ichimatsu

17 Cafe Tomoe

18 Cafe MISSY SIPPY

19 Cafe Rest Shukanage

20 Marugoto Akaushi!

21 JOKI COFFEE

22 Desserstop

23 Asemakawa Shokudo Kadoya

24 Ombelico

25 Tsumutsu Inn Tosacho

26 Gyuchu

27 Music cafe Kanon

28 Unagiya by Eel Farm

29 Shokudo Yosaku

30 Shirataki no Sato

31 Soto no Chaya

32 Sameura BBQ Terrace

33 Shirataki no Sato

34 Shimondou Post Office

35 Higashiyonago Post Office

36 Tsutsui Ryokan

Scan this QR code to explore more about dining on our website.



Open in the Morning (until 10:00 AM)

Open in the Evening (from 5:00 PM)

Cafe

Tosa Akaushi Wagyu Menu Available

Okawa Kuroushi Wagyu Menu Available

Hachikin Jidori Chicken Menu Available

Open in the Morning (until 10:00 AM)

Open in the Evening (from 5:00 PM)

Cafe

Michi-no-Eki Osugi

8 Restaurant Green Grass

9 Otoyo Ramen

10 Tajikai Goten Chaya

11 Kondou Store

12 Ekimae Shokudo

13 Cafe Muran

14 Restaurant Harvesterrace

15 Japanese Diner Miraku

16 Ichimatsu

17 Cafe Tomoe

18 Cafe MISSY SIPPY

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