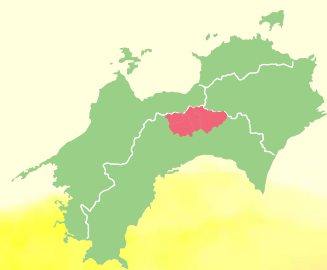


TOSA REIHOKU



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



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



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

Sake (Keigetsu)



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.



Fukujusō
(adonis flower)



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.
Suita IC.	269km 4hr.

By Train

kochi Stn.	Limited Express 35min.	
Tokushima Stn.	Limited Express 1hr 15min.	Awa-Ikeda Stn.
Takamatsu Stn.	Limited Express 35min.	
Matsuyama Stn.	Limited Express 2hr.	Tadotsu Stn.
Shin-Osaka Stn.	Shinkansen 45min.	Okayama Stn.
	Limited Express 1hr 10min.	
		Oboke Stn.
		Osugi Stn.

By Air

Haneda (HND)	10 flights/day (JAL / ANA) 1hr20min. ~ 1h30min.	
Narita (NRT)	1 flights/day (JJP) 1hr20min. ~ 1h30min.	
Osaka Itami (ITM)	6 flights/day (ANA) 45min. ~ 50min.	
Fukuoka (FUK)	2 flights/day (JAL) 50min. ~ 55min.	
Nagoya Centrair (NGO)	2 flights/day (FDA) 55min.	
Nagoya Komaki (NKM)	1 flights/day (FDA) 1hr.	
		Kochi Ryoma Airport (KCZ)
		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 may be best to avoid driving in this area.



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.

Hours: 8:15AM - 5:15PM

Closed: Weekends, national holidays, and during the New Year holidays



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



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



Tree Climbing



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
221-1 Ikadagi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-75-0500
- Galbanzo** Rafting SUP Kayak Shower Climbing
1 Nishi-doi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 090-7578-6330
- Lucky Raft** Rafting Kayak
2050-43 Kawaguchi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-72-0235
- river people** Rafting SUP
236-3 Terauchi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 080-6284-8656
- Rio Bravo!** Rafting
14 Isotani, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-73-1222
- You Me Rafting** Rafting
6-1 Nagafuchi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-75-0520
- TOPS** Rafting SUP
1-3 Okubo, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-79-0214



- The Blue Earth** Rafting
382-4 Nagafuchi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 090-7765-4524



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



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



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



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



- CrossFit Ootoyo Strength** Gym Cycling
317-1 Higashidoi, Ootoyo-cho, Nagaoka-gun, Kochi, Japan
TEL: 0887-79-0260



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



Mountains & Breathtaking Views



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



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.



Mt. Shiraga

Elevation: 1,469.4m

YAMAP
MAP 2-E

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.



Mt. Kajigamori

Elevation: 1,399.6m

YAMAP
MAP 3-G

The trail features scenic spots such as Ryuo-no-taki Waterfall, one of Japan's Top 100, and Mie-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

YAMAP
MAP 2-B

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.



Mt. Inamura

Elevation: 1,506.2m

YAMAP
MAP 3-A

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.



Mt. Nojimine

Elevation: 1,279.3m

YAMAP
MAP 2-C

A well-maintained, gentle trail takes about 80 minutes to the summit, making it ideal for beginners. On clear days, you can enjoy sweeping views of the Seto Inland Sea.



Mt. Oku-Kuishi

Elevation: 1,515.8m

YAMAP
MAP 1-E

Known for its rare koureseki (reddish mineral) formations, this rocky peak offers striking views of the Shikoku Mountains. Beech trees and seasonal colors add gentle beauty along the trail.



Unkai

(sea of clouds)

YAMAP
MAP 4-F

Yutorisuto Park Otoyō

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)

YAMAP
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.

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.

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.



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



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)



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)



There are many more wonderful places to dine.

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



Traditions & Heritage

Scan this QR code to explore more about other temples, shrines, and local events, on our website.



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.

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.

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

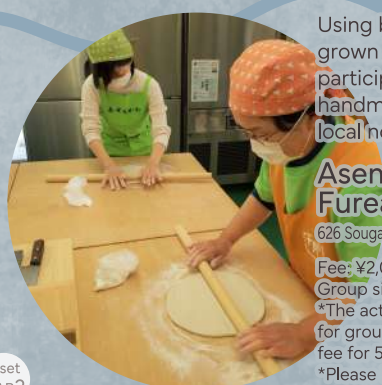
173 Yoshino, Motoyama-cho, Nagaoka-gun Kochi, Japan

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



Inset
MAP2

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

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



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

4037-25 Nakamuraadai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-1009-8790
- 2 GH Hareruya

283 Iwahara, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-1009-8790
- 3 Nakayashiki Inn

523 Nagafuchi, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-75-0571
- 4 Guesthouse Takamotoya

1107 Iwahara, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-1452-3985
- 5 Kajigamori Mountain Lodge

1449-3 Sagayama, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-74-0360
- 6 Murata Bed & Breakfast

2531 Higashidai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-75-0000
- 7 Hinode-ya

1239-13 Tajikawamimyo, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-75-0450
- 8 Oyama-no-yado Michitsuji

454 Nagafuchi, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-75-0390
- 9 Kawakaze Inn

2453 Ananai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-3783-854
- 10 Waraku-ya

3659-3 Ananai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-3783-854
- 11 Teruhachi Inn

82-1 Ao, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-74-0788
- 12 Cottage Niyada

3297-1 Ananai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-381-7865
- 13 Farm Inn Leben

1253-3 Sagayama-ichiya, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-1004-5011
- 14 Ootoyo no Mori

20-11 Iwahara, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 090-952-9228
- 15 Happy Guest House

1509 Iwahara, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-75-0500
- 16 Farm Inn Tomio

625 Youne, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-74-0704
- 17 Yancha Inn (Kazetsoobu Yado Yancha)

353 Nuta, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-79-0704
- 18 Guesthouse boro-ya

120 Yakawa, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 070-3794-1697
- 19 Let's Stay in a School! Midori no Tokedai

665 Kawaguchi, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-72-0202
- 20 CrossFit Ootoyo Strength Tiny House Guest House

317-1 Higashidai, Ootoyo-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-79-0260
- 21 Montbell Outdoor Village Motoyama

2031 Motoyama, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-72-9670
- 22 Shiraga-yama Fureai-no-Mura Recreation Center

656 Nanato, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-82-1231
- 23 Guesthouse SOU

541-5 Motoyama, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-76-2016
- 24 Asemikawa Fureai-no-sato Seiyukan

626 Sougachi, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 0887-82-1231
- 25 Vacation House Sameura

440 Yoshino, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 050-809-5103
- 26 Seiryu House

414-4 Yoshino, Motoyama-cho, Nagasaki-gun, Kochi, Japan
TEL: 080-8902-7388
- 27 Sameura-so Lakeside hotel

146-1 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-82-1020
- 28 Sameura Tent Park

146-1 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-72-9999
- 29 Ishihara Community Center

1228 Nishihara, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-72-9526
- 30 Oku-Sameura-no-Sato

242 Koushikawa, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 090-540-5834
- 31 Jizo-an

446-2 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-82-2231
- 32 Tosa Town Fureai Ranch Experience and Learning Exchange Center

1631 Takata, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-70-9820
- 33 Fujimi-kan

1594-1 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-82-0026
- 34 Pocchiri-do

2679 Tai, Tosa-cho, Tosa-gun, Kochi, Japan
TEL: 0887-82-0944
- 35 Shirataki no Sato

26 Asatani, Okawa-mura, Tosa-gun, Kochi, Japan
TEL: 0887-84-2201
- 36 Tsutsui Ryokan

42-9 Komatsu, Okawa-mura, Tosa-gun, Kochi, Japan
TEL: 0887-84-2204

Tosa Reihoku Sightseeing Map

