

Practical Travel Guide - 607

SHIKOKU and AWAJI ISLAND



Japan National
Tourism Organization
日本政府観光局



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In collaboration with
Tourist Information Centers in the area



Shikoku (四国), one of Japan's four principal islands, is divided administratively into four prefectures—Tokushima, Kagawa, Ehime and Kochi. These correspond to the four former provinces of Awa, Sanuki, Iyo and Tosa, giving the island its name “Shikoku (Four Provinces).”

Shikoku covers an area of 18,800 km². It abounds in places of great interest to tourists, such as the scenic coast of the Seto Inland Sea, which forms part of the Setonaikai National Park. There is also Yashima Plateau, rich with historic associations, and Kotohira, known for the Kotohiragu (Konpira) Shrine, Tokushima of Awa Odori dance fame, Takamatsu with its beautiful Ritsurin

Garden, Kochi renowned as the Yosakoi Festival, Matsuyama well known for the Dogo Onsen in the city and Uwajima for its bull fighting.

Setonaikai Sea or Seto Inland Sea (瀬戸内海), a tranquil body of water studded with numerous islands and islets of varied shapes, stretches from Honshu to the island of Shikoku and Kyushu for a distance of 450 km (280 mi.). At its widest point, from north to south, it measures 55 km (34 mi.) and, at its narrowest point, 15 km (9.3 mi.). Dotted with more than 3,000 pine-covered islands and islets, the Inland Sea is one of the most picturesque seas in the world.

Access:

By Air

From	To	Operated by	Approx. Travel Time	Access to Downtown	
Haneda (Tokyo)	Takamatsu	JAL, ANA	1 hr. 20 min.	[To Takamatsu Sta.] - By Airport Bus 40 min. ¥780	
Narita (Tokyo)		ANA, JJP	1 hr. 40 min.		
Haneda (Tokyo)	Tokushima	JAL, ANA	1 hr. 25 min.	[To Tokushima Sta.] - By Airport Bus 30 min. ¥450	
	Kochi	JAL, ANA	1 hr. 20 min.	[To Kochi Sta.] - By Airport Bus 25 min. ¥740	
Itami (Osaka)		JAL, ANA	45 min.		
Chubu* (Nagoya)		JAL, ANA	1 hr. 5 min.		
Haneda (Tokyo)	Matsuyama	JAL, ANA	1 hr. 35 min.	[To Matsuyama Sta.] - By Airport bus 15 min. ¥470	
		Itami (Osaka)	JAL, ANA		50 min.
		Chubu* (Nagoya)	ANA, IBX		1 hr. 5 min.

*Chubu Int'l Airport (Centrair).

By Rail

The following price (fare + express charge with seat reservation, normal season) marked with * is the price of choosing a non-reserved seat in “Marine Liner”

From	To	By	Approx. Travel Time	Price
Tokyo – (Okayama)	Takamatsu	JR Shinkansen “Nozomi” & Rapid “Marine Liner”	4 hrs. 50 min.	¥19,060*
Tokyo		JR Ltd. Exp. “Sunrise Seto” (Sleeper)	9 hrs. 30 min.	¥15,370**
Kyoto – (Okayama)		JR Shinkansen “Nozomi” & Rapid “Marine Liner”	2 hrs. 30 min.	¥10,160*
Tokyo – (Takamatsu)	Tokushima	JR Shinkansen “Nozomi”, Rapid “Marine Liner” & Ltd. Exp. “Uzushio”	6 hrs. 30 min.	¥20,190*
Kyoto – (Takamatsu)		JR Shinkansen “Nozomi”, Rapid “Marine Liner” & Ltd. Exp. “Uzushio”	4 hrs. 10 min.	¥12,080*
Tokyo – (Okayama)	Kochi	JR Shinkansen “Nozomi” & Ltd. Exp. “Nampu”	6 hrs. 35 min.	¥20,490*
Kyoto – (Okayama)		JR Shinkansen “Nozomi” & Ltd. Exp. “Nampu”	4 hrs. 15 min.	¥12,470*
Tokyo – (Okayama)	Matsuyama	JR Shinkansen “Nozomi” & Ltd. Exp. “Shiokaze”	6 hrs. 50 min.	¥20,930*
Kyoto – (Okayama)		JR Shinkansen “Nozomi” & Ltd. Exp. “Shiokaze”	4 hrs. 30 min.	¥13,130*
Tokyo	Shin-Kobe	JR Shinkansen “Nozomi”	2 hrs. 50 min.	¥15,380*
Tokyo	Nishi-Akashi	JR Shinkansen “Hikari”	3 hrs. 25 min.	¥15,710*
Tokyo	Himeji	JR Shinkansen “Nozomi”	3 hrs. 5 min.	¥16,460*

*Fare + express charge (with seat reservation for Shinkansen & Ltd. Exp. trains, normal season).

**Fare + express charge (with seat reservation for “Nobi Nobi Zaseki”, a bunk in open area).

*See p. 12 for admission and opening times.

By Bus (major overnight services to Shikoku Is.):

From	To	Approx. Travel Time	Price	Ticketing & Operator (Reservation basis)
Tokyo Sta. Yaesu Exit / Shinjuku Expressway Bus Terminal	Takamatsu Sta. (Kagawa)	10 hrs. 15 min.	¥9,300 – ¥11,500	Japan Bus Online “Dream Takamatsu” by JR Expressway Bus
Nagoya Sta.		7 hrs. 40 min.	¥6,110 – ¥8,660	Japan Expressway Bus Net “Olive Matsuyama” by JR Expressway Bus
Nagoya Sta.		6 hrs. 50 min.	¥5,600 – ¥8,100	Japan Bus Online “Sanuki Exp. Nagoya” by Shikoku Kosoku Bus
Hakata Sta.		8 hrs. 10 min.	¥7,200 – ¥9,700	Japan Bus Online “Sanuki Exp. Fukuoka” by Shikoku Kosoku Bus
Tokyo Sta. Yaesu Exit / Shinjuku Expressway Bus Terminal	Matsuyama Sta. (Ehime)	12 hrs. 10 min.	¥11,000 – ¥13,800	Japan Bus Online “Dream Matsuyama” by JR Expressway Bus
Nagoya Sta.		10 hrs. 40 min.	¥7,640 – ¥12,220	Japan Expressway Bus Net “Olive Matsuyama” by JR Expressway Bus
Hakata Sta.		9 hrs. 55 min.	¥8,500	Japan Bus Online “Dogo Exp. Fukuoka” by Iyotetsu Bus
Tokyo Sta. Yaesu Exit / Shinjuku Expressway Bus Terminal	Kochi Sta.	11 hrs. 35 min.	¥11,600 – ¥14,500	“Dream Kochi” by JR Expressway Bus*
Shinjuku Expressway Bus Terminal		11 hrs. 10 min.	¥14,500	Japan Bus Online “Blue Mets” by Odakyu & Tosaden Kotsu Bus
Nagoya Sta.		9 hrs. 10 min.	¥9,500	Japan Bus Online “Dragon Liner” by Tosaden Kotsu Bus
Tokyo Sta. Yaesu Exit / Shinjuku Expressway Bus Terminal	Tokushima Sta.	9 hrs. 45 min.	¥9,300 – ¥11,500	“Dream Tokushima” by JR Expressway Bus*
Nagoya Sta.		6 hrs. 10 min.	¥5,600 – ¥8,150	Japan Expressway Bus Net “Olive Matsuyama” by JR Expressway Bus

[Note] Daytime services are available from major cities such as **Kyoto / Osaka / Kobe / Hiroshima or Fukuyama** to these destinations above.

*Tickets are available at Expressway Bus Ticket Offices in JR Tokyo Sta. (Yaesu-South) and JR Shinjuku Sta. (New-South).

By Bus (major daytime services to Awaji Is.):

From	To	Approx. Travel Time	Price	Ticketing & Operator (*=Reservation basis)
Osaka Sta.	Sumoto (Awaji Is.)	2 hrs. / 2 hrs. 30 min.	¥2,390 / ¥2,390	Hankyu Bus* / JR Expressway Bus*
Shin-Kobe Sta.		1 hr. 35 min.	¥1,890	JR Expressway Bus*
Sannomiya Sta. (Kobe)		1 hr. 20 min. / 1 hr. 30 min.	¥1,850 / ¥1,890	Shinki Bus / JR Expressway Bus*

By Sea:

From	To	By	Approx. Travel Time	Price	
Kobe	Takamatsu	Ferry	4 hrs. 15 min.	From ¥1,990	
Uno (Okayama)			1 hr. 5 min.	¥740	
Shin-Okayama * ¹	Tonosho in Shodo Island	Ferry	1 hr. 10 min.	¥1,090	
Takamatsu * ²			1 hr.	¥700	
Himeji * ³		Fukuda in Shodo Inland	High speed boat	35 min.	¥1,190 (Night shipping: ¥1,580)
Takamatsu	Miyanouira in Naoshima Island	Ferry	1 hr. 40 min.	¥1,550	
		High speed boat	50 min.	¥520	
Hiroshima Ujina-ko	Matsuyama	Ferry	30 min.	¥1,220	
			Hydrofoil	1 hr. 10 min.	From ¥7,230
			2 hrs. 40 min.	¥3,670(Hiroshima)	
Yanai (Yamaguchi)			2 hrs. 30 min.	¥3,660(Yanai)	
Kokura (Fukuoka)			7 hrs. 5 min.	From ¥6,100 (2nd. class)	
Osaka	Toyo (Ehime)	Ferry	8 hrs.	From ¥6,900	
Usuki (Oita)	Yawatahama (Ehime)	Ferry	2 hrs. 25 min.	From ¥2,450 (2nd. class)	
Beppu (Oita)			2 hrs. 45 min.	From ¥3,250 (2nd. class)	
Saganoseki (Oita)	Misaki (Ehime)	Ferry	1 hr. 10 min.	From ¥1,090	
Saiki (Oita)	Sukumo (Kochi)	Ferry: Operation discontinued	---	---	
Tokyo Ferry Terminal	Tokushima	Ferry	17 hrs. 50 min.	From ¥12,570	
Wakayama Port			2 hrs. 10 min.	From ¥2,200	
Shinmoji Ferry Terminal / Kitakyushu			14 hrs. 30 min.	From ¥9,520	

*¹ 35 min. by Ryobi Bus to Shin-Okayama Port from JR Okayama Sta.*² 10 min. walk from JR Takamatsu Sta.*³ 20 min. by Himeji City Bus to Himeji Port from JR Himeji Sta.

*See p. 12 for admission and opening times.

Transportation in Shikoku:

From	To	By	Approx. Travel Time	Price
Takamatsu	Matsuyama	JR Limited Express "Ishizuchi"	2 hrs. 25 min.	¥6,290*
		Express Bus "Bocchan"	2 hrs. 35 min.	¥4,100
	Tokushima	JR Kotoku Line / JR Limited Express "Uzushio"	2 hrs. / 1 hr. 15 min.	¥1,470 / ¥3,200*
		Express Bus "Kotoku"	1 hr. 30 min.	¥2,150
	Kotohira	Kotoden Kotohira Line	1 hr.	¥630
		JR local train / JR Limited Express "Shimanto"	1 hr. / 40 min.	¥870 / ¥2,160*
Kochi	JR Limited Express "Shimanto"	2 hrs. 10 min.	¥5,490*	
	Express Bus "Kuroshio"	2 hrs. 5 min.	¥3,500	
Tokushima	Naruto	JR Naruto Line	35 min.	¥360
	Awa Ikeda	JR Tokushima Line	1 hr. 55 min. / 1 hr. 15 min.	¥1,660 / ¥3,390*
Matsuyama	Kochi	Iyotetsu Highway Bus "Whale Express"	2 hrs. 35 min.	¥3,700
		JR Highway Bus "Nangoku Express"		

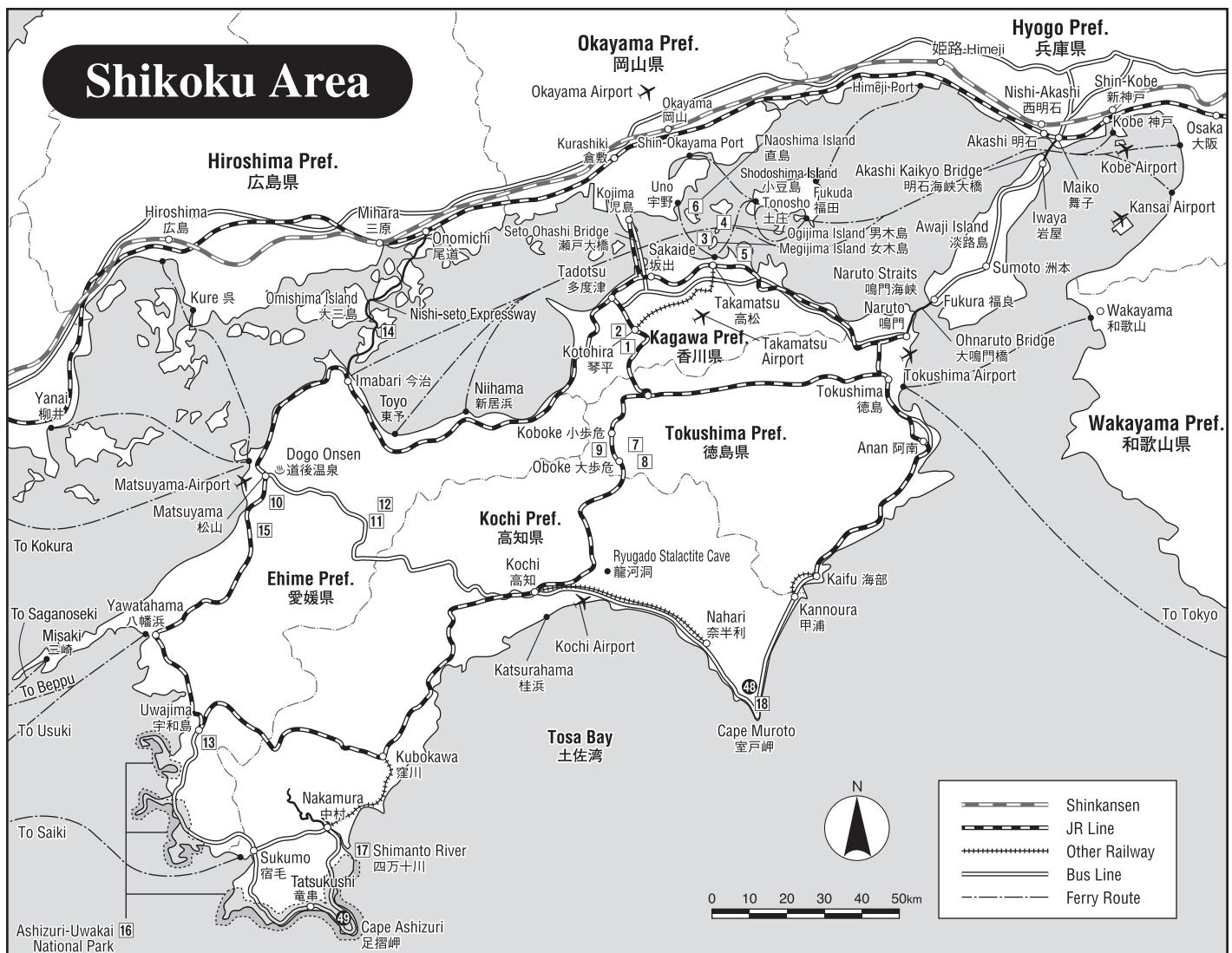
*Fare + express charge (with seat reservation, normal season).

Transportations around Cape Ashizuri:

From	To	By	Approx. Travel Time	Price
Kochi Sta.	Nakamura Sta.	JR Ltd. Exp. "Nampu"	1 hr. 40 min.	¥4,940*
Nakamura Sta.	Cape Ashizuri	Local Bus [1]	1 hr. 40 – 45 min.	¥1,900
Cape Ashizuri	Shimizu Plaza Pal	Local Bus [1]	35 – 45 min.	¥800
Shimizu Plaza Pal	Tatsukushi	Local Bus [1]	20 min.	¥500
Tatsukushi	Sukumo Sta.	Local Bus [1]	1 hr.	¥1,400
Sukumo Sta.	Uwajima Sta. (Ehime)	Local Bus [2]	55 min.	¥1,800

*Fare + express charge (with seat reservation, normal season).

[1] = By Kochi Seinan Kotsu Bus / [2] = Uwajima Bus



Numbers 1 – 18 correspond to those on page 4, 6–10/12

Numbers 48 – 49 correspond to those in the "Accommodations" list on page 11/12

*See p. 12 for admission and opening times.

TAKAMATSU

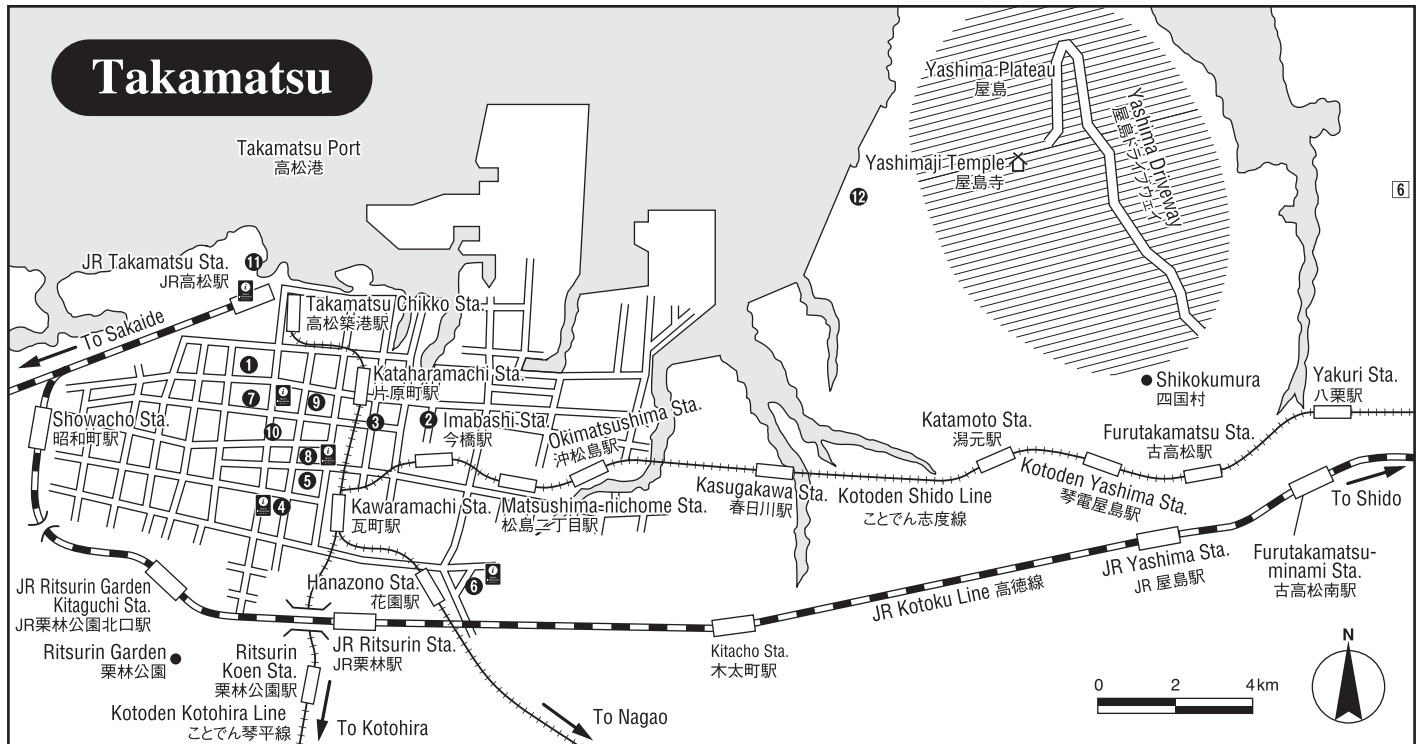
Takamatsu (高松) serves as a convenient starting point for exploring Shikoku Island. Within easy access, it abounds in tourist attractions such as Ritsurin Garden, Yashima and Kotohiragu Shrine.

Ritsurin Garden (栗林公園) is admired as a masterpiece of Japanese landscape gardening. Covering 75 ha of land, it is skillfully laid out to harmonize with the surrounding pine-covered hills. Visitors can enjoy a variety of scenery throughout the four seasons. The garden is 20 min. by bus from Takamatsu Sta. (¥150). Hours: 7:00–17:00 (Dec. & Jan.), –17:30 (Feb.), 6:30–18:00 (Mar.), 5:30–18:30 (Apr., May & Sep.), 5:30–19:00 (Jun.–Aug.),

6:00–17:30 (Oct.), 6:30–17:00 (Nov.). Admission: ¥410.

Yashima (屋島) is an old battlefield of the late 12th century. Commanding a spectacular view of the Seto Inland Sea, it is 55 min. by Kotoden Railway from Takamatsu–Chikko Sta. to Yashima Sta. via Kawaramachi Sta.

Shikokumura (四国村), or Shikoku Village, is an open-air museum of old residential houses in Shikoku. It is located at the foot of the Yashima Plateau. Hours: 8:30–18:00 (Apr.–Oct.), –17:30 (Nov.–Mar.). Last Admittance: 1 hr. prior to closing. Admission: ¥1,000.



Numbers ① – ⑫ correspond to those in the “Accommodations” list on page 11/12

OUTSIDE TAKAMATSU

① **Kotohiragu Shrine** (金刀比羅宮), or Konpira Shrine, is one of the most revered Shinto shrines in the country. The main shrine is located halfway up **Mt. Zoju** (象頭山). The approach to the shrine is a long flight of granite steps — 785 in all. There is a palanquin to take you up if the climb is too difficult. 1 hr. by train from Kotoden Takamatsu-Chikko Sta. or JR Takamatsu Sta., and a 15-min. walk from Kotoden-Kotohira Sta. or JR Kotohira Sta.

② **Kanamaruza Grand Theater** (金丸座) is the oldest Kabuki theater in Japan, and is designated as an Important Cultural Asset. Kabuki is performed here every Apr. to May. A 20-min. walk from Kotoden-Kotohira Sta. or JR Kotohira Sta.

③ **Megijima Island** (女木島) is 20 min. by ferry from Takamatsu Port. The island is also called “Onigashima” (demon’s island) which frequently appears in Japanese legend. The island offers truly superb views of the Seto Inland Sea spanning a whole 360 degrees.

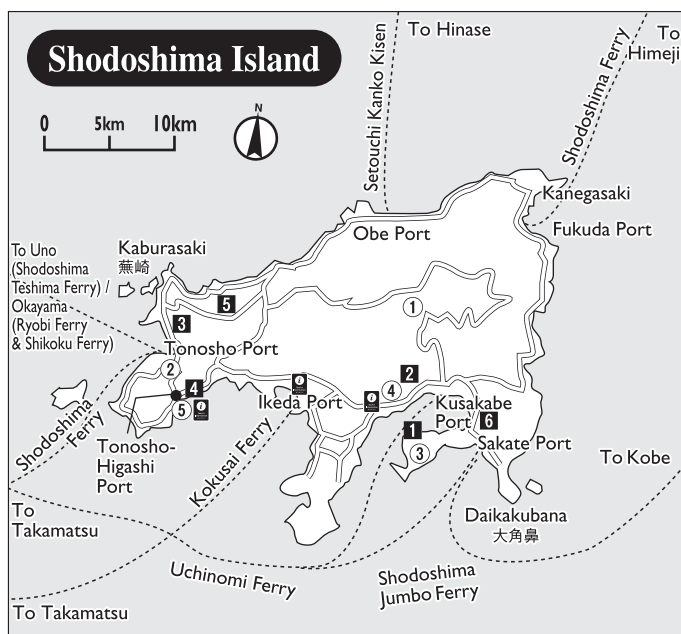
④ **Ogijima Island** (男木島), 40 min. by ferry from Takamatsu Port, located near Megijima, has a nostalgic lighthouse which is often photographed for videos and films. There is also a lighthouse museum. Take a side trip from Takamatsu to two great museums.

⑤ **The Isamu Noguchi Garden Museum Japan** (イサム・ノグチ庭園美術館), 20 min. walk or 5 min. by taxi from Yakuri Sta. on Kotoden Shido Line, or 25 min. by taxi from JR Takamatsu Sta., exhibits 150 stone sculptures by Isamu Noguchi. His studio, exhibition space and garden are open to the public. Reservations are required before you visit. Tour times (for 1 hr.): 10:00, 13:00 & 15:00 on Tue., Thu. & Sat. (except Obon Holiday and the New Year’s holiday). Admission: ¥2,200.

SHODOSHIMA ISLAND

Shodoshima Island (小豆島) is the second largest island in the Seto Inland Sea, with an area of 153 km². Blessed with a temperate climate, the island is famous for the cultivation of olive trees. Tonosho (土庄) is the principal gateway to and from the island by sea, and serves as the starting point for sightseeing bus trips on the island.

① **Kankakei Gorge**, (寒霞溪), a 15-min. drive from Kusakabe Port, is actually a group of peaks on the eastern part of the island, with fantastically shaped rocks resulting from weathering and erosion. It is especially beautiful in autumn when the leaves have changed color, and also in spring when azaleas are in full bloom.



Numbers ①–⑥ correspond to those in the Accommodations list for Shodoshima Island below

A ropeway makes its way through the sheer cliffs, providing visitors with magnificent views. Ropeway operates 8:30–17:00 (Mar. 21–Oct. 20 & Dec. 1–20), 8:00–16:30 (Dec. 21–Mar. 20), 8:00–17:00 (Oct. 21–Nov. 30). Fare for Ropeway: ¥1,050 (one-way), ¥1,890 (round trip). Departures every 12 min. (depending on the season)

② **Heiwa no Gunzo**, (平和の群像) or Statue of Peace, a 5-min. walk from Tonosho Port, is a statue by Hidenori Yano from Marugame City, Kagawa Prefecture. The work portrays “Onago-sensei (teacher)” surrounded by her 12 students in the movie “Twenty-Four Eyes”. It was installed in 1956.

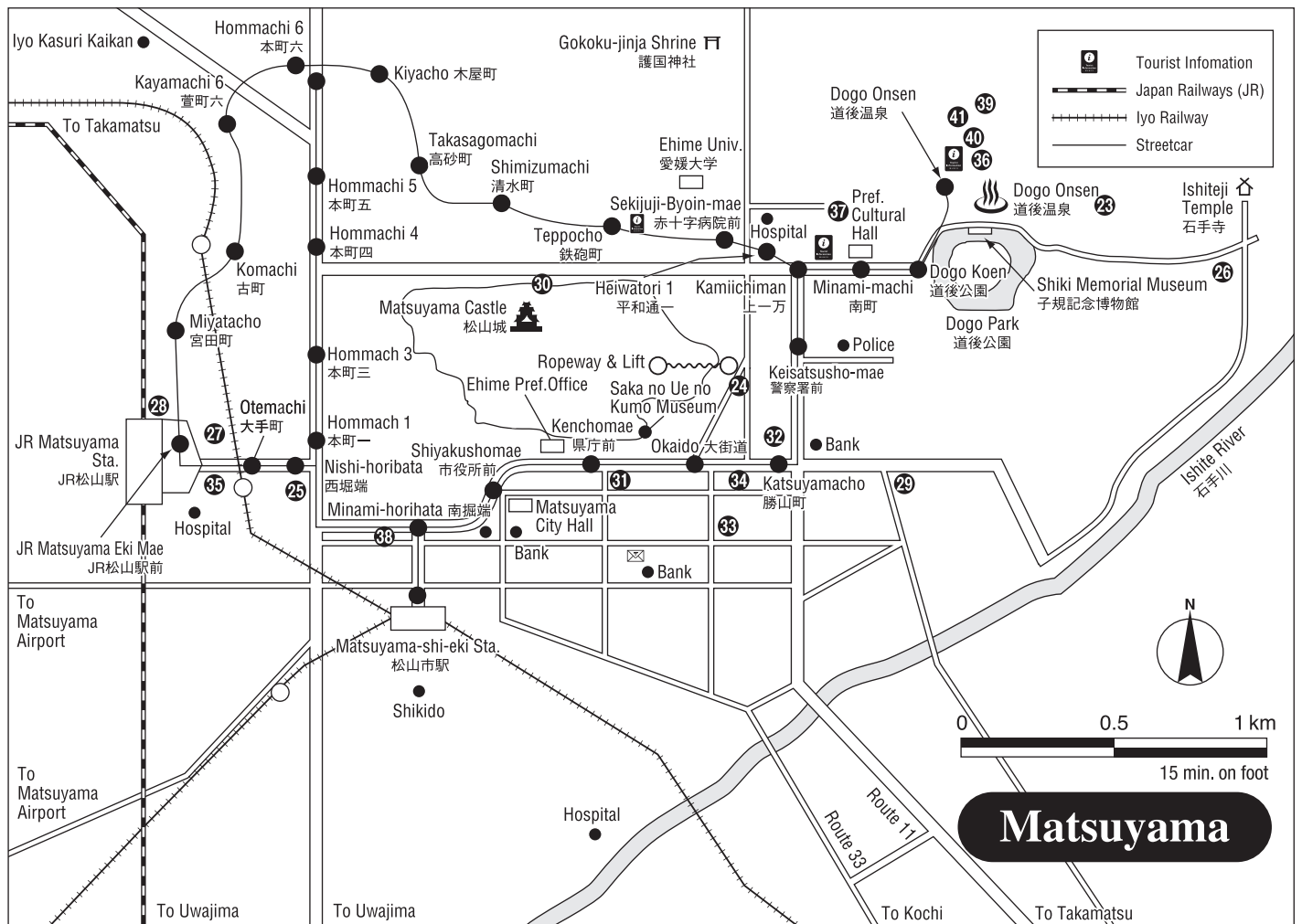
③ **Twenty-Four Eyes Movie Studio** (二十四の瞳映画村) is 55 min. by bus from Tonosho Port. 600 m further south of a village in the Tanoura district of Shodoshima town, along the coastline overlooking the Seto Inland Sea, there is a small village of the Taisho and early Showa periods (1920s to 30s) which spans an area as large as 10,000 m². This is a recon-structed model of the set for the film “Twenty-Four Eyes”. Hours: 9:00–17:00, 8:30–17:00 (Nov.). Admission: ¥790.

④ **Olive Garden** (オリーブ園) is 30 min. by bus from Tonosho Port, and a 5-min. walk from Olivegaoka bus stop. It was one of the test sites for growing olives in Japan in 1908, and only those olives planted on Shodoshima Island succeeded to grow. About 2,000 olive trees continue to grow successfully at this orchard. Hours: 8:30–17:00.

⑤ **Angel Road**, is a sandy path that emerges from the middle of the sea at low tide. It is said that if you hold hands at the center of the sandbar, angels will come down from above and grant you your wish. Approximately 15 min. by bus from Tonosho Port to Shodoshima Kokusai Hotel.

*See p. 12 for admission and opening times.

MATSUYAMA



Numbers 29 – 41 correspond to those in the “Accommodations” list on page 11/12

Matsuyama (松山), pop. 509,163 (Nov. 2019), is the capital of Ehime Prefecture. The city and its surroundings are blessed with historical attractions and natural beauty.

Matsuyama Castle (松山城) is located on a 132 m-high hill. Ropeway and lift are available for going up to the top. From the donjon, one can get a panoramic view of Matsuyama City. The castle was completed in 1627, and it is one of the few castles in Japan that has been preserved in its original condition. Admission: ¥520.

Dogo Onsen (道後温泉) is accessible in 25 min. by streetcar from Matsuyama Sta. It is considered to be the oldest spa in Japan. The public bath is a 3-storied wooden structure built in 1894. There is also a special bath for the Imperial Family called **Yushinden** (又新殿). It is not in use now, but it is preserved as an Important Cultural Property.

The large-scale preservation project of the main building has begun from early 2019, and part of the premise will be closed. However, you can experience its original atmosphere not only in the main building, open continuously to the public during the period, but also in **Tsubaki-no-yu** (椿の湯) where the locals often use, and in **Asuka-no-yu** (飛鳥乃温泉), newly opened in 2017 with private bathing room replicating Yushinden. Please visit Tourist Information Centers to check the updates for special events related with the project. [The main building]

Hours: 6:00–23:00. Charge: ¥420. Closed: 29–31 Jan. 2019 and some extra closure for maintenance.

Ishiteji Temple (石手寺) One of the 88 temples in Shikoku of the Shingon Sect. Famous for Ohenrosan, or pilgrims in white costumes traveling on foot to visit the 88 temples. Some buildings in the precincts are designated as Important Cultural Properties.

Saka no Ue no Kunno Museum (坂の上の雲ミュージアム), 15 min. by streetcar from JR Matsuyama Sta. and a short walk from “Daikaido” stop, named from Ryotaro Shiba’s novel written of modernization of Japan, was built as a forum of the city. The main characters in the novel are from Matsuyama. The unique triangle museum building was designed by world-famous architect Tadao Ando. Hours: 9:00–18:30. Closed: Mon. (or the following day after the holiday when Mon. falls on a national holiday). Admission: ¥400.

Mingei Iyo Kasuri Kaikan or Iyo-kasuri Local Fabric Gallery (民芸伊予かずり会館), is the craft center which showcases the local traditional textile, Iyo Kasuri. Visitors can watch weavers making the fabric, try indigo dyeing (reservations required), and buy products at the gift shop. Hours: 9:00–17:00. Admission: Free.

OUTSIDE MATSUYAMA

10 Tobe (砥部), 45 min. by bus from Matsuyama Sta., has a 240-year history as Shikoku's most renowned ceramic town with its over 100 kilns. A collection of both classic masterpieces and contemporary works is on display at **Tobe-yaki Dento Sangyo Kaikan** or **Tobe Pottery Traditional Industry Hall** (砥部焼伝統産業会館). You can buy souvenir works at **Tobe-yaki Togeikan** (砥部焼陶芸館) near-by.

11 Omogokei (面河溪), a bus ride of approx. 2 hrs. 30 min. from Matsuyama takes you to Omogokei Gorge, with a beautiful variety of geological scenery. You need to take the JR Bus from JR Matsuyama Sta. to Kuma (¥1,360) and then change the bus to Iyotetsu Bus. (¥1,410)

12 Mt. Ishizuchi (石鎚山), 1,982 m-high, is noted as a sacred mountain topped with a Shinto shrine and with Omogokei Gorge at its foot. A bus is operated from Omogokei Gorge to Tsuchigoya, or the mountain hut (1,492 m-high), on Sat., Sun. & national holidays from Apr. to Nov. (¥800)

13 Uwajima (宇和島), pop. 74,602 (Nov. 2019), 1 hr. 20 min. by JR Limited Express "Uwakai" from Matsuyama Sta., used to be a castle town governed by the famous Date family as its lord from the 17th through the 19th centuries. Most tourist

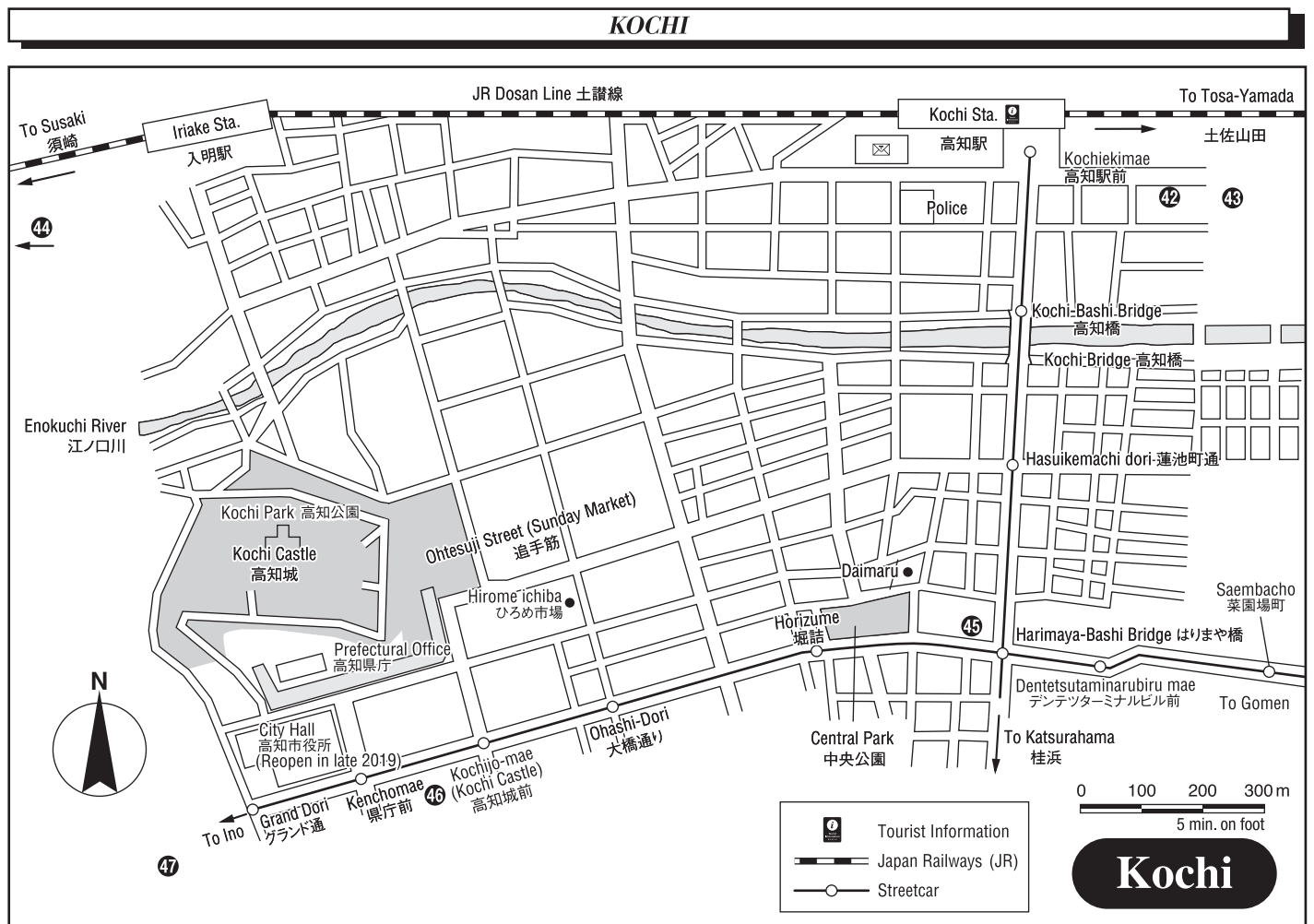
attractions are related to this Date family, such as **Uwajima Castle** (宇和島城), **Date Museum** (伊達博物館) and **Tenshaen Garden** (天赦園). The city is famous for its bull fight, where two giant bulls (about 1t) fight each other (Jan. 2, 1st Sun. in Apr., Jul. 24, Aug. 14 and 4th Sun. in Oct.). Local festivals are featured by giant bull monster floats (5-6 m). The festivals are held on Jul. 22, 23 & 24.

14 Shimanami Kaido (しまなみ海道), is a name for a 60-km highway route connecting smaller islands between Imabari (Ehime) and Onomichi (Hiroshima) by 7 huge bridges. For those interested in cycling, there is a bicycle path along the whole route. This collection of bridges is a must for engineering fans, as it is a veritable gallery of bridges.

URL: <http://www.go-shimanami.jp/global/english/>

15 Uchiko Antique Street (内子町の古い町並み), 15 min walk from JR Uchiko Sta. is a 600 m long historical street with buildings from the 18th and 19th century through the Yokaichi-gokoku quarter of Uchiko. A restored wooden kabuki theater, a museum about old ways of life, and historical family homes are open to the public. The town is an ideal place to view traditional Japanese merchant architecture.

URL: <http://www.we-love-uchiko.jp/>



*See p. 12 for admission and opening times.

Kochi (高知 pop. 328,816 as of Nov. 2019), a former castle town beyond the Shikoku Mountain Range faced with the Pacific Ocean.

Kochi Castle (高知城), 15 min. by streetcar (via Harimayabashi) or 10 min. by bus from JR Kochi Sta., features its main donjon rebuilt in 1749, one of 12 castles preserving the original donjon in Japan, and the superb view commanding the city center from the top. The site now forms Kochi Park. Hours: 9:00–17:00. Closed: Dec. 26–Jan. 1. Admission: ¥420.

Katsurahama (桂浜), 30 min. by bus from JR Kochi Sta., is a scenic beach with 5 colors sand and green pines fringed with fantastically shaped rocks and reefs. It is particularly celebrated for moon-viewing in autumn.

Ryugado Stalactite Cave (龍河洞), 35 min. (local) or 15 min (Ltd. Exp.) by JR Dosan Line from Kochi Sta. and 20 min. by bus, is a limestone grotto, meandering inland for 4 km (2.5 mi.). The limestone formations make for fine geological specimens. A number of dishes, presumably used by the prehistoric residents, have also been unearthed in the cave. The cave is protected as a natural monument as well as a historic site. Hours 8:30–17:00 (Mar.–Nov.), –16:30 (Dec.–Feb.). Admission: ¥1,200.

OUTSIDE KOCHI

16 Ashizuri-Uwakai National Park (足摺宇和海国立公園), 11,345 ha (44 sq. mi.) in area, extends over the southwestern coast of Kochi and Ehime Prefectures. The park is featured by scenic Lias-type coastlines and submarine seascapes. Highlights are the spectacular view created by nature of Cape Ashizuri and **Tatsukushi** (竜串) beach exploring by sightseeing boats (see p.3 to get around).

17 Shimanto River (四万十川) The headwaters of the Shimanto River start in Mt. Irazu and it winds 196 km down into Tosa Bay. Throughout Japan it is affectionately called “the last pristine river” with crystal-clear water. There are several canoeing schools, canoe rental places and camping grounds scattered along the middle and down the lower reaches of the river.

18 Muroto UNESCO Global Geopark (室戸ユネスコ世界ジオパーク), located in the southeastern part of Kochi Pref., 40 min. by bus from Nahari Sta. or 65 min. by bus from Kannoura Sta., was added to the Global Geoparks Network in 2011. It retains not only geological heritage, which is the record of dynamic movements of earth resulting from the motion of tectonic plates, but also cultural and historical heritage. Highlights are Cape Muroto, Kiragawa Old Street, and the Hotsumisakiji Temple (the 24th temple of the Shikoku 88 Temples Pilgrimage).

Whale Watching (ホエールウォッチング) tours depart from major ports faced with Tosa bay and Pacific Ocean, and some are open all year round. Reservations are necessary in advance. Please ask local Tourist Information Centers for further details.

TOKUSHIMA & NARUTO

Tokushima (徳島) is an old castle town known for its passionate Awaodori dance in summer.

① Awaodori Kaikan (阿波おどり会館), 10 min. walk from JR Tokushima Sta., offers you the Awa Dance Festival held in summer every day here through watching or participating in Awaodori dancing. On the second floor of the main hall, you can dance and enjoy the authentic Awaodori together with dancers. Awaodori Museum on the third floor contains an exhibition on the history of the dance and an experience corner. Hours: 9:00–17:00. Closed: 2nd Wed. of Jun., Oct. & Feb. (open when Wed. falls on a national holiday and closed the following day) & Dec. 28.–Jan. 1. Admission: ¥300 (Awa Odori Museum), ¥800 (Awa Odori Hall) Awaodori performance (40 min.) starts at 11:00, 14:00, 15:00, 16:00 and 20:00 (50 min.:¥1,000).

② Awa Jurobe Yashiki (阿波十郎兵衛屋敷), 25 min. by bus from Tokushima Sta., is a Ningyo Joruri puppet theater. Ningyo Joruri flourished as a folk amusement in the Edo Era. It is a Japanese traditional composite art which includes dolls with expressive wooden faces such as anger and sorrow, dolls in motion controlled by a puppet manipulator, and a dramatic narrative recital of Joruri with shamisen instrument. Admission: ¥410. Hours: 9:30–17:00. The 30-minute show begins at 11:00 & 14:00. Closed: Dec. 31–Jan. 3.

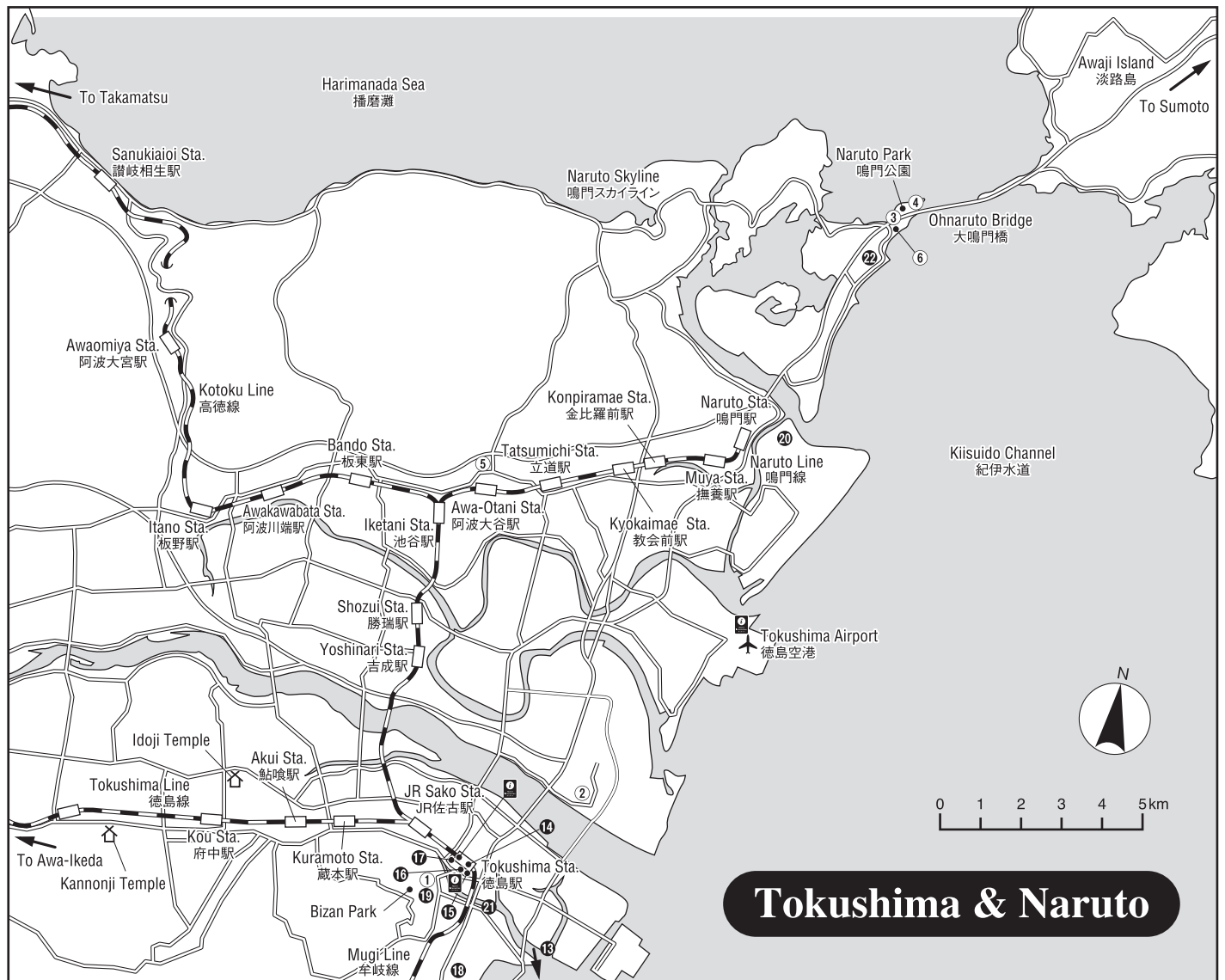
③ Naruto (鳴門), 35 min. by JR local train from Tokushima, is noted for its giant whirlpools in the Naruto Straits. At each ebb and flow of the tide, the currents rush through this narrow passage, forming hundreds of foaming whirlpools of various sizes.

Senjijiki Observatory Platform in Naruto Park, offering an extensive view of the straits, is 20 min. by bus from Naruto Sta. or 1 hr. 25 min. by bus from Tokushima Sta. (¥720). Boats from the park and Awaji Island are also available to see the whirlpools at close distance. Admission: ¥1,800–¥2,400. Time: 25 min.–30 min.

④ Tokushima Prefectural Uzu-no-michi (徳島県立渦の道), 25 min. by bus from Naruto Sta. to Naruto Park Bus Stop and 5 min. walk, is a promenade to see the view of whirlpools of Naruto Straits and the Ohnaruto Bridge. One part of the floor is made of transparent glass, which enables visitors to see the whirlpools 450 meters below their feet. The Uzu-no-michi is only accessible from the Tokushima side of the Naruto Straits. Hours 9:00–18:00, –17:00 (Oct.–Feb.), 8:00–19:00 (early May & summer vacation). Closed: 2nd Mon. of Mar., Jun., Sep. & Dec.. Admission: ¥510.

⑤ Otani-yaki Pottery Kilns (大谷焼窯元) are concentrated around Awa-Otani Sta., which is 15 min. from Naruto by JR. You can see Otani-yaki pottery being made there.

⑥ Otsuka Museum of Art (大塚国際美術館), 15 min. by bus from Naruto Sta. or 1 hr. 10 min. by bus from Tokushima Sta., houses vivid, full-size reproductions of masterworks of Western art on large ceramic boards. The museum exhibits more than 1,000 art works from 190 museums in 26 countries. Hours: 9:30–17:00. Closed: Mon. (or the following day after the holiday when Mon. falls on a national holiday). & New Year's holiday. Admission: ¥3,300.



Numbers ① – ⑥ correspond to those on page 5–6/12
 Numbers ⑬ – ⑳ correspond to those in the “Accommodations” list on page 11/12

OUTSIDE TOKUSHIMA

7 Iya-kei or Iya valley (祖谷溪) is famous for its fresh greenery in early summer, as well as its autumnal tinted foliage. Its main tourist attractions are an open-air hot spring and Kazurabashi, a suspension bridge made of vines. From Takamatsu Sta. to Awa-Ikeda, it takes 1 hr. 5 min. by JR Limited Express Shimanto (¥3,200), and from Awa-Ikeda to Kazurabashi, 1 hr. 10 min. by bus (¥1,290).

8 Kazurabashi Bridge of Iya (かずら橋) is made of creepers growing wild in fields and mountains. There were formerly many similar bridges used for daily living purposes dispersed in

the area, but only few remain today. You will get a thrilling experience crossing it. Hours: Sunrise to Sunset Crossing Admission: ¥550. 10 min. walk from Kazura Bridge Bus Stop, is one of the Three Eccentric Bridges in Japan.

9 Oboke & Kobo (大歩危・小歩危) are gorges along the Yoshino River. The scenery of phenomenal rocks is remarkable. Downstream boats are available for ¥1,200 (round trip). 30 min. from Awa-Ikeda to Oboke by JR local train, a 25-min. walk from Oboke Sta. to the boarding place.

*See p. 12 for admission and opening times.

AWAJI ISLAND

Awaji Island (淡路島), the largest island in the Inland Sea with an area of 593 sq. km, lies at the eastern end of the Inland Sea National Park. This flat island in the shape of a triangle is extensively cultivated. It is connected with both Honshu and Shikoku by two large suspension bridges. One is Ohnaruto Bridge which spans Naruto Straits between the southern end of Awaji Island and Naruto, Tokushima Prefecture in Shikoku. The other is Akashi-Kaikyo Bridge, the 3,911 m-long bridge which opened to vehicular traffic in April of 1998, spanning Akashi Straits connecting the northern end of Awaji Island with Maiko, Kobe City. Akashi-Kaikyo Bridge with 1,991 m-long center span, which was extended by one meter as a result of the 1995 Great Hanshin-Awaji Earthquake, which took place while it was being constructed, is the longest suspension bridges in the world.

Fukura (福良), 50 min. by bus from Sumoto, at the southern tip of the island, offers a vantage point to see the whirlpools of Naruto Straits. The best time of the day to see the whirlpools is an hour before or after the turn of tide, which occurs four times a day.

Mt. Senzan (先山), 15 min. by bus from Sumoto to Sensanguchi Bus Stop and 1 hr. hike to the top, 5.6 km northeast of Sumoto, commands a panoramic view of the islands dotting the Inland Sea and the distant mountains on Shikoku Island.

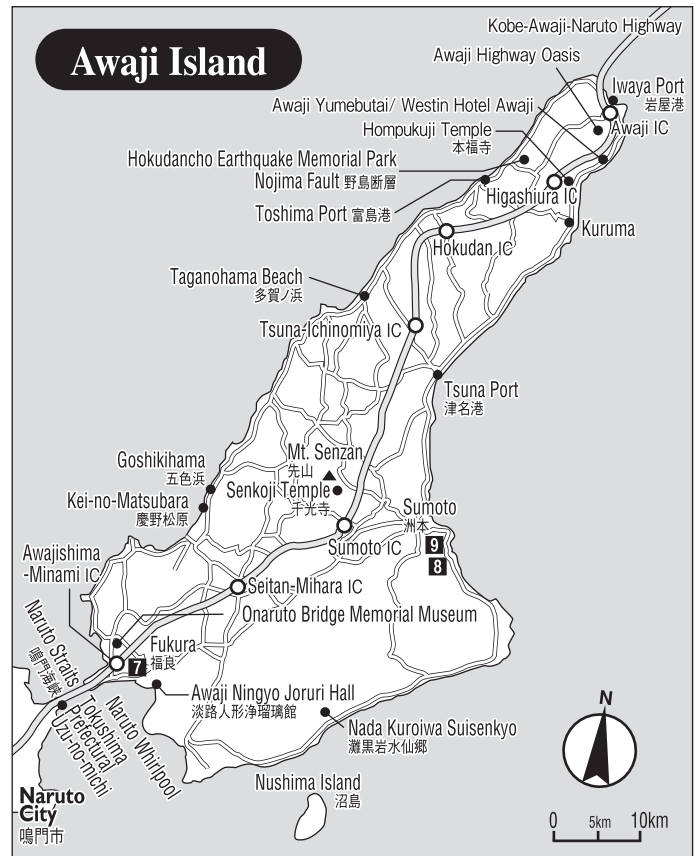
Senkoji Temple (千光寺), atop Mt. Senzan, is dedicated to the Senju (Thousand-Handed) Kannon, Goddess of Mercy.

Goshikihama (五色浜) and **Kei-no-Matsubara** (慶野松原), 80 min. by bus from JR Sannomiya Sta. to Rikuno-Minato Seidan Bus Stop. The west coast of the island (45 min. by bus from Sumoto) is known for its beautiful seascapes. Goshikihama extends for about 2 km and offers a variety of colored pebbles; hence the name Goshikihama or Five Colored Beach. Kei-no-Matsubara stretches over 2.5 km amid white sand and deep green pine trees.

Nojima Fault (野島断層) was formed at the time of the 1995 Great Hanshin-Awaji Earthquake as this area was the seismic center. Part of Nojima Fault has been preserved in **Nojima Fault Preservation Museum** (野島断層保存館) situated in **Hokudan Earthquake Memorial Park** (北淡震災記念公園) and shows us the great force of the nature. 20 min. by bus from Iwaya Bus Stop to Shinsai-kinenken-mae. Hours: 9:00–17:00. Admission: ¥730.

Nada Kuroiwa Suisenkyo (Nada Kuroiwa Narcissus Field) (灘黒岩水仙郷) is 40 min. by bus from Fukura Bus Terminal In Awaji, island of flowers, you can find a flower garden at its best during the winter. On a steep 45-degree slope, as if sliding towards the Nada seacoast, you will find about 5 million daffodils in boastful display at the Kuroiwa Suisenkyo. It is indeed a world apart from the rest of the world, enwrapped in the peculiar fragrance. No one knows from when but they have been growing wildly since sometime ago perhaps because the slope receives a lot of sunshine. The best time to see the 7 ha. wide carpet is from mid Jan. to early Feb.

Eddy, Ohnaruto Bridge Crossing Memorial Hall (大鳴門橋記念館エディ), near Naruto Koen Bus Stop which is 20 min. by bus from Fukura Bus Terminal, houses **Uzushio Science Museum** (うずしお科学館) where visitors can learn about the



Numbers 7 – 9 correspond to those in the “Accommodations” list for Awaji Island on page 11/12

Naruto Whirlpools through a 3-D theater and other presentations. Hours: 9:00–17:00. Closed: Tue. (or the following day after the holiday when Tue. falls on a national holiday), Dec. 31 & Jan. 1. Admission: ¥500.

Awaji Ningyo-Joruri (Awaji Doll Joruri) Pavillion (淡路人形浄瑠璃館), where a 20-min. performance of Ningyo-Joruri, a traditional puppet play with a history of more than 500 years, is held 5 times a day. An introductory class is held 20 minutes prior to each performance, and you can learn the structure and mechanism of the dolls, the roles of each puppeteer, and so on. Hours: 9:00–17:00. Closed: Wed. (or the following day after the holiday when Wed. falls on a national holiday), & Dec. 25–31. Admission: ¥1,800.

Hompukuji Temple (本福寺), a 10-min. walk from Tateishigawa Bus Stop, which is 20 min. by bus from Iwaya, is an old historic temple enshrining the Yakushi Buddha of esoteric Shingon Buddhism standing on a small hill overlooking Osaka bay. The main hall which is called Mizumido (水御堂) was designed by an architect Tadao Ando. The peculiar world created here in this hall is of a unique structure in which the principal image of Buddha is enshrined right under a pond on the roof where green lotuses and water lilies are planted. The vermilion-painted hall interior introduces natural lighting, so designed that halo appears on the Buddha image at sunset.

Taganohama Beach (多賀の浜) is 25 min. from Tsuna Port Bus Stop, taking a bus bound for Iwaya to Gunge Bus Stop. Then approx. 15 min. walk. Located within Taganohama Beach. The shallow and calm beach is popular among families.

Accommodations:

Name of Facility	Tel.	Fax.	Room rate (¥)	Name of Facility	Tel.	Fax.	Room rate (¥)
Takamatsu:				Kochi:			
① Hyper Inn Takamatsu Ekimae (BH)	(087)826-0818	(087)826-0811	¥	⑫ Comfort Hotel Kochi (H)	(088)884-2811	(088)884-2812	¥
② Okura Hotel Takamatsu (BH)	(087)821-2222	(087)821-2384	¥	⑬ Hotel Los Inn (BH)	(088)884-1110	(088)884-1095	¥
③ Takamatsu Sakika Youth Guest House (BH)	(087)822-2111	(087)822-3004	¥	⑭ Kochi Youth Hostel (Y)	(088)823-0858	(088)823-0859	¥
④ Takamatsu City Hotel (BH)	(087)834-3345	(087)833-8151	¥	⑮ Nishitetsu Inn Kochi Harimayabashi (BH)	(088)875-5454	(088)875-5456	¥
⑤ Dormy Inn Takamatsu (BH)	(087)832-5489	(087)835-5657	¥¥	⑯ The Crown Palais New Hankyu Kochi (H)	(088)873-1111	(088)873-1145	¥¥
⑥ Wakabaya (Y)	(070)5683-5335	—	¥	⑰ Jyoseikan (R)	(088)875-0111	(088)824-0557	¥¥
⑦ Takamatsu Tokyu Rei Hotel (BH)	(087)821-0109	(087)821-0291	¥	Muroto:			
⑧ Daiwa Roynet Hotel Takamatsu (BH)	(087)811-7855	(087)811-7856	¥¥	⑱ Hotsumisakiji Henro Center (S)	(0887)23-0024	(0887)22-0055	¥
⑨ Hotel Kawaroku Her-Stage Takamatsu (BH)	(087)821-5666	(087)821-7301	¥	Ashizuri:			
⑩ Rihga Hotel Zest Takamatsu (H)	(087)822-3555	(087)822-7516	¥	⑲ Ashizuri Youth Hostel (Y)	(0880)88-0324	(0880)88-0327	¥
⑪ JR Hotel Clement Takamatsu (H)	(087)811-1111	(087)811-1100	¥¥	Uwajima:			
⑫ AUBERGE de OOISHI (H)	(087)843-2235	—	¥¥¥	Uwajima Daiichi Hotel (BH)	(0895)25-0001	(0895)25-0002	¥
Kotohira:				Uwajima Youth Hostel (Y)	(0895)22-7177	(0895)22-7176	¥
Kotobuki Ryokan (R)	(0877)73-3872	(0877)73-3872	¥	Imabari:			
Kotohira Riverside Hotel (BH)	(0877)75-1880	(0877)75-2890	¥	Imabari-shi Cycling Terminal Sunrise Itoyama	(0898)41-3196	(0898)41-3188	¥
Kotohira Onsen Kotosankaku (H)	(0877)75-1000	(0877)75-0600	¥¥	Komecho Ryokan (R)	(0898)32-0554	(0898)33-0843	¥
Koubaitai (H)	(0877)75-1111	(0877)75-5188	¥¥	Shodoshima Island:			
Tokushima:				① Minshuku Shimanomisaki (M)	(0879)82-3646	(0879)82-3646	¥
⑬ Tokushima Youth Hostel (Y)	(088)663-1505	(088)663-2407	¥	② Shodoshima Olive YH (Y)	(0879)82-6161	(0879)82-6060	¥
⑭ JR Hotel Clement Tokushima (H)	(088)656-3111	(088)656-3132	¥¥	③ Hotel Green Plaza Shodoshima (H)	(0879)62-2201	(0879)62-6076	¥¥
⑮ Hotel Sunroute Tokushima (BH)	(088)653-8111	(088)653-9888	¥	④ Shodoshima International Hotel (H)	(0879)62-2111	(0879)62-1444	¥¥
⑯ Awa Kanko Hotel (H)	(088)622-5161	(088)622-2857	¥	⑤ Resort Hotel Olivean Shodoshima (H)	(0879)65-2311	(0879)65-2170	¥
⑰ The Grand Palace Tokushima (H)	(088)626-1111	(088)626-4565	¥	⑥ Shimayado Mari (R)	(0879)82-0086	(0879)82-6432	¥¥¥
⑱ Century Plaza Hotel (BH)	(088)655-3333	(088)655-2190	¥	Awaji Island:			
⑲ Tokushima Grand Hotel Kairakuen (R)	(088)623-3333	(088)622-7426	¥¥	⑦ Kyukamura Minami-Awaji (PL)	(0799)52-0291	(0799)52-3651	¥¥
⑳ Mizuno (R)	(088)685-4131	(088)685-4191	¥¥	⑧ Awaji Int'l Hotel the Sunplaza (H)	(0799)23-1212	(0799)22-5823	¥¥
㉑ Grandvrio Hotel Tokushima (H)	(088)624-1111	(088)624-2375	¥	⑨ Awaji Yumesenkei (R)	(0799)22-0035	(0799)24-0035	¥¥¥
㉒ Naruto Grand Hotel (R)	(050)3033-5154	(088)687-0010	¥				
Matsuyama:							
㉓ Matsuyama Shinsen-en Youth Hostel (Y)	(089)933-6366	(089)933-6378	¥				
㉔ Guest House Matsuyama (Y)	(089)934-5296	(089)934-5296	¥				
㉕ Hotel Mystays Matsuyama (BH)	(089)913-2580	(089)913-2583	¥				
㉖ Minshuku Miyoshi (M)	(089)977-2581	(089)977-2581	¥				
㉗ Matsuyama City Hotel (BH)	(089)932-1121	(089)932-3719	¥				
㉘ Hotel Sunroute Matsuyama (BH)	(089)933-2811	(089)933-2763	¥				
㉙ Hotel Matsuyama Hills Katsuyama-Higashi (BH)	(089)946-2511	(089)946-2512	¥				
㉚ Hotel Taihei (BH)	(089)943-5000	(089)932-2525	¥				
㉛ Hotel Abis Matsuyama (BH)	(089)941-9003	(089)941-9005	¥				
㉜ Abis Inn Dogo (BH)	(089)998-6000	(089)998-6006	¥				
㉝ Hotel Check In Matsuyama (BH)	(089)998-7000	(089)998-7801	¥				
㉞ Toyoko-Inn Matsuyama Ichibancho (BH)	(089)941-1045	(089)941-2046	¥				
㉟ Hotel Matsuyama Hills (BH)	(089)947-0811	(089)931-8321	¥				
㊱ Hotel Eco Dogo (Y)	(089)908-5444	(089)908-5445	¥				
㊲ Imaichi Share House (Y)	(089)989-8977	(089)933-6378	¥				
㊳ Tokyo Dai-ichi Hotel Matsuyama (H)	(089)947-4411	(089)947-4420	¥				
㊴ Hotel Luna Park (R)	(089)931-1234	(089)933-3198	¥				
㊵ Hotel Patio Dogo (H)	(089)941-4128	(089)941-4129	¥				
㊶ Yamatoya Honten (R)	(089)935-8880	(089)935-8881	¥				

Remarks:

① - ㉙ and ① - ㉙ correspond to those on the maps on pages 3-9/12

H = Hotel

R = Ryokan

BH = Business Hotel

Y = Youth Hostel

M = Minshuku (family run inn)

S = Shukubo

PL = People's Lodge

Rate per person

¥¥¥ = more than 15,000 yen


¥¥ = 8,001 yen - 15,000 yen

¥ = 8,000 yen or less

*Standard basis rate (no meals, taxes included)

[Good to know] Admission and opening times at tourist attractions:

- Last entry to the most of attractions is 30 min. before the closing time.
- In general, if their weekly closing day (most are on Mon.) falls on a national holiday, they are open on the day and are closed on the following day after the holiday(s).
- Most are closed throughout / a part of New Year holiday period (especially Dec. 29–Jan. 3).
- Please visit the official website of each place / your nearest tourist information center for the updates.




Japan Official Travel App




JNTO TIC (Tourist Information Center)

TIC of Japan National Tourism Organization is your helping hand while in Japan. Its main services are providing travel information and free literature on Japan such as tourist spots, transportation, and suggesting tour itineraries, etc.

1F, Shin-Tokyo Bldg., 3-3-1 Marunouchi, Chiyoda-ku, Tokyo
100-0005 Tel. 03-3201-3331 (in Japan)
Open daily from 9:00 to 18:00 (Closed on Jan. 1)
<https://www.japan.travel/en/plan/tic/>



Goodwill Guide Groups offer tourists from overseas local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website
<https://www.japan.travel/en/plan/list-of-volunteer-guides/>

JNTO Website: <https://www.jnto.go.jp>

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**TOURIST INFORMATION
in the area****Kagawa & Takamatsu Tourist Information
(JR Takamatsu Sta.):**

1-20 Hamano-cho, Takamatsu city, Kagawa
Hours: 9:00–20:00

Tel.: 087-826-0170

**Tokushima Prefectural
International Exchange Association (TOPIA):**

Clement Plaza 6F 1-61 Terashima Honcho Nishi, Tokushima city,
Tokushima
Hours: 10:00–18:00
Closed: New Year holidays

Tel.: 088-656-3303

Ehime Prefectural International Center (EPIC):

1-1 Dogoichiman, Matsuyama city, Ehime
Hours: 8:30–17:00
Closed: Sun., national holidays, from Dec. 29 to Jan. 3

Tel.: 089-917-5678

Kochi Prefecture "i" Information Center:

2-10-17 Kitahommachi, Kochi city, Kochi
Hours: 9:00-17:00

Tel.: 088-826-3337

**To find
other Tourist Information Centers,
visit <https://tic.jnto.go.jp/>**

