

People who want to enjoy outdoor activities in vast nature.

People who want to taste delicious gourmet food.

People who want to become entranced by a scenery that purifies the heart.

People who want to experience a slow moment of nostalgia.

People who want to discover a new hometown.

Tsuno town is waiting for you.



#### For those who come by car

- Kochi IC - Susaki East IC - Tsuno Town Main Office About 55 minutes
- Kawanoe JCT - Susaki JCT - Tsuno Town Main Office About 1 hour and 50 minutes
- Matsuyama IC - Ozu IC - Tsuno Town Main Office About 2 hours and 20 minutes
- Matsuyama City - (R33) Kumakougen Town - (R440) - Tsuno Town Main Office About 2 hours and 35 minutes

#### For those who come by bus

- Kochi Sta - Susaki Sta - Hayama Office Mae (Currently Tsuno Town Main Office) About 2 hours

#### Inquiries

Tsuno Town Main Office Tourism Promotion Division  
785-0201 471-1 Nagano, Tsuno Town, Takaoka-gun, Kochi-ken Tel:0889-55-2021

\*The information shown was last updated February 2024

# Tsuno Bura Book

Tsuno town Leisure Book



*A small, treasured journey  
surrounded by blue and  
starry skies*

# Tsuno Town

Tsuno Town, located in midwest Kochi prefecture, is a mountain town overflowing with nature. It's blessed with earth and water from one of the three major karsts in Japan, "Shikoku Karst", as well as one of the three clearest rivers in Japan, the Shimanto River.

You can enjoy outdoor activities in the river or forest, gourmet, local specialties, as well as rich culture and history.

Embark on a small journey to completely experience all of the charms that Tsuno Town has to offer.

Spend a special time in great nature surrounded by the Shikoku Mountains.

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### Welcome to the refreshing corridor of the sky, "Shikoku Karst"!

Shikoku Karst" is the highest of the three major karsts in Japan. At this inspiring spot, you can look out at the surrounding mountains from the same height as the clouds, see the scattered limestone, and watch the grazing cows up close while enjoying a drive or a hike. It's also a romantic spot where the

sky shines full of stars at night, and you can see the Milky Way with the naked eye. We also recommend "Hoshifuru Village TENGU", with guest rooms that let you look up at the sky from inside, and a joint planetarium where you can see the starry sky even on rainy days.



### Forest Therapy Road

Walking along the path laid with Japanese cypress chips that are easy on the ankles and knees, you can experience forest-bathing at the Tengu plateau. There are four courses on the Therapy Road, and you can choose the option which best suits your stamina.



### Karst Terrace

A nature learning center built with a joint terrace where you can look out at the surrounding scenery. Inside the center, along with materials regarding the Karst, there are drinks for sale as well as an e-bike bicycle rental service.

Address: Takaoka-gun  
Tsuno-cho Yoshiunootsu 4921-48  
Open: 9:00-17:00  
tel:0889-62-3371  
Closed: Mondays (In the case of a holiday, it will be closed another day)

A moment where you lend your ear to the whispers of the forest.



A starry night sky that looks as if you could reach out and touch it.

SPOT  
Experience a romantic starry sky that you won't forget...  
**Hoshifuru Village TENGU**

Details on p. 29

A special window for looking up at the sky.



This hotel is a place that will heal your mind and body with an extraordinary time in a panorama room that lets you enjoy the scenery, a guest room with a glass ceiling, and a planetarium. Planetarium fee: 800 yen for high school students and older, 400 yen for elementary/junior high school students





A natural park with twenty windmills.



**Kaze-no-sato Park**

A vast park area with 68 meter tall windmills and an observation deck where you can look out over your surroundings. If the weather is good, you can see the Shikoku Karst, Mt. Ishizuchi, and even the Pacific Ocean and Cape Muroto.



**The source of the Shimanto River.**

If you follow the signs for the mountain climbing path on Mt. Irazu, you'll arrive at the source of one of the three clearest rivers in Japan, the Shimanto River. The beauty of the primeval forest and the water flowing here and there is a sight worth seeing.



"Oiai Waterfall" near the source of the river.

Details on p. 22



The beginning of Japan's last clear river.

The home-cooked taste from ingredients picked by local mothers on the same day. Side dishes with plenty of vegetables, rice cooked in a hagama pot, and fragrant roasted green tea all have a comforting effect.



SPOT 2

Be greeted by untouched nature.

**Yusan Shimanto Seiran no Sato**

Details on p. 30

A relaxing time listening carefully to the sounds of the river.



**Look, touch, and taste.**

**Feel the great nature of Tsuno Town with all five senses.**

If you keep going and drive a bit further along Rt. 197, you'll arrive at Tsuno Town, connected to many worlds.

From Kaze no Sato Park where the powerful windmills stand tall and it feels as if you could keep running forever, to the mountain where the source of the representative river of Kochi prefecture, the Shimanto River lies, there are many places you'll want to explore.

We also introduce places where you can fully experience Tsuno Town, including places where you can enjoy the taste of a mother's cooking with ingredients from Tsuno Town, places where you can have experiences unique to an area located in the mountains, and accommodations where you can stay.

A healing moment with the source of the Shimanto River right before your eyes.





There's a Kid's Course in the park that young children can enjoy, too ♪



The mountain is like a whole theme park.

There are various signs with phrases written on them for taking commemorative photos, so you can take a lot of pictures.

SPOT 3

An adventure full of thrills.

## Forest Adventure Kochi

Details on p. 19

Climb, cross, and glide; fully enjoy the entire mountain!

A sustainable and dynamic athletic facility in the sky that makes full use of the abundant nature.

Use the safety gear attached to the harness and move through the air between the trees. In the especially popular adventure course, you can enjoy swinging seven meters above the ground toward a net, and the long zip slide that lets you enjoy the scenery that changes with the seasons is a highly recommended activity.



## Tsuno Town's local specialties and gourmet are all gathered here!

If you come to Tsuno Town, whether you're going or leaving you'll want to stop by this roadside station.

With everything from local vegetables and specialty tea to sweets from shops in town and handmade goods, it's a place where you'll find plenty of things to reach out for thinking "Should I buy this and take it home?"

At the attached restaurant, gourmet that uses ingredients unique to Tsuno Town is prepared.



## Fusha no Eki

Here, you can find fresh local vegetables, local specialties, and more. There's also a collection of tourism pamphlets, so make sure to stop by.

Address: 553 Nagano, Tsuno Town, Takaoka-gun  
tel:0889-55-2570  
Open: 8:00-17:00  
Closed: January 1st-2nd

Details on p. 34

SPOT 4

Meet all the tastes of Tsuno Town in one place.

## Roadside Station Fusegasaka





We'll introduce the famous places you'll definitely want to go to!

# Tsuno Town's spots to stop by.

We'll introduce Tsuno Town's historical spots, picturesque places, local traditional events and other local-rooted recommended spots!  
When you visit Tsuno Town, be sure to stop by. ♪

## Hayase Ipponbashi (Log bridge)



The existing prototype of the chinka (submersible) bridge  
A log bridge connected by wood

Located on the Kitagawa River, a branch of the Shimanto River in Yoshiuno, Tsuno Town, is a simple bridge made from three pieces of wood measuring at about nine meters long, 60 centimeters wide, and 30 centimeters thick. The log bridge is said to be the prototype of the chinka bridges that are built at various points of the Shimanto River. Because it's swept away when there is a large amount of rain, it's also called a flowing bridge.

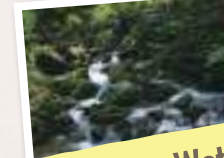
Address: Kou, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-62-2258 (Tsuno Town Board of Education)

## Kainokawa Terraced Rice Fields

Be healed by the original scenery of Japan created by the terraced rice fields passed down for generations.

Rice paddies of various shapes and sizes are piled up in the terraced rice fields. Under the ownership system, the rice lovingly grown by the owners from inside and outside the town becomes a vibrant green in the summer, and gold in the fall, so you can see the beauty of each season. The "Terraced Rice Fields Candle Festival" is held in October. When you look down from the highest observation platform in the town, you can see the wave-like contours of the terraced rice fields.

Address: Kainokawa, Tsuno Town, Takaoka-gun  
Tel:0889-55-2311 (Tsuno Town Development Promotion Division)



## Nagasawa Waterfall

The beautiful waterfall and natural beauty create a painting-like scenery!

A thirty four meter tall waterfall that flows among the deep greenery. You can experience a photogenic beauty with the moss covered bridge in front of you. It's an especially great photo spot in the fall foliage season. Because the rock cave that the waterfall flows from looks heart-shaped, it's also popular as a power spot for the fulfillment of romance!?

Address: 5422 Otsu, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-55-2021 (Tsuno Town Tourism Promotion Division)





**Shinjogawa River**

The Shinjogawa River is a beautiful and clear stream where the Japanese otter was last sighted in Japan!

The river's headwaters originate south of Kakushomori at an elevation of about 1,100 m in Tsuno Town, flow along Susaki City, and empty into the Pacific Ocean.

Although its total length of 25km is relatively short, it holds an abundant amount of water, and thanks to the absence of large structures such as dams downstream, the water quality remains clean.

In summer, it's a popular place for swimming and camping, and well as a spot for catching wild sweetfish during fishing season.



**Kuwanokawa Wanpaku River Pool**

Every year, prior to summer vacation, a portion of the Shinjogawa River is blocked off with stones, creating a natural pool where young children can play in the river safely. Toilets and changing rooms are also available.

Address: Akagi, Tsuno Town, Takaoka-gun Tel:0889-55-2021 (Tsuno Town Industries Division) Open:Summer only



**Shindoi River**

A riverbed alongside Route 197 with a submerged bridge. You can enjoy playing in the Shinjogawa River.

Address: Shindoi, Tsuno Town, Takaoka-gun Tel:0889-55-2021 (Tsuno Town Industries Division)

**Kawauso Natural Park**

A park full of nature, where you can enjoy finding otter objects.

The park is by the Shinjogawa River, famous as the place where the now-extinct Japanese otter was last seen. There are over 20 otter sculptures arranged throughout the park, as well as spacious fields and playground equipment, so you can enjoy the park all day. You can also follow a path leading down to the river, where you can enjoy swimming and playing in the water.

Address: 251-1, Nagano, Tsuno Town, Takaoka-gun Tel:0889-55-2381 (Farming Village Experience Center (Hayama no Sato) Open:Open seven days a week



**Ancient Tsunoyama Kagura Dance**

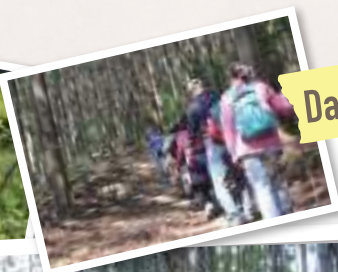
The Kagura dance dramatizes the myths passed down in Tsunoyama mountain village since ancient times.

The ancient Tsunoyama Kagura dance is said to have been introduced when Tsunetaka Fujiwara visited this region in 913.

The Tsunoyama Kagura dance was designated as a National Intangible Folk Asset and consists of 17 performances, featuring dances using masks and swords and fast beats using drums and whistles.

In autumn festivals, some Kagura dances are performed to pray for bountiful harvests and good health.

Address: Kitagawa, Takano, Yoshiuno and others, Tsuno Town, Takaoka-gun Tel:0889-62-2258 (Board of Education, Tsuno Town) Open:From the middle to end of November



**Dappan Road (Crossing Kuchiki Pass)**

The path of hope walked by the patriots who would pave the way for Japan's future.

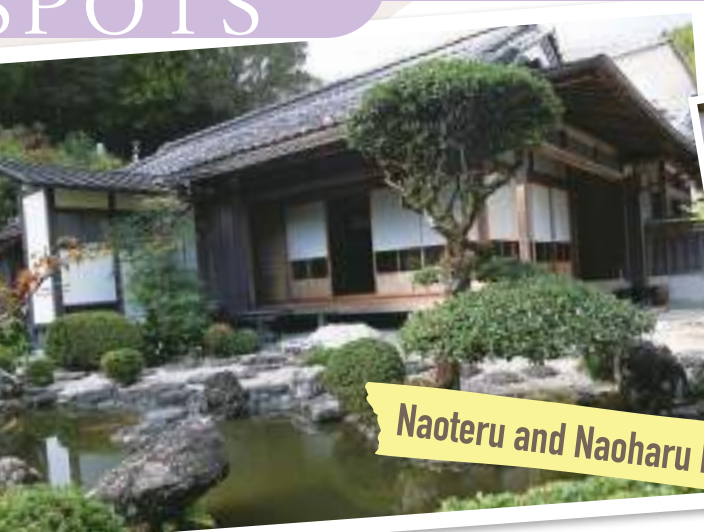
The road from neighboring Togano in Sakawa Town to Mimanokawa in Tsuno Town is the path that Ryoma Sakamoto took when he left Tosa Domain. There is a gate imitated a sekisho (old checkpoint) at Kuchiki Pass, beyond which lies Tsuno Town.

Every year, on the Sunday closest to the date Ryoma left the Tosa domain (March 24th), an event called "Let's Walk With Ryoma Along Dappan Road" is held. Why not reminisce while following in the footsteps of the patriots of the Meiji Restoration?

Address: Mimanokawa, Tsuno Town, Takaoka-gun Tel:0889-55-2021 (Tsuno Town Tourism Promotion Division) Open:End of March







### Naoteru and Naoharu Kataoka's Birthplace

The birthplace of the Kataoka brothers, whose names are etched into the political and financial worlds of Japan.

This is a restoration of the house where brothers Naoteru and Naoharu Katakoka resided when they returned home.

It's a single-story house with a tiled roof and room layout made to resemble the old residence. The authentic garden with pond is arranged on the west side. The backroom has also been rebuilt, where members of the Imperial Loyalist Party (Kinno Party) held covert meetings away from Tosa Clan surveillance.

The east side of the residence also contains a local museum, where you can learn about local folklore and history.

Address: 468, Nagano, Tsuno Town, Takaoka-gun Tel:0889-55-3810  
Open:10:00-16:00 Closed:Tuesdays, Year end and new year



Learn about local life and history at the patriots' restored home.

The restored home of Torataro Yoshimura, who organized the Tenchu-gumi and gave his life fighting the Shogunate as a pioneer of the Meiji Restoration.

You can tour the interior free of charge. You can learn about local history, including a display of Torataro's valuables and belongings left behind.

It's also a guidance facility for the important cultural landscape of the Shimanto River basin, where you can enjoy various experiences and meals with plenty of local ingredients.

Address: 1456-1, Ko, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-62-2601  
Open:10:00-16:00  
Closed: Tuesdays, Year end and new year

### Torataro Yoshimura's Residence



### Takano Stage

A blink-and-you'll-miss-it Karakuri (machine) stage from the Meiji era located on the shrine grounds.

"The Pot Lid Revolving Stage" was built at the Mishima Shrine in 1873.

It is characterized by a device installed backstage that can rotate the stage manually, and is the only one of its kind in Japan. It has been designated as a National Tangible Folk Asset.

The Farmer's Kabuki is performed on this stage once every four years by the Takano Farmers' Kabuki Preservation Society.

Address: 2257-1, Kitagawa, Tsuno Town, Takaoka-gun  
Tel:0889-62-2258  
(Tsuno Town Board of Education)



### Gido • Zekkai

The statues of two high priests regarded as the two masters of Gozan literature.

Gido and Zekkai were both high priests from Tsuno Town during the Muromachi and Nanbokucho periods and said to be the premier authorities of Gozan Literature. It's said the Shogun Yoshimitsu Ashikaga had great confidence in them.

On the path leading from Funato to the headwaters of the Shimanto River, two massive statues were constructed to honor their great achievements, standing with the mountains of Tsuno in the background.

Address: Funato, Tsuno Town, Takaoka-gun  
Tel:0889-62-2258  
(Tsuno Town Board of Education)







**Ruins of Himenono Castle**

Himenono Castle was once the residence of the Tsuno Clan, which was one of the Tosa Shichiyu and developed Tsuno Town and Yusuvara Town.

The Tsuno Clan, after whom Tsuno Town was named, was among the Tosa Shichiyu during the Sengoku Period. "Himenono Castle," built in 949, was also called Hayama Castle, and was located at the summit of the mountain 193 meters above the sea level. Along the current walking trails, you can see the ruins of horikiri, tatebori, ditches, and stonework making use of the natural terrain on the way to the summit.

Address: 901, Himenono, Tsuno Town, Takaoka-gun  
Tel:0889-62-2258 (Tsuno Town Board of Education)



**Oohikiwari and Kohikiwari**

Chasms in the earth, designated as a national natural monument

The two chasms in the earth are located approximately halfway between Tengu Plateau and Mt. Torigata. The prevailing theory is that the chasm 80-100 m long and 20-30m deep was created by a large earthquake in prehistoric times. These chasms have been designated as a national natural monument, as such open chasms are academically valuable. The surrounding geographical layers are made of stone called "chert", and is said to be almost the same age as the limestone in the Shikoku Karst.

Address: Hei, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-55-2021 (Tsuno Town Tourism Promotion Division)

**Do no Kuchiake**

Giant waraji (straw sandals) to ward off evil and pray for good health!

On the first day of the yearly Shinto/Buddhist festivals (Do no Kuchiake), local residents bring straw to make "large waraji" and "shimenawa" to ward off evil spirits and illnesses. This giant waraji are hung at the entrance of the area along the national highway, where you can take in their size up close.

Address: Miyadani, Tsuno Town, Takaoka-gun  
Tel:0889-62-2258 (Tsuno Town Board of Education)  
Open:On the last Sunday of February



**Hanatori Dance**



A gorgeous tachi odori (sword dance) that has been a mainstay of shrine festivals since ancient times.

In the "Hayama Hanatori Dance" and "Tsunoyama Hanatori Dance," which are both designated as important intangible folk cultural properties, children wearing feathered headgear and gorgeous costumes dance with swords and drums from each region. According to a theory, the dance originated as a trick to make enemies drop their guard when Ichijo forces attacked Hanatori Castle in the Sengoku Period.

Address: [Hayama Hantori Dance]Mishima Shrine, Kasuga Shrine, Shirakumo Shrine and others  
[Tsunoyama Hantori Dance] Funato Area  
Tel:0889-62-2258 (Tsuno Town Board of Education)  
Open:[Hayama Hantori Dance] October, [Tsunoyama Hantori Dance] November

**Tsuno Town Health and Welfare Center Riraku**

Refresh your mind and body by swimming and sweating!

This is a facility for all ages that is equipped with a 25-meter heated swimming pool, a waters slide that's popular among kids, a hot tub, jacuzzi and jet bath, and two types of saunas. In the neighboring gym, you can also do aerobic exercise using treadmills and bicycle ergometers.  
Fee: Adults 1,000 yen, High school age or younger 400 yen (Resident discounts and coupons are available)

Address: 431-1, Himenono, Tsuno Town, Takaoka-gun  
Tel:0889-55-2183  
Open:10:00-21:30 ※ Last admission 20:30  
Closed: Tuesdays (or the next day, if Tuesday is a holiday), Year end and new year



**Mishima-sama Grand Festival**

The shrine's autumn grand festival, which has over 1,100 years of history

It is said that the Tsuno clan brought divine spirits from the Mishima Grand Shrine in Izu when they entered Tosa from Iyo. The deities enshrined here are 'Ooyamazumiookami' and 'Konohanasakuyahime'. An evening festival is held on the last Saturday of October, and the grand festival is held on Sunday. At the grand festival, children perform the "Hayama Hanatori Dance" in honor of the shrine gods, and locals hold an "Onabare" parade while wearing period costumes.

Address: 604-4, Himenono, Tsuno Town, Takaoka-gun (Mishima Shrine)  
Tel:0889-62-2258 (Tsuno Town Board of Education)  
Open:End of October





A delightful opportunity to fully enjoy the nature of Tsuno Town!

\\ CHECK! /  
Information is also available on the Tsunobura experience website!



# A heart-pounding experience in Tsuno

We offer a wide variety of activities that fully exhibit the charm of Tsuno Town for example, nature experiences such as an athletic park that makes use of natural forest, cooking beloved local dishes, and handicraft workshops, etc.

When participating, please allocate enough time to spare.



Please wear suitable attire!  
Carefully listen to explanations made by the staff.



## Primer for Enjoying Tsuno Town Activities [Instructions]

- 1 If advance reservations are required, please apply using the specified method.
- 2 Prepare appropriate attire for each experience.
- 3 Indicate your preferred payment method. (cash • credit card • digital wallet)

### Note Regarding the Experience Menu

- Certain experiences may require advance reservations.
- If no child rate is specified, fee is a flat rate.
- Certain facilities or services may be unavailable due to weather or other conditions.
- Please wear appropriate attire for each experience.
- ※ For experiences that involve outdoor activities and light exercise, please prepare footwear that is easy to move around in, such as sneakers or trekking shoes.
- Certain experiences may have a max capacity.
- If you must cancel an experience that requires prior reservations, please notify the facility as early as possible.
- If you are not feeling well, please take it easy and refrain from participating.





**A thrilling Outdoor Park where you can explore the forest.**

At "Forest Adventure •Kochi," you can enjoy features including six ziplines, a Tarzan swing, slackline, and suspension bridge that's so high up, it'll make you weak at the knees.

On the zipline from mountain to mountain, admire the verdant scenery that changes with the seasons, and enjoy activities while taking videos and photos among your friends.

This program is suitable for all ages-even those who aren't confident in the physical capabilities can enjoy it at their own pace.

**Forest Adventure •Kochi**

Address:5422, Otsu, Yoshiuno, Tsuno Town Contact/ 080-2347-3318 Fees/ Adventure Course: Adults 4,100 yen •Children 3,800 yen Canopy Course: 3,100 yen, Zip Trip Course: 2,500 yen •Kids' Course: 1,500 yen Time required : Varies between courses. Reservation/Required Closed/Wednesdays

Remarks

● New Year's and winter holidays are irregular. Please inquire further. ● Please wear clothes that are easy to move around in. ● Certain courses may be closed due to weather, etc. ● For the adventure course, participants must be in the fourth grade of elementary school or older, at least 140 cm tall, and weigh 110kg or less. Children under 17 years old must be supervised from the ground (junior high school-aged students and under must be accompanied by a parent or guardian). ● For the canopy course, participants must be at least 110 cm tall, and weigh 110kg or less.Children under 17 years old must be supervised from the ground. (Second-grade elementary school students and under must be accompanied by a parent or guardian). ● The Tarzan swing is available only in the adventure course.



**A walk for adults to experience the natural life in Satoyama with all five senses.**

A walking route that starts at a small mountain village filled with old cottages and stables and winds through nearby valleys and scenic spots, including a delicious lunch at a farm restaurant. The "Irazu Valley Course" and "Nagasawa Falls Course" allow you to experience nature as it is, walking on the quiet forest road along a mountain stream. The "Old Folk Houses Tour Course" takes you on a thorough stroll through the rustic Japanese original landscape of tea fields and cottages. Along the way, the guide explains the origins of the area and its old folklore that survives to this day.

Remarks

**Enjoy nature! Take a walk through town!**

Address/ 810, Otsu, Yoshiuno, Tsuno Town, Takaoka-gun (Village Activity Center Oku Shimanto no Sato) Contact/ 0889-43-9155 Days of Events/ Saturdays•Sundays•Holidays (On weekdays, please inquire for groups of 8 or more) Reservation/Via telephone at least 3 days before desired date Capacity/ 4-15 people per guide Fees/ with lunch 2,500 yen per person Tour only 1,500 yen per Person

● Nagasawa Falls Course (About 5.2 km •1.5 hours) ● Irazu Valley Course (About 4 km •1.5 hours) ● Irazu Valley/Old Folk Houses Tour Course (About 8 km•2.5 hours) ※ Wear clothes and shoes that are easy to walk in. ※ Weather in the mountains can be unpredictable. Come prepared for a range of temperatures. ※ If an event cannot be held, we will contact you in advance.



Remarks

● Rental Costumes/Men's costumes (2 sets), Women's costumes (2 sets), Children's costumes (1set) ● Others/ Small accessories are also available for rent.



**Experience becoming a patriot at the end of the Edo period, blending into the attractive country scenery.**

Why not relax in old-fashioned Japanese clothing, staying in a thatched-roof mansion surrounded by the charming countryside? The Torataro Yoshimura's Residence offer costumes for rent for men, women and children. We also have a selection of accessories including swords, so it's recommended for fans of later Edo period history! Take commemorative pictures on the veranda with peaceful scenery in the background.

**Experience wearing costumes for rent**

Address: 1456-1, Ko, Yoshiuno Tsuno Town, Takaoka-gun(Torataro Yoshimura's Residence) Contact/0889-62-2601 Fee/500 yen/ person Available Times/10:00-16:00 Time required/dressing time: about 5 minutes Reservation/Not Required Closed/ Tuesdays, New Year's holidays





Tsuno-tuk Periodic Round Tour



Seiran no Sato Tuk-tuk Car Rental



**If you want to experience sightseeing to the fullest, ride a tuk-tuk through town!**

Why not drive through Tsuno Town in a tuk-tuk, a three-wheeled taxi popular in Thailand?

With any food, drink, or item purchase at a facility in town, you can take the "Tsuno-tuk Periodic Round Tour" for free. The course changes every month!

Renting and driving a tuk-tuk yourself is also a popular option.

Enjoy the clear air of Tsuno Town and experience its every charm, such as the Tengu Plateau and the headwaters of the Shimanto River.



### Tsuno-tuk Periodic Round Tour (April–November)

Meeting place: Varies based on course. Contact: 0889-55-2021 (Tsuno Town Tourism Promotion Division) Fee/Free w/ receipt from any food, drink, or item purchase from a facility in town Required Time/About 30 minutes. Reservations /not accepted.(Closed when capacity is reached)

Remarks

- Please bring as little luggage as possible.
- Children (early elementary school-age students or younger) must be accompanied by an adult.
- Ride Capacity: 6 people
- Tuk-tuk services may be unavailable due to weather or mechanical problems.
- Refer to <https://tsunotuk.com> for more detailed information such as terms of use and meeting places, etc.

### Seiran no Sato Tuk-tuk Rental Car

Address/1321, Funato, Tsuno Town, Takaoka-gun(Yusan Shimanto Seiran no Sato) Contact: 090-7785-2996 (Mr. Taniwaki) Fees/up to 4 hours 7,000 yen, up to 8 hours 13,000 yen (including insurance fee) Reservation/Required

Remarks

- Guests must have an ordinary driver's license to drive Tuk-tuk. (AT is acceptable)
- Extended hours etc., are negotiable.
- Guests who obtained an ordinary driver's license within the past 12 months cannot rent vehicles.
- Ride Capacity: 7 people
- There is no space to store luggage.
- Car seats for children are not available.



### Trek through nature's treasure trove to the headwaters of the Shimanto River.

Take a walking tour that marks the source of Shikoku's largest river, the 196km-long Shimanto River, and follow a mysterious mountain trail inhabited by ancient forests and wild grasses.

For reservations made in advance, a knowledgeable local guide will accompany you, so even first-time visitors can rest easy.

The guide will share small stories only local people know and offer advice on how to best enjoy the area. At the nearby limestone cave, "Inabado Cave", you can try some simple caving, so those feeling more adventurous should give it a try.

### Walking Along the Shimanto River Headwaters

Meeting Place/1321, Funato, Tsuno Town, Takaoka-gun(Yusan Shimanto Seiran no Sato) Contact/0889-55-2021 (Tsuno Town Tourism Promotion Division) Fee/5,000 yen/guide Required Time/About 1 hour (Varies depending on guiding content) Reservation/Required

Remarks

- Traveling from the "Monument of Headwater" to the "Headwater Point" takes ~25 minutes on foot
- Please wear clothes and shoes that easy to move around in.
- Events may be cancelled due to weather, etc.
- The contents of the guided tour can be discussed in advance.
- There are no toilets in the vicinity of the Shimanto River Headwater Point.
- For more details about the Inaba Cave Experience, please read the "Inaba Cave Adventure Guide Tour" on page 25,



Tsuno Town Column

# Tsuno Town is a hidden spot famous for tea.

When you think of Kochi's famous products, seafood like bonito, red snapper, mackerel, as well as citrus fruits like yuzu and buntan orange may come to mind, but our tea is also extremely high-rated across the country.

"Tsuno Town, located in the Shikoku Mountains with a large difference in temperature between night and day, and blessed with the clear Shimanto River, is especially perfect for harvesting tea.

"The tea grown in that climate of Tsuno Town has a perfect balance of umami, sweetness, and bitterness. You can enjoy an unimaginably deep taste that goes in contrast with its perfectly clear color.

During the time of the first tea of the season from spring to early summer, the tea fields of Fusegasaka in Tsuno Town are colored by the green of new leaves, creating a beautiful scenery.

Please enjoy the ""Tsuno Tea"" which heals you with not only its fragrance and taste, but also the view it creates.



## Products that use Tsuno tea



Shimanto River Headwaters Tea Kabuse Tea Powder



Shimanto River Headwaters Tea High Grade Sencha Tea



Tsuno Mountain Beer



Shimanto River Headwaters Tea Milk Bean



Tsuno Mountain Terroir



Manten no Hoshi Daifuku Rice Cake

Available at Roadside Stations Fusegasaka and Fusha no Eki, as well as at restaurants in Tsuno Town.



### The tea made from the leaves you slowly roasted yourself has a special taste.

An experience course where you personally roast the tea leaves harvested in tea-specialist Tsuno Town. Use an unglazed houroku pan to slowly roast the tea leaves, and the space around you will change into a healing atmosphere that surrounds you with the aromatic scent of tea. Try comparing the tastes of light roasted and dark roasted tea, and roast your tea while finding your own roasting preference. You can take the tea you made home with you as a souvenir!

#### Tea Roasting Experience

Address: 1321 Funato, Tsuno Town, Takaoka-gun (Yusan Shimanto Seiran no Sato)  
 Contact: 0889-43-9025 Cost: 2,000 yen/person ※includes tea leaf tsukudani (tea leaves boiled in soy sauce) Time required: About 1 hour Reservation period: Up to 3 days prior Operating hours: 10:00-15:00 Closed: Wednesdays

- Remarks
- The capacity: 1-15 people.
  - Get a 500 yen discount when taken together with the "Color tea can making experience"
  - A portable stove will be used, so in the case of participating with young children please be careful of the fire.



### Choose your favorite washi (Japanese paper), paste it and make your own tea can!

You can experience making an original tea can by choosing the washi you like and pasting it onto the can. If you get the hang of pasting the washi onto the round can, it's surprisingly easy. Try making your own original work while paying attention to the overlap of patterns. With a result that you'll want to display in your room, it's certain that your daily tea time will become even more fun, and your mood will improve too!

#### Color Tea Can Making Experience

Location: 1321 Funato, Tsuno Town, Takaoka-gun (Yusan Shimanto Seiran no Sato)  
 Contact: 0889-43-9025 Cost: 2,000 yen/person ※includes tea leaf tsukudani (tea leaves boiled in soy sauce) Required time: About 1 hour Reservation period: Up to 3 days prior Operating hours: 10:00-15:00 Closed: Wednesdays

- Remarks
- Capacity for participants: 1-15 people
  - When taken together with the "Tea Roasting Experience", there's a 500 yen discount.





**Remarks**

- Please come in clothing and shoes that are easy to move around in,
- The experience may be cancelled depending on weather conditions etc.



## To a 220 million years old stratum! Why don't you experience this mysterious world?

A tour experience where you explore the limestone cave which the Shimanto River runs through, the "Inaba Cave", with a guide. They'll introduce the profiles of fossils which are difficult for the average person to find even if they look for them. There are headlights, helmets, and gloves available, so you can experience the mysterious Inaba Cave lightheartedly.

### Inaba Cave Adventure Guided Tour

Location: 4727 Funato, Tsuno Town, Takaoka-gun Contact: 090-7785-2996 (Mr.Taniwaki) Cost: 1,500 yen/person  
Required time: About 1 hour Reservation period: Up to 7 days prior Operating hours: 10:00-15:00



**Remarks**

- In winter, access to the area may be closed due to snow etc.
- Please come with long sleeves, long pants, bug spray, sunscreen, and clothing that suits the season.



## Lend your ear to the whispers of the forest and interact with the great nature.

A walk where you can fully enjoy Tsuno Town's nature. With the Plateau Course™ where you can enjoy the flowers that blossom around the Karst, the "Tengu Forest Course" where you hike through the untouched forest, the "Karamatsu Grove Course" where you can relax with minimal strain on the your feet, and the "Tengu Himeshara Hikiwari Course" aimed toward advanced hikers, you can fully enjoy great nature with the course that best suits your wishes and abilities.

### Shikoku Karst Tengu Plateau Therapy Road

Location: Shikoku Karst Tengu Plateau Contact: 0889-62-3188 (Hoshi-furu Village TENGU) Cost: 5,000 yen and up per guide  
Required time: Varies depending on the course Reservation period: Up to 7 days prior Operating hours: Negotiable



**Remarks**

- Don't forget your bug and sun protection.
- Cancelled in cases of rain or high water levels.
- Please bring a towel and any items you wish to enjoy during your time here (books, drinks, etc.)



## You can spend time interacting with the source of the Shimanto River lightheartedly with just one chair.

An experience recommended for people who want to spend even a little time with the Shimanto River flowing right before your eyes, and people who want to fully enjoy nature. Place a chair in the river, and feel the refreshingly cool water flow by your feet. Get away from the noise of everyday life, lend your ear to the murmuring of the river and the singing of the wild birds, read a book, take pictures, enjoy a drink, and spend time in your own way.

### Enjoy sitting on a chair in the Shimanto River!

Location: 1321 Funato, Tsuno Town, Takaoka-gun Contact: 0889-43-9025 (Yusan Shimanto Seiran no Sato) Cost: 1,000 yen/person Required time: As long as you like Reservation period: Up to 3 days prior Operating hours: 10:00-14:00 Closed: Wednesdays



## Experience making authentic pizza in a stone oven at a wooden school surrounded by great nature!

Why don't you experience making pizza while feeling the nature of Tsuno Town at "the outdoor exchange center of the "Town Activity Center which makes use of the former Shiraishi elementary school? With this experience, you can choose the A course which uses ingredients prepared by the facility centered on their homemade sauce and seasonal vegetables, or the B course which allows you to bring your own ingredients of choice. With either course, you can enjoy making pizza with a handmade crust. If you stretch out the crust, put on the toppings, and bake it in the stone oven it's done. Enjoy a delicious freshly made pizza!

### A stone oven baked pizza making experience at a nostalgic school building in Tsuno Town's Shiraishi, overflowing with nature.

Location: 1421 Ko, Shiraishi, Tsuno Town, Takaoka-gun (Town Activity Center Shiraishi) Contact: 0889-56-3870 Cost: [A course] (pizza sauce, toppings included) 1,500 yen per pizza [B course] (bring your own pizza sauce, toppings) 1,000 yen per pizza ※ You can make a minimum of 5 pizzas or more per experience. Required time: About 2 hours Reservations: Up to 7 days prior Operating hours: 10:00-14:00

**Remarks**

- Capacity for participants: Up to 45 people
- Please bring an apron.
- The experience may be cancelled depending on weather conditions etc.



**Remarks**

- Minimum of 5 participants required.
- Capacity: 5-20 people
- Please bring an apron.
- Guardian presence required for children under elementary school age.



## Kochi's local food passed down by Tosa's culinary legends.

Experience making colorful "Inaka-zushi" and miso soup made with hand made "Inaka Miso", both of which have been made in Kochi for generations, together with the mothers of Tsuno Town's Kubogawa area. The ingredients are already prepared beforehand, so at the experience you just have to mold the vinegar rice and put the toppings on. When it's done, everyone eats together. Enjoy the local taste of the food of the mountains.

### Inaka-zushi making experience

Location: 251-1 Nagano, Tsuno Town, Takaoka-gun (Farm Village Experience Practice Facility - Hayama no Sato) Contact: 090-1323-5940 (Kubogawa Lifestyle Improvement Group) Cost: 2,500 yen/person Required time: About 1.5 hours Reservations: Up to 7 days prior Operating hours: 9:00-16:00





**Remarks**

- Capacity: 5-10 people (Negotiable)
- Please bring an apron and an insulated bag for bringing the tofu home.



## Make "Inaka tofu" from scratch together with local mothers.

It's known that you can make tofu by adding a concentrated solution of salts, but here you can experience the process of making tofu from the start. Start by simmering ground soybeans in a pot, pour them into the exclusive mold, wait for a bit, and the "Inaka tofu" is finished. You can also taste-test the fresh soymilk that is made in the process of making the tofu, and bring home the by-product "okara" as a souvenir.

### Inaka Tofu Making

Location: 1309-1 Funato, Tsuno Town, Takaoka-gun (Town Activity Center Funato) Contact: 0889-43-9771 Cost: 1,500 yen/person Time required: About 2 hours Reservation period: Up to 3 days prior Operating hours: Negotiable



**Remarks**

- Capacity: 2-15 people
- There are cases where itchiness can occur. Those with sensitive skin should be careful.
- Please bring an apron.



## "Inaka konnyaku" with a mild taste that begins from the processing of yams.

Try making konnyaku using konnyaku yams harvested locally. With a warm and soft taste different from the konnyaku sold in stores, we recommend eating it fresh in a sashimi-style. Even small children can make it, enjoying the texture when the shape is made and learning that the konnyaku they usually eat comes from yams, so please enjoy this experience as a family, too.

### Inaka Konnyaku Making Experience

Location: 1321 Funato, Tsuno Town, Takaoka-gun (Yusan Shimanto Seiran no Sato) Contact: 0889-43-9025 Cost: 1,000 yen/person Time required: About 1.5 hours Reservation period: Up to 7 days prior Operating hours: 10:00-14:00



**Remarks**

- The number of participants must be no less than 10 and no more than 20.



## Make picture postcard at a farm restaurant overflowing with charm.

An experience program where you can make your own picture postcard at a countryside farm restaurant. A local mother will take time teaching you how to make them, so even beginners can participate lightheartedly. There are plenty of materials prepared, including seasonal ingredients and wild flowers. There are also plans that come with a popular lunch at the farm restaurant, so please make this a memory of your trip.

### Picture Postcard Making

Location: 810 Otsu, Yoshiuno, Tsuno Town, Takaoka-gun (Town Activities Center Okushimanto no Sato) Contact: 0889-43-9155 Cost: 1,000 yen/person, or 2,500 yen/person with lunch included Time required: About 2.5 hours Reservation period: Up to 14 days prior Days available: Saturdays, Sundays



**Remarks**

- Eraser Personal Seal Making Experience - 500 yen/person
- Newspaper Bag Making Experience - 500 yen/person



## Make unique items while thinking about the patriots of the Bakumatsu period.

At the previous residence of Yoshimura Torataro, there's a unique "eraser personal seal making experience" where you shave an eraser with a chisel, and a "newspaper bag making experience" where you fold and put together newspaper. Children can also participate, so we recommend this to families, too. Why don't you try making your own unique item while relaxing in a historical birthplace?

### Eraser Personal Seal Making Experience / Newspaper Bag Making Experience

Location: 1456-1 Ko, Yoshiuno, Tsuno Town, Takaoka-gun (Yoshimura Torataro Residence) Contact: 0889-62-2601 Cost: 500 yen/person per experience Time required: About 2 hours Operating hours: 10:00-16:00 Reservation period: Up to 10 days prior ※Same-day reservations also sometimes available. Contact needed.



**Remarks**

- At least 5 participants are required.
- Capacity: 5-15 people ※\*Negotiable for over 15 people



## Make an eco-friendly bag from newspaper in a nostalgic wooden school building.

You can make a fashionable and eco-friendly newspaper bag while being taught by people from "Shiraishi Newspa-baaz", where they make and sell newspaper bags. You can choose to make a newspaper bag with or without a gusset. The finished product is so sturdy that you won't believe it's paper, so you can use it as a handbag or as a bag for holding gifts. There's also a relaxing coffee time after the experience is finished.

### Making a newspaper bag by folding it one by one using with old newspapers and nature-friendly glue.

Location: 1421 Ko, Shiraishi, Tsuno Town, Takaoka-gun (Town Activity Center Shiraishi) Contact: 0889-56-3870 Cost: 1,000 yen/person Time required: About 2 hours Reservation period: Up to 3 days prior Operating hours: 9:00-16:00



**Remarks**

- The capacity is 1-20 people.
- Closed December 29th-January 3rd



## Make an original bowl at a ceramics workshop in the mountains!

Why don't you try making a unique ceramic work at a quiet workshop surrounded by nature? At the experience, you use a hand-cranked potter's wheel, and make a bowl or cup using your hands. Members of the local cermaics club will kindly teach you the process step by step, so even beginners can enjoy the experience lightheartedly.

### Ceramics Experience

Location: 3247 Ko, Shiraishi, Tsuno Town, Takaoka-gun (Cermics Workshop) Contact: 0889-55-2381 (Farm Village Experience Practice Facility Hayama no Sato) Cost: 1,800 yen/person for 2 pieces Time required: About 2 hours Reservation period: Up to 7 days prior Operating hours: 8:30-16:30



Soothing Relaxation Away from the Hustle & Bustle

# Accommodations in Tsuno Town

Tsuno Town is worth more than just a day trip!  
If you wish to fully enjoy the local flavors and unique experiences on offer,  
we recommend staying overnight.  
You're sure to find your favorite accommodations, such as hotels,  
ryokans and guesthouses.



## Stay at the high plateau hotel surrounded by the karst and a starry sky

There are six types of guest rooms available, including starry-sky rooms with glass ceilings, rooms with large windows and decks, and Japanese style-rooms that are great for the elderly and families with children. Enjoy the karst scenery in the daytime, gaze at the shining stars as night falls, and wake up to a sea of clouds. Take the scenery that can't be found elsewhere. Dinner options include homemade prosciutto and delicacies from the mountains, rivers, and sea.

### Hoshifuru Village TENGU

Address: 4921-22, Otsu, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel: 0889-62-3188 Closed: Accommodation/Tuesdays・Wednesdays  
Restaurant: Wednesdays Room Charge/with 2 meals/with : 14,040 yen and up/person/night Cabin : 13,200 yen and up Stay in a Tent : 1,650yen and up※ Planetarium access is free for hotel and cabin guests



## A luxury experience limited to one group per day, from experiencing country life to following sightseeing guides.

This guesthouse is limited to only one group (4-5 guests) per day and has a Goemon bath tub, open-air bath and irori hearth. It's an attractive place to experience country life. You can pick vegetables from the fields and wild plants from the mountain to cook dinner, or draw a boiling Goemon bath by yourselves (please inquire in advance). Guides to the Shikoku Karst Tengu Plateau and Shimanto River headwaters are also available (for an additional fee), so we recommend making Chojuan your base for sightseeing in Tsuno Town.

### Chojuan Guesthouse

1621-1, Hei, Yoshiuno, Tsuno Town, Takaoka-gun Tel:0889-62-3031  
Closed: Irregular Room Charge/with 2 meals : 11,000 yen and up/person/night(adults)with 2 meals : 5,500 yen and up/person/night (children) with no meals : 5,500 yen and up/person/night(adults) with no meals : 2,500 yen and up/person/night(children) ※ Seasonal rates apply.



## The inn where you can have a relaxing time, while viewing the Shimanto River before you.

The guest rooms named after trees native to Tsuno Town, such as Himeshara, Chabana, Nemunoki, and are also constructed with plenty of wood from Kochi Prefecture, creating a warm space with views of the Shimanto River from every room. There are 6 rooms of different sizes available for guests, such as for families, friends, or solo travelers. All rooms include a terrace.

### Yusan Shimanto Seiran no Sato

Address : 1321, Funato, Tsuno Town, Takaoka-gun  
Tel: 0889-43-9025 Closed: Tuesday 5:00pm - Wednesdays  
Room Charge/with 2 meals : 12,600 yen and up/person/night (adults) with no meals : 6,650 yen and up/person/night  
Capacity/1-5 guests



## A private hot spring inn nestled quietly at the foot of the karst.

A private hot spring inn located in the headwaters of the Shimanto River. Nearby flows the Kitagawa River, a tributary of the Shimanto River deep in the mountains, making for an attractive location. The hot spring is an alkaline simple sulfur spring that flows directly from the source. It has a thick texture, and your skin will feel smooth after a dip in the hot spring. Descending the stone steps on the premises, you will find a private riverbank, where you can enjoy playing in the summer.

### Shimanto River Headwater Healing Village Goroku Hot Spring

Address: 8308, Kitagawa, Tsuno Town, Takaoka-gun Tel: 0889-62-2336 Closed:  
Please inquire for specific dates Room Charge/Standard room with 2 meals: 14,300 yen and up/person/night(2 people/room)/Special room with indoor bath with 2 meals: 19,800 yen and up/person/night(2 people/room)※ Phone reservation price Private day trip bathing/ 11:00-15:00 (last admission 14:00)



## An inn with a home-like atmosphere and delicious homemade food

The inn is known for its owner's sincere hospitality and delightful home-cooked meals made using the ingredients from local mountains and rivers. The guest rooms feature tatami floors and a nostalgic feel that makes you want to lie down. As it can accommodate up to 26 people, it is highly recommended for groups. It's also the perfect base for your trip, as there's also a convenience store and a supermarket nearby.

### Matsuyama Ryokan

Address: 584, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2511 Closed: Open seven days a week  
Room Charge/with 2 meals : 8,500 yen /person/night without meals : 5,000 yen/person/night ※ Please consult with us about accommodation for children.





**Slip back in time to the Showa era! Stay overnight at a nostalgic wooden school.**

Converted lodgings that retains the former atmosphere of Tokonabe Elementary School. The area is surrounded by traditional Japanese scenery like villages and rice fields, and fireflies dart above the river that flows nearby. Suitable for both individuals and groups. Fishing, an outdoor sauna, and campfires are available for additional fees. Please come and visit our "Nest Box" where you can gather, interact and come back again.

**Farming Village Exchange Facility Nest Box in the Forest.**

Address:392-2, Tokonabe, Kainokawa, Tsuno Town, Takaoka-gun Tel:0889-40-1703  
 Closed: January 1st-January 3rd Room Charge/with 2 meals :8,500 yen /person/night without meals:5,000 yen/person/night



**Enjoy the "hospitality" of the countryside-experience an overnight stay at a house built in the Meiji era.**

This is a guesthouse where you can stay in the adjacent "Meiji no Ie" built in the Meiji era, where a friendly grandmother will welcome you. The calm atmosphere of this house evokes the feeling of returning to your countryside home. It's especially recommended to those who want to feel free and spend time relaxing. The handmade meals are also popular. If you make a reservation in advance, you can order Sawachi Cuisine and mackerel sushi.

**Tenzan Guesthouse**

Address: 2306-1, Kitagawa, Tsuno Town, Takaoka-gun  
 Tel: 0889-62-2537 Closed: January 1st-January 4th Room Charge/with 2 meals : 6,500 yen/person/night(adults) with 2 meals : 5,000yen/person/night(elementary school students) with 2 meals : 3,000yen/person/night(under elementary school age)



**Relax at a farmhouse and enjoy some homemade doburoku (unrefined sake)**

A farmhouse located near the Shimanto River headwaters, surrounded by the rich nature of Tsuno Town. Enjoy delicious meals made with vegetables harvested from our own farm, local sweetfish, and amego fish, with homemade "Takejo" doburoku sake as an aperitif. Outdoor BBQ is available for parties of two or more, for an additional fee. The bathroom is equipped with a mist sauna.

**Takejo Farmhouse**

Address: 3859, Kitagawa, Tsuno Town, Takaoka-gun Tel:090-3780-5072 Closed: December 28th-January 5th Room Charge/with 2 meals : 9,800 yen/person/night (adults) with 2 meals : 8,500 yen/person/night(elementary school students) without meals :6,300 yen/person/night(adults)without meals :5,000 yen/person/night (elementary school students) Capacity/1 group 4 guests



**A private guest house that blends into the tea farm landscape.**

A guest house where you can enjoy country scenery surrounded by rich nature in Tsuno Town, limited to one group per day. You can enjoy delicious meals made with locally-sourced, organic, and additive-free ingredients. Please contact us in advance, and we will accommodate for meal preferences as much as possible. It's also possible to experience workshops making use of nature.(prior reservation required).

**Harunatsu-ya Guest House**

Address: 3427, Hei, Yoshiuno, Tsuno Town, Takaoka-gun  
 Tel: 090-5914-3017m Closed: Irregular Room Charge/with 2 meals: 7,000 yen/person/night without meal: 3,500 yen/person/night ※Half price for elementary school students and under, negotiable for preschoolers



**Have a relaxing time at an inn with authentic Japanese flavor . . .**

Located at a corner of the verdant Kawauso Natural Park", "Hayama no Sato" is available not only for lodging, but also various training sessions. The interior is constructed with plenty of wood, and the guest rooms are arranged around a hearth in the main hall, giving it a peaceful atmosphere. Forget the passage of time, and lose yourself to relaxation in this quaint space surrounded by nature.

**Tsuno Town Farm Village Experience Practice Facility Hayama no Sato**

Address: 251-1, Nagano, Tsuno Town, Takaoka-gun  
 Tel: :0889-55-2381 Closed: December 29th-January 3rd Room Charge: without meals :3,150 yen/person/night (adults) without meals :1,575 yen/person/night(elementary school students)



**Foreign visitors are also welcome! Stay at a guest house surrounded by original scenery of Satoyama.**

This old Japanese house is preferred by foreign tourists. Stay at a guesthouse surrounded by tea plantations. Private accommodation limited to one group per day. It's run by a couple who love to travel and speak English on a daily basis. The 70-year-old building is divided into the owner's home and a guesthouse. The owner's house also has a cafe and restaurant and a large balcony overlooking the countryside. Please relax in the rich natural environment where you can hear the chirping of birds and the babbling of a stream.

**Shikoku karst Inuhimeno Yakata**

Address:3353, Hei, Yoshiuno, Tsuno Town, Takaoka-gun  
 Tel: 090-1009-0187  
 Closed: Irregular  
 Room Charge/with 2 meals : 9,000 yen/person/night (Prices vary depending on the season)





A local taste that fills your stomach and your heart.

# Tsuno Town's Gourmet Spots

In Tsuno Town, there's a lot of gourmet that uses ingredients from the mountains and rivers grown by the abundant nature!

From classic gourmet to flavors loved by the locals, there are takeout shops, too, so enjoy the unique tastes of Tsuno Town without missing anything. ♪



## A feast at Hoshifuru mountain's restaurant.

They have an extravagant menu with dishes that use local ingredients from Kochi, including Tosa wagyu steak rice bowls, hamburg steak curry, Jidori chicken and egg rice bowls, and Shimanto pork cutlet rice bowls and pork cutlet curry. We recommend the soft serve ice cream to people who are only a little hungry. And for guests who stay overnight, there are lunches and set meals for children as well, so the entire family can fully enjoy the gourmet.

### Hoshifuru Village TENGU

Address: 4921-22, Otsu, Yoshiuno, Tsuno Town, Takaoka-gun Tel: 0889-62-3188 Open: 11:00-14:30 (L.O.14:00) Closed: Wednesdays Parking lot: 100 spaces available



## You can find local gourmet made with local specialties at this restaurant.

Dandan noodles in a rich soup with plenty of taro, soy sauce ramen made with Manten no Hoshi's specialty broiled pork, salt ramen with lemon grass in the soup and myoga ginger in the chicken dumplings. Each noodle dish made with plenty of Tsuno Town's local specialties is the pride of "Roadside Station Fusegasaka". They also have Shimanto set meals, curry, and rice bowls, as well as Shimanto black tea and other drinks.

### Roadside Station Fusegasaka

Address: 654-1 Funato, Tsuno Town, Takaoka-gun Tel:0889-62-3225 Open: Shop 7:30-17:30 / Restaurant 9:00-16:00 Closed: January 1st Parking lot: 57



## Eat all of our local ingredients at this lunch buffet.

You can enjoy simmered, deep fried, and stir fried dishes made with an abundance of seasonal vegetables harvested in Tsuno Town for 1,650 yen per person at this buffet style restaurant. There's fluffy rice cooked in Hagama rice cooker, a variety of side dishes, warm soup and more. Refills are free. It comes with a Manten no Hoshi roasted green tea, daifuku rice cake and coffee for dessert.

### Yusan Shimanto Seiran no Sato

Address: 1321 Funato, Tsuno Town, Takaoka-gun Tel:0889-43-9025 Open: Reservations required (1)11:00-12:30, (2)12:45-14:15 Closed: Wednesdays Parking lot: 12







The perfect udon adorned with local ingredients.



A farm restaurant where you can taste handmade dishes made with local ingredients. The popular "Tsuno mountain Haikara udon" was created under the guidance of Minoru Group's founder, chef Okabayashi. It's made with a carefully prepared soup base, and garnished with homemade bonito chili oil, watercress, tomato, and lemon.

### Farm Restaurant café Ichounoki

Address: 810 Otsu, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-43-9155 Open: Breakfast 8:00-15:00/ Lunch 11:30-15:00 Closed: Monday-Friday (Reservation required for weekdays) Parking lot: 20



A buffet of handmade home cooking where you can taste plenty of vegetables.



A buffet with about 30 kinds of dishes including simmered dishes and dishes with sauce based on vegetables, meat and fish dishes, curry, yakisoba, and more. Coffee or juice are also included, so you can fill your stomach and your heart. Both tables and floor seating are available.

### Iroha Restaurant

Address: 1151 Akagi, Tsuno Town, Takaoka-gun  
Tel:0889-56-3322 Open: 11:00-13:30, 17:30~20:00 (Takeout available from 9:00) Closed: Wednesdays, the 3rd Tuesday Parking lot: 15



Fully enjoy local food at a historical Birthplace.



At the Yoshimura Torataro's birthplace, they share tourism information while serving food with plenty of local ingredients. We recommend the "Torataro meal" that comes with in-season mountain vegetables and fish from the river. (Reservation required) With vegetable tempura, fried konnyaku, and more, please try a variety of dishes.

### Yoshimura Torataro Residence

Address: 1456-1 Ko, Yoshiuno, Tsuno Town Takaoka-gun  
Tel:0889-62-2601 Open: 10:00-16:00 Closed: Tuesdays, New Year holidays Parking lot: 5



A coffee shop on a peaceful mountain.



In a little town surrounded by nature at the base of a mountain, stands a quiet coffee shop. You can taste the gourmet of the mountain village made with fresh local ingredients in the "Fukuro Set Meal" (reservation required), and the Japanese-style café menu with matcha and sweets is popular.

### Coffee Shop Fukuro

Address: 1621-1 Hei, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-62-3031 Open: 9:00-16:00 Closed: Irregular Parking lot: 4



Taste delicious food while feeling the abundant green nature.



A café with a rich menu including over 10 breakfast options like toast, sandwiches, and Japanese food, along with daily lunch specials, rice bowls, fried chicken, hamburger steak set meals and more. At night, you can enjoy the owner's "omakase (owner's choice)" meal. There are also terrace seats where you can look out at the Shinjo River.

### Green Forest Café Mokumoku

Address: 1034-3 Otsu, Suginokawa, Tsuno Town, Takaoka-gun  
Tel:0889-56-3933 Open: (Breakfast) 8:00-11:00 (Lunch) 11:00-last order 13:30, (Dinner) 17:30~21:00\*Service will end in the case of items selling out Closed: Tuesdays, the 2nd Wednesday Parking lot: 10



A long-established coffee shop loved by locals filled with flavor and volume!



A coffee shop where you can look out the window at abundant nature and watch the birds. You can enjoy the popular breakfast menu that includes toast, hot sandwiches, and Japanese set meals until 13:30. For lunch, they serve meals including the "Daily set meal" made with plenty of local vegetables, and the "Mixed fried set meal".

### Coffee Shop Blumen

Address: 1 Ko, Suginokawa, Tsuno Town, Takaoka-gun  
Tel:0889-56-3110 Open: 8:00-13:30\*Operates as a bar from 17:30 Closed: Mondays, the 3rd Sunday Parking lot: 10



A relaxed meal time while looking at Mt. Irazu.



A cottage located at the base of the Shikoku Karst where you can eat breakfast all day. Aside from the western-style set meal shown in the picture, there is also a Japanese-style set meal (with grilled fish), yakisoba, and other individual dishes available. If the weather is nice, you can also enjoy relaxing at the outdoor terrace seating.

### Stay Room Go

Address: 1060-1 Otsu, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-43-9889 Open: 8:00-17:00 Closed: Irregular Parking lot: 4



A restaurant run by a married couple working together that's loved by locals.



The popular "tai romen" is made with a vegetable-rich "ankake" sauce that matches perfectly with the noodles, and is a dish that will make you feel satisfied just by looking at it. The "tenshin rice", fried chicken and yakisoba also have many big fans. You can enjoy both Japanese and Chinese food.

### Japanese and Chinese Restaurant Imahashi

Address: 486-1 Nagano, Tsuno Town, Takaoka-gun  
Tel:0889-55-2288\*Prior contact required for parties of more than 5 people. Open: 11:00 (\*Inquiry required for information about the dosing time) Closed: Wednesdays, temporary dosures Parking lot: 6





A set meal restaurant with plenty of regular customers.



From various set meals including hamburg steak and fried shrimp to the addictively spicy "Taiwan mixed noodles" this set meal restaurant offers a menu with plenty of options. Great for everyone from families to the elderly, it's especially popular for lunch. Service at night available upon reservation.

### Tsunokin

Address: 5169, Kitagawa, Tsuno Town, Takaoka-gun  
Tel:0889-62-2985 Open: 11:30-14:00, Service at night available upon reservation. Closed: Saturdays, Sundays, holidays Parking lot: Available



A famous ramen shop visited by people from inside and outside the prefecture!



They serve an abundant variety of dishes including "Chashu ramen" topped with five slices of their homemade chashu pork, "Miso pork cutlet ramen", "Gomoku ramen", and "Spicy miso ramen". They also serve set meals, rice dishes, and other individual dishes.

### Jiyuken Hayama branch

Address: 308-1 Ko Suginokawa, Tsuno Town, Takaoka-gun  
Tel:0889-56-3744 Closed: Mondays, the 2nd Tuesday\*Open in the case of holidays, and closed on next day. Parking lot: 20



The taste of a popular ramen restaurant that boasts over 50 years of business.



They serve Kochi's famous "Miso pork cutlet ramen", soy sauce and salt ramen, and the Hayama original "Salt garlic ramen". They also offer an abundant individual dish menu including gyoza dumplings, fried chicken, teppan (iron plate)dishes and more.

### Tontaro Hayama branch

Address: 538-5 Himenono, Tsuno Town, Takaoka-gun  
Tel:0889-52-2322 Open: 11:30-14:00, 17:30-all items sold out Closed: Mondays \*temporary closures Parking lot: 15



Kochi's famous miso pork cutlet ramen!



When it comes to Kochi's local ramen, it's "Miso pork cutlet ramen" The secret ingredient of garlic accents the perfect pairing of the light soup simmered for hours and the crispy, freshly fried pork cutlet. It's a restaurant with devoted fans even outside of the prefecture.

### Tontaro Higashitsuno branch

Address: 4289-1 Chikaraishi, Tsuno Town, Takaoka-gun  
Tel:0889-62-3360 Open: 10:30-16:00 (L.O. 15:30)  
Closed: Wednesdays \*Temporary closures Parking lot: Available



Be moved by deeply fragrant smoked food.



A shop that specializes in smoked food built at the base of the Shikoku Karst. They sell smoked cheese made with 100% raw milk from Hokkaido, smoked nuts, and original quiche. Enjoy the deeply fragrant taste made with special attention to the strength of the scent.

### Homemade Smoked Food Workshop Cacooo

Address: 644-1 Otsu, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel: None Open: 10:00-15:00 Closed: Monday-Friday \*detailed updates will be posted on their Instagram @cacooo\_smoke Parking lot: Available



Japanese hospitality through a splendid menu using food from the mountains.



If you think of tea houses at the peak of the mountains of Tsuno Town, this is the place! They sell food that seems like it'll stick out of the package, including their famous "sanzokuyaki" chicken, "amego" cherry salmon grilled with salt, "oden" and more. You can choose to eat in or get takeout, and the soup served inside the shop is delicious, too!

### Sanzoku Tea House

Address: 1816-1 Funato, Tsuno Town, Takaoka-gun  
Tel:0889-62-3319 Open: 9:00-17:00  
Closed: Monday-Wednesday \*Irregular closings during the New Year holiday Parking lot: 10 spaces available



A fresh and rich taste.



A shop that's popular for its sweets made with fresh milk from Jersey cows. What sets the popular soft serve ice cream apart is that it has little air in it, so its rich delicious flavor is condensed inside. We also recommend the handmade pudding and cheesecake.

### You Farm

Address: 4883-1 Kitagawa, Tsuno Town, Takaoka-gun  
Tel:0889-62-3302 Open: 10:00-17:00  
\*16:30 November-February Closed: Tuesdays  
Parking lot: 10 spaces available



Enjoy a cup of supreme bliss at this specialty shop.



The house roasted coffee shop that does everything from roasting to brewing, completely bringing out the unique flavor of the coffee beans. They offer a highly fragrant hand drip "Base of the Shimanto River Blend" coffee, and daily handmade cakes including the "matcha chocolat".

### Coffee 7-Fushigi

Address: 2417-4 Kuwagaichi, Tsuno Town, Takaoka-gun  
Tel:080-5655-2636 Open: 10:00-18:00  
Closed: Wednesdays, Thursdays  
Parking lot: Available





A scone shop with additively crunchy large sized scones.



There are 7-8 flavors of scones available, from classic plain and chocolate chip to seasonal limited flavors. The scones filled with the owner's ideals have an addicting texture and just-right sweetness, and are perfect as a snack. They also sell drinks and home goods.

### JACKSON Scones

Address: 559-1 Akagi, Tsuno Town, Takaoka-gun  
Tel:None Open: 11:00-16:00 Closed: Mondays, Tuesdays, Saturdays, Sundays, holidays \*detailed updates will be posted on their Instagram @jacksonscones Parking lot: 1 space available



Additive-free bread that's gentle on the body at a small cabin.



The soft, chewy, and fragrant bread made with homemade and natural yeasts is popular. Bread made with carefully selected ingredients including the "campagne fruit" made with plenty of dried fruit, the "kaman tea bread" made with tea from Tsuno Town, and more are available.

### Koya

Address: 13-1 Ko, Suginokawa, Tsuno Town, Takaoka-gun  
Tel:090-7781-9954 Open: 11:00-18:00 \*they will close when the items sell out Closed: Only open on Fridays\*Detailed updates will be posted on their Instagram @koya\_bread Parking lot: Available



This charming bento shop is popular for its chicken nanban and has plenty of side dishes!



There are over 10 kinds of bento and side dishes that change daily including the chicken nanban bento made with the owner's carefully prepared tartar sauce, fried chicken bento, fried shrimp bento, hamburger steak bento, and more. They also sell the homemade "Grandma's Miso" at the store.

### Hokkasai Shimasaki

Address: 489-1 Himenono, Tsuno Town, Takaoka-gun  
Tel:0889-55-2005 Open: 10:00-13:00 \*17:00-19:00 only chicken wings for sale Closed: Saturdays, Sundays, holidays \*reservations possible for closed days Parking lot: 6



Fresh handmade bento that you can also reserve!



Every day they offer over 15 kinds of bento with an international selection, including a large-sized rice ball set, pork steak and pork kimchi rice bowls, gapao rice, and stir fried green peppers with beef. How about coming here on a day when you think, "Shall I bring a bento and eat it outside?"

### Y Shop Masuya branch

Address: 5171-1 Kitagawa, Tsuno Town, Takaoka-gun  
Tel:0889-62-2790 Open: Weekdays 6:00-20:00, Sundays 7:00-19:00 Closed: Open 7 days a week  
Parking lot: Available



A bakery in the mountains that opens on weekends and offers snack breads and side dishes.



A woman from Osaka who moved to Tsuno Town after marriage runs this bakery because she "loves bread and delicious food". An abundant variety of bread is available including snack bread, sandwiches, side dish bread, tarts, and more.

### Bread Workshop Yamazato

Address: 3584-1 Funato, Tsuno Town, Takaoka-gun  
Tel: 0889-62-3339 Open: 9:00-until items sell out  
Closed: Monday-Friday, temporary closures also possible  
Parking lot: Available



The roasted green tea sweets shop that represents Tsuno Town.



They sell high quality, carefully roasted "hojicha" green tea, soft serve ice cream (not available in winter), "daifuku" rice cakes, roll cakes, seasonal limited roasted green tea chocolate, and a variety of other roasted green tea sweets. There are also a lot of items we recommend as souvenirs.

### Manten no Hoshi Main Office & Factory

Address: 4939 Funato, Tsuno Town, Takaoka-gun  
Tel:0889-62-3335 Open: 10:00-17:00\*-16:00 November-March  
Closed: New Year holidays, Sundays in December-February  
Parking lot: Available



A long-established supermarket that's been in business for over 50 years.



The shop's famous "Mackerel sushi" is a dish prepared carefully by buying sushi-suited mackerel from the fish market and pickling it while raw. There's plenty of vinegar rice inside the sushi, so you'll feel fully satisfied! Please enjoy the taste that's been loved by the town for years.

### Takahara Supermarket

Address: 24-11 Ko, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel:0889-62-3101 Open: 8:30-18:30  
Closed: Sundays, January 1st-3rd  
Parking lot: 5-6



Lots of seafood approved by the locals!  
A shop where bento and side dishes are also popular.



Delicious fish, including "katsuo no tataki (seared bonito)" made with fresh, in-season fish carefully chosen at the market and grilled over straw, is the pride of this shop. Nutritionally-balanced daily bento and side dishes made with as many fresh vegetables as possible are also popular. During the "ayu" sweetfish season, fresh ayu is also available at the shop.

### Nishimori Shoten

Address: 23-1 Ko, Shiraishi, Tsuno Town, Takaoka-gun  
Tel:0889-56-3129 Open: 8:30-20:00  
Closed: January 1st  
Parking lot: 20





Japanese, western, and Chinese food are all available in one place!



"Yushokuya Raku" celebrated its 20th anniversary in 2022. We recommend the very popular "chicken wings", which overflow with flavor, and the "Koitama chicken nanban" made with homemade "Koitama dressing". You can enjoy plenty of other Japanese, western, and Chinese style dishes, too.

**Yushokuya Raku**

Address: 489-1, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2009  
Open: 17:00-21:00 (L.O.20:30)  
Closed: Sundays Parking lot: 6



Enjoy the fresh food of a caterer.



A shop that operates as a caterer during the day and also as an izakaya at night. We highly recommend the thick-cut "katsuo sashimi" served with plenty of condiments. We also recommend the perfectly simmered "braised pork" and the beautifully colorful "spinach salad". Takeout is also available.

**Misaya**

Address: 375-1, Nagano, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2118  
Open: 17:00-21:00  
Closed: Sundays, Holidays Parking lot: Available

**Tsuno Town column**

**The local taste that once came to an end returns.**

The snack that is familiar to Tsuno Town from long ago, "Morogiya's" "Tsurukame-yaki".

"Morogiya" began business from not long after World War II, but in 2016 it closed due to the lack of a successor.

But, with the goal of bringing back that nostalgic taste, members of the regional revitalization group "Seika Family" took action.

They borrowed the mold from the originator, and tried to recreate the snack through trial and error.

After one year of sharing opinions and remembering the taste of the "Tsurukame-yak"i they ate during childhood, they finally recreated it. Now, they sell it about twice a month by Seika elementary school.

Please enjoy it with the "Kamancha" tea made by the same "Seika Family".



**Other places**

Stop by a convenient grocery store or a bar that lights up Tsuno Town's nights!

**Takeout**

**Takoyaki Asunaro**

Address: 486-1 Nagano, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2688  
Open: 14:00-19:00  
Closed: Sundays Parking lot: Available

**Grocery store**

**Shinden Food Center**

Address: 16, Ko, Yoshiuno, Tsuno Town, Takaoka-gun  
Tel: 0889-62-2118  
Open: 8:30-19:00  
Closed: Sundays, Holidays Parking lot: Available

**Convenience store**

**Lawson Tsuno Town East branch**

Address: 318, Shindoi, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2277  
Open: Open 24 hours  
Closed: Open 7 days a week Parking lot: Available

**Bar**

**Tiffany**

Address: 502, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2084  
Open: 18:00-23:00  
Closed: Open 7 days a week Parking lot: Available

**Bar**

**michi**

Address: 5168, Kitagawa Tsuno Town, Takaoka-gun  
Tel: 080-4682-6038  
Open: 17:00-24:00  
Closed: Sundays, Holidays Parking lot: Available

**Grocery store**

**Sunshine Diska**

Address: 501-1, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0120-72-3481  
Open: 9:00-20:00  
Closed: Open 7 days a week Parking lot: Available

**Takeout**

**Hoka Hoka Bento Kaze no Eki**

Address: 2166-5, Ko, Shiraishi, Tsuno Town, Takaoka-gun  
Tel: 0889-56-3244  
Open: 6:00-All items sold out  
Closed: Thursdays, Fridays Parking lot: Available

**Convenience store**

**Y Shop Higashitsuno branch**

Address: 2996, Funato, Tsuno Town, Takaoka-gun  
Tel: 0889-62-2448  
Open: 7:00-21:00  
Closed: Open 7 days a week Parking lot: Available

**Convenience store**

**Seven Eleven Tsuno Town Hayama branch**

Address: 497-1, Himenono Tsuno Town, Takaoka-gun  
Tel: 0889-43-9788  
Open: Open 24 hours  
Closed: Open 7 days a week Parking lot: Available

**Bar**

**Sanpomichi**

Address: 557-1, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0889-55-2044  
Open: 17:00-24:00  
Closed: Mondays Parking lot: Available

**Bar**

**Gin no Tsuki**

Address: 391-7, Himenono, Tsuno Town, Takaoka-gun  
Tel: 0889-43-9609  
Open: 18:00-23:00  
Closed: Wednesdays Parking lot: Available



# Tsuno Leisure MAP





# Tsuno Bura information

## Brief Summary of Tsuno Town

Location of Tsuno Town Main Office	133° 12' 7"E, 33° 26' 34" N
Distance of the Town	East-West: 28.10km South-North: 15.37km
Area of the Town	197.85km <sup>2</sup>
Main Rivers	Shimanto River, Shinjogawa River
Land Usage Status	Forest: 89%, Housing Area: 9%, Arable Field: 2%
Average Temperature	15℃
Annual Rainfall	3,300mm
Accumulated Snow	Found in the western mountainous areas in winter
Population	5291 people ※According to 2020 National Population Census
Number of Households	2,206 Households
Main Industries	Agriculture (tea, ginger, myoga ginger, eggplant, green onion, flower), Forest Industry (raw material production, lumber) Construction industry
Local Flowers, Trees, and Birds	Akebono azalea, Japanese cypress, varied tit

## Facility Information

Gas stations	Nabeshima Petroleum Inquiries:0889-55-2611 Open:Weekdays 7:00-21:00 Closed: January 1st
	Shimomoto Industry Inquiries:0889-56-3111 Open:7:00-19:30 (8:00-18:00 on Sundays) Closed:January 1st, 2nd
	Kochi Petroleum East Tsuno Branch Inquiries:0889-62-3054 Open:7:00-18:30 (8:00-18:00 on holidays) Closed:Sundays, January 1st-3rd

Hospitals	Himenono Clinic Inquiries:0889-55-2001 Consultation hours:9:00-17:00 Closed: Saturdays, Sundays, holidays
	Suginokawa Clinic Inquiries:0889-56-3333 Consultation hours:9:00-17:00 Closed: Saturdays, Sundays, holidays
	Tsunoyama Clinic Inquiries:0889-62-2175 Consultation hours:9:00-17:00 Closed: Wednesdays, Saturday afternoons

Police, Fire Department, Emergency Aid	Hayama Police Box Inquiries:0889-55-2110
	Higashitsuno Police Box Inquiries:0889-62-2178
	Koban Fire Department Tsunoyama Substation Inquiries:0889-40-1099
	Koban Fire Department Tsunoyama Substation Hayama Branch Inquiries:0889-55-2330

Taxis	Hayama Hire Inquiries: 0889-55-2613
	Shinden Hire Inquiries: 0889-62-2145

Tourism Information	Tsuno Town Main Office Tourism Promotion Division Inquiries:0889-55-2021 Open: 8:30-17:15 Closed: Saturdays, Sundays, holidays
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Tsuno Town Tourism Information is also posted on the website!

A tourism information website for your leisurely walk around Tsuno Town.

Tsunobura

<https://town.kochi-tsuno.lg.jp/tsunobura/>



@tsunobura

Tsunobura Instagram



facebook.com/tsunobura/

Tsunobura Facebook



高知県津野町観光ネット津野ぶら

Tsunobura YouTube

You can also see Tsuno Town tourism information pamphlets on the digital catalogue!

