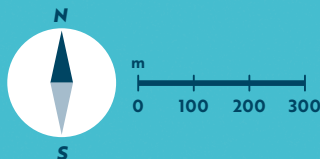


# Cape Ashizuri Matsuo Usubae

Although less than 8km in length, there is so much to see along this route. If you only have a few hours to explore Ashizuri, this is the one!



## Tojindaba Megaliths

Put your E-bike through its paces on the 3km climb from Tojindaba Entrance to the Tojindaba Megalithic site. At around 270m above sea level, the remains of a mysterious prehistoric stone circle can be found in some lovely parkland as well as a cluster of huge rocks with views over the Pacific. Be sure to visit the retired horses at Ashizuri Daddy Ranch and keep an eye out for some very cute ponies by the roadside.



## Matsuo

Once a hive of activity, producing sodabushi dried fish flakes, today, life moves slowly in the picturesque port town of Matsuo. It is a lovely place to explore with some cool Akou Banyan trees, a mysterious blue cave and one of the nicest cafes in the area.



## Kongofukuji Temple

Temple No.38 on the Shikoku 88 Temple Pilgrimage on the tip of the Ashizuri Peninsula is often described as the temple closest to the Buddhist paradise of the Pure Land. Be sure to greet the many pilgrims to visit here, especially those who have made the 3-day-walk from Temple No.37.



## Cape Ashizuri

Take in the 270° view of the Pacific Ocean from Shikoku's southernmost point. Stand on the metal compass at the viewing platform to experience a mysterious echo effect when you shout out to sea with all your might and check out the well marked cliffside walking paths through Ashizuri's sub-tropical greenery.



## Ryugu Shrine

Ryugu Shrine is a place like no other. The tiny shrine is located in a rocky inlet that takes your breath away. Dedicated to a sea goddess long revered by fishermen, local women would come here and open their kimono showing themselves to the sea, in the hope that the goddess would bless them with a big catch.



## Hakusan Arch

This 16m high natural arch is an awe inspiring sight and well worth leaving your bikes and walking down the steep path to view it from below. See if you can find the angle from which the opening appears heart shaped and make out the face of a young woman in the rock above.



## Manjiro Ashiyu Footbath

Treat your feet at the end of your ride with a free onsen foot bath while enjoying stunning views of the Hakusan Natural Arch. Toilets, vending machines and ¥100 towels available.



## Tengu-no-Hana

Cape Ashizuri Viewing Platform

Cape Ashizuri Lighthouse

Cape Ashizuri

Walking course

Tourist Information

Kongofukuji Temple

Manjiro Ashiyu Footbath

Hakusan Arch

Ryugu Shrine

Matsuo Port

Ebido 'Blue' Cave

Cafe 69 LOG

Stone-hugging Akou Banyan

300-year-old Akou Banyan

Tenmangu Shrine

Atelier 923 Leathercraft

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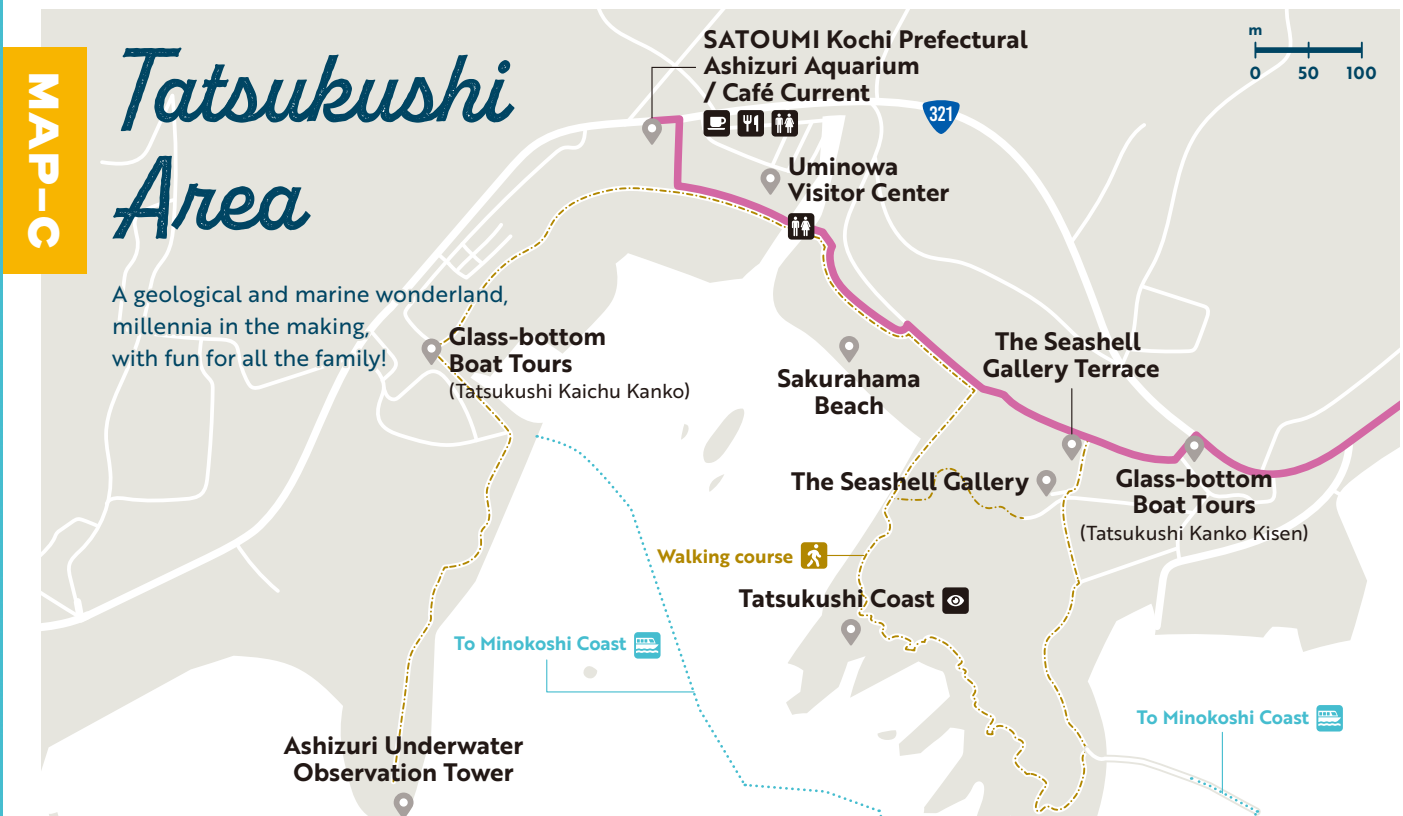
300-year-old Akou Banyan

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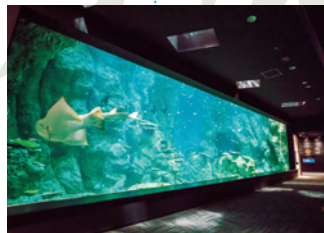
# Tatsukushi Area

A geological and marine wonderland, millennia in the making, with fun for all the family!



## Tatsukushi Coast

Tatsukushi is a geological wonderland above the sea and marine paradise below. Walking paths give you easy access to rock features formed over millions of years and pretty Sakurahama Beach where sea turtles come to lay their eggs in summer. Be sure to give yourself time to explore this fascinating area before heading back to your hotel.



## SATOUMI Kochi Prefectural Ashizuri Aquarium

A recently opened, interpretive museum and aquarium that takes you on a journey from Tosashimizu's primeval forests in mountains, through Tatsukushi's coral reefs, into the warm Kuroshio current that draws a multitude of marine life close to the shoreline before plunging the depths of the Pacific.



## Glass-bottom Boat Tours

Glide over Japan's most extensive leaf coral colony to the Minokoshi Coast, where Tatsukushi's most spectacular rock formations are to be found. It's a 20min trip out and 10 min back. Once at Minokoshi Coast you can explore by yourself or with a guide.

\*Boat tour departures depend on sea conditions.



## Ashizuri Underwater Observation Tower

This delightfully retro structure is not the lair of a Bond villain, but an aquarium in the ocean. A spiral staircase takes you 7m below the sea from where you can watch local marine life going about its daily business in an all-natural setting through large portholes.



# Paul's Favorite Pit Stops

## Nishimura Perayaki Tosashimizu Soul Food : Perayaki

In a place famous for its bountiful seafood, you might be surprised to hear that what is considered to be Tosashimizu's soul food is a kind of pancake. Perayaki is a simple crepe-like dish, filled with fried fish cake pieces, green onions, dried bonito flakes and topped with a beaten egg and sauce. It's the perfect meal during a day out on the E-bike, especially during the cooler months, and a great way to experience some very local culture.

Today, there are several perayaki shops in Tosashimizu, but it all started with Nishimura back in 1957. The location has changed over the years, but push through the curtain and you instantly feel a sense of history from the retro interior.



## How to enjoy perayaki!

1. Choose your portion size. Prices range from ¥350 to ¥800 according to size. Up to ¥500 is a standard order.
2. Choose your sauce from Worcester, Spicy Worcester, Sweet Tonkatsu or Soy.
3. Then, all that remains is to watch your perayaki prepared on the charcoal-fired griddle and bon appétit!



## Everyday Kitchen

Tosashimizu city center has several supermarkets, but Everyday Kitchen has a really local feel. Local produce is delivered fresh each morning and it is a great place to pick up bento box lunches that have been put together by hand.



## Coffee Shop TOP

The affable Watanabe-san may have taken over this family-run cafe with a 60 year history after an unexpected turn of events, but it seems like he has found his calling. Wonderful coffee, unbelievable 3D latte art, light meals, sweets and even craft chocolate using local ingredients.



## Kissa Maakun

Friendly coffee shop that's open bright and early from 7am. When the locals are in it gets quite lively and filled with chat and laughter. Breakfast toast sets and drinks are extremely reasonably priced. Maakun closes at 2pm, so don't leave your visit too late!



## Bakery Pomie

This is the place to stock up on Japanese style baked goods for the next stage of your journey. Whether you have a sweet tooth or are hankering for something savory, Pomie has your covered, in a way that Japanese bakeries do so well. A selection of their breads can also usually be found at Everyday Kitchen.



## Oki Tourism Center(Cafe Beach)

This bizarrely-named old-school coffee shop is a worthy goal if you ride the Oki Beach Pilgrim's Way. The retro atmosphere and the elderly ladies who rule this roost make it a real hidden gem. The morning breakfast plates and other simple homestyle dishes on the menu are great value.



## Cafe 69 LOG

Lovely cafe overlooking Matsuo Port run by a surfing couple who decided to move to be near some of Japan's best waves. The beach vibe extends to the menu which includes hot dogs, pancakes, taco rice and plate lunches. Enjoy the gorgeous view from the terrace or rub shoulders with local customers inside.



## Takemasa

Easily-identifiable by its bright yellow exterior, Takemasa is a sodabushi fish flake producer's retail outlet. As well as a wide range of souvenirs, they serve healthy set lunches and a soy "dashi-burger" (no meat, but flavored with dashi fish stock) at weekends as well as coffee roasted by Coffee Shop TOP.



## Café Current

If you've biked all the way out to Tatsukushi, you will be in need of refreshment. Café Current at SATOUMI aquarium is a lovely place to enjoy a drink or light meal either inside or on the beachfront terrace. On the menu are pizza, pasta, Thai curry, burgers and drinks.

## Go deeper



Gain a deeper appreciation of Ashizuri's natural history and fascinating culture on an English language tour. It's a great way to go beyond the views and connect with local people.

<https://hata-kochi.jp/en/>