

Ashizuri · Tosashimizu

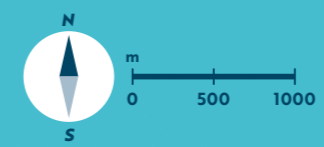
Welcome to Tosashimizu!

Ashizuri and Tosashimizu's ocean views, dramatic coastlines and tiny fishing ports are best explored by bicycle, and the added boost provided by rental E-bikes puts them within reach of even beginner cyclists. We hope this guide will help you enjoy this beautiful and fascinating part of Kochi Prefecture to the full.

Meet your local cycle guide!



Hi, I'm Paul! I have cycled all over Japan, but Tosashimizu is a place I keep coming back to. I'm so happy you've made it all the way down here and I hope you enjoy exploring the area by bike as much as I do!



Tatsukushi Coast
This geological and marine wonderland has fun for all the family. A visitor center, aquariums, glass bottom boat and walking tours, a beautiful beach and terrace cafe. See Map C overleaf.



Kashima Shrine
Pretty shrine on a tiny island. Great picnic spot.



Tojindaba Megaliths
View the Pacific from an outcrop of giant rocks, above a prehistoric megalithic site.



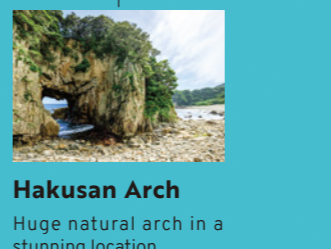
Matsuo
Explore this pretty fishing port on foot or by bicycle.



Ryugu Shrine
Shrine to a sea goddess in a jaw-dropping location.



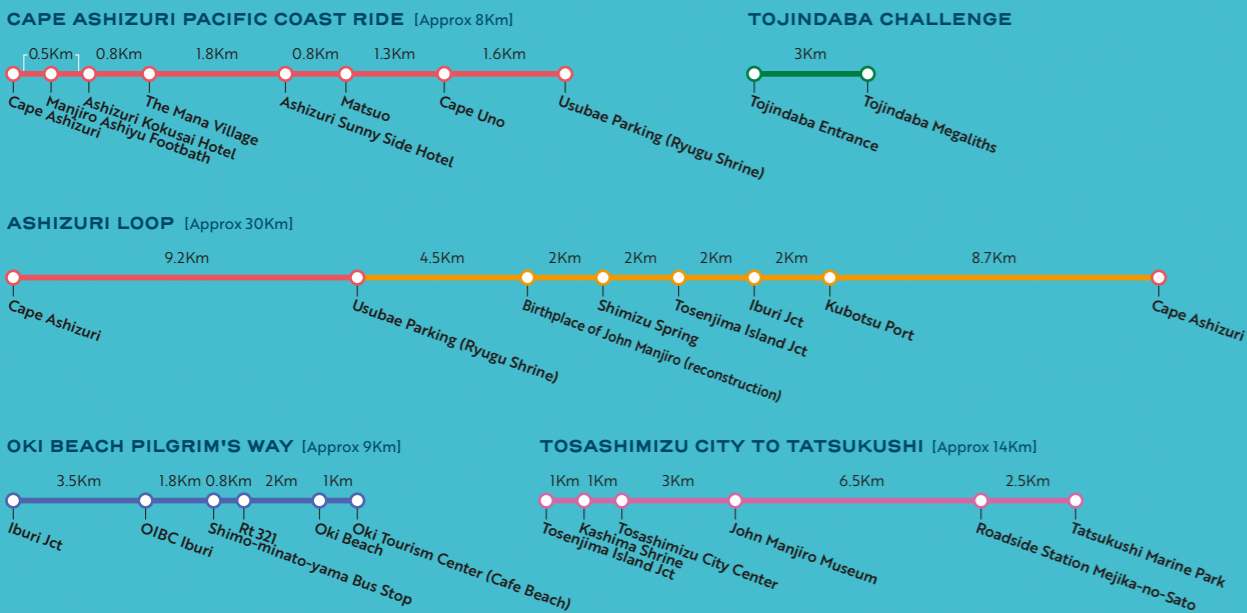
Cape Ashizuri
View the curvature of the earth from Shikoku's southernmost point.



Hakusan Arch
Huge natural arch in a stunning location.



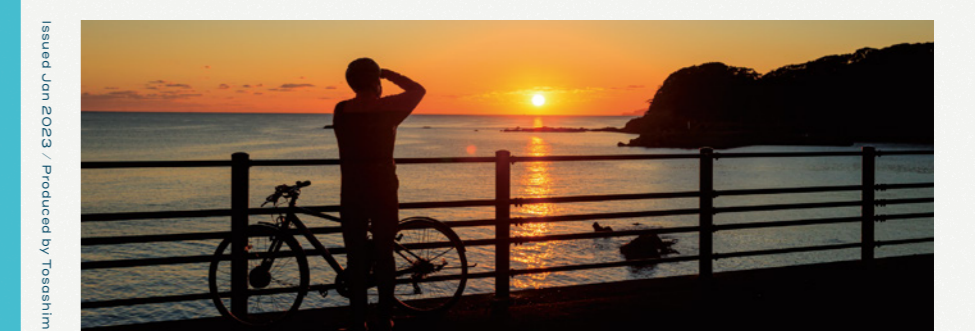
ROUTE GUIDES *all distances approximate



- Icons** Viewpoint Toilet Restaurant Coffee Convenience store Footbath

The extraordinary life of John Manjiro

A castaway at the age of 14, Manjiro Nakahama was one of the first Japanese to live in U.S., after being rescued by an American whaler. Initially treated with mistrust on his return to Japan 10 years later, Manjiro would prove to be a valuable asset when official relations between Japan and the U.S. began. A statue of Manjiro stands at the entrance to Cape Ashizuri and his humble birthplace is open to the public. You can also visit a museum dedicated to his life.



E-bike Rentals Please confirm terms of service with facility.

| Name of facility | Address | Tel |
|---------------------------|---|--------------|
| Ashizuri Kokusai Hotel | 662 Cape Ashizuri, Tosashimizu City | 0880-88-0201 |
| TheMana Village | 783 Cape Ashizuri, Tosashimizu City | 0880-88-1111 |
| Hotel Ashizurien | 478-5 Cape Ashizuri, Tosashimizu City | 0880-88-0206 |
| Hotel Kaijokan | 565 Cape Ashizuri, Tosashimizu City | 0880-88-0503 |
| Ashizuri Thermae | 1433-3 Higashihata, Cape Ashizuri, Tosashimizu City | 0880-88-0301 |
| Ashizuri Sunny Side Hotel | 19-2 Matsuo, Tosashimizu City | 0880-88-0331 |
| Minshuku Tamura (B&B) | 658-1 Cape Ashizuri, Tosashimizu City | 0880-88-0605 |
| Guest House Fukudaya | 1409-3 Cape Ashizuri, Tosashimizu City | 0880-88-0529 |
| Takemasa | 236 Nakahama, Tosashimizu City | 0880-82-9208 |

Please ask rental bike staff to write an emergency contact number here

- Tips and warnings**
- Wear a helmet when riding (gloves also recommended)
 - If riding an E-bike for the first time, practice in a car-free area before you hit the road.
 - Several cafes and restaurants are listed on this map, but carry drinks and snacks just in case.
 - Don't forget your sunscreen.
 - E-bikes help your legs, but the time in the saddle still takes its toll on your behind!

Contact Tosashimizu Tourism Association ☎0880-82-3155 Tosashimizu Tourism Commerce Department ☎0880-82-1212