



室戸市  
観光ガイドブック

# Muroto City Guide Book





WELCOME

Explore the unknown world

# Welcome to Muroto

Muroto is designated as UNESCO Global Geopark with its unique landscapes, history, and culture. Beautiful mountains and coastlines have been shaped by movements of the Earth. Muroto is also known as the place where Kukai, a Buddhist monk attained enlightenment. Here has historic townscape designed with traditional architectures to live in harmony with nature. You can enjoy natural activity programs, experience local culture, have local cuisine with fresh seafood and harvests. Make plans to visit Muroto to explore an unknown world and have a taste of the extraordinary!





Feeling the Earth Dynamism

Exploring Muroto UNESCO Global Geopark

Muroto is a moving land where we can feel the dynamic Earth move. The whole administrative area of Muroto City was designated as "UNESCO Global Geopark" as a result of local community's activities to utilize internationally valuable geological heritage for its sustainable development. You will see how the land of Muroto has been formed about 50 million years ago and feel that the Earth is actually moving. If this is your first time to visit here, you should join a guided tour to find the 50 million-Earth history!

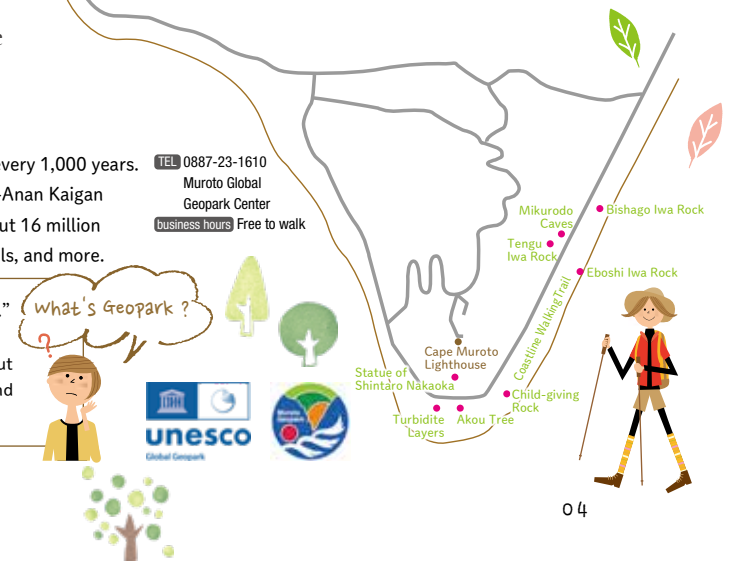


Cape Muroto, blessed with beauty of nature with unique-shaped rocks

Cape Muroto

The land of Muroto has been uplifted about 1 to 2 meters every 1,000 years. Here is famous as scenic beauty and designated as Muroto-Anan Kaigan Quasi-National Park. You can walk on the land, formed about 16 million years ago and observe igneous rocks, made of magma, fossils, and more.

"Geopark" is a combined word of "geo (earth)" and "park." There are 35 national Geoparks and 9 UNESCO Global Geoparks in Japan (as of March 2022). You can learn about the Earth and how it is related to human being's culture and lifestyles.



Coastline walking trail shows you dynamic nature and history of Muroto.

Coastline Walking Trail

Cape Muroto is full of tourism attractions such as subtropical plants, uplifted lands, spots related Buddhist monk, Kukai, or etc. You can see those sites along with this 2.6km-walking trail. You should wear comfortable shoes and enjoy your walking here.



Bishago Iwa Rock

The rock was made of magma which slowly cooled and hardened about 14 million years ago. As well as turbidite layers, this rock was hardened vertically on the ocean floor and earth movement made it standing horizontally, seen as today. There is also an old legend about the rock which is a sad story about a very beautiful young woman named Osago.



Akou Tree (Ficus Superba)

The tree is characterized by its unique roots growing as if those swallow rocks and crawl over the ground. Thanks to mild climate around Muroto, many types of subtropical plants such as Akou trees live here. You can also observe unique shaped trees, formed by strong winds.



Turbidite Layers

It is a sedimentary rock made of sand and mud which has been formed for about 20 million years ago underwater. The layers look like standing vertically on the land, as seen today, used to be sedimented horizontally underwater in a result of the movements of the Earth. Mud-layer looks darker than sand-layers.



# Three topics for learning and enjoying the Geopark



## Lifestyle

Here exhibits local culture and industries which has been strongly influenced by local natural environment. You will be inspired by local people's lifestyles utilizing topography, geology, and mild climate to sustain their lives. This is going to be a good chance how yourself can live in harmony with nature today.

## Living in harmony with nature

Due to its topography, local people should live in harsh nature which brought typhoon and strong sea breeze. Here shows you local people's wisdom to live in harmony with nature and it tells us how we ourselves can live in nature today.

## Formation of the land

This section tells you a very basic information of Muroto's geology: how has the land of Muroto been formed? Let's find out your own route to enjoy Geopark.



# Get to know everything about the Geopark!

## Getting information in "Muroto Global Geopark Center"

Muroto Global Geopark Center is the best place to know about Geopark to have fun. Exhibitions, posters, and videos will help you to learn the Geopark. You can also discuss about what to do and where to go in the Geopark at an information counter. Then you are very ready to go on a journey!



Learn about the Muroto UNESCO Global Geopark with the exhibition panels, dioramas, and videos.

### Muroto Global Geopark Center



TEL 0887-23-1610 address 1810-2, Murotomisakicho, Muroto-city business hours 9:00-17:00 (holiday) Open all year round fee Free

### Cycle sharing service



Lending time 9:00-16:30 (Last reception:16:00) fee Electric bike 1500yen/day, Cross bike 1000yen/day ※Including helmet Lend and Return Muroto Global Geopark Center (P.7), Searest Muroto (P.8), Cape Muroto (Muroto City Tourism Association) 6939-4, Murotomisakicho, Muroto-city

### Information Counter

It gives you tourism information of Muroto City and Geopark. You can also discuss about guided tours and activity programs reservation here.



### Geo Cafe · Geo Shop

It serves you light meals and deep-sea water drinks. You can also get local souvenirs here. "None Manjyu," or a steamed-bun with sweet red-beans is one of the famous sweets in Muroto!



You should try "Geo-soft serve," made from Tosa binchotan charcoal and deep sea water slat.

### Theater Room

Let's go on an adventure with Dr. Magari who does a research of Muroto UNESCO Global Geopark. Watching Muroto's splendid scenery on a big screen is extremely powerful.



### Geopark experience box

Three big screens show you the land formation processes and unique natural environment. You would feel like you are inside the video.





### 3 Open-air jacuzzi

Open-air hot jacuzzi is your final destination in Searest Muroto. Comfortable stimulation given by jacuzzi de-stresses you and your heart.



### 2 Sauna Aufguss.

Here offers you sauna aufguss which is hot steam that rises from stones after aromatic water has been carefully thrown on top of them. You will be very relaxed with good fragrance and hot air.



Experiencing power of deep seawater!

## Getting inner beauty and health at "Searest Muroto"!



Getting inner beauty and health at Searest Muroto

It is well known that deep sea water is good for your health. Muroto is the first place to success to intake deep sea water in Japan. Searest Muroto offers you to experience deep sea water with heated pool, outside jacuzzi, and open-air bath.

You will recharge yourself at Searest Muroto with gifts from deep sea.

### Wellness-oriented city, Muroto

Muroto-shi has a population of 12,000, 51% of which is the elderly. The city seems to represent an aging society Japan is about to face. So it has been trying to establish health and wellness tourism to shake off this negative image. Its main attractions are Muroto's "deep seawater," which can improve the intestinal condition, the "Muroto UNESCO Global Geopark," and thalassotherapy, or seawater therapy, using the local "Tosa Binchotan Charcoal." Also, the city plans to build a 53-kilometer thalassotherapy road along the coastline. The place where the Buddhist monk Kobo Daishi attained enlightenment and called himself Kukai a long time ago is now changing into a health-conscious, wellness-oriented city.

### 4 Having healthy lunch

After workout, it is time for lunch. We recommend you have seasoned seared bonito salad set meal, only around 500kcal. You will be very satisfied.



### Learn about deep seawater.

Muroto Deep Sea Water was born around Alaska and it flows from North Pacific to off Muroto. Aqua Farm is a facility to intake deep sea water from the depth of 374m, 3km away from the land of Muroto. The facility also exhibits panels and videos about deep sea water.

**Aqua Farm**  
TEL 0887-24-2822  
address 3507-1, Murotomisakicho, Muroto-city  
business hours 9:00-16:00  
holiday Sunday, Public Holiday  
fee Free



### 5 Getting some souvenirs

"Muroto Deep Sea Water Marine Gold," the very first bottled water made of deep sea water



Bath salt made from deep sea water is also a good souvenir. Rich minerals make your skin very smooth.

### 1 Aquatic exercise

Working-out in a 100%-deep sea water pool enhances exercise performance because of its higher buoyancy compared with a fresh water pool. Move your body to music with an instructor then get healthy.



Aquatic workout is good for your muscle and joints.

※ Please contact us about aquatic exercise schedule beforehand.

START

Get healthy in a day!  
Our suggestion for you

Aquatic exercise is the best choice to get healthy. You can lend swim suits and towels here, so just bring yourself!



**Searest Muroto**  
TEL 0887-22-6610  
address 3795-1, Murotomisakicho, Muroto-city  
business hours 10:00-21:00  
holiday 2nd and 4th Wednesday of every month  
fee 1300yen/per, 4-year-old-Elementary school student 500yen/per  
URL <https://searest.jp>



Touch and say hello to adorable dolphins!

## Great experience at Muroto Dolphin Center!

Actually, you have also another chance to see dolphins in Muroto. Visit Muroto Dolphin Center and enjoy an interaction with them. Seeing adorable and friendly dolphins surely soothe you.

Dolphins love having fun! They come to you to say, "Let's play!" Their cute eyes make you feel happy and smile.



Having fun with dolphins  
⇒ P.16

You don't have to be a good swimmer to swim with dolphins. An instructor will be with you to enjoy your meeting with dolphins.



You can also hand-feed and touch dolphins in the water.



Take "dolphins" home with you.



Check out these cute pop T-shirts. They have an adorable character featuring Cape Muroto's famous "Daruma Lucky Sunset" and a dolphin on them. They are perfect souvenirs!

Have you fallen in love with dolphins in Muroto? The dolphin tin badges are a must for dolphin lovers. Their smiley faces make you feel so happy.

This cute hand towel with a friendly, happy-looking dolphin & a whale printed on it helps you remember the fun time you spent with adorable dolphins in Muroto!

The best place for hanging out with dolphins

### Muroto Dolphin Center

Here you can meet dolphins. People of all ages can enjoy interacting with dolphins. You had better to reserve all of experience activities with dolphins beforehand. Dolphins you can see here is a bottlenose dolphin which is very friendly.



The Muroto Dolphin Center is located inside the Muroto Misaki Fishing Port (Seaside station TOROMU).



TEL) 0887-22-1245 address) 6810-162, Kujirahama, Murotomisakicho, Muroto-city business hours) 10:00-17:00 (Last reception:16:00) ※ The center may close without notice due to adverse weather, dolphins' health, etc. (holiday) Wednesday (Oct-Mar) ※ Scheduled to open when a Wednesday falls on holidays and Wednesdays during winter and spring vacations. fee) 500yen/per, 4-year-old-Elementary school student 500yen/per, Free of charge for preschoolers.

unique aquarium in a school building

## Muroto Schoolhouse Aquarium

As the name suggests, this aquarium utilizes a closed-school building. School equipment such as desks, chairs, blackboards and also pools are used for breeding and exhibition. Local fishermen provide all of sea animals exhibited in the aquarium.

You will find some interesting exhibitions. Please enjoy this unique aquarium!



Ray is also waiting for your visit!

### Water Tanks



A vaulting horse is also used as a water tank for golden fish.



Octopus, lobsters, moray eels, and colorful tropical fish are in a long water tank along with a hallway. A hand wishing sink established in a hallway became an open-topped fish tank that you can feel sea animals inside.



### Outdoor Aquarium

Hammerhead sharks swim in a big aquarium which used to be a swimming pool. Three types of sea turtles, yellowtail fish, and mackerels also live in this aquarium.



You can meet a swimming-black turtle (Chelonia mydas agassizzi), classified as endangered species. ※ It depends on seasons what kinds of sea animals you can meet here. If you are lucky enough, you could meet rare species.

### Science laboratory



There is 5-meter long skeleton specimen of common minke whale (Balaenoptera acutorostrata) in the science lab. This skeleton specimen is made of a beached whale found in Muroto.

Here also stores skeleton specimen of turtles, rays, and sharks.

A closed elementary school became a newly opened aquarium in 2018. A class schedule on the wall and educational tools in classrooms make you notice here used to be an actual school. Sea animals only caught in Muroto are exhibited here.



A former elementary school transformed into an aquarium. Visit it as you go to school!



### Muroto Schoolhouse aquarium

TEL) 0887-22-0815 address) 533-2, Murotomisakicho, Muroto-city business hours) 9:00-18:00 (Apr-Sep), 9:00-17:00 (Oct-Mar) holiday) Open daily fee) 600yen/per, Elementary and junior high school students 300yen/per, Free of charge for preschoolers.

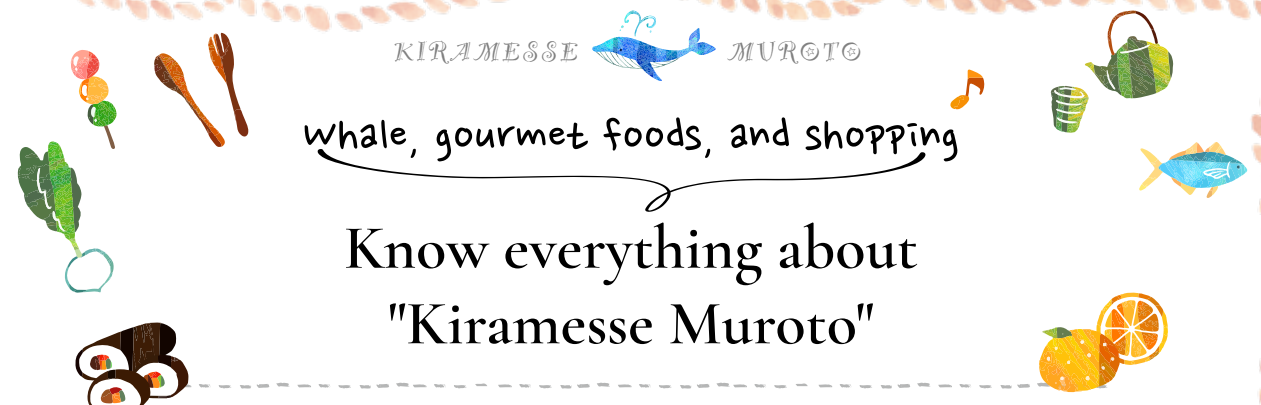


# Experience whaling with digital technology.



whale, gourmet foods, and shopping

## Know everything about "Kiramesse Muroto"



### Digital art theater

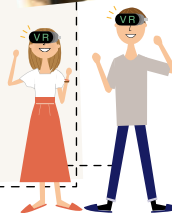
Scenes from the illustrations of traditional whaling in Muroto, from spotting whales to processing them, were recreated as digital images. The 3D animation featuring whalers hunting the giant sea animals at the risk of their lives is an artistic work that you must see.



### Enjoy a virtual ride on a whaleboat at sea.

Whaleboats drive whales into nets at sea. Get on the replicated boat placed on the 1st floor and put on VR headsets, and you'll see an enormous whale emerging from open water! It's so realistic!

Experience in VR



### Workshop room

Watch the "story of Muroto and whales," an educational video created by Gakken, a publishing company. "Hazashi-kun," the host, helps you learn about traditional Japanese whaling. Try some quizzes after enjoying the video!



### Observation Deck AR

Download an AR (augmented reality) app only available at Kujirakan, the whale museum, to your smartphone. Then you can take a photo with a whale breaching behind you at the observation deck overlooking the ocean on the 2nd floor. Post a memory of your trip to Muroto on social media.



### Museum shop

The shop carries a wide selection of products featuring whales, such as stylish tote bags and T-shirts. Try the "whale lottery" and win a cuddly stuffed toy whale. Everyone wins something, but the highest prize is a 1-meter jumbo whale.



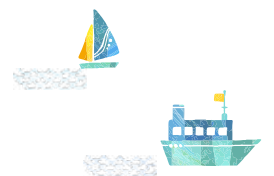
## Whale Museum Kujirakan

The waters off Muroto are a passage for whales migrating to the Japanese Archipelago with the Kuroshio Current. Learn about whales with digital content at a whale museum, "Kujirakan," try some fresh fish and whale meat dishes at a restaurant, "Shokuyu," and purchase morning-picked vegetables at a farmers market, "Rakuichi." "Kiramesse Muroto" is a rest stop to have fun, eat, and shop.

This is a fun experiential museum. Learn about the connection between people and whales, the culture and history of whaling in Muroto with digital art and virtual reality. In addition, the museum displays anatomical models and materials to learn about whales.



TEL 0887-25-3377  
 address 890-11, Kiragawachokou, Muroto  
 business hours 9:00-17:00 (Last 16:30)  
 holiday Monday (Closed on the following weekday if it falls on a national holiday.)  
 fee 500yen/per



## The history of Muroto and whales

### Whaling culture uniquely developed in Japan

People used to say, "One whale provides for seven towns." They ate its meat and utilized its fat, baleen, and bones. As a result, a unique whaling culture was born in Japan, where people appreciated whales enriching their lives.

### Muroto and whales

The waters off Muroto are a passage for whales. Whaling started at the early Edo period in Muroto. The life of people there greatly depended on whales for 300 years until commercial whaling was banned and is still affected a lot by them.

### Muroto's whaling culture

Whaling was developed in Muroto with the "net method," which involved about 20 boats driving whales into large nets laid out at sea. A whale museum, "Kujirakan" tells the story of brave whalers and whales in various ways to introduce Muroto's whaling culture.



Food from the ocean



Muroto has as many as ten fishing ports, and a wide variety of fish and shellfish, including high-quality kinmedai red bream, can be caught. Dried seafood such as half-dried bonito made with fresh ingredients is a great gift!



Market Rakuichi Shopping



Protruding into the Pacific Ocean, Muroto is blessed with the Kuroshio Current's seafood. Muroto's mild climate allows its agriculture to thrive as well. Visit the Rakuichi Farmers Market if you are looking for Muroto's fresh fish, morning-picked vegetables, and fruit.

TEL 0887-25-2918  
address 890-11, Kiragawachokou, Muroto  
business hours 8:30-17:00  
holiday Monday (Closed on the following weekday if it falls on a national holiday.)

Salt



This salt is made from Muroto deep seawater collected from 2,200 meters off Muroto and 374 meters deep. Rich in minerals, the salt brings out the best flavors of ingredients. Try a few drops of the bitter to tenderize meat and cook rice light and fluffy.

Food from the land



Muroto has a rich natural environment and a mild climate thanks to the Kuroshio Current sea breezes. As a result, it grows "sweet, tasty" crops. Have some morning-picked vegetables in season or Muroto's specialties, Nishiyama Kintoki sweet potatoes, loquats, and ponkan oranges grown in fertile land with a lot of sunshine.

Nomachi Liquor Store's choice!

Beverages

Enjoy drinking Muroto's specialties such as tea made with Muroto deep seawater containing more than 60 minerals, nationally famous premium sake, and more.



Desserts



The locals love "Muroto's special pound cake" made with citrus fruits and cacao nibs. Gelato handmade with fruit and vegetables in season every day is very popular, too. You can enjoy them only in Muroto, where its mild climate allows fruit and vegetables to grow all year round.

About 60 flavors of gelato have been made so far. Enjoy different tastes in different seasons.



Nomachi Liquor store

TEL 0887-22-0548  
address 2470, Murotsu, Muroto  
business hours 10:00-20:00 (Sun-19:00)  
holiday Wed, New year holiday season

This liquor store carries sake and shochu, a distilled alcoholic beverage, from all the breweries in Kochi Prefecture. The friendly owner helps you choose the best drink to suit your taste.

Order fresh gourmet foods online. => URL: <https://murototsuhan.com/> (Muroto Rakuichi Farmers Market Mail order site)



Kujira Gozen (whale meat set meal)

The set includes whale sashimi, seared whale, fried whale, and whale tongue flavored with vinegar and miso. Different parts of whales cooked in various ways allow you to enjoy a variety of flavors and textures.

Tosa roll



Seared whale meat rolled with garlic and Japanese myoga ginger. This jumbo roll, which is about 8 cm in diameter, is available to go, as well.

Seared bonito

Seared bonito is a must-eat food in Kochi Prefecture. Enjoy it with a traditional sauce for seared bonito or Tosa vinegar and salt, just like the locals do.



Restaurant Shokuyu Isa-no-go Gourmet

Shokuyu offers fresh sashimi and rare whale meat dishes crafted with fish and whales caught nearby. Enjoy some local food overlooking the Pacific Ocean! You may see the famous Daruma Lucky Sunset in autumn and winter, too.



TEL 0887-25-3500  
address 890-11, Kiragawachokou, Muroto  
business hours 10:30-19:30 (L.O.18:30)  
holiday Monday (Closed on the following weekday if it falls on a national holiday.)

Don't miss popular noodles, too!

Besides fresh fish and whale meat dishes, Shokuyu offers a wide variety of noodle dishes for children and adults. For example, shrimp tempura udon topped with whale-shaped fish cake and ramen. You can have just the noodles or noodle set meals.





## Geopark guided tour

Take a hike in Muroto UNESCO Global Geopark with a local guide. Play fun games and get to know Cape Muroto.

TEL 0887-23-1610  
 (Muroto Global Geopark Center)  
 business hours 9:00~17:00  
 fee Please call to find out about fees and courses.  
 reserve need reservations(up to 3 days ago)



April-october

## Play on the uncrowded beach



The blue sky in Muroto is so beautiful. Have some fun with a local guide on the beach. Meet some marine animals in tide pools and learn about them. This tour is perfect for families with young children.

TEL 0887-23-1610 (Muroto Global Geopark Center)  
 business hours 9:00~17:00, The tour is conducted on the designated days (at low tide during spring tides) between April and October.  
 fee 7000yen (2 hours), Up to two people (An additional 1,000 yen is charged per person for more than two people.)  
 reserve need reservations (up to 7 days ago)



## Kiragawa Townscape walking with a guide

Enjoy a stroll in the streets of the Kiragawa district lined with traditional old buildings. A local tour guide will help you know about the history of Muroto and its architectural style adapted to fit its climate.

TEL 0887-25-3670  
 business hours 9:00~17:00  
 fee 1500yen (1 hour), one to five people (An additional 1,000 yen is charged per person for more than five people).  
 reserve need reservations (up to 10 days ago)



You'll realize how beautiful the sky and the greenery are.

# There's nothing like activities in natural environments. They are so much fun!

Muroto boasts picturesque views its unique topography and natural environment create, extending to the Pacific Ocean. It offers a wide variety of water and mountain activities to enjoy. Whether you are an outdoor or indoor person, Muroto can help you have a lot of fun.



## Having fun with dolphins

Feed dolphins from the poolside, signal them to do things like a trainer or even swim with them. Choose activities and have fun with dolphins. (See page 11 for details.)

TEL 0887-22-1245 (Muroto Dolphin Center) business hours 10:00~17:00  
 holiday Wed (Oct-Mar) ※Scheduled to open when a Wednesday falls on holidays and Wednesdays during winter and spring vacations.  
 fee Admission fee 500yen, 4 years old-Elementary school student 400yen, Free of charge for preschoolers. / Feed dolphins 600yen, Train dolphins 2000yen (20 minutes), Swim with dolphins 9000yen, child (5 years old-Elementary school student) 7500yen (40 minutes)  
 reserve Some activities need reservations.



Swimming with dolphins



Interacting with dolphins in a shallow pool



Athletic on the sea



※ Not installed from November to April

## Deep-sea fishing and adventure cruise

Enjoy the first experiential deep-sea fishing tour in Western Japan hosted by a young fisherman from Osaka. You can also see and touch creatures that live deep in the ocean, including rare isopods. Don't miss the popular adventure cruise looking for whales and dolphins, too.

TEL 090-1244-9821 (MIRAI : Matsuo)  
 business hours 9:00~17:00  
 fee Deep-sea fishing 13200yen(4 hours) · Adventure cruise 5500yen(3 hours)  
 reserve Some activities need reservations.



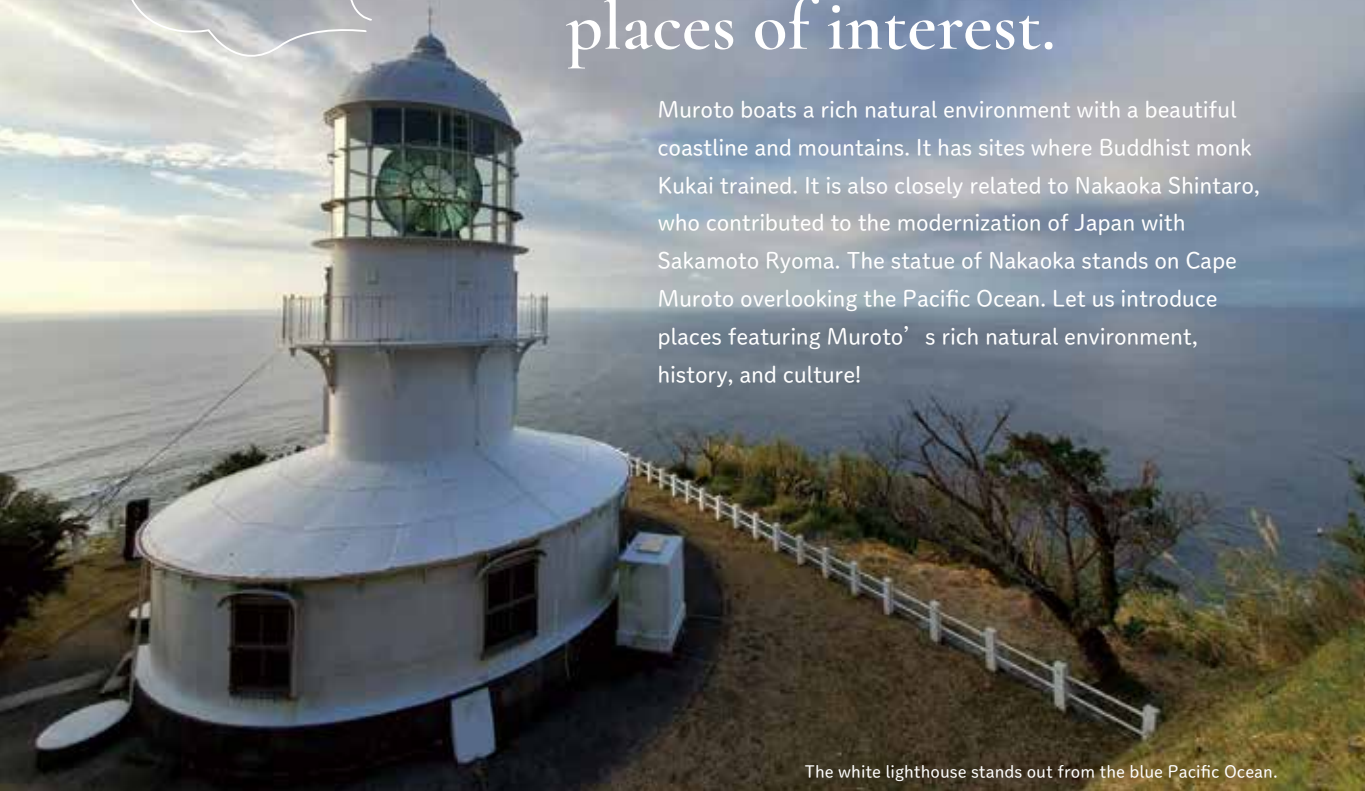
Isopods are called "sea cleaners."



You feel like you are in a exoticism

# Breathtaking views and places of interest.

Muroto boasts a rich natural environment with a beautiful coastline and mountains. It has sites where Buddhist monk Kukai trained. It is also closely related to Nakaoka Shintaro, who contributed to the modernization of Japan with Sakamoto Ryoma. The statue of Nakaoka stands on Cape Muroto overlooking the Pacific Ocean. Let us introduce places featuring Muroto's rich natural environment, history, and culture!



The white lighthouse stands out from the blue Pacific Ocean.

The historic lighthouse built on Cape Muroto  
**Cape Muroto Lighthouse**

It has been over 100 years since the light of the Cape Muroto Lighthouse was first turned on. It is the second oldest iron lighthouse in Japan. The lens is one of the largest, and the beam travels the longest distance in the country. The lighthouse looks stunning during the day and mysterious at dusk when the sun is setting in the Pacific Ocean. Some parts of the lighthouse are open to the public during the Muroto Misaki Lighthouse Festival in autumn.

TEL 0887-22-0574 (Muroto Tourism Association)  
address Murotomisakicho, Muroto  
business hours Free to visit only the appearance



## "Lovers' sacred site" overlooking the Pacific ocean

Cape Muroto is known as one of the most romantic places to propose to the love of your life. Therefore, it is certified as a "lovers' sacred site." You see the "certification plate" at three places, including the Muroto Skyline Observatory and the Cape Muroto Lighthouse, where many couples in love visit.



**Cape Muroto Lighthouse**



**Muroto Skyline Lookout point**



**Observatory above statue of Shintaro Nakaoka**



## Learn to tie a net and make a glass fishing float.

Glass fishing floats used to be for tuna fishing. Today they are popular marine decors. Make your original glass float as a souvenir. Don't miss the port town guided tour, too!



TEL 0887-98-7020 (Shiina Kaiyu Club)  
business hours 10:00-15:00  
fee 3000yen (1 hour), 6 years and over  
reserve need reservations (until 16:00 the day before)



## Visit places of interest in Muroto by bicycle.

After leaving the Muroto Global Geopark Center, you will bicycle along the Pacific Ocean with a local guide to visit popular tourist spots.



TEL 0887-23-1610 (Muroto Global Geopark Center)  
business hours 9:00-17:00  
fee 8500yen (2.5 hours), Up to two people (An additional 1,000 yen is charged per person for more than two people.), Junior high school students and above  
reserve need reservations (up to 7 days ago)



## Make a charcoal accessory at a Tosa Binchotan charcoal kiln.

Known for No.1 in Japan Binchotan charcoal production area, Muroto is dotted with over 30 kilns. One of them offers workshops to make Binchotan charcoal accessories. So why not create one as a souvenir for your trip?



TEL 0887-98-7011 (MUROTO base55)  
business hours 10:00-15:00  
fee 1500yen- (1 hour)  
reserve need reservations (up to 2 days ago)  
※Please let us know how many people would like to participate.



## Pick and arrange your favorite succulent plants.

Their business started when a family member brought a cactus home. Now 8,000 succulent plants of 500 kinds fill their greenhouses. In addition, they run workshops to arrange plants and make wreaths in their adjoining atelier.



TEL 0887-22-1341 (succulent house in Muroto)  
business hours 10:00-16:00  
holiday Mon-Tue (Open on national holidays)  
fee 610yen (1 hour) ※Fees vary depending on pot sizes.  
reserve No reservation required (Please call to make a reservation if you want to participate on a Wednesday)



## There are more to do!

Tour name	Sea fishing/River fishing	Natural indigo dyeing	National Muroto Youth Outdoor Learning Center
Activities	 Enjoy fishing in Shiina, Cape Muroto, Murotsu Fishing Port, and Hanegawa River.	 Try natural indigo dyeing with indigo plants grown in Muroto, and take home the item you dyed.	 Enjoy stargazing, making driftwood crafts, and building a "base" with friends in the woods. The center offers approximately 30 activities for children.
Contact for inquiries.	Hanegawa TEL 0887-26-1515 (Hanegawa Freshwater Fishery Co-op) business hours 9:00-17:00 Embarkment fishing TEL 0887-22-0574 (Muroto Tourism Association)	TEL 080-5529-5559 (riddim blue:Nakauchi) business hours April to November fee 5000yen (1 hour) reserve need reservations (up to 2 days ago/from two people)	TEL 0887-23-2313 business hours 8:30-17:15 fee Please contact first. reserve need reservations



The surfaces of the rocks have been weathered and have beautiful patterns like honeycombs.

### Meoto Iwa Rock

The two rocks rising above the sea have beautiful patterns on their surfaces made by sea erosion. If you catch sunrise mirage between the two rocks from autumn to spring equinoxes, you may meet your destiny soon!



Oddly-shaped rocks with many lumps

### Hioki-Maruyama Coast

Magma rose onto the seafloor, cooled quickly by seawater, and hardened. Then, it spewed through hardened parts repeatedly. This process created unique-looking rocks with lumps on their surfaces known as pillow lava. One of the largest is as tall as 15 meters.



The Male & Female Falls are some of the most famous falls in Kochi Prefecture.

### Karatani Falls

The falls are located deep in the mountains in Sakihama. The female fall runs down the cliff, and the dynamic male fall has a 20-meter drop into the plunge pool. The two falls are called the Karatani Falls. Expose yourself to negative ions near the pool and feel refreshed!



The old-growth forest of uniquely shaped cedar trees looks so mysterious.

### Mt. Dan-no-Tani

Mt. Dan-no-Tani is home to more than 30 Japanese cedar trees over a couple of hundreds of years old. There are some endangered plants, too. A guided tour is recommended to explore safely.

※The tour is suspended due to damage from a landslide (as of March 2022).



Nakaoka was a political activist at the end of the samurai period. He tried to transform Japan into a modern nation but died before achieving his goal.

### Statue of Shintaro Nakaoka

Only ten chances a year to get to see a "lucky sunset" ?!

### Sunset Mirage

Known as a person who united the Satsuma and the Choshu Domains, Nakaoka Shintaro greatly contributed to Japan's modernization. He was born in Kitagawa Village in Aki County, located next to Muroto City. He was assassinated with Sakamoto Ryoma at Omiya Inn when he was 30. Today his manly-looking statue is looking at the vast sea.

A daruma sunset can be seen most from November to February. It's a mirage that occurs when the temperature difference between seawater and the atmosphere refracts the sunlight and makes the sun look like a Japanese daruma doll. It's a scarce phenomenon, and if you get to see one, you'll live happily ever after, they say.



### Sunrise Mirage



You can see sunset mirage from the west side of Muroto City (top) and sunrise mirage from the city's east side (bottom).

Photograph Shigeru Shimamaki

Rocks uniquely shaped 16 million years ago take you back to ancient times.



Nakaoka's statue was made by the same person who created Sakamoto Ryoma's at Katsurahama Beach. Some say the figures are looking at the same place. What do you think?



The place where Buddhist monk Kukai attained enlightenment

### Kanjogahama Beach

It is said that Kanjogahama Beach, on the tip of Cape Muroto, was where Buddhist monk Kukai held a kanjo ceremony (esoteric initiation ritual for establishing karmic bonds with Buddha). The rocks with the unique-looking turbidite sequences, which were created by seabed uplift, are eye-catching.



The 21-meter (including the pedestal) Muroto Seinen Taishizo (statue of young Buddhist monk Kukai) stands in the precincts of Myojoraiei-ji Temple. You can get into the pedestal (not free) and see scrolls with drawings of the principal worship images at the 88 temples Kukai chose for the pilgrimage.



Follow the path of Buddhist monk Kukai's austere training journey and feel empowered. **Buddhist monk Kukai attained enlightenment here in Muroto.**

Approximately 1,200 years ago, young Buddhist monk, Kukai (a.k.a. Kobo Daishi) chose Cape Muroto as his training site. He achieved enlightenment after doing penance. Visit places linked to the monk in Muroto City, and you may feel empowered by the spiritual energy they have.



### Mikurodo Cave

You'll find a big rock on the grounds of Hotsumisaki-ji Temple. It's called "Kaneishi." Pick up a small rock and hit Kaneishi with it. It makes a ringing noise that they say reaches your loved ones that passed. Kaneishi is one of Buddhist monk Kukai's seven wonders. The dents in it show that many people have been striking it for many years.



### Kaneishi Rock



The force of waves formed "Mikurodo." It is said that Buddhist monk Kukai lived in this cave when he was practicing asceticism around Cape Muroto. Next to the Mikurodo Cave is another cave called "Shinmeikutsu," where Kukai is said to have trained and achieved enlightenment.

### Muroto Sanzan

It is said that Buddhist monk Kukai chose the temples and established the route for the Shikoku 88 Temple Pilgrimage. He was born in Sanuki (Kagawa Prefecture) and trained all over the island of Shikoku. Three of the temples located in Muroto City are called "Muroto Sanzan."



Kongocho-ji Temple



Shinsho-ji Temple



Hotsumisaki-ji Temple

Instagrammable place that takes you back to the Meiji period

## Kiragawa Townscape

Kiragawa area flourished from the Meiji to the beginning of the Showa periods with its high-quality Tosa Binchotan charcoal. The nostalgic streets lined with traditional buildings from the good and old days became the first in Kochi Prefecture to be designated a National Important Preservation District for Groups of Traditional Buildings.



Get a glimpse of the traditional Japanese lifestyle through the houses people still live in today.

### Stone Walls, Ishiguro



Ishiguro is an outer stone wall built in Muroto, often hit by typhoons. They use rocks collected from the beaches and stack them, sometimes by using mortar, to protect homes from storms.

### Roof Drainage Tiles (Mizukiri Kawara)



Mizukiri Kawara is a unique tile installed in layers on houses and storehouses to protect them from heavy rain and intense sunshine. Because the tiles require sophisticated skills to make and are valuable for decoration purposes, they were costly and considered a symbol of affluence in the old days.



"Tosa Binchotan charcoal" is Muroto's traditional specialty. The whole production process, including chopping down trees and burning them in kilns for 12 hours, requires 20 days. This high-quality charcoal makes intense, long-lasting fire and is used at traditional Japanese restaurants such as grilled-eel restaurants. In addition, it is loved and used as an odor eliminator and moisture remover in private homes.

## Be familiar with history and culture DISCOVER MUROTO

Muroto is the place where Buddhist monk Kukai trained in the Heian period. It thrived with whaling and Tosa Binchotan charcoal from the Edo to the beginning of the Showa periods. Places of historical interest with legends, old-fashioned streets that show the prosperity of the Meiji period, and many more.

Discover Muroto's new charms!

### Hina Doll Festival



The Kiragawa Hina Doll Festival is held early in March annually. Colorful Hina dolls displayed inside about 80 traditional Japanese houses are open to the public. Don't miss the opportunity to see the beautiful Hina dolls in this town with a nostalgic ambiance.

### Kiragawa Information Center

Kiragawa Information Center is a facility to learn about the history and culture of Kiragawa. It has a traditional Japanese-style drawing room for you to take a break. You can sign up for a Machinami guided tour, too(P.17).

TEL 0887-25-3670 address 2281, Kiragawachokou, Muroto traffic 4-minute walk from the bus stop "Kiragawa Gakko Dori" business hours 9:00-16:00 holiday Tue parking Please use Kiragawa Machinami parking lot No.1.





Enjoy Muroto to your heart's content.

# Three recommended model plans

1 night 2 days

## Plan 1 Relaxation Plan

Day 1

START

12:00

Enjoy Muroto's famous "Kinmedai (red bream) rice bowl" for lunch! ⇒ P.26-29



13:30

Arrange your favorite succulent plants. ⇒ P.18



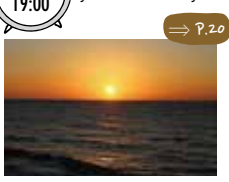
15:00

Meet marine animals from the waters off Muroto at the famous Muroto Schoolhouse Aquarium. ⇒ P.10



16:00

A sunset seen from Cape Muroto takes your breath away. ⇒ P.20



20:00

See the sky sparkling with stars from the Muroto Skyline Lookout Point. ⇒ P.19

Check into your hotel. ⇒ P.30



Day 2

5:30 ~ 7:00



A sunrise seen from the eastern coastline is magnificent. ⇒ P.20

9:00

Enjoy a panoramic view of the deep blue Pacific Ocean from the Cape Muroto Lighthouse. ⇒ P.19



11:00

Get the power of deep seawater at the Searest Muroto. ⇒ P.8



14:00

Make your original accessories with Tosa Binchotan charcoal. ⇒ P.18



12:30

Have a healthy lunch created with the help of Tanita, a leading body fat scale manufacturer, at a restaurant in the Searest Muroto. ⇒ P.15



15:30

Get souvenirs and gifts at "Rakuichi" in Kiramesse Muroto. ⇒ P.15



## Plan 2 classic Plan

Day 1

START

12:00

Enjoy whale meat dishes at restaurant "Shokuyu Isa-no-go" in Kiramesse Muroto. ⇒ P.14



13:30

Have fun and learn at the Muroto Global Geopark Center. ⇒ P.6



14:30

Feel empowered at the Cape Muroto Lighthouse and Hotsumisaki-ji Temple. ⇒ P.19-23



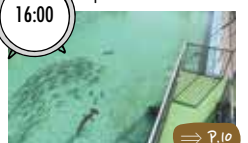
15:00

Surround yourself with a sacred ambiance in Mikurodo Cave, where Buddhist monk Kukai trained. ⇒ P.23



16:00

Meet marine animals from the waters off Muroto at the famous Muroto Schoolhouse Aquarium. ⇒ P.10



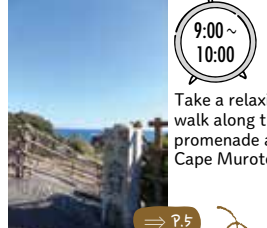
17:00 ~ 19:00

Check into your hotel. ⇒ P.30

Day 2

9:00 ~ 10:00

Take a relaxing walk along the promenade around Cape Muroto. ⇒ P.5



12:00

Enjoy Muroto's famous "Kinmedai (red bream) rice bowl" for lunch! ⇒ P.26-29



10:30

Having fun with dolphins at the Muroto Dolphin Center. ⇒ P.11-16



13:30

Go for a stroll along the Kiragawa Townscape and feel nostalgic. ⇒ P.22



15:00

Learn Muroto's whaling culture at a whale museum, "Kujirakan" in Kiramesse Muroto. ⇒ P.12



16:00

Get souvenirs and gifts at "Rakuichi" in Kiramesse Muroto. ⇒ P.15



## Plan 3 Active Plan

Day 1

START

12:00

You'll love this juicy, meaty hamburger! ⇒ P.29



13:30

Join geopark guided tours! ⇒ P.17



16:30

Meet marine animals from the waters off Muroto at the famous Muroto Schoolhouse Aquarium. ⇒ P.10



20:00

See the sky sparkling with stars from the Muroto Skyline Lookout Point. ⇒ P.30



17:00 ~ 19:00

Check into your hotel. ⇒ P.30

Day 2

5:30 ~ 7:00

Have a nice walk along the Cape Muroto Promenade. ⇒ P.20



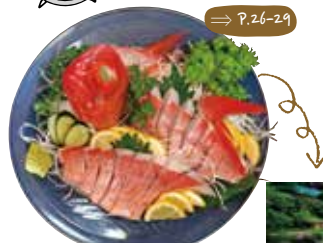
9:00 ~ 12:00

Join experiential tours such as cycling and deep-sea fishing. ⇒ P.16-18



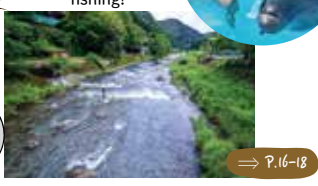
12:00

Get energized with Muroto's specialty "Kinmedai (red bream)" dishes. ⇒ P.26-29



13:00 ~ 15:30

Having fun with dolphins and try fishing! ⇒ P.16-18



16:00

Get souvenirs and gifts at "Rakuichi" in Kiramesse Muroto. ⇒ P.15





**Simmered  
Kinmedai red  
bream**

In Muroto, you can enjoy everyone's favorite simmered Kinmedai for reasonable prices. A simmered fresh whole Kinmedai is nicely fatty and slightly sweet. Its delicate flavors go very well with steamed rice and sake.



**Kinme  
(Kinmedai red  
bream) sashimi**

Fresh sashimi is prepared with Kinmedai caught with "Taru-nagashi fishing" and a single hook early in the morning. Kinmedai in Muroto is fattier and tastier from June to September, just before they lay eggs, than in winter!



**Kinme (Kinmedai  
red bream) shabu-  
shabu**

The best way to enjoy Kinmedai shabu-shabu is to put a slice of the fish in boiling shabu-shabu broth for a few seconds to remove extra fat. Dip the rare piece in ponzu citrus sauce and enjoy. After eating the shabu-shabu, don't forget to have some rice porridge cooked in the flavorful leftover broth.



Enjoy high-quality fish dishes casually.  
**All kinds of Kinmedai  
(red bream) dishes**

Unlike other places, Muroto has its fishing ground very close, so Kinmedai red bream caught before the dawn is served at restaurants in the afternoon. Enjoy locally caught super fresh and high-quality fish Kinmedai cooked in Muroto's ways!



**Kinme  
(Kinmedai red  
bream)  
rice bowl**

It melts in your mouth! "Muroto Kinme Donburi" is a rice bowl topped with teriyaki Kinmedai red bream and fresh sashimi of fish in season. It's a Muroto's specialty. As the city sets the price, you can eat the dish for the same price at any restaurant that serves it in Muroto. So why not try it at different restaurants and see which one you like the best?



**Restaurants that serve  
Kinme (Kinmedai red bream)  
rice bowl**

Restaurants that don't require a reservation	Ryotei Kagetsu
	Kamameshi Hatsune
	Meoto-Zenzai (Lunch only)
Restaurants that require a reservation (Lunch only)	Restaurant Akenohoshi
	Henro Center
The dish is served to their guests only.	Tokumasu
	Lodge ozaki
	Umamenoki

The Kinmedai-shaped map is available.



**Kinmedai red bream is not just tasty, but it can make your skin smoother and younger-looking!**

Kinmedai red bream is rich in Vitamin B3 and collagen, good for anti-aging. In addition, its red color is "astaxanthin," which is known as a popular supplement for its aesthetic and health benefits.



※ Details about the restaurants are on pages 28 and 31.  
※ Please check with the store before coming to the store as it may not be available depending on the sea conditions.





### Shittoroto

This is a stylish restaurant. Its signature dish is "Geo Curry," cooked with plenty of vegetables.

TEL 0887-22-1176 address 2748-3, Motokou, Muroto  
business hours 11:30~L.O.16:30  
holiday Tue, Wed (Irregular holidays)  
parking ○



### Ranman

The local people love this izakaya, a Japanese-style pub. It serves noodles, meal sets, and food good with alcoholic beverages.

TEL 0887-22-4212  
address 2638-2, Murotsu, Muroto  
business hours 17:00~22:00 (L.O.21:30)  
holiday Sun (Irregular holidays)  
parking ×



### Searest Muroto Takumiaiji

Enjoy a wide variety of dishes cooked with locally produced fresh ingredients, including healthy meals created with the help of Tanita, a leading body fat scale manufacturer.

TEL 0887-22-6610 address 3795-1, Murotomisakicho, Muroto  
business hours 11:00~L.O.14:00 holiday Wed (Excluding holidays)  
parking ○



After exercising, let's eat a bowl of pickled fresh fish!

### EL FLAMENQUITO

This restaurant offers authentic Spanish home-style meals cooked by its Spanish chef. Don't miss their famous paella!

TEL 050-6872-6568  
address 3841, Murotomisakicho, Muroto  
business hours Lun11:30~13:30, Din18:00~21:00  
holiday Irregular holidays parking ○  
reserve Only Reservation (Until the day before)



### Restaurant Akenohoshi

You can enjoy Muroto's hearty dishes such as "Kinme (Kinmedai red bream) rice bowl" and "Tosa Akaushi Wagyu" beef steak at this restaurant.

TEL 0887-22-3232 address 3883, Murotomisakicho, Muroto  
business hours 11:00~14:00, 17:00~19:30  
holiday Thu (Excluding holidays) parking ○



### Geo-café • Geo-shop

This restaurant serves light meals, including pasta dishes. Also, try its famous "charcoal soft cream" made with deep seawater and Binchotan charcoal.

TEL 0887-22-6222 address 1810-2, Murotomisakicho, Muroto business hours 9:00~17:00  
holiday Open daily (Irregular holidays) parking ○



### Yakiniku Muroto Ikkyu

This is a popular restaurant that serves tasty yakiniku, Japanese-style BBQ, for reasonable prices. Sauces made with their secret recipes are irresistible!

TEL 0887-22-0664 address 85-6, Ukitsu, Muroto  
business hours 17:00~21:00 holiday Mon  
parking ○



### Tate Sushi

If you seek both quality and quantity in food, you must try this restaurant. It serves value meal sets with nigiri sushi and fried food and more.

TEL 0887-22-3423 address 2506-2, Murotsu, Muroto  
business hours 11:00~22:00  
holiday Open daily parking ×



You can choose your favorite sauce

### SADAMARU BURGER

People love this restaurant's original hamburger. They make a patty with Tosa Akaushi Wagyu beef and 100% Shimanto pork, grill it, and put it in a bun with vegetables.

TEL 080-4036-1786 address 495-1, Kiragawachohei, Muroto  
business hours 10:30~17:00 holiday Mon-Fri  
parking ○



You can enjoy the flavor of Tosa Bincho charcoal!

### Drive-in Meotoiwa

This restaurant's fish meal set of the day is very popular. The owner, a former fisherman, carefully selects the ingredients. You should try the Chinese-style noodles, too!

TEL 0887-27-2005 address 3, Tateiwa, Sakihamacho, Muroto  
business hours 9:00~16:00 holiday Fri parking ○



### Matsuda

This is a mom-and-pop traditional Japanese-style restaurant. Enjoy delicious course meals while looking at the beautiful Japanese garden.

TEL 0887-22-0069 address 2557-1, Murotsu, Muroto  
business hours 17:00~21:00 holiday Sun parking ○  
reserve Reservation required

### Kiragawa ~kuro~

This stylish izakaya, a Japanese-style pub, is located in the historic Kiragawa district. Try beer and sour with Binchotan charcoal in it.

TEL 080-2999-5948 address 2221, Kiragawachokou, Muroto  
business hours 18:00~22:00 (L.O.21:30)  
holiday Sun parking ○



### Chinese Restaurant Reika

The locals have loved this restaurant for ages. It offers authentic yet casual Chinese dishes.

TEL 0887-22-0508 address 400, Ukitsu, Muroto  
business hours 17:00~21:30 holiday Mon, 3rd Thursday  
parking ○



### Ju-Ju Yamajuu

This place has been in food delivery services for over 30 years. Try famous "Mr. Toku's kara-age fried chicken" and grilled seafood.

TEL 0887-25-3400 address 2261-2, Kiragawachokou, Muroto  
business hours 18:00~23:00 holiday Tue~Wed parking ○

### Drive-in Ohara

This restaurant's signature dishes are "seared rudderfish" and "gamefowl hot pot." The regular customers love them!

TEL 0887-26-1300 address 577, Hanechokou, Muroto  
business hours 10:00~L.O.18:00 holiday Sun parking 有



### Ryotei Kagetsu

This is a long-established Japanese restaurant that opened in 1925. Enjoy delicious fish dishes carefully prepared by the owner in a relaxing ambiance.

TEL 0887-22-0115 address 2586, Murotsu, Muroto  
business hours 11:00~14:00 (L.O.13:30), 17:00~21:00 (L.O.20:00)  
holiday Sunday's & Holiday's nights (Irregular holidays)  
parking ○



All the fish dishes are exquisite!

### Meoto-Zenzai

Located in front of the approach to Shinsho-ji Temple, the 25th stop, this restaurant is popular with pilgrims. Its signature dishes are Kinme (Kinmedai red bream) rice bawl and sashimi meal set.

TEL 0887-22-0580 address 2605, Murotsu, Muroto  
business hours 9:00~17:30 (Meal time 11:00~L.O.14:30)  
holiday New year holiday season parking ○



### Jubei

Enjoy the meal of the day prepared with fresh ingredients for lunch and many tasty ala carte choices with local sake in the evening.

TEL 0887-26-0567 address 1268-1, Hanechootsu, Muroto  
business hours 11:00~L.O.13:30, 17:00~20:00  
holiday Sun (Irregular holidays) parking ○



### Komacchan-ku

This is an izakaya, a Japanese-style pub, loved by the local people. It serves many dishes that go well with alcoholic beverages, such as fresh sashimi and "flavorful broiled chicken."

TEL 0887-22-1613 address 2398-5, Murotsu, Muroto business hours 17:00~23:00 holiday Tue parking ×



These are what you call Muroto's gourmet foods!



You can try various flavors at a great price!

### Sunfish Manbou

This restaurant serves a variety of dishes. Try hearty set meals for reasonable prices.

TEL 0887-23-0776 address 3001, Murotomisakicho, Muroto  
business hours 7:30~11:00, 11:30~14:00 (Sat-Sun-Holiday~14:30), 17:00~21:00 holiday Mon parking ○

## MUROTO GOURMET

Enjoy a variety of natural food.

# Muroto's popular gourmet foods

Muroto is known for its excellent seafood. You can enjoy a wide selection of dishes, including sashimi, simmered fish, and deep-fried fish

with fresh ingredients caught early in the morning. Dishes cooked with vegetables grown on the Nishiyama Plateau are great, too!





**Hanemachi**

**Shidao**  
TEL 0887-26-0887  
address 1379-3, Hanechootsu, Muroto  
room 4 Capacity 9 fee 6600yen~ parking 6



**Kiragawamachi**

**Kurayado**  
TEL 0887-25-3700  
address 2234, Kiragawachokou, Muroto  
Capacity 12 fee 7700yen~ parking 8



**Kiragawamachi**

**Kadoya**  
TEL 0887-25-2100  
address 2307, Kiragawachokou, Muroto  
room 2 Capacity 9 fee 5000yen~ parking 4



**Murotomisakicho**

**Henro Center (Temple Hotel)**  
TEL 0887-23-0024  
address 4058-1, Murotomisakicho, Muroto  
room 26 Capacity 100 fee 8000yen~ parking 20

☆☆☆

## STAY 26 places GUIDE to stay in Muroto

Muroto Tourism AssociationHP



**Information Center**  
Muroto Tourism Association  
TEL : 0887-22-0574 (9:00 ~ 17:00)  
\* Please contact the hotels for room availability, rates, and reservations.





**Gen**

**Urashima**  
TEL 0887-23-1105  
address 1901-4, Motokou, Muroto  
room 9 Capacity 18 fee 6000yen~ parking 10



**Gen**

**Kongochoji-Temple Hotel**  
TEL 0887-23-0026  
address 523, Motootsu, Muroto  
room 24 Capacity 100 fee 6300yen~ parking 10



**Sakihamacho**

**Tokumasu**  
TEL 0887-27-2475  
address 107-5, Sakihamacho, Muroto  
room 8 Capacity 20 fee 7200yen~ parking 10



**Murotomisakicho**

**Muroto-so**  
TEL 0887-22-0409  
address 6939-1, Murotomisakicho, Muroto  
room 9 Capacity 40 fee 4000yen~ parking 10



**Murotomisakicho**

**Umamenoki**  
TEL 0887-22-4806  
address 4103, Murotomisakicho, Muroto  
room 3 Capacity 9 fee 7400yen~ parking 5



**Murotomisakicho**

**Takenoi**  
TEL 0887-22-1624  
address 5953-1, Murotomisakicho, Muroto  
room 17 Capacity 60 fee 6500yen~ parking 20



**Gen**

**National Muroto Youth Outdoor Learning Center**  
TEL 0887-23-2313 address 1721, Motootsu, Muroto  
room 28 Capacity 300 fee This is an educational center for young people. Please contact and learn about rates and how to use the facility. parking 60



**Ukitsu**

**Familylodge HATAGOYA**  
TEL 0887-23-0858  
address 136-2, Sanbancho, Ukitsu, Muroto  
room 14 Capacity 56 fee 5500yen~ parking 15



**Sakihamacho**

**Lodge ozaki**  
TEL 0887-27-2065  
address 709-2, Sakihamacho, Muroto  
room 6 Capacity 8 fee 7000yen~ parking 5



**Murotomisakicho**

**SAKURA HOME**  
TEL 050-6872-6568  
address 3841, Murotomisakicho, Muroto  
room 3 Capacity 6 fee 6000yen~ parking 3



**Murotomisakicho**

**Kawasaki**  
TEL 0887-22-3664  
address 5408, Murotomisakicho, Muroto  
room 6 Capacity 12 fee 2500yen~ parking 4



**Murotomisakicho**

**Hotel Akenohoshi**  
TEL 0887-22-3232  
address 3883, Murotomisakicho, Muroto  
room 28 Capacity 108 fee 5500yen~ parking 40



**Ryouke**

**New Sun Palace Muroto**  
TEL 0887-22-0012  
address 235-1, Ryouke, Muroto  
room 19 Capacity 60 fee 6500yen~ parking 20

**Murotsu**

**MUROTO base55**  
TEL 0887-98-7011  
address 2836-2, Murotsu, Muroto  
room 12 Capacity 24 fee 7200yen~ parking 5





**Murotomisakicho**

**Sky & Sea Muroto**  
TEL 0887-98-7017  
address 2752-1, Murotomisakicho, Muroto  
room 4 Capacity 12 fee 4400yen~ parking 4



**Murotomisakicho**

**Sunfish Mambo**  
TEL 0887-23-0776  
address 3001, Murotomisakicho, Muroto  
room 3 Capacity 7 fee 5500yen~ parking 15



**Murotomisakicho**

**Shiina**  
TEL 0887-23-3385  
address 344-1, Murotomisakicho, Muroto  
room 2 Capacity 10 fee 6000yen~ parking 10



**Murotsu**

**Manma-ya**  
TEL 0887-22-1017  
address 2406-3, Murotsu, Muroto  
room 3 Capacity 6 fee 4950yen~ parking 4



**Murotsu**

**Hotel Fuji**  
TEL 0887-22-0205  
address 2577, Murotsu, Muroto  
room 12 Capacity 35 fee 4000yen~ parking 12



**Murotsu**

**Ota Ryokan**  
TEL 0887-22-0004  
address 2649, Murotsu, Muroto  
room 14 Capacity 35 fee 4200yen~ parking 10



**Murotomisakicho**

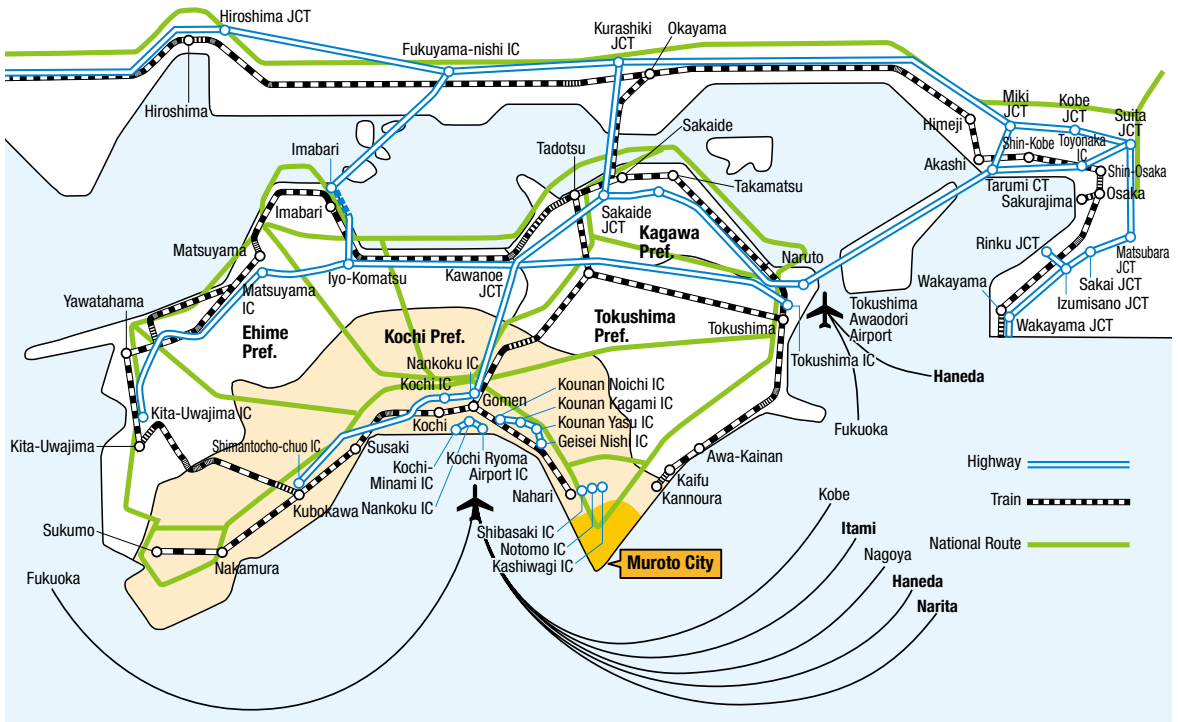
**Muroto Yuuhigaoka Camping Site**  
TEL 0887-22-0574  
address 6892-41, Murotomisakicho, Muroto  
room 27 Capacity 40 fee 3000yen~ parking 15



**Murotomisakicho**

**Misaki Kankou Hotel**  
TEL 0887-22-0541  
address 4037, Murotomisakicho, Muroto  
room 11 Capacity 32 fee 5500yen~ parking 13





## Access

### ■ By car

- Take National Route 55. It's approximately 1 hr 50 min from Kochi City.
- Take National Route 55. It's approximately 2 hr 50 min from Tokushima City.
- Take National Route 55 via the Takamatsu and Kochi Expressways. It's approximately 3 hr 30 min from Takamatsu City.
- Take National Route 55 via the Matsuyama and Kochi Expressways. It's approximately 3 hr 40 min from Matsuyama City.

### ■ By bus

- It's approximately 1 hr 30 min from Kochi City to Aki City. Then, take another bus bound for Muroto Misaki (Cape Muroto) and Kannoura for 1 hr 30 min.
- Take an express bus bound for Muroto from Osaka Station or Namba. It takes approximately 5 hr 50 min.

### ■ By train

- It's approximately 1 hr 30 min from JR Kochi Station to Nahari Station. Then, take a bus for about 50 min or a taxi for about 30 min from Nahari Station.

### ■ By DMV (Dual Mode Vehicle)

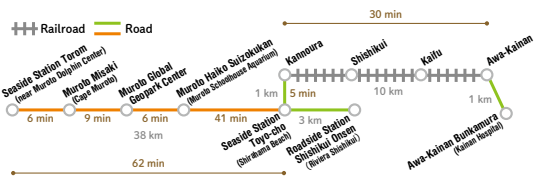
- It's approximately 2 hr 30 min from JR Tokushima Station to Awa-Kainan Station. Then, take a DMV (Dual Mode Vehicle) of Asa-Kaigan Railway to Seaside Station Torom (near Muroto Dolphin Center) for about 1 hr 30 min.
- It stops at Kannoura, Umi-no-Eki Toyo-cho, Muroto Haiko Suizokukan (Muroto Schoolhouse Aquarium), Muroto Global Geopark Center, Muroto Misaki (Cape Muroto), and Seaside Station Torom (near Muroto Dolphin Center)
- The DMV bound for Muroto makes one round trip only on Saturdays, Sundays, and national holidays.

### ■ By plane

- Direct flights are available from Haneda, Narita, Itami, Kansai, Kobe, Nagoya, and Fukuoka Airports to Kochi Ryoma Airport. (Take National Route 55 from the airport. It's approximately 1 hr 30 min.)
- Direct flights are available from Haneda and Fukuoka Airports to Tokushima (Awaodori) Airport. (Take National Route 55 from the airport. It's approximately 3 hr 15 min.)

## DMV routes

DMV (dual-mode vehicle) is the world's first vehicle to run on a regular road and a railway track. It is like a bus and train combined and catching people's attention as new transportation. It runs to and from Muroto once a day only on Saturdays, Sundays, and national holidays.



Asa Coast Railway Company HP

## Contact for inquiries.

### Muroto Geopark Promotion Committee

TEL 0887-22-5161  
8:30 ~ 17:15  
(Closed on Saturdays, Sundays, national holidays, and year-end & New Year holidays.)



### Muroto Tourism Association

TEL 0887-22-0574  
9:00 ~ 17:00



### Muroto Global Geopark Center

TEL 0887-23-1610  
9:00 ~ 17:00

