

3 Shimanto 100 Contact Information

Contact / Information

Part of the production cost for this brochure uses contributions endorsed by the Regional Creation Support System (Benefit your Locality Tax Scheme for businesses). Check the Shimanto City homepage for further information on supporting businesses. (www.city.shimanto.lg.jp)

Please contact any of the three establishments below if you need assistance on your trip

1 SHIMANTO CITY TOURISM ASSOCIATION

Shimanto City Tourism Association

🏠 8-3, Ekimaecho, Shimanto City
☎ 0880-35-4171
🕒 8:30~17:30
🌐 <https://www.shimanto-kankou.com/>



2 SHIMANTO CITY MUSEUM

Shimanto City Museum

🏠 Located in Tamematsu Park,
2356, Nakamura, Shimanto City
☎ 0880-35-4096
🕒 9:00~17:00
🌐 <http://www.city.shimanto.lg.jp/museum/>



3 Michi-no-Eki Yotte Nishi-tosa

Michi-no-eki, Yotte Nishi-Tosa

🏠 2410-3, Nishitosaekawasaki, Shimanto City
☎ 0880-52-1398
🕒 7:30~18:00
🌐 <https://yotte.jp/>



This is a Shimanto City Promotion Plan that began in Heisei 27(2005). Having a history and life centered on the river, and an abundance of regional resources are strengths of this city. It is from this that our logo and the words, 'The town that lives with the river' were born as our city concept



100

Shimanto 100 enjoy lists.

Shimanto100

100 Things to Do in Shimanto

Welcome to Shimanto City!

Shimanto City, Awesome **Nature** & **People**

四万十市 高知県
しまんとし
公式観光パンフレット

Shimanto City, Kochi Official Tourist Brochure

100 Shimanto 100

100 Things to Do in Shimanto

Welcome to Shimanto City!

The number of things to do around Shimanto is too high to count. In the past, visitors have been confused by the abundance of attractions, so, we have narrowed the list down to 100 things we'd like you to experience. Please try anything that seems interesting to you!

Welcome to Shimanto City!



06

Watch the canola flowers light up at night

07

Play the fish scavenger hunt game at the Shimanto River Gakuyukan



08

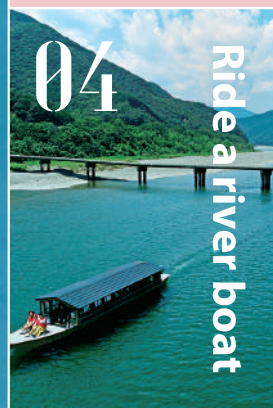
Get rowdy at the after party with the locals.

Photograph over 10 million canola flowers



09

Challenge yourself by riding a makeshift raft down the river



04

Ride a river boat



05

Admire the wisteria blossoms at Kosan-ji



01

Enjoy canoeing on the Shimanto River

02

Pour sake for each other and make friends with the people around you.

Feed an arapaima fish at the Shimanto River Gakuyukan (Discovery Centre)

03



11

Take a picture using a public camera stand

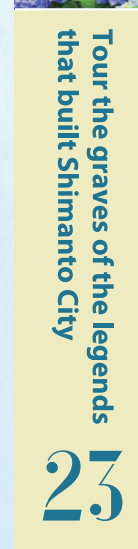
Compare foods at local izakaya by going barhopping

16



19

Check out the hydrangeas by the water wheels



23

Tour the graves of the legends that built Shimanto City



24

Savor the regional cuisine of Shimanto



25

Take the River Bus, Trolley Bus, or the Shimanto-Ashizuri Bus around Shimanto

12



15

Find the manhole covers with regional designs

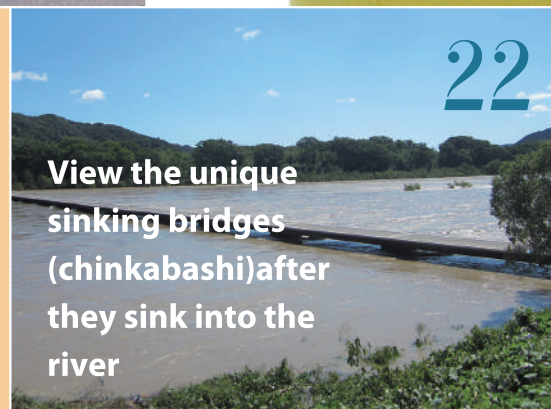


Ride down one of the many cycling roads in Shimanto

17

Look for your own personal photogenic spot.

21



22

View the unique sinking bridges (chinkabashi) after they sink into the river

27

Get along with the locals and get a Shimanto repeater badge.



26

Enjoy camping



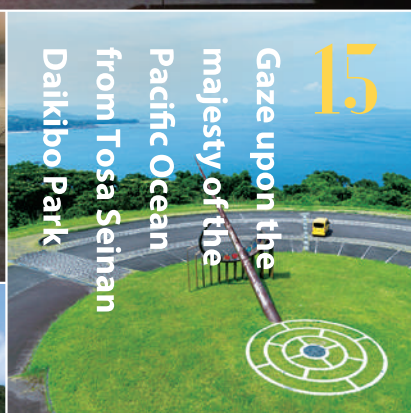
28

Participate in the Orb-Weaver Spider Sumo Tournament

14



Rest in a natural hot spring



15

Gaze upon the majesty of the Pacific Ocean from Tosa Seinan Daikibo Park



18

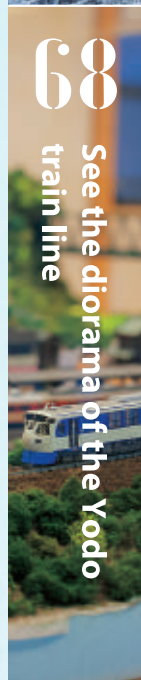
Drink a refreshing buchuhai cocktail





65

Watch snow build up on
the sinking bridges



68

See the diorama of the Yodo
train line



Admire the
scenery while
fishing for
sweetfish

69



Hide to the summit
of Ishimi Mountain
from Ishimiji
Temple

72



75

Visit the Kuroson
River, a beautiful
tributary to the
Shimanto River



Rent a tandem bicycle
from the Shimanto City
Tourism Association

77



76

Tour the area
using the
Omotenashi Taxi



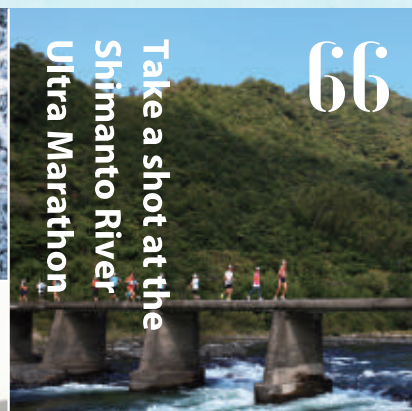
78

Get a special perk using
Princess Tama's backstage
pass.



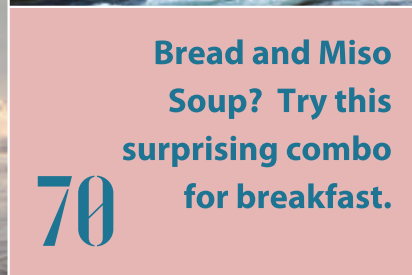
Go rafting down the
Shimanto River

79



Take a shot at the
Shimanto River
Ultra Marathon

66



Bread and Miso
Soup? Try this
surprising combo
for breakfast.

70



Seldom seen
through Japan,
watch the wedding
ceremony of the
gods.

67



Enjoy the scenery of
Nakamura on the Tosa
Kuroshio Railroad

71



Photograph nine
different sinking
bridges in Shimanto

73

74

Eat some
river shrimp



81

Climb
Mt.Hachimen



82

Volunteer at the Shimanto
River Ultra Marathon



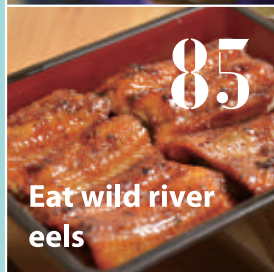
83

Take a refreshing walk
through the valley



84

Eat chestnuts
grown in the
Shimanto River
basin



85

Eat wild river
eels



86

Take a stroll through
the shopping district



87

Eat
salt-grilled
sweetfish



88

View the fantastical
scenery of the
sinking bridges
under the morning
mist



After praying at
Kuroson Shrine, throw
an egg into the depths
in front of the inner
sanctuary

89



90

Watch the Ushi-oni
(cow demon)parade
at Hagetenmangu
Shrine



91

Go for a swim in
the Shimanto
and Kuroson
Rivers



92

Watch or participate in
female sumo wrestling at Mt.Dogamori



Try your hand at some
woodworking

93



Experience fishing
in the river

94



Explore some
places of
power in the
area

95



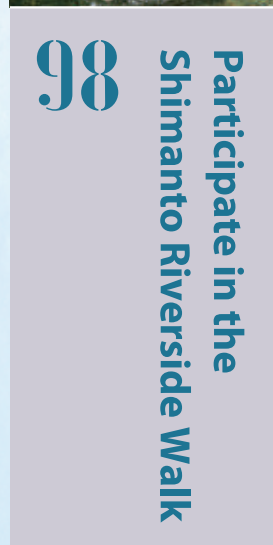
96

Offer a prayer
for victory at
the Kunteki
Shrine



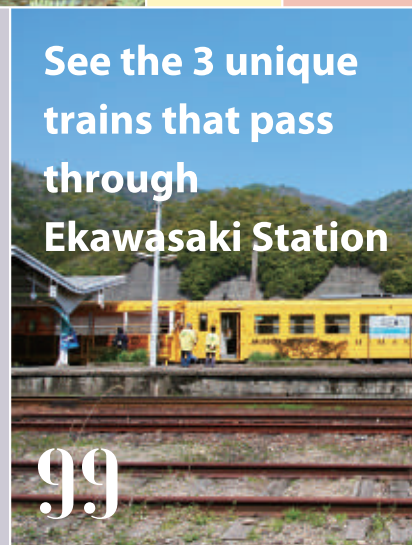
97

Enjoy the taste of
river crab



98

Participate in the
Shimanto Riverside Walk



See the 3 unique
trains that pass
through
Ekawasaki Station

99



Participate in the
Shimanto River
Swimming Marathon

100

100 Shimanto100

More information

- 01 Canoeing can be experienced all throughout the year at various locations
- 02 Discover the culture of pouring liquor for each other (Ask a local)
- 03 Feeding experiences run from 4:00 p.m.daily
- 04 Recommended for anyone who wants to sit back and relax
- 05 The best time to go is late April-early May
- 06 The magical nighttime scenery is unlike the canola flowers during the day
- 07 Reservations required! 3rd Grade Elementary School students and over 20+people
- 08 Enjoy a blanket of canola blooms for approximately 2km
- 09 Experiences run from June-early October at Shimanto Gakusya
- 10 By drinking together, you can become fast friends
- 11 Go ahead and capture the picturesque scenery at this photo spot
- 12 You might see the sunrise at Hirano or Futami beach if you are lucky
- 13 There is only one Bushumarokun manhole in town
- 14 Your fatigue will disappear quickly when you enter the natural hot springs
- 15 There is a campsite nearby, too
- 16 There are many izakaya bars loved by the locals
- 17 Fully enjoy the Shimanto River on a rent-a-cycle bike from the station
- 18 This is a refreshing local shochu beverage blended with soda and bushukan citrus
- 19 Hydrangeas are best viewed from late May-early June
- 20 Look for confections such as Ichijoko, Shusuiomochi, and Taisakusan
- 21 Search for your very own Instagrammable spot
- 22 The best time to go is right after a heavy rain
- 23 Various graves including the Ichijo family and Shusui Koutoku

- 24 There are many dishes featuring local produce
- 25 Camping is convenient for visiting sightseeing spots, but pay attention to operation periods
- 26 Remember to make reservations early in the summer tourist season!
- 27 These badges are handed to customers that business owners would like to see come again
- 28 This tournament is held on the first Saturday in August every year
- 29 Sold at Shimanto City Tourism Association and Michi-no-Eki Yotte Nishitosa(roadside station)
- 30 Find your favorite coffee shop
- 31 Recommending viewing is mid March-early April
- 32 Thoroughly enjoy the Shimanto River from the train window
- 33 Help carry a lantern float and parade through the main streets of Shimanto City
- 34 Open 9:00-5:00! (Closed on Wednesdays)
- 35 Touch upon the history of Shimanto City with a guide
- 36 For groups of 15+people. Reserve 14 days in advance
- 37 Most recommended during the month of November
- 38 Mr.Hazamamukuchi presents all over Japan. You might be able to buy bananas at the Ichijo festival
- 39 Crowds of surfers gather from all over the country
- 40 Ekawasaki recorded temperatures of 41 degrees Celsius in August, 2013 which is the hottest in Japan
- 41 This is held yearly on July 16th of the old Japanese calendar
- 42 There are many delicious things from the Nishitosa area
- 43 10,000 fireworks go off to music on the last Saturday in August (weather permitting)
- 44 Shio-dare (salt sauce) using local citrus varieties is delicious
- 45 Branded beef in Shimanto City is raised without stress
- 46 There are an array of local products from the Nishitosa area here

- 47 Even if you try to sit apart, this bench can bring those who sit on it together
- 48 Traditional fishing in Shimanto City
- 49 Boat Tours to see fireflies operate for a limited time only
- 50 There are historic remains connected to the Ichijo Family at this shrine
- 51 There are many local specialties from the mountain, river and sea
- 52 Gaze at the blanket of stars above our town
- 53 You can board the train from Ekawasaki Station
- 54 This is an activity where you stand up and paddle on a surfboard
- 55 Awesome things made in Nishitosa are gathered here
- 56 You can visit the many historical Shinto shrines in the area
- 57 These mysterious magnetizable stones will shine if polished with a file
- 58 This is an athletics meet held in the Nishitosa area
- 59 Recommended from mid to late September
- 60 The red flags lined up in town indicate participating shops and businesses
- 61 People walking in the procession wear garments like those on period picture scrolls
- 62 This is the skill of artisan! Witness the creation of real swords as fire and iron meet each other
- 63 There are many cakes made with local ingredients
- 64 After dressing up, you can take some photos at your favorite spots around town
- 65 A few times every year, the snow piles up beautifully on the bridges
- 66 It is held every year in the middle of October
- 67 A ritual that is rare nationwide, held in October at Fuba Hachiman Shrine
- 68 The diorama can be seen on the 2nd floor of Michi-no-Eki Yotte Nishitosa
- 69 You might see this in December-late January, from Akatekkyo(the Red Iron Bridge)
- 70 It's a nice way to start the day, don't you think?
- 71 You can see an uninterrupted 180-degree view of the Pacific Ocean
- 72 It takes about an hour to reach the peak of the mountain
- 73 Each bridge is different in its own way

- 74 Eating fried river shrimp is especially delicious
- 75 Salamanders can prosper in the clear waters of the river
- 76 There is a tour course that visits many famous Shimanto attractions
- 77 You can enjoy cycling together with anyone!
- 78 There are nice benefits if you show the pass at an affiliated store
- 79 It's like a natural roller coaster you can enjoy all year round
- 80 A waterfall in Okuyanai with connections to the Banshu-sarayashiki (Kiku's Well) Legend
- 81 On a clear day, you can overlook the Uwa Sea, and even see all the way to Kyushu
- 82 There are two similar tours in Matsuyama and Kochi City
- 83 There are two routes through the valley you can take from the Shimanto Gakusya
- 84 The chestnuts are harvested throughout the Shimanto River Basin
- 85 The natural eel is in season from April to October
- 86 Please try taking a walk around the various intersections of the town
- 87 Sweetfish is in season from June to October
- 88 Of course, this can also serve as a nice morning walk!
- 89 If the egg you throw doesn't break, it is said that your dreams will come true
- 90 You can walk with procession of the Ushi-oni as it goes over the Hage Sinking Bridge
- 91 Please wear a lifejacket when swimming in the rivers!
- 92 Both participating and watching are great experiences!
- 93 You'll be able to make various items using natural wood or driftwood
- 94 Experience traditional fishing together with local river fishermen
- 95 Kimigafuchi, Hagetenmangu, Shiraayanotaki(names of power spots)
- 96 The god enshrined here can help with sports or your studies
- 97 A uniquely rich and flavorful river crab!
- 98 Held every year at the beginning of April! There are six different courses you can take
- 99 Three types of special trains pass through the station
- 100 Held every year in July. Let's go swimming!

Information for the 100 Things to do in Shimanto may change depending on the weather or season. Please contact any of the locations listed on the back page of this brochure for current or further information

100 Shimanto100

Check with a map

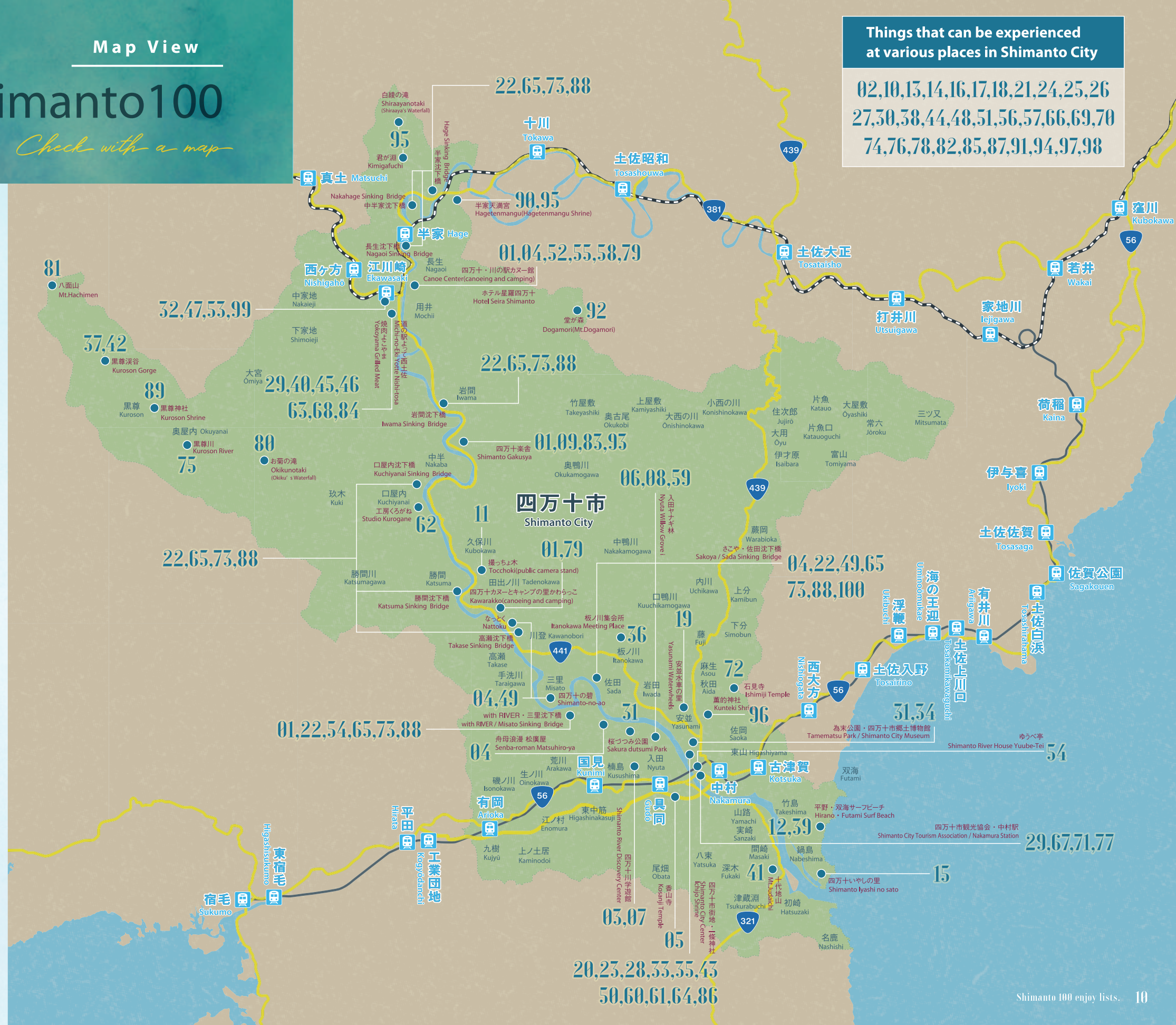
Map View

Live with the Shimanto River, the last clear stream in Japan

Shimanto City sits in the middle of the Shimanto River basin to where it flows into the Pacific Ocean. It flows gently while meandering through the heart of the city. However, it is a river prone to flooding and is capable of bringing about great damage. We have fostered the wisdom of how to live in harmony with the Shimanto River.

The river is filled with ayu (sweetfish), eel, river shrimp, and goby. Even now, fishermen find their calling in river fishing.

The lives of people here are closely linked with the river, thus Shimanto City is called a town that lives with the river. Please try to experience this living landscape.



Things that can be experienced
at various places in Shimanto City

02,10,13,14,16,17,18,21,24,25,26
27,30,38,44,48,51,56,57,66,69,70
74,76,78,82,85,87,91,94,97,98