

# ACCESS Info.&

As of October 1, 2015 ☆ The Fare is just an example.



by RAIL

☆ Fare for non-reserved coach car seat

Note: Other ways for coming to Kami City are also available except for the following.

Shin-Osaka	(Shinkansen: Approx.50min)	Okayama	(Limited Express: Approx.2h20min)	¥ 9,760
Hiroshima	(Shinkansen: Approx.40min)	Okayama	(Limited Express: Approx.2h20min)	¥ 9,440
Okayama			(Limited Express: Approx.2h20min)	¥ 5,440
Takamatsu			(Limited Express: Approx.2h)	¥ 4,580
	(Rapid Train: Approx.30min)	Tadotsu	(Limited Express: Approx.1h30min)	¥ 4,580
Tokushima	(Limited Express: Approx.1h25min)	Awaikeda	(Limited Express: Approx.1h)	¥ 4,580
	(Local Train: Approx.2h)	Awaikeda	(Limited Express: Approx.1h)	¥ 3,930
Matsuyama	(Limited Express: Approx.2h)	Tadotsu	(Limited Express: Approx.1h30min)	¥ 8,900



by BUS

※Overnight bus service available

Note: Other buses for Kochi are also available except for the following.

Kyoto (Approx.5h20min / ¥6,700)	Kochi Express	(Kyoto Station Karasuma-guchi)
	Keihan Express Bus	(Kyoto Station Hachijo-guchi: Hotel Keihan)
Osaka (Approx.5h5min ~ / ¥6,150)	Yosakoi	(Osaka Station: Herbis Osaka/Hankyu Sanbangal Bus Terminal)
	Kochi Express	(JR Osaka Station/JR Nanba Station: Minato-machi Bus Terminal)
Kobe (Approx.4h / ¥5,650)	Herver Liner	(Shinkai Bus: Kobe Sannomiya Bus Terminal)
	Kochi Express	(Sannomiya Bus Terminal)
Okayama (Approx.2h30min / ¥3,600)	Ryoma Express	(Okayama Station Nishi-guchi)
Hiroshima (Approx.4h / ¥6,700)	Tosa Express	(Hiroshima Bus Center)
Takamatsu (Approx.2h10min / ¥3,400)	Kuroshio Express	(Takamatsu Station: Express Bus Terminal)
Matsuyama (Approx.2h45min / ¥3,600)	Whale Express	(JR Matsuyama-shi Station)
	Nangoku Express	(JR Matsuyama-shiten)
Tokushima (Approx.2h50min / ¥3,600)	Kochi Tokushima Express	(Tokushima Station)

Local Train (Approx.30min ¥360)  
Limited Express(Approx.15min ¥680)

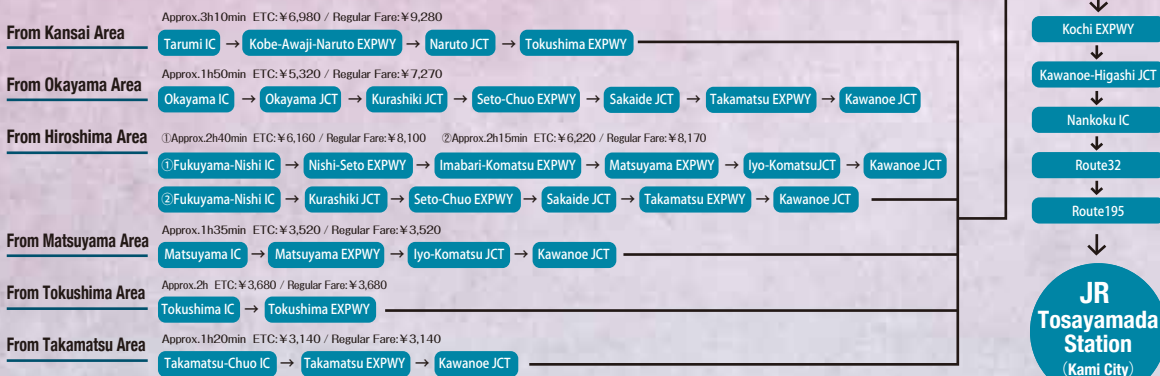
JR Kochi Station → JR Tosayamada Station (Kami City)

JR Tosayamada Station



by CAR

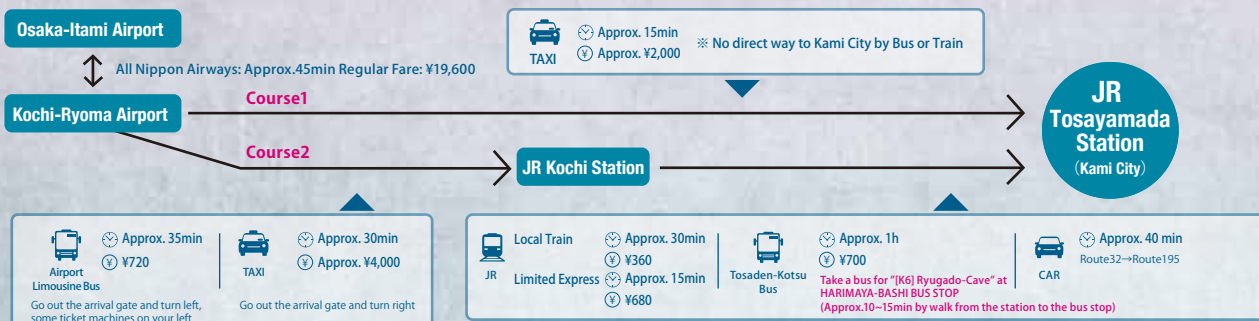
< Pick up some common ways >



☆ Posted Rates are for weekdays during business hours (Rates by ETC may be lower at night/on weekends)



by PLANE

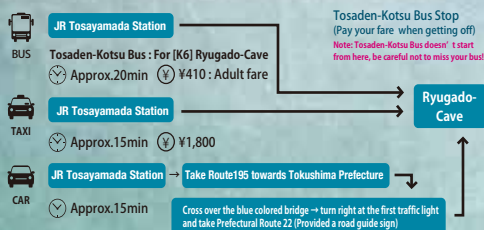


## How to get to Ryugado-Cave

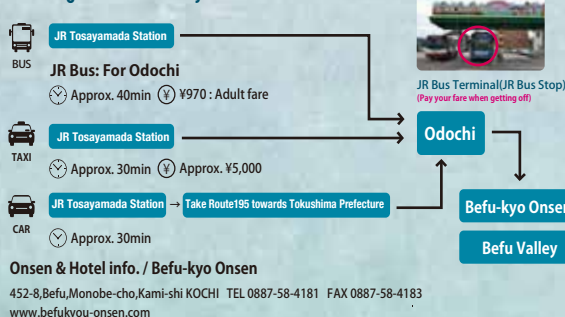
Ryuga-do Cave Preservation Association  
1424,Sakakawa, Tosayamada-cho, Kami-shi KOCHI  
TEL 0887-53-2144 FAX 0887-53-2145 www.ryugadou.or.jp  
(Note) You need a book for "Adventure course" by the day before. Call 0887-53-2144



Tosaden-Kotsu Bus Stop (Pay your fare when getting off)  
Note: Tosaden-Kotsu Bus doesn't start from here, be careful not to miss your bus!



## How to get to Befu Valley



## Advice from Kami Lab.

Kami Municipal Bus runs from Odochi to Befu. However, taxi or rent-a-car may be more convenient, because the bus is not frequent. You can ask for Kami City Information about the bus schedule before you go. (Kami Municipal Bus: Approx.40min ¥200 from Odochi to Befu)

☆For your reference:  
Odochi Kanko Taxi TEL 0887-58-3121



# What's Kami City?



## ゆず / Yuzu

高知・香美市といえば柚子の里。爽やかな香りとそのまろやかな風味が特徴です。お料理には勿論、ジュースやケーキなど今やあちこちで大人気！  
When it comes to Kami City, you can't miss "Yuzu(aromatic citron)"! Rich perfumed and mildly sour, Yuzu attracts many people! It's used for cooking, made into juice, cake and much more! Have you tasted it yet?

## 土佐刃物 / High quality cutlery from Kochi. "Tosa-Uchihamono"

香美市は土佐刃物の町としても知られています。"土佐の鍛冶屋は注文通りの刃物を作る"と全国でもよく知られており、その高い技術は今や海外でも高い評価を得ています。Kami City is a town of blacksmiths. They are well-known all over Japan as craftspeople who can make cutlery as the client orders. Their technical excellence is now receiving high praise overseas.



## アンパンマンミュージアム / Do you know Japanese anime, "Anpanman"?

日本ではお馴染みのアンパンマン。世代を超えて愛されている漫画として有名です。香美市はアンパンマンの作者であるやなせたかし氏の生まれ故郷であり、静かな山間のアンパンマンミュージアムでは、貴重なアンパンマンの原画が見られます。

The famous Japanese anime, "Anpanman" has been loved for generations. Kami City is the town where Takashi Yanase was born, the creator of Anpanman. The Anpanman Museum is in a mountainous area, standing quietly and waiting for you. You can see the valuable original sketches of Anpanman.

## 轟の滝 / The symbol of Kami City, "Todoro-no-Taki"

"日本の滝100選"に選ばれている轟(とどろ)の滝。県天然記念物・名勝指定を受けており、三段の滝壺には玉織姫にまつわる平家伝説があるといわれています。It's been selected as one of Japan's Top 100 Waterfalls, designated as a place of scenic beauty and a natural monument by Kochi Prefecture. The waterfall has three waterfall basins, which were part of a Heike legend concerning Princess Tamaori.



## ジビエ / Enjoy "Gibier cuisine"!

香美市のべふ峡は、近年"ジビエの郷"として知られるようになり、「土佐の食1グランプリ」では「鹿ドッグ」が優勝したことも！  
In recent years, Befu-kyo in Kami City has come to be known as a "village of venison". "Shika-dog", hot dog with venison sausage, won first place at a food festival called 'Tosa Shoku-1 Grand Prix.'



ACCESS Info.&  
香美市への各種交通機関のご案内

## ACCESS INFORMATION



## CONTACT

## 香美市いんふおめーしょん Kami City Information

(一般社団法人 香美市観光協会)  
(Kami City Tourist Association)



香美市いんふおめーしょん  
Kami City Information

高知県香美市土佐山田町東本町 1-5-1

5-1, Higashihonmachi 1 chome

Tosayamada-cho, Kami-shi KOCHI

TEL 0887-52-9880 FAX 0887-52-9881

kamisi-information@bz03.plala.or.jp

www.kigenhaeikayo.com



Visit!  
Experience!  
Enjoy!

五感で感じる秋。高知県・香美の国にいらっしやい。  
関西・中国・四国版  
香美 Lab.  
カミラボ  
旅ing  
高知県香美市  
秋冬号

# Where's Kami City?



香美市は豊かな自然に恵まれ、美しい春の桜や秋の紅葉の名所として有名であり、Iターンなどの移住者が多いところとしても知られています。香美市には人を惹きつける“何か”があるのかもしれませんが…!?

Kami City is rich in natural beauty, well-known for its beautiful cherry blossoms and autumn foliage. At the same time, many people are trying to move here to leave from the urban life. Kami City may have "something" that attracts people...!?



国指定史蹟天然記念  
Nationally designated historical site/natural monument

# 龍河洞

Ryuga-do Cave / One of Japan's Top Three Caves

自然の造形美、ミステリアスでロマンティックな  
古代をじっくり堪能して下さい。  
Stop to enjoy the natural wonder,  
experience the mystery and romance of  
ancient times inside the cave!

## Information / Ryuga-do Cave



### 神の壺 “Pot of the Gods”, the mysterious earthenware.

考古的にも貴重なつぼ型土器、通称“神の壺”が2000年以上もの間、石灰華で覆われ今に残っています。これは必見!

The earthenware has been buried in the earth covered with lime for over 2000 years, called “Pot of the Gods”. This site presents high archaeological value. You can't miss it!



### 千枚岩 Making “another” Pot of the Gods !?

昭和12年、龍河洞保存会が2000年前の『神の壺』と比べてみようとう壺を置いて以来、すでに70年以上が経過。まだこれからも実験続行するとか…!?

Wow! The staff has been trying to re-create “another Pot of the Gods” by themselves! You can see the pot on the rock, which has been sitting for more than 70 years! It's amazing!



### 冒険コース Do you love “adventure?”

洞窟体験ができる「冒険コース」はスリル満点!“インディージョーンズ気分”で非日常体験はいかがですか?

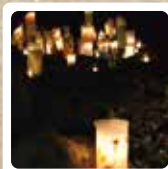
The cave exploration experience “adventure course” is full of thrills! Be Indiana Jones for a day!



### 龍河洞博物館 “Hot place to visit !?”

巷でウワサ? 意外にも外せないポイント!? 地球や龍河洞ができた歴史、発掘された品々や2000年前の古代人の生活の様子などが様々に展示されています。

Unearthed goods are exhibited, introducing you to the history of how the earth and the cave were formed, showing you the life of ancient people of 2000 years ago, etc.



### 龍河洞クリスマスキャンドルナイト (December 23, 2015/ Start 5:30PM )

ライトアップされた洞内には綺麗なキャンドルが並べられ、また様々なイベントや飲食コーナーなどもあり、普段とは違った龍河洞の雰囲気をご堪能下さい。  
You can see many beautiful candles at each place in the cave, which is illuminated with lights of beautiful colors. There are food stalls, knick-knack stalls and entertainment!



剣山国定公園 物部川流域  
Tsurugizan Quasi-National Park / the source of Monobe River

# べふ峡溪谷

Befu Valley

べふ峡は高知県でも屈指の紅葉名所。  
深い山間の色とりどりの景色は圧巻です!  
Befu Valley is known in Kochi for its fall foliage.  
The scenery in the mountains is beyond  
a doubt the best part of Befu!

## Information / Befu Valley



### 紅葉 “The beautiful autumn foliage in Befu”

10年に一度、満点の紅葉が見られるといわれるべふ峡の紅葉。さて今年はいかに…?

They say the fall foliage is at its best only once every 10 years. Maybe this will be the year…?

~Enjoy the blessings of nature~

シーズン中は「もみじ茶屋」がオープンし、あめごの塩焼き、もみじそば、人気の田舎寿司など、べふ峡ならではの秋の味覚を堪能できます。

A small cafeteria is open during the season. You can enjoy the “taste of Befu”, like salt-grilled Amego fish, soba noodles, “Inaka –zushi” (vegetarian sushi with seasonal ingredients from Kochi) and more!



もみじ茶屋  
Cafeteria “Momiji-chaya”



あめご塩焼き  
Salt-grilled Amego fish



田舎寿司  
Special sushi from Kochi, “Inaka-zushi”

### べふ峡温泉 “Befu-kyo Onsen”, the only hot-spring hotel in Befu

物部川源流のべふ峡にあり、紅葉シーズンはたくさんの観光客や温泉客で賑わいます。ア메ゴや田舎寿司、山の恵み一杯の山菜料理など素朴な味わいの他、鹿肉のステーキ、しし鍋などジビエ料理が味わえるのも特徴です。

The hotel is deep in the mountains, close to the source of the Monobe River. Many people gather here especially during the autumn foliage season. You can enjoy Amego fish and Inaka-zushi, Japanese cuisine with edible wild plants, Gibier cuisine such as venison steak, boar's meat stew, etc.

