



Nakatosa Tourism Association

# Tosakure Bonito Gastronomy Tourism

Nakatosa Town, Takaoka District, Kochi Prefecture



TOSAKURE KATSUO  
Gastronomy

<https://nakatosa.jp>



Created by the tradition of pole-and-line fishing for bonito and a unique food culture

## Kure is a charming fishing town!

Gastronomy tourism is tourism that aims to enjoy the food and experience the food culture that has been developed through the ingredients, customs, traditions, and history of the local climate.

Here in Kure, Nakatosa Town, we have the components of gastronomy: production areas, agriculture/fisheries, agricultural and marine products, distribution processing, chefs, cooking methods, food services, festivals/ceremonies, foodways, wineries/brewing. It includes all of the food culture. We want you to enjoy the profound "Tosakure Bonito Gastronomy".



Straw-grilled bonito tatakai experience



Straw-grilled bonito tatakai set meal



Walking around town

The bonito straw-grilled tatakai experience is an experience in which you grill bonito flakes yourself in burning straw under the guidance of a professional at a fish store. It is so difficult that it requires 8 years of experience in putting the straw in and 3 years in firing, and the key is how to start the fire from the straw, but a professional will help you experience this while adjusting the firepower.

Seared bonito that I roasted myself using straw. You can eat freshly made HoyaHoya right away. You can use salt or a special sauce. You can enjoy it with garlic or green onions if you like.

Kure is a fishing town for bonito pole-and-line fishing. Walk around the fishing town while learning about the history, culture, and climate of Kure's bonito and why it is so delicious. This will increase your "bonito deviation value"!



It's not just gourmet food !

## Experience real gastronomy!

After watching the Tosakure Bonito Gastronomy video, we headed to the Kure Taishomachi Market, an arcade shopping street that is only about 40m long. The 140-year-old market has fresh fish shops, side dish shops, street stalls, and restaurants. After touring a nostalgic alley market in Japan, you can experience and eat straw grilling for yourself. Afterwards, we took a stroll through the bonito fishing town. At Kure Hachimann Shrine, we saw the votive tablets of "a whole bonito" and "Katsuo Tatakai Sawachi." The amulet also has a bonito design. Passing through the alleys where many captains live, we headed to the Inner Port, a scenic cultural area. The manhole pattern at his feet is also a bonito. A tour to comprehensively experience the bonito food culture.

PRICE (per person)

**6,000 yen**

SCHEDULE

10:45 Meeting → Kure Taishomachi Market → Straw roasting experience → Straw-grilled bonito meal → Walking around town

**| Common matters for each tour |** [Product setting period] Every day from April 20, 2024 to November 30, 2025 (excluding Wednesdays) / Setting exclusion: December 1, 2024 to April 18, 2025 \*Time when skipjack tuna is not caught [Closing date: Until 3 days before the date of use [Local language support] Japanese (translators are available for multilingual requests) [Reservation requirements] ① Date of use, ② Name of representative, ③ Number of people making reservations (Number of children included), ④ Contact information (mobile phone number, etc.), ⑤ Language [Cancellation fee] 100% for non-participation without notification on the day [Other notes] - Will be held rain or shine. The event will be canceled in the event of inclement weather such as a warning or advisory being issued. In case of cancellation, we will notify you at least 2 hours before the start time. • If fresh bonito is not available due to fishing conditions, frozen bonito will be used. • For parking, please use Taishomachi Ichiba Parking Lot. • Drinks are not included. Payment will be made separately.



## **B** Enjoy salt tatakai ! Experience making sun-dried salt for seared bonito and cooking seared bonito



After watching the Tosakure Bonito Gastronomy video, you can try your hand at making sun-dried salt at Ogawa Salt Works, a 5-minute drive away. You will be impressed by the deliciousness of sun-dried salt made only with the sun. Afterwards, move on to the arcade shopping street Kure Taishomachi Market. The 140-year-old market has fresh fish shops, side dish shops, street stalls, and restaurants. After touring a nostalgic alley market in Japan, enjoy seared bonito, sprinkled with salt you made yourself. \*Please use your own car or taxi to reach Ogawa Salt Works. Taxi fares are to be paid separately by each person (approximately 800 yen/one-way).

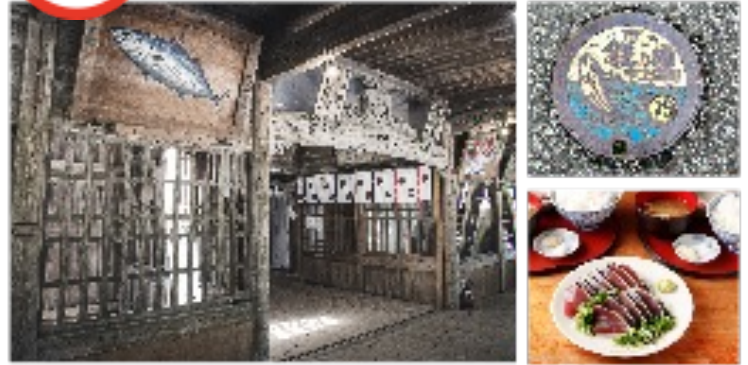
**PRICE** (per person)

**5,000 yen**

**SCHEDULE**

10:00 Meeting → Sun-dried salt-experience →  
Walking around Kure Taishomachi-Market → Bonito straw-grilled meal

## **C** Experience Tosakure gastronomy easily ! Visit bonito towns and eat bonito tatakai



After watching the Tosakure Bonito Gastronomy video, we headed to the Kure Taishomachi Market, an arcade shopping street that is only about 40m long. The 140-year-old market has fresh fish shops, side dish shops, street stalls, and restaurants. After touring a nostalgic alley market in Japan, enjoy seared bonito. Afterwards, we will take a stroll through the bonito fishing town. At Kure Hachimangu Shrine, we saw the votive tablets of "One Maru Bonito" and "Katsuo Tatakai Sarabachi." The amulet also has a bonito design. Passing through the alleys where many captains live, we headed to the Inner Port, a scenic cultural area. The manhole pattern at his feet is also a bonito. A tour to comprehensively experience the bonito food culture.

**PRICE** (per person)

**4,000 yen**

**SCHEDULE**

10:45 Meeting → Stroll around Kure Taishomachi Market →  
Straw-grilled bonito meal →  
Walk around town

## **D** Affordable experience tour Experience straw grilling and eat tatakai !



After watching the Tosakure Bonito Gastronomy video, we headed to the Kure Taishomachi Market, an arcade shopping street that is only about 40m long. The 140-year-old market has fresh fish shops, side dish shops, street stalls, and restaurants. After touring a nostalgic alley market in Japan, you will experience straw-grilled bonito for yourself and eat bonito tatakai.

**PRICE** (per person)

**3,000 yen**

**SCHEDULE**

11:30 Meeting → Stroll around Kure Taishomachi Market →  
Straw-grilled tatakai experience →  
Straw-grilled bonito meal

## **E** It will be full of stomach ! Full of knowledge ! In Tosakure, Katsunokuni, enjoy a walk around the town, experience sun-salted salt, experience grilling with straw, and take a bonito class!



After watching the Tosakure Bonito Gastronomy video, we will go to the Ogawa Salt Works, a 5-minute drive away, and try our hand at making sun-dried salt. Afterwards, move on to the arcade shopping street Kure Taishomachi Market. The 140-year-old market has fresh fish shops, side dish shops, street stalls, and restaurants. After touring a nostalgic alley market in Japan, you will experience straw-grilled bonito for yourself and eat bonito tatakai.

Of course, sprinkle with your own salt and enjoy the salt tatakai. Afterwards, we will take a stroll through the bonito fishing town. See bonito votive tablets at Kure Hachimangu Shrine. The amulet also has a bonito design. Passing through the alleys where many captains live, we move on to the Inner Harbor, a scenic cultural area. The pattern on the manhole at his feet is also a bonito. A tour to comprehensively experience the bonito food culture. \*Please use your own car or taxi to reach Ogawa Salt Works. Taxi fares are to be paid separately by each person (approximately 800 yen/one-way).

**PRICE** (per person)

**10,000 yen**

**SCHEDULE**

10:00 Meeting → Sun-dried salt experience →  
Walking around the Kure Taishomachi market →  
Straw-grilled tatakai experience → Straw-grilled bonito meal → Walking around town