
Activities in Sukumo

宿毛でのアクティビティー

The small port town of Sukumo lies on the southwestern edge of Kochi Prefecture, where the Matsuda River meets the Pacific Ocean. The area has a diverse landscape of mountains, rivers, and coastline, and it is a popular destination for outdoor activities such as cycling, fishing, snorkeling, sea kayaking, and camping.

The natural beauty of the area is perhaps best appreciated while cycling its quiet roads. The Sukumo City Tourism Information Center inside Sukumo Station has bicycles for rent, including road bikes and electric bikes. Cycle route maps that highlight local attractions are also available at the center. The roads around the town and port area are flat and easy for cyclists of all levels. Bicycles are allowed on the ferry to Okinoshima, an island about 25 kilometers off the coast, and electric bikes are also available to rent at the port of Moshima on the island. Cycle paths on the island start at the ferry terminal in the small town of Hirose and cover varied terrain, including hills and beaches. It takes three to four hours to pedal around the island, or one hour from end to end. There is an inn and a campground near the port at Moshima.

The islands of Okinoshima and Ugurushima are part of Ashizuri-Uwakai National Park. They are surrounded by clear waters ideal for snorkeling, scuba diving, and kayaking. The Kuroshio, a warm ocean current that flows north from the Philippines along the eastern coast of Japan, creates a warm microclimate in the area that is hospitable to tropical coral and sea life. The sea around Ugurushima and from Cape Ashizuri to Okinoshima is a habitat for sea turtles. The islands are accessible by ferry from Sukumo's Katashima Port.
