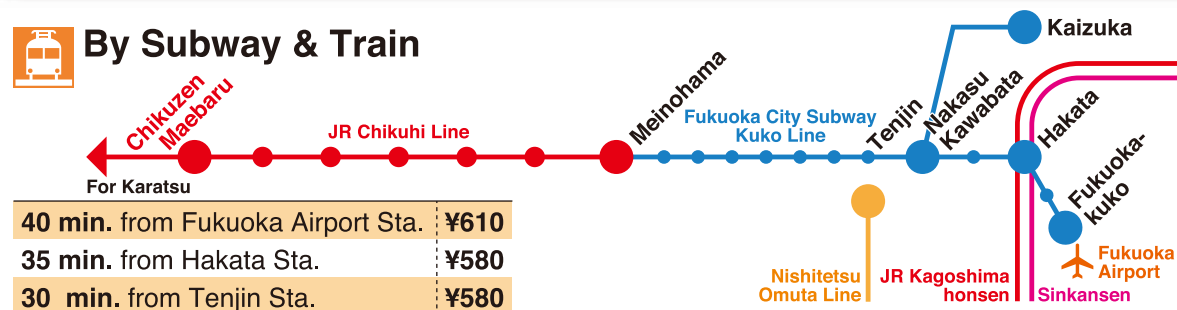


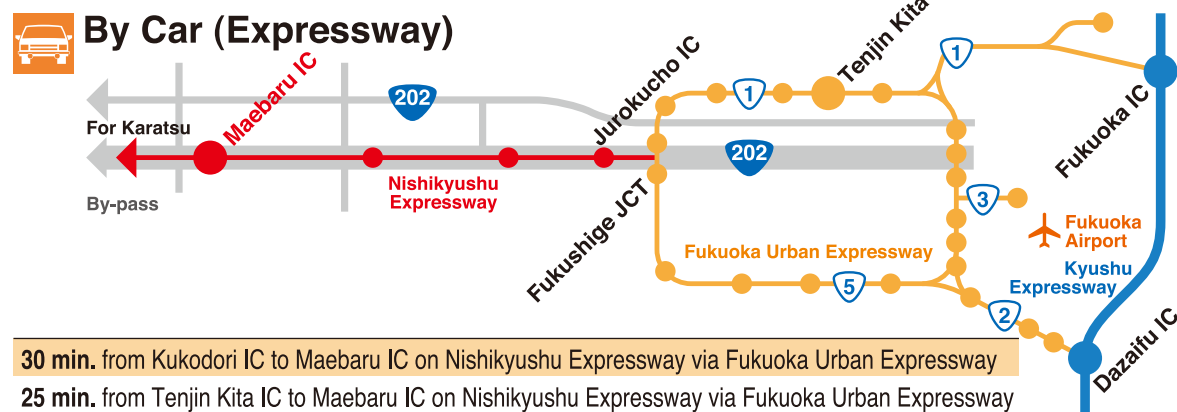
Going to Itoshima



By Subway & Train



By Car (Expressway)



Getting Around in Itoshima

By Bus



Itoshima Community Bus "Hamabo Go"

Fare: ¥200
Starting Point: JR Maebaru Station
Usefull Lines

- Shiraito Line (to Shiraito Waterfall)
- Raizan Line (to Raizan Sennyoji Daihioin Temple)
- Keya Line (to Keyano Oto and Mt. Tateishi, etc.)
- Nogita Line (to Mt. Kaya and Futamigaura)



By Rent-a-car



Niconico Rent-a-car

Open: 9AM-9PM
Rental Fee: ¥2,700 ~ ¥8,800 (12 hours)
There are many types of cars that you can rent.

Contact: Niconico Rent-a-car
0120-32-2525 (free) or
0570-04-2525 (mobile)



Facebook: <https://www.facebook.com/exploreitoshima/>

By Rental Cycle



Itoshima Tourist Association

Starting Point: JR Maebaru Station North Exit
Open: 9AM-3PM
Rental Fee:

- 2 hours: ¥500
- 4 hours: ¥800
- 8 hours: ¥1,200

Contact: Itoshima Tourist Association
TEL: 092-322-2098

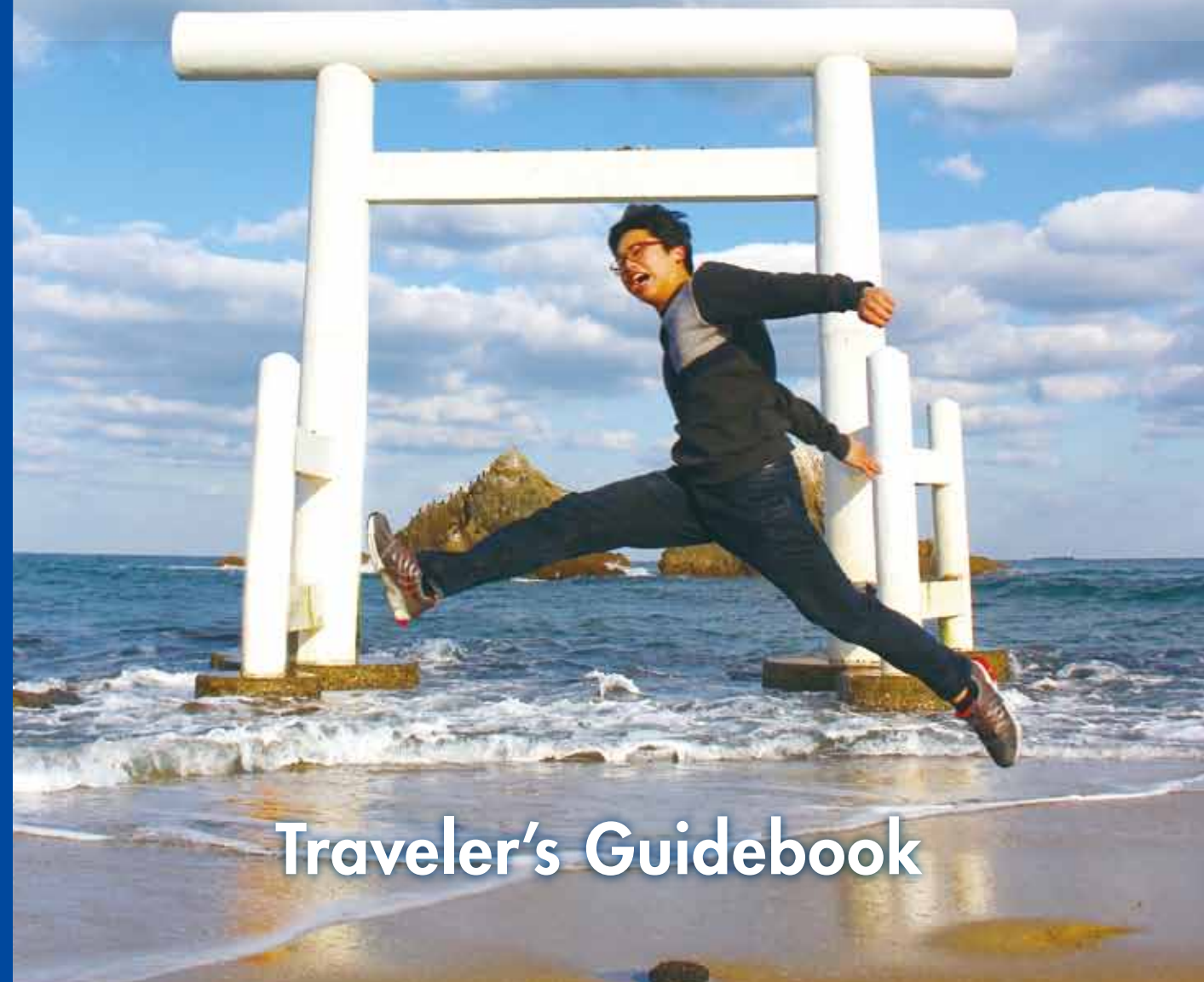
Published by Itoshima City
TEL: 092-332-2080

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2019.3



EXPLORE ITOSHIMA



Traveler's Guidebook

Explore Itoshima

From its sunny beaches with pristine blue waters to its rich cultural history in the form of age-old temples and shrines, Itoshima is a destination with lots to explore.

The winding coastal roads make for spectacular sights of the sea, and are perfectly complemented by the overhanging mountains. Those with adventurous spirit will find that numerous hiking trails and watersport activities are at their disposal. Itoshima can also be considered a foodie's dream destination since the oysters, amongst its other delicacies are renowned all over Japan. Itoshima offers the best of both worlds all year round, with its beaches, mountains, lip-smacking food and warm hospitality. Come on, let's explore Itoshima!

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Enjoy a romantic walk along Futamigaura Beach

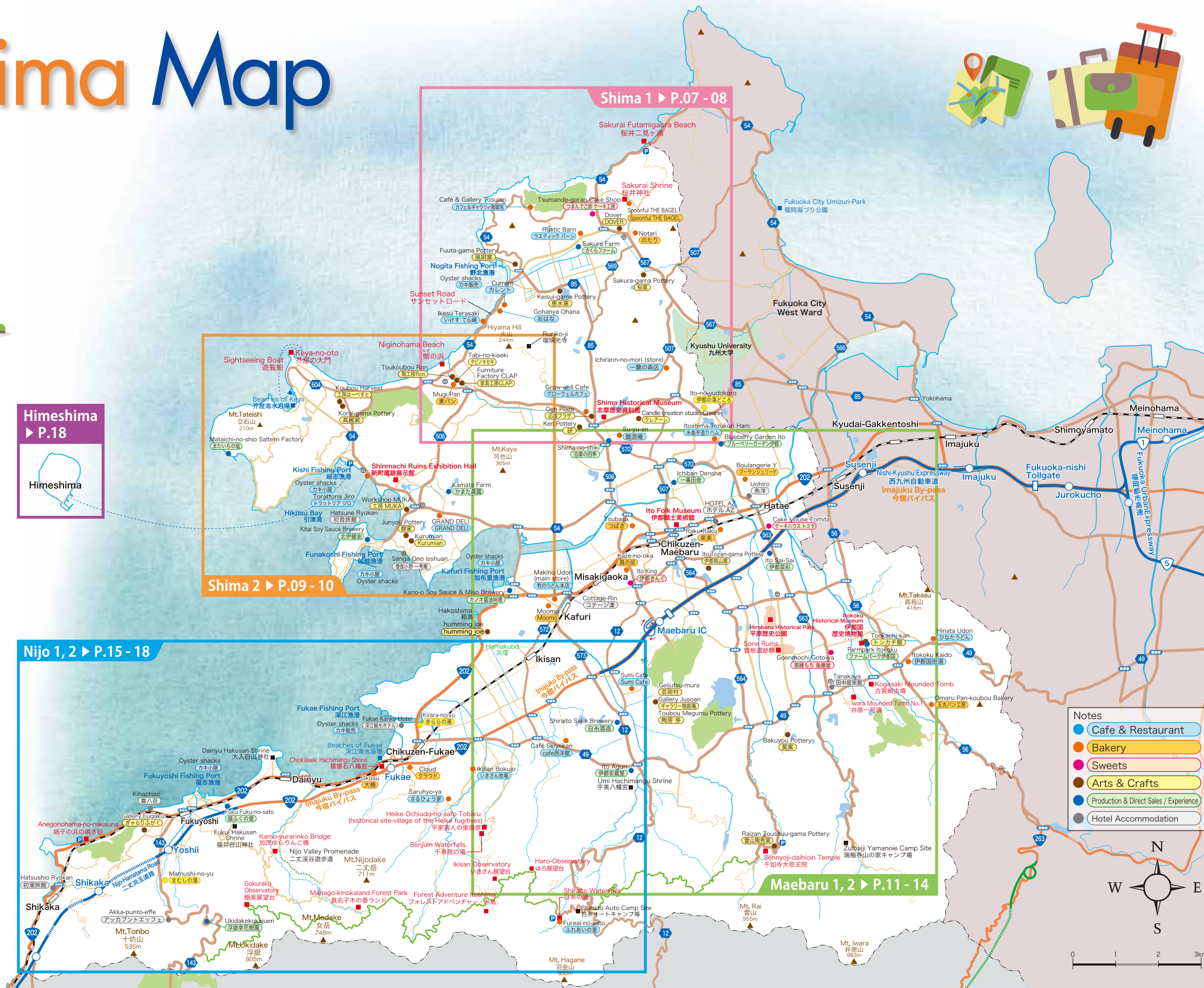
Take some time to relax and meditate at Raizan Sennyoji

Itoshima Highlights

Enjoy the fine white beach of Keya all year round

Find mystery and tranquility at Shiraito Waterfall

Itoshima Map





Shima 1 Futamigaura ~ Nogita

1 TIME- Bistro and Café



TIME café allows you to fill in your stomach with its delicious food while enjoying the beautiful scenery of the sea and have a pleasant time in the nice atmosphere. They serve mainly French style with delicate design and color. Most importantly, the flavor will make you long for some more.

[Address] 4423-7, Shima Sakurai, Itoshima-shi, Fukuoka
[Phone] 092-332-8607 Open: Morning 8:30AM-10:00AM
Lunch 11AM-3PM Café 3-5PM Dinner 6-8:30PM Closed: Thu.

2 LONDON BUS CAFÉ



LONDON BUS CAFÉ is famous for its delicious gelato made of milk from MILKY WAY FARM in Sasebo. This café is located right next to the beach, where you can enjoy the ocean front view from inside of the iconic, red, vintage London bus. Enjoy a wide array of gelato flavors and chilled beer here.

[Address] 2289-6, Shima Nogita, Itoshima-shi, Fukuoka
[Phone] 080-5268-6610
Open: 11AM ; Closed: Sunset (7PM)

3 Bakery Restaurant CURRENT

CURRENT is a beautifully designed rustic restaurant located by the beach. Enjoy the tranquil sea view and sound of waves while enjoying your breakfast or lunch. During the winter, the wood fireplace will warm you up and create a cozy environment to relax in. CURRENT serves western food using mainly local ingredients and sells delicious baked goods.



[Address] 2290, Shima Nogita, Itoshima-shi, Fukuoka
[Phone] 092-330-5789 Open: 8AM-7PM (Last order: 6PM)
Closed: Wed. and the 1st Tue. of every month.

4 Beach café SUNSET



As the name suggests, SUNSET is a perfect spot to watch the sundown in the relaxing sea breeze. It also serves authentic Itoshima gourmet including cocktails, beverages and dishes freshly made with ingredients from Itoshima. A lovely place to have an unforgettable memory with a reasonable price!

[Address] 284, Nishinoura, Nishi-ku, Fukuoka-shi [Phone] 092-809-2937 (sunset)
Open: 11AM - 9PM (Last order: 8PM) ; Closed: Thu. and the 3rd Wed. of every month

5 Honey Coffee



Honey Café is famous for its specialty coffee, which customers enjoy for its unique taste. They only sell and use beans which have passed their quality control assessment, such as acidity, transparency in the mouth, textures and flavor characteristics. They also serve delicious side dishes and other coffee flavors to choose from.

[Address] 2186-1, Shima Nogita, Itoshima-shi, Fukuoka [Phone] 092-327-2567
Open: 10AM-5PM (6PM Mar. -Sep.)
※Depends on the season

6 DOVER



Since 2009, DOVER has been delivering customers diverse art merchandises, which are sold in a beautiful vintage wooden and garden-like house. Many unique goods are gathered in one beautifully decorated gallery such as changing seasonal goods, fragrances, breads and more. DOVER's special leathery bags and shoes are also one of the visitors' favorites.

[Address] 4656-3, Shima Sakurai, Itoshima-shi, Fukuoka [Phone] 092-327-3895
Open: 11AM-5PM They have an art school as well, so please visit www.doverartschool.com

7 PALM BEACH THE GARDENS



PALM BEACH THE GARDENS is a row of shops right next to the famous Futamigaura Beach which consists of a gelato shop, a pottery shop, a souvenir shop, a local product market, a cafe and restaurants. It is highly recommended to enjoy the gelato and the sea view while listening to the soothing sound of the sea.

[Phone] 092-809-1660
Open: 10AM-9PM

8 Petani coffee

"Petani coffee" is a unique coffee shop, which has eleven varieties of carefully roasted selected special beans. The ambience is amazing and gives a really cozy and coffee shop feeling. Stop by, relax and enjoy a cup of warm "Petani" Coffee.



[Address] 47-1, Shima Hatsu, Itoshima-shi, Fukuoka [Phone] 092-332-8454
Open: Weekdays-12PM-7PM Sat. Sun. and holidays-10AM-7PM Closed: Tuesdays

9 Nigiyakana Haru

Nigiyakana Haru has a grocery store where they sell fresh organic food they get from the surrounding farms in Itoshima. Apart from having the best organic products, it is also an ideal place for a BBQ. Their special egg donburi or egg rice is worth a try.



[Address] 5250-1, Shima Sakurai Itoshima-shi, Fukuoka
[Phone] 092-329-4800
Open: 9:30AM-5PM Closed: New Year's Eve

10 Itoshima Oen Plaza



Itoshima Oen Plaza, translated into Itoshima Support Plaza, is home to about 80 artists around Itoshima where they sell various unique handmade products in one big place. They sell products such as clothes, pottery, bags and local jewelries with different prices which are affordable as souvenirs.

[Address] 30, Shima Hatsu, Itoshima-shi, Fukuoka
[Phone] 092-334-2066 Open: 10AM-6PM Closed: Mon. (If it is holiday, the next weekday) and 4th Tue. Mail: itopla.info@gmail.com

11 Sakurai Shrine

Sakurai Shrine was established in 1632 by the 2nd lord of Chikuzen, Tadayuki Kuroda, as a school for Shinto priest. This historical site is a precious Muromachi Era shrine architecture heritage and is the only branch of "Ise Shrine", which is one of the two most important shrines in Japan. It is the best place in to feel the tranquility in Itoshima.



[Address] 4227, Shima Sakurai, Itoshima-shi, Fukuoka
[Phone] 092-327-0317 Access: 10-minute walk from "Sakurai" Bus Stop on the Showa Bus Nogita Line, or Chikuzen-Maebaru Station on the JR Chikuh Line

12 Sakurai Futamigaura

Futamigaura is one of the Japan's best places to view the sunset where you can see and feel the wonderful nature of Itoshima as the sun sets. There are two big rocks standing in the middle of the sea about 150 meters away from the beachfront. They are also known as the "couple rocks" and are noted for their scenic beauty.



[Address] Shima Sakurai, Itoshima-shi, Fukuoka
Free admission Free parking available Access: About a 30 minute walk from Showa Bus Nogita Line "Imuta" Bus Stop.



Shima 2

Keya - Funakoshi



1 Totouya (Pottery Shop)



Totouya is a pottery shop, selling various kinds of pretty products like plate, vessel and bowl. In this shop, special and delicate designs are found and the fact that you can make one by yourself is very attractive. The owner will kindly offer you some help for sure! Come and make some exclusive souvenirs!

[Address] 1373-3, Shima Kishi, Itoshima-shi, Fukuoka
[Phone] 092-332-8449
The price of hand making experience is ¥1500 to ¥2500 which differs based on what you make. Open: 11AM-5PM Closed: Tue. & Wed.

8 Keya no Oto

Keya no Oto is the largest basaltic cave of Japan located in the west of Itoshima. The cave is 90m in depth, 2 to 10m in width and 8m in height from the sea level. The view of the cave is spectacular and you can pay a visit by riding on a boat from the local harbor. You can also see this place from the summit of Mt. Tateshi. Be prepared to leave with some unforgettable memories!



[Address] Shima Keya, Itoshima-shi, Fukuoka [Phone] 092-322-2098 (Itoshima Tourism Association) 30 minute-bus ride from JR Maebaru Station. Showa Bus Keya Line Keya Bus Stop from JR Maebaru Station. There are parking lots.

2 Ka-la-ku (Handmade Soap)

Despite it being located in a remote area without access by buses and trains, the customers visit here not only from the locals but from all over Japan. The shop always uses high-quality olive oil as its main ingredient and carefully selected other natural ingredients are combined together. "Kalaku" is waiting for you!

[Address] 3728-6, Shima Keya, Itoshima-shi
[Phone] 092-328-1345
Open: 11AM-5PM Closed: Wed. & Thu.



3 TAK Cheese Factory



TAK, meaning 'Thank you' in Danish is brought from Itoshima's fresh dairy products which is processed and handmade by Mr. Akira Katayama, which became an award-winning natural cheese. Mr. Katayama specializes in pressed cheese from low-fat-milk into semi-hard type and fresh cheese such as Kohaku, which is best consumed with beer or wine.

[Address] 63-10, Shima Kishi, Itoshima-shi, Fukuoka [Phone] 092-328-1076
Open: 11AM-5PM on Fri. Sat. and 1st, 3rd and 5th Sun.
URL: <https://www.itoshima-cheese-tak.com/>

4 Keya Club Chikuzen Kai (Japanese Style Hotel)

This Japanese styled inn is located just a short drive away from some of the most popular attractions in Itoshima. A transparent blue sea is just around the corner which is suitable for surfing and swimming. This inn serves Japanese food including freshly caught seafood and also offers barbecue. The rooms are nice and cozy at an affordable price!

[Address] 890, Shima Keya, Itoshima-shi, Fukuoka
[Phone] 092-328-2301 Shuttle bus is available upon request.



5 Trattoria Giro (Italian Restaurant)



Trattoria Giro is an Italian restaurant located on the seaside serving Italian cuisine using Itoshima's ingredients. The restaurant does not have a fixed menu and

instead varies it based on the ingredients purchased on each day. You can taste different dishes every time you come. But the number of seats is limited so make sure you reserve in advance!

[Address] 3-3, Shima Kishi, Itoshima-shi, Fukuoka [Phone] 092-328-0525
Open: 11:30AM-3PM, 5:30PM-10PM Closed: Mon.

6 Kobo Tottan

Kobo Tottan is a traditional style salt factory with its long history. Besides its delicious salt "Mataichi no shio", they offer boiled eggs and one of the best salted caramel pudding in Itoshima! It is a perfect place to learn about their salt production and relax in the soothing sea breeze.

[Address] 3757, Shima Keya, Itoshima-shi, Fukuoka
[Phone] 092-330-8732 (kisetsuya)
Open: 10AM-5PM Closed: Bad weather, year-end and new-year holidays



7 Kishi Oyster Huts



One of the most popular things to do in Japan during winter is to BBQ oysters. In Kishi Oyster Huts, there are 10 oyster huts to choose from where you can BBQ some of the Itoshima's freshest seafood. One kilogram of fresh oysters is only ¥1000! It is definitely worth it.

[Address] 778-5, Shima Kishi, Itoshima-shi, Fukuoka
[Phone] Every huts has their own number
Open: 10AM-5PM Access: Showa Bus Stop "Kishi". It is accessible by Keya line bus from JR Chikuzen Maebaru station. Cost ¥200 one way. Closed: Year-end and new-year holidays

9 Keya no Oto Round Tour Boat

The boat to Keya no Oto only operates between April and November where it starts from Keya Fishing Port. The visitors can view the beauty of the nature from the destination of the boat, where the cavern ceiling resembles a hornet's nest. The whole journey to the cave takes about 25 minutes. But remember, the boat may not operate if it is too windy or rainy!

[Address] 677, Shima Keya, Itoshima-shi, Fukuoka [Phone] 092-328-2012 Closed: during winter
Timetable: Weekdays: every 45 mins from 9:30-12:30, every 45 mins from 13:30 to 16:30 / Weekends: every 30 mins 9:30-12:30, every 30 mins from 13:30-16:30 Cost: 800 yen for an adult / 400 yen for a child



10 Mt. Tateishi

Mt. Tateishi is only 210m high, but a key hiking destination for visitors where you can see the breathtaking view from the summit of the mountain. During winter, you can enjoy oysters after hiking and during summer, you can relax on the beach or visit another mountain.



[Address] Itoshima, Fukuoka Access: 30 minute bus-ride from JR Chikuzen-Maebaru Station, get off the Showa Bus Keya Line at Keya Bus Stop. Enjoy 30 minute hike to the summit.





Maebaru 1

2 Tana Cafe + Coffee Roaster



Tana Cafe + Coffee Roaster is a home brewed coffee shop situated around Maebaru area. Being cozy and relaxing, it is perfect for a Sunday afternoon cooldown.

[Address] 3-9-1, Maebaru Chuo, Itoshima-shi, Fukuoka
[Phone] 092-321-2008 Open: 10AM-7PM Closed: Tue.
Access: 5 minute walk from JR Chikuzen Maebaru Station North Exit

4 Guest House Kotonoha



Guest House Kotonoha is very close from Maebaru station. Established by a tourist-loving couple who have spent their lives travelling around the world, foreign tourists are especially welcomed here. The guest house is also on the same building as Ekimae no Bar.

[Address] 2-1-21, Maebaru Chuo, Itoshima-shi, Fukuoka (Maebaru Ekimae building 4th floor) [Phone] 090-7291-0767
Access: 1 minute walk from JR Chikuzen Maebaru Station North Exit

5 Ekimae no Bar



Ekimae no Bar, as the name describes itself clearly, is a bar in front of the Maebaru station. With a Western European atmosphere, it offers an excellent range of wine served with delicious food.

[Address] 2-1-21, Maebaru Chuo, Itoshima-shi, Fukuoka, Maebaru Ekimae building 1st floor [Phone] 092-324-1022 Open: 6PM-10PM Closed: Sun to Wed. Access: 1 minute walk from JR Chikuzen Maebaru Station North Exit.

1 Kozai no Mori Restaurant

Kozai no Mori is a traditional Japanese restaurant situated in the middle of Maebaru shopping street. This 100-year old building was once an old wealthy trader's shop. Entering this quaint historic building allows you to travel back in the time of Meiji and Taisho era and imagine the life then.



[Address] 3-18-15, Maebaru Chuo, Itoshima-shi, Fukuoka
[Phone] 092-321-4717 Open: 11AM-5PM
Close: Wed.
Access: 5 minute walk from JR Chikuzen Maebaru Station North Exit

3 Itoshima Kurashi x Kokonoki



Itoshima Kurashi x Kokonoki is a small lovely handmade shop. They sell a variety of things like necklaces, handbags and T-shirts. With a theme "A life with nature", everything in the shop is rustic yet elegant.

[Address] 3-9-1, Maebaru Chuo, Itoshima-shi, Fukuoka
[Phone] 092-321-1020 Open: 10AM-7PM
Closed: Tue. Access: 5 minute walk from JR Chikuzen Maebaru Station North Exit

6 Tabibito Curry



Tabibito curry, meaning traveller curry in Japanese, is a cozy curry restaurant. Chef owner himself has travelled around Asian countries and learnt the best tastes in the areas. Every day, 4 kinds of authentic curries are served, from more than 10 repertoires including Keema curry, butter chicken and Sri Lankan curry.

[Address] 1-15-18, Maebaru Nishi, Itoshima-shi, Fukuoka [Phone] 092-329-0010 Open: 11:30AM-6PM Closed: Thu. Access: 7 minute walk from JR Chikuzen Maebaru Station North Exit.

7 Vietnamese Sandwich HiHo



The shop name "HiHo" brings 3 meanings; Saying "Hi" the customers, Vietnam's two biggest cities - Hanoi and Ho Chi Minh, and a song named "Haiho" which literally means to cheer after a hard-working time. They serve one of the most famous Vietnamese cuisines called "Banh mi" sandwich, as well as typical Thai dishes. Enjoy the cozy atmosphere of this Asian-style restaurant.



[Address] 3-1-15 Maebarachuo, Itoshima-shi, Fukuoka
[Phone] 092-334-1511 Open: 11AM-3PM, 5:30PM-10PM Closed: Tue.
Access: 5 mins walk from JR Chikuzen Maebaru Station

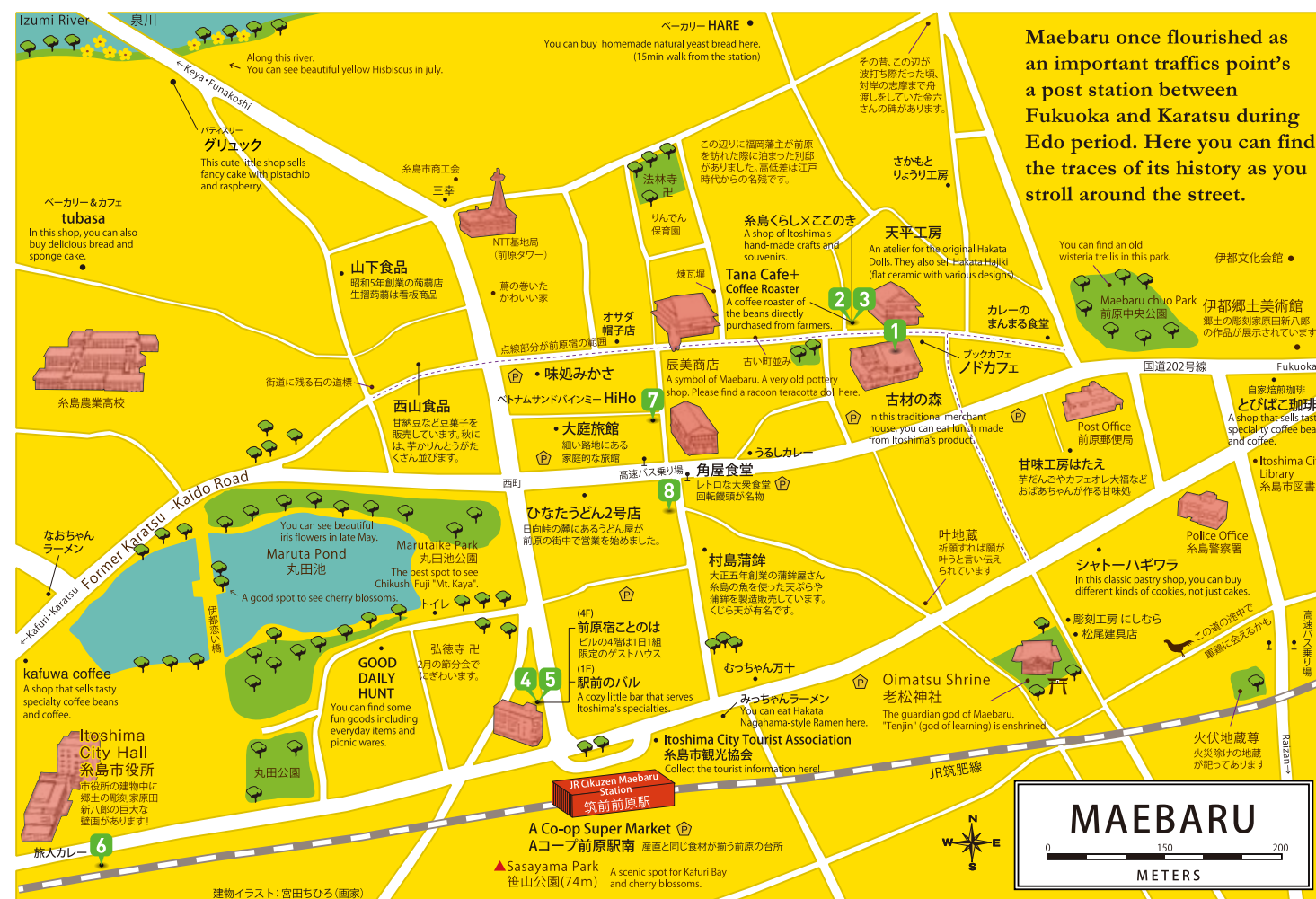
8 Amour-Buffer Lunch & Bar



A newly opened buffet restaurant that aims to showcase 50 types of craft beer, especially from Belgium and Japan, as well as food made from fresh Itoshima vegetables. They serve a vegetarian-friendly lunch buffet with different time limits and prices and offer an a-la-carte dinner. The chef used to work at a Michelin star hotel so you can trust that the food is delicious!



[Address] 2-3-43, Maebarachuo, Itoshima-shi, Fukuoka
[Phone] 092-324-1511 Open: 11AM-3PM, 5PM-11PM Closed: Wed.
Sun.(after 3PM) Access: 4 mins walk from JR Chikuzen Maebaru Station



Maebaru 2

2 Sumi Cafe

Sumi café, located in the interior part of Maebaru (about 15 minute drive from Chikuzen Maebaru Station), offers you one of the most delicious salted caramel pudding in a renovated traditional Japanese house. Want to know what heaven tastes like? Come and try it! Let your taste buds experience the magnificent flavor.

[Address] 1454, Hon, Itoshima-shi, Fukuoka [Phone] 092-330-8732
Open: 11:30AM-2:30PM (Lunch), 11AM-4:30PM



4 Sumibiyaki Itoshima



This restaurant is a famous BBQ restaurant in Itoshima with traditional style charcoal fired grills. They serve a variety of set menus with meat, sausages and vegetables, with rice, drinks and dessert as add-on items. The rustic atmosphere and the delicious food definitely make it worth a visit. For people who want a more refined dining experience, there is a restaurant serving Italian and French style cuisine in the same building.

[Address] 647-2, Tomari, Itoshima-shi, Fukuoka [Phone] 092-322-4551
Open: 11AM-9PM Closed: Tue. Access: 1 minute walk from Otsuka Bus Stop in Itoshima Community Bus Kyudai Line

6 Itoshima Tezukuri Ham

Certified by the bratwurst organization in Germany itself, the Itoshima Tezukuri Ham, without doubt, is the place to go to enjoy all sorts of high quality processed meat. Not to be missed, this place is also away from the hustle of city life, making it the perfect spot for a getaway lunch. At this shop they also sell freshly made Gelato, in a variety of flavors. They even have rare and delicious flavors like pistachio.

[Address] 647-2, Tomari, Itoshima-shi, Fukuoka [Phone] 092-324-2821
Open: 10AM-5PM on weekdays, 10AM-6PM on weekends Closed: Wed.
Access: 1 minute walk from Otsuka Bus Stop in Itoshima Community Bus Kyudai Line



3 Duram Factory

Showcasing an array of handmade leather goods, Duram strives to market durable and long-lasting products. From leather bags to wallets to key holders, Duram products are processed with organic and environmentally friendly raw materials. With stylish design and signature warm color palette, Duram leather products will surely captivate leather enthusiasts.

[Address] 647-2, Tomari, Itoshima-shi, Fukuoka [Phone] 092-332-9208
Open: 11AM-6PM Closed: Wed. Access: 1 minute walk from Otsuka Bus Stop in Itoshima Community Bus Kyudai Line



5 Ito Aguri

Ito Agri cherishes the connection between nature and people through food. They sell fresh as well as pesticide-free organic vegetables, natural products and processed food with a guaranteed quality. Also, a relaxing green atmosphere of the Japanese countryside can be felt by staying in their restaurant for some meal, and in their traditional barn-style Café and for a cup of coffee and sweets.

[Address] 882, Kawatsuki, Itoshima-shi, Fukuoka [Phone] 092-322-2222
Open: 10AM-6PM Closed: 2nd Tue. URL: <http://itoaguri.jp>



7 La Puni

Located close to rice fields, La Puni offers over twenty varieties of smoothies. They specialize in passion fruit smoothies which are made using the organically grown fruit. Moreover, they offer soy milk yogurt which is definitely an ideal option for vegan customers. The cafe has a beautiful outdoor sitting area, which makes it a picture perfect destination, all year around.

[Address] 204-6, Tomari, Itoshima-shi, Fukuoka [Phone] 080-1747-3274
Open: 10AM-6PM Closed: Wed. Access: 22 minutes walk from Hatae Station, near Tomari Higashiguchi Bus Stop of Itoshima Community Bus Kyudai Line



8 Raizan Sennyoji Daihioin Temple



With its prominent Indian influence and a boasting 1300 year-old history, the Raizan Sennyoji Daihioin Temple still stands as a testament. The temple lies in the north of Mt. Raizan's midsection and is also called "the Kannon of Raizan", which is said to have been built in 178 AD.

[Address] 626, Raizan, Itoshima-shi, Fukuoka [Phone] 092-323-3547 Open: 9AM-4:30PM
Entrance fee: 400 yen (including Monk's prayer and 100 yen garden entrance)

9 Shiraito Waterfall

Shiraito Waterfall is a scenic beauty located in the southern part of Itoshima City. To reach this destination, community bus from Chikuzen-Maebaru Station can be taken. It is also a famous place for fishing trout and relaxing; and thus is a perfect spot to enjoy nature. The waterfall is 24 meters high.



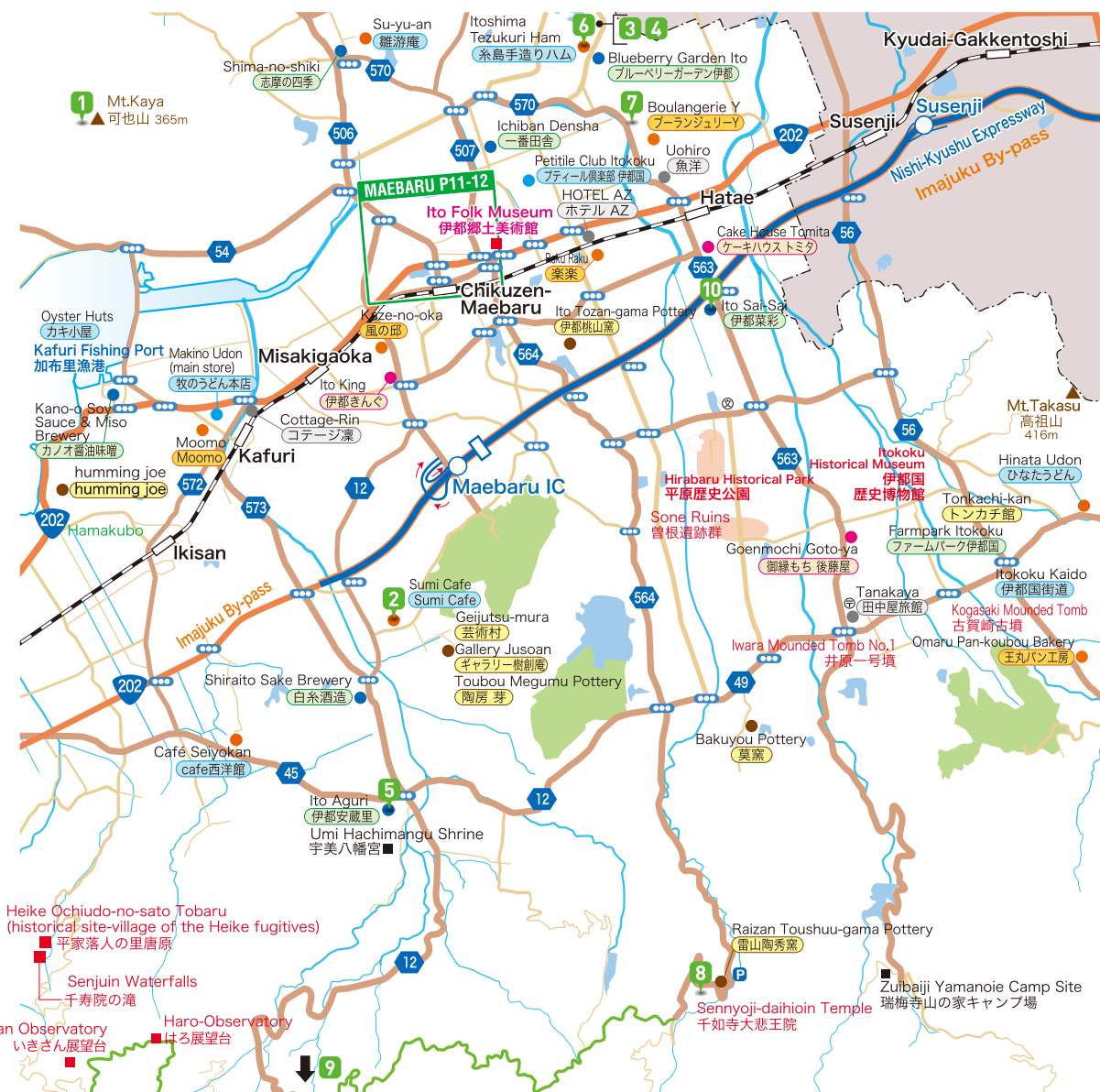
[Address] 460-6, Shiraito, Itoshima-shi, Fukuoka Access: 25 trail walk from Shiraito Bus Stop in Itoshima Community Bus Shiraito Line (25 min bus ride) Open: 9AM-5PM

10 Ito Sai Sai



Ito Sai Sai is Japan's busiest fresh market that sells Itoshima-harvested fresh meat, agricultural products and processed goods. 1200 local farmers contribute their products to the store, making it remarkably famous with the public. Moreover, they also offer a range of delicious bento boxes made by the locals.

[Address] 567, Hatae, Itoshima-shi, Fukuoka [Phone] 092-324-3131 Open: 9AM-6PM
Closed: New Year Access: 6 minute-bus ride from JR Hatae Station. Showa Bus Stop "JA Ito Sai Sai mae" from JR Hatae Station.





Nijo 1

1 Chinkaiseki Hachimangu Shrine



Chinkaiseki Hachimangu shrine is one of the most important shrines in Japanese history and it was mentioned in Japan's oldest written records. The history dates back to 200 A.D. when it was said that the temple had miraculously helped the shogun's empress with her prayers on a safe delivery.

[Address] 2143-1 Nijo-Fukae, Itoshima-shi, Fukuoka
[Phone] 092-325-0309
Access: 15 minutes walk from JR Chikuzen Fukae Station

2 Humming Joe



With an ambient atmosphere and one-of-a-kind, European-style furnitures, this shop is perfect for wooden piece enthusiasts. Showcasing a large collection of classic and modern chairs, tables, and cabinets, this shop will surely present a delightful catalogue for those looking to furnish their homes with fancy furnitures.

[Address] 179-1 Nijo-Hamakubo, Itoshima-shi, Fukuoka
[Phone] 092-325-3690 Open: 11AM-6PM Closed: Wed. and 2nd Sun.
Access: 20 minute walk from JR Ikisan Station

3 Bakery SANA



It is a small yet cozy bakery. With an outdoor sitting area, it a perfect pitstop on the way to nearby sightseeing places. They offer a variety of breads such as bagel and panini, made without using margarine, shortening and eggs. Moreover, they use locally produced wheat. They also sell a delicious milk drink called 'Itonogotari', which is a local speciality.

[Address] 555-2, Nijo Fukae, Itoshima-shi, Fukuoka [Phone] 092-325-0010
Open: 10AM-6PM Closed: Wed. & Thu. Access: 5 minute walk from JR Chikuzen Fukae station

5 Hakoshima Shrine



Hakoshima shrine is located on an island at the tip of a cape, with its 3 sides surrounded by the sea. One can have both the sacred feeling while praying to the enshrined 'god of love' for success in love and family happiness and exploring a mountainous area while climbing the big rocks surrounding the temple.

[Address] Nijo-Hamakubo, Itoshima-shi, Fukuoka
Access: 25 minute walk from JR Ikisan Station

6 Studio Kura

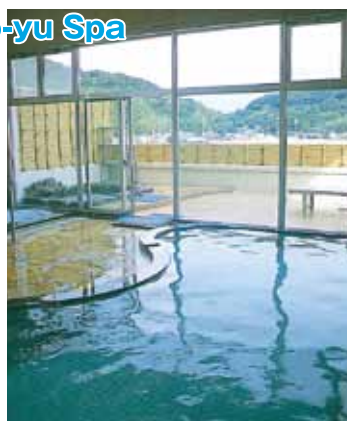


Studio Kura is an art company with three main purposes; organizing exhibitions, events and residencies, teaching art and producing art. The host wishes that the international resident artists will enjoy engaging with the unique community and environment in Itoshima.

[Address] 586, Nijo Masue, Itoshima-shi, Fukuoka
[Phone] 092-325-1773 Access: 20 minutes walk from JR Ikisan Station

7 Kirara-no-yu Spa

Kirara-no-yu Supa has wooden bath and rock bath located both indoor and outdoor. Family bath is also available. Please enjoy one of the best quality radium onsen in Japan.



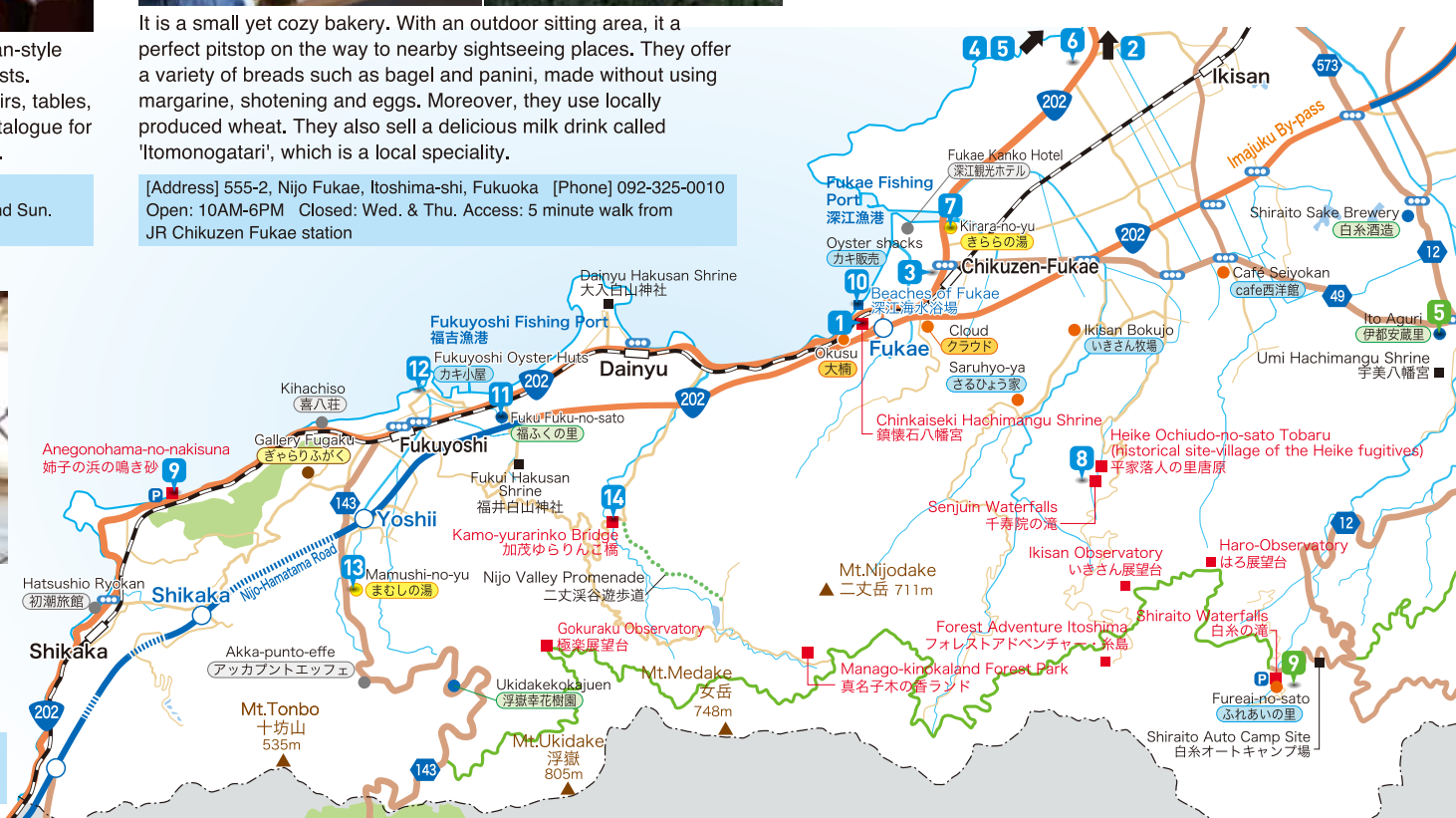
[Address] 598-1, Nijo Fukae, Itoshima-shi, Fukuoka
[Phone] 092-325-1126 Open: 10AM-10PM Closed: 3rd Tue. (if it is holiday the next day), Entrance Fee 550 yen (Family bath 2,000yen) Access: 6 minute walk from JR Fukae Station

4 Hanatolife



A tandem of frame shop and hairdressing parlor, this artistic shop offers beautiful, custom made wooden frames, intricately designed by a skilled craftsman. With a minimalistic interior overlooking the ocean, this shop will also provide luxurious hairdressing experience for that special occasions.

[Address] 390-2 Nijo-Hamakubo, Itoshima-shi, Fukuoka
[Phone] 092-325-1915 Open: 10AM-6PM Closed: Mon. and 2nd Sun. Access: 20 minutes walk from JR Ikisan Station



8 Senjuin Waterfall



Looking for a serene spot to free your mind? Senjuin no Taki (waterfall) is the place for you. Tucked between the mountains of Nijo District of Itoshima City, the waterfall will give you a relaxing atmosphere to meditate and slow down for a while.

[Address] Nijo Mitsuyoshi, Itoshima-shi, Fukuoka
Access: 25 minutes drive from Chikuzen-Maebaru Station
About 8 minute walk from the parking lot



Nijo 2

9 Anego no Hama

Enjoy a tranquil beach at one end of Itoshima City in Nijo area! With its white sand and calm waves, this should be on your weekend travels when you visit Itoshima. This 1.1 km long beach is known for its best quality of sand; featuring the famed Nakisuna or squeaking sound that you can hear when you walk on sand. Furthermore, this place is a good spot to watch the sunset.

[Address] Nijo Shikaka, Itoshima-shi, Fukuoka.
Parking and toilets are also available here for drivers and riders. 20 minutes walk from JR Shikaka Station in the Chikuh Line.

14 Kamo Yurarinko Bridge & Nijo Valley Nature Trail

Kamo Yurarinko Bridge is a suspension bridge 100 m in length, 20 m in height and 1.2 m in width which spans the Kamo River. The beautiful valleys of the Genkai Nada rural scenery will greet visitors on the bridge. It is also the starting point of Nijo Valley Nature Trail to the beautiful Myojin no Taki (Waterfall).

[Address] Nijo Fukui, Itoshima-shi, Fukuoka Access: 40 minute walk from JR Chikuh Line Dainyu Station



10 Duangjan



When you enter the restaurant, authentic Thai cuisine with incredible sunset views are waiting for you! The nice and helpful Thai staff will greet you with warm smile and make you feel like you truly are in a restaurant in Thailand. Multilingual menu is well laid out and easy to understand. The food is really tasty and the desserts are beautifully served.

[Address] 2129-18, Nijo Fukae, Itoshima-shi, Fukuoka
Access: 15 minutes walk from JR Chikuh Line Chikuzen-Fukae Station

11 Fukufuku no Sato



Fukufuku no Sato is a fresh market located between Fukuyoshi and Dainyu Station. They sell fresh fish, agricultural products and processed products all from Itoshima. But be aware that by sunset, most of the products will be sold out, so it is recommended that you go as early as possible. Different seasons have different products in the market!

[Address] 6333, Nijo Fukui, Itoshima-shi, Fukuoka
[Phone] 092-326-6886 Open: 9AM-5PM

12 Fukuyoshi Oyster Huts



Itoshima oysters are products of Itoshima's rich ocean. There are four oyster huts operating during the winter season from November to March. In addition to their delicious oysters, the huts sell a variety of seafood fresh out of the ocean. The grilling itself is self-service by using charcoal; where you dress up in a clean coat which is provided from the hut beforehand.

[Address] 6067-7, Nijo Fukui, Itoshima-shi, Fukuoka
Open: 9 (10) AM-5PM Opens during the winter Closed: During New Year's holidays Access: 10-15 minutes walk from JR Fukuyoshi Station
Tip: At the reception, put your name on a list to get a table and pick up all the necessities: cotton gloves, tongs, shucking knives, sauces and, of course, trays of fresh oysters.

13 Mamushi-no-yu Spa



Mamushi-no-yu has variety of baths such as wine bath and green tea bath. The scenery is idyllic and relaxing. There is a legend that Monk Kukai opened to heal the wound people who were bitten by Mamushi pit viper.

[Address] 2380-1, Nijo Yoshii, Itoshima-shi, Fukuoka
[Phone] 092-329-3003
Open: 10AM-10PM
Entrance Fee 650 yen (Family bath 2,300yen)
Access: There is a pick-up service at JR Fukuyoshi Station. Please call 092-329-3003

Himeshima



Himeshima, or Princess Island, is just a 16 minutes ride by boat from Kishi Port, this tiny island hosts picturesque rocky shoreline and rustic fishermen village, perfect for a calm and peaceful getaway. This lovely island is not to be missed when you visit Itoshima!



1 Bozu no Kubi (Monk's neck rocks)



You can also play with adorable cats which are everywhere on the island.



2 Ubu no Ana Cave



3 Please find this ship at Kishi Port!

Himeshima is a nice place for evening strolls and to enjoy the view of Itoshima from afar.



4 Other activities to do on the island are visiting the cabin where Edo Period poet Nomura Motoni was exiled to and paying respects to the Himeshima Jinja.



Itoshima Model Tours



Itoshima has something for everyone so go ahead and find the Itoshima for you and discover something new along the way! Use these day trip model tours to explore Itoshima from different perspectives. There are three ways to travel around Itoshima: by bus, rent-a-car or bike. Please see the back cover for the details!

Keya Cycling Tour (by Bike) ⇒ See P08-10

Relax at the famous beach town, Keya and see the natural wonders of Itoshima like Keya no Oto!

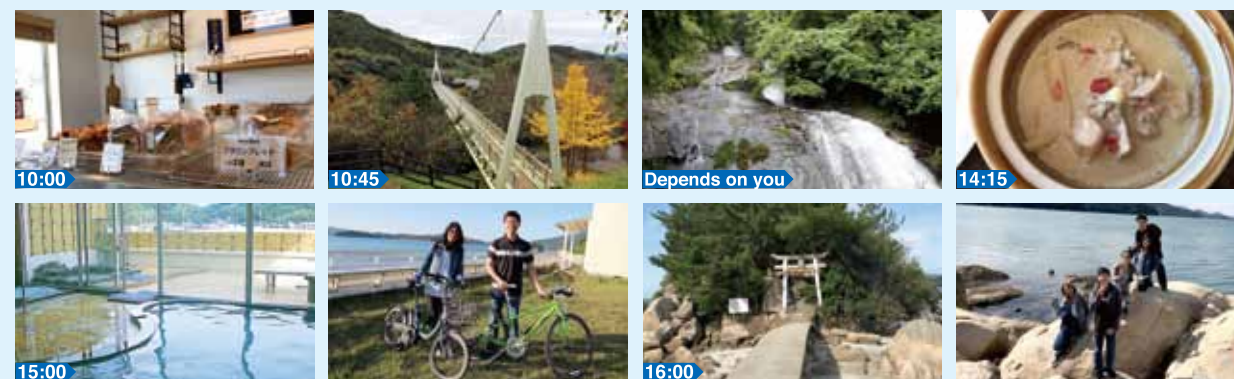
- 10:00** Rent a cycle from Itoshima Tourist Association (See Backcover)
- 10:45** Cycle to Mt. Tateishi Tozanguchi trailhead (P10 ⑩)
- 12:00** Hike to the summit to see the amazing view and back
- 13:15** Enjoy a fresh seafood lunch at Keya Club Chikuzenkai (P10 ④)
- 14:00** Take a 25min Keya no Oto Round Tour boat at 14:15 (P10 ⑨)
- 14:45** Walk around Keya fisherman's village and Keya no Oto Park (P09 ⑧)
- 15:30** Cycle to Petani Coffee and have a break over a cup of specialty coffee (P08 ⑧)
- 17:00** Cycle back to Itoshima Tourist Association



Nijo Hiking Tour (by Bike) ⇒ See P15-18

Feel the spirit of nature at Nijodake and experience a multifaceted Itoshima!

- 9:00** Rent a cycle from Itoshima Tourist Association (See Backcover)
- 10:00** Cycle to Bakery SANA and get some freshly baked bread for the hike or for breakfast (P15 ③)
- 10:45** Cycle to Kamoyurinko Bridge and enjoy the magnificent view from the bridge (P18 ⑭)
- Depends on you** Hike up to the summit of Mt. Nijodake (3hrs round trip) or to Myojin Waterfall (1.5hrs) along the beautiful stream
- 14:15** Fill your stomach with a Thai food lunch at Duangian, accompanied by an amazing ocean view (P17 ⑩)
- 15:00** Cycle to Kirara-no-yu Spa and enjoy a refreshing soak in the radium hot spring (P16 ⑦)
- 16:00** Cycle to Hakoshima Shrine, a unique island that you can see from the road (P16 ⑤)
- 17:00** Cycle back to Itoshima Tourist Association



History and Culture Tour (by Car) ⇒ See P11-14

Perceive Itoshima from a different point of view, from its very roots and indulge yourself in the traditional Japanese flavor.



- 10:00** Depart from JR Chikuzen Maebaru Station
- 10:30** Arrive at Raizan Sennyoji Daihioin Temple and marvel at the many important Buddhist statues and the beauty of Shinji-ike (heart character pond) Garden (P14 ⑧)
- 11:45** Drive up to Ikazuchi Shrine right above Raizan Sennyoji to witness 900-year-old Ginkgo trees
- 12:30** Taste a traditional Japanese lunch and buy Itoshima's special food products at Ito Agri (P13 ⑤)
- 14:00** Drive to Shiraito Waterfall and enjoy the relaxing breeze of the waterfall (P14 ⑨)
- 14:50** Depart to Sumi Café to taste delicious pudding made of local salt (P13 ②)
- 15:40** Depart to Kozaino Mori to have a cup of coffee at the gorgeous former merchant house (P11 ①)
- 16:00** Stop at Kokonoki to buy souvenirs made by Itoshima's artisans



Instagrammable Spots Tour (by Bus and Bike) ⇒ See P07-08

Explore some of the most picture perfect destinations in Itoshima, ranging from cute cozy cafes and artsy sites to beautiful serene beaches.

- 9:57** Get on Showa bus (Nogita Line) at Maebarueki Kitaguchi and get off your bus at Nogita Bus Stop (*Weekend at 9:42)
- 10:30** Rent a cycle from Honey Coffee (P07 ⑤)
- 11:00** Have an artistic getaway at Dover and browse for a variety of unique goods (P07 ⑥)
- 11:30** Visit Sakurai Shrine and discover the unspoiled beauty of traditional Japanese architecture (P08 ⑪)
- 12:10** Savor casual French cuisine at the charmingly decorated Bistro & Café TIME, a hidden gem along the coastline (P07 ①)
- 13:20** Walk along the picturesque Sakurai Futamigaura beach and find astonishing photo spots (P08 ⑫)
- 15:45** Order your favorite gelato at LONDON BUS CAFÉ and don't forget to snap a shot! (P07 ②)
- 16:30** Return the bicycle at Honey Coffee
- 17:00** Catch a Showa bus back to Maebaru from Nogita Bus Stop Don't miss the bus! (*16:53 on Weekend)



Itoshima by the Season

Itoshima offers a range of different atmosphere in its seasons. Enjoy the unique wonders of the four seasons of Itoshima with these exceedingly famed events and activities. Explore and rediscover yourself with the best seasonal experiences of Itoshima.



Spring



Tasting freshly brewed sake at Shiraito Brewery

With the last bit of the winter cold left, it is best to warm up your body with a little sake. See how the 160 year-old company preserves their traditional hanegi-shibori technique of sake brewing, while enjoying the picturesque, minimalistic brewery building. There is biannual festival "Hanegi Matsuri" presenting their newly brewed sake. This two-day event is held in late February and mid-April. The schedule changes every year. Please check on your own before you visit. However, the shop is open all year.

[Address] 1986 Hon, Itoshima-shi, Fukuoka [Phone] 092-322-2901
Open: 8AM-5PM Mid February to Mid April
Access: 1 minute from Honku Bus Stop of Itoshima Community Bus Shiraito Line



Picking Itoshima's delicious sweet strawberries

Travelling to Itoshima will not be complete without trying the famed strawberry of the region. Sakura Farm presents a fun opportunity for visitors of all ages to enjoy strawberry picking in the springtime. Exclusively from January to May, visitors get a chance to pick and eat fresh strawberries within 60 minutes for only 1800 yen. The farm also sells the Amaou and Saga honoka strawberry variants which are well known for their sweetness and big size, so it is best if you eat as much as you can!

[Address] 5968 Shima Sakurai, Itoshima-shi, Fukuoka [Phone] 092-327-3272
Open: 10AM-3PM, from mid-January to early May Close: Irregular (call in advance)
Access: 5 minutes walk from Sakurano Shogakko Bus Stop of Showa Bus Nogita Line



Enjoying the sweet breeze of cherry blossoms

Enjoy the fresh springtime breeze under the 700 cherry blossom trees of Sasayama Park! At full bloom, this cherry blossom filled park will be the perfect spot for picnic and sightseeing. At night, there will be a light up event illuminating the cherry blossom trees with an ethereal glow. Only 10 minutes on foot from JR Chikuzen-Maebaru station, you need not look too far for the ideal cherry blossom viewing spot.

[Address] 2chome, Maebaru-eki minami, Itoshima-shi, Fukuoka
Open: Open 24 hours, cherry blossom season changes every year, but generally around the end of March to early April Access: Free entrance; 10 minutes by walk from Chikuzen Maebaru Station

Summer



Unique culinary experience of Somen Nagashi

Bored with regular noodles? Worry not, for every summer Shiraito Waterfall provides a unique noodle eating experience, somen nagashi between May and September. Literally meaning "flowing noodles", in somen nagashi noodles will be flowed down a bamboo pipe with fresh, cold water, where you have to "catch" the noodles with your chopsticks to eat them! With only 500 yen, visitors can enjoy an all-you-can-eat fun experience. What a great way to enjoy the summer festivities with your loved ones!

[Address] 460-6 Shiraito, Itoshima-shi, Fukuoka [Phone] 093-323-2114
Open: 9AM-5PM Late June to Mid July
Access: 30 minutes walk from Shiraito Bus Stop of Itoshima Community Bus Shiraito Line



Witnessing the beautiful shades of blue hydrangeas

In the midst of summer heat, hydrangea viewing around the Shiraito Waterfall becomes a preferred activity to spend a sunny afternoon away from the heat. Accompanied by the cool water splash from the waterfall and the lush greenery, viewing 5000 hydrangeas blooms around the 24 m fall waterfall can be a magical experience. With free entry, visitors can enjoy this beautiful scenery in the late June to mid July of the year!

[Address] 460-6 Shiraito, Itoshima-shi, Fukuoka [Phone] 093-323-2114
Open: 9AM-5PM Late June to Mid July
Access: 30 minutes walk from Shiraito Bus Stop of Itoshima Community Bus Shiraito Line

Summer



Winding down at one of Itoshima's famous beaches

Summer is the ideal time to catch some waves in Fukae Beach. With clean white sand and clear blue water, Fukae beach guarantees a fun time for swimming and playing in the sea. Beach huts, barbecue area, and cafes mark this 700 m long beach making it convenient to take a breather after a whole day of playing in the water. Located only 10 minutes on foot from Chikuzen-Fukae station, make sure this beach is on top of your list of Itoshima summer destinations!

[Address] 2129-5 Nijofukae, Itoshima-shi, Fukuoka
Open: Open 24 hours, Late June to Early September
Access: 10 minutes walk from JR Chikuzen-Fukae Station

Autumn



Marveling at the majestic red hues of autumn leaves

By coming to Raizan Sennyoji in mid-November, you can enjoy spectacular autumn colors of massive 400 years-old maple trees. You can also catch spectacular views of the scarlet red-tawny leaves by going on long walks around the temple. This is the most popular destination in the golden month of Itoshima. Learn more about Japanese culture and history at Raizan Temple surrounded by nature!

[Address] 626 Raizan, Itoshima-shi, Fukuoka [Phone] 092-323-3547
Open: 9AM-4:30PM Early November to Mid November Access: 5 minutes walk from Raizan Kannon Mae bus stop; 30 minutes by bus on Itoshima City Community Bus



Finding unique goods at Itoshima Crafts Festival

Many craft studios in Itoshima gather to celebrate this yearly craft event. Craft producers showcase various works such as potteries, bags, clothing, wooden crafts and sell them. You can try making your own item such as plant pots and accessories by joining workshops instructed by craft producers. Also, there is plenty of space to sit and enjoy the food, vegetarian food available and coffee.

[Address] Shimachuo Center Park, 26-1 Shimahatsu, Itoshima-shi, Fukuoka
[Phone] 092-322-2098 Open: 10AM-5PM Open on several days in the end of October
Access: free entrance; 3 minutes walk from Hatsu Bus Stop of Showa Bus Nogita Line or Funakoshi Line

Winter



Savoring Itoshima's winter delicacies at an oyster hut

Barbecuing the freshest seafood at Kishi Kakigoya is the best thing in the cold winter. Fresh oysters and many other seafoods just harvested in the bay are served. The wooden tables and benches outfitted with barbecue grills make it a rustic and comfortable experience. They provide English, Chinese and Korean menus and friendly service.

[Address] 778-5, Shima Kishi, Itoshima-shi, Fukuoka
[Phone] every hut has their own number
Open: 10AM-5PM Mid October to End of March Close: Bad weather, new year holidays
Access: 3 minutes walk from Kishi Bust Stop Showa Bus Keya Line



Admiring the winter bloom of plum blossoms

Japan is very famous throughout the world for the cherry blossoms. However, another beautiful flower emerges in mid-February before cherry blossoms come. Kofuji Bairin located near the coastline of Itoshima has a spectacular view of 3000 plum blossoms with varying shade of white, pink, red with sweet fragrance. People can also enjoy the orange gold stretches of sunset as far as the eyes can see from the peaceful Itoshima beach.

[Address] Kofuji, Shima, Itoshima-shi, Fukuoka [Phone] 092-322-2098
Open: full bloom from Late February to Mid-March
Access: 5 minute walk from Kofuji Bus Stop of Showa Bus Keya Line