4-DAY TRAVEL GUIDE

4 Days in Fukuoka: Hakata, Dazaifu, Itoshima & Uminonakamichi

A 4-day Fukuoka itinerary covering Fukuoka Castle, teamLab Forest, Hakata, Itoshima, Dazaifu, Uminonakamichi Seaside Park and Marine World.

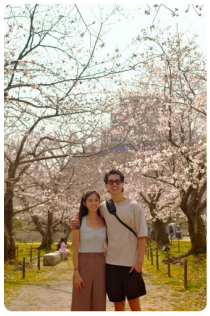


AT A GLANCE

01	*Day One* **Fukuoka Highlights: Fukuoka Castle, teamLab Forest & Hakata**	Fukuoka Castle Ruins & Ohori Park / teamLab Forest Fukuoka / BOSS E - ZO FUKUOKA
02	*Day Two* **Itoshima Day Trip: Couple Stones, Keya & Shiraito Falls**	Ito Sai Sai Farmers Market / Shiraito Falls / Itoshima Berry Farm
03	*Day Three* **Dazaifu, Canal City, Tenjin Shopping & Fukuoka Food**	Dazaifu Tenmangu / Kyushu National Museum / Canal City Hakata
04	*Day Four* **Uminonakamichi Seaside Park & Marine World**	Uminonakamichi Seaside Park / Marine World Uminonakamichi

HAKATA - MAIZURU PARK - MOMOCHI

Day One: Fukuoka Highlights: Fukuoka Castle, teamLab Forest & Hakata



STOP 1 / 9:00 AM

Fukuoka Castle Ruins & Ohori Park

Hilltop ruins turn Maizuru Park into a history walk with sweeping city views and the Fukuoka Walk around Ohori Park for a beautiful loop around the lake and a...

BOOK THIS STOP >

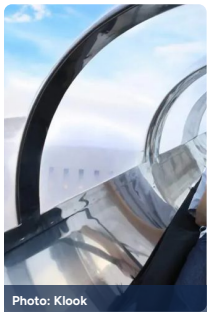


STOP 2 / 11:30 AM

teamLab Forest Fukuoka

This is like a sister interactive art exhibition similar to the famous teamLab Planets! Climb, balance, and jump through interactive artwork that changes around you

BOOK THIS STOP >



STOP 3 / 1:00 PM

BOSS E - ZO FUKUOKA

An indoor entertainment complex mixing rooftop thrills, VR, baseball, Sanrio, and digital art SUBE-ZO drops you through a 100-meter tube slide outside the building You can choose one attraction or spend an entire day...

BOOK THIS STOP >



STOP 4 / 2:30 PM

Fukuoka Tower

A mirrored 234-meter tower with an observation room that has panoramic views of the city and sea Visit around sunset for the best view!

BOOK THIS STOP >

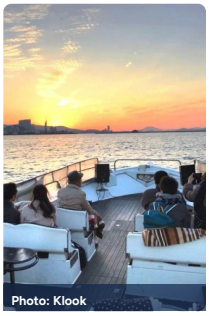


STOP 5 / 4:00 PM

Tochoji Temple

A peaceful Hakata temple hiding an enormous wooden Buddha inside The bright five-story pagoda is one of Old Town's prettiest landmarks

BOOK THIS STOP >



STOP 6 / 6:00 PM

Fukuoka Nakasu River Cruise

Take a boat ride through the Nakasu River to view Fukuoka from an entirely different angle. Glide past Canal City, riverside yatai, and Nakasu's bright...

BOOK THIS STOP >



STOP 7 / 7:00 PM

Nakasu Yatai Food Stalls

You have to try the iconic yatais in Fukuoka! These are tiny open-air stalls where everyone squeezes around one lively counter for small eats. Our random stall served one of the BEST ramen bowls I've ever had!

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SAKURAI-FUTAMIGAURA - KEYA - SHIRAITO

Day Two: Itoshima Day Trip: Couple Stones, Keya & Shiraito Falls

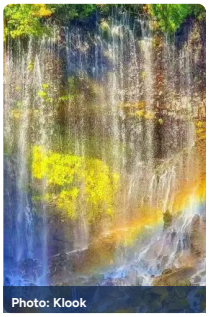

Photo: Klook

STOP 1 / 9:00 AM

Ito Sai Sai Farmers Market

A huge farmers market showcasing what Itoshima grows, catches, and makes It is one of the easiest places to taste the peninsula in one stop!

BOOK THIS STOP >


Photo: Klook

STOP 2 / 10:30 AM

Shiraito Falls

A 24-meter waterfall fanning across dark rock in delicate white streams Look for seasonal fishing and flowing somen!

BOOK THIS STOP >


Photo: Viator

STOP 3 / 12:30 PM

Itoshima Berry Farm

A 40 minute all you can eat greenhouse experience where you can taste ripe strawberries straight from the plants Compare several varieties, including Fukuoka's juicy Amaou berries

BOOK THIS STOP >



STOP 4 / 3:00 PM

Keya no Oto

Japan's largest basalt sea cave-64 m high and 90 m deep. The best view is from the roughly 25-minute sightseeing boat, which can enter the cave when sea conditions allow

BOOK THIS STOP >


Photo: Klook

STOP 5 / 4:30 PM

Keya Totoro Forest

A leafy camellia tunnel that feels like a tiny step into a Ghibli scene The short uphill walk takes about 10 minutes and ends at an ocean viewpoint behind the cave.

BOOK THIS STOP >



STOP 6 / 5:30 PM

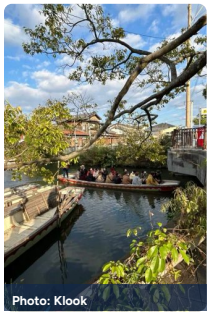
Sakurai Futamigaura: Itoshima Couple Stones

An iconic white torii standing in the sea before two sacred rocks creates one of Itoshima's most striking coastal views! We had the entire beach to ourselves....

BOOK THIS STOP >

DAZAIFU - HAKATA - TENJIN

Day Three: Dazaifu, Canal City, Tenjin Shopping & Fukuoka Food



STOP 1 / 8:30 AM

Dazaifu Tenmangu

An active shrine honoring Tenjin, the Shinto deity of learning and culture The approach from Dazaifu Station is lined with shops selling the local grilled rice cake, umegae mochi.

BOOK THIS STOP >



STOP 2 / 10:30 AM

Kyushu National Museum

The museum explores Japan's history through Kyushu's cultural connections with Korea, China and the wider world- making it an excellent companion to Dazaifu Tenmangu. The striking glass building is reached directly from the...

BOOK THIS STOP >

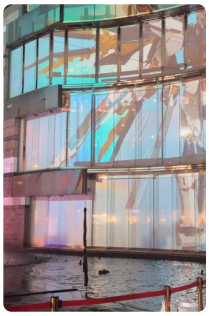


STOP 3 / 1:30 PM

Kawabata Shopping Arcade

Hakata's oldest shopping street packs around 130 shops beneath one covered walkway Browse Hakata dolls, Yamakasa goods, local crafts, and...

BOOK THIS STOP >



STOP 4 / 2:30 PM

Canal City Hakata

A curving canal turns this shopping complex into an open-air entertainment district Character shops, theaters, restaurants, and thrift stores make it easy to explore for hours We had so much fun bouncing between the



STOP 5 / 4:00 PM

Ganso Hakata Mentaiju

A whole restaurant dedicated to Fukuoka's signature seasoned pollock roe We tried mentaiko two ways: creamy tsukemen and a rice box topped with roe Everything was DELICIOUS, and the huge multi-floor restaurant surprised me!



STOP 6 / 5:30 PM

Tenjin Underground Mall

An elegant underground shopping street filled with fashion, beauty, cafes, and bakeries This was honestly our safe haven during a rainy Fukuoka day!



STOP 7 / 6:30 PM

I'm donut?

Unbelievably bouncy, fluffy donuts that aren't overly sweet! These became my favorite donuts almost immediately-you NEED to try them!



STOP 8 / 8:00 PM

Motsunabe Maedaya

A cozy introduction to Fukuoka's signature offal hot pot. This was comforting, savory, without tasting gamey. Our sashimi was incredibly fresh, and dinner was completely worth the wait!

UMINONAKAMICHI

Day Four: Uminonakamichi Seaside Park & Marine World



STOP 1 / 9:30 AM

Uminonakamichi Seaside Park

An enormous seaside park filled with seasonal flowers, cycling paths, and wide-open lawns Don't miss The Flower Museum's brick arches and Castle of...

BOOK THIS STOP >



STOP 2 / 1:00 PM

Marine World Uminonakamichi

A modern aquarium focused on Kyushu's marine environments, with a huge panoramic tank, sharks, penguins, seals and scheduled dolphin and sea-lion...

BOOK THIS STOP >

EXTEND YOUR TRIP

Have more time?

Consider these stops.

OTHER ITINERARY LENGTHS: 1 days in Fukuoka - 2 days in Fukuoka - 3 days in Fukuoka