3-DAY TRAVEL GUIDE

3 Days in Fukuoka Itinerary: Hakata, Itoshima & Dazaifu

A 3-day Fukuoka itinerary covering Fukuoka Castle, teamLab Forest, BOSS E□ZO, Fukuoka Tower, Hakata and Itoshima, with a choice of Dazaifu or Uminonakamichi on day three.

AT A GLANCE

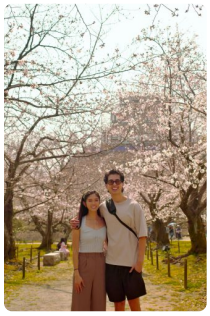
01 *Day One*
Fukuoka Highlights: Fukuoka Castle, teamLab Forest & Hakata
Fukuoka Castle Ruins & □hori Park / teamLab Forest Fukuoka / Fukuoka Tower

02 *Day Two*
Itoshima Day Trip: Couple Stones, Keya & Shiraito Falls
Itoshima Berry Farm / Keya no Oto / Sakurai Futamigaura: Itoshima Couple Stones

03 *Day Three*
Pick Your Adventure
OPTION A Dazaifu Day Trip: Tenmangu, Kyushu...
OPTION B Uminonakamichi Seaside Park & Marine...

MAIZURU PARK · MOMOCHI · HAKATA

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



STOP 1 / 8:30 AM

Fukuoka Castle Ruins & □hori Park

Fukuoka Castle is mostly stone walls, gates, and elevated viewpoints now, but those remains make Maizuru Park much more interesting to wander. This was als...

BOOK THIS STOP >

STOP 2 / 11:00 AM

teamLab Forest Fukuoka

Think of teamLab Forest Fukuoka as a sister experience to Japan's famous teamLab attractions, with its own playful focus on animals and movement. You can capture digital creatures, balance, climb, and jump through responsive...

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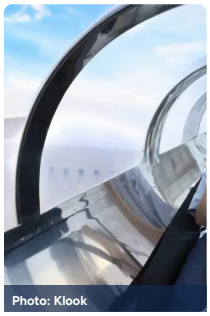

STOP 3 / 12:30 PM

BOSS E□ZO FUKUOKA

Inside BOSS E□ZO FUKUOKA, you can choose between rooftop thrill rides, VR games, baseball attractions, Sanrio experiences, and teamLab Forest beside Mizuho PayPay Dome. One highlight is SUBE-ZO, a 100-meter tube slide that...

BOOK THIS STOP >

STOP 4 / 2:00 PM

Fukuoka Tower

Fukuoka Tower rises 234 meters beside Hakata Bay, with a mirrored triangular exterior that earned it the nickname "Mirror Sail." The observation room sits 123 meters above the waterfront and opens up a wide view over the city,...

BOOK THIS STOP >

STOP 5 / 4:00 PM

Tochoji Temple

Tochoji is one of Hakata Old Town's most striking temple stops, with a bright five-story pagoda and the enormous wooden Fukuoka Daibutsu hidden inside. The contrast between the quiet grounds and the surrounding city makes it...

BOOK THIS STOP >

STOP 6 / 5:00 PM

Kushida Shrine

Kushida Shrine is Hakata's guardian shrine, tucked into a peaceful courtyard near the old merchant streets. I loved how calm and beautiful the compact grounds felt, especially the carved main hall, sacred gingko tree, and...

BOOK THIS STOP >

STOP 7 / 6:00 PM

Fukuoka Nakasu River Cruise

The Nakasu River Cruise is a quick 30-minute boat ride that gives you a completely different view of central Fukuoka. It slips past Canal City, the...

BOOK THIS STOP >

STOP 8 / 7:00 PM

Nakasu Yatai Food Stalls

Nakasu's yatai are tiny open-air food stalls lining the river at night, where everyone squeezes shoulder to shoulder around the counter. The Hakata-style ramen at this random yatai was PERFECT Genuinely one of the best...

BOOK THIS STOP >

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

Ito Sai Sai is a huge local farmers market and an easy first stop when you drive into Itoshima. You can buy produce, seafood, meat, flowers, prepared food, and regional ingredients from around the peninsula, giving you a quick...

BOOK THIS STOP >

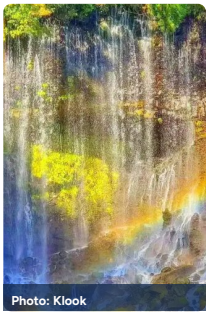
Photo: Klook

STOP 2 / 10:30 AM

Shiraito Falls

After stocking up at Ito Sai Sai, head into the mountains for Shiraito Falls. You can watch the water fan down the dark rock in delicate white streams, then take in the full 24-meter waterfall from the observation area. Around...

BOOK THIS STOP >

Photo: Viator

STOP 3 / 12:30 PM

Itoshima Berry Farm

Strawberry picking is a seasonal Itoshima treat, and this long-running farm lets you taste ripe berries right in the greenhouse. You can compare several varieties, including Fukuoka's juicy Amaou, during a 40-minute...

BOOK THIS STOP >

Photo: Klook

STOP 4 / 2:00 PM

Mataichi Salt Maker

Mataichi Salt Maker is a rustic seaside workshop where you can see Itoshima seawater slowly turned into handmade salt. After exploring the workshop, try the handmade flower salt pudding-it's one of Itoshima's most popular...

BOOK THIS STOP >

STOP 5 / 3:00 PM

Keya no Oto

Keya no Oto brings a much wilder side to Itoshima, with dark basalt columns rising above the sea around a huge coastal cave. When the water is calm, you can hop on a sightseeing boat and get close enough to really take in the...

BOOK THIS STOP >

Photo: Klook

STOP 6 / 4:30 PM

Keya Totoro Forest

Right beside Keya no Oto, you can follow a short tunnel of wild camellia trees that locals nicknamed Totoro Forest. The leafy path feels like a tiny step into a Ghibli scene, and after about five minutes of climbing, you will...

BOOK THIS STOP >

STOP 7 / 5:30 PM

Sakurai Futamigaura: Itoshima Couple Stones

Sakurai Futamigaura is Itoshima's iconic white torii standing in the sea before two sacred rocks joined by a shimenawa rope. We somehow had the beach...

BOOK THIS STOP >

Photo: Klook

STOP 8 / 7:00 PM

Sakurai Shrine & Sakurai Daijingu

After seeing the Couple Stones, head inland to Sakurai Shrine for a quieter final stop in Itoshima. You can walk beneath the old wooden gate, look for...

BOOK THIS STOP >

CHOOSE YOUR ROUTE

Day Three: Pick Your Adventure

OPTION A — Dazaifu Day Trip: Tenmangu, Kyushu Museum & Tenjin

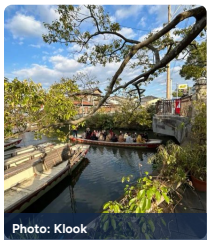
Photo: Klook

STOP 1 / 9:00 AM

Dazaifu Tenmangu

Dazaifu Tenmangu is an active Shinto shrine devoted to Tenjin, the deity of learning and culture. Follow the...

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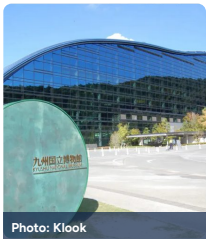
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STOP 2 / 11:00 AM

Kyushu National Museum

Right beside Dazaifu Tenmangu, Kyushu National Museum is a gorgeous curved-glass museum showing how centuries of...

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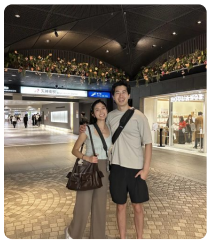

STOP 3 / 3:00 PM

Tenjin Underground Mall

Tenjin Underground Mall turns the center of Fukuoka into a long, elegant underground shopping route filled with fashion, cosmetics, cafes, bakeries,...

STOP 4 / 4:30 PM

I'm donut?

I'm donut? became my favorite donut stop almost immediately. The donuts are unbelievably bouncy and fluffy, and the creams are flavorful without being...

STOP 5 / 7:00 PM

Motsunabe Maedaya

Motsunabe Maedaya is where you can try one of Fukuoka's most comforting specialties: a hot pot made with offal, or organ meat-usually beef or pork...

OPTION B — Uminonakamichi Seaside Park & Marine World

STOP 1 / 9:30 AM

Uminonakamichi Seaside Park

Uminonakamichi Seaside Park is ENORMOUS-there are seasonal flower...

BOOK THIS STOP >

Photo: Klook

STOP 2 / 1:00 PM

Marine World Uminonakamichi

Marine World Uminonakamichi brings Kyushu's ocean habitats together in hug...

BOOK THIS STOP >