

1-DAY TRAVEL GUIDE

Itoshima Day Trip from Fukuoka Itinerary

A one-day Itoshima itinerary from Fukuoka with Sakurai Shrine, coastal scenery, local food, strawberry picking, Keya no Oto, Totoro Forest and Shiraito Falls.

[FIND A HOTEL IN FUKUOKA >](#)

AT A GLANCE

01 *Day One* Itoshima Day Trip: Couple Stones, Keya & Shiraito Falls

Itoshima Berry Farm / Keya no Oto / Sakurai
Futamigaura: Itoshima Couple Stones

SAKURAI-FUTAMIGAURA · KEYA · SHIRAITO

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



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 >](#)


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 >](#)


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 >](#)


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 >](#)


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 >](#)


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 >](#)