

FUKUOKA

MODEL COURCES #1

WELLNESS & NATURE ESCAPE

VISIT FUKUOKA



DAY 1

Explore Itoshima's Coastal Beauty



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- Morning: Tateishi Mountain in Keya offers a rewarding experience with a short climb, taking about 60 minutes from the base to the summit. As you ascend, the views begin to open up, and from the top, you can enjoy a 360 - degree panoramic view of the surrounding area.
- Afternoon: Enjoy a delicious seafood lunch at a local restaurant, or if it's winter, visit one of Itoshima's famous oyster huts for a fresh grilling experience. Take a relaxing scenic walk at Keya no Ōto Park, following the nature trails and coastal paths. Wrap up the day with a visit to Sakurai Futamigaura, one of the best spots for a sunset !
- Overnight in Fukuoka City

Transportation: 50 minutes by car from Fukuoka .

‘Yoka - bus’ one day tour including the visit to Itoshima is available on selected dates.

[ITOSHIMA](#)

[YOKA- BUS](#)

DAY 2

Mountain Adventure in Mt. Hiko

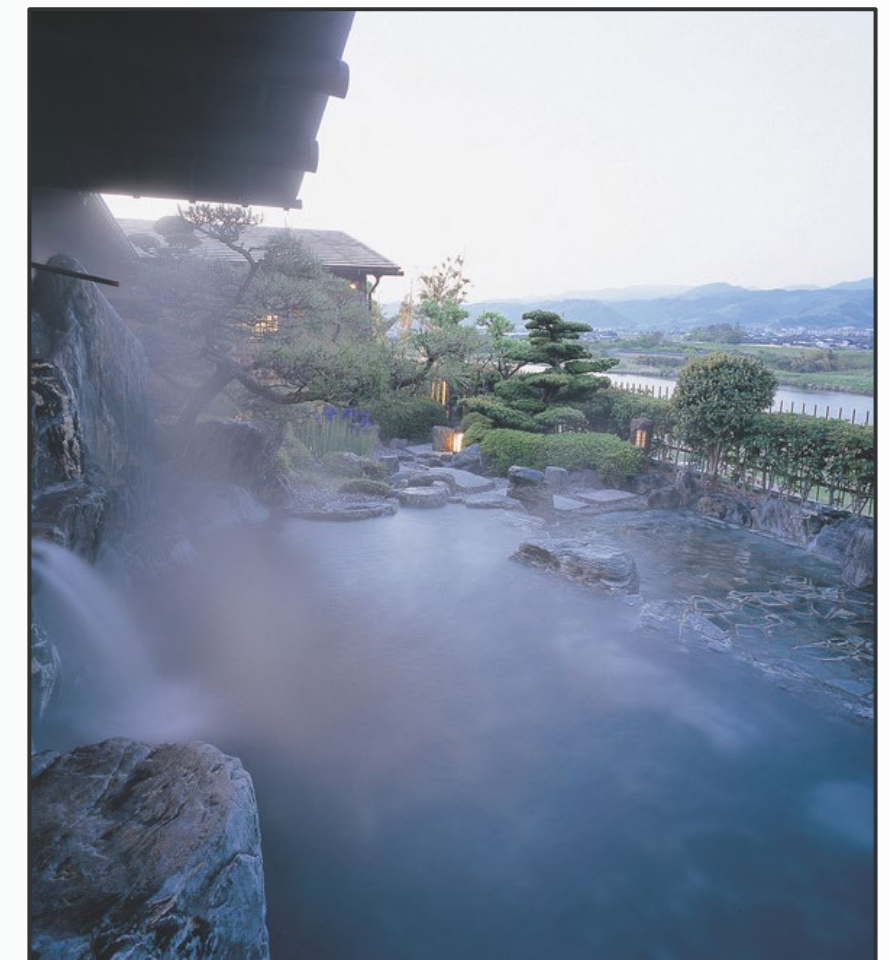
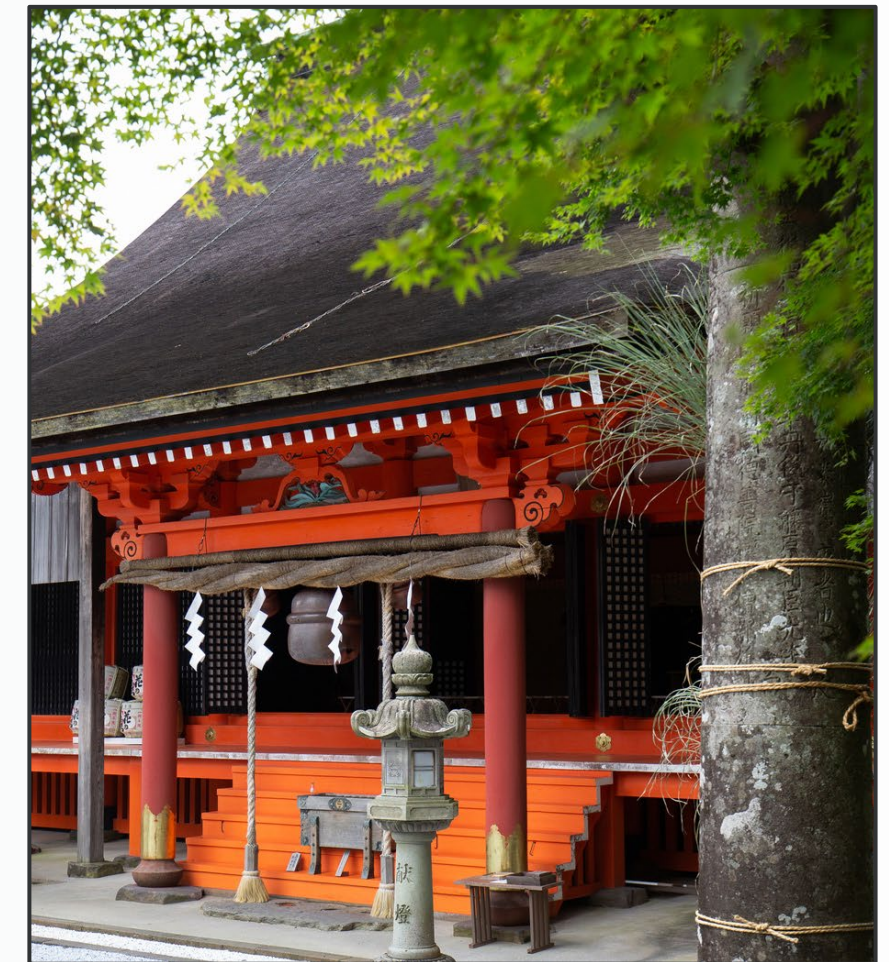
- Morning: Take a day trip to Mt. Hiko, a sacred mountain popular for hiking and spiritual retreats.
- Afternoon: Hike through the peaceful forest trails and visit Hikosan Shrine, a historic site with breathtaking views.
- Stay in Harazuru - Onsen hot spring resort.

One of Kyushu's most renowned hot springs, **Harazuru Onsen**, is said to have been named after a person who discovered the source when they saw cranes (or Tsuru) bathing in the riverbed (or Hara) of the Chikugo River. This legend is believed to be the reason behind the name "Harazuru," where "Tsuru" (crane) underwent a phonetic change to "Zuru." Boasting the highest natural spring water output in the prefecture, the onsen water is colorless and odorless. With a slightly silky texture, the water leaves the skin feeling smooth

Transportation: 1 hour and 20 minutes by car to Mt. Hiko from Fukuoka.
40 minutes by car from Mt. Hiko to Harazuru Onsen.

[MT. HIKO](#)

[HARAZURU ONSEN](#)



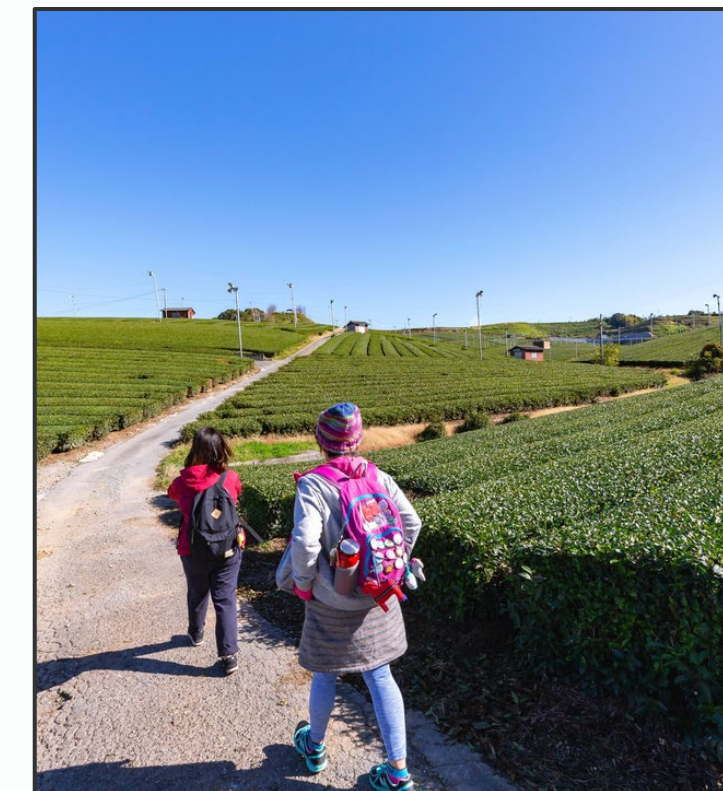
DAY 3

Tea & Zen Experience in Yame

- Morning: After a relaxing morning soak in the Harazuru Onsen, depart for Yame. Begin your tea journey with a matcha tea - making experience. Learn about the origins of matcha and the traditional methods of grinding and preparing matcha in the Japanese tea ceremony style.
- Afternoon: After lunch, visit Reiganji Temple or another local Zen temple in Yame. Here, you will experience zazen (sitting meditation) in a peaceful, contemplative environment.
- Stay in Yanagawa.

Transportation: 40 minutes by car from Harazuru Onsen to Yame Tea Museum. From Yame to Yanagawa is 1 hour drive.

'Yoka - bus' one day tour including the visit to Yame area is available on selected dates. (Zen experience is not included.)



[YAME](#)

[YOKA - BUS](#)

DAY 4

Cultural Immersion in Yanagawa and Dazaifu

- Morning: Experience the peaceful atmosphere as you float through the narrow canals, lined with willow trees, while a local boatman sings traditional songs. After the boat ride, visit the Ohana Residence, the former estate of the Tachibana samurai family.
- Afternoon: Visit famous Dazaifu Tenmangu Shrine, dedicated to the god of learning, Sugawara no Michizane.
- Return to Fukuoka city

Transportation: 1 hour drive from Yanagawa to Dazaifu, and 30 minutes to Fukuoka.

'Yoka - bus' one day tour including the visit to Yanagawa and Dazaifu is available on selected dates.



Dazaifu Tenmangu Shrine is dedicated to Sugawara no Michizane, the God of Learning. This shrine is the leading shrine of some 12,000 Tenmangu shrines around Japan, and attracts worshippers from around Japan and worldwide as one of the largest shrines in Kyushu.

Given that the emblem of Tenmangu is an image of a plum blossom, the plum blossom season is a special time of year here. One sacred plum tree, known as Tobi-ume, stands directly to the right of the main shrine. Legend has it that after Michizane left Kyoto, the tree yearned so much for him that it uprooted itself one night and flew to Dazaifu Tenmangu.

Tenmangu is a shrine with 1100 years of history, where festivals and events are held throughout the calendar and boasting a panoply of sights.

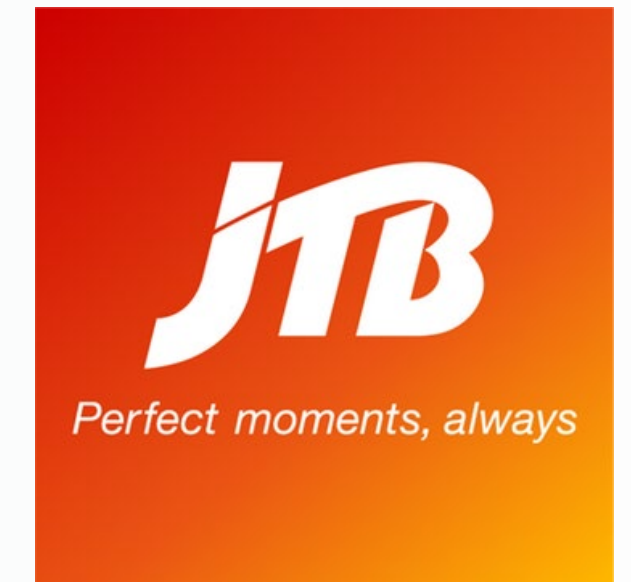
[YANAGAWA](#)

[DAZAIFU](#)

[YOKA - BUS](#)



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