



FUKUOKA Nature Trip Southern-Sawara area Map

Legend

- 263 National Road
- 56 Prefectural Road
- Cherry Blossom
- Autumn Leaves
- Hydrangea
- Sunflower
- Cluster Amaryllis
- Gas Station
- Remains
- Signal
- Convenience Store
- Shrine
- Fire Fly
- Shopping Center
- Temple
- Photo Point
- Bus Stop
- Post Office
- School



RESTAURANTS AND SHOPPING SPOTS

1 Hakata Hokutotei
博多 ほとと亭
Enjoy Tonkotsu ramen in a soup that has stewed for two days and comes with various toppings. Boiled eggs are best! There is also a set menu of fried rice and Japanese dumplings for a reasonable price.

11:00~21:30
* Lunch time special (except Sunday / public holidays) 11:00~15:00
Higashiirube 2-2-9, Sawara Ward, Fukuoka
☎ 092-872-8338
📅 January 1
MAP: D-1

2 Hakata Motsunabe Ikko
博多もつなべ 光
A shop that specializes in "Motsunabe". This Japanese hodgepodge dish is a kind of soup made of tripe (motsu) with lots of cabbage and chives. Champion noodles are added later to complete the meal. The big variety of side dishes makes this place popular.

18:00~24:00
Higashiirube 2-10-18, Sawara Ward, Fukuoka
☎ 092-803-0577
📅 Monday
MAP: D-1

3 TEA ROOM DOG HOUSE
Enjoy the juicy hamburger steaks made of 70% minced beef steak and 30% pork. The hamburger steaks with demi-glace sauce, salad and rice are most popular for lunch box and cost only ¥500.

11:00~15:00 (L014:30), 18:00~22:00 (L021:00)
Higashiirube 6-16-5, Sawara Ward, Fukuoka
☎ 092-834-5227
📅 1st, 3rd, 5th Sunday, 1st, 3rd Monday
MAP: D-1

4 Chicken Cuisine Ugurusu
鶏料理 鶏菜集
Traditional Sawara chicken cuisine and "Okaribayaki" (barbecued game) in a warm, old country style atmosphere. Depending on the season the menu includes fresh game meat dishes, like deer and wild boar. Lunch is available at an affordable price.

11:30~15:00, 17:30~22:00 (L021:00)
Nishiirube 4-30-1, Sawara Ward, Fukuoka
☎ 092-804-2703
📅 Wednesday (Opens in public holidays)
MAP: D-2

5 Hiroshima Okonomiyaki Nagaraya
広島お好み焼き ながらや
Okonomiyaki (Japanese pizza) with soba or udon noodle is called "Hiroshima style". Noodles, vegetables, tenkasu (tempura bits) and meat are baked on top of okonomiyaki. Extra noodles, vegetables, eggs etc. can be added. Mayonnaise and other seasonings are available in each set.

11:00~15:00, 17:30~21:00
Higashiirube 8-12-8, Sawara Ward, Fukuoka
☎ 092-776-2844
📅 Tuesday
MAP: D-2

6 Chicken Cuisine Kahan
鶏料理 河畔
One special course with mainly chicken. Private rooms with a view of Japanese Garden. The tasty fried chicken and exquisite soup are prepared fresh every morning. Reservations only.

11:30~22:00 (L020:00)
Sawara 1-2-1, Sawara Ward, Fukuoka
☎ 092-804-2850
📅 New Year's Holiday, Obon Holidays
MAP: D-2

7 Charcoal grilled local chicken Torihana
地鶏炭火焼 鳥花
Shamo chicken cuisine, which uses whole home bred chicken. Enjoy the taste of local chicken grilled on charcoal or in hot pot. Sometimes the menu includes unusual cuts of chicken. The excellent Tamago Kake Gohan is topped with the yolk of a raw (1) egg.

17:00~23:00
Uchino 2-5-6, Sawara Ward, Fukuoka
☎ 092-804-2082
📅 Tuesday
MAP: D-3

8 Café Monte Bianca
喫茶室 モンテビアンカ
Café selling fresh siphon coffee and home-made curry that tastes a little sweet and fruity. Every Wednesday musicians play popular music from the '60s and '70s between 18:00 and 20:30. Come and join us!

11:00~17:00 (on Saturday ~15:00)
Wakiyama 1-1-47, Sawara Ward, Fukuoka
☎ 092-803-2838
📅 Thursday
MAP: D-3

9 Tommy's Kitchen Hamburg & Café
The interior of this hamburger steak shop reminds us of the USA of the '50s and '60s. The juicy hamburger steaks are served on steel plates and have a mild taste. They also make the American style hamburger, a meat patty sandwiched in a custom made bun. Try the Dutch Baby for dessert!

11:00~20:00
Uchino 6-11-37, Sawara Ward, Fukuoka
☎ 092-776-6249
📅 Tuesday, 3rd Wednesday
MAP: D-3

10 Magoya
まごや
Local udon / soba restaurant that also serves Katsudon (Bowl of rice with pork cutlet) and Oyakodonburi (Bowl of rice with chicken and egg) that are popular with locals and famous for their volume.

11:00~15:00 (Saturday, Sunday and public holidays 18:00~22:00)
Wakiyama 1-19-3, Sawara Ward, Fukuoka
☎ 092-803-0231
📅 Tuesday, 3rd Monday
MAP: E-3

11 Nouka Viking Yu
農家バイキング ゆう
Buffet style restaurant where the rice is grown by the owner and vegetables are all locally produced. You can eat all you want and as much as you like dishes in 90 minutes. Enjoy the idyllic scenery.

11:00~15:00
(* Also open on Saturdays, Sundays and public holidays 18:00~22:00)
Okasagi 71-4, Sawara Ward, Fukuoka
☎ 092-519-1518
📅 Monday
MAP: F-3

12 Viking restaurant of chicken and vegetable Minoru
鶏と野菜のバイキングレストラン 農
Buffet style restaurant where you can eat all you can in 90 min. Dishes range from local specialties to traditional chicken, home-made pizza and seasonal vegetables that please children as well as elderly people.

11:00~15:00 (L014:00)
Shiba 1203, Sawara Ward, Fukuoka
☎ 092-804-2840
📅 Wednesday (In the case of public holiday, the next day)
MAP: D-4

13 Yuusui Sengokunosato Himehotaru
湧水 千石の郷 姫宝
Buffet restaurant in Yuusui Sengokunosato. The natural food buffet has more than 70 kinds of dishes, Japanese Chinese and Western, cooked using specially selected ingredients and spring water. Desserts are made by exclusive pastry chefs.

11:00~15:00, 17:30~21:00 (on Sunday and Public holiday 17:00~), the public bath 10:00~22:00 (21:00 final reception)
Ishigama 333-2, Sawara Ward, Fukuoka
☎ 092-872-4141
📅 None
MAP: C-4

14 Ishigama Iori
石釜 いおり
Creative Japanese cuisine, using seasonal ingredients that refine the sense of season. Beautiful bowls and decorations enhance the taste of good Japanese food. Old-fashioned interior in a peaceful environment. In autumn the trees in the garden turn a vivid color, creating spectacular scenery.

12:00~14:30, 17:00~22:00 (L019:30)
Ishigama 1868-6, Sawara Ward, Fukuoka
☎ 092-804-7440
📅 Thursday
MAP: C-3

15 Tenchisoba Sobando
手打ち蕎麦 蕎波人
Traditional soba restaurant in an old village house that makes Nihachi soba (80% buckwheat and 20% wheat) and pays special attention to the texture of the noodles. The buckwheat comes from various areas, such as Hokkaido and Kumamoto, depending on the season. The essential spring water is pumped from 60m underground.

11:00~L016:00
* End as soba is gone
Iba 48, Sawara Ward, Fukuoka
☎ 092-872-8486
📅 Thursday (In the case of public holiday, the next day)
MAP: B-3

16 Yamataka Shouyu
ヤマタカ醤油
The taste of this soy sauce, traditionally brewed in wooden buckets with water from Mt Sefuri is very popular with locals. A dressing and steak sauce made with this soy sauce are available as well.

10:00~18:00
Higashiirube 2-18-7, Sawara Ward, Fukuoka
☎ 092-804-2403
📅 New Year's Holiday, Obon Holidays
MAP: D-1

17 HIGASHIYA ART FURNITURE
Curiosity shop that sells antiques as well as "interesting 2nd hand things" from anywhere around the world. Browse around the furniture and tableware and find your special treasure! The shop also sells hand-made silver accessories.

13:00~19:00
Sawara 2-17-10, Sawara Ward, Fukuoka
☎ 092-834-6348
📅 Tuesday, Wednesday
MAP: D-2

18 Uchino Store
内野ストア
The grocery store sells ready-to-eat dishes made with local ingredients. Eating inside is possible. We recommend the sashimi, which comes in twice a day. In summer you can try freshly grilled eel. In winter mochi (rice cake) is pounded outside the store. (Usually in December)

10:00~19:00
(In public holidays ~15:00)
Uchino 2-4-1, Sawara Ward, Fukuoka
☎ 092-804-6502
📅 Sunday
MAP: D-3

19 Wakkiy Sukinosato
ワッキー主基の里
The products in this shop are sold directly by the farmers. Wakiyama rice is grown near the clear streams of Mt. Sefuri. Vegetables are produced on open ground. Try a lunchbox made by local housewives.

8:00~17:00
(October~March ~16:00)
Wakiyama 592-1, Sawara Ward, Fukuoka
☎ 092-803-2182
📅 Monday
MAP: E-3

20 Koubou Ishi
工房石
The potter built his kiln here in 1990 after training in Mino, Gifu pref. He has been producing mainly bowls and dishes based on Oribe ware, with the motto "Food is life". His exhibitions in famous galleries and department stores around Tokyo and in Kansai have attracted many people.

11:00~18:00
(* Sometimes we are out of the office, so please call before visiting.)
Ishigama 333-70, Sawara Ward, Fukuoka
☎ 092-803-2781
📅 Unspecified
MAP: C-4

21 Rakuzangama Kamei Rakuzan
高取焼 楽山窯 亀井楽山
Rakuzangama makes tea bowls for the Japanese tea ceremony, using an old-fashioned potter's wheel, but also makes sake cups, tea cups and vases for everyday use. Look for your favorite one in his gallery.

8:00~17:00
Ishigama 1515-1, Sawara Ward, Fukuoka
☎ 092-804-4721
📅 Unspecified
MAP: C-3