



Air travel (JAL/ANA/SNA/ORC)

Tokyo (Narita)	Approx. 2 hrs	← Nagasaki Airport	→	Approx. 1 hr 10 min Kobe
Tokyo (Haneda)	Approx. 1 hr 55 min	← Nagasaki Airport	→	Approx. 30 min Fukuie Island
Nagoya (Chubu)	Approx. 1 hr 25 min	← Nagasaki Airport	→	Approx. 30 min Iki
Osaka (Itami)	Approx. 1 hr 15 min	← Nagasaki Airport	→	Approx. 35 min Tsushima
Osaka (Kansai)	Approx. 1 hr 20 min	← Nagasaki Airport	→		

Road travel

Car	Fukuoka	→	Omura I.C.	Approx. 1 hr 30 min
Expressway bus	Tenjin Bus Center	→	Omura I.C.	Approx. 2 hrs
Shinkansen	Hakata Station	→	Shin-Omura Station	Fastest approx. 1 hr 20 min (Ordinary limited express services operate between Hakata and Takeo Onsen)

Sea travel

Huis Ten Bosch	→	Nagasaki Airport	Approx. 50 min
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**City of Omura Tourism
Promotion Section**
1-25, Kushima, Omura, Nagasaki
Prefecture, 856-8686
TEL: 0957-53-4111 FAX: 0957-54-7135
<http://www.omuranavi.jp/>
mail: kankou@city.omura.nagasaki.jp



Omura Tourism Convention Association
1-45-3, Kushima, Omura, Nagasaki
Prefecture, 856-0834
TEL: 0957-52-3605 FAX: 0957-52-3652
Omura Station Tourist Information Center
1-1, Higashi-Honmachi, Omura, Nagasaki
Prefecture 856-0831
TEL: 0957-54-1061 FAX: 0957-54-7637



Supported by: Airport Environment Improvement Foundation

**20 Beloved Sweets
and Desserts to Try**

**Omura Sweets
Sugar Road**

Omura Sweets Sugar Road

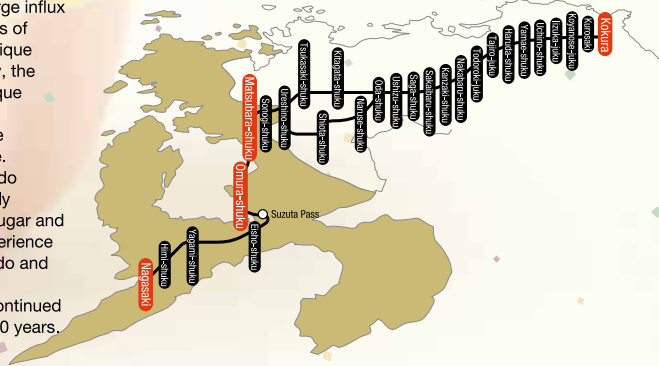
SUGAR ROAD

Nagasaki Kaido

The Nagasaki Kaido is an Edo period (1603-1867) thoroughfare that runs approximately 228 km from Kokura to Nagasaki. Western culture brought into Nagasaki was introduced to Osaka and Kyoto from this road via the Sanyodo and then to Edo via the Tokaido. The road was also used by Nagasaki magistrates and officials of the Shogunate, feudal lords, heads of Dutch trading houses, merchants, and literary figures on their way from Edo to Nagasaki, and at the end of the Edo period, the Meiji Restoration loyalists also travelled along this road to Nagasaki. It connected Japan to the rest of the world, bringing information and goods from overseas to Japan and vice versa. It was an important highway that played a vital role in Japan's politics, economy, diplomacy, medicine, and culture during the Edo period.

Sugar Road Nagasaki Kaido popularised sugar culture

Sugar was introduced to Japan between the late Muromachi period (1336-1573) to the Edo period through trade with the West and China and had a major impact on the dietary habits of the Japanese. The area along the Nagasaki Kaido, connecting Nagasaki and Kokura, a gateway to overseas trade, saw a large influx of sugar and confectioneries of foreign origin, creating a unique culinary culture. Even today, the city retains its inns and unique confectionery, along with landscapes evocative of the Nagasaki Kaido of that time. Following the Nagasaki Kaido Sugar Road, which is closely associated with imported sugar and confectionery, you can experience the history of Nagasaki Kaido and the culture of sugar and confectionery, which has continued to develop over the past 400 years.



Sugar Road was recognised as a Japan Heritage site on 19 June 2020.

Japan Heritage aims to revitalise self-sustaining regions by recognising stories of our country's culture and traditions through regional tangible and intangible cultural assets as the Agency of Cultural Affairs' Japan Heritage and promoting them domestically and internationally.



日本遺産

Scan here for more information about the Sugar Road



Sugar Road Liaison Council Official website



Omura's Cultural Heritage



Omura-zushi



Hekohazushi okoshi



Okoshi-making implements



Matsubara-shuku

Omura's Cultural Heritage

[Whole area] Nagasaki Kaido
[City of Nagasaki] Site of the Dejima Dutch Trading Post, Nagasaki Kunchi festival dance, castella, etc.

[Isahaya] Isahaya okoshi, Isahaya okoshi-making implements

[Ureshino] Shiotatsu, ikkoko, kinkato, etc.
[Ogi] Muraoka Sohonpo Yokan Museum, Ogi yokan, etc.

[Saga] Maruboro, sugadai, etc.
[Iizuka] Hiyo, chidori manju, Nanban orai, etc.
[Kita-Kyushu] Fukuji Temple, kogiku manju, konpeito, etc.

Hekohazushi okoshi

Hekohazushi okoshi is made by steaming and drying rice, roasting it, coating it with homemade sugar syrup, and adding brown sugar. This process has not changed for more than 300 years since the shop was founded in 1679. The name comes from the legend that when a lord ate it, it was so delicious that he ate it without even noticing that his heko (loincloth) had slipped off, thus embarrassing his retainers.



1 Hekohazushi Okoshi Honpo

355, Matsubara Honmachi, Omura
TEL: 0957-55-8453

- Eat-in: Not available
- Parking: Available
- Shop hours: 9 am - 5 pm
- Closed on Sundays, summer holidays, New Year's holidays

Omura-zushi

In 1474, Sumikore, the 16th successor of the Omura clan, fought at Nakadake against a large army of 2,000 Arima forces from Shimabara that had invaded the Omura territory, but many of the Omura officers and soldiers were killed in the fierce battle, partly because their allies switched sides. Sumikore narrowly escaped peril to the remote island of Kakara off the coast of Karatsu in the Genkai Sea. Six years later, in 1480, he regained the Omura territory with the support of Shibue Kiminari and others, fulfilling his wish, much to the delight of his people. The people welcomed the lord, his officers and soldiers and immediately prepared a meal. However, as they did not have enough tableware due to the abruptness of the event, they spread freshly cooked rice in a shallow rectangular wooden box, placed fish fillets and chopped vegetables on top, and pressed them together before serving the meal. The story goes that the warriors cut them into square pieces with their wakizashi swords and ate them by hand, thus establishing the origin of Omurazushi.

Since then, it has become customary in the Omura region to make Omurazushi for celebrations and when welcoming special guests, and the method of making the dish has been handed down from one generation to the next, with the samurai, townspeople and peasants all having their family traditions. The sushi container was so important that it was an indispensable part of the bride's trousseau.

Even after 500 years, the unique recipe has been handed down through the ages, and kakuzushi is still famous for its tastiness.

The city has many restaurants where you can eat Omurazushi. Savour the traditional taste that each restaurant has preserved over the years.



The shop was founded in 1894 by the founder, who served as the cook for the Omura clan in Kushima Castle in the Edo period. It is situated at the site of Kushima Castle in Omura Park, known for its flowers.

2 Umeagaeso

1-36, Kushima, Omura TEL: 0120-52-1389

- Eating/drinking area:
Booking is essential for dinner and parties at least 2 days in advance
 - Parking: Available
 - Opening hours:
Weekdays 10 am - 4 pm, Saturdays, Sundays & holidays 10 am - 5 pm
 - Closed: Wednesdays (Open daily from March 16 to June 30)
- <https://umeagaeso.site/>



Official website



Founded in the Meiji era (1868-1912), the restaurant has a history of over 100 years and has a river flowing right next to it. It continues to preserve the same taste as it did then.

3 Omura Kakuzushi Yamato

474-5, Honmachi, Omura TEL: 0957-52-3546

- Parking: Available (20 spaces)
 - Opening hours: Eat-in: 10 am to 8 pm (last order 7:00 pm)
Take-away: 8 am - 8 pm
 - Closed on Tuesdays (Closed on Wednesday if Tuesday is a holiday)
- <https://kakuzushi.jp/>



The restaurant is within easy reach of National Route 34. It is also a 10-minute walk from Omura Station. You can enjoy the traditional taste of Omura close at hand. Look for the large Omurazushi sign. Frozen Omurazushi is available for delivery outside the region and can also be ordered.

4 Omurazushi Gion

581-2, Nishihonmachi, Omura TEL: 0957-54-6330

- Parking: Available
(1 space for a large bus)
 - Opening hours:
Eat-in: 11 am to 3 pm (last order 2 pm), By reservation only from 5 pm (advance reservation only)
Take-away: 11 am - 5 pm
 - Closed on Wednesdays
- <https://gion-omura.com/>





Omura has many delicious
sweet treats and desserts!
Come and try them all!

Gelati

In addition to the standard vanilla, matcha, and milk flavours based on fresh Jersey milk and carefully selected eggs, the menu also includes many seasonal specialities using a wide variety of fresh local fruit and vegetables. Please try their popular handmade gelati, free from artificial colours and preservatives.



5 Omura Dream Farm Chou Chou

486, Mirokuji, Omura
TEL: 0957-55-5288

- Eat-in: Available
Dinner and parties require reservation at least two days in advance.
- Parking: Available (100 spaces)
- Opening hours: 10 am - 18 pm
- Closed on the 3rd Wednesday of Jan, Feb, Jun, Jul & Nov
<http://www.chouchou.co.jp>



Official website

Apple pie



The crispy pie is baked with plenty of stewed apples, which retain their texture. It is a special fruit pie made exclusively by hand.

6 Omata Farm Nonomi

1054, Higashi Nodake, Omura
TEL: 0957-55-4588

- Eat-in: Available
- Parking: Available (40 spaces)
- Opening hours: 10 am - 5 pm
- Closed on Wednesdays,
15-16 August, New Year's holidays

Coffee Zenzai

This slightly strong coffee is topped with homemade Hokkaido red bean paste.

First, enjoy the coffee, then mix in the bean paste at the bottom and enjoy.

Finally, pour in the coconut milk and enjoy the three flavors.

7 Sweets Shop Hiyori

1-668-48, Kushima, Omura
TEL: 0957-53-3155

- Eat-in: Available
- Parking: Not available
- Opening hours: 11 am - 6 pm
- Closed on Fridays, 1st, 8th and 15th of every month, summer holidays, New Year's holidays, Ryushrine holidays



Nagasaki Coffee Crunch Chocolate

The coffee-flavoured chocolate bar contains powdered coffee from Japan's first tourist coffee plantation, Nagasaki Suko Coffee Park, and Takeshita Seika's Black Mont Blanc's crunchy chocolate, Saga's soul sweet.



8 Okashi no Furukawa

811-1, Suko, Omura
TEL: 0957-55-7005

- Eat-in: Not available
- Parking: Available (2 spaces)
- Opening hours: 9 am - 5 pm
- Closed on Mondays
<https://furukawa-inc.com>



Official website

Macaron



There are five flavors: chocolate, raspberry, pistachio, apricot, and coffee, and the cream inside is chocolate-based. They also have boxes of 5 or 10.

9 Sucre bois

1-196-5, Matsunami, Omura
TEL: 0957-52-3160

- Eat-in: Not available
- Parking: Available
- Opening hours: 10 am - 6 pm
- Closed on Wednesdays and Thursdays, New Year's holidays

The blissful, yellow castella No.0.6

Winner of the Monde Selection Gold Award.

The cake is made using flour, perfect for castella, and the Taiyo brand eggs raised at the foot of Mt Unzen. It has been made the same way since the company's founding and has a moist and fluffy texture. No preservatives or artificial colours are used, so it is safe for children to enjoy.

10 Nagasaki Shinsendo Sohonten

595-19, Kogashima, Omura
TEL: 0957-54-8000

- Eat-in: Not available
 - Parking: Available
 - Opening hours: 9 am - 5 pm
 - No scheduled holidays, except 1 January
- <https://www.kasutera1ban.com>



Dacquoise



Almond-flavoured baked meringue. Caramel butter cream is sandwiched between crispy meringues with a gooey middle.

11 Pâtisserie Hajime

1-436-1, Sakurababa, Omura
TEL: 0957-53-8280

- Eat-in: Available
- Parking: Available
- Opening hours: 10:30 am - 7 pm
- Closed on Tuesdays



Instagram

Angel's Cheek

A fluffy sponge cake filled with cream made by mixing fresh cream and custard. It can be enjoyed deliciously either half-frozen or fully thawed.

12 Pâtisserie Lunange

3-780-5, Uematsu, Omura
TEL: 0957-42-3300

- Eat-in: Not available
 - Parking: Available
 - Opening hours: 10 am - 7 pm
 - Closed on Tuesdays
- <http://patisserie-lunange.com/>



Torn Manju

I gently wrapped the hand-kneaded bean paste in my hands, but the skin broke a little. 😊 But the deliciousness inside cannot be hidden. This is a traditional tea snack that will warm you up with just one bite.

13 Higashijima Confectionery

1-34-1, Suwa, Omura
TEL: 0957-52-2069

- Eat-in: Not available
- Parking: Available
- Opening hours: 7:30am – 12pm
- Closed on Wednesdays (sometimes Thursdays)



Original Scone

Founded in 1897 (Meiji 30). While preserving the core taste of traditional Japanese sweets, we strive for innovation in step with the times, aiming to be loved by a wide range of generations. Our original scones, characterized by a moist texture and a wide variety including seasonal limited editions, are a specialty. We confidently recommend these exquisite products that offer "the joy of choosing and the happiness of eating."

15 Maeda

604, Higashi Honmachi, Omura
(inside Coremo Omura)
TEL: 0957-53-3115

- Eat-in: Not available
 - Parking: Available (50 spaces)
 - Opening hours: 10am - 6pm
 - No scheduled holidays, but closed on 1 - 2 January
- <http://www.maeda-online.com>



Instagram



Official LINE



Kuzukiri Somen Kori River

This is a refreshing confectionery that offers five flavors: brown sugar, plum, grape, green apple, and matcha. Enjoy it chilled by putting 4 to 5 ice cubes in the bowl.

14 Inada Seika

2-762-5, Kuidetsu, Omura
TEL: 0957-52-4290

- Eat-in: Not available
- Parking: Available (4 spaces)
- Opening hours: 9 am - 6 pm
- Closed on Sundays



Maruboro

These are hand-made Maruboro (baked sweets), crafted one by one using the traditional method dating back to the Meiji era since our founding. Please enjoy their simple, rustic flavor.

16 Mori yokaido

258-1, Honmachi, Omura
TEL: 0957-52-2826

- Eat-in: Not available
- Parking: Available
- Opening hours: 10 am - 6 pm
- Closed on Sundays, Obon holidays, year-end and New Year holidays
- On Instagram



MORIYOKAIDO
Instagram



Rusk



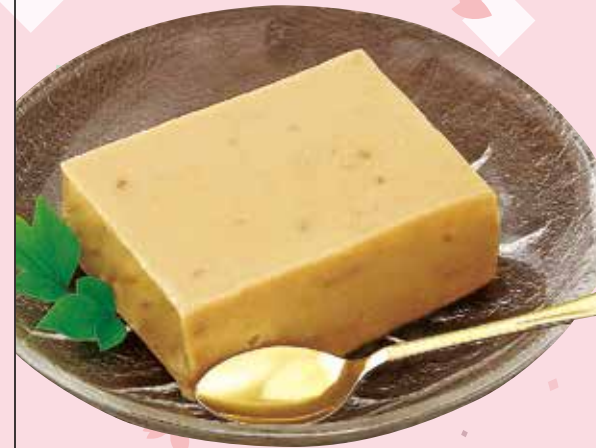
These are ONLY ONE handmade rusks, baked every morning in our own factory and finished by hand one by one. The gentle sweetness of the ingredients and light texture make this a special dish loved by people of all ages.

17 Rusk Specialty Store ONLY ONE

2-1108, Kushima, Omura
TEL: 0957-53-5428

- Eat-in: Not available
- Parking: Available
- Opening hours: 9am—6pm
- No scheduled holidays

Rich peanut tofu



During the period of national isolation in Japan, Dejima Island in Nagasaki was the sole international trading post where sugar was brought in. The introduction of sugar revolutionised the confectionery world, spreading sugar culture primarily in Nagasaki. In Nagasaki, sweet sesame tofu has been a mainstay, and the sweet peanut tofu made using the same process has gained popularity.

19 Kyuichi-An

2-1808-1, Higashi-Omura, Omura
TEL: 0957-52-0900

- Eat-in: Not available
 - Parking: Available
 - Opening hours: 9 am - 5 pm
 - No scheduled holidays
- <https://kyuichian.com/>



Official website

Neko Neko Cookies

These are adorable cat-shaped cookies. They do not contain eggs or dairy products, making them recommended for those with allergies or who wish to avoid these ingredients. They are especially popular with children and are well received as gifts.

18 HOME LABO

1-520, Kubara, Omura
TEL: 0957-52-3130

- Eat-in: Not available
 - Parking: Available
 - Opening hours: 10 am - 6 pm
 - Closed on Wednesdays, Thursdays, and Fridays
- <https://www.homelabo.jp>



Instagram



Soft serve ice cream that makes you gorgeous

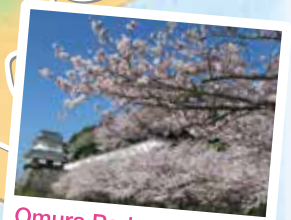
The rich soft-serve ice cream contains collagen for improving the skin.

20 Suzuta Toge Farm

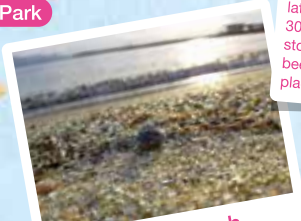
452-8, Nakasato, Omura
TEL: 0957-48-5523

- Eat-in: Available
 - Parking: Available
 - Opening hours: 9 am - 5 pm
 - No scheduled holidays, except on 1, 2 & 3 January
- <http://www.st-nouen.com>





Omura Park
 In spring, approximately 2,000 cherry trees in 21 varieties bloom in succession in Omura Park, and from late May to early June, approximately 300,000 irises with around 100,000 stocks are at their best. The park has been named one of Japan's 100 best places for cherry blossoms.



Glass Sand Beach
 The Glass Sand Beach is in front of the bridge leading to Nagasaki Airport. It is made of coloured glass sands, which sparkle in the sun and are popular as an Instagrammable spot.

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|------------------------------|-----------------------------|-----------------------------|---------------------------------|
| ① Hekohazushi Okoshi Honpo | ⑥ Omata Farm Nonomi | ⑪ Pâtisserie Hajime | ⑰ Mori yokaido |
| ② Umegaeso | ⑦ Sweets Shop Hiyori | ⑫ Pâtisserie Lunange | ⑱ Rusk Specialty Store ONLY ONE |
| ③ Omura Kakuzushi Yamato | ⑧ Okashi no Furukawa | ⑬ Higashijima Confectionery | ⑲ HOME LABO |
| ④ Omurazushi Gion | ⑨ Sucre bois | ⑭ Inada Seika | ⑳ Kyuichi-An |
| ⑤ Omura Dream Farm Chou Chou | ⑩ Nagasaki Shinsen Sohonten | ⑮ Maeda | |