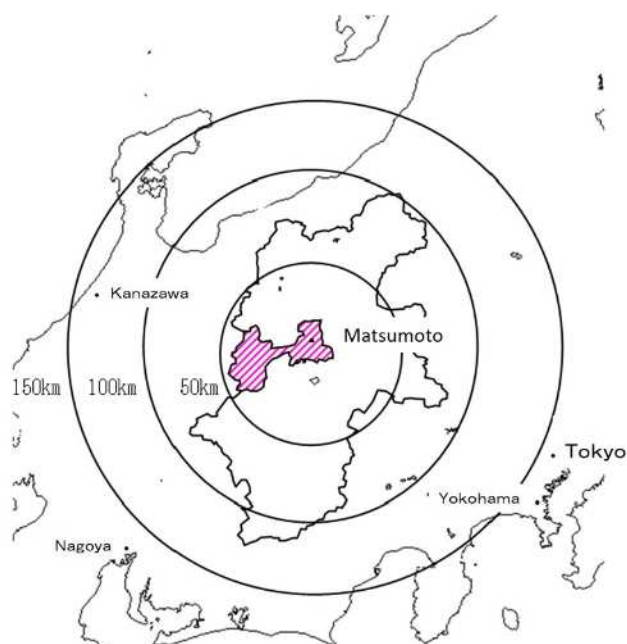


## Matsumoto City

### Summary



Matsumoto City lies more or less at the center of the Japan. Utsukushigahara Highland (2,000m) situates east of the city and 3,000m-class “Japan Northern Alps” mountain range is lying around west.

The national treasure Matsumoto Castle is located in the heart of the city and it boasts over 400 years of history. As well as historic castle, there is world’s famous mountain scenic area “Kamikochi”.

In addition, there are 16 Onsen (hot springs) too. Annually more than 5 million tourists are visiting these charms which make the city popular destination.

The Matsumoto City is located at 600m above sea level. It is comfortable environment as the climate is relatively cool and low humidity in a summer.

### About Matsumoto

Area	978.47km <sup>2</sup>
Elevation	592.21m
Coordinates	36°14' 17"N 137°58'19"E
Population	240,941
Average Temperature	July 23.6 August 24.7

### Transport to Matsumoto

- By train: 2hrs 30min from Shinjuku(Tokyo) by JR “Azusa” limited express train
- By car: About 3hrs from Tokyo through Chuo-Highway and Nagano-Highway.

## History · Culture · Nature

National Treasure  
Matsumoto Castle



Matsumoto Castle is the oldest castle in Japan and also designated as national treasure. The combination of the black and white castle and Japan Northern Alps is beautiful.

Matsumoto City Museum of Art



The museum exhibits the creations of the world's famous artist Yayoi Kusama.

Kamikochi



Kamikochi is one of the world's famous scenic areas backed by the Japan Northern Alps. The photo shows the famous "Kappa" bridge.

Utsukushigahara Highland



It is the highest plateau in the country. It commands a magnificent view of Northern Alps, Southern Alps and Mt. Fuji.

Asama Onsen (Hot spring)



Asama Onsen is a hot spring place neighboring the gymnasium. The place has a history and its hot water gently cures muscle soreness.

Downtown



Many hotels and eateries are in the downtown. It is safe and comfortable to stay.

## Matsumoto City Misuzuko (Lake) Cycling Stadium

The cycling stadium which is well equipped and suitable for pre-games training for the “2020 Tokyo Olympic Games”.

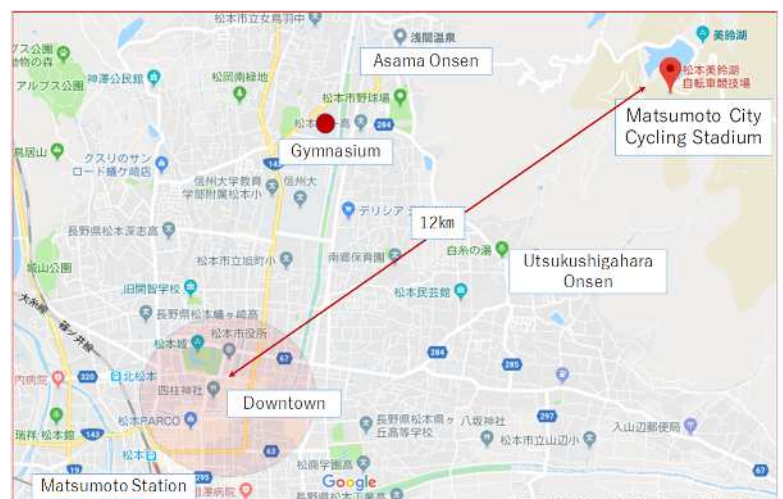


### About Matsumoto City Misuzuko Cycling Stadium

Location	1830 Misayama, Matsumoto City, Nagano Pref.
Completion	June, 2015
Elevation	Approx.1,000 m ( Highest Stadium in Japan )
Total Area	33,142 sq.
Cycling Stadium	Length 333.333 m
	Banking 36 Degree ( MAX )
Administration Building	1,213.37 sq. Clubhouse, Office, First-aid room, Break room, Shower, Locker room, Boardroom, Medical room, Meeting room, Restroom
Lights	500 ( lux ) × 8 units
Parking	200



### Access



## Other Facilities in Matsumoto City

Adding to the Cycling Stadium, there are places for the training and refreshment during your stay in Matsumoto.

### Matsumoto City Gymnasium

Sports Complex which houses arena and Training Facilities.



【 🚗 15min from Cycling Stadium 】



【 Arena 】



【 Meeting rooms 】



【 Training Room 】

< Summary >

Main arena ( 2,535 m<sup>2</sup> ) , Sub arena ( 21,110 m<sup>2</sup> ) , Training Room, Meeting rooms, Changing rooms ( showers equipped ) , Reception room

### L'a La Matsumoto

Sports Complex which houses Swimming Pool and Training Facilities.



【 🚗 15min from Cycling Stadium 】



【 Swimming Pool 】



【 Jacuzzi 】



【 Training Room 】

< Summary >

Swimming pool (Indoor & Heated: 25m square, River, Wave, Jacuzzi), Training Room, Tennis Court, Aerobics Studio, Bath

### Yumehiroba Shonai(Community Center)

Community Center with Swimming Pool and Training Facilities.



【 🚗 30min from Cycling Stadium 】



【 Swimming Pool 】



【 Jacuzzi 】



【 Training Room 】

< Summary >

Swimming Pool (Indoor & Heated: 25m, Jacuzzi), Training Room, Gymnasium

## Hot Plaza Asama

As the back parlor of the national treasure castle town, the natural hot spring has been loved by the citizens.



【 🚗 15min from Cycling Stadium 】



【 Indoor Bath 】



【 Open-air Bath 】



【 Sauna Bath 】

< Summary >

Indoor & Open-air Bath, Sauna Bath, Cold water Bath, Foot Baths, Massage Service, Lounge

\* Facilities introduces above are only listed as an example. There are various facilities in the city which will meet your demand. Please visit our web site for more detail. (Information available in multilingual.)

<http://youkoso.city.matsumoto.nagano.jp/>



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