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**Nagano Prefecture  
Tourism Promotion Division  
Sports Commission**

E-mail: [naganosc@pref.nagano.lg.jp](mailto:naganosc@pref.nagano.lg.jp)  
<http://www.go-nagano.net/sc/sc.pdf>



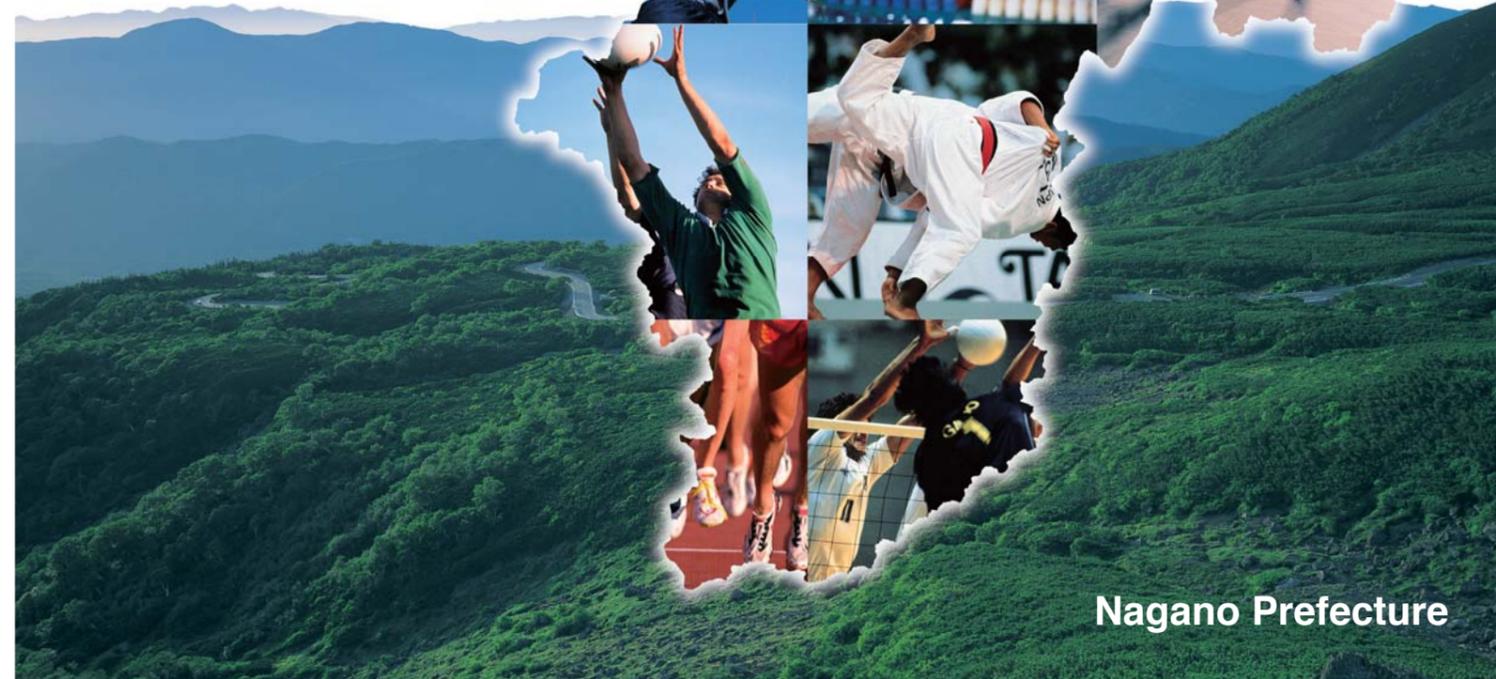
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# NAGANO

THE BEST FOR OLYMPIC/PARALYMPIC

# TRAINING CAMPS

# TOKYO 2020



Nagano Prefecture

# Welcome NAGANO

## Voices from Olympians -- What Makes Nagano So Attractive for Athletes?

### Message from Governor



Surrounded on all four sides by "Japan's Roof" of 3,000m high mountain ranges ("the Japan Alps"), Nagano Prefecture is one of the leading mountain tourism sites in Japan, rich in vast, beautiful nature. Sporting activities are very popular here in Nagano, especially those which fully utilize the benefits of being located in the highlands and having such bountiful nature like rivers and lakes. In addition, Nagano Prefecture has clear, clean air and water, and safe, delicious food, grown in fertile land. People here enjoy an active and vigorous lifestyle, helping to make Nagano the top ranking prefecture for longevity in Japan. Located roughly in the center of Japan, Nagano Prefecture has convenient access from Tokyo, the capital of Japan, which, for the second time, will host the Olympic Games in 2020. Above all, Nagano Prefecture hosted the 1998 Winter Olympics and Paralympics, and has experienced firsthand the pleasure of providing excitement to the world. There are many training venues in the vast area of Nagano Prefecture, ideal for a full range of sporting events. In addition, people have fostered and cultivated a high awareness of sports through participation in international exchange activities with athletes from different countries through a variety of Olympics and Paralympics programs, including the One School One Country project. Those looking for a sports training camp venue, please come and visit us here in Nagano Prefecture. We offer perfect surroundings and conditions for sports training. The people in Nagano are ready to welcome you with warm and genuine hospitality.

**Shuichi Abe, Governor of Nagano Prefecture**

### Hospitality and a desire for world peace alive in the sport loving people of Nagano

I grew up in Bandokoro at the foot of Mount Norikura. After the war I moved to Shiga Kogen Heights, and participated in a National Sports Festival as a representative from Nagano Prefecture. Skills and techniques I had learned in those places led to my silver medal in the 1956 Cortina d'Ampezzo Winter Olympics. Due in part to hosting the Winter Olympics, Nagano Prefecture seems to be taken as a place primarily for winter sports, but is also ideal for summer sports training, and has already proven famous as a training camp venue for rugby, which has been selected as an event for the 2016 Rio de Janeiro Olympic Games. With easy access from Tokyo, it is cool in summer and the landscape makes the place suitable for high altitude training. In addition, you can enjoy delicious fruits like big apples and grapes produced with clean and clear water, and local specialties such as Shinshu soba noodles and Shinshu beef. There is also a variety of mountain vegetables served here, which are not familiar to foreign athletes. Highland vegetables are also produced so that even overseas guests who like a nice, fresh salad, can be satisfied.

As for sports, there are many excellent athletes from Nagano in both summer and winter sports. That is why a sport loving culture and desire to welcome athletes has been growing in the minds of the Nagano people. In fact, their friendly hospitality is still renowned among IOC members, such as their splendid volunteer spirit. The One School One Country project, which begun in the Nagano Winter

Olympics, tremendously impressed the Olympic athletes, and has been carried out in different Olympic Games host cities. I believe that the people of Nagano know how to provide a calm and relaxing atmosphere to top level athletes, who always endure tremendous stress. I feel that the roles sports play go beyond merely competing with each other, but also contribute to world peace by widening the friendship circle. In fact, I believe this is the most important aspect. Thanks to hosting the Winter Olympics, the people of Nagano have already learned how important it can be to send messages of world peace through sporting events. I would like them to keep this spirit alive for many years to come.

Nagano Prefecture provides foreign athletes with ideal conditions and surroundings for effective and efficient training, as well as warm hospitality. As an Olympic athlete myself, I wish to welcome you, the world's leading athletes, to Nagano.



Photo by PHOTO KISHIMOTO

### Chiharu Igaya



<Profile>  
Skier, First Winter Olympic Games medalist in Japan. Born in Tomarimura, Kunashiri Gun, Hokkaido. Received invaluable skiing training from an early age from his father, Kunio Igaya, a pioneer of skiing in Japan, and moved to Bandokoro at the foot of Mount Norikura aged 7. Overwhelmingly won the 26th Nagano National Sports Festival. Was ranked 11th at the 1952 Oslo Winter Olympics. Went to the U.S.A. to study with the support of C.V. Starr, the founder of the American International Underwriters Corporation (AIU). Won silver in the slalom at the 1956 Cortina d'Ampezzo Winter Olympics. Selected as a member of the IOC Committee in 1982. Received the Silver Olympic Order in 2012.

### Kenji Ogiwara



<Profile>  
Kenji Ogiwara: Former Nordic skiing combined athlete. Nordic skiing combined instructor. Won team gold medals in both the 1992 Albertville and 1994 Lillehammer Winter Olympics. Won all-round individual championship titles three consecutive times from 1993 to 1995. Born in Kusatsu, Gunma Prefecture. Resident of Nagano City.

### The "Athlete First" Spirit Cherished in Nagano Prefecture

For me, Nagano Prefecture is special not only as the stage of the 1998 Nagano Winter Olympics, but also as one of the important places that has supported my harsh yet splendid athletic life. As an athlete, I quite often visited Nozawa Onsen Village and Hakuba Village, equipped with ski jump and cross-country facilities, for competitions and training camps. During off-seasons, I had high altitude training in many places around Nagano Prefecture, including Shinano Town and Izuna Kogen Heights in Nagano City. I felt when I was active as an athlete. Based upon these experiences, I have again recognized the good chemistry between Nagano Prefecture and leading athletes. The richness in the minds of local people, for example, the tight bond within a local community, the sincere attitude towards nature in recognizing great value in each season and their transitions, and the desire to keep local traditions and cultures alive, can mentally support athletes who are always under intense pressure. In addition, the "Athlete First" spirit is also one of the remarkable features you find common in the people of Nagano. The utmost respect is given to athletes and their instructors, and great lengths are gone to in order to realize ideal environments

for athletes to concentrate on their competitions or training, done so without being intrusive. This spirit was unveiled and polished through the experiences of the 1998 Nagano Winter Olympics, and is set to advance in to the future. I have no doubt that Nagano Prefecture would make an excellent training camp site for top level athletes on both sides of facilities and hospitality. They can take time out to visit sightseeing spots like the national treasures of Zenkoji Temple and Matsumoto Castle, or relax and refresh themselves in Mother Nature. I really hope that athletes around the world come here and experience highly rewarding and satisfying training, which can be achieved only here in Nagano.



Photo by PHOTO KISHIMOTO

### Nagano Prefecture Satisfying Athletes' Needs Not Only for Training Environments but also Food and Relaxation

Bountiful nature, clear and clean air and water, and delicious foods -- it is very cool even in summer here in Nagano Prefecture. I was fortunate to have had my training in such a wonderful environment since I was at university. Many of the boat courses are usually situated in the countryside, however, Lake Suwa is located not far from the center of Suwa City. The location makes this place more attractive as a training camp site, even compared to world standards, because you have good access to the city center where you can easily do shopping and find a place to eat. In addition, there are many hot spring facilities around Lake Suwa. Hot springs are good for athletes' health, especially female athletes, not only because they are effective in helping the body recover from fatigue, but also because they make your skin smoother. Thanks to the surrounding mountains, you can find a wide variety of plants and flowers in Nagano Prefecture, and enjoy majestic views to relax in, such as the view of Mount Fuji from the Lake.

In addition, the legacy of the 1998 Nagano Winter Olympics remains in the Nagano people. For example, a running course of about 16km has been built around the bank of Lake Suwa, where rowing races are very popular among the people in Suwa

City. Given that they have such a strong love of both playing and watching sports, they are keen to welcome athletes from around the world. Furthermore, the people of Nagano tend to have a strong sense of duty and are sure to have a very positive influence on athletes who stay for training in their home towns during the Tokyo Olympics. The part of Lake Suwa used for training is so close to the bank that local people will have the opportunity to watch and enjoy professional athletes at work. In any case, what is absolutely necessary for training is a good training environment, good food, and good rest. Given that you can find all of these things here in Nagano Prefecture, I hope that Nagano will be selected as a top candidate for your training camp venue. For those who visit Lake Suwa, I strongly recommend you try the eel dishes, famous in this area for putting hair on your chest, and to also pray for victory at Suwa Shrine, which houses a god of war and where even Takeda Shingen, a warrior in the 16th century, is believed to have prayed at.



Photo by PHOTO KISHIMOTO



<Profile>  
Rower. Ranked 9th in the women's lightweight double sculls at the 2008 Beijing Olympic Games, 10th overall in the single sculls at the 2011 World Rowing Championships, 12th in the women's lightweight double sculls at the 2012 London Olympic Games. Retired after the Tokyo National Sports Festival in September, 2013. Graduated from Graduate School of Health and Sport Science, Nippon Sport Science University. Born in Suwa City, Nagano Prefecture.

### Akiko Iwamoto



# Advantage

## Merits and Benefits of "NAGANO" as a Training Camp Venue

Blessed with vast, magnificent nature, Nagano Prefecture features some of the most prominent and popular areas for mountain tourism, with the Japan Alps as a prime example. Since achieving top ranking for longevity in Japan for both men and women, and its position as one of Japan's leading agricultural regions, attention has also been drawn to Nagano's healthy lifestyle and food culture. A mere 80 minutes on the Hokuriku Shinkansen, Nagano City is easily accessible from Tokyo. In addition, a broad network of national highways in the prefecture links local regions to the Tokyo metropolitan area. With its rich, abundant nature, its variety of healthy and delicious food, and its convenient access, Nagano is a perfect site for a training camp for top level athletes.

### Access



It takes a mere 80 minutes on the Hokuriku Shinkansen from Tokyo to Nagano City, the prefectural capital. In addition, a broad network of national highways in the prefecture links local regions to the Tokyo metropolitan area. This ease of access from Tokyo greatly adds to Nagano's attractiveness.

### Altitude



With the possibility of conducting high altitude training in mountain ranges well over 1,700 meters, the benefits of hosting training camps in the area has been drawing the attention of sports officials worldwide.

Convenient Access

High Performance

### Food Safety

Nagano is one of Japan's leading agricultural regions. With clear, sparkling waters and clean, fresh air, local produce is both healthy and delicious.

### Medical Facilities

Each region in the prefecture boasts a core of professional medical facilities, including the Medical Department of Shinshu University, giving athletes and staff complete assurance during training.

Strong Points

NAGANO

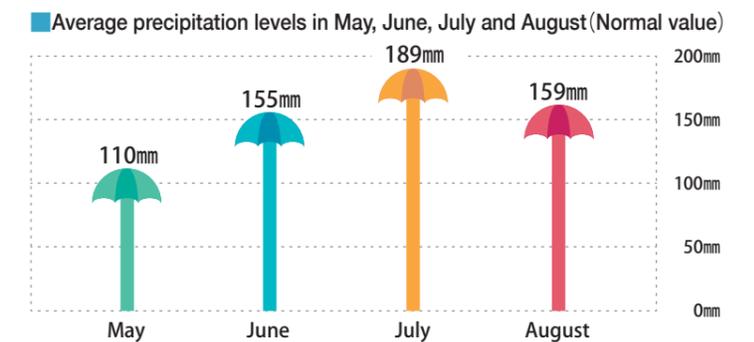
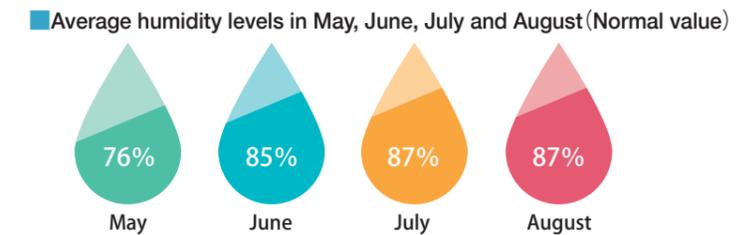
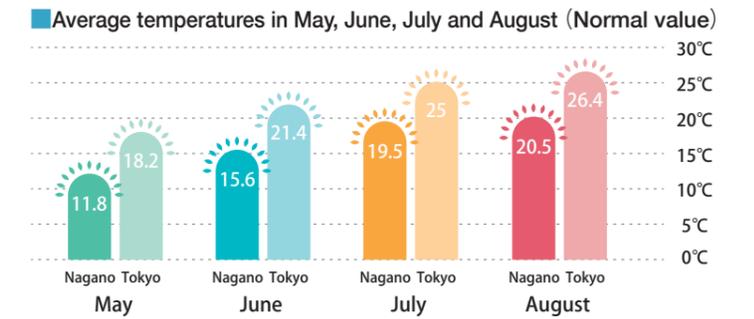
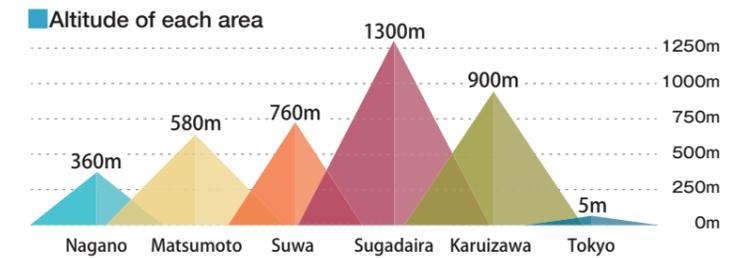
Safety and Security



## Climate Ideally Suited to Training

Nagano Prefecture enjoys a relatively dry climate. Eastern and Northern areas in particular experience comparatively low precipitation, with an average annual rainfall of about 1,000 mm. These areas also boast the highest ratio of clear skies in Japan! Across Nagano Prefecture, even though midday temperatures are sometimes high in summer, cool air in mornings and evenings provide a comfortable atmosphere. Furthermore, in the highland areas, including Shiga Kogen Heights, Shinano-machi, Sugadaira Heights, Karuizawa, Yatsugatake Mountains, and Nobeyama Heights, summer maximums remain cool, providing an ideal atmosphere for everything from relaxing, to outdoor activities, to sports and training.

With its high altitude location and temperate summer climate, Nagano Prefecture is perfectly suited for training of any sports.



# Access

## Hospitality with Rich Nature and Culture

Given Nagano Prefecture's high mountains, including the Japan Alps, and its abundant hot springs and national parks, it is referred to as a 'natural treasury' of Japan. You will find unique history and culture throughout the prefecture, such as Zenkoji Temple, Matsumoto Castle, Suwa Shrine, Ueda and its historical Sanada clan, Karuizawa, and Togakushi.

The rich nature in Nagano produces the highest quality fruits and highland vegetables, including apples, grapes, and lettuce. The food culture of Shinshu, such as soba noodles and other local dishes featuring safe and secure local ingredients, has long attracted people to the area.



Kamikochi

### Japan Alps and Matsumoto Plain Area

With Matsumoto Castle, a National Treasure, this area is surrounded by beautiful nature and peaceful landscapes including Azumino, Kamikochi, the crown jewel of the Japan Alps, and Hakuba, famous for sports and outdoor activities.



Suwa Lake

### Suwa Area

Magnificent nature is abundant in this region, such as the Kirigamine Highland, which boasts the Venus Line, one of the most scenic sightseeing roads in Japan. The area is dotted with historic remains displaying the prehistoric Jomon culture.



Zenkoji Temple

### Kita-shinano Area

In this area, you'll find a range of attractions such as Zenkoji Temple and Togakushi Shrine, where many pilgrims visit to pray. Nozawa Onsen Hotspring, which is believed to have been established in the Nara era of the 8th century, as well as Shiga Kogen Heights with its pristine nature...



Remains of Ueda Castle

### Higashi-shinshu Area

There are a wide range of places to go and see, including Ueda City, with its famous Sanada clan. Karuizawa Town, which has developed into a picturesque international resort area, and the vast highlands at the foot of the Yatsugatake Mountains.

## Access to Training Camp Grounds

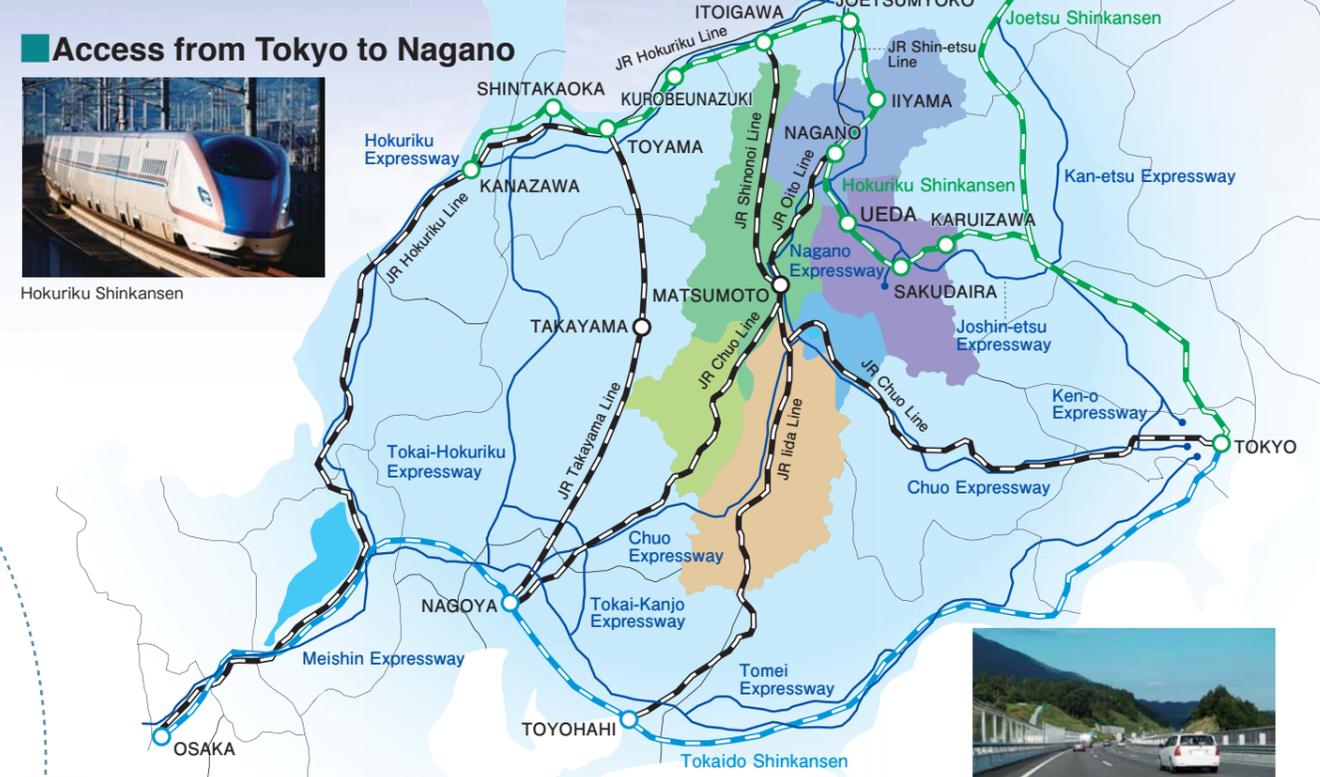
It takes a mere 60 minutes to Karuizawa and 80 minutes to Nagano City from Tokyo by the Hokuriku Shinkansen. There is also a broad network of national highways in the prefecture linking local regions to the Tokyo metropolitan area: Joshin-etsu Expressway, Chuo Expressway, and Nagano Expressway. These highways connect main cities within the prefecture, which allows easy and convenient travel.

Located in the geographical center of Japan, Nagano has historically been a place where the cultures of the north, south, east and west intersect. Its traditional role as a traffic hub still remains today.

### Access from Tokyo to Nagano

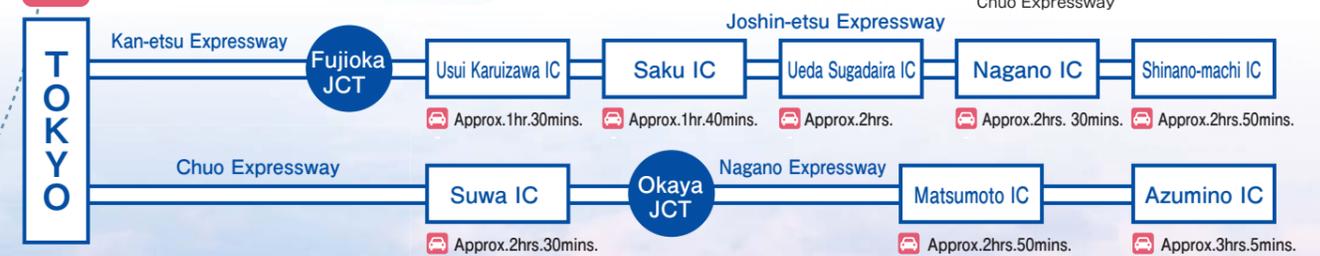


Hokuriku Shinkansen



Chuo Expressway

### By car



### By Train



# Athletics Facilities



Located at approximately 1,300m, this athletics field is ideal for high altitude training.

## Sugadaira Kogen Sports Park Athletics Field (Sania Park)

Location ■ 1278-244 Sugadaira-kogen, Ueda City, Nagano Prefecture



Altitude ■ 1,294m  
Track ■ Class-3 JAAF-certified athletic stadium / All-weather 400m track × 8 lanes  
Events ■ Athletics  
Facilities ■ Meeting rooms, shower rooms, bathrooms  
Night-game facilities ■ None  
Medical institution ■ Sugadaira-kogen Clinic

An excellent environment of natural turf grass, fresh air and greenery provides you with the best opportunities for regular training and for crunch time.

## Kurohime Athletics Stadium

Location ■ 3884-590 Nojiri (Kurohime Kogen), Shinano Town, Kamiminouchi Gun, Nagano Prefecture



Altitude ■ 723m  
Track ■ All-weather 400m track × 6 lanes  
Events ■ Track Events, Long Jump, High Jump  
Facilities ■ Shower rooms, meeting rooms, cross-country courses, a throwing-event ground (exclusive for hammer throw, discus, and javelin events), Lake Nojiri running course, and a gymnastics hall  
Night-game facilities ■ None  
Medical institutions ■ Shin-etsu Hospital, Hokushin General Hospital, Iizuna Municipal Hospital



Nagano boasts state-of-the-art facilities, with local touches, surrounded by magnificent mountains, clean-air highlands, and abundant waterways and greenery. Nagano's quality facilities will help athletes get the most out of their training in order to improve their skills.

Shinano Town

Ueda City

Saku City



The athletics field with magnificent views of Asama Mountain and the Sakudaira Plain is well-equipped with night-game facilities.

## Saku Sports Park Athletics Stadium

Location ■ 3011 Hiraka, Saku City, Nagano Prefecture



Altitude ■ 732m  
Track ■ Class-2 JAAF-certified athletic stadium / All-weather 400m track × 9 lanes  
Events ■ Athletics, Football (mix of 6 natural turf grasses)  
Facilities ■ Meeting rooms, shower rooms, locker rooms, and a broadcasting room  
Night-game facilities ■ Fully equipped  
Medical institutions ■ Saku Central Hospital Advanced Care Center, Asama General Hospital

### A Landscape in Nagano Prefecture Ideal for Training

Vast areas of Nagano Prefecture are covered by mountains and mountain ranges of 3,000m and higher. Even some of the major cities are located at an altitude of over 700m. These high-altitude areas provide not only a comfortable and scenic training environment, but also various training courses utilizing natural geographical features, such as a running course with many uphill and downhill, and a long-distance swimming course. These are the strengths of Nagano Prefecture as a professional sports training location.

### The Volunteer Spirit of Nagano People

The One School One Country project began here in Nagano for the Nagano Winter Olympics & Paralympics in 1998. During the project, elementary schools and junior high schools, mainly in Nagano City, each adopted a country to support. Students developed international exchange programs to learn and understand their partner country's characteristics and cultures. Under their own initiative, they planned and carried out activities regarding how to best show hospitality to guests from their partner country. The project made a wonderful impression on Olympic athletes, and helped to successfully promote the Olympic Games.

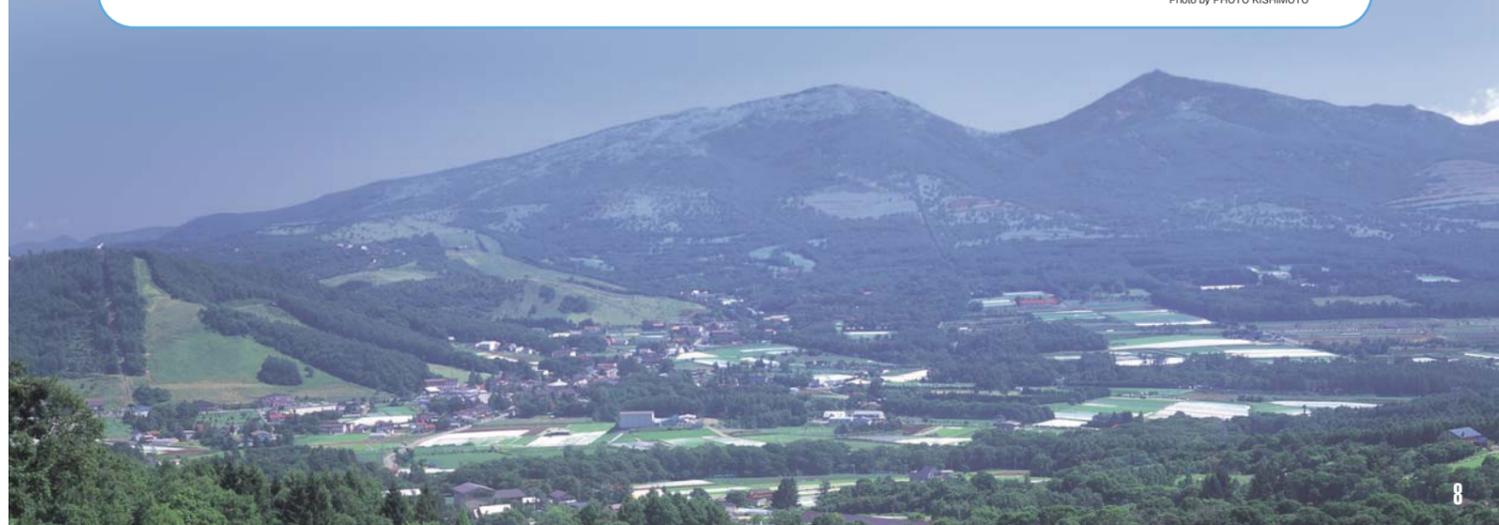
It has been more than 15 years since the Nagano Winter Olympics. The students involved in the One School One Country project have already grown up, and it is now time for them to play important roles in society.

The volunteer spirit developed through the project of the Nagano Winter Olympics continues today in the people of Nagano, who learned by firsthand experience how to welcome people from different nationalities and cultures. Many citizens now participate in sporting events as volunteers to support organizing committees, which is a huge factor in the success of an event.

## Appeal Nagano



Photo by PHOTO KISHIMOTO



# Velodromes



Track Cycling

With a maximum bank of 36 degrees, this is the highest altitude velodrome in Japan.

## Misuzu Lake Velodrome, Matsumoto City

Location ■ 1830 Misayama, Matsumoto City, Nagano Prefecture



Altitude ■ 1,000m  
 Track ■ Length: 333.333m, Width: 7m, Bank angle: up to 36 degrees  
 Events ■ Track Cycling  
 Facilities ■ Changing rooms, a medical room, a lounge, shower rooms, locker rooms, meeting rooms  
 Night-game facilities ■ Fully equipped  
 Medical institutions ■ Shinshu University Hospital, Aizawa Hospital



Matsumoto City

# Outdoor Water Sports



Boat Rowing

Unusually located in the midtown area, this boat course provides crews with a comfortable training environment in stable weather conditions.

## Shimosuwa Town Boat Course

Location ■ 10615-8 Higashi Akasuna, Shimosuwa Town, Suwa Gun, Nagano Prefecture



Altitude ■ 760m  
 Field ■ 1000m in length (Class B)  
 Events ■ Rowing events  
 Facilities ■ Training rooms, and a boathouse  
 Medical institution ■ Suwa Red Cross Hospital

Designated under the Act on Special Measures concerning Conservation of Lake Water Quality, Lake Nojiri offers a fantastic long course training environment with high quality water.

## Lake Nojiri

Location ■ 287-5 Nojiri, Shinano Town, Kamiminouchi Gun, Nagano Prefecture



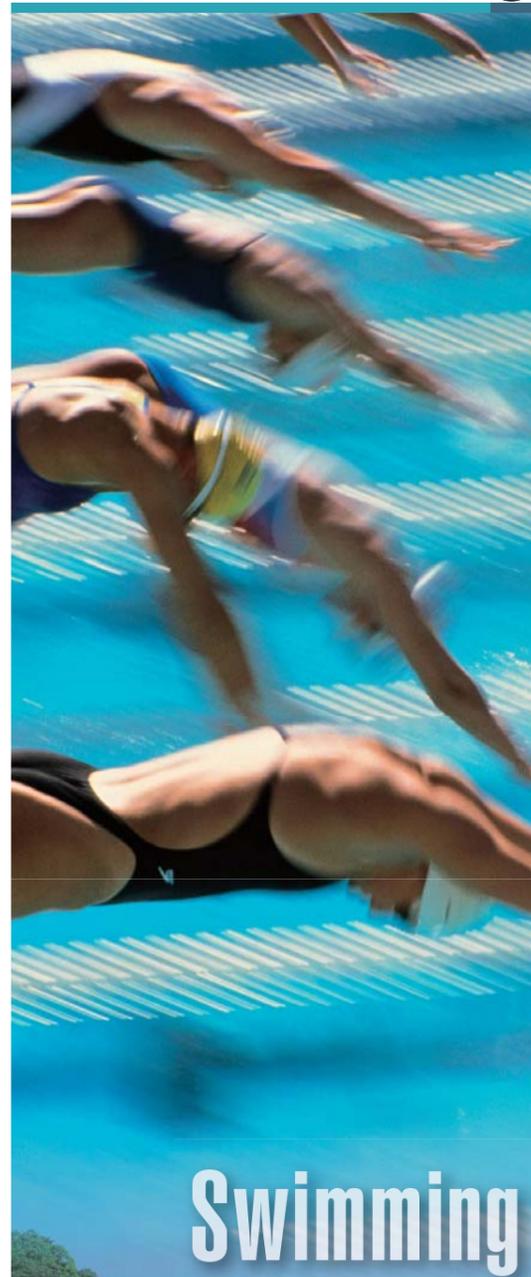
Altitude ■ 660m  
 Field ■ 16km in total length  
 Events ■ Triathlon (Swimming)  
 Facilities ■ An athletics stadium and gymnasium for athletics training  
 Medical institutions ■ Shin-etsu Hospital, Hokushin General Hospital, Iizuna Municipal Hospital



Shinano Town

Shimosuwa Town

# Swimming Stadiums



Swimming

This stadium covers a wide range of events, not only swimming but also synchronized swimming and diving.

## Nagano Sports Park Swimming Pool (Aqua-wing)

Location ■ 5-1-19 Yoshida, Nagano City



Altitude ■ 350m  
 Swimming facilities ■ A 50m main swimming pool, a 25m sub-swimming pool, a diving pool  
 Events ■ Swimming, Synchronized Swimming  
 Facilities ■ Locker rooms, shower rooms, warming rooms, meeting rooms and training rooms  
 Medical institutions ■ Nagano Red Cross Hospital, Nagano Municipal Hospital



Nagano City

Ueda City

Rich in nature, surrounded by woods, this is ideal for sports training.

## Sports Park Swimming Pool, Ueda City

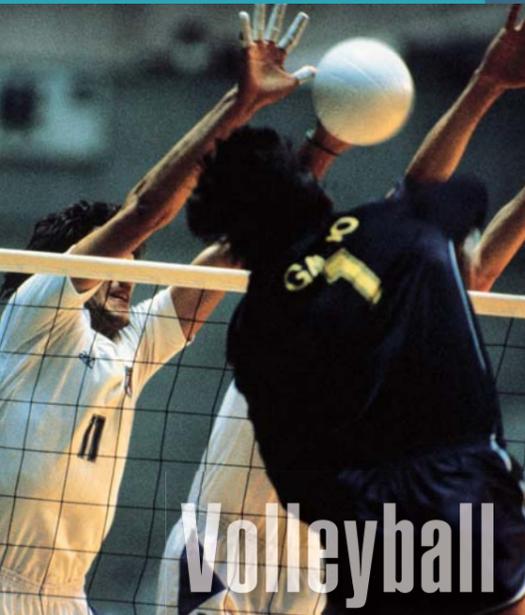
Location ■ 935 Shimonogo-otsu, Ueda City, Nagano Prefecture



Altitude ■ 498m  
 Swimming facilities ■ Certified 50m swimming pool  
 Events ■ Swimming  
 Other facilities ■ training room  
 Medical institution ■ Shinshu Ueda Medical Center



# Gymnasiums



Volleyball

Hosting many international sporting competitions, this gymnasium has proven ideal for training in a variety of sports.

## Matsumoto City Gymnasium

Location ■ 5-1 Misuzu, Matsumoto City, Nagano Prefecture



Altitude ■ 638m  
 Courts ■ Main arena: 3 basketball courts, 3 volleyball courts, 12 badminton courts, 2 handball courts, 40 table-tennis tables, 1 rhythmic gymnastics court, and 6 judo courts / Sub arena: 1 basketball court, 2 volleyball courts, and 4 badminton courts  
 Events ■ Basketball, Volleyball, Badminton, Handball, Table tennis, Rhythmic gymnastics, Judo, Trampoline, Wrestling, GoalBall, Bocce  
 Facilities ■ Training rooms, and meeting rooms  
 Medical institutions ■ Shinshu University Hospital, Aizawa Hospital

The gymnasium is located in a tranquil environment surrounded by woods.

## Nature and Sports Park Gymnasium, Ueda City

Location ■ 935 Shimonogo-otsu, Ueda City, Nagano Prefecture



Altitude ■ 491m  
 Courts ■ 2 basketball courts, 3 volleyball courts, 8 badminton courts  
 Events ■ Basketball, Volleyball, Badminton  
 Facilities ■ A multi-purpose exercise room, and shower rooms  
 Medical institution ■ Shinshu Ueda Medical Center

Located approximately 1km from the Hokuriku Shinkansen line at JR Ueda Station, this gymnasium is ideally situated and provides a good environment for athletes.

## Uedajoseki Park Gymnasium, Ueda City

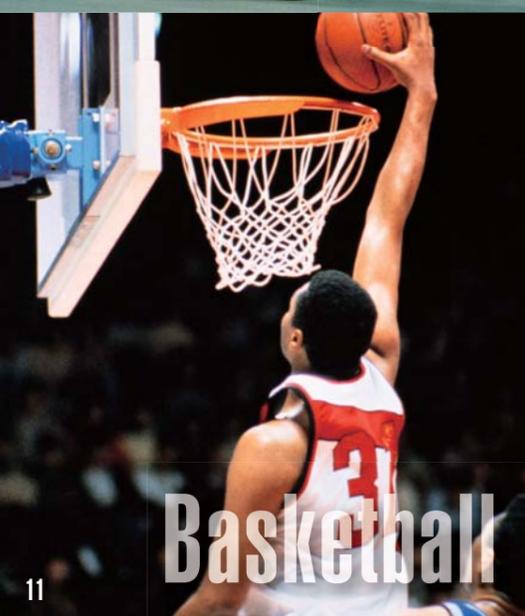
Location ■ 1-1-30 Tokiwagi, Ueda City, Nagano Prefecture



Altitude ■ 442m  
 Courts ■ 2 basketball courts, 3 volleyball courts, 8 badminton courts  
 Events ■ Basketball, Volleyball, Badminton  
 Facilities ■ None  
 Medical institution ■ Shinshu Ueda Medical Center



Judo



Basketball

Saku Gymnasium is a ball sports venue, used for training and a variety of competitions.

## Saku Gymnasium

Location ■ 2939 Nakagomi, Saku City, Nagano Prefecture



Altitude ■ 687m  
 Courts ■ 2 basketball courts, 3 volleyball courts  
 Events ■ Basketball, Volleyball, Badminton, Handball, Table tennis  
 Facilities ■ A sub-gymnasium, a training room, an exercise room, and a meeting room  
 Medical institution ■ Saku Central Hospital Advanced Care Center, Asama General Hospital

With a grand view of the Northern Alps, you can train here for a variety of sports.

## Omachi Gymnasium

Location ■ 5638-44 Tokiwa, Omachi City, Nagano Prefecture



Altitude ■ 735m  
 Courts ■ Main arena: 2 basketball courts, 3 volleyball courts and 10 badminton courts / Sub arena: 1 basketball court, 1 volleyball court and 3 badminton courts  
 Events ■ Basketball, Volleyball, Badminton  
 Facilities ■ A training room and meeting rooms  
 Medical institution ■ Omachi Municipal General Hospital

Suitable for training of various indoor sports such as ball sports, martial arts, and dance.

## Karuizawa Kazakoshi Park Gymnasium

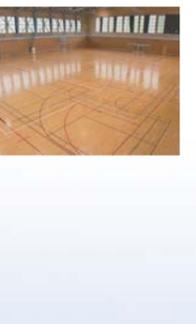
Location ■ 1157-6 Hocchi, Karuizawa Town, Kita-saku Gun, Nagano Prefecture



Altitude ■ 933m  
 Courts ■ Main arena: 2 basketball courts, 3 volleyball courts, 8 badminton courts, 1 handball court, 16 table tennis courts / Sub-arena: For table tennis, judo, Movable tatami flooring available: 16m x 16m (2)  
 Events ■ Basketball, Volleyball, Badminton, Handball, Table tennis, Judo  
 Facilities ■ A studio, meeting rooms, a running course, locker rooms, a broadcasting room, and a nursing room  
 Medical institution ■ Karuizawa Municipal Hospital

## Shinano Town Gymnasium

Location ■ 765-1 Furuma, Shinano Town, Kamiminouchi Gun, Nagano Prefecture



Altitude ■ 645m  
 Courts ■ 2 basketball courts, 3 volleyball courts and 8 badminton courts  
 Events ■ Basketball, Volleyball, Badminton  
 Facilities ■ A meeting room and a locker room  
 Medical institutions ■ Shin-etsu Hospital, Hokushin General Hospital, Iizuna Municipal Hospital



# Stadiums



Fully equipped with the latest facilities, this is exclusively used for ball sports such as football and rugby.

## Minami-Nagano Sports Park Football Stadium

Location ■ 320 Tofukuji, Shinonoi, Nagano City, Nagano Prefecture



Altitude ■ 351m  
Field ■ 1 field  
Events ■ Football  
Facilities ■ A swimming pool, a training room, and a Gymnasium  
Medical institutions ■ Shinonoi General Hospital, Nagano Red Cross Hospital, Nagano Matsushiro General Hospital

Located at 1,300m, this is perfect for high altitude training.

## Sugadaira Kogen Sports Park Stadium (Sania Park)

Location ■ 1278-244 Sugadaira Kogen, Ueda City, Nagano Prefecture



Altitude ■ 1,299m  
Fields ■ 5 fields  
Events ■ Football, Rugby  
Facilities ■ Meeting rooms, shower rooms, a bathroom, a training room, and a swimming pool  
Medical institution ■ Sugadaira-Kogen Clinic

The football ground has magnificent views of Asama Mountain and the Sakudaira Plain.

## Saku Sports Park Athletics Stadium

Location ■ 3011 Hiraka, Saku City, Nagano Prefecture



Altitude ■ 732m  
Field ■ 1 field  
Events ■ Football (mix of 6 natural turf grasses), Athletics  
Facilities ■ Meeting rooms, shower rooms, locker rooms, and a broadcasting room  
Medical institutions ■ Saku Central Hospital Advanced Care Center, Asama General Hospital

## Football Pitch at The Sports Park, Omachi City

Location ■ 5638-44 Tokiwa, Omachi City, Nagano Prefecture



Altitude ■ 735m  
Field ■ 1 field  
Events ■ Football  
Facilities ■ Locker rooms, a boardroom, storage  
Medical institution ■ Omachi Municipal General Hospital

# Medical facilities

City	Institution	City	Institution	City	Institution
Nagano City	Nagano Red Cross Hospital	Ueda City	Shinshu Ueda Medical Center	Shimosuwa Town	Suwa Red Cross Hospital (Suwa City)
	Nagano Municipal Hospital		Sugadaira-kogen Clinic	Shinano Town	Shin-etsu Hospital
	Shinonoi General Hospital	Omachi City	Omachi Municipal General Hospital		Hokushin General Hospital
	Nagano Matsushiro General Hospital	Saku City	Saku Central Hospital Advanced Care Center		Iizuna Municipal Hospital (Iizuna Town)
Matsumoto City	Shinshu University Hospital	Karuizawa Town	Asama General Hospital		
	Aizawa Hospital		Karuizawa Municipal Hospital		

# Contact

List of bidding cities for Tokyo Olympics and Paralympics training camp venues

Cities	Sports facilities	Events	Contact numbers
Nagano City	Nagano Sports Park Swimming Pool (Aqua-wing)	Swimming, Synchronised Swimming	Sports Section sports@city.nagano.lg.jp
	Minami-Nagano Sports Park Football Stadium	Football	
Matsumoto City	Matsumoto City Gymnasium	Basketball, Volleyball, Badminton, Handball, Table Tennis, Rhythmic Gymnastics, Judo, Trampoline, Wrestling, Goalball, Bocce	Sports Promotion Section taiiku@city.matsumoto.nagano.jp
	Misuzu Lake Velodrome, Matsumoto City	Track Cycling	
Ueda City	Nature and Sports Park Gymnasium, Ueda City	Basketball, Volleyball, Badminton	Sports Promotion Section sports@city.ueda.nagano.jp
	Sports Park Swimming Pool, Ueda City	Swimming	
	Uedajoseki Park Gymnasium, Ueda City	Basketball, Volleyball, Badminton	
	Sugadaira Kogen Sports Park Athletics Field (Sania Park)	Athletics	
Omachi City	Sugadaira Kogen Sports Park Stadium (Sania Park)	Football, Rugby	Physical Education Section taiiku@city.omachi.nagano.jp
	Omachi Gymnasium	Basketball, Volleyball, Badminton	
Saku City	Football Pitch at The Sports Park, Omachi City	Football	Physical Education Section taiiku@city.saku.nagano.jp
	Saku Sports Park Athletics Stadium	Athletics, Football	
Karuizawa Town	Saku Gymnasium	Basketball, Volleyball, Badminton, Handball, Table Tennis	Secretary and Public Relations Section koho@town.karuizawa.nagano.jp
	Karuizawa Kazakoshi Park Gymnasium	Basketball, Volleyball, Badminton, Handball, Table Tennis, Judo	
Shimosuwa Town	Shimosuwa Town Boat Course	Boat Rowing	Education and Child Services Section taiiku@town.shimosuwa.lg.jp
Shinano Town	Lake Nojiri	Triathlon (Swimming)	Business and Tourism Section syuoukankou@town.shinanomachi.nagano.jp
	Kurohime Athletics Stadium	Athletics	
	Shinano Town Gymnasium	Basketball, Volleyball, Badminton	



Football



Rugby