Come to Nagano!

Nagano Prefecture
Tourism Promotion Division
Sports Commission
E-mail:naganosc@pref.nagano.lg.jp
http://www.go-nagano.net/sc/sc.pdf
Welcome NAGANO

Hosiptality and a desire for world peace alice the sportloving people of Nagano

Shuichi Abe, Governor of Nagano Prefecture

I give you the Banquet at the foot of Mount Nanakura. After the war I moved to Shiga Kogen Heights, and participated in the Nagano Sports Festival. As a representative from Nagano Prefecture, I still recall the days those people led to my silver medal in the 1956 Cortina d'Ampezzo Winter Olympics. Life in part to hosting the Winter Olympic Games, Nagano Prefecture seems to be taken as a place primarily for winter sports, but it is also ideal for summer sports training and has already proven famous as a training camp venue for many athletes. As an event for the 2016 Rio de Janeiro Olympic Games, it was seen as a source to give the kind of support and encouragement to world beise in widening the friendshi to the warm. I believe this is the most important asset. Thanks to hosting the Winter Olympics, the people of Nagano Prefecture have already learned how important it is to be able to send messages of world peace through sports events. I would like them to keep this spirit alive for many years to come.

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

Chiharu Igaya

Kenji Ogiwara

Akiko Iwamoto

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 supported my hard yet splendid athletic life. As an athlete, I often visited Nakano Green Village and Hakuba Village, equipped with ski lifts and cross-country facilities, for competitions and training camps. During off-seasons, I had high altitude training in many places around Nagano Prefecture, including Shirano Town and Iizuna Kogen, Nagano Prefecture. I felt I was used as an athlete. Based upon these experiences, I have again recognized the good relationship between Nagano Prefecture and leading athletes. The richness in the minds of local people, for example, the light bone within a local community, the sincere attitude towards nature in harmonizing great value in such seasons and the transitions, and the desire to keep local traditions and cultures alive, can mutually support athletes who are always under intense pressure.

In addition, the “Athlete First” spirit is 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 efforts are gone to its order to realize ideal environments for athletes to concentrate on their competitions or training, done so with being intrusive. This spirit was preserved and gathered through the experiences of the 1998 Nagano Winter Olympics, and is still to achieve in 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 for the sightseeing spots like the national treasures of Zenkoji Temple and Matsumoto Castle, or visit and relax in the onsen in Mother Nature. I hope that athletes in addition to the world come here and experience highly magnificent and satisfying training, which can be achieved only here in Nagano.

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

Beautiful nature, clean air and water, and delicious foods – it is very cool even in summer here in Nagano Prefecture. I was fortunate to find my training in such a wonderful environment since I was at university. Many of the host countries are usually situated in the countryside, however. Lake Sawa is located not far from the center of Sapporo 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 go shopping and find a place to eat. In addition, there are many hot spring facilities around Lake Sawa. Those springs are good for athletes' health, especially female athletes not only because of the warm water, but also because they make your body more flexible. By the way, you can find a wide array of plants and flowers in Nagano Prefecture and enjoy viewing them throughout the year. Unlike the center of the city, you can take a break from the fast in Nagano Prefecture.

In conclusion, I think that the 1998 Nagano Winter Olympic Games will leave a memory in people’s minds. For alternating sports training, let us all go to Lake Sawa! The Nagano Prefecture is waiting for you as a place of departure for the world athletes' training camp venue. For those who visit Lake Sawa, I hope to find out a lot of good things here in Nagano Prefecture. I hope that you also enjoy the beautiful nature and many sightseeing spots around Lake Sawa.

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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 attraction.** 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.

**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 Shizuoka University, giving athletes and staff complete assurance during training.

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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 provides 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.

- **Altitude of each area**
  - Nagano: 360m
  - Matsumoto: 580m
  - Suzu: 760m
  - Sugadaira: 900m
  - Karuizawa: 1300m

- **Average temperatures in May, June, July and August (Normal value)**
  - May: 30°C
  - June: 25°C
  - July: 20°C
  - August: 15°C

- **Average humidity levels in May, June, July and August (Normal value)**
  - May: 76%
  - June: 85%
  - July: 87%
  - August: 87%

- **Average precipitation levels in May, June, July and August (Normal value)**
  - May: 110mm
  - June: 155mm
  - July: 189mm
  - August: 159mm
**Access**

Hospitability with Rich Nature and Culture

Given Nagano Prefecture’s high mountains, including the Japanese 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 Toyakushi.

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

**Kita-shinano Area**

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

**Sawara Area**

Magnificent natural scenery covers this region, such as the Asagiri 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.

**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 in to a picturesque intertional resort area, and the vast highlands at the foot of the Yatsugatake Mountains.

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**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**

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**By car**

- Fujikawaguchiko no New IC
- Joshin-etsu Expressway
- Chuo Expressway
- Nagano IC
- Shiozakura IC
- Chubu Expressway
- Suwa IC
- Okayama JCT
- Nagano Expressway
- Matsumoto IC
- Azumino IC

**By Train**

- JR Hokuriku Shinkansen
- Karuizawa St.
- Matsumoto St.
- Ueda St.
- Nagano St.

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Athletics Facilities

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.

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

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

- Location: 1279-244 Sugadaira-kogen, Ueda City, Nagano Prefecture

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: 1884-680 Kurohime Kogen, Shinano Town, Kamimochi Gun, Nagano Prefecture

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 Higashi, Saku City, Nagano Prefecture

A Landscape in Nagano Prefecture

Ideal for Training

Visit areas of Nagano Prefecture 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 uphills and downhills, 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 adapted 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 reporting how to host 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 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
Velodromes

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:** 930m
- **Track Length:** 333.33m, 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, high-quality lighting, fully equipped
- **Medical Institution:** Shinshu University Hospital, Azawa Hospital

Outdoor Water Sports

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: 1061-8 Higashi Asauna, Shimosuwa Town, Suwa Gun, Nagano Prefecture

- **Altitude:** 770m
- **Ferry:** 100m in length, Class B1
- **Events:** Racing events
- **Facilities:** Training rooms and a boathouse
- **Medical Institution:** Suwa Red Cross Hospital

Boat Rowing

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: 337-5 Nojiri, Shinano Town, Kamiminochi Gun, Nagano Prefecture

- **Altitude:** 850m
- **Ferry:** 100m in total length
- **Events:** Traditional (Swimming), Facilities: An athletic stadium and gymnasium for athletics training
- **Medical Institution:** Shinshu University Hospital, Hokusen General Hospital, Suwa Municipal Hospital

Swimming Stadiums

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 Yoshiida, Nagano City

- **Altitude:** 350m
- **Swimming Facilities:** 50m main swimming pool, a 25m sub-swimming pool, a diving pool
- **Events:** Swimming, Synchronized Swimming
- **Facilities:** Changing rooms, shower rooms, warming rooms, meeting rooms and training rooms
- **Medical Institution:** Nagano Red Cross Hospital, Nagano Municipal Hospital

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

**Sports Park Swimming Pool, Ueda City**

Location: 1063 Shimomago-shi, Ueda City, Nagano Prefecture

- **Altitude:** 450m
- **Swimming Facilities:** Certified 50m swimming pool
- **Events:** Swimming
- **Other Facilities:** Training room
- **Medical Institution:** Shinshu Ueda Medical Center

Track Cycling

**Shimosuwa Town Boat Course**

Location: 1061-8 Higashi Asauna, Shimosuwa Town, Suwa Gun, Nagano Prefecture

- **Altitude:** 770m
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Triathlon (Swimming)

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Synchronized Swimming

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- **Medical Institution:** Shinshu Ueda Medical Center
Gymnasiums

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

**Matsumoto City Gymnasium**
Location: 85-1 Misuzu, Matsumoto City, Nagano Prefecture

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

**Nature and Sports Park Gymnasium, Ueda City**
Location: 8935 Shimmegashita, Ueda City, Nagano Prefecture

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

**Ueda Joso Park Gymnasium, Ueda City**
Location: 81-1-30 Tokiwaji, Ueda City, Nagano Prefecture

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

**Saku Gymnasium**
Location: 8009 Nozaman, Saku City, Nagano Prefecture

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

**Omachi Gymnasium**
Location: 8563-44 Tofuku, Omachi City, Nagano Prefecture

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

**Karuizawa Kazakoshi Park Gymnasium**
Location: 811574-8 His Hezbollah, Karuizawa Town, Kita-saku Gun, Nagano Prefecture

**Shinano Town Gymnasium**
Location: 8765-1 Furuta, Shinano Town, Kaminotsu Gun, Nagano Prefecture
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: 1300 Tokukus, Shinome, Nagano City, Nagano Prefecture

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

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

Saku Sports Park Athletics Stadium
Location: 3011 Hiraka, Saku City, Nagano Prefecture

Football Pitch at The Sports Park, Omachi City
Location: 6163844 Tokie, Omachi City, Nagano Prefecture

Medical facilities

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

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