



**Convenient**



**High  
Performance**



**Hospitality**



**Optimal  
Recovery**



**SHIMOSUWA, NAGANO  
The Ideal Place for Pre-  
Olympic/Paralympic  
Rowing  
Training Camp**



**Shimosuwa-Town, NAGANO**  
<http://suwako-trainingcamp.jp/>

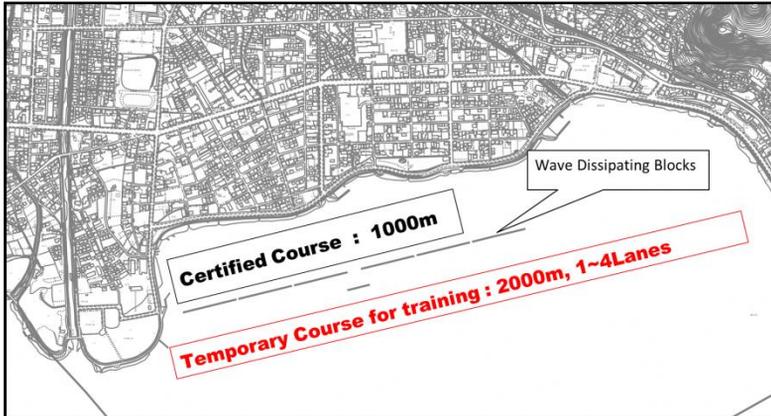
# Welcome to Shimosuwa, NAGANO

~We Always Put the Athletes First~

## Excellent Training Environment

### 1. We Will Prepare 2000m Course

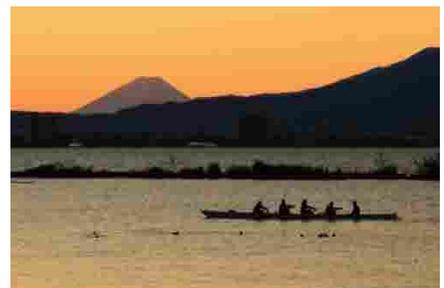
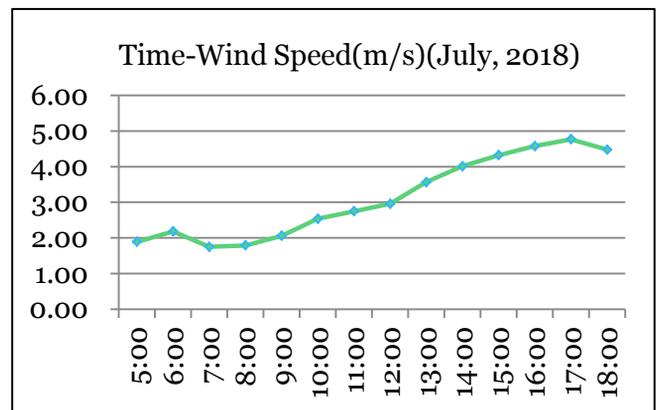
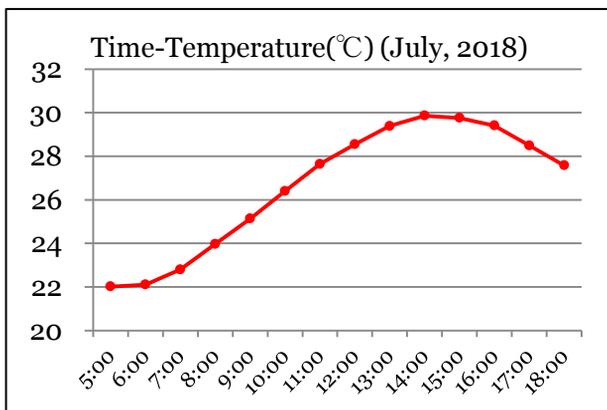
- Shimosuwa Rowing Course has 1,000m certified course. Besides, We will prepare 2,000m course by setting buoys for your training camp. Moreover, you can row 7 to 11 km by making a circuit of the lake(outside of the rowing course)



<b>Certified Course</b>	Length:1,000m, Width:81m, 6 Lanes, Straight
<b>Training Course</b>	Length:2,000m 1~4 Lanes
<b>Location</b>	Natural lake, Still water, Average depth:2.7m

### 2. Climate Ideally Suited to Training

- High altitude(approx. 760m) training can be provided with quite cool weather in the morning and the evening even in a midsummer at the area of Lake Suwa. However, midday temperatures are sometimes high, so Suwa Area is perfectly suited for getting accustomed yourself to the climate in Japan.
- In the Lake Suwa, the wind is normally very weak in the mornings, so water condition is calm and safe.



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## 3. Well-equipped Venue

- **New boathouse will be established by 2020!**

We promise to provide you more comfortable and safer environment for training.



- With less influence by weather condition because the course has almost no stream and wave due to dissipating blocks to be installed
- Concept2 rowing machines are installed in a training room and outside training is feasible due to the jogging course surrounding Lake Suwa provided
- Large-sized vehicles parking at the nearby park
- Easy to instruct by coaches because of roads alongside the course
- Sound condition for body and mind assured by nice view of Mt. Fuji and South Alps from vicinities of Lake Suwa as well as fresh air and pristine water unique to highlands



## Training center in Yamabiko Skating Complex

【Address】

4769-14 Uchiyama Okaya-shi, Nagano, 394-0055 JAPAN

【Access】

20 min. by car from Shimosuwa Rowing Course

In addition to aerobic exercise apparatus like treadmills and exercise bikes, training machines and weighting training equipment are fully provided.

A JASA Sports Dietitian who works for this center can support athletes who need qualified nutritional supports.



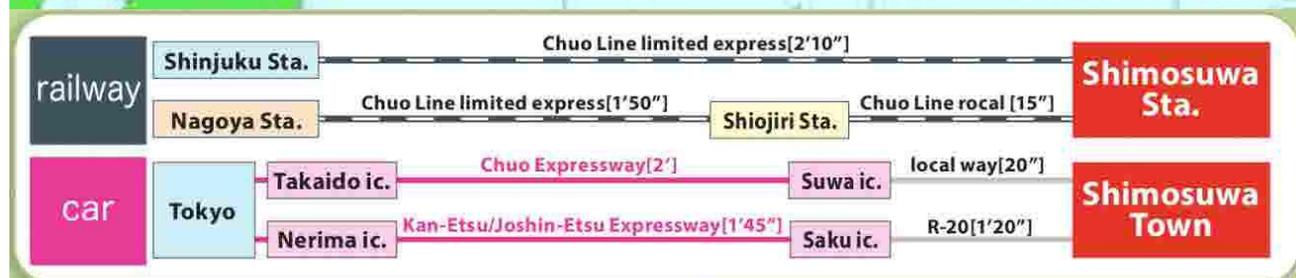
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## Easy Access

### 1. Close to Major Intl. Airports with Well Developed Traffic Network

- Just 2.5 - 3 hours from/to Tokyo using JR trains or Chuo highway
- Easily come from and go for international airports located in Nagoya or Kansai area too



### 2. Convenient Place

- Shimosuwa Rowing Course is surrounded by abundant nature while located in convenient place where is close to hotels, hospitals and shopping areas.



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## Optimal Recovery

### 1. Delicious Food and Good Relaxation

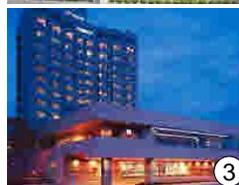
- Athletes who do care about nutrition can enjoy fresh, safety, high nutritive value and very delicious foods when you stay here since Nagano prefecture is one of the most noticeable regions in Japan for the agricultural and livestock products. Especially, Suwa area is well known for the production of highland vegetables.
- Relaxing with peace and forgetting stress prior to training are indispensable for athletes. In this regard, you can soothe your mind by soaking in hot springs gushed out from nearby the shores of Lake Suwa, which give fatigue relieving effect.



提供:長野県農政部 Photo: Nagano Prefectural Government

### 2. Comfortable Accommodations

1. GREEN SUN HOTEL	<a href="http://www.green-sun.jp/">http://www.green-sun.jp/</a> 5 min from the rowing course
2. RAKO HANANOI HOTEL	<a href="http://www.hananoi.co.jp/">http://www.hananoi.co.jp/</a> 15 min from the rowing course
3. HOTEL BENIYA	<a href="http://www.hotel-beniya.co.jp/">http://www.hotel-beniya.co.jp/</a> 12 min from the rowing course
4. KAMISUWA STATION HOTEL	<a href="http://www.kamisute.com/">http://www.kamisute.com/</a> 14 min from the rowing course



\*There are some other accommodations in Suwa area. Please contact us for more information.

## Hospitality

### 1. Please Feel Free to Ask Anything

- We care deeply about the athletes we serve. If you have trouble organizing your training camp, such as arranging transportation, accommodation or anything else, please contact us. We take care of everything instead of you as much as possible.

### 2. OMOTENASHI (Hospitality) given by local communities

- It's heart has been cultivated by longstanding history sustainably inherited by people in Suwa area as hot-spring post town and head shrine of the Suwa-taisha shrines in various parts of Japan. Besides, it was enriched by them through valuable experiences on welcoming athletes from various countries and regions during Nagano Olympic and Paralympic Games in 1998.
- Not only students and members of NAGANO Rowing Association but also local communities proactively engage in the races they hold. The lessons learned from these events should be provided even in training camps with which we can assure you to be satisfied.

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## What Kind of Place is Shimosuwa?

***Rich Nature, Historical Atmosphere, Mix of traditional and modern cultures... We hope you enjoy our town even after the Games.***



### Suwa-taisha Shrine

“Suwa Taisha” is the generic name of 4 surrounded by the Lake Suwa and one of the most ancient shrines in Japan. These 4shrines are head shrine of Suwa Taisha shrine which spreads all over Japan.

Suwa Taisha Shrine has been worshiped from ancient time as the guardian spirit of wind, water and also worshiped as the god to pray for abundant crop and fortune of war.

In a present time, so many people visit Suwa Taisha Shrine for worshipping as a god of life origin.



### Yashima Wetland

It is said that Yashima Wetland was formed by the accumulation of Sphagnum moss by taking about 12,000 years. This wetland is reservoir of animal and plant which scholastically rare & precious and also designated as world heritage. Subalpine plants blooms specially in the middle of Jun till middle of September and visitors can enjoy the beautiful view on the way of promenade.



### Onbashira Festival

Suwa Taisha Shrine build new treasure house every 7 years and replace huge trees at 4 designated corners of shrine as Shinto Ritual. This event is called “Shikinen Zoei Onbashira Taisai”, commonly called “Onbashira Festival”. One of the highlight of this festival is called KIOTSHI, means “Log Rolling”. Chosen local men ride on top of the huge sized chosen tree (length 17m, diameter 1m, weight more than 10t) and fall down from the high, steep hill.

## ***In Shimosuwa, Rowing is deeply rooted as community sports.***

Since the first western style boat was imported to Lake Suwa in 1897, culture of rowing has been inherited in Suwa area despite the ups and downs of the number of rowers.

Today, rowing is very popular among the local citizens and this city has produced some talented rowers.

We took Tokyo2020 as an opportunity for further promoting sports, including rowing, and international relations.



“Shimosuwa regatta” is a popular among local people because anyone can participate easily.



NTT East Rowing Club, one of the best crews in Japan, hold a rowing class in Lake Suwa in 2017 and 2018. Future Olympian may be appeared from the students.

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## Voice from Top Athletes – We recommend Shimosuwa, NAGANO -



### Akiko Iwamoto

(profile)  
Former Rower.  
Born in Suwa City,  
Nagano  
Ranked 9<sup>th</sup> in the WL2X  
(2008 Beijing Olympic  
Games)  
Ranked 10<sup>th</sup> 1X  
(2011 World  
Championships)  
Ranked 12<sup>th</sup> WL2X  
(2012 London Olympic  
Games)

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 high-school. Many rowing courses are usually situated in the country side, however, Lake Suwa is located not far from the center of Suwa Area. 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 they make your skin smoother. Thanks to 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 Mt. 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 area. 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 training in their home towns during the Tokyo Olympics/Paralympics. 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-taisha Shrine, which houses a god of war and where Takeda Shingen, a warrior in the 16<sup>th</sup> century, is believed to have prayed at.

I have seen many domestic and foreign rowing courses from both an athlete's and a coach's viewpoint.

The excellent points of Lake Suwa as a training site is as follows.

- (1) **Natural environment:** Both temperature and humidity are lower than Tokyo, so athletes can concentrate on training.
- (2) **Training Environment:** The rowing course has wave dissipating blocks, and also has a road that can be used for escorting on the bank of the lake. Athletes can row long distance by making an around the lake, approx. 15km/lap for example.
- (3) **Access:** It is located at a close distance from Tokyo, 200km. It is also near the station and Interchanges of Chuo-Highway.
- (4) **Accommodations:** It is located in a hot spring area and there are enough number of high quality hotels.
- (5) **Convenience:** It is located next to the central part of the city, so there are commercial facilities within the walking distance.

Clear and Clean air, the surface of the lake like a mirror, a distant view of Mt. Fuji and Mt. Yatsugatake, refreshing hot springs and fresh local food are highly praised by people who visit and row at this rowing course.

I sincerely hope that you have fulfilling training in this one of the greatest courses and go into the game with best condition.



### Yusuke Imai

(profile)  
Head Coach/NTT East  
Rowing Club  
Born in Suwa City,  
Nagano  
Ranked 3<sup>rd</sup> in the WL2-  
(2008 World Cup)  
Ranked 4<sup>th</sup> in the WL8+  
(2009 World  
Championships)  
As head coach of NTT  
East Rowing Club, he  
leads his teams to glory  
many times.

## For more information

### *More Information/Contact*

#### **Web sites**

- SHIMOSUWA NAGANO TRAINING CAMP GUIDE

<http://suwako-trainingcamp.jp/>

- TOKYO 2020 PRE-GAMES TRAINING CAMPS ONLINE GUIDE

<https://pregamestraining.tokyo2020.jp/en/module/camp/facilities/1ab04b8df68846330621303f89ea669e>

#### **Contact**

Shimosuwa Town office

Sports Promotion Sec.

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