

Guide to Nagano City's Pre-Games Training Camps

Nagano City, Culture and Sports Promotion Department, Sports Section

NAGANO





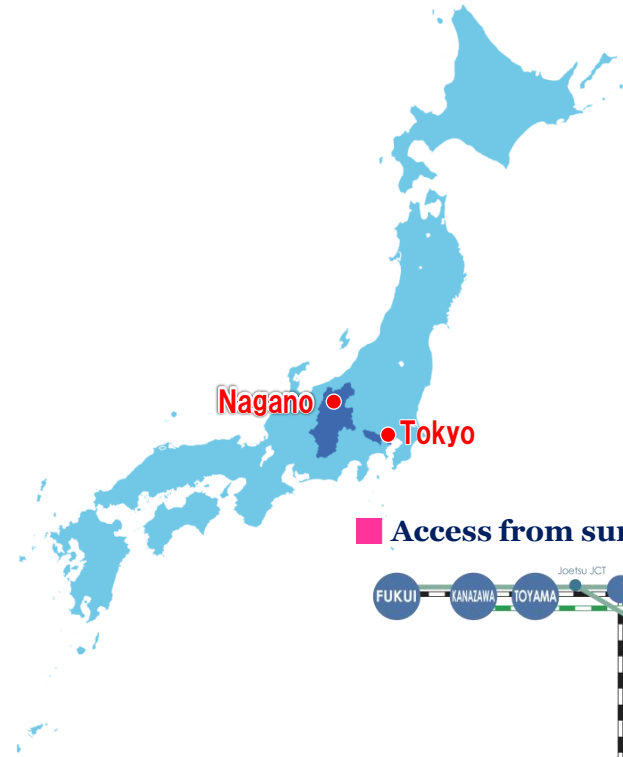
Nagano City was the host city for the 18th Winter Olympic Games.

— JOC Partner City —

Nagano City joined the Japan Olympic Committee and entered into the “Japan Olympic Committee Partner City Agreement” in 2003, and since then it has been supporting the strengthening of top athletes and promoting the Olympic Movement.

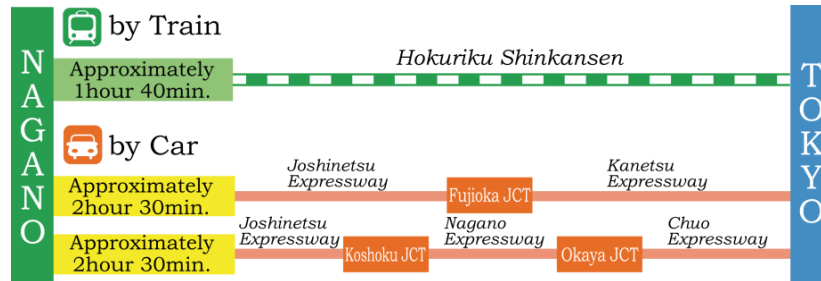
Nagano City's Location and Access to Tokyo

Nagano City is located in the center of Japan, and thanks to the highway network furnished for the 18th Winter Olympic Games, Japan's major cities, not to mention Tokyo, are all easily accessible.

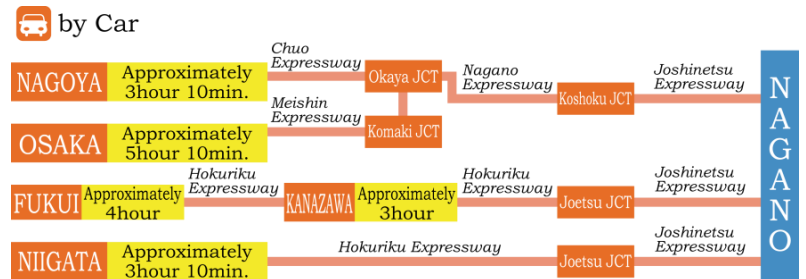
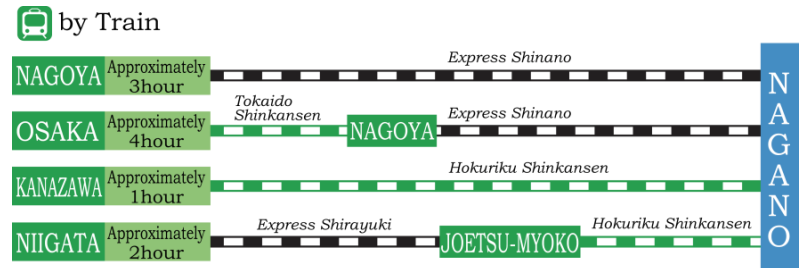
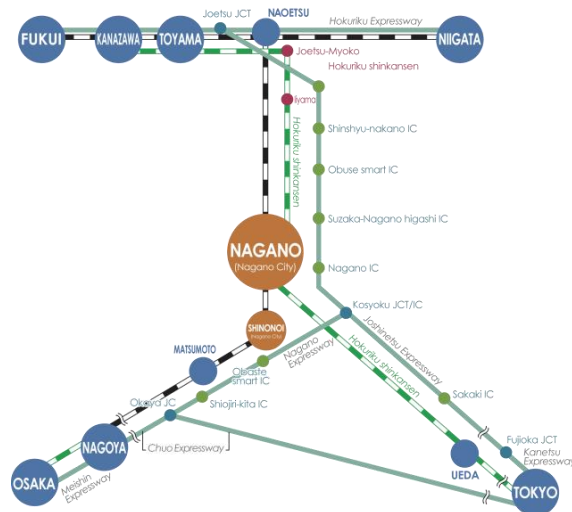


Access to Tokyo

It is possible to reach Tokyo Station without transferring via the *Hokuriku Shinkansen* (Bullet Train). In addition, typically 1~2 trains run every hour.



Access from surrounding cities



Nagano City's Climate

Compared to other cities serving as venues, Nagano City is located inland, so it has lower humidity. There is also a distinctive difference in daytime and nighttime temperatures. For this reason, summer nights are cool, and weather conditions are suitable for athletes' conditioning.

■ Nagano City's Average Temperature(°C)

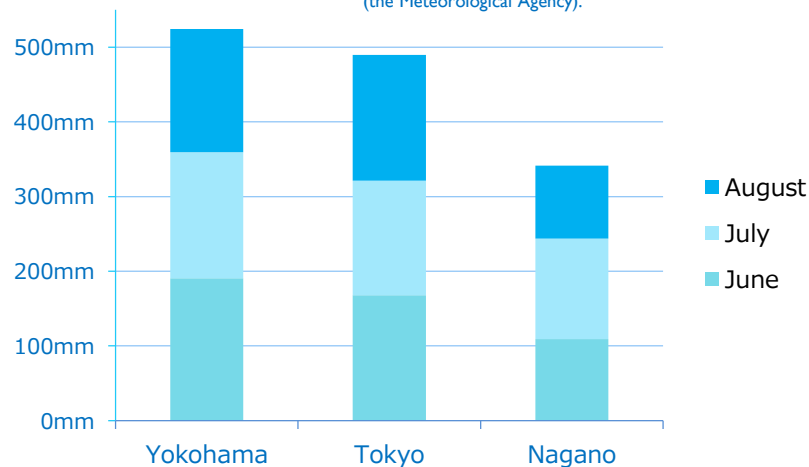
Compared to Tokyo and Yokohama's average temperatures, the average temperature is cooler by more than 1°C, making it agreeable to athletes' acclimation.

| | June | July | August | June~Aug. average |
|----------|--------|--------|--------|----------------------|
| Yokohama | 21.3°C | 25.0°C | 26.7°C | 24.3°C |
| Tokyo | 21.4°C | 25.0°C | 26.4°C | 24.3°C |
| Nagano | 20.1°C | 23.8°C | 25.2°C | 23.0°C |

※ Average from 1981 to 2010 (the Meteorological Agency).

■ Nagano City's Rainfall (mm)

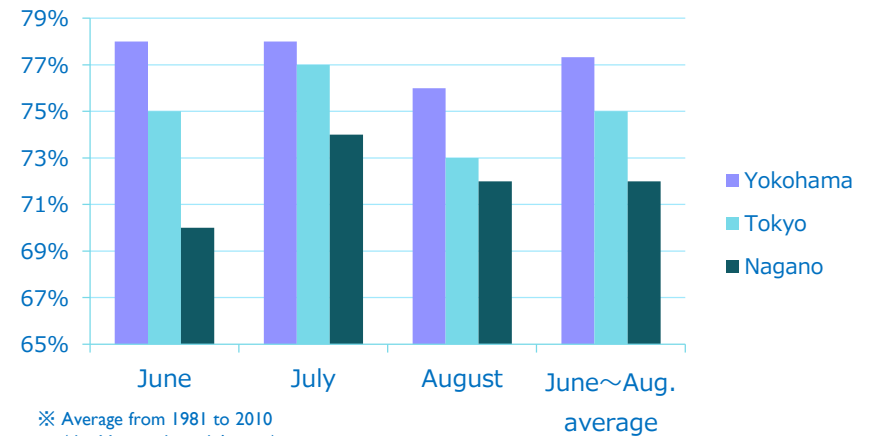
Compared to other cities, Nagano has less rainfall, making it possible to put together a schedule that definitely allows for outdoor training.



※ Average from 1981 to 2010 (the Meteorological Agency).

■ Nagano City's Humidity (%)

Compared to those of other cities, the humidity is low and the climate is mild allowing for athletes to refresh themselves.



※ Average from 1981 to 2010 (the Meteorological Agency).

Practice Venue and Related Facilities

Practice Venue 1 – Minami Nagano Sports Park Football Stadium

This cutting edge football (soccer) stadium was completed in February of 2015. It is the home stadium to the J3 League’s AC Nagano Parceiro Team. In addition to being perfectly suited to competitions, this facility features some of the best natural turf in the country. A gymnasium, indoor pool, and fitness room are also adjoined to the stadium.



Football Stadium Facility Overview

Facility Area : 13,963㎡
 Total Floor Space : 26,684㎡
 Capacity : 15,491 people
 Field (Turf) Area : L=120m × W=80m
 Turf Type : Cold Climate Type
 (Kentucky Blue Grass)
 Certified Equipment: 100~1,500LX
 Illumination



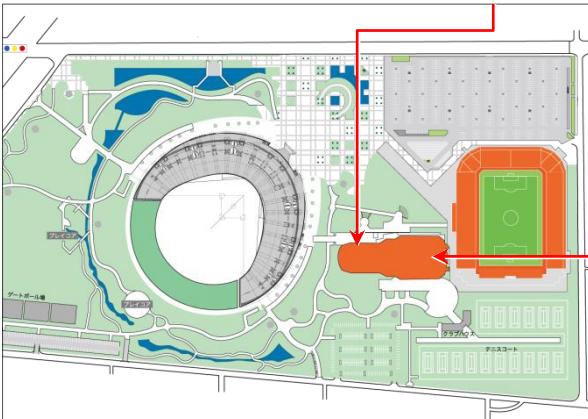
Minami Nagano Sports Park



The Minami Nagano Sports Park is where the opening and closing ceremonies of the 18th Winter Olympics were held. The torch and other objects still remain.



A heated pool that can be used year round



All types of exercise equipment



A gymnasium where Futsal and other tournaments can be held



This stadium was designed to keep the playing field in good condition. In order to grow the turf, the roofing over the stand on the south side is limited.



- From Nagano Station
About 8.5 km or 20 min. by car
- From the Joshinetsu Expressway
About 3.5 km or 7 min. by car

Practice Venue and Related Facilities

Practice Venue 2 – Nagano Sports Park Track and Field

The city managed track and field grounds are located in the metropolitan area of the city. 6 regular J3 League matches were held here in 2014, and the turf is kept in good condition.

Playing Field Size 106m×70m
Main Stand 3 floors up, made from reinforced concrete



Practice Venue 3 – River Front Sports Garden

Spreading out along the Chikuma River, this sports park is used to host multiple competitions as well as for AC Nagano Parceiro practices.

3 playing fields over 125m×80m in size
Administration building and adjoining club house



Map of facility locations and training facilities

All practice areas are located within 8 km of Nagano Station, and you can reach them quickly from accommodations in the city center.

In addition, 3 training facilities including the Minami Nagano Sports Park are owned by the city.

Aqua-wing Fitness Room

Hours of Operation
 Weekdays 9:00AM – 9:50PM
 Sat, Sun, Holidays 9:00AM – 8:50PM



White-ring Fitness Room

Hours of Operation
 Weekdays 8:30AM – 9:00PM



Accommodations

As one of Japan's major tourist spots, Nagano City has many hotel facilities located in a central area around Nagano Station. Since the 18th Winter Olympic Games were hosted in 1998, the lodgings that can offer foreign language support have increased. Also, since many international events are hosted here, they are accustomed to receiving international athletes.

Option 1 – Shinshu-Matsushiro Royal Hotel

A resort hotel located approximately 500m from the Nagano Interchange. Although it is not near Nagano Station, it is just 3.5 km from the Minami Nagano Sports Park Baseball Stadium and provides easy access to the other practice venues. Complete with a large public path and natural hot spring open air bath as well as restaurants.

Combined total of 345 guest rooms

Check-in 15:00

Check-out 11:00

Home page <http://www.daiwaresort.jp/matsushiro/>



A Typical Room (Western Style)



Large Public Path



Natural Hot Spring Open Air Bath



- Approx. 25 min. from Nagano Station by car
- Approximately 0.5 km or 3min. from the Nagano IC

Option 2 - Hotel Metropolitan Nagano

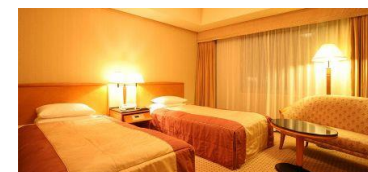
Adjacent to the JR Nagano Station, this hotel's location is optimal for sightseeing and business. Furnished with a refined lobby and other facilities to satisfy your needs and capable of dealing in foreign languages, this is one of Nagano City's top hotels.

Combined total of 235 guest rooms

Check-in 14:00

Check-out 11:00

Home page <http://www.metro-n.co.jp/>



A Typical Room



Lobby



- Adjacent to Nagano Station
- Approximately 8.6 km or 18 min. from the Nagano IC

Local tourist spots

Nagano City is one of Japan's famous tourist spots, and many tourists visit from abroad. There are many sightseeing locations within the vicinity of the hotels. This makes Nagano City the perfect places for athletes to refresh themselves while experiencing Japanese culture and the outdoors.

■ Togakushi

The Sacred Mountain Togakushi is a point of origin for religious belief in Japan. The area is dotted with shops serving Togakushi Soba which is famous throughout the country. There is a shrine steeped in legend and surrounded by forest, Togakushi Shrine, and a Ninja Museum.



■ Zenkoji

Founded about 1,400 years ago, the main temple built in 1707 has been designated a national treasure. The opening ceremony of the 1998 Nagano Olympics began with the ringing of the Zenkoji bell.



■ Matsushiro

You can walk through the town formed around the Sanada Jumangoku Castle, the Matsushiro Castle ruins, samurai houses that retain an old-world feel, temples and gardens.



■ Shiga Kogen Highlands & Yudanaka Shibu Onsen

The Shiga Kogen Highlands sit at an altitude of over 1,000m and are teeming with plantlife. This location was used for the Alpen Ski area during the 1998 Winter Olympics. Located at the base of Shiga Kogen in the center of the Yudanaka Shibu Onsen village area is the Jigokudani Valley which is famous for its use by Japan's monkeys in the winter.



■ Obuse

This city flourished as an important location both in terms of transportation and economy, and many cultured people travelled here. Even now there is a road remaining that still has the feel of the Edo era, and many tourists visit here.



*Niigata
Prefecture*

*Nagano
Prefecture*

*Gunma
Prefecture*

*Nagano
City*

**Nagano
Station**





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