

Question		Accommodation in Saku city												
		Saku Ichimanri Onesen Hotel Golden Century			Saku Grand Hotel					Usuda general athletic park accommodation building				
Accommodation Styles of bedrooms, meals, prices and others	1 Type of accommodation		Hotel			Hotel					Training Camp			
	2 Meals		Japanese Style			Japanese or Western-style					Self-catering			
	3 Bed rooms	Type of rooms	Single rooms		Twin rooms		Single rooms (regular)	Single rooms (studio)	Single rooms (deluxe)	Twin rooms	Twin rooms (deluxe)	Japanese-style rooms (Max : 4 persons )	Western-style rooms (Max : 8 persons )	Western-style rooms (Max : 4 persons )
		Number of rooms	59		51		24	16	7	6	1	5	10	2
		Size of rooms	17 m <sup>2</sup>		23 m <sup>2</sup>		10.34 m <sup>2</sup>	14.03 m <sup>2</sup>	15.86 m <sup>2</sup>	21.96 m <sup>2</sup>	40.32 m <sup>2</sup>	23.45 m <sup>2</sup>	19.58 m <sup>2</sup>	19.58 m <sup>2</sup>
		Size of bed	900mm×1950mm			1200mm×2000mm					980mm×2000mm			
	4 Prices		Prices vary seasonally Weekdays : without meals ¥5,000			¥ 6, 200	¥ 7, 200	¥ 7, 800	¥14, 000	¥25, 000	Japanese style = ¥4,000/Room Western-style = ¥4,300/Room			
	5 Level of English		Daily English conversation (depending on a day one bilingual employee stationed)			Daily English conversation								
	6 Means of transportation		A Hotel owned bus can be used.			A Hotel owned car can be used.					Saku municipal will take care.			
7 Emergency hospitals		4 minutes by car (Saku central hospital or Saku central hospital Advanced Care Center)			8 minutes by car (Saku central hospital or Saku central hospital Advanced Care Center)					9 minutes by car Saku central hospital				
8 Others		The hotel has hot spring bath and sauna. Coin-operated laundry is available. Wi-Fi is equipped.			The service to ease the stillness with a massage is available with fees. Coin-operated laundry is available. Wi-Fi is equipped.					Bath room : available Wi-Fi service : not available				
Distance between training facilities and accommodation		2.6km			3km					10.1km				
Distance from Narita Airport to Accommodation	Narita Airport to Tokyo Station		79.2km (54 minutes by car, 72 minutes by train)											
	Tokyo Station to Sakudaira Station		224.9km (70 minutes by Sinkansen)											
	Sakudaira Station to accommodation		4.3km ( 10 minutes by car)			6.83km ( 15 minutes by car)					14 km (25 minutes by car)			
Can you make European-style meals with Japanese ingredients?		The hotel usually serves Japanese meals, but it can be possible to do depending on menus.			Possible					Being a camping facility, there is no cook. Self-catering is required. Collecting ingredients can be helped.				
Can you prepare meals suited for each athlete? e.g. for athletes who practice a sport that requires stamina or explosive power, etc.		Our meals are basically Japanese style, so it would be difficult to serve all the meals for your requests. But we can add some dishes for your requests.			If specific menus have been asked, we are able to offer meals as you said.									
Can we take our cooks to Japan?	Hotels		According to the Food hygiene law, the kitchen must be used by the cooks who work for the the hotel. Our meals are basically Japanese style, but we can offer the meals as close as your requests if your cooks show specific menus.			According to the Food hygiene law, the kitchen must be used by the cooks who work for the hotel. If you request specific menus, we are able to serve the meals as you said					Your cooks can prepare meals, but cookware is limited. ( 2 gas cookers, 2 gas ovens, 1 microwave oven, 1 large –size refrigerator, 1 dish drier)			
	Other facilities:		Your cooks must not cook in the hotel, but a municipal facility near the training facility can be used. Ingredients can be prepared by users. High-powered gas cooker can be equipped if necessary. The hotel where you stay will have a chauffeur service between the hotel and the facility. Cookware: 5 gas cookers with 3 fires, 2 high-powered gas cookers, 5 gas ovens, 5 microwave ovens, 1 large-size refrigerator											

Question	Saku General Spots Park Athletic Field
The material of the track at the Athletic field.	<p>It is paved with all-weather type urethane painted by rollers, which has been certified by IAAF.</p> <p>The method has been used for the venues where the IAAF World Championships in Athletics was held, such as the National Stadium in Tokyo(1991) and the Olympiastadion in Berlin(2009).</p> <p>The surface was finished with embossing, which is an original method of construction and no chip was used, called “non-chip embossing”</p> <p>It expects to improve athletes’ records because when they kick a ball, their body is still and hardly shift so that it eliminates an energy loss.</p> <p>The color of the track is blue. The color has a calming effect which can enhance concentration and relaxation and rises fixation as well.</p>

Question	Training facilities near accommodation		
	Training rooms at Saku City General Gymnasium	Keijin health promotion&exercise center, Kurosawa hospital	Blue Marine in Saku
Can you combine with accommodation and training facilities?	<p>This is one of the public social sports facilities in Saku City.</p> <p>A variety of facilities are available with fees. ( ¥100 /2H )</p> <p>It can be used without fee on certain occasions.</p> <p>Shower rooms are equipped.</p> <p>(The kinds of training tools are mentioned on a separate sheet of paper. )</p>	<p>The facility is operated by private organization next to the hotel.</p> <p>If the timetable is made, the facility can be used by 5~6 people at one time.</p> <p>Fees : usually ¥500/①</p> <p>When the facility is used for training camp purpose, fees are negotiable.</p>	<p>Exclusive use is possible out of business hours. (Some days may not be available when the number of our staff is not enough.)</p> <p>Fees: about ¥20,000/H (Depending on how much area will be used, fees vary. )</p> <p>We accepted National triathletes for the Olympics in Rio de Janeiro.</p> <p>During business hours: It cannot be used exclusively, but used with our members.</p> <p>It can be used by a small group of people in a limited time.</p> <p>Those who have tattoos are not accepted during business hours (in the case of exclusive use, the above doesn’t apply.)</p> <p>Indoor pool (25 m) can be used.</p>

Question	Saku General Spots Park Athletic Field
Can we exercise throwing?	Possible, but beware of other athletes when they are using the field.

Question	Pools
Is there any 50m Pools?	There is a public facility which has 25m indoor pool near the Saku City Gymnasium

Question	Athletics event
<p>Can we train other sports?</p> <p>eg . Swimming</p> <p>Martial arts (Budo)</p> <p>Indoor athletics</p>	<p>① Swimming</p> <p>As each municipal junior high school has an outdoor 50m pool, some of them may be available with the cooperation of the public schools .</p> <p>② Martial arts</p> <p>Budokan owned by Nagano prefecture will be completed ( can be used some time between April 2019 and March 2020), and we will ask Nagano prefecture for the athletes to use Budokan..</p> <p>③ Indoor athletics</p> <p>Although the gymnasium do not reach the level of IF standards, it is equipped with training room, shower room, and changing room, You can play basketball ( 2 courts are available), volleyball, badminton, table-tennis and others.</p>

Besides the accommodation facilities mentioned above there are 12 facilities that can accept athletes in Saku City.

# Saku City Venue Map << Photo >>

JR Sakudaira Station



Asama General Hospital



Martial Arts Gym



Swimming Pool



Saku Central Hospital  
Advanced Care Center



Saku Gymnasium



Saku Sports Park  
Athletics Stadium



Saku Grand Hotel



# Saku Sports and Athletics Stadium



This stadium is certified as a class two facility by the Japan Association of Athletics Federation.

## ★ Athletics Stadium ★

### ○ Summary of the facilities

- Certified as a class two facility by the Japan Association of Athletics Federation
- Track and Field: 400m 9-lane, all weather track with a urethane coating  
Infield 105m × 68m, natural grass (6 seed mixture)
- Main Stand: Two-story, reinforced concrete structure. Capacity of around 1,300 people
- Back Stand: Grass stand including equipment storage and dugout. Capacity of around 8,200 people
- Additional features: Four night floodlights, announcer booth, locker rooms, shower rooms, etc.

## ★ Auxiliary Athletics Stadium ★

### ○ Summary of the facilities

- Track and Field: 300m 6-lane, all weather track with urethane paving  
Infield 68m × 50m, artificial turf

## Contact Us

**Saku City Board of Education  
Social Education Department  
Physical Education Section**

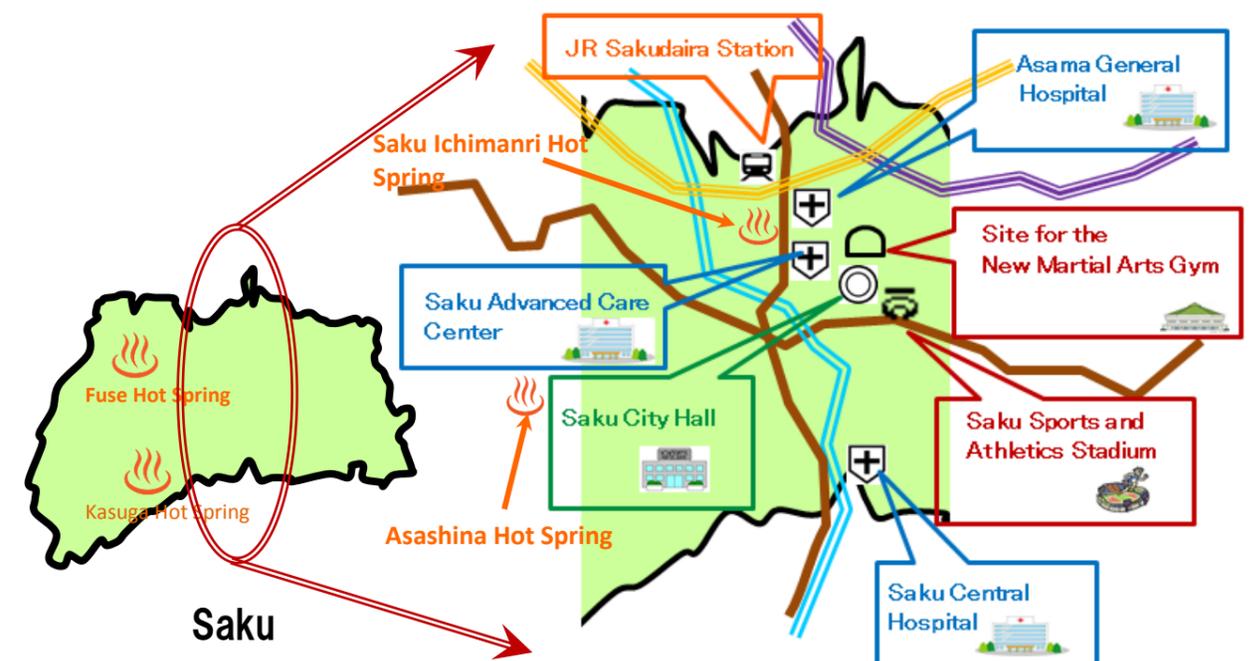
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Phone 0267-62-2020 FAX 0267-63-0480  
e-mail : taiiku@city.saku.nagano.jp

Come train in the crisp air of  
**Saku, Nagano's plateau city!!**



## — Saku City Attractions —

- ① Saku City possesses top-notch medical facilities and healthcare.
- ② Saku City has excellent weather and is cooler and less humid than most of Japan.  
Saku is also blessed with long daylight hours.
- ③ Saku City is easily accessible from the Tokyo metropolitan area. It takes 72 minutes by Shinkansen (bullet train), or two and a half hours by car from Tokyo.
- ④ Natural hot springs abound in Saku and aid in the relaxation and healing of both mind and body.



# A City with Top-Notch Medical Facilities and Healthcare!



Saku Central Hospital  
Advanced Care Center



Hitoshi Watanabe  
Director



Asama General  
Hospital



Ryutaro Murashima  
Director

Saku Advanced Care Center opened on March 1st 2014, after a transfer of facilities from Saku Central Hospital. Saku Advanced Care Center is the base hospital for the east area of Nagano prefecture with many specialized medical services and advanced acute care. By collaborating with local medical institutions and medical doctors, we aim to offer comprehensive health care. Saku Advanced Care Center is characterized by the following 5 Centers:

- ①Medical Emergency Center, which provides 24-hour assistance across advanced emergency medical care.
- ②Stroke and Cardiovascular Center, which collaborates with several medical departments.
- ③Cancer Medical Care Center, which is the main hospital for local cancer care.
- ④Perinatal Mother and Child Medical Care Center, which accepts women with high-risk pregnancies and children on a round-the-clock basis.
- ⑤Advanced Diagnosis Center, which offers definite diagnoses through its advanced diagnostic imaging equipment, PET, high magnetic field MRI, etc.

We strive to practice medicine according to local needs.

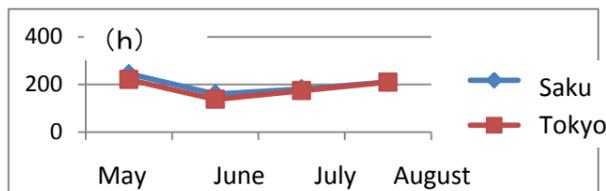
Asama General Hospital is a 323-bed traditional municipal hospital and has been open for over half a century. Its mission is the practice of patient-focused, good quality medical care. The hospital offers comprehensive and excellent medical care. In addition to caring for regular patients, the hospital has emphasized care for diabetics since its opening. The hospital possesses all necessary equipment for x-rays, CT, and MRI exams within its radiology department. For urgent examinations such as blood and urine tests, it is possible to receive results in one hour. Concerning head injury and cerebral vascular disease, we offer not only craniotomy procedures but also endovascular treatments using catheters at the neurosurgical department. And we also offer treatment of extremity and spinal trauma; arthroscopic surgery of the shoulder joint, elbow joint, wrist joint, knee joint, and ankle joint; and spinal endoscopic surgery at the orthopedic surgery unit. We are prepared for any sudden illness or external injuries an overseas visitor might have during their stay here.

## The climate of Saku City makes it an ideal place for training!!

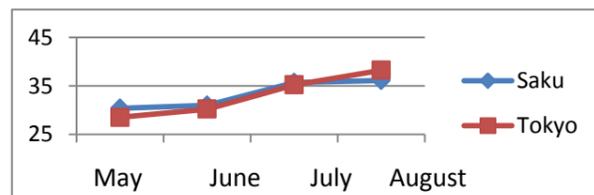
Altitude

Saku	701	(m)
Tokyo	30	(m)

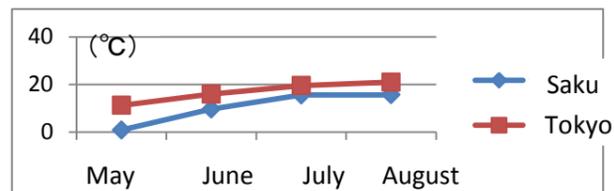
Average daylight hours in May, June, July, August(2012-2014)



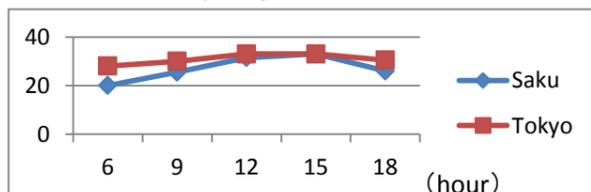
Average high temperature in May, June, July, August(2012-2014)



Average low temperature in May, June, July, August(2012-2014)



Daily temperature fluctuation



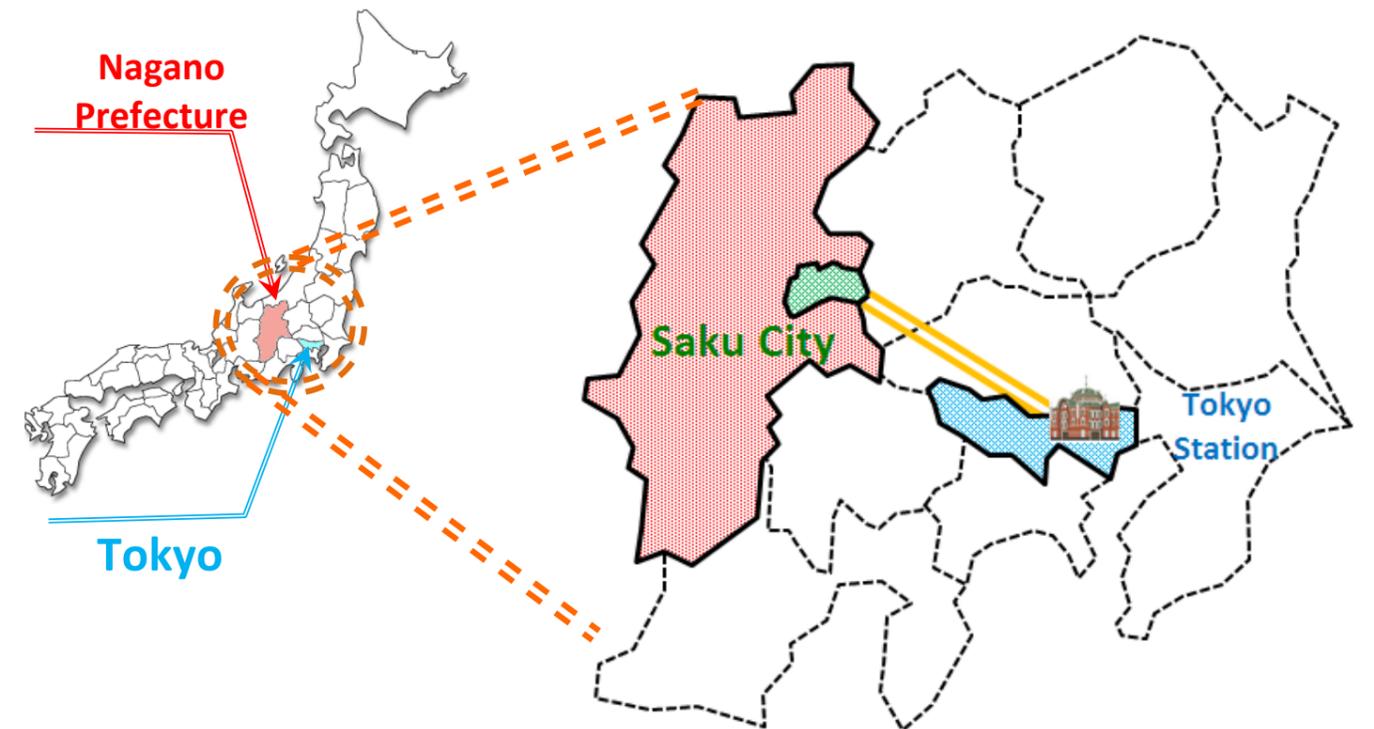
### <Advantages of Saku City>

It's easy to sleep due to the cool mornings and evenings.

## Saku City is easily accessible from the Tokyo metropolitan area!!



Source: JR East



## There is an abundance of natural hot springs.

- ☩ Kasuga Hot Spring
- ☩ Fuse Hot Spring
- ☩ Shoya Hot Spring
- ☩ Mochizuki Hot Spring
- ☩ Asashina Hot Spring
- ☩ Saku Ichimanri Hot Spring, etc.

All hot springs have a recuperative effect on joint pains, muscle pains, fatigue, etc.

