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Nagano Pref. PR Character  
"Aukuma"

**Nagano Prefecture  
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<http://www.go-nagano.net/sc/sc.pdf>

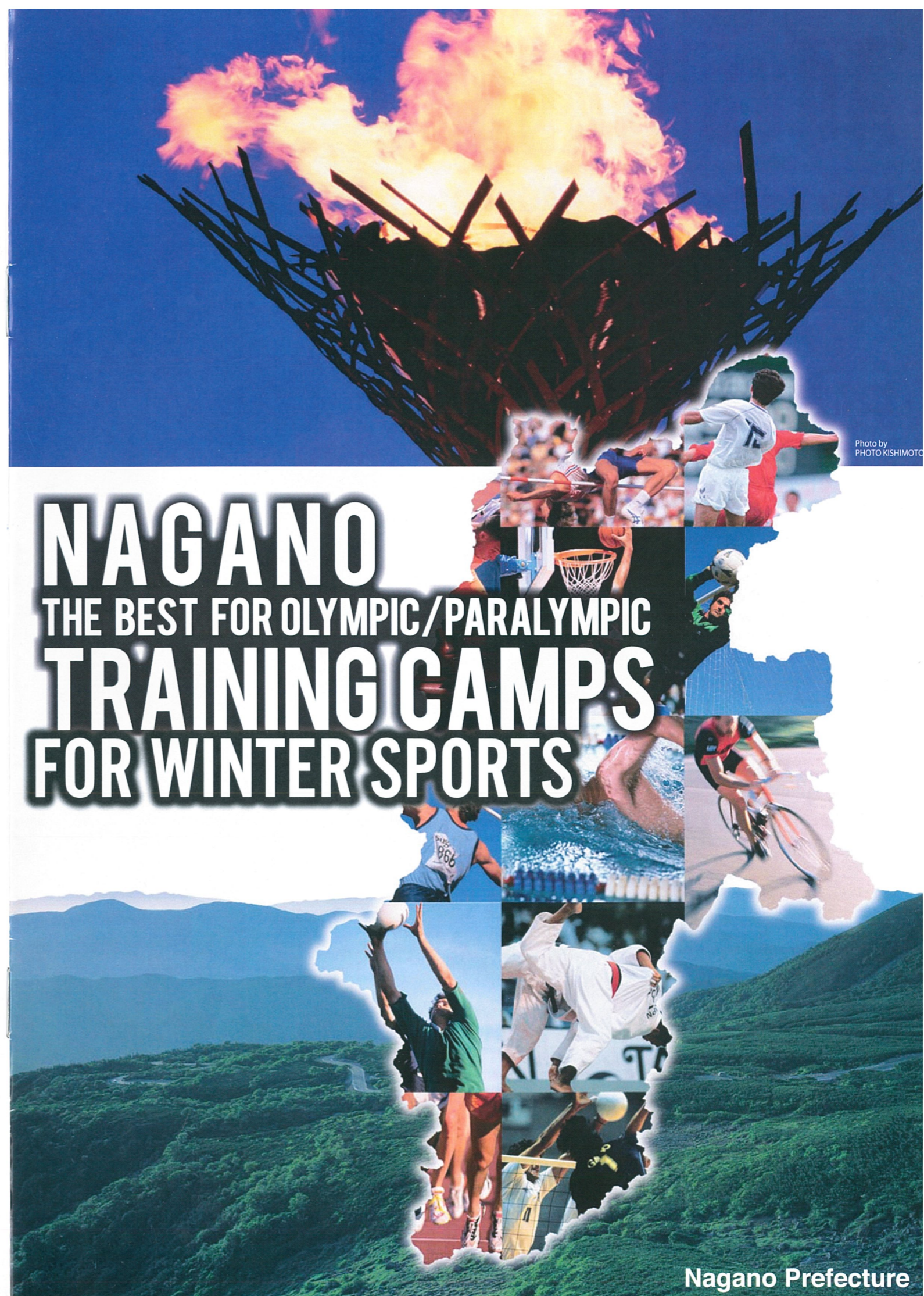


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# NAGANO

THE BEST FOR OLYMPIC/PARALYMPIC

# TRAINING CAMPS

# FOR WINTER SPORTS

Nagano Prefecture

# 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

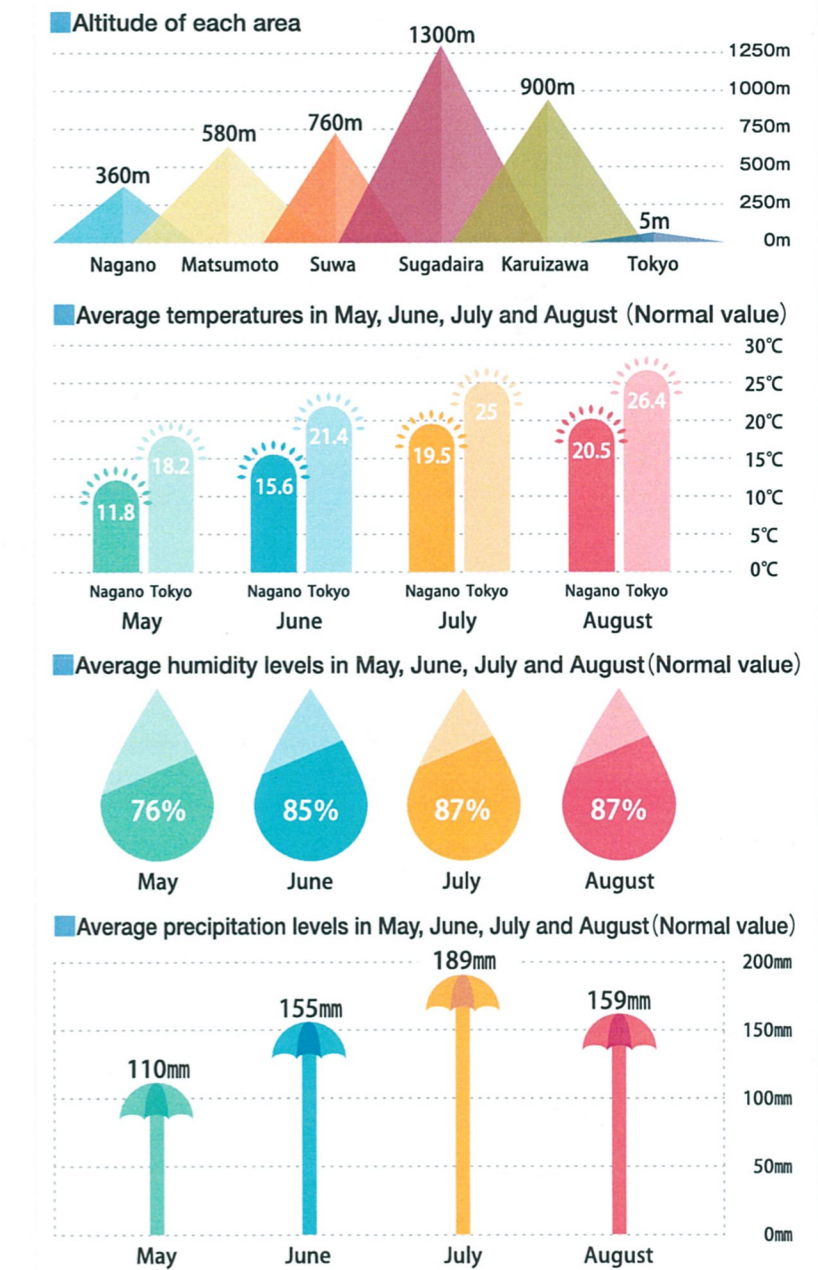
Safety and Security



## 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.

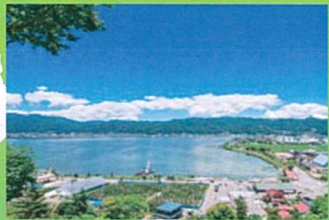
The rich nature in Nagano produces the highest quality fruits and highland vegetables, including apples, grapes, and lettuce. The food culture of Shinshu, such as soba noodles and other local dishes featuring safe and secure local ingredients, has long attracted people to the area.



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 abound 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.



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



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.



## Access to Training Camp Grounds

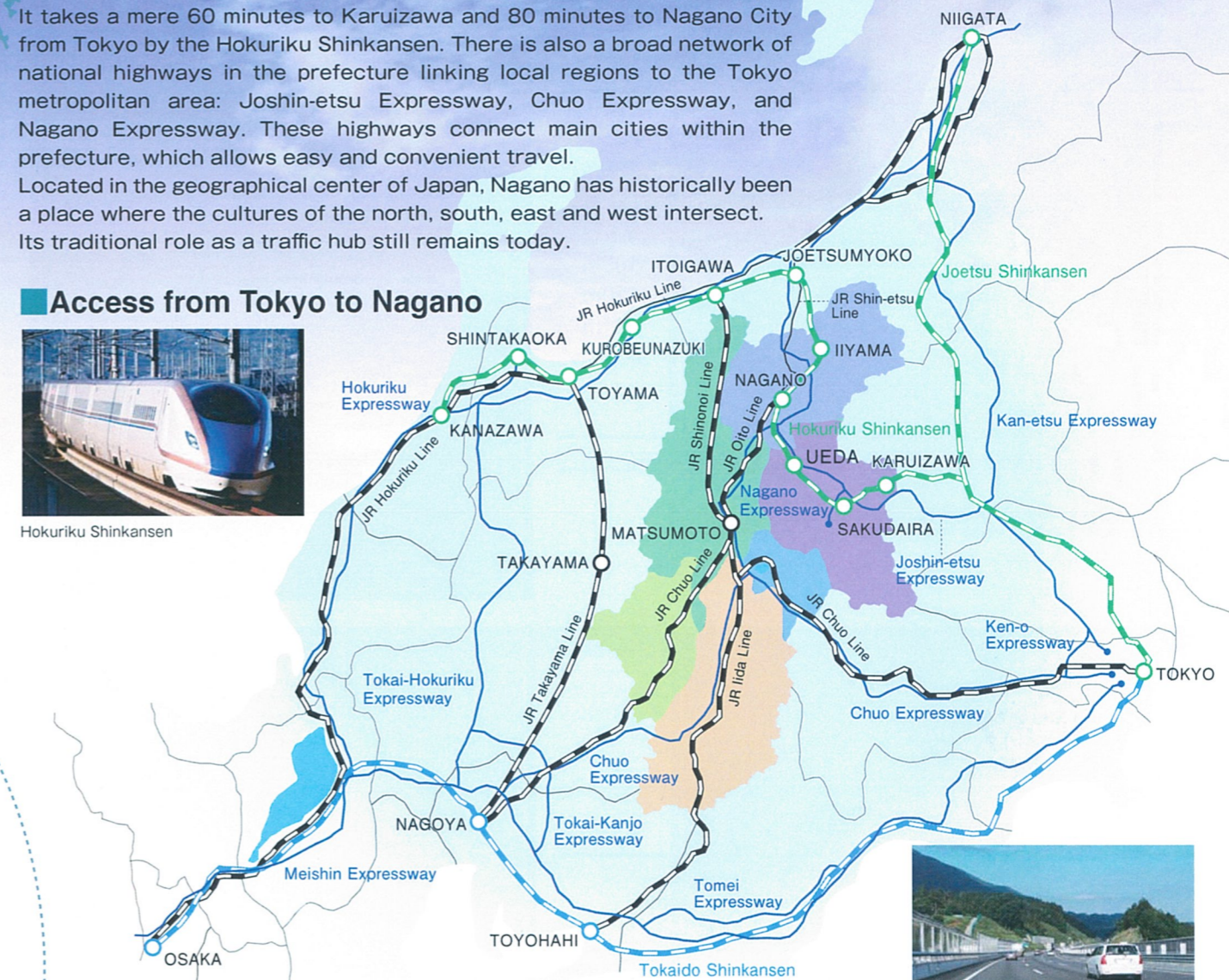
It takes a mere 60 minutes to Karuizawa and 80 minutes to Nagano City from Tokyo by the Hokuriku Shinkansen. There is also a broad network of national highways in the prefecture linking local regions to the Tokyo metropolitan area: Joshin-etsu Expressway, Chuo Expressway, and Nagano Expressway. These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

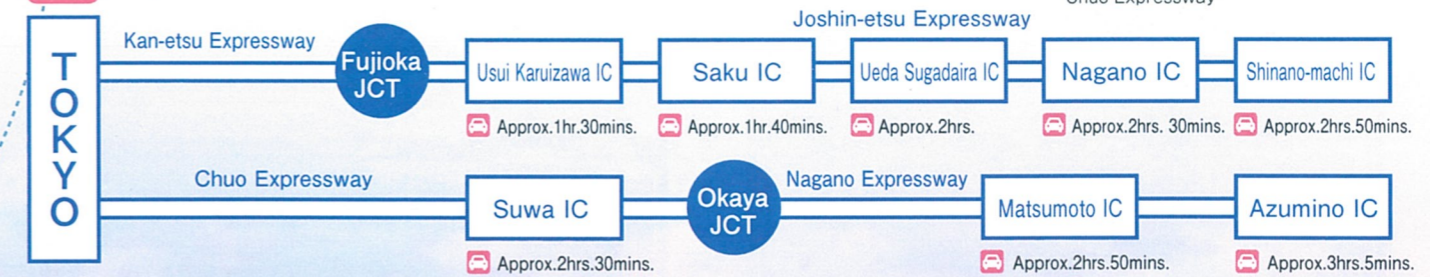


Hokuriku Shinkansen

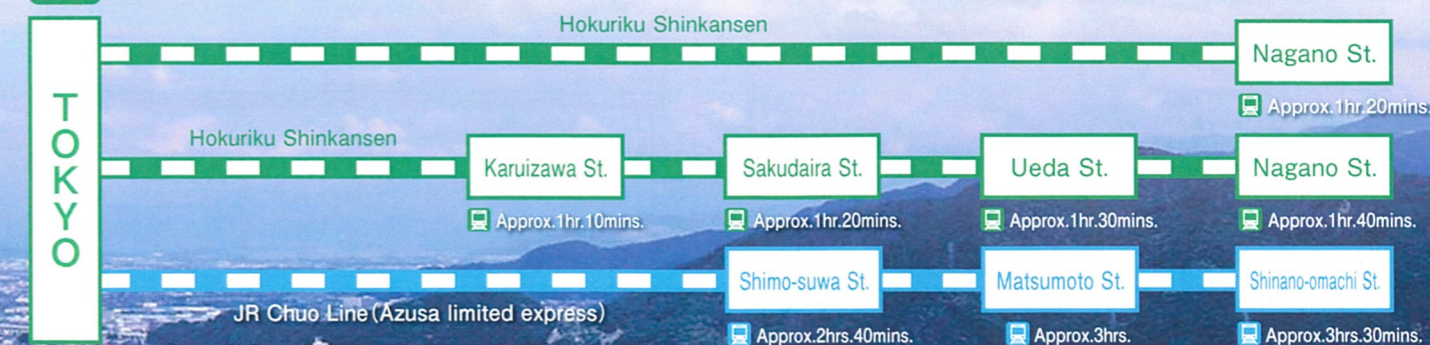


Chuo Expressway

### By car



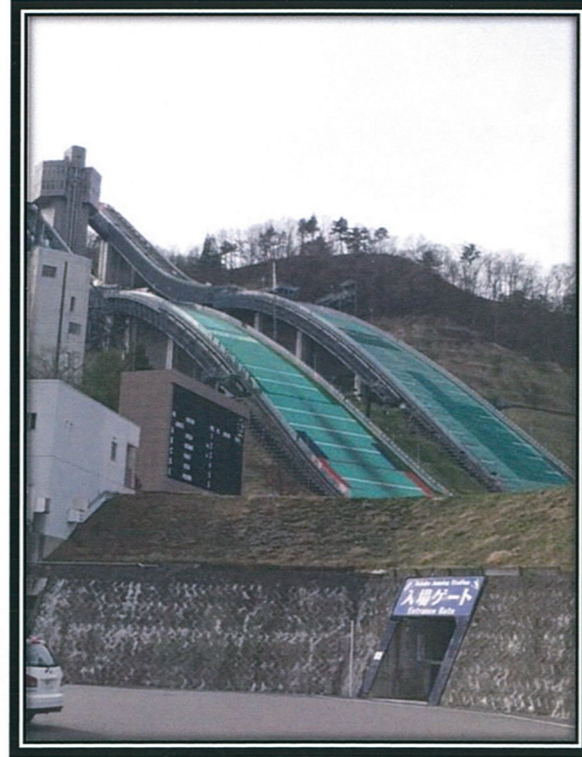
### By Train



## Hakuba Village

### Ski Jumping Stadium

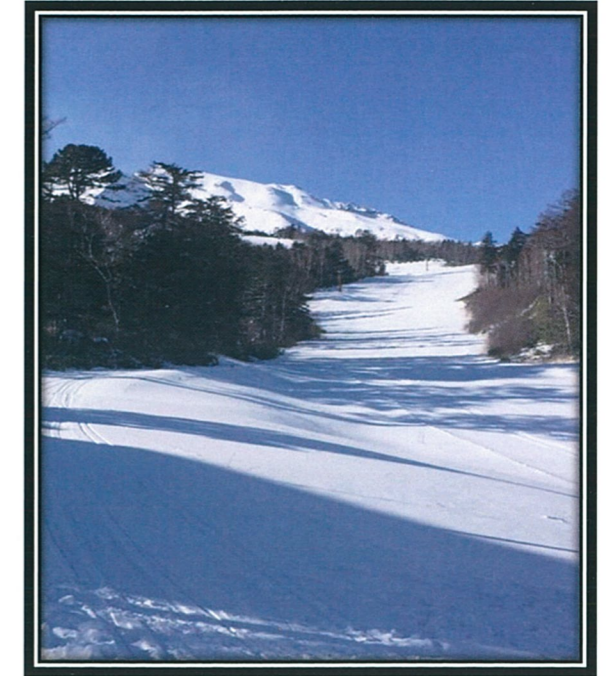
Sports	Ski Jumping		
Facility	Normal Hill		Large Hill
	318m	The total length	385m
	107m	Difference of elevation	138m
	36.5°	The maximum diagonal degree	37.5°
	88m	Approach	109m
	90m	Landing slope (K)	120m
	98m	Breaking track	131m
	82km/h	Take-off speed	92km/h
	1 Lift		
Web site	<a href="http://www.hakuba-happo.or.jp/en/jump/">http://www.hakuba-happo.or.jp/en/jump/</a>		



## Otaki Village

### Ontake 2240

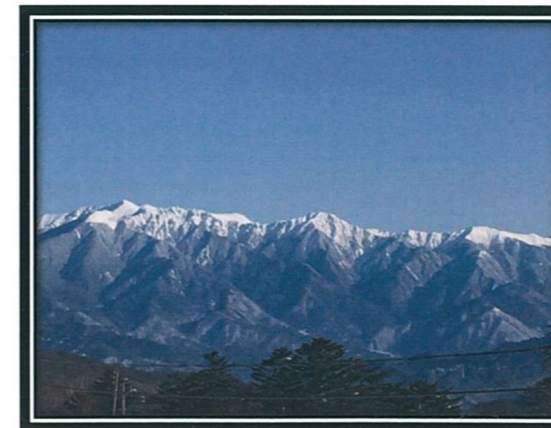
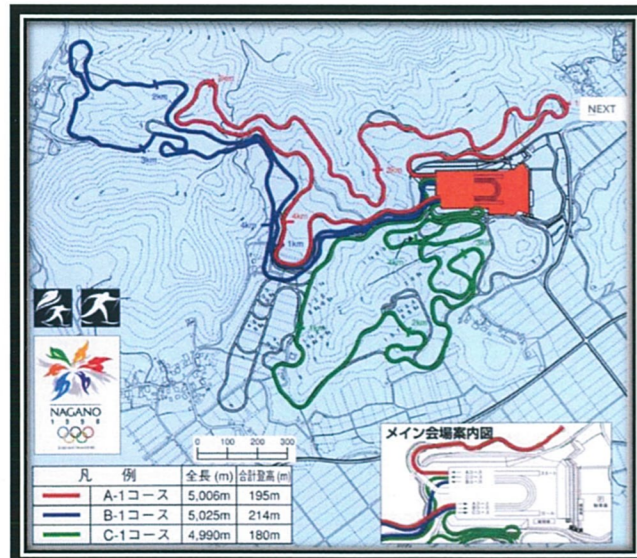
Sports	Alpine Skiing
Facility	Maximum length = 7000m
	Maximum slope = 35degrees
	9 slope course
	At 2240 meter elevation
	Vertical drop 560m
Special notes	FIS Official Course



## Hakuba Village

### Snow Harp

Sports	Cross-Country Skiing		
	The cross-country skiing portion of the Nordic combined events		
Facility	A-Course		C-Course
	5006m	The total length	4990m
	195m	The total climb	180m
	Night Training		



A-course for natural walk  
 B-course for mountain bike  
 C-course for roller ski

## Nagano City

### Big Hat

Sports	Figure Skating Ice Hockey Short Track Speed Skating
Facility	Arena size max 80mx50m (roll back seats stored)
Special notes	Available Oct - Mar



## Nagano City

### Spiral

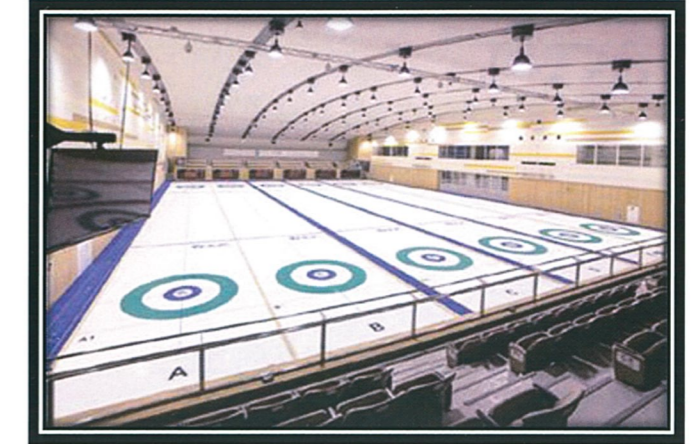
Sports	Bobsleigh Luge Skeleton
Facility	Total length 1700m Bobsleigh 1360m Luge 1326m Skeleton 1194m Curves 15 Vertical drop 113m
Special notes	Artificial ice from Oct to Jan (approx.) An indirect ammonia refrigeration system



## Karuizawa Town

### Ice Park

Sports	Curling
Facility	6 sheet curling rink Staff rooms Players' room Spectator capacity 367
Special notes	Open Year round



## Karuizawa Town

### Ice Arena

Sports	Figure Skating Ice Hockey
Facility	size 30mX60m Indoor skate rink
Special notes	Open Year round (may close for maintenance in June)



## Okaya City

### Yamabiko Skate no mori Ice Arena

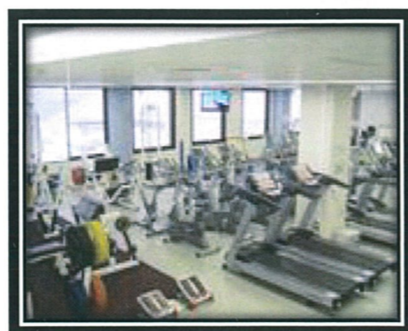
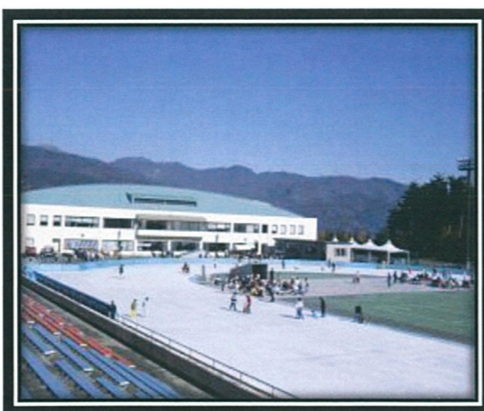
Sports	Short Track Speed Skating Ice Hockey Figure Skating
Facility	【Indoor】 size 30mX60m Tempered glass fence is equipped
Special notes	Open Year round ISU Official rink



## Okaya City

### Yamabiko International Skate Center

Sports	Speed Skating
Facility	【Outdoor】 1 lap 400m Gym facilities
Special notes	Open : Late Nov - Mid Feb ISU Official rink



## Shinano Town

### Dowa no mori Snow Wave

Sports	Cross-Country Skiing
Facility	Length = 3.5 km Length = 5.0 km
Special notes	Open : Dec - Mar (depends on snow accumulation)

