

## Shinanomachi, Nagano prefecture: The place for a training camp

### **【SWIM】 Swimming area in SUGAKAWA (at Lake Nojiri)**

This is the biggest freshwater swimming area in Nagano, which is for an open water swimming. It is possible to use this place during the summer, and this is used for a training camp of triathlon.

Please refer to the attached sheet.



### **【BIKE】 Bike route of The Lake Nojiri triathlon event**

Lake Nojiri triathlon have been held for 28 years, and the bike courses are one of the hardest ones in Japan; it is necessary for you to make three circuits of the rugged course.

Besides Sightseeing roads around Lake Nojiri, it is possible to practice bike in some places in the town, such as Furumi or Tangram area.

Please refer to the attached sheet.



### ③Kurohime track-and- field stadium

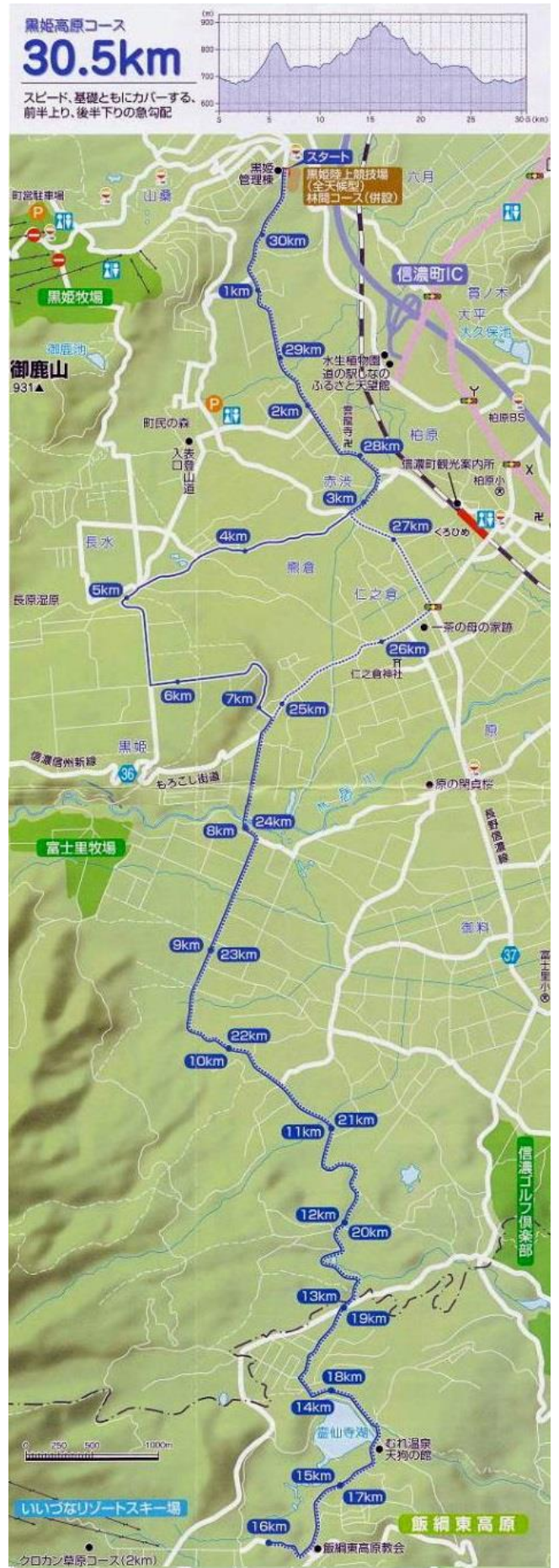
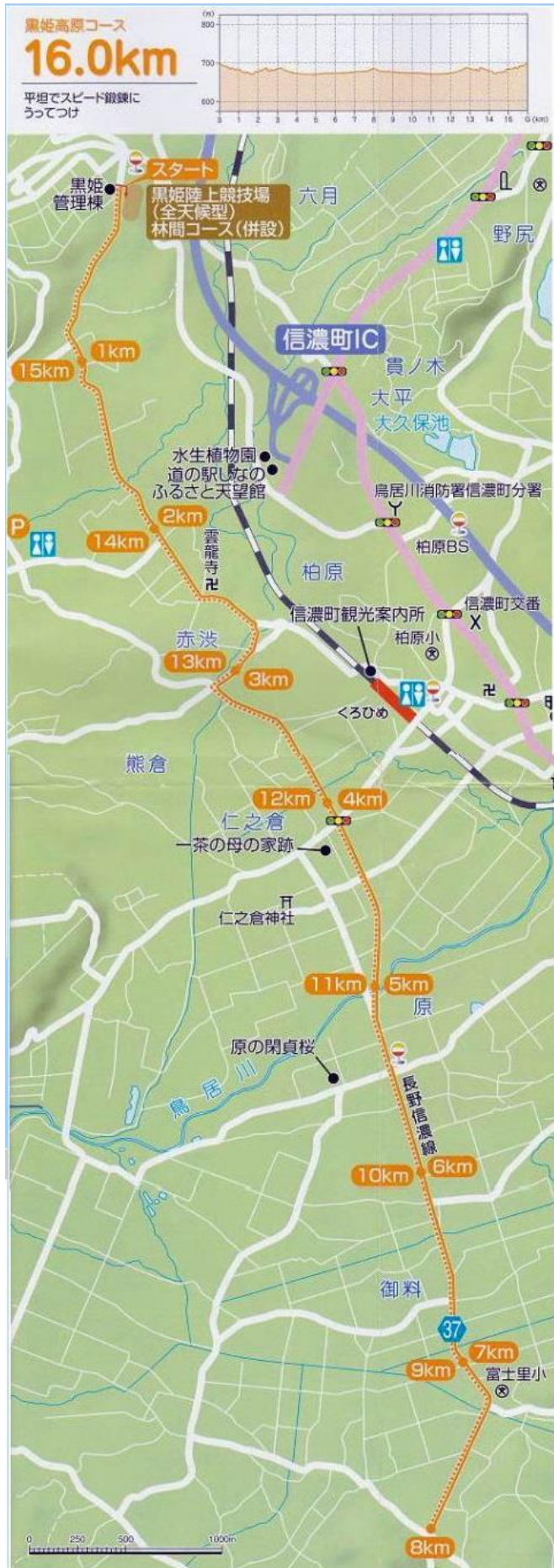
This stadium is fully provided with 6 lanes of track, and courses for cross-country. You can use the central lawn area for stretching or jogging. In addition to this, there are some running courses in the town, such as Sightseeing roads around Lake Nojiri.

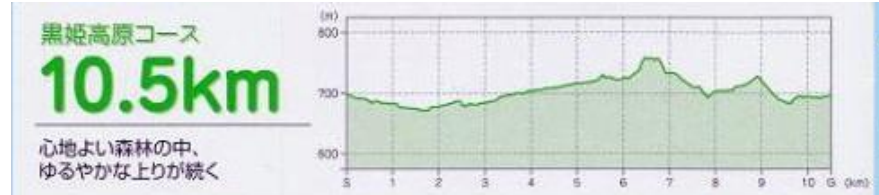
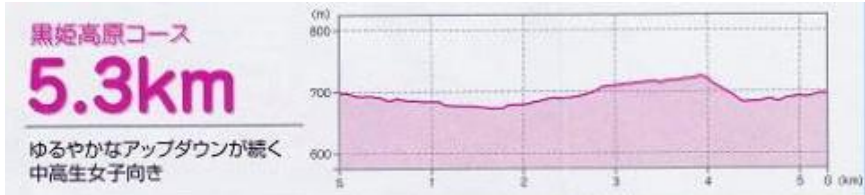
- Kurohime track-and- field stadium



• Shinanomachi Running route







#### ④Shinano-machi sports arena

You can play indoor sports like basketball and volleyball etc. It is provided with TATAMI mat to play Judo.

In the gymnasium

Basketball – 2 courts

Volleyball – 3 courts

Badminton - 8 courts

Table tennis – 11 tables

Futsal – 2 courts

Physical combat space: Suitable for stretching, warm-up exercises and taking a rest.

Others: acoustic equipment

#### ⑤Training gym Wellness club

It is provided with a heated swimming pool and some training rooms.

- Training room
- Indoor tennis court
- Indoor heated swimming pool (25m/4lanes)



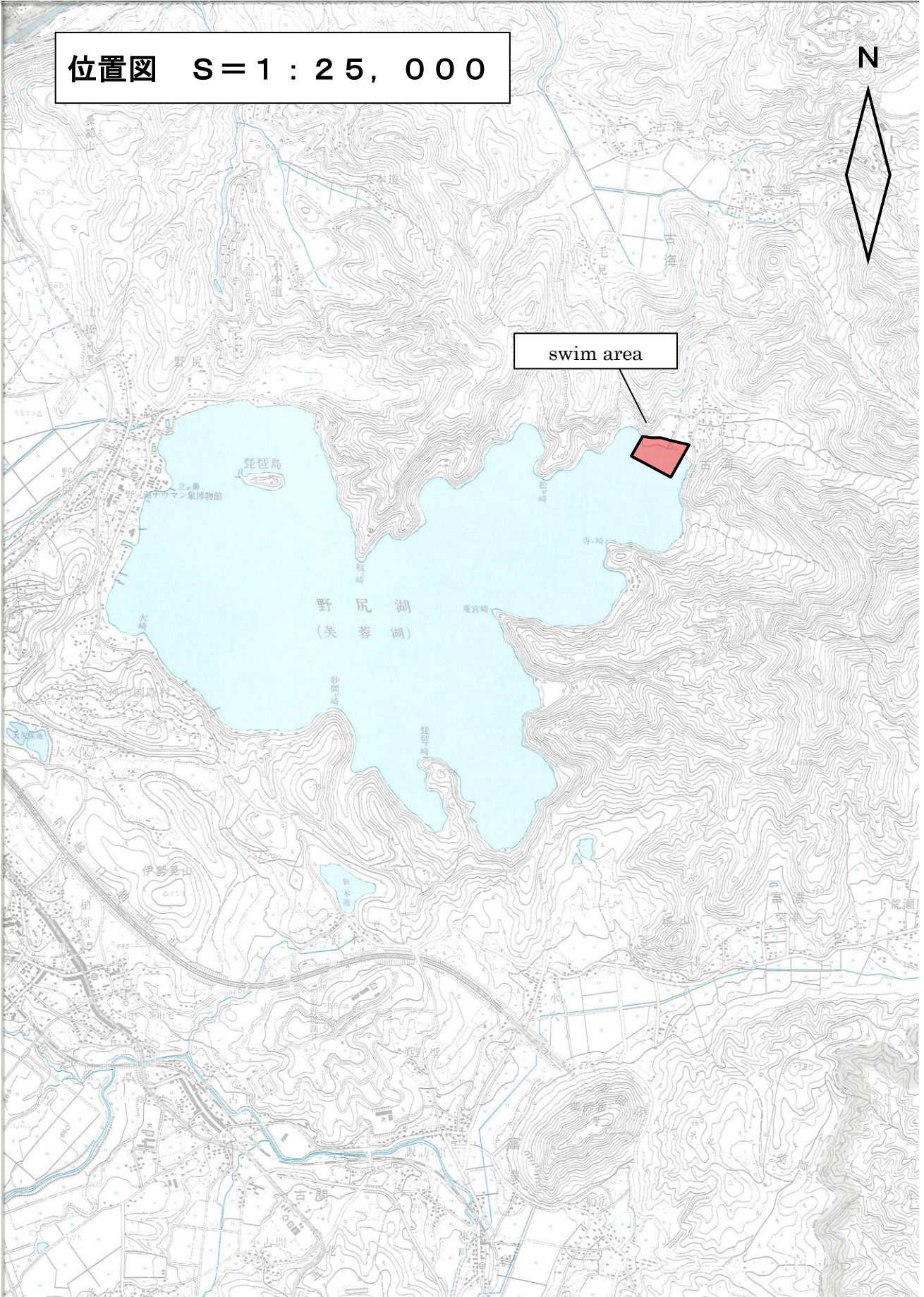
# 【SWIM】 Area Sugakawa (at Lake Nojiri)



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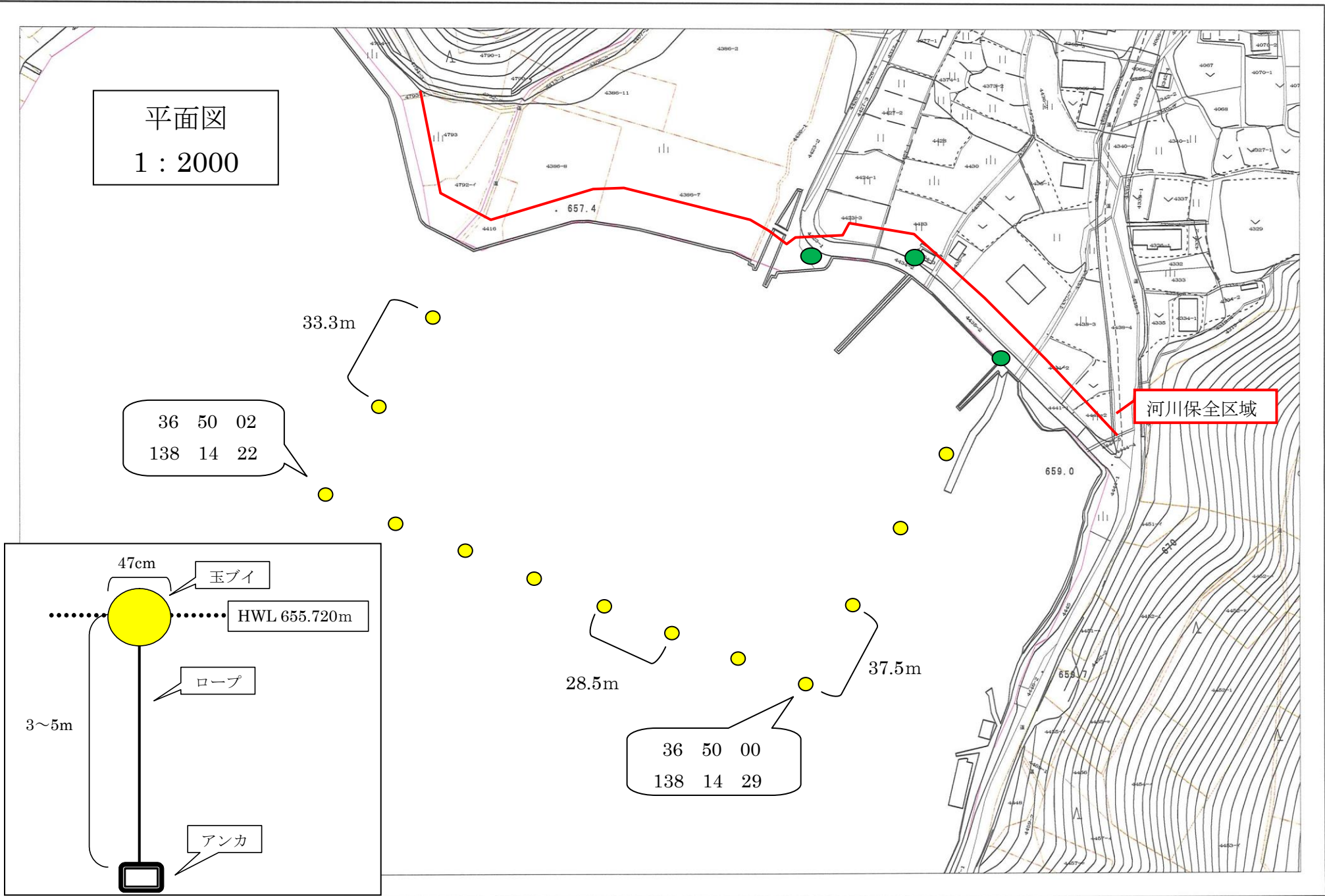
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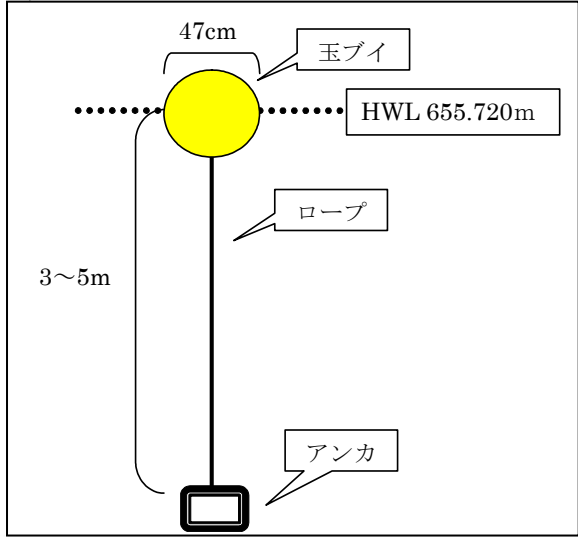




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