Ishikawa Prefecture is the prefecture of hospitality

With the spirit of hospitality, we hope to give a warm welcome to all the Tokyo Olympic/Paralympic athletes who come to Ishikawa Prefecture for pre-games training camps.

Ishikawa Prefecture Website: http://www.pref.ishikawa.lg.jp/

Inquiries relating to this pamphlet should be directed to the Sports and Health Section at the Ishikawa Prefecture Board of Education:
E-mail i-sports@pref.ishikawa.lg.jp
The best of Japan in one place–Ishikawa Prefecture.

Ishikawa Prefecture is located almost in the center of the Japanese archipelago. From North to South it is a long prefecture, with a peninsula and surrounded by the sea on three sides. It is geographically unique with various features including the sea, mountains, rivers and plains. Ishikawa is at a similar latitude to Tokyo where the Olympic stadiums are located, and in addition to its relative proximity to the capital city, your country’s athletes will be able to train and get into peak condition in a climate similar to when they compete.

Getting to Tokyo is easy – it is approximately 1 hour by plane from one of the two airports in Ishikawa, and access to the airports from the training venues is good. In 2015, the Hokuriku Shinkansen (Bullet train) line opened, joining Kanazawa and Tokyo in only 2.5 hours.

Ishikawa Prefecture is steeped in the history and culture of the Kaga Clan, and has an abundance of nature typified by traditional Japanese agricultural landscapes and coastal areas. It is a region filled with opportunities to experience and relax, with some of Japan’s best hot springs, fresh seafood and other produce, but above all, a welcoming, hospitable culture. We are proud of these authentic experiences that can transcend language and culture. We hope that you will take this opportunity to experience Japan, right here in Ishikawa.

Compared to physical conditioning amongst the hustle and bustle of the big city, in Ishikawa Prefecture the training and accommodation options here are quiet, and sure to lead to great performance.

We hope that the athletes and their coaches will achieve great results at the Olympics, and so we hope that you will consider Ishikawa Prefecture in your selection of a Pre-Games Training Camp location. The people of Ishikawa will be ready and waiting to welcome you!

Message from
The Governor of Ishikawa Prefecture

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The perfect environment for athletes is right here!

**Go to Tokyo at your physical best**

- **Climate**
  The climate at Olympic venues has a great effect on the performance of Olympic and Paralympic athletes. It is important for your body to be conditioned as close as possible to the climate at the time of competition.

- **Concentration**
  Concentration is important for utilizing all your strength, and a quiet location where you can concentrate is important for pre-games training.

- **Conditioning**
  In order to maintain and improve performance and to prevent injury during training, good conditioning at a well-equipped facility is paramount.

- **Top performance**
  You need to be at your best in terms of skill, physical strength and mental condition so you can perform at your best on the day.

- **To Tokyo**
  Getting to the Athletes’ Village in Tokyo in peak condition from all your training is essential.

**Go to Tokyo at your mental best**

- **Taste**
  In Ishikawa you can have the full Japanese cuisine experience. Traditional Japanese cuisine or ‘Washoku’ has been added to UNESCO’s Intangible Cultural Heritage List.

- **Relax**
  After hours of training, your body and mind can relax and recover at your accommodation.

- **Be looked after**
  Experience unique Japanese hospitality with warmth and consideration.

- **Enjoy**
  After a long trip to Japan, athletes and support crew can learn more about the country and take the opportunity to enjoy it.
**Access Guide**

**Gateway to Japan**

*Plane*

- **Haneda Airport** (Tokyo International Airport)
  - 1 hr 2 flights per day

- **Narita International Airport**
  - 1 hr 12 flights per day

- **(via Seoul, Korea)**
  - 1 hr 1 flight per day

- **(via Shanghai, China)**
  - 1 hr 40 min 3 flights per week

- **(via Taipei, Taiwan)**
  - 2 hrs 20 min 4 flights per week

- **(via Taipei, Taiwan)**
  - 3 hrs 1 flight per day

**Train**

- **Tokyo Station**
  - 2 hrs 30 min 24 return services per day

- **Ishikawa Prefecture**

**Direct entry into Japan**

- **Noto Satoyama Airport**

- **Komatsu Airport**

- **Shika Town**
  - Wrestling

- **Kanazawa Station**

- **Kanazawa Expressway**

**Ishikawa Prefecture**

- **Kanazawa City**
  - Trampoline
  - Weight Lifting
  - Swimming

- **Kawagoe City**

- **Yuzawa**
  - Canoe
  - Trampoline

**Tokyo Olympics & Paralympics**

Awarded to Tokyo in September 2014. Closely followed by the Hokuriku Shinkansen train line opening in March 2015.
World Athletes

On rest days, experience Japan in Ishikawa Prefecture.

Seven major onsen areas are located nearby all of the training camps.

We hope that connections with other countries will be made through Olympic sporting events.

In a survey taken at the 2012 London Olympics/Paralympics, the average number of days spent at pre-games training camps was 20.9. This is an example of how you can productively train in Ishikawa Prefecture, ready for producing great results at the Olympics.

Concentrate on your training in a quiet training environment

Abundance of fresh ingredients

Ishikawa is a treasure trove of unique, fresh ingredients from the land and sea – fresh seafood from the Sea of Japan, Kaga vegetables and Noto beef.

Eat delicious food

Nutritional and physical management is a top priority for athletes.

Physical care for athletes is also important.

Recover from fatigue at an onsen

Physical care

Participant in joint training and social events

Easy access to Tokyo on the Hokuriku Shinkansen Train line that opened in 2015.

To Tokyo!

From Ishikawa To the Greatest Sporting Event!

Depart home country

Via the main international airports

Arrive in Japan

Arrive in Ishikawa Prefecture

Noto Satoyama Airport

Komatsu Airport

Kanazawa Sta.

Moving around Ishikawa is quick and easy with well-maintained roads such as the Noto Satoyama Kaido.

Train begins

Get your body acclimatized to Japan

Switch your focus

TRAIN

Eat delicious food

Recover from fatigue at an onsen

Get involved

REST

On rest days, experience Japan in Ishikawa Prefecture.

‘Onsen’ Hot Springs

Seven major onsen areas are located nearby all of the training camps.

Post-Olympics

We will also consider a ‘post-games exchange camp’ in which athletes can relax and spend time with the locals.

In the future

We hope that connections with other countries will be made through Olympic sporting events.

Arrive in Japan

Via the main international airports

Haneda Narita

Directly to Ishikawa

Arrive in Ishikawa Prefecture

Noto Satoyama Airport

Komatsu Airport

Kanazawa Sta.

Moving around Ishikawa is quick and easy with well-maintained roads such as the Noto Satoyama Kaido.
All about Ishikawa Prefecture

Ishikawa’s Climate

Ishikawa Prefecture: Latitude of 36° Tokyo Metropolis: Latitude of 35°

Ishikawa Prefecture is often mistakenly thought to be in Northern Japan, however it is at a similar latitude to Tokyo, and has a similar climate to Tokyo where the competition venues are located.

A data-based look at Ishikawa

A comprehensive transport network

There are two airports in Ishikawa Prefecture, both with flights to/from Tokyo. The training venues are accessible within one hour of both of these airports. Furthermore, with the opening of the Hokuriku Shinkansen line, train travel between Ishikawa and Tokyo is now even quicker.

DATA
Now two airports in the prefecture (Noto Satoyama Airport opened in 2003)
Faster train travel between Ishikawa and Tokyo (Hokuriku Shinkansen Line opened to Kanazawa in 2015; Kanazawa→Tokyo, fastest service: 2 hours 28 min)

Delicious food

There are many different kinds of fresh, delicious ingredients available in Ishikawa Prefecture, and local restaurant chefs can create dishes according to your requests.

DATA
Specialty products from the land and sea
Noto Beef, Ruby Roman (grapes), Noto Temari (Shiitake mushrooms) etc.
Seafood and catch value No. 1 for the Japan Sea Side (2013)

An internationally attractive region

Ishikawa Prefecture is a hub for higher education institutions with many overseas links and international students. In addition, over the past ten years, the number of hotel guests from overseas has increased six-fold.

DATA
Fifth highest number of international students in the country (2014) (per capita)
Increase in hotel guests from overseas
50,000 guests in 2003 → 250,000 guests in 2014
Second highest number of universities and junior colleges etc. in the country (2014) (per capita)

Happy local residents

It is said that Ishikawa Prefecture is a highly liveable region. It is an area with a relatively low risk of a major disaster (national comparison).

DATA
Ranked third in Japan in the Gross National Happiness Rankings (2011) (Honda University Happiness Index Research Committee)
Nationally, Ishikawa has a low risk for a major disaster such as earthquake or flood.
Sources: Materials from the General Insurance Rating Organization of Japan MLIT Flood Damage Figures
1. **Kanazawa City Public Gymnasium**

**Kanazawa City Public Gymnasium**

**Weight Lifting**

**Trampoline**

**Gymnasium No. 1**

- 40m x 60m, ceiling height 13.75m
- Lighting intensity: 1,800lx

**Gymnasium No. 2**

- 24m x 32m, ceiling height 12.75m

**Gymnasium No. 3**

- 343m², ceiling height 10.25m

**Equipment and other facilities**

- 5 trampolines
- Training room
- Running room
- Multi-purpose room
- Meeting room

The three gymnasiums, multi-purpose room, training room and meeting room are all well-equipped for various indoor sports and uses.

**Main events previously held**

- National Trampoline Championships 2015

**Main events previously held**

- Rhythmic Gymnastics Winter Festival in Kanazawa (in years 2005-2008)
- Selection meet for the National Senior High School Weight Lifting Championships (in years 2006-2016)

**Contact:** sports@city.kanazawa.lg.jp

2. **Kanazawa Johoku Citizens’ Sports Park**

**Kanazawa Johoku Citizens’ Sports Park**

**Indoor Pool (Tentative name)**

**Swimming**

**Facility Size**

- 50m Pool: 50m x 25m
  - Can be altered to 25m x 25m with a moveable wall
- Water depth 0 - 2.0m (moveable floor)
- Diving Pool: 25m x 20m
- Water depth 3.5 - 5m

**Equipment and other facilities**

- Secondary pool
  - Water depth 1.1m/1.35m (2 level overflow)
- Meeting room
- Judges’ room
- Warming room
  - (low temp. sauna)
- Training room for diving

A new pool complex scheduled to open in Spring 2017. It will be built to international standards, and able to be used for competition swimming, diving, synchronized swimming and water polo.

**Contact:** sports@city.kanazawa.lg.jp

3. **Komatsu Public Gymnasium**

**Komatsu Public Gymnasium**

**Trampoline**

**Facility Size**

- Arena: 46 x 42m, ceiling height 20m
- 3 trampolines
- 3 EUROTRAMP® trampolines
- 3 trampoline mat sets

**Equipment and other facilities**

- Trampoline room
- Training room
- Meeting room
- Running course (200m circuit) etc.

The gymnasium is complete with a 200m circuit running track and training room. In 2015 a national level trampoline championship was held.

**Main events previously held**

- National Trampoline Championships 2015

**Main events previously held**

- 10th Junior World Canoe Championships (2003)
- Continental Qualifier in Asia for Beijing 2008 Olympics
- Japanese Canoe Sprint Championships (2002 to present)

**Canoe Sprint**

**Facility Size**

- Canoe Sprint Course: 9 fixed lanes
- 9m wide course, 1000m long lanes
- Automatic starting system etc.

**Equipment and other facilities**

- Training facilities, Gym
- Judges’ Tower
- Running course (8.4km circuit)
- Soccer ground etc.

The country’s only dedicated canoe competition course.

**Main events previously held**

- National Trampoline Championships 2015

**Main events previously held**

- National Trampoline Championships 2015

**Canoe Sprint**

**Facility Size**

- Main arena: 45m x 40m, ceiling height 13.5m
- 3 Volleyball courts
- Secondary arena: 29m x 17m, ceiling height 10m

**Equipment and other facilities**

- Indoor pool
- Cardio room
- Weight training room
- Meeting room, etc.

A joint athletics ground and indoor pool facility. A variety of training is possible with the cardio room and weight training room.

**Main events previously held**

- Volleyball V League (The Challenge League)
- Hokusetsu Nippon Hokusetsu Gymanastics Championships
  - (women’s rhythmic gymnastics)

**Canoe Sprint**

**Main events previously held**

- National Trampoline Championships 2015

**Main events previously held**

- National Trampoline Championships 2015

**Canoe Sprint**

**Main events previously held**

- National Trampoline Championships 2015

**Main events previously held**

- National Trampoline Championships 2015

The Kaga District is a place with traditional streetscapes and various time-honored traditional arts, crafts and resources. The Kaga Onsen-kyo area is well known as a top class hot spring location.

The nearby Komatsu Airport offers a number of domestic flights mainly to Tokyo, and is also a base for regular international flights.

The capital of Ishikawa Prefecture, Kanazawa, is the center of economic activity in the Hokuriku region, and with its mix of modern and traditional culture, is used as a venue for a number of international conventions. In addition, the Hokuriku Shinkansen line was opened in 2015, connecting Kanazawa and Tokyo in 2.5 hours.
Facilities in Ishikawa Prefecture

《Noto District》

The Noto District faces the Japan Sea and is an area with beautiful Satoyama and Satomi socio-ecological areas. With a rich natural environment and a unique gastronomic culture (the area is nationally renowned for its fresh seafood, traditional vegetables and local sake), it has the rustic feel of ‘authentic Japan’. The local airport, Noto Satoyama Airport, opened in 2003 and has flights connecting with Tokyo.

### Wajima City

**Trampoline**

- **Facility Size**
  - Arena: 45m × 37m, ceiling height 17m
  - 4 Trampolines
  - 2 EUROTRAMP trampolines
  - 2 trampoline mat sets

- **Equipment and other facilities**
  - Heated pool
  - Training room
  - Running track (180m circuit)
  - Meeting room etc.

- **Main events previously held**
  - Western Japan Trampoline Championships (2015, 2007)
  - Volleyball World Championship (Japan, 2006)

- **Pre-championship training camp – French men’s team**

- **Contact**: sports@city.wajima.lg.jp

**Features of Ishikawa’s Towns and Cities**

### Wajima City

An area representative of the Satoyama and Satomi socio-ecological areas designated as Globally Important Agricultural Heritage Systems. The water, air and sea are clean and the food is fresh. The quiet environment of the small city of Wajima is the perfect place for a focused training camp.

The training venue is located within a 30 minute drive from Noto Satoyama Airport.

http://www.city.wajima.ishikawa.jp/

### Shika Town

An area which includes holiday spots in the great outdoors. There is the District called Shikanosato with a number of sports facilities and accommodation options nearby. Athletes can focus on their training and get refreshed at the pool, golf course or tennis courts. The training venue is located about a 50 minute drive from Noto Satoyama Airport or a 70 minute drive from the Hokuriku Shinkansen Kanazawa Station.

http://www.town.shika.ishikawa.jp/

### Kanazawa City

A center of economic activity in the Hokuriku District, with a mix of modern and traditional culture. Together with the attractive streetscapes is the active culture of traditional arts, crafts and performing arts. International conventions are often held, and there are a number of quality accommodation options. The training venue is located within an hour’s drive of Komatsu Airport and a 30 minute drive from the Hokuriku Shinkansen Kanazawa Station.

https://www4.city.kanazawa.lg.jp/

### Komatsu City

An area that developed as an industrial city and acts as a center for Southern Kaga. The sacred Mt. Hakusan dominates the eastern skyline, towering over the hills, rural areas and plains below. There are a number of quality accommodation options for a comfortable training camp. Komatsu Airport is located within the city limits, and the training venue is located within a 10 minute drive of the airport.

http://www.city.komatsu.lg.jp/

### Hakusan City

An area of abundant nature with Mt.Hakusan, the majestic flow of the Tadon River, beautiful coastlines and the Japan Sea. Athletes can train in a quiet environment as well as get refreshed right in amongst nature. The training venue is located within a 30 minute drive of both Komatsu Airport and the Hokuriku Shinkansen Kanazawa Station.

http://www.city.hakusan.ishikawa.jp/

### Shika Town General Martial Arts GYM

**Wrestling**

- **Facility Size**
  - Wrestling training gym: 31.0m × 22.7m
  - 2 mats can be used at a time (to IF Specifications)

- **Equipment and other facilities**
  - Training room
  - Arena

- **Contact**: gakushu@town.shika.lg.jp

### Kanazawa City Public Gymnasium

**Trampoline**

- **Main training camps previously held**
  - Trampoline (2013, 2007)

- **Pre-championship training camp – French men’s team**

### Kanazawa Johoku Citizens’ Sports Park

**Indoor Sports**

- **Trampoline**
  - Kanazawa Public Gymnasium

- **Canoe Sprint**
  - Lake Kiba Canoe Sprint Course