

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

From ISHIKAWA TO THE WORLD STAGE

Getting Ready for the Tokyo 2020 Olympic
and Paralympic Games

Message from Ishikawa Prefecture

We hope that all athletes and those involved will not only be able to achieve great results at the Olympics and Paralympics, but also experience the best of Japan in Ishikawa Prefecture where you can find all of the charms of the country.



Where the traditional and the modern meets. The best of Japan in one place – Ishikawa Prefecture.

Message from
The Governor of
Ishikawa Prefecture

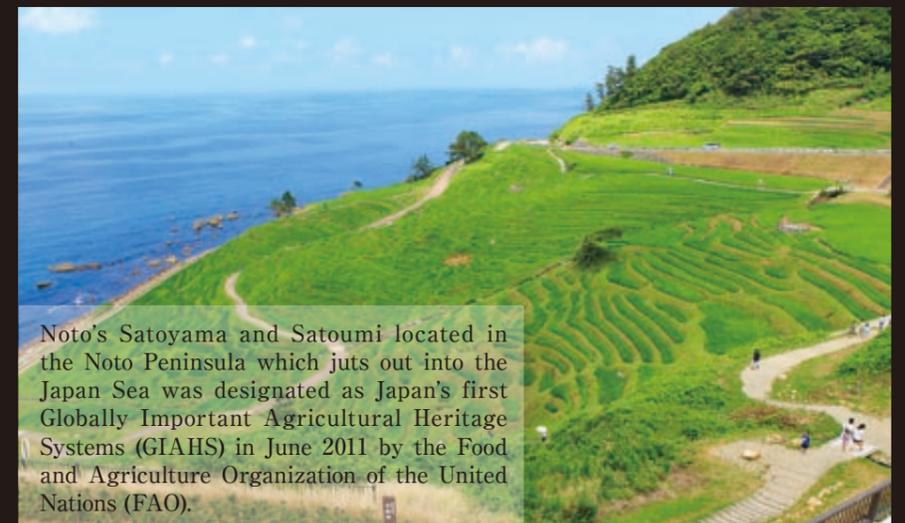


Masanori Tanimoto,
Governor

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!

Globally Important
Agricultural Heritage
Systems
Noto's Satoyama
and Satoumi



Noto's Satoyama and Satoumi located in the Noto Peninsula which juts out into the Japan Sea was designated as Japan's first Globally Important Agricultural Heritage Systems (GIAHS) in June 2011 by the Food and Agriculture Organization of the United Nations (FAO).

Maintaining Performance and Improving Motivation

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.

The perfect environment for athletes is right here!

Ishikawa

Tokyo



ACCESS GUIDE

Gateway to Japan

《Plane》



From your country

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 40 min 3 flights per week

(via Shanghai, China)

2 hrs 20 min 4 flights per week

(via Taipei, Taiwan)

3 hrs 1 flight per day

《Train》

Tokyo Station



Hokuriku Shinkansen
2 hrs 30 min
24 return services per day



Tokyo Olympics & Paralympics
Awarded to Tokyo in September 2014.
Closely followed by the Hokuriku Shinkansen train line
opening in March 2015.



Gateway to Ishikawa Prefecture

Ishikawa Prefecture provides direct entry into Japan

Noto Satoyama Airport



Komatsu Airport



Kanazawa Station



Wajima City
Trampoline

Noto Satoyama Airport



Shika Town
Wrestling



Noto Satoyama Kaido (freeway)
Toll-free from March 2013

Hokuriku Shinkansen
Line opened in March 2015

Hokuriku Expressway

Kanazawa City

Trampoline Weight Lifting Swimming



Komatsu Airport

Komatsu City
Canoe Trampoline

Hakusan City
Indoor events



Suzu City

Ishikawa Prefecture

Training Camp Model

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.

World Athletes



Depart home country

Via international hub airports (Seoul, Shanghai, Taipei)

Via the main international airports
Haneda Narita

Arrive in Japan

Direct entry to Ishikawa

Tokyo Sta.

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.

Training begins

Get your body acclimatized to Japan

TRAIN

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.



Switch your focus

Eat delicious food

Nutritional and physical management is a top priority for athletes.

Recover from fatigue at an onsen

Physical care for athletes is also important.

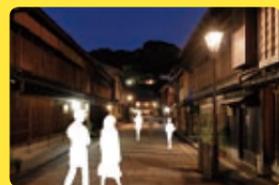
Get involved

Participate in joint training and social events



REST

On rest days, experience Japan in Ishikawa Prefecture.



'Onsen' Hot Springs

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



To Tokyo!

From Ishikawa To the Greatest Sporting Event!



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

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

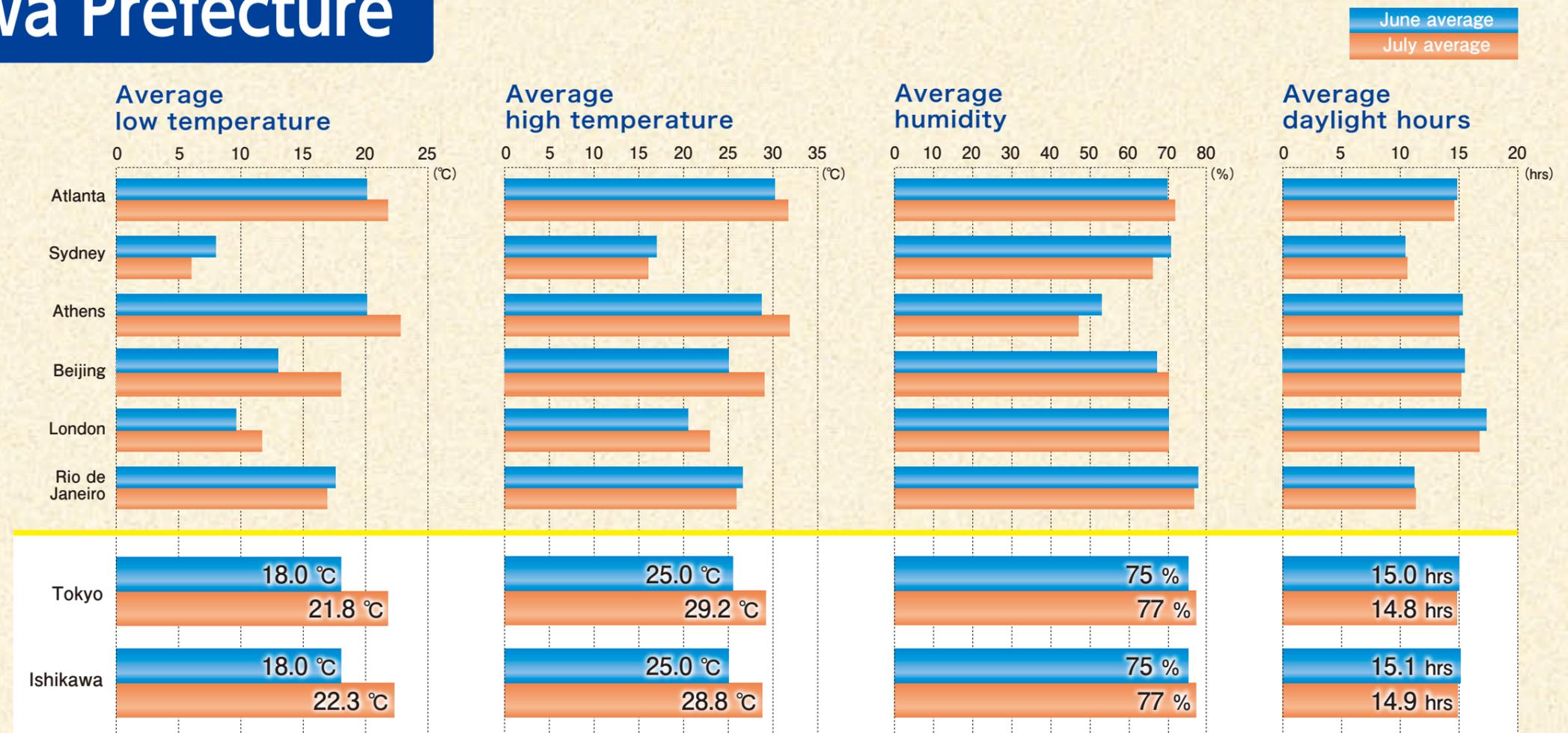
We hope that connections with other countries will be made through Olympic sporting events.

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.



Source: weatherbase, Japan Meteorological Agency (2015 weather data) Note: data based on national averages or statistics for normal years.

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) → 290,000(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

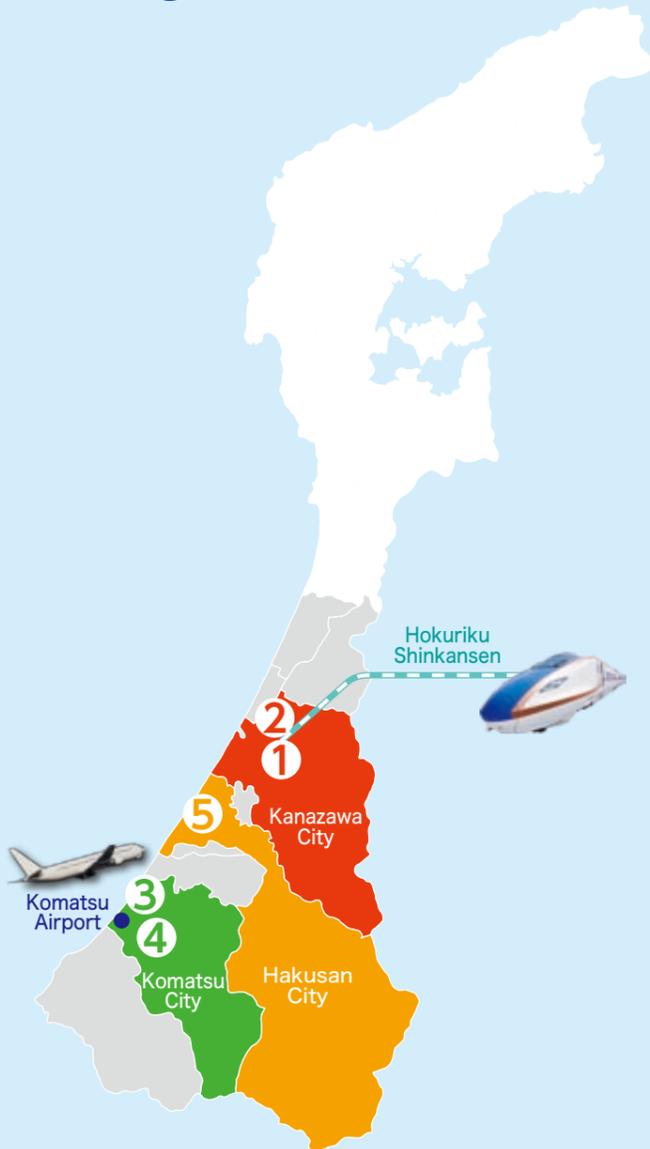
Ranked third in Japan in the Gross National Happiness Rankings (2011)
(Hosei University Happiness Index Research Committee)

Ranked second in Japan in the Livability Rankings (2015)
(Toyo Keizai Inc. City Data Pack)

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



Facilities in Ishikawa Prefecture 《Kaga District》



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.

1 Kanazawa City Public Gymnasium

Constructed:1985

Izuminode Town,
Kanazawa City

Weight Lifting



Facility Size

Gymnasium No. 1
40m × 60m,
ceiling height 13.75m
Lighting intensity: 1,800lx

Gymnasium No. 2
24m × 32m, ceiling height 12.75m

Gymnasium No. 3
353m², ceiling height 10.25m

Equipment and other facilities

- 5 trampolines
- Training room
- Multi-purpose room
- Weight lifting set
- Running track (216m circuit)
- 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

- Rhythmic Gymnastics Winter Festival in Kanazawa (in years 2005-2008)
- Selection meet for the National Senior High School Weight Lifting Championships (in years 2006-2015)

Contact: sports@city.kanazawa.lg.jp

Trampoline



3 Komatsu Public Gymnasium

Shimomaki Town,
Komatsu City

Constructed:1984

Trampoline



Facility Size

Arena: 46 × 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

Contact: sports@city.komatsu.lg.jp

4 Lake Kiba Canoe Sprint Course

Kiba Town,
Komatsu City

Constructed:1991

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
- Pontoon
- Judges' Tower
- Running course (6.4km circuit)
- Soccer ground etc.

The country's only dedicated canoe competition course. Accredited by the National Training Center. The Japanese national team organizes the training camp, and they stay more than 150 days every year.

Main events previously held

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

Main training camps previously held

- Beijing Olympics pre-games training U.S.A., France, Belgium, Japan (2008)

Contact: sports@city.komatsu.lg.jp

2 Kanazawa Johoku Citizens' Sports Park Indoor Pool (Tentative name)

Isobe Town,
Kanazawa City

Opening in 2017

Swimming



Facility Size

50m Pool: 50m × 25m
(Can be altered to
25m × 25m with
a moveable wall)
Water depth 0 - 2.0m
(moveable floor)
Diving Pool: 25m × 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 be able to be used for competition swimming, diving, synchronized swimming and water polo.

Contact: sports@city.kanazawa.lg.jp

5 Matto Comprehensive Sports Park Gymnasium

Kuramitsu,
Hakusan City

Constructed:1991

Indoor Sports

Trampoline, Rhythmic Gymnastics,
Volleyball, Fencing, Judo, Table Tennis



Facility Size

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

Equipment and other facilities

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

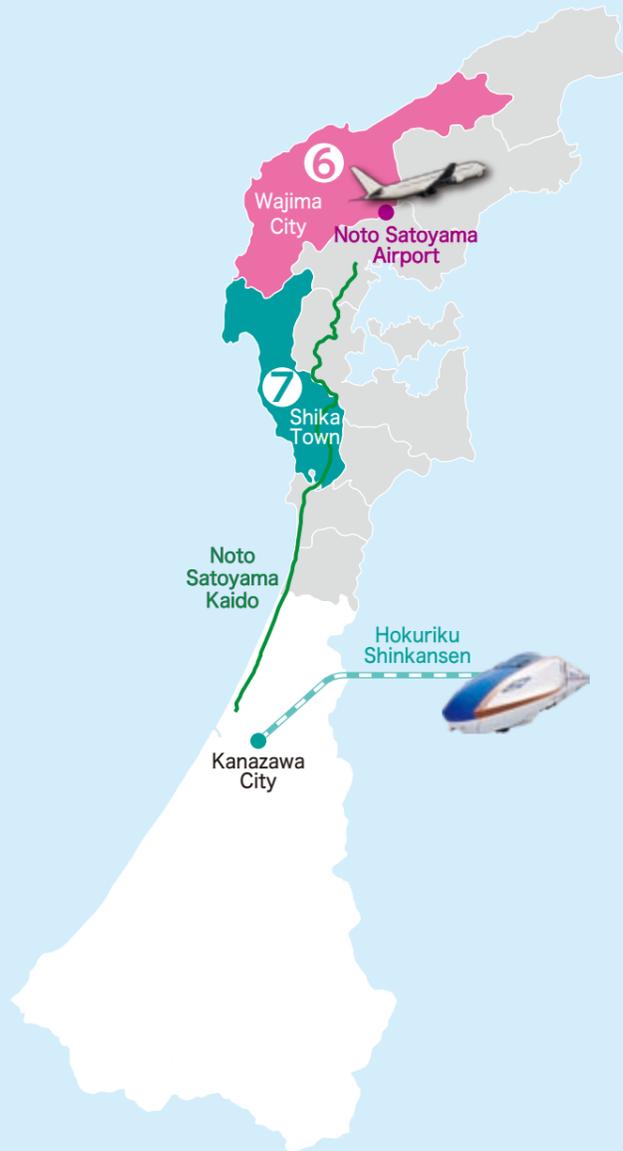
A joint athletics ground and indoor pool facility. A variety of training is possible with the cardio room and weight training room.

Main events previously held

- Volleyball V League (The Challenge League)
- Hokushinetsu Gymnastics Championships (women's rhythmic gymnastics)

Contact: sports@city.hakusan.lg.jp

Facilities in Ishikawa Prefecture 《Noto District》



The Noto District faces the Japan Sea and is an area with beautiful Satoyama and Satoumi 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 saké), it has the rustic feel of 'authentic Japan'. The local airport, Noto Satoyama Airport, opened in 2003 and has flights connecting with Tokyo.

6 Wajima City Public Gymnasium Wajima City

Trampoline

Constructed: 2001



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.

Equipped with air conditioning, a heated pool and a training room. This facility is situated in a relaxing environment surrounded by natural forest and on a small hill with views of the sea.

Main events previously held

- Western Japan Trampoline Championships (2015, 2007)

Main training camps previously held

- Volleyball World Championship (Japan, 2006)
Pre-championship training camp - French men's team

Contact: sports@city.wajima.lg.jp

7 Shika Town General Martial Arts Gym Shika Town

Wrestling

Constructed: 1989



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 (2 mats can be used at a time)
- Athletics training ground

Adjacent to a gymnasium equipped with training equipment, and within 3 minutes' walk of accommodation options. We plan to install Olympic specification mats in time for pre-games training.

Contact: gakushu@town.shika.lg.jp

Features of Ishikawa's Towns and Cities

Wajima City

An area representative of the Satoyama and Satoumi 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/>

Trampoline P13

Wajima City Public Gymnasium

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/>

Wrestling P13

Shika Town General Martial Arts Gym

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/>

Trampoline P11

Komatsu Public Gymnasium

Canoe Sprint P12

Lake Kiba Canoe Sprint Course

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/>

Trampoline P11

Kanazawa City Public Gymnasium

Weight Lifting P11

Kanazawa City Public Gymnasium

Swimming P12

Kanazawa Johoku Citizens' Sports Park Indoor Pool (Opening in 2017)

Hakusan City

An area of abundant nature with Mt. Hakusan, the majestic flow of the Tadori 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/>

Indoor Sports P12

Matto Comprehensive Sports Park Gymnasium

