

Iwate Training Camp Guidebook





Beautiful, abundant nature

The Sanriku coast, a richly varied rias coastline, and the lush green Kitakami highlands, plains that spread out from the Ou Mountains, are blessed with pleasant weather even in the middle of the summer, and are ideal for training camps

The Lone Cherry Tree at Kolwal Farm and Mt. Iwate (Shizukulshi Town)

Sunflower field (Kitakami City)



Leontopodium hayachinense (Tono City)

Tono Folklore Village (Tono City)

Chojagahara Halji Ato (Oshu City)

Sunrise over the ocean (Kuji City)

Chagu Umakko Horse Festival (Takitawa City)

The appeal of Iwate as a training camp location

Iwate is in northeast Japan, connected to Tokyo by Shinkansen with a minimum travel time of two hours and 10 minutes.

Morioka, the prefectural capital, is located at around the same latitude as Washington D.C., Beijing, and Madrid, and has a cool climate.

Here in Iwate Prefecture, there are various delights during each season brought by the magnificent natural environment, and the flavors of the seasons are nurtured in the rich land and sea off the Sanriku coast. Moreover, contact with the local people, who welcome guests with great hospitality, is bound to raise the morale of visiting athletes.

For tomorrow's victory, hold your training camp in Iwate.

Weather during August in Iwate (Morioka City)

Average Temperature in August: 23.4°C

Lowest Temperature in August: 15.7°C

Highest Temperature in August: 34.6°C

Average Rainfall in August: 183.8mm

Weather during August in Iwate: based on past data from the meteorological agency and data from local municipalities

Soothing hot springs

The hot springs found throughout the prefecture have various benefits, not only revitalizing exhausted bodies, but also relaxing the mind and eliciting even better performance.

Holiday Village Iwate Amihari Onsen (Shizukuishi Town)



Motsuji, Oizumi ga ike Pond (Hirazumi Town)

Towns with living history and culture

A golden opportunity for cultural experience awaits in Iwate, which is home to two World Heritage Sites, Motsuji and Chuson-ji, which represent the culture of the Oshu Fujiwara Clan, and the Hashino Iron Mining and Smelting Site built by Oshima Takato, the grandfather of modern ironmaking.

Hashino Iron Mining and Smelting Site (Kamaishi City)



Nambu Ironware



Hidehira-nuri Lacquerware

Fresh delicious food

Iwate is known throughout the world as home to some of the best beef in Japan, Maesawa beef. Iwate also faces the Sanriku coast, one of the three best fishing grounds in the world. Safe and secure food is an important part of physical training.

Wanko Soba Noodles

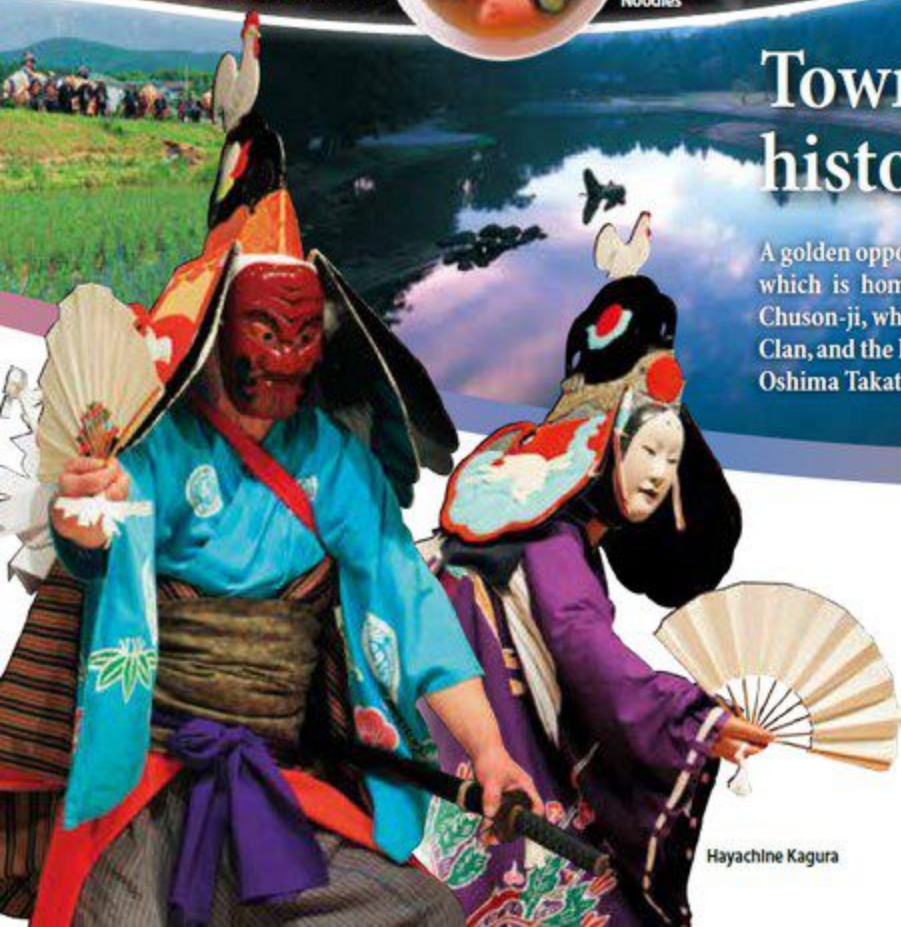


Morioka Reimen Noodles

Mochi Gozen

Iwate Shorthorn Cattle

Jodogahama Beach (Miyako City)

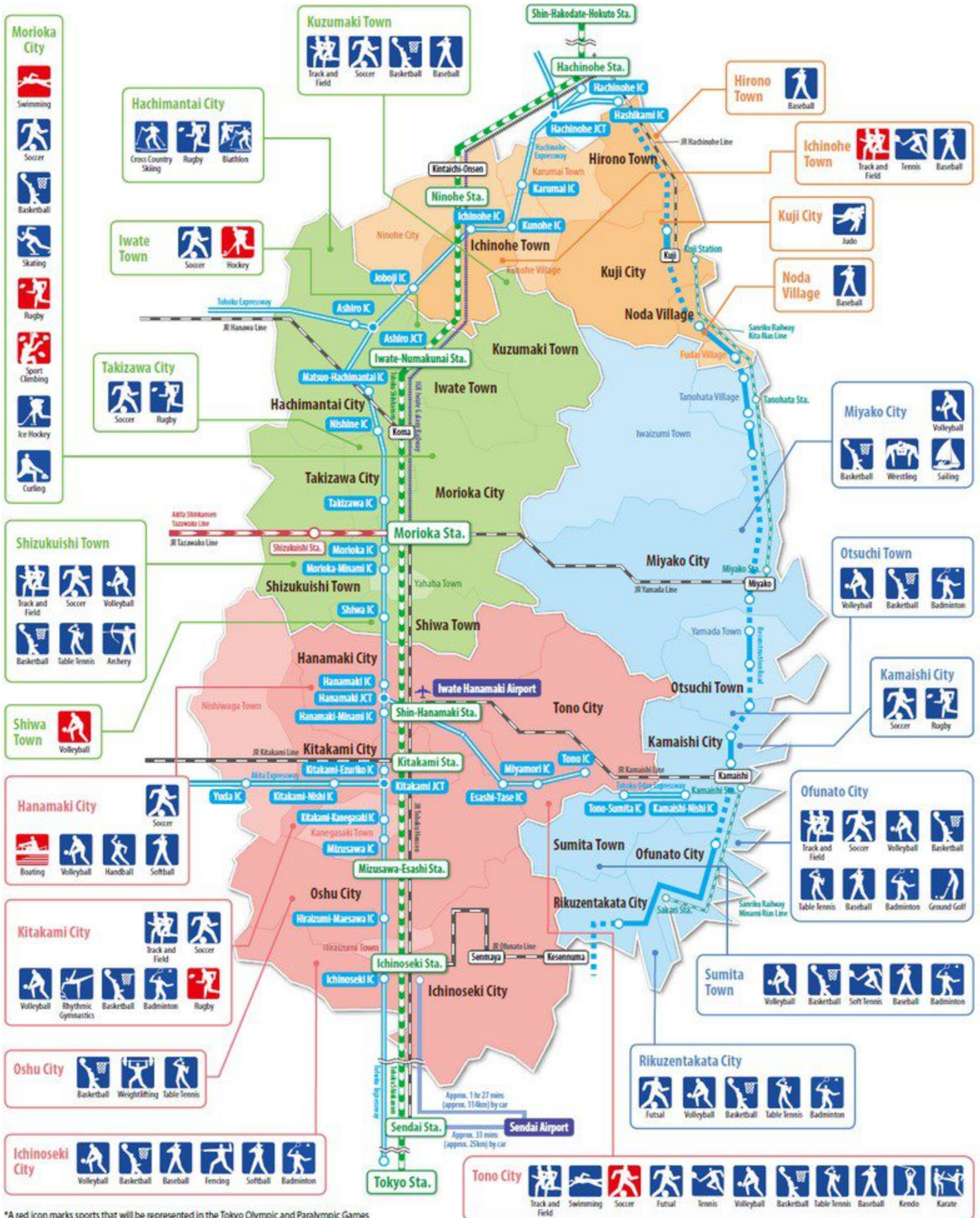


Hayachine Kagura



Camp Area Information

In Iwate, an expressway runs through the center, and roads built to high standards as well as the Tohoku Shinkansen connect important cities around which the proposed training camp sites are located.



*A red icon marks sports that will be represented in the Tokyo Olympic and Paralympic Games

List of municipalities and the sports they are inviting for training camps

Area		Central Area						Southern Area					Coastal Area					Northern Area					
Sport	Municipality	Morioka City	Hachimantai City	Takizawa City	Shizukushiro Town	Kuzumaki Town	Iwate Town	Shiwa Town	Hanamaki City	Kitakami City	Tono City	Ichinoseki City	Oshu City	Miyako City	Rikuzentakata City	Ofunato City	Kamaishi City	Otsuchi Town	Sumita Town	Kuji City	Noda Village	Hirono Town	Ichinobe Town
	Track and Field					●	●				●	●					●						
Swimming		●								●													
Soccer		●		●	●	●	●		●	●	●					●	●						
Futsal										●					●								
Cross Country Skiing			●																				
Tennis										●													●
Boating									●														
Hockey							●																
Volleyball				●				●	●	●	●			●	●	●		●	●				
Rhythmic Gymnastics									●														
Basketball		●		●	●				●	●	●	●		●	●	●		●	●				
Skating		●																					
Wrestling														●									
Sailing														●									
Weightlifting													●										
Handball									●														
Soft Tennis																			●				
Table Tennis				●						●		●		●	●								
Baseball					●					●	●				●			●			●	●	●
Fencing												●											
Judo																				●			
Softball									●		●												
Badminton									●		●			●	●		●	●					
Kendo										●													
Rugby		●	●							●							●						
Sport Climbing		●																					
Archery				●																			
Karate										●													
Ice Hockey		●																					
Curling		●																					
Ground Golf															●								
Biathlon		●																					

● → Attracting sports competitions toward Tokyo Olympic and Paralympic Games. ● → Training camp sports. *32 sports in total.

Central Iwate Prefecture Area



Tayama Cross-country Course

Tayama Biathlon Stadium

Towada-Hachimantai National Park

Hachimantai City

Rugby Field of Hachimantai City

Iwate Pref. Sports Park Climbing Stadium

Takizawa Park Athletics Stadium

Shizukuishi Sports Park

OGAL BASE

Hanamaki Onsenkyo Prefectural Natural Park

Nishiwaga Town

Legend

- Expressway
- Limited Highway
- National Road
- Main Road
- Shinkansen
- JR
- Sanriku Railway
- IGR Iwate Galaxy Railway
- Sports Facility

Kuzumaki-machi Sociophysical Training House

Kuzumaki-machi General Athletic Playground Multipurpose Ground

Kuzumaki-machi General Athletic Playground Baseball Stadium

Iwate-machi Sport Ground

Iwate-machi Hockey Ground

Morioka Ice Rink (Michinoku Coca-Cola Bottling Rink)

Morioka General Arena (Morioka Takaya Arena)

Morioka Municipal Pool

Morioka Minami Park Stadium (Iwa-gin Stadium)

Iwate Hanamaki Airport

World Heritage



Morioka City

Average temperature in August: 23.4°C

Average rainfall in August: 183.8mm



Central Area

Morioka is home to multiple facilities built to high standards including the Morioka General Arena, which is the home arena of the B-League Iwate Big Bulls and the Morioka Minami Park Stadium, the home stadium of the J-League Grulla Morioka.

Additionally, the General Arena also has a pool and ice rink on the same grounds, providing a wide range of training options.

There is very convenient access via Tohoku Shinkansen and Tohoku Expressway, and the city center has plenty of options for lodging.

Contact

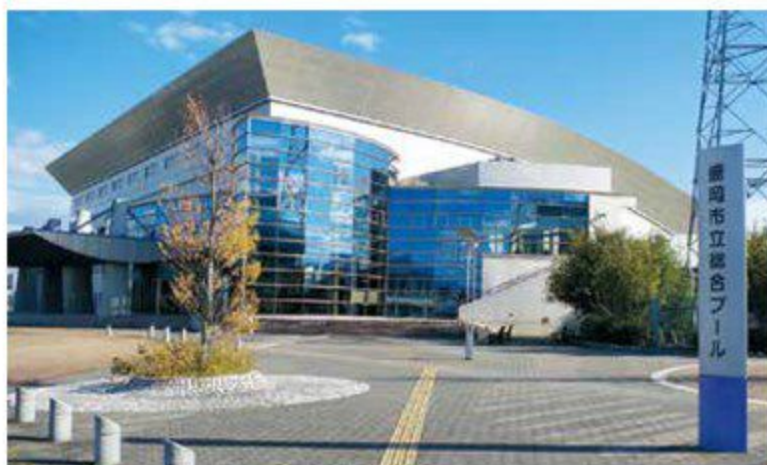
3-46 Uchimaru, Morioka 020-8530
Morioka City Civic Affairs Department
Sports Tourism Promotion Office

Tel: +81-(0)19-603-8009

Email: sports-t@city.morioka.iwate.jp

Access

- Approx. 53 mins by bus from Iwate-Hanamaki Airport to JR Morioka Station
- Approx. 10 mins by car from JR Morioka Station to Municipal Swimming Pool and Ice Rink
- Approx. 20 mins by car from JR Morioka Station to Morioka Minami Park Stadium
- Approx. 15 mins by car from Tohoku Expressway Morioka IC to Municipal Swimming Pool and Ice Rink
- Approx. 10 mins by car from Tohoku Expressway Morioka IC to Morioka Minami Park Stadium



Morioka Municipal Pool

5-3-1 Motomiya, Morioka City

[Sport]



[Specifications]

- 50m×25m (50m×9 courses), water depth 0-3m (changeable)
- Other facilities include: changing rooms, shower rooms
- Entire facility may be rented
- Note: Japan Swimming Federation Regulation-Size Pool, disabled-accessible bathroom available, outdoor 25m pool and diving pool available



Morioka General Arena (Morioka Takaya Arena)

5-4-1 Motomiya, Morioka City

[Sport]



[Specifications]

- 70m×46m
- Other facilities include: weight training room, changing rooms, shower rooms, heat and air conditioning
- Entire facility may be rented
- Note: disabled-accessible bathroom available



Morioka Minami Park Stadium (Iwa-gin Stadium)

8-65 Nagai, Morioka City

[Sport]



[Specifications]

- 145m×88m, natural turf on both sides
- Other facilities include: changing rooms, shower rooms
- Entire facility may be rented
- Note: complies with Japanese Football Association rules, disabled-accessible bathroom available



Morioka Ice Rink (Michinoku Coca-Cola Bottling Rink)

5-3-3 Motomiya, Morioka City

[Sport]



[Specifications]

- 1 Skating Rink (60m×30m), 2 Curling Sheets (45.72m×5m) ● Other facilities include: 4 athlete waiting rooms, 2 conference rooms, seating for 96 spectators (movable chairs)
- Entire facility may be rented ● Note: Facility may be used 24 hours a day throughout the year, disabled-accessible bathroom available



Iwate Pref. Sports Park Climbing Stadium

1-10-1 Mitake, Morioka City

[Sport]



[Specifications]

- 2 lead walls: 15m (18m at the tallest) ×4m, 2 bouldering walls: 4.5m×12m, 2 speed walls: 15m×3m, 2 bouldering training walls: 3m×3m and 3m×4m, 2 speed training walls: 8m×3m
- Entire facility may be rented
- Note: facility will remain open during rainy weather, the lead wall is in the largest class in the country at 18m high, adjustable height with an overhang available, Japan Cup 2016, Sport Climbing 1st Combined Japan Cup 2018 venue

The Best of Iwate



Sake [All areas]

Using delicious local water and rice, the exquisite sake of Iwate is made by the skillful hands of the "Nanbu Toji". This group of sake brewmasters is counted among the three best in Japan.

Nanbu Senbei

[Morioka City, Ninohe City, etc.]

Senbei crackers made by kneading a mixture of wheat flour and water, and baking in a metal mold with sesame or peanuts. There are various new flavors including chocolate and squid coming out all the time.



Nanbu Ironware

[Morioka City, Oshu City]

The first designation of Japan Traditional Crafts. The simple and modern designs are also popular abroad. They're also useful as food prepared in them absorbs the iron, adding an iron supplement to your diet.



Hittsumi [All areas]

A local specialty of Iwate. Just knead wheat flour into wide flat pieces and put them into soup with whatever vegetables and meat that you like.



Hachimantai City



Average temperature in August: 22.4°C



Average rainfall in August: 160.3mm

Hachimantai City is surrounded by a rich natural environment, containing Hachimantai National Park, Mt. Iwate, the highest mountain in the prefecture, and Appi Kogen, one of the best ski resorts in Japan. Hachimantai is blessed with highly convenient access by expressway, Shinkansen, and JR Lines as well as great options for accommodation. Furthermore, the cool weather during the summer makes it an ideal environment for sports that is attractive for training camps and sports tourism as well.

In 2016, the Iwate National Competition was held. In the winter there was a ski race, and a rugby tournament was held in the autumn. In all there were 5 events.

Contact

21-170 Noda, Hachimantai City 028-7397
Hachimantai Commerce and Tourism Division

Tel: +81-(0)195-74-2111

Email: shokanka@city.hachimantai.lg.jp

Access

- Approx. 30 mins by car from JR Tohoku Shinkansen Iwate Numakunai Station
- Approx. 40 mins from JR Morioka Station to JR Obuke Station on the Hanawa Line
- Approx. 25 mins by bus from JR Obuke Station, approx. 15 mins by car
- Approx. 10 mins by car from Tohoku Expressway Matsuo-Hachimantai IC

Rugby Field of Hachimantai City

7-3-1 Matsuoyoriki, Hachimantai City

[Sport]



[Specifications]

- 100m×70m (field of play), 16m×70m (in-goal area), 4 fields with natural grass
- Other facilities include: changing rooms, shower rooms
- Entire facility may be rented



Tayama Cross-country Course

46-1 Babashita, Hachimantai City

[Sport]



[Specifications]

- 3km course, 5km course
- Other facilities include: changing rooms, wax room
- Note: Certified by the Ski Association of Japan (5km)



Tayama Biathlon Stadium

178-4 Yagami, Hachimantai City

[Sport]



[Specifications]

- 20 shooting places, 2km course, 2.5km course, 3km course
- Other facilities include: changing rooms, team cabin, metal target (manual)



Takizawa City

Average temperature in August: 24.8°C

Average rainfall in August: 227.5mm



Takizawa City, a commuter town next to the prefectural capital Morioka, is loved by residents as a peaceful and calm place with very convenient transportation access. Furthermore, Takizawa borders Shizukuishi and Hachimantai, so there are numerous options for accommodation.

Natural grass fields were prepared for the 2016 national competition that was successfully held here.

We keep the pitch in excellent condition so that athletes can maximize their performance.

Contact

55 Nakaukai, Takizawa City 020-0692
Takizawa Board of Education
Continuing Education Sports Division

Tel: +81-(0)19-656-6588

Email: bunsपो@city.takizawa.iwate.jp

Access

- 40 mins or more by train from Hanamaki Airport to JR Okama Station on the Tazawako Line
- Approx. 20 mins by car from JR Morioka Station
- Approx. 10 mins by car from JR Okama Station on the Tazawako Line to the center of Takizawa
- Approx. 10 mins by car from Tohoku Expressway Morioka IC

Takizawa Park Athletics Stadium

1-1 Ukaioniwada, Takizawa City

[Sport]



[Specifications]

- 108m×70m, natural grass
- Other facilities include: changing rooms, shower rooms (in the connected gymnasium)
- Entire facility may be rented
- Note: Complies with Japan Football Association Regulations (natural grass), disabled accessible bathroom available (in the gymnasium)



Shizukuishi Town

Average temperature in August: 22.6°C

Average rainfall in August: 206.4mm



In Shizukuishi Town, the Sports Park has athletics facilities with a combined gymnasium and track-and-field grounds. There are also 11 hot springs in Shizukuishi with abundant lodging facilities. The area is blessed with an abundance of nature, great food, and sightseeing places for athletes to enjoy Japan between their training sessions. Also, the cool weather in the summer makes it an ideal environment for sports.

The 2016 Iwate Land of Hope National Competition held its archery tournament in Shizukuishi, and many other large-scale sporting events have been held here.

Contact

114 Kamisoneda, Shizukuishi Town 020-0555
Shizukuishi Board of Education
Continuing Education Sports Division

Tel: +81-(0)19-692-4181 (Direct)

Email: sports@town.shizukuishi.iwate.jp

Access

- Approx. 30 mins by car from JR Morioka Station to the center of Shizukuishi
- Approx. 20 mins by car from Tohoku Expressway Morioka IC to central Shizukuishi Town

Shizukuishi sports park

104 Takamaeda, Shizukuishi Town, Iwate District

Athletics Track Field

[Sport]



[Specifications]

- Track event: 1 lap 400m course (140m straight) ● Tracks: 8 lanes
- Long jump (2 sand pits) ● Field: natural grass
- Other facilities include: changing rooms, shower rooms, conference rooms, training rooms (in the attached gymnasium)
- Entire facility may be rented (coordination required in advance)
- Note: disabled-accessible bathroom available

Gymnasium

[Sport]

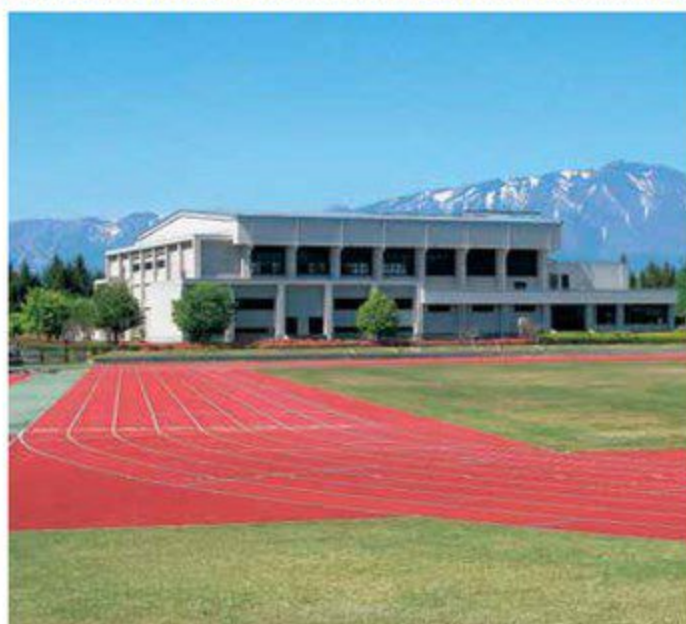


[Specifications]

- 41.6m×36m (2 basketball courts)
- Other main facilities: changing rooms, shower rooms, conference rooms, training rooms
- Entire facility may be rented (coordination required in advance)
- Note: disabled-accessible bathroom available



(Gymnasium)



(Athletics Track Field)



Kuzumaki Town

Average temperature in August: 21.6°C

Average rainfall in August: 154.0mm

Kuzumaki Town is located to the northeast of Morioka City, the prefectural capital. There are sports facilities there in the highlands of the hilly and mountainous area. Sports competitions and training camps are regularly held here, taking advantage of the cool weather during the summer. The facility has an 8-lane synthetic rubber all-weather athletic track, a multipurpose field, a soccer field with synthetic long pile grass, and a baseball field all available for use at night. There are also accommodations adjoining this excellent sports environment. Furthermore, in town there is a ranch, a factory that makes local specialty products, a renewable energy facility, and the area is filled with beautiful natural areas, delicious food, and sightseeing spots, providing an ideal environment to be refreshed.

Contact

16-1-1 Kuzumaki, Kuzumaki Town 028-5495
Kuzumaki Town Board of Education

Tel: +81-(0)195-66-2111 (Extension: 272)

Email: Kuzumaki0903@town.kuzumaki.iwate.jp

Access

- Approx. 1 hr by car from JR Tohoku Shinkansen Iwate Numakunai Station
- Approx. 90 mins by car from Tohoku Expressway Takizawa IC

Kuzumaki-machi General Athletic Playground Multipurpose Ground

5-170-2 Kuzumaki, Kuzumaki Town, Iwate District

[Sport]



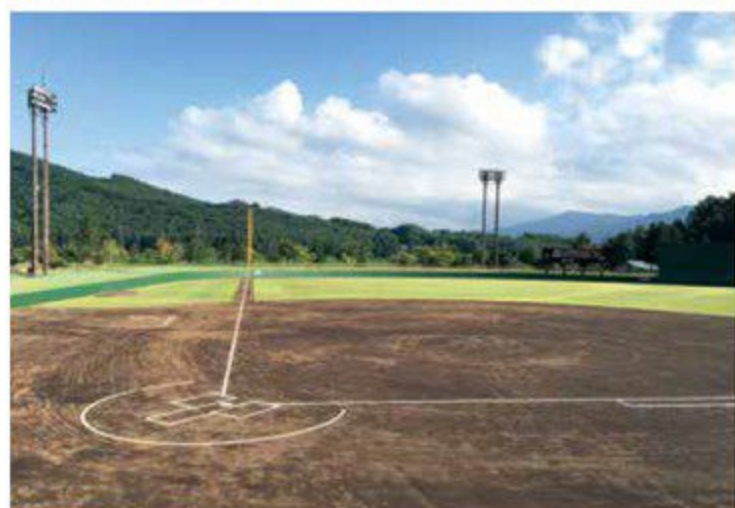
[Specifications]

Soccer Ground

- 76m×110m long pile synthetic grass/ 1 field for general use, 2 fields for youths (FIFA certified products, impact-absorbing mats)

Track and Field

- Track events: 1 lap 400m
- Number of courses: 8 lanes (all-weather synthetic rubber material tracks, IAAF certified)
- Other main facilities: available for use at night
- Note: adjoining lodging facilities available



Kuzumaki-machi General Athletic Playground Baseball Stadium

5-170-2 Kuzumaki, Kuzumaki Town, Iwate District



[Specifications]

- Left/right field: 95m / Center field: 122m
Infield (clay), outfield, (grass)
- Other facilities include: lighting for use at night, full-color LED scoreboard, main stand with 1,500 seats.



Kuzumaki-machi Sociophysical Training House

8-33-2 Kuzumaki, Kuzumaki Town, Iwate District

[Sport]



[Specifications]

- 37m×40m (2 standard basketball courts)
- Other main facilities: men's and women's changing rooms (with showers)
- Entire facility may be rented
- Note: disabled-accessible bathroom available



Iwate Town

Average temperature in August: 24.2°C

Average rainfall in August: 284.5mm

Contact 10-44 Itsukaichi, Oaza, Iwate Town, 028-4395
Iwate-machi Town Board of Education Office

Tel: +81-(0)195-62-2111 (Extension: 344)
Email: shakyo-1@town.iwate.iwate.jp

Access

- 50 mins or more by train from Hanamaki Airport to JR Iwate Numakunai Station on the Tohoku Shinkansen Line
- Approx. 5 mins by car from JR Tohoku Shinkansen Iwate Numakunai Station
- Approx. 30 mins by car from Tohoku Expressway Nishine IC

Iwate Town is home to the only hockey field in Iwate that is certified to international standards (and has lighting for use at night) as well as other facilities. There are even abundant options for accommodation nearby in town. Furthermore, access to the area by Shinkansen is very convenient.

Additionally, the cool weather during the summer makes this an ideal environment for sports. The area is rich in nature and has great food as well as sightseeing spots. Furthermore, the 2016 Iwate Land of Hope National Competition and numerous other large sporting events are held here.



Iwate-machi Sport Ground

5-143 Kodaki, Oaza, Iwate Town, Iwate District

[Sport]



[Specifications]

- 180m×93m, synthetic grass (one field long pile, 2 fields of 6-person sand dressed turf)
- Other facilities include: changing rooms ● Entire facility may be rented
- Note: compliant with Japan Hockey Association Standards, (multiple standard: synthetic grass), disabled accessible bathroom available, gymnasium, changing rooms, shower rooms, and disabled-accessible bathroom available inside the Iwate-machi Sports Culture Center

Iwate-machi Hockey Ground

2-3 Kodaki, Oaza, Iwate Town, Iwate District

[Sport]



[Specifications]

- 132m×76m, one field of synthetic grass (water based)
- Other facilities include: Night lighting (Average illumination is 524 lux), sprinklers
- Entire facility may be rented
- Note: Standard Japan Hockey Association Facility (International Standard: water-based synthetic turf), one courts that meets multiple standards and disabled-accessible bathroom are in the adjacent Iwate-machi Sport Ground, and a gymnasium, changing rooms, shower rooms, and disabled-accessible bathroom are available in the Iwate-machi Town Sports Culture Center



Shiwa Town

Average temperature in August: 23.0°C

Average rainfall in August: 169.1mm

Contact 2-3-1 Shiwachuo Ekimae, Shiwa Town 028-3392
Shiwa Town Board of Education Office

Tel: +81-(0)19-672-2111 (Extension: 3122)
Email: syogaigakusyu@town.shiwa.iwate.jp

Access

- 25 mins by car from Hanamaki Airport to JR Shiwa Chuo Station on the Tohoku Honshu
- Approx. 30 mins by car from JR Morioka Station
- Approx. 10 mins by car from Tohoku Expressway Shiwa IC

Shiwa Town, located in the center of Iwate, is very convenient and has excellent access due to the Interchange, station, and airport all within 30 minutes of the area. In recent years the area in front of the Shiwa Chuo Station has been developed. The first court exclusively for volleyball was added to the Ogal Arena, and the Ogal Inn, a hotel, was built in the same facility, so this facility has the infrastructure to support training camps.

OGAL BASE

2-3-12 Shiwachuo Ekimae, Shiwa Town, Shiwa District

[Sport]



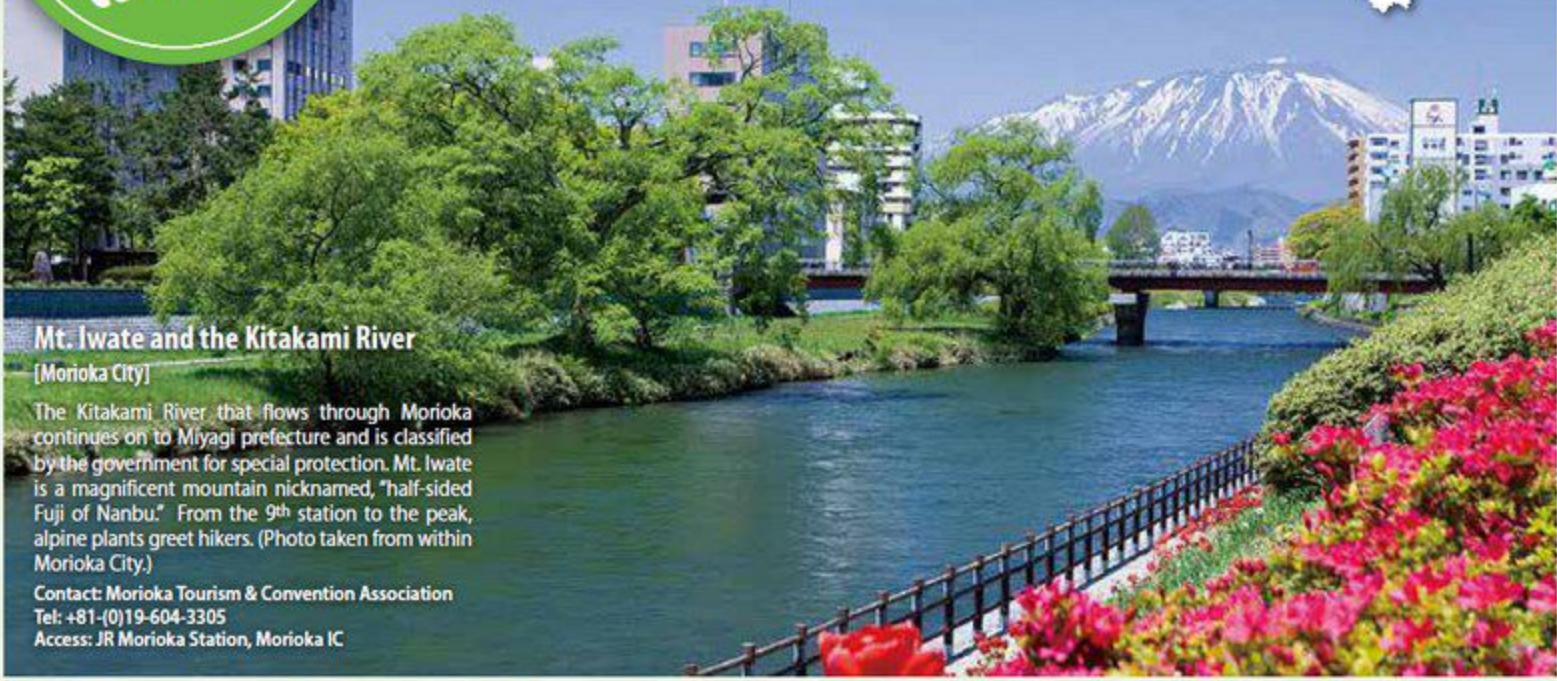
[Specifications]

- 24.57m×37.96m (2 volleyball courts)
- Other facilities include: changing rooms, projector, screen (rental), heat and air conditioning (rental), gallery
- Entire facility may be rented
- Note: the floor of the courts is made with Taraflex according to the international convention standards, Ogal Inn (a hotel) in the same facility and the gym is available in the same area



**Sightseeing
in
Central Area**

It's a lot of fun to explore downtown Morioka on foot. There are gardens nearby and famous hot springs in the mountains awaiting your visit. Enjoy the varying scene of the towering Mt. Iwate throughout the seasons.



Mt. Iwate and the Kitakami River
[Morioka City]

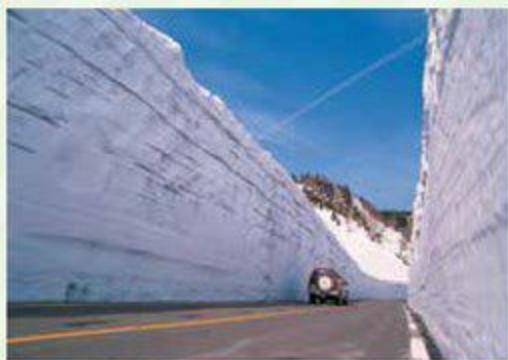
The Kitakami River that flows through Morioka continues on to Miyagi prefecture and is classified by the government for special protection. Mt. Iwate is a magnificent mountain nicknamed, "half-sided Fuji of Nanbu." From the 9th station to the peak, alpine plants greet hikers. (Photo taken from within Morioka City.)
Contact: Morioka Tourism & Convention Association
Tel: +81-(0)19-604-3305
Access: JR Morioka Station, Morioka IC



Chagu Chagu Umakko Festival [Takizawa City, Morioka City]
In this parade about 100 horses decorated with bells go the Onikoshi Sozen Shrine in Takizawa City to worship, then walk 13km along the roads to the Hachimangu Shrine in Morioka with their bells making a "chagu chagu" noise that gives the festival its name.
Contact: Chagu Chagu Umakko Festival Preservation Society (Within the Morioka Tourism Exchange Division)
Tel: +81-(0)19-613-8391 Access: Takizawa IC, Morioka IC



Koiwai Farm [Shizukuishi Town]
Relax at this large farm and enjoy the natural environment. Be sure to see the lone cherry tree against the backdrop of Mt. Iwate.
Tel: +81-(0)19-692-4321
Closed: Late February
Hours: 9:00 a.m. - 5:30 p.m. (Makiba Park hours vary with the season)
Access: JR Koiwai Station, Morioka IC



Towada-Hachimantai National Park (Hachimantai area) [Hachimantai City]
So many things to see including a vast marsh, alpine plants, and a snow corridor. A great place to go for a drive.
Contact: Hachimantai City Tourism Association
Tel: +81-(0)195-78-3500
Access: Matsuo-Hachimantai IC

What to eat when you visit Iwate The Three Great Noodles



Wanko Soba
[Morioka City, Hanamaki City]
Small portions of soba noodles with seasonings. It's fun to see how many bowls you can eat in one sitting.

Morioka Reimen
[Morioka City]
The flavor of these firm noodles in thick beef bone broth is truly superb.



Morioka Jajamen
[Morioka City]
Warm thick noodles that you mix with a special miso meat sauce before eating.

Hot springs Luxurious hot springs to soothe your body



Oshuku Hot Springs [Shizukuishi Town]
It is said that this ancient hot spring helps in healing cuts and burns, after an old legend of a nightingale found recovering from its wounds in the spring's waters. Traditional inns line the Oshuku River, a tributary of the Shizukuishi River in this atmospheric hot spring town.



Tsunagi Hot Springs [Morioka City]
Long ago, Minamoto no Yoshiie tethered his horse here to let it rest, giving rise to the name of "Tsunagi," which means tether in Japanese. The Goshu lakeshore is lined with traditional Japanese inns and modern hotels, making it popular as a place to relax in Morioka.



Hachimantai Hot Springs [Hachimantai City]
This hot spring town has a great view of the Hachimantai mountains and Mt. Iwate, and features various accommodation facilities including hot springs hotels, inns, pensions, and guest houses.

Southern Iwate Prefecture Area



Legend

- Expressway
- Limited Highway
- National Road
- Main Road
- Shinkansen
- JR
- Sanriku Railway
- IGR Iwate Galaxy Railway
- Sports Facility



Hanamaki City



Average temperature in August: 23.8°C



Average rainfall in August: 153.9mm



Hanamaki has excellent sports facilities of all types. The Towa B&G Marine Center in particular has already hosted training camps for the Japanese and the Greek Olympic Boating teams.

Hanamaki is also home to the only airport in the prefecture, as well as easy access to the training camp and competition areas via Shinkansen and expressway. Furthermore, some of the best hot springs hotels in Tohoku are located here, making for an ideal training camp environment.

Contact

9-30 Kajomachi, Hanamaki City 025-8601
Hanamaki City Continuing Education Department
Sports Promotion Section

Tel: +81-(0)198-24-2111 (Extension: 292)

Email: sports@city.hanamaki.iwate.jp

Access

- Hanamaki General Gymnasium: Approx. 5 mins by car Hanamaki-Minami IC on the Tohoku Expressway
- Ishidoriya Fureai Sports Park: Approx. 11 mins by car from the Hanamaki IC on the Tohoku Expressway
- Hanamaki Sports Camp Village: Approx. 13 mins by car from the Hanamaki-Minami IC on the Tohoku Expressway
- Towa B&G Marine Center: Approx. 20 mins by car from the Esashi-Tase IC on the Kamaishi Expressway

Hanamaki General Gymnasium

50 Matsuzonocho, Hanamaki City

[Sport]



[Specifications]

- Arena 1: 60m×45m (seating for 2068 spectators)
2 handball courts, 3 volleyball/basketball courts, 24 table tennis tables, 12 badminton courts
- Arena 2: 34m×21m (seating for 158 spectators)
1 volleyball/basketball court, 8 table tennis tables, 4 badminton courts
- Arena 3: 49m×34m (seating for 1,970 spectators)
1 handball/futsal court, 2 volleyball/basketball courts, 12 table tennis tables, 10 badminton courts
- Training Room: 9 types of machines for weight training (9 machines in total), 3 types of machines for aerobic training (12 machines in total)
- Multipurpose room with mirror: Area: 306m²
- Other facilities: changing rooms, athlete waiting room, meeting room, etc.
- Entire facility may be rented
- Note: heating and air conditioning, disabled-accessible bathroom available, venue for the 2016 Iwate Land of Hope National Handball and Volleyball Competitions
- Nearby facilities: Hanamaki Baseball Field/Left and Right field are 92m/Seating for 12,000 spectators/Facilities for night games
Athletic field 8 lanes with all-weather pavement (Certified Class 4)
Tennis courts: 8 artificial turf courts and 4 clay courts



Southern Area

Ishidoriya Fureai Sports Park

11-2029 Kitaterabayashi, Ishidoriyacho, Hanamaki City

[Sport]



[Specifications]

- 8 softball fields (1 field has lights for night games)
- Other facilities: administration building, headquarters room, parking for 700 vehicles
- Entire facility may be rented
- Note: disabled-accessible bathroom available, venue for the 2016 Iwate Land of Hope National Softball Competition



Hanamaki Sports Camp Village

11-363-1 Ota, Hanamaki City

[Sport]



[Specifications]

- Main Ground 144m×69m (JFA-certified long pile artificial turf pitch)
Subground: 3 144m×69m fields with natural turf / Indoor exercise area 19m×31m
- Other facilities: clubhouse, 2 meeting rooms, 2 shower rooms, 1 referee changing room, parking for 250 vehicles
- Entire facility may be rented
- Note: disabled-accessible bathroom available, venue for the 2016 Iwate Land of Hope National Soccer Competition



Towa B&G Marine Center

29-1 Tase, Towacho, Hanamaki City

[Sport]



[Specifications]

- Boat Racing Promotion Center (JOC Certified)
- B-level 2000m 8 lanes (Japan Rowing Association certified course)
- Other facilities: marine center, changing rooms (with shower), boathouse, training room/conference room (available as overnight accommodation), bath, laundry room, kitchen
Boat storage: 28 quad sculls, 28 double sculls, 28 single sculls, 3 jury boats, 2 motor boats ● Entire facility may be rented
- Note: home to training camps for the Japanese team during the Sydney and Athens Olympics, hosted the Japanese and Greek teams during the Beijing Olympics, hosted the 2016 Iwate Land of Hope National Rowing Competition





Kitakami City

Average temperature in August: 23.8°C

Average rainfall in August: 185.2mm



Kitakami City has a very convenient location just 2 hours and 30 minutes from Tokyo station by Shinkansen. The summers are also cool, so the weather conditions make it easy for athletes to keep in good shape. The city has extensive experience hosting university training camps.

The Kitakami Sports Park is conveniently located just 10 minutes by car from Kitakami Station. It is one of the leading sports parks and arenas in the region with IAAF Type 2 Certification (JAAF Type 1 Certification) for the Kitakami Athletics Field and Type 3 Certification for the Supplementary Athletic Field. There are also 4 rugby and soccer fields available with natural turf, another with artificial turf, as well as an indoor training facility (with free weights).

Contact

1-3-1 Odori, Kitakami City 024-0061
Odense Plaza Globe 3F
Inside Kitakami City Continuing Education Center
Kitakami City Town Development Department
Sports Promotion Section

Tel: +81-(0)197-72-8270

Fax: +81-(0)197-63-3121

Email: sports@city.kitakami.iwate.jp

Access

- Approx. 10 mins by car from JR Kitakami Station
- Approx. 5 mins by car from Tohoku Expressway Kitakami-Kanegasaki IC

Kitakami Sports Park

27-36 Takamaedan, Aisaricho, Kitakami City

Kitakami Athletic Field



[Specifications]

- Track events: 1 lap 400m
- Number of courses: 9 lanes, all weather urethane surface
- In-field/ natural grass (106m×70m)
- Throwing events
- Jumping events
- Other facilities include: indoor running track, changing rooms, shower rooms, disabled-accessible toilet and shower room
- Note: IAAF Class 2 Certified/JAAF Type 1 Certified sports ground (capacity: 22,000 people), electric bulletin board, clock, time-keeping computer system



(Athletics Track Field)



(Kitakami Athletic Ground 2)

Supplementary Athletic Field



[Specifications]

- Track events: 1 lap 400m
- Number of courses: 8 lanes, all weather urethane surface
- In-field/ natural grass (105m×66m)
- Throwing events
- Jumping events
- Other facilities include: four light towers
- Note: Japan Association of Athletics Federation Type 3 Certified

Rugby, soccer grounds



[Specifications]

- 4 natural grass fields, 1 artificial turf field
- Kitakami Athletic Field 106m×70m (in-field/natural grass), 1 field
- Kitakami Athletic Ground 1 area: 26,150m² (natural grass), 2 fields
- Kitakami Athletic Ground 2 area: 14,600 m² (artificial turf), 1 field
- Supplementary Athletic Field 105m×66m (in-field/natural grass) 1 field
- Other facilities include: Supplementary Athletic Field of Kitakami Sports Park, four light towers



(General Gymnasium)

Kitakami General Gymnasium



[Specifications]

- Large arena: 2,172 m² (54.3m×40.0m)
- 2 basketball courts, 3 volleyball courts, 10 badminton courts, 1 set of Rhythmic Gymnastics mats
- Small arena: 748 m² (36.5m×20.5m) 1 basketball court, 1 volleyball court
- Other facilities include: changing rooms, shower rooms, training rooms, running courses, disabled-accessible bathroom and shower rooms
- Note: seats (2,000 fixed sets, 9 wheelchair seats), heating and air conditioning
- Other notes: parking lot capacity: 1,335 vehicles



(Training Room)



Tono City

Average temperature in August: 22.7°C

Average rainfall in August: 175.7mm



Tono City, known as the “eternal hometown of Japan,” has abundant resources in its rich natural environment, delicious food, and beautiful sightseeing locations. It is also easy to access with connections to other areas via the Tohoku Odan Highway Kamaishi Akita line, the Tohoku Expressway, and the Tohoku Shinkansen.

The venue for the 2016 Iwate Land of Hope National Boys’ Soccer Competition was here in Tono. The training environment here is perfect for soccer with 2 natural grass fields and one artificial turf field for just that purpose.

Contact 1-10 Shinmachi, Tono City 028-0524
Tono City Center
Lifelong and Learning Sports Division

Tel: +81-(0)198-62-4413

Email: gaku-spo@city.tono.iwate.jp

Access

- Approx. 1 hr by car to the center of Tono from the Kitakami-Ezuriko IC on the Tohoku Expressway
- Approx. 1 hr by train from the Shin-Hanamaki Shinkansen Station to Tono Station



Tono Civic Center Gym

1-10 Shinmachi, Tono City

[Specifications]

Karate/Kendo

- 15m×16m

Basketball, Volleyball, Table Tennis

- 38m×33m ● 2 Basketball/Volleyball Courts ● 8 Table Tennis Tables

Swimming (Swimming Race)

- 6 lanes 25m in length ● 2m wide lanes ● Pool depth 1.1 – 1.3m ● Heated pools
- Other facilities include: training rooms, bathrooms, changing rooms, sauna
- Entire facility can be rented
- Note: multipurpose bathroom available, accommodation facilities are adjacent

[Sport]



Tono Sports Park

11-1 Nukamae, Aozasacho, Tono City

[Sport]



[Specifications]

Soccer ● 2 grounds with natural grass (Track and field area is 108m×71m, the multipurpose exercise area is 115m x 78m) ● Complies with the Japanese Football Association rules (Both fields had new natural grass laid out in 2014)

Baseball ● Left/right field: 90m / Center field: 120m/Behind home base: 18m
● Infield is clay, outfield is natural grass

Track and Field ● Track events: 1 lap 400m ● Number of courses: 8 lanes (clay)
● Throwing events (javelin, shot put) ● Jumping events (running long jump)
● Note: Japan Association of Athletic Federation's 4th level certification

Tennis ● 14m×31m ● 4 artificial turf courts

- Other facilities include: [Track and Field area] administration building, bathrooms, changing rooms, showers, multipurpose bathroom [Baseball area] bathrooms, changing rooms, lights for night games, scoreboard [Tennis courts] bathrooms, lights for night games
- Entire facility can be rented



Tono National Sports Festival of Japan Memorial Park Tono Soccer Park

80 Jimori, Shiraiwa Matsuzakicho, Tono City

[Sport]



[Specifications]

- 1 artificial turf ground, 1 clay ground, 1 futsal court
- Japanese Football Association Certified Long Pile Artificial Turf
- Other facilities include: lights for night games (only on the artificial turf ground), bathrooms, changing rooms, showers
- Entire facility may be rented



Inarishita Indoor Playground

16-11 Higashikokucho, Tono City

[Sport]



[Specifications]

- 42.5m×26.5m (artificial turf)
- Other facilities include: bathrooms, changing rooms
- Entire facility may be rented



Ichnoseki City

Average temperature in August: 24.0°C

Average rainfall in August: 168.9mm



Ichnoseki City is the gateway to the World Heritage Site, Hiraizumi, a city filled with greenery and blessed with convenient access. There are many excellent hot springs in town that are effective in soothing exhaustion after training.

The Ichnoseki City Gymnasium was the venue for the 2016 Iwate Land of Hope national competitions for basketball and fencing. The Ichnoseki Sports Park Baseball Field hosts games for the Japanese Women's Softball League.

Contact 7-2 Takeyama-cho, Ichnoseki City 021-8501
Ichnoseki City Department of Community Development Promotion Sports Promotion Section

Tel: +81-(0)191-26-0860 (Direct line)

Email: sport@city.ichnoseki.iwate.jp

Access

- Approx. 60 mins by car from Iwate Hanamaki Airport
- Approx. 10 mins by car from JR Ichnoseki Station
- Approx. 10 mins by car from Tohoku Expressway Ichnoseki IC

Ichnoseki Sports Park Baseball Field

4-2 Hakoshimizu, Hagisho, Ichnoseki City

[Sport]



[Specifications]

- Grounds: area is 12,900 m² (left and right field are 97.5m and center field is 122m) / the outfield is grass
- Other facilities include: stands (area of the structure is 4,295 m², stands hold 6,200 people), changing rooms
- Note: 6 sets of lights, scoreboard, infield and outfield fence for softball



Ichnoseki City Gymnasium

25-3 Ishinose, Kozenji, Ichnoseki City

[Sport]



[Specifications]

- Main area: 60-62m x 40m (2,551 m² total area), ceiling height is 15-17m (3 basketball courts, 3 volleyball courts)
- Subarena: 37m x 23m (921 m² total area), ceiling height is 12.5m (1 basketball court, 1 volleyball court)
- Other main facilities: training rooms, men's and women's changing rooms (lockers, showers)
- Note: heating and air conditioning, seating for 2,006 people



Oshu City

Average temperature in August: 23.7°C

Average rainfall in August: 159.6mm



The Oshu General Gymnasium hosts many large-scale events including inter high school competitions. Oshu City is also home to the Esashi Central Gymnasium. There is also very convenient access via the Shinkansen station, Mizusawa-Esashi Station, which is just 5 to 10 minutes away by car.

The area is rich in nature, great food, and sightseeing spots. It is of particular note that the famous Maesawa Beef is from this area, and it's famous for being right next to the World Heritage Site Hiraizumi.

Contact 1-8 Odori, Esashi, Oshu City 023-1192
Oshu City Collaborative Town Planning Department Continuing Education and Sports Division

Tel: +81-(0)197-35-2111 (Extension: 2195)

Email: shousupo@city.oshu.iwate.jp

Access

- Approx. 40 mins by car from Iwate Hanamaki Airport
- Approx. 10 mins by car from JR Tohoku Shinkansen Mizusawa Esashi Station
- Approx. 15 mins by car from Tohoku Expressway Mizusawa IC

Oshu General Gymnasium

72 Uguisudaira, Hadacho, Mizusawa, Oshu City

[Sport]



[Specifications]

- Main Arena: 64.2m x 50.4m (3,235.68 m²), 3 basketball courts, 24 table tennis tables
- Subarena: 34.2m x 24.535m (839.097 m²), 1 basketball court, 8 table tennis tables
- Other facilities: changing rooms, shower rooms
- Entire facility may be rented
- Note: disabled-accessible bathroom available



Esashi Central Gymnasium

9-1 Suginomachi, Esashi, Oshu City

[Sport]



[Specifications]

- 46.125m x 38.0m 1,752.75m²
- Other facilities: changing rooms, shower rooms
- Entire facility may be rented
- Note: disabled-accessible toilet available



**Sightseeing
in
Southern Area**

The Cultural Heritage of Hiraizumi became a UNESCO World Heritage Site in June of 2011. This is made up of five well-preserved sites that breathe with history, "Chuson-ji", "Motsu-ji", "Kanjiyaio-in Ato", "Muryoko -in Ato", and "Mt. Kinkeisan".



World Heritage

Chuson-ji [Hiraizumi]

The first-generation Fujiwara, Kiyohira, built many Buddhist temples. There are more than 3,000 national treasures and important cultural properties here, including Konjikido, Japan's first national treasure. A special historical site.
Tel: +81-(0)191-46-2211
Closed: Open 365 days a year
Hours: 8:30 a.m. - 5:00 p.m. (Closes at 4:30 p.m. from Nov 4 through Feb)
Access: JR Hiraizumi Station

Southern Area



Kitakami Municipal Park Tenshochi [Kitakami City]
This roughly 2km-long area of cherry trees was chosen as "one of the 100 best places to see cherry blossoms." Visitors are welcomed to the park by 10,000 cherry trees and 100,000 azaleas.
Contact: Kitakami Convention & Visitor Bureau Tel: +81-(0)197-65-0300
Access: JR Kitakami Station, Kitakami-Ezuriko IC



Esashi-Fujiwara Heritage Park [Oshu City]
This theme park is filled with authentic reconstructions of Heian Era buildings and is used for the filming of popular samurai dramas.
Tel: +81-(0)197-35-7791 Closed: Open 365 days a year
Hours: 9:00 a.m. - 5:00 p.m. (Closes at 4:30 p.m. from Nov 1 through Feb)
Access: JR Mizusawa-Esashi Station, JR Mizusawa Station, Mizusawa IC



Geibikei Gorge [Ichinoseki City]
Enjoy a boat ride down this 2km-long gorge with 100-meter-high cliffs towering on both sides of the river.
Contact: Geibi Tourism Center Tel: +81-(0)191-47-2341
Closed: Open 365 days a year Hours: 8:30 a.m. - 4:30 p.m. (Opens at 9:00 a.m. from Nov 21 through Mar 31, sometimes closes early between Sept 1 and March 31) Round trip takes 90 mins Access: JR Geibikei Station

Must-try food in Iwate Local cuisine



Maesawa Beef [Oshu City]
No effort is spared in raising these cows, which eat good quality feed and produce top quality beef. Taste the world-renowned flavor of Maesawa beef steak, sukiyaki, sushi, and more.

Kitakami croquette [Kitakami City]

These well-known croquettes are made using famous local ingredients including Futago satoimo, Japanese black cows, Shirayuri pork, and asparagus.



Mochi cuisine [Ichinoseki City and other parts of Southern Iwate]
In the Ichinoseki area, mochi is used for ceremonial occasions throughout the year. There are over 300 varieties of mochi dishes including Zunda mochi made of crushed edamame and June (wild sesame) mochi.

Luxurious hot springs to soothe your body Hot springs



Hanamaki Hot Springs [Hanamaki City]
There are numerous onsen dotted throughout the area, each with their own individual qualities, including Tohoku's largest and most comfortable hot spring inns, and hot springs famous for their restorative qualities.



Geto Kogen Hot Springs [Kitakami City]
A collective of many hot springs including Geto, Irihata, Semi and Mizukami. The rustic outdoor baths are also quite charming.



Yuda Onsenkyo [Nishiwaga Town]
Hot Yuda is one of the few hot springs in Japan that is in a train station building. There are also other unique features including the first sand bath in Tohoku.



Ichinoseki Hot Springs [Ichinoseki City]
There are 6 hot springs along the Iwai River that flow down from Mt. Kurikoma. There are various hot springs facilities to enjoy from rustic old baths, to newer hot springs.

Coastal Iwate Prefecture Area



Coastal Iwate Prefecture Area



Legend

- Expressway
- Limited Highway
- National Road
- Main Road
- Shinkansen
- JR
- Sanriku Railway
- IGR Iwate Galaxy Railway
- Sports Facility

Sanriku Reconstruction National Park



Miyako City

Average temperature in August: 22.2°C

Average rainfall in August: 171.3mm



Miyako City is located near the center of the Iwate coast, at the easternmost point on Honshu Island. The Pacific Ocean is to the east, and the prefectural capital, Morioka City, is to the West. Miyako is the largest municipality in Iwate with an area of 1,259.89 square kilometers.

The coastal area, home to the Rias Harbor Miyako where sailing races are held, is in the north Pacific climate, making it cool in the summer and an ideal environment for sports. The 2016 Iwate Land of Hope National Competition was also held here, as have other large-scale competitions.

Contact 1-1-30 Miyamachi, Miyako City 027-8501
Miyako City Board of Education Secretariat
Continuing Education Section

Tel: +81-(0)193-62-2111 (Extension: 3716)
Email: syogai@city.miyako.iwate.jp

Access

- Approx. 3.5 hours by train from Hanamaki Airport to JR Miyako Station on the Yamada Line
- Approx. 2 hours by bus from JR Morioka Station to JR Miyako Station on the Yamada Line
- Approx. 120 mins by car from Tohoku Expressway Morioka IC

Rias Harbor Miyako

9-1 Kanbayashi, Miyako City

[Sport]



[Specifications]

- Yacht Harbor just for dinghy yachts
- Other facilities include: changing rooms, shower rooms
- Note: venue for the 2016 Iwate Land of Hope National Competition Sailing Race



Miyako Citizen Gymnasium

2-1-1 Koyamada, Miyako City

[Sport]



[Specifications]

- 1,840m² (2 basketball courts, 3 volleyball courts, 8 badminton courts, 4 wrestling arenas)
- Other facilities include: changing rooms, shower rooms
- Note: heating and air conditioning available, venue for the 2016 Iwate Land of Hope National Competition Wrestling Tournament



Rikuzentakata City

Average temperature in August: 23.4°C

Average rainfall in August: 172.0mm



Rikuzentakata City is located in the southeast of Iwate prefecture on the Pacific Coast and is blessed with a rich natural environment surrounded by both mountains and the ocean. The area enjoys mild weather throughout the year, making it a great environment for sports.

The Rikuzentakata General Exchange Center and the Rikuzentakata B&G Swimming Center are annexed to each other, so there are fully equipped sports facilities that provide an excellent foundation to support the promotion of sports.

Contact 5 Ota, Takatacho, Rikuzentakata City 029-2205
Rikuzentakata City Regional Promotion Department
Sports Exchange Promotion Office

Tel: +81-(0)192-22-8448 (direct)
Email: sports@city.rikuzentakata.iwate.jp

Access

- Iwate Kenkotsu Bus: Get off at the Takatakoko bus stop, walk 14 mins
- JR Ofunato Line BRT: Get off at Takatakoko Station, walk 14 mins
- 1 hour and 30 mins from JR Ichinoseki station by car

Rikuzentakata General Exchange Center Rikuzentakata B&G Swimming Center

5 Ota, Takatacho, Rikuzentakata City

[Sport]



[Specifications]

- Site area: about 45,653m²
- Building area: 9,642m²
- Total floor area: 10,591m²
- Structure: reinforced concrete with a partial steel structure, 2-storeyed
- Multipurpose hall: 2 basketball courts, 2 volleyball courts, 12 table tennis tables, other athletic courts, running course, seats for 810 spectators
- Arena: 1 basketball court, 2 volleyball courts, 6 table tennis tables, 1 futsal court, other athletic courts
- Kendo Dojo
- Indoor pool: 25m (6 lanes), children's pool, jacuzzi
- Other facilities include: training room, fitness room, meeting room, changing rooms, shower rooms, heating and air conditioning
- Note: multipurpose bathroom available





Ofunato City

Average temperature in August: 23.0°C

Average rainfall in August: 196.5mm

15 Utsunosawa, Sakaricho, Ofunato City 022-8501
Ofunato City Board of Education
Lifelong Learning Section

Contact

Tel: +81-(0)192-27-3111 (Extension: 273)
Email: ofu_syo-gaku@city.ofunato.iwate.jp

Access

- 120 mins by car from Iwate Hanamaki Airport to Sakari Station
- 80 mins by car from JR Mizusawa-Esashi Station to Sakari Station
- 180 mins by train from JR Ichinoseki Station to Sakari Station

Ofunato City is in the south of Iwate on the coast. It is rather cool during the summer, and snow rarely accumulates during the winter, making an enjoyable environment for sports all year round. A corporation called the Tohokujin Spirit Iwate Ground Project is providing full support for a multipurpose grounds with artificial turf to further improve the sports environment, in addition to the current facilities including; the Ofunato Citizen Gymnasium, which has heating and air conditioning, the Sakarigawa Riverside Park, which has about 1 hectare of natural grass and was used as the ground golf venue for the 2016 Iwate Land of Hope Competition, the Ofunato Sanriku Sports Park, and a city-run baseball field planned for restoration.



Ofunato Citizen Gymnasium

1-1 Nakamichishita, Sakaricho, Ofunato City

[Sport]



[Specifications]

Table Tennis ● Table Tennis area: 195m² ● 34 Table Tennis Tables
*Venue for the 2008 62nd National Recreation All Japan in Iwate Recreation Table Tennis Event

Badminton ● 8 badminton courts

Volleyball ● 2 volleyball courts

Basketball ● 2 basketball courts

- Park lot (for about 100 vehicles) (accommodates large buses)
- Disabled-accessible bathroom available
- Entire facility may be rented



Akasaki Ground

58-3 Oikata, Akasakicho, Ofunato City

[Sport]



[Specifications]

Soccer ● Ground area: 11,600m² (artificial turf) ● 1 soccer pitch
● 2 8-person soccer pitches ● 1 futsal pitch

Baseball ● 1 youth-size field

- Parking lot (for about 100 vehicles) (accommodates large buses)
- Club house available
- Lights for night games
- Disabled-accessible bathroom available
- Entire facility may be rented



Ofunato Sanriku Sports Park

56 Kurotsuchida, Ryori, Sanrikucho, Ofunato City

[Sport]



[Specifications]

Baseball ● Grounds area: 13,600m² ● Broadcasting room (behind the back net)

Track and Field ● 200m circumference (8 lanes)

*2 tennis courts annexed *Next to the Ofunato Sanriku B&G Swimming Center

- Parking lot (for about 40 vehicles) (accommodates large buses)
- Lights for night games ● Entire facility may be rented



Sakarigawa Riverside Park

Right bank of the Sakarigawa River, Sakaricho, Ofunato City

[Sport]



[Specifications]

Soccer ● Ground area: 10,500m² (natural grass)

Ground Golf

*Was the venue for the 2016 Iwate Land of Hope Ground Golf Competition

- Parking lot (for about 150 vehicles) ● Lights for night games
- Disabled-accessible bathroom available ● Entire facility may be rented



Kamaishi City

Average temperature in August: 23.0°C

Average rainfall in August: 240.0mm



Kamaishi City is in the southeast of Iwate around the center of Sanriku Fukko National Park, facing the Pacific Ocean, so the geographical conditions and the sea give it a mild climate all year round.

Additionally, Kamaishi, known as Rugby Town, is where the Nippon Steel Corporation Kamaishi Rugby Team (now called the Kamaishi Seawaves RFC) who dominated the Japan Rugby Football Championships from 1978 to 1984, winning seven years in a row, are based. The town is even referred to as the Rugby Holy Land.

Iwate Prefecture and Kamaishi City were selected as one of the locations for the 2019 Rugby World Cup that will be held in Japan. The city is engaged in developing the town and people's health through sports.

Contact 15-2 Suzukocho, Kamaishi City 026-0031
Kamaishi City Citizen Life Department
Continuing Education, Culture, and Sports Division

Tel: +81-(0)193-22-8835 (direct)
Email: syougai@city.kamaishi.iwate.jp

Access

- Approx. 90 mins by train from Iwate Hanamaki Airport and JR Tohoku Shinkansen Shin-Hanamaki Station
- Approx. 70 mins by car from the Tohoku Expressway Hanamaki JCT via the Tohoku Odan Expressway Kamaishi Akita Line

Kamaishi Football Center

10-159 Kasshicho, Kamaishi City

[Sport]



[Specifications]

- 114m×70m (1 artificial turf rugby pitch), 105m×68m (1 artificial turf soccer pitch)
- Other facilities include: showers, locker room, lounge, balcony, conference room
- Entire facility may be rented
- Note: Kamaishi Sea Waves RFC Home Ground, disabled-accessible bathroom available.



Kamaishi Unosumai Memorial Stadium

18-5-1 Unosumai, Kamaishi City

[Sport]



[Specifications]

- 130m×80m (1 main ground with hybrid natural grass) 120m×78m (1 sand subground)
- Other facilities include: 6,000 permanent stadium seats, parking lot for about 300 vehicles, multipurpose hall, 2 locker rooms, 2 changing rooms, 2 shower rooms, 2 bathrooms, 1 multipurpose bathroom, 2 outdoor bathrooms, medical office, control room
- Not available for general use until after the 2019 Rugby World Cup



Otsuchi Town

Average temperature in August: 23.0°C

Average rainfall in August: 246.2mm



Otsuchi Town is located to the southeast of the Sanriku Reconstruction National Park, a vast rias coast. The animated TV show "Hyokkori Hyoutan-jima" is said to have been based on Houraijima Island, which has become the symbol of this coastal town.

Though it suffered terrible devastation in the Great East Japan Earthquake and Tsunami, many people from all over Japan came to help in the reconstruction. This created many new connections that continue to contribute to reconstruction today.

It's warm here throughout the year due to the oceanic climate, based on which plans for sports experience related tourism are being developed.

Contact 32-126 Kozuchi, Otsuchi Town 028-1121
Otsuchi Town Board of Education
Continuing Education Division

Tel: +81-(0)193-42-2300 (direct)
Email: syougai@town.otsuchi.iwate.jp

Access

- Approx. 2 hours by train from Iwate Hanamaki Airport to JR Kamaishi Station
- Approx. 20 mins by bus from JR Kamaishi Station
- Approx. 2 hours by car from JR Tohoku Shinkansen Shin-Hanamaki Station

Otsuchi Town Shiroyama Park Gymnasium

32-126 Kozuchi, Otsuchi Town

[Sport]



[Specifications]

- Area: 33.5m×22.4m
- Other sports areas: 1 basketball court, 2 volleyball courts, 3 badminton courts
- Entire facility may be rented (only by groups)
- Other facilities include: budojo (244m²), training room (146m²)
- Other facilities: changing rooms, disabled-accessible bathroom, 600 movable spectator seats (80 gallery seats), heating (costs extra), screen





Sumita Town

Average temperature in August: 22.9°C

Average rainfall in August: 181.9mm



Sumita Town is located in the southeast part of Iwate, and because of its abundant forests and excellent lumber processing facilities, it is striving to be the number one forestry and lumber town in Japan. In recent years, sports facilities have undergone large-scale renovation, and an enjoyable sports environment has been promoted. Sumita Town created a new sport called "Kubb" using the wood they were actively engaged with for a demonstration during the 2016 Iwate Land of Hope Competition, and every year an Iwate sporting event has been held here.

Contact

88-1 Kawamukai, Setamai, Sumita Town 029-2396
Sumita Town Board of Education Secretariat

Tel: +81-(0)192-46-3863 (direct)
Email: kyoui@town.sumita.iwate.jp

Access

- Approx. 60 mins by car from Iwate Hanamaki Airport
- Approx. 50 mins by car from JR Tohoku Shinkansen Mizusawa-Esashi Station
- Approx. 60 mins by car from the Mizusawa IC on the Tohoku Expressway

Sumita Town Lifelong Sports Center

291 Nakagami, Shimoarisu, Sumita Town

[Sport]



[Specifications]

- Arena: 31m×40m = 1240m²
2 volleyball courts, 2 basketball courts
4 badminton courts, 2 soft tennis courts
- Other facilities include: stage, changing rooms, 312 spectator seats, conference room
- Entire facility may be rented
- Note: disabled-accessible bathroom available, showers, infant room, training room with a tug-of-war practice machine (takkuman), infrared heater available



Sumita Town Sociophysical Training House

69-1 Kawamukai, Setamai, Otsuchi Town

[Sport]



[Specifications]

- Arena: 28m×32m (-2.76) = 893.24m²
2 volleyball courts, 2 basketball courts (for youth groups)
4 badminton courts, 1 soft tennis court
- Other facilities include: stage, changing rooms, gallery available
- Entire facility may be rented
- Note: the arena has LED lights inside, disabled-accessible bathroom available



Sumita Town Sports Park Baseball Field

80-1 Kawamukai, Setamai, Otsuchi Town

[Sport]

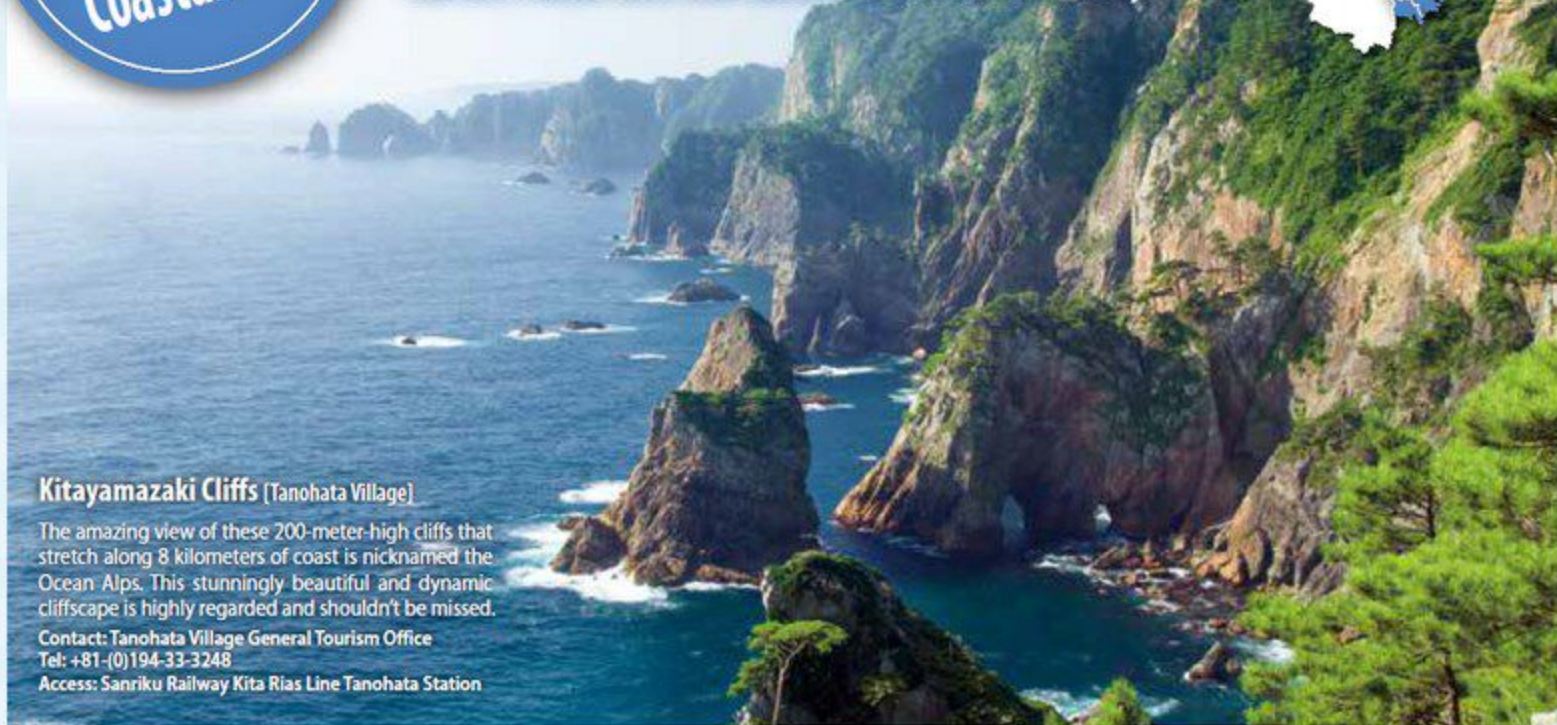


[Specifications]

- Left and right field are 92m and center field is 120m, outfield: natural grass
- Other facilities include: lights for night games, administration building (bathrooms, machine room), sprinkling equipment
- Entire facility may be rented
- Note: there is a disabled-accessible bathroom and spectator seating inside the main stand headquarters room

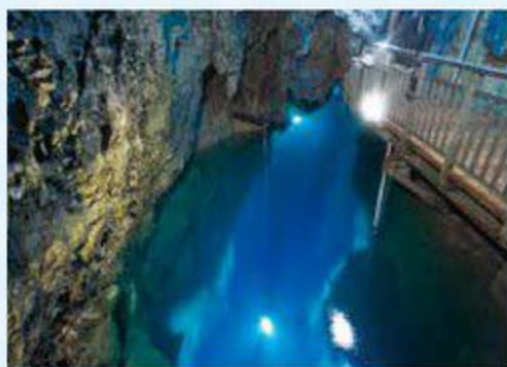
Sightseeing in Coastal Area

With the elevated coast to the north and the rias coastline in the south, the unique shape of Sanriku is always impressive. Seafood from the Sanriku ocean where the Kuroshio current mixes with the Okhotsk current is heavenly!



Kitayamazaki Cliffs [Tanohata Village]

The amazing view of these 200-meter-high cliffs that stretch along 8 kilometers of coast is nicknamed the Ocean Alps. This stunningly beautiful and dynamic cliffscape is highly regarded and shouldn't be missed.
 Contact: Tanohata Village General Tourism Office
 Tel: +81-(0)194-33-3248
 Access: Sanriku Railway Kita Rias Line Tanohata Station



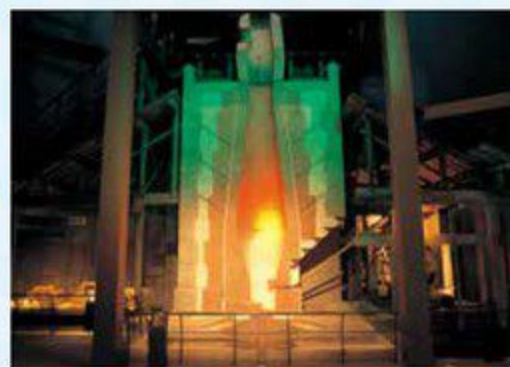
Ryusendo Cave [Iwazumi Town]

One of the three great limestone caves of Japan, with 3 underground lakes open for viewing. These are among the most transparent lakes in the world.
 Contact: Ryusendo Office
 Tel: +81-(0)194-22-2566 Closed: Open 365 days a year
 Hours: 8:30 a.m. - 6:00 p.m. (October to April closes at 5:00 p.m.)
 Access: Sanriku Railway Kita Rias Line Iwazumi-Omoto Station



Jodogahama Beach [Miyako City]

This stunning view is the trademark of the Sanriku Reconstruction National Park. The white rock faces contrast beautifully with the blue sea showing stunning views throughout the seasons.
 Contact: Miyako Tourism Exchange Association
 Tel: +81-(0)193-62-3534
 Access: Miyako Station



The Iron and Steel Museum [Kamaishi City]

Visitors can enjoy learning about the history of ironmaking in Kamaishi at this museum with a theater that features a large replica of a blast furnace and explains with images and sound how steel was made in those days.
 Tel: +81-(0)193-24-2211 Closed: Every Tuesday and at the end of December and in early January Hours: 9:00 a.m. - 5:00 p.m.
 Access: JR Kamaishi Station

Coastal Area



No. 1 blast furnace

World Heritage

Hashino Iron Mining and Smelting Site [Kamaishi City]

The Hashino Iron Mining and Smelting Site was registered as a World Heritage under the title of "Sites of Japan's Meiji Industrial Revolution: Iron and Steel, Shipbuilding and Coal Mining." The Hashino Iron Mining and Smelting Site is a general name that includes the remains of iron mines, logistical lines for transporting ore and steel, and the remains of the blast furnace itself. As the existing oldest western-style blast furnace in Japan, which was built under the supervision of Takato Oshima, the father of modern iron-making, the Hashino Iron Mining and Smelting Site is the earliest example of modern ironmaking including the three groups of rocks furnaces, the waterways, and the office. This premodern industrial landscape is now surrounded by lush natural forest.
 Contact: Kamaishi City World Heritage Office Tel: +81-(0)193-22-8846
 Access: JR Kamaishi Station



No. 3 blast furnace



No. 1 blast furnace

Northern Iwate Prefecture Area



Kuji City

Average temperature in August: 21.8°C
 Average rainfall in August: 165.6mm



In Kuji City at the beginning of summer, the Yamase (winds from the northeast) bring cool weather, making it ideal for sports so athletes can do effective training.

At the Kuji Civic Gymnasium, there are Judo mats that meet the international standards, and enough space for 6 different pairs to train at once. In Kuji City, there continue to be Judo events developing the town including a tournament named after the 10th dan Judo wrestler Kyuzo Mifune. The 2016 Iwate Land of Hope National Competition Judo Tournament was held in Kuji, and the facilities here are ideal.

Contact 1-1 Kawasakicho, Kuji City 028-8030
 Kuji City Board of Education Secretariat
 Continuing Education Division

Tel: +81-(0)194-52-2156 (direct)
Email: syatai@city.kuji.iwate.jp

Access

- 120 mins by car from Misawa Airport to JR Hachinohe Line Kuji Station
- 5 mins on foot from JR Kuji Station to the Kuji Civic Gymnasium
- Approx. 60 mins by car from JR Tohoku Shinkansen Ninohe Station to Kuji Civic Gymnasium
- Approx. 50 mins by car from Kunohe IC on the Hachinohe Expressway

Kuji Civic Gymnasium

4-13-3 Shinnakanohashi, Kuji City [Sport]

- [Specifications]
- Main Arena 49m×41m (2,042m²), 6 Judo mat areas
 - Other facilities include: changing rooms, shower rooms, training room
 - Entire facility may be rented
 - Note: disabled-accessible bathroom available, 6 Judo mat areas that meet international standards are available





Noda Village



Average temperature in August: 21.4°C



Average rainfall in August: 261.0mm



Ocean currents cause trade winds to blow through Noda Village, so the summers are cool and humid, making them ideal for sports.

The Rising Sun Stadium has extensive experience hosting sports events including professional baseball games in the Eastern League and the 2016 Iwate Land of Hope National Competition. Local lodging facilities also provide fresh local seafood in their meals, which gets rave reviews from guests coming from far away and participants in national sports tournaments.

Contact

20-14-2 Noda, Noda Village 028-8201
Noda Village Board of Education,
Lifelong Sports Section

Tel: +81-(0)194-78-2936

Email: kyoiku_sports@vill.noda.iwate.jp

Access

- 150 mins by car from JR Morioka Station
- 50 mins by car from the Kunohe IC on the Tohoku Expressway

Noda Village Sports Park Baseball Field (Rising Sun Stadium)

24-43-27 Noda, Noda Village, Kunohe District

[Sport]



[Specifications]

- Left/right field: 100m / Center field: 122m/Behind home base: 19.2m
- Other facilities include: athlete waiting room, conference room, shower rooms in 2 areas
- Note: illumination (1,000 lux during battery operation, 750 lux in the infield, 500 lux in the outfield)
- Capacity: 1,476 seats in the main stands, 936 seats in the infield stands, 1,688 seats in the outfield stands (grass seats)
- Parking lot capacity: 6 large buses, 200 normal-size vehicles



Hirono Town



Average temperature in August: 21.2°C



Average rainfall in August: 160.9mm



Hirono Town has cool weather during the summer and is ideal for sports. It is also being used in a campaign as a location for Japanese university baseball teams to visit. There is abundant nature here with both bountiful mountains and the ocean.

The Ocean View Stadium is a baseball stadium located on the northern coast of Iwate. Every year, the town sponsors a high school baseball exchange game, and during the 2016 Iwate Land of Hope National Competition it was used as the softball stadium. There is also a traditional Japanese Inn with room for 40 guests just 20 minutes away by car.

Contact

24-124-3 Taneichi, Hirono Town 020-7913
Hirono Town Board of Education
Continuing Education Section Social Sports Office

Tel: +81-(0)194-65-5411 (direct)

Email: shogaigakushu@town.hirono.iwate.jp

Access

- Approx. 60 mins from JR Hachinohe Station to JR to Taneichi Station on the JR Hachinohe Line
- Approx. 50 mins by car from JR Hachinohe Station
- Approx. 50 mins by car from the Karumai IC on the Hachinohe Expressway

Ocean View Stadium

21-41 Taneichi, Hirono Town, Kunohe District

[Sport]



[Specifications]

- 13,691m² (Center 122m, right and left outfields 98m)
- Other facilities include: athlete waiting room (changing room), conference room, shower rooms (2 areas for 3 people each), parking lot available
- Entire facility may be rented
- Note: Lights for night games (1,000 lux during battery operation, average 400 lux)





Ichinohe Town



Average temperature in August: 21.0°C



Average rainfall in August: 167.1mm



Ichinohe Town hosts one of the leading athletics stadiums with an all-weather track in the northern area of the prefecture that is based on the official standards of the Japan Association of Athletics Federation. There is excellent access as it only takes 10 minutes to reach the facilities by car from the Ichinohe IC on the expressway. In the Okunakayama area, the cool summer weather is used to raise highland vegetables such as lettuce, and there is also flourishing animal husbandry and production of high-quality goods including dairy products. Additionally, Okunakayama Kogen has hot springs with accommodations so that visitors can sooth their tired bodies.

With an environment like this, there are many track and field competitions and other sports events held in town here.

Contact

24-9 Okawabachi, Kozenji, Ichinohe Town 028-5311
Ichinohe Town Board of Education
Continuing Education Division

Tel: +81-(0)195-33-2111 (extension: 512)

Email: shogai@town.ichinohe.iwate.jp

Access

- Approx. 20 mins by car from Ninohe Station on the JR Tohoku Shinkansen Line
- Approx. 5 mins by car from Ichinohe Station on the IGR Iwate Ginga Railway
- Approx. 10 mins by car from the Ichinohe IC on the Hachinohe Expressway

Ichinohe Town Integrated Sports and Recreation Park

8 Odaira, Saihoji, Ichinohe Town, Ninohe District

Athletic field



[Specifications]

- Track: 1 lap 400m (All weather, rubber chip urethane surface)
- Courses: 8 courses
- Field: running long jump, triple jump, pole vault, javelin throw, discus throw, shot put, water hazard
- Other facilities include: lights for night events (8 light banks with 100 lux each), embankment stands (capacity: approx. 3,000 people), flag tower (1 area), administration building (contains training room), headquarters seating, broadcasting room, bathrooms, storage, machine storage



(Athletic field)

Tennis Court



[Specifications]

- 8 omni courts
- Other facilities include: lights for night games, 8 sections of 6 1,000W metal halide lights
- Note: All weather



(Tennis court)

Baseball Field



[Specifications]

- Left/right field: 100m / Center field: 122m/Behind home base: 19.25m / Ground area: 2,533m²
- Infield stands: 860m² / outfield stands: 1,065m²
- Capacity: main stands (fixed seating): 950 / infield stands (fixed seating): 1,150 / outfield stands (grass): 2,000
- Other facilities include: Scoreboard (partially digital), 6 lights towers (17 1,000W metal halide lights), 6 towers of natrium (8 900W lights)
- Note: illumination (when all are lit) 1,000 lux during battery operation, 700 lux in the infield, 500 lux in the outfield



(Baseball field)

*athletic field, tennis court, and baseball field share some equipment

Clubhouse: training room, shower rooms, locker room, conference room Simple lodging facilities: 14 rooms, kitchen heating and air conditioning

Sightseeing in Northern Area

Tendaiji Temple and the Jomon Park are sites of historical interest, and the delicious grains of the inland area and bounty of the sea on the coast will delight you. This peaceful area soothes the hearts of visitors with its wide-ranging appeal.

Goshono Jomon Park [Ichinohe Town]

This site of a large village ruins dates back to the middle Jomon Period, and is registered on a provisional list to become a World Heritage Site. This museum is filled with historical remnants including reconstructions of pit dwellings and shouldn't be missed.

Tel: +81-(0)195-32-2652 Closed: Every Monday, days following national holidays, late December and early January Hours: 9:00 a.m. - 5:00 p.m. Access: Ichinohe Station on the IGR Ginga Railway line, Ichinohe IC



Ninohe Civic Center [Ninohe City]

Ninohe City Local Information Center. Both the local city graphic designer Shigeo Fukuda's Design Hall and the Tanakadate Aikitsu Memorial Science Museum are in the same building.

Tel: +81-(0)195-25-5411

Closed: Fourth Monday, days following national holidays, late December and early January Hours: 9:00 a.m. - 5:00 p.m. Access: JR Ninohe Station, Ichinohe IC



Tendaiji Temple [Ninohe City]

This ancient temple is said to have been founded by Gyōki under the imperial command of Emperor Shōmu during the Nara Period.

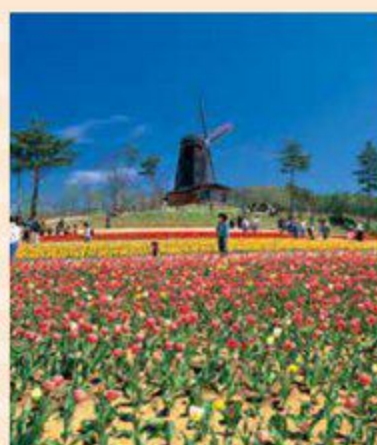
Tel: +81-(0)195-38-2500

Open: 365 days a year Hours: 7:00 a.m. - 6:00 p.m. Access: JR Ninohe Station, Joboji IC



Shorthorn cattle [Kuji City, Iwaizumi Town, etc.]

The shorthorn cattle that live out in the pasture have great umami flavor and lean meat rich in amino acids. The healthy great tasting meat is very popular.



Yukiagawa Dam Karumai Forest Park [Karumai Town]

This park makes use of the scenery of the forest and the dam and has a large windmill observation tower that is 20 meters in diameter. The 154-meter-long suspension bridge provides an expansive view of the area, and in the spring 150,000 tulips bloom here.

Contact: Yukiagawa Dam Karumai Forest Park Administration Building Tel: +81-(0)195-45-2444 Closed: April - October (while park is open) Mondays, days following national holidays Hours: 9:00 a.m. - 5:00 p.m. Access: Karumai IC

Iwate Training Camp



List of medical institutions

In addition to the prefectural hospitals that handle emergency medical services located all over Iwate, there is an emergency medical helicopter service based out of university hospitals that operates to give athletes the best possible medical care.

Division	Hospital name	Telephone number
Morioka City	Iwate Medical University Hospital	019-651-5111
Morioka City	Prefectural Central Hospital	019-653-1151
Kitakami City	Prefectural Chubu Hospital	0197-71-1511
Oshu City	Prefectural Isawa Hospital	0197-24-4121
Ichinoseki City	Prefectural Iwai Hospital	0191-23-3452
Ofunato City	Prefectural Ofunato Hospital	0192-26-1111
Kamaishi City	Prefectural Kamaishi Hospital	0193-25-2011
Miyako City	Prefectural Miyako Hospital	0193-62-4011
Kuji City	Prefectural Kuji Hospital	0194-53-6131
Ninohe City	Prefectural Ninohe Hospital	0195-23-2191
Ichinoseki City	Prefectural Senmaya Hospital	0191-53-2101
Tono City	Prefectural Tono Hospital	0198-62-2222
Oshu City	Prefectural Esashi Hospital	0197-35-2181
Rikuzentakata City	Prefectural Takata Hospital	0192-54-3221
Otsuchi Town	Prefectural Otsuchi Hospital	0193-42-2121
Yamada Town	Prefectural Yamada Hospital	0193-82-2111
Ichinohe Town	Prefectural Ichinohe Hospital	0195-33-3101
Hanamaki City	Prefectural Towra Hospital	0198-42-2211

Division	Hospital name	Telephone number
Ichinoseki City	Prefectural Daito Hospital	0191-72-2121
Karumai Town	Prefectural Karumai Hospital	0195-46-2411
Iwate Town	Prefectural Central Hospital Numakunai Local Consultation Center	0195-62-2511
Shiwa Town	Prefectural Central Hospital Shiwa Local Consultation Center	019-676-3311
Hanamaki City	Prefectural Central Hospital Ohasama Local Consultation Center	0198-48-2211
Sumita Town	Prefectural Ofunato Hospital Sumita Consultation Center	0192-46-3121
Ichinoseki City	Prefectural Iwai Hospital Hanazumi Local Consultation Center	0191-82-1231
Kunohe Village	Prefectural Ninohe Hospital Kunohe Local Consultation Center	0195-42-2151
Ichinoseki City	Prefectural Nanko Hospital	0191-23-3655
Morioka City	Morioka Municipal Hospital	019-635-0101
Hachimantai City	Hachimantai National Health Insurance Nishine Hospital	0195-76-3111
Oshu City	Oshu General Mizusawa Hospital	0197-25-3833
Oshu City	Oshu National Health Insurance Magokoro Hospital	0197-46-2121
Kuzumaki Town	National Health Insurance Kuzumaki Hospital	0195-66-2311
Nishiwaga Town	Nishiwaga Municipal Sawauchi Hospital	0197-85-3131
Ichinoseki City	Ichinoseki National Health Insurance Fujisawa Hospital	0191-63-5211
Hirono Town	Hirono National Health Insurance Taneichi Hospital	0194-65-2127



Iwate Sports Commission



Iwate Sports Commission

Sports training camps and sports competitions in "Iwate, the golden land" !!

Goal

The goal of this organization is to utilize the sports and tourism resources of Iwate to attract sports competitions and sports related events, work together with governmental and other organizations to promote sports tourism, and revitalize the local area by expanding population getting involved with sports etc.

Description of business

- 1 Activities related to attracting sports competitions and sport events
- 2 Supporting attracting sports training camps
- 3 Disseminating information about Iwate's sports facilities and sports events both within Japan and abroad
- 4 Activities necessary for the achievement of other goals of the commission

Contact

10-1 Uchimaru, Morioka City Iwate Prefecture 020-8570
Iwate Sports Commission Secretariat (in the Iwate Culture and Sports Department Sports Promotion Division)
Tel: +81-(0)19-629-6496 Fax: +81-(0)19-629-6791 Email: AK0003@pref.iwate.jp



Hanamaki Sports Convention Bureau

Extensive facilities and a great support system. Hold your sports competitions and training camps in Hanamaki!

Goal

The goal of our organization is to utilize the unique characteristics of Hanamaki to actively attract large scale sports competitions and sports training camps, while promoting both competitive and lifelong sports to expand population getting involved with sports competitions etc., and stimulate the local economy.

Description of business

- 1 Activities related to attracting sports competitions, etc.
- 2 Activities related to disseminating and sharing information regarding sports tournaments with Hanamaki City, the Hanamaki Sports Association, and other related institutions
- 3 Activities related to support necessary for holding competitions and other events
- 4 Activities related to supporting and engaging in business recognized to improve the economy in Hanamaki through sports competitions and other events
- 5 Activities relating to holding other competitions and events

Contact

50 Matsuzonocho, Hanamaki City, Iwate Prefecture 025-0066 in the Hanamaki Sports Association
Tel: +81-(0)198-22-3444 Fax: +81-(0)198-23-1775 Email: info@hanamaki-scb.jp URL: <http://hanamaki-scb.jp/>

In Iwate, there are many local sports commissions where municipalities, economic tourism organizations, and sports organizations are working together with the goal of hosting sports competitions and training camps, and promoting sports tourism. We act as a comprehensive whole made up of sports teams and event organizers to actively support training camps, event management, and more.

Greater-Morioka Sports Commission

The power of sports builds the future of Greater-Morioka

Goal

The Greater-Morioka Sports Commission consists of the 8 municipalities in central Iwate. In order to bring the experiences gained from hosting the Iwate Land of Hope National Competition and the Iwate Land of Hope National Competition for People with Disabilities into the future, we have formed a cooperative federation with the goal of furthering the promotion and dissemination of information about the appeal of the greater-Morioka area through sports tourism.

Description of business

- 1 Attract sports competitions and sports training camps
- 2 Promote the revitalization of local communities through cooperation with professional sports
- 3 Disseminate information about sports facilities
- 4 Properly arrange and share sports facilities
- 5 Research and survey cooperative activities through sports

Contact

3-46 Uchimaru, Morioka City, Iwate 020-8530
 Greater-Morioka Sports Commission Secretariat (Morioka Citizen Department Sports Tourism Promotion Office)
 Tel: +81-(0)19-603-8009 Fax: +81-(0)19-603-8015 Email: sports-t@city.morioka.iwate.jp



Kitakami Sports Link

Hold your sports competitions and training camps here in Kitakami. We support athletes!
 We provide a wide range of assistance for everything including handling sports competitions, training camps, facility reservations, grant applications for training camps, and more!

Goal

The goal of this organization is to utilize the sports resources in Kitakami and the surrounding areas as distinctive tourism resources, and by promoting sports tourism through attracting and planning sports-related events, competitions, and training camps, we aim to improve public health and promote sports while increasing the population getting involved with sports through sports and revitalizing the local economy.

Description of business

- 1 Activities related to revitalizing the local economy through promoting sports tourism, etc.
- 2 Activities related to supporting holding and attracting sports competitions, etc.
- 3 Activities related to supporting sports volunteering
- 4 Activities necessary in order to meet the other goals of Kitakami Sports Link

Contact

1-3-1 Odori, Kitakami City, Iwate 024-0061
 Odense Plaza Group Odense Plaza Globe 3F Kitakami Sports Link
 Tel/Fax: +81-(0)197-72-5141 Email: sportslinkkitakami@gmail.com

Access

It only takes about two hours to Tokyo by Shinkansen, and there are flights connecting to all areas of Japan.

Car

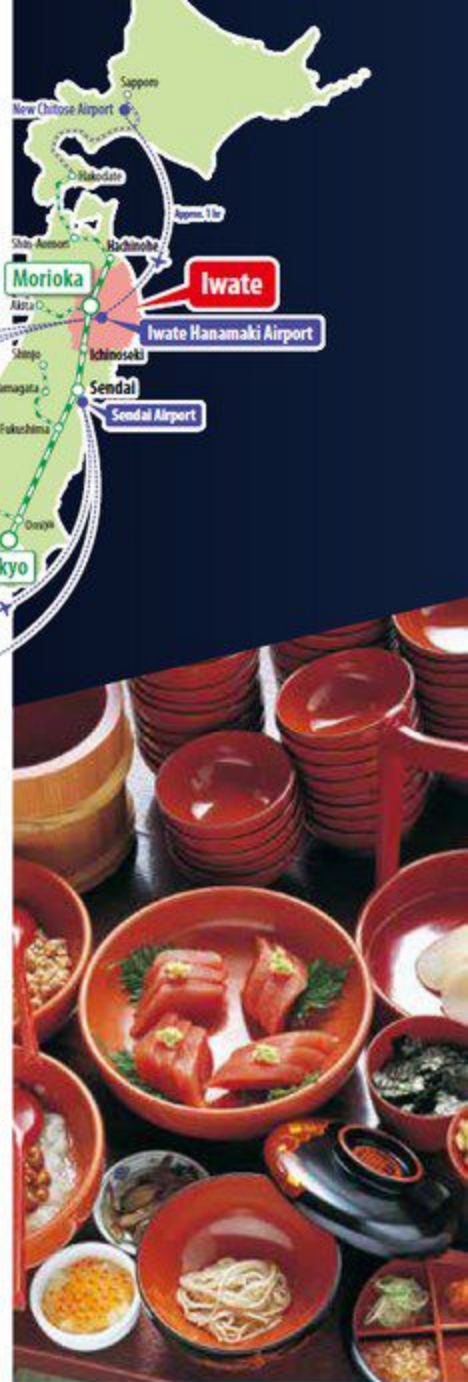
Aomori IC 76.9km 46 mins	Hachinohe IC 41.4km 31 mins
Towada IC 39.3km 23 mins	Ichinohe IC 26.8km 20 mins
	Ashiro JCT 21.6km 13 mins
	Matsoo-Hachimantai IC 9.5km 6 mins
	Nishino IC 10.1km 6 mins
	Takizawa IC 10.0km 6 mins
	Morioka IC 33.5km 20 mins
Yokote IC 20.3km 16 mins	Hanamaki JCT 16.8km 11 mins
Yuda IC 30.3km 24 mins	Kitakami JCT 12.5km 7 mins
	Mizusawa IC 29.0km 17 mins
	Ichinoseki IC 87.9km 53 mins
	Sendai-Miyagi IC 327.6km 3 hrs 26 mins
	Urawa Honsen
	Hanamaki Airport IC 19.3km 20 mins
	Esashi-Tase IC 21.1km 21 mins
	Tono IC

Shinkansen

Tokyo	1 hr 54 mins (Hayabusu)	Ichinoseki
	2 hrs 16 mins (Hayabusu)	Mizusawa-Esashi
	2 hrs 24 mins (Hayabusu)	Kitakami
	2 hrs 32 mins (Hayabusu)	Shin-Hanamaki
	2 hrs 10 mins (Hayabusu)	Morioka
	2 hrs 28 mins (Hayabusu)	Iwate-Numakunai
	2 hrs 38 mins (Hayabusu)	Ninohe
Hakodate	2 hrs 28 mins (Hayabusu, via standard train)	Morioka

Air

Sapporo (Shin-Chitose)	Approx. 1 hr	Iwate Hanamaki Airport
Nagoya (Komaki)	Approx. 1 hr 10 mins	
Osaka (Itami)	Approx. 1 hr 25 mins	
Fukuoka	Approx. 2 hrs	Sendai Airport
Osaka (Itami)	Approx. 1 hr 15 mins	
Fukuoka	Approx. 1 hr 40 mins	



Culture and Sports Department,
Sports Promotion Division

10-1 Uchimaru, Morioka, Iwate, Japan 020-8570
Tel: +81-(0)19-629-6496 / Fax: +81-(0)19-629-6791
Email: AK0003@pref.iwate.jp