



HYOGO FOR PRE-TRAINING CAMPS



Mascot of Hyogo: Habatan

Habatan is the mascot character of Hyogo Prefecture. It was created from the image of a phoenix. It represents the Prefectural Government in various roles such as, 'Hyogo Sightseeing Ambassador' and 'Hyogo Rich-harvest Ambassador' .



Prefectural Flower of Hyogo: Nijogiku (The language of flowers is true.)

The wild chrysanthemum, or Nijigiku in Japanese, was chosen in 1954 as the flower of Hyogo when NHK (Japan Broadcasting Corporation) ... White flowers bloom during November .



Competition facilities



Kobe so-gou undo-ko-en Uni-bar kinen sports stadium

Address	Midoridai, Suma-ku, Kobe-shi	
Authorization	Japan Association of Athletic Federation' s first level authorization. (IAAF class 1)	
Standard	Athletics Stadium Track Track: 400m (a lap) X9 courses an all - weather Track Field 106mX69m Natural turf (TIFF ton)	
	Supporting sports stadium (Japan Association of Athletic Federation' s third level authorization) Track Track: 400m (a lap) X6 Field 106mX69m Natural turf (TIFF ton)	
Illumination	1,000 lx	
Rooms	Meeting administration room Broadcasting room VIP room	Player locker room Photo finish room Shower room
Others	Electric signboard broadcasting equipment Weight training facilities (It is a 10-minute walk from a sports stadium) Bench press, Barbell shaft (20 kg) Plate (1.25 kg - 20 kg), Dumbbell (1 kg - 30 kg) Training machine Bench press, Leg curl, Leg press , Leg extension Oil pressure-type machine, Exercise bike, Power max, Body trek, Aerocrime, Belt trainer	
[Use contents, time]		
Throwing	Principle impossibility (Consider)	
Road course	Course setting of 1,840m in the garden is possible	
Indoor practice	All weather type urethane pavement 6m *45m up space	
Use time	9:00~21:00	
Charge	Athletics Stadium Full-scale use Weekday(AM) 28,000yen (PM) 40,000yen Holiday(AM) 33,000yen (PM) 48,000yen	
	lighting	All lighting (One hour) 168,000yen Half lighting(One hour) 132,000yen
※ It is pricing existence to the facilities attached to other rooms		
[Sales point]		
The Univer Stadium has a 50000 spectator capacity and is capable of holding international grade events.		
[Topics]		
In 2011, the 19th Asian Athletics Championships where held at the stadium.		
[Medical institution]		
Facilities	National hospital mechanism Kobe medical center	
Address	3-1-1, Nishiochiai, Suma-ku, Kobe-shi	
The time required	It is 5 minutes by car	



Kakogawa undo-ko-en sports stadium

Address	1050, Nishikankichokanae, Kakogawa-shi
Authorization	Japan Association of Athletic Federation' s first level authorization.
Standard	Track Track: 400m (a lap) X9 courses an all - weather Track Supporting sports stadium Track: 300m (a lap) X5 courses an all - weather Track Indoor practice field All weather type urethane pavement 50m (a lap) X3 courses Field 105mX68m Natural turf
Illumination	Athletics Stadium All lighting 1,140 lx Half lighting 686 lx Supporting sports stadium All lighting 326 lx Half lighting 151 lx
Rooms	Storage of office Meeting room Umpire waiting room Headquarters seat record room Call room Journalist waiting room Medical office Dope test room Room practice field training room Player locker room Appliance indoor seat Command module Adjustment room Photo finish room Shower room
Others	Weight training facilities Bench press, barbell shaft (20kg/15kg) Plate (1.25 kg - 20 kg), dumbbell (1 kg - 5 kg) Training machine Bench press, leg curl, leg press, leg extension Exercise bike, power max, belt trainer, ergometer

[Use contents, time]

Throwing	Athletics Stadium Discus throw, Javelin throw Possibility Supporting sports stadium Shot-put, Discus throw Possibility
Road course	Course setting of 3,000m in the garden is possible
Indoor practice	All weather type urethane pavement 50m (a lap) X3
Use time	9 : 00 ~ 21 : 00
Charge	Athletics Stadium (One hour) 2,000yen Supporting sports stadium (One hour) 500yen lighting All lighting (One hour) 5,000yen Half lighting (One hour) 2,500yen ※ It is pricing existence to the facilities attached to other rooms

[Sales point]

A multi-purpose gymnasium is within a 1 minute walking distance of the Kakogawa Athletics Stadium. It is available for indoor training.

[Topics]

The National Sports Festival Soccer Competition, Japan' s largest national sports met, was held at the stadium in 2006.

[Medical institution]

Facilities	Kakogawanishi Municipal Hospital
Address	384-1, Yonedachohiratsu, Kakogawa-shi
The time required	It is ten minutes by car
Facilities	Prefectural Kakogawa medical center
Address:	203, KannochoKanno, Kakogawa-shi
The time required	It is 22 minutes by car



Miki so-gou bo-sai ko-en sports stadium

Address	1708, Shijimichomitsuda, Miki-shi	
Authorization	Athletics Stadium Japan Association of Athletic Federation' s first level authorization. The second Athletics Stadium Japan Association of Athletic Federation' s third level authorization	
Standard	Athletics Stadium Track Track: 400m (a lap) X9 courses an all - weather Track Outer layer IAAF certification Field 105mX68m Natural turf (TIFF ton)	
	The second Athletics Stadium Track Track: 400m (a lap) X8 courses an all - weather Track Outer layer IAAF certification Field 105mX68m Natural turf (TIFF ton)	
Illumination	1,000 lx	
Rooms	Meeting administration room(3) Umpire waiting room(2) Training room Jogging room VIP room	Player locker room(2) Shower room Medical office room Broadcasting room Reporter room
Others	Athletics Stadium Large image system, sound facilities Weight training facilities Bench press, barbell shaft (20kg/15kg) Plate (1.25 kg - 20 kg), dumbbell (1 kg - 5 kg) training machine Bench press, leg curl, leg press leg extension Exercise bike, power max, belt trainer ergometer	
	The second Athletics Stadium Broadcasting equipment	
[Use contents, time]		
Throwing	Principle impossibility (Consider)	
Road course	Course setting of 2,500m in the garden is possible	
Indoor practice field	All weather type urethane pavement 25m (a lap) X5 100m (a lap) X4	
Use time	Athletics Stadium	9:00~21:00
	The second Athletics Stadium	9:00~17:00
Charge	Athletics Stadium	(One hour) 17,500yen
	Measurement device	(Once) 10,300yen
	lighting All lighting	(One hour) 47,400yen
	Half lighting	(One hour) 16,400yen
	Some lighting	(One hour) 10,200yen
	The second Athletics Stadium	(One hour) 3,400yen
[Sales point]		
Miki Comprehensive Disaster Prevention Park Athletics Stadium is surrounded by mountains and greenery. It is possible to workout in the fresh air of this quiet		
[Topics]		
The national teams of Japan and Brazil held their pre-training camps at this stadium, before the 11th IAAF Athletics World Championships in Osaka, 2007.		
[Medical institution]		
Facilities	North Harima synthesis medical center	
Address	926-250, Ichibacho, Ono-shi	
The time required	It is 30 minutes by car	





Accommodations



KOBE SEISHIN ORIENTAL HOTEL

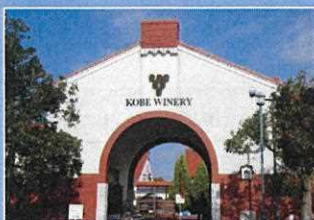
Address	5-6-3, Koujidai, Nishi-ku, Kobe-shi
guest rooms	Number of guest rooms:184 Single : 48 Double : 37 Deluxe double : 9 Twin : 76 Deluxe Twin : 9 Japanese-style room : 2 Junior suite : 2 Oriental suite : 1
Restaurant	Main dining 「Kanon no hibiki」 Japanese cuisine 「Momoyama」 ※ Possibility for dish according to a country (But confirmation is necessary beforehand)
Sports facility	Pool (All seasons)

[Means of transportation]

- It is approximately 18 minutes with a Portliner to Sannomiya from Kobe Airport
From Kobe municipal subway "Sannomiya" station is approximately 30 minutes to the "Seishinchuo" station
- It is approximately 45 minutes by airport bus to Kobe, the Sannomiya area from Osaka (Itami) airport
From Kobe municipal subway "Sannomiya" station is approximately 30 minutes to the "Seishinchuo" station
- It is approximately 75 minutes by airport bus to Kobe, the Sannomiya area from Kansai Airport
From Kobe municipal subway "Sannomiya" station is approximately 30 minutes to the "Seishinchuo" station

[Nearby Sightseeing Spots]

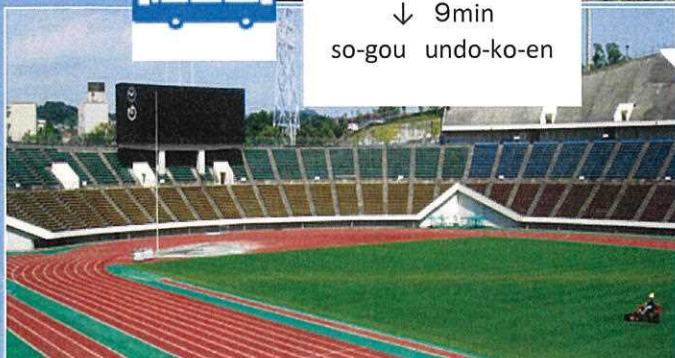
Name	Kobe winery
Address	1557-1, Takawa, Oshibedani-chotakawa, Nishi-ku, Kobe-shi
Outline	The home land of Kobe wine is built on the rich natured hill in western part of Kobe City. It has a vineyard, which grows a wide variety of grapes used only for wine, brewing facilities and shops selling all kinds of Kobe Wine. In every autumn, the Newly Brewed Wine Festival is held to celebrate the harvest of the year. Visitors can enjoy snacks in winery café and beautiful flowers in season. A pottery school is also held there.
Time required	10 minutes by the Kobe city bus from the hotel



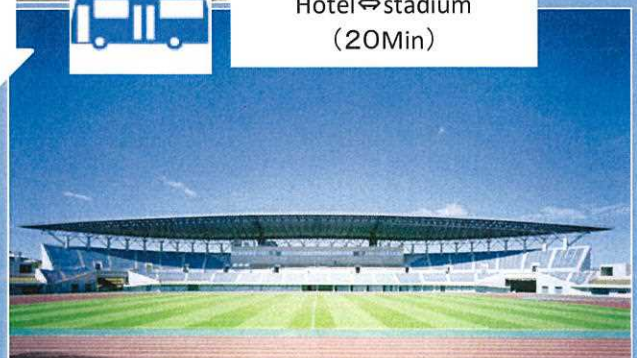
The train use
Seishinchuo
↓ 9min
so-gou undo-ko-en



a courtesy bus
Hotel ↔ stadium
(20Min)



Kobe so-gou undo-ko-en
Uni-bar kinen sports stadium



Miki so-gou bo-sai ko-en
sports stadium

KAKOGAWA PLAZA HOTEL

Address	527, Kakogawachomizonokuchi, Kakogawa-shi
guest rooms	Number of guest rooms:128 Single : 104 Double : 1 Twin : 22 Japanese-style room : 1
Restaurant	Restaurant 「Revere」 Kaiseki ryori 「Tokyo Tamura」 ※Possibility for dish according to a country (But confirmation is necessary beforehand)
Sports facility	—

[Means of transportation]

- It is approximately 18 minutes with a Portliner to Sannomiya from Kobe Airport
From JR Sanyo Main Line "Sannomiya" station is approximately 30 minutes to the "Kakogawa Station" station
- It is approximately 45 minutes by airport bus to Kobe, the Sannomiya area from Osaka (Itami) airport
From JR Sanyo Main Line "Sannomiya" station is approximately 30 minutes to the "Kakogawa Station" station
- It is approximately 75 minutes by airport bus to Kobe, the Sannomiya area from Kansai

[Nearby Sightseeing Spots]

Name	Kakurin Temple
Address	424, Kitazaike, Kakogawa-cho, Kakogawa-shi
Outline	The temple resembles the famous Horyu Temple in Nara, which is Japan's first world cultural heritage site. The temple's "Taishi-Do Hall" is designated a national treasure.
Time required	10 minutes by car from the hotel



The bus use
 Hotel ↔ stadium
 (20Min)
 Road need according
 to the rate



Kakogawa undokoen sports stadium



Access

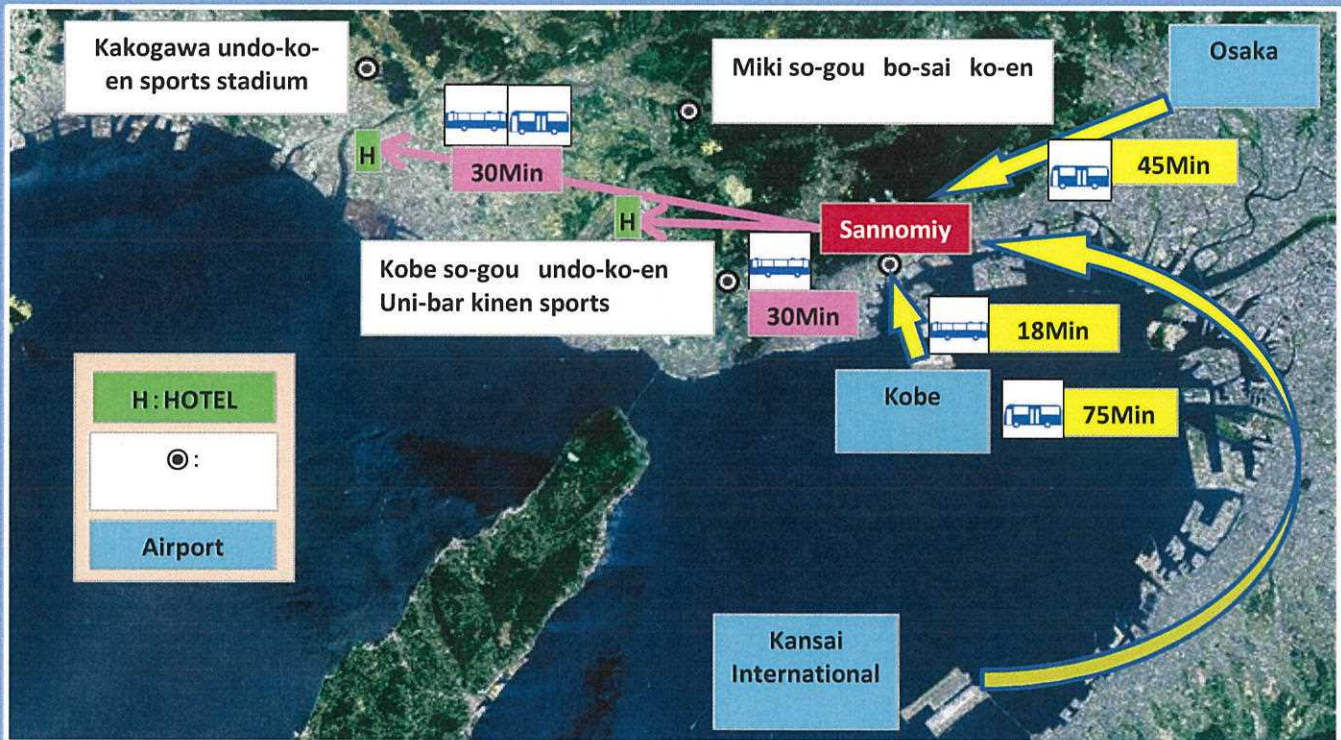
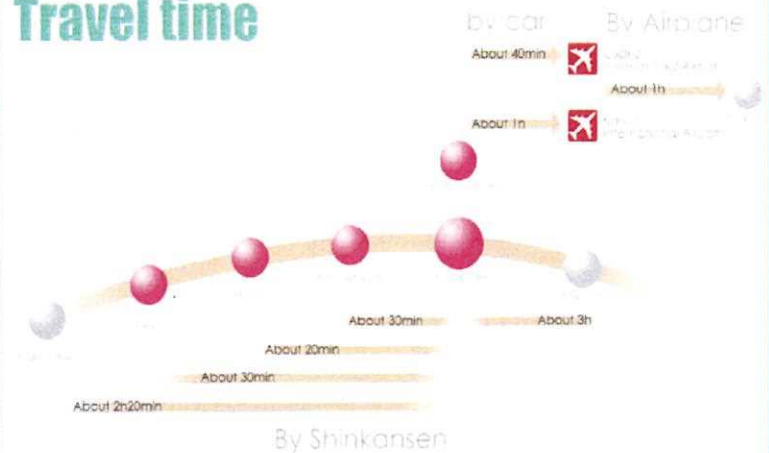


Access to Hyogo Prefecture

Hyogo can be easily accessed by land and air. It takes about one hour from one of the gateways to Japan, Kansai International Airport, and 40 minutes from Osaka International Airport, and 40 minutes from Osaka International Airport to get to Hyogo's central area, Sannomiya. With four Shinkansen (bullet train) stops within the prefecture (Shin-Kobe, Nishi-Akashi, Himeji, and Aioi), access to other areas in Japan is also very convenient.



Travel time



Climate



	Temperature (°C)		Humidity (%)		Precipitation (mm)	
	July	August	July	August	July	August
Kobe so-gou undo-ko-en Uni-bar kinen sports stadium	26.8	28.3	74	72	152.1	90.9
Kakogawa undo-ko-en sports stadium	25.9	27.6	—	—	136.2	83.8
Miki so-gou bo-sai ko-en sports stadium	25.4	26.7	—	—	141.6	93.4



About Hyogo



Overview of Hyogo

Hyogo Prefecture has the largest land area in the Kinki region. The Japan Standard Time meridian (135 East) goes through the centre of Hyogo, north to south. The Akashi Municipal Planetarium, a science museum related to the meridian, runs directly through the meridian town of Asashi City.

The southern part of Hyogo Prefecture faces the Inland Sea of Japan. It is one of the central points for heavy and chemical industries. Important industrial areas include, Hanshin Industrial Area and Harima Littoral Industrial Area. Fishing, agriculture and forestry are the main industries of Central and Northern Hyogo. The north of Hyogo experiences heavy snow in winter, producing a prosperous winter



Himeji Castle (national treasure)

Culture and

There are some substantial castles in Japan, but Himeji Castle is one of the most famous castles, praised by people from around the world. Along with Horyuji Temple, Nara, it was registered as one of the first World Heritage Sites in Japan in 1993. Due to its beautiful and brilliant exterior, the castle is well known as Shirasagi-jo (White Heron Castle). The walls of the castle are covered in white



Kobe beef

Gourmet

Kobe Beef is the brand name give to Tajima-Beef that meets a very high standard. It is called 'Kobegyu' and 'Kobeushi' in Japanese. The meet is loved by people all around the world.



Kobe marathon

Sports

This event has been held since 2011. The theme of the marathon is 'Gratefulness and Friendship'. Through the event, a heartfelt thanks is expressed to those who have helped in the rebuilding after the Hanshin-Awaji Earthquake.