

Pre-Training Camp Guidebook

~ Nagasaki Prefecture ~



About Nagasaki Prefecture

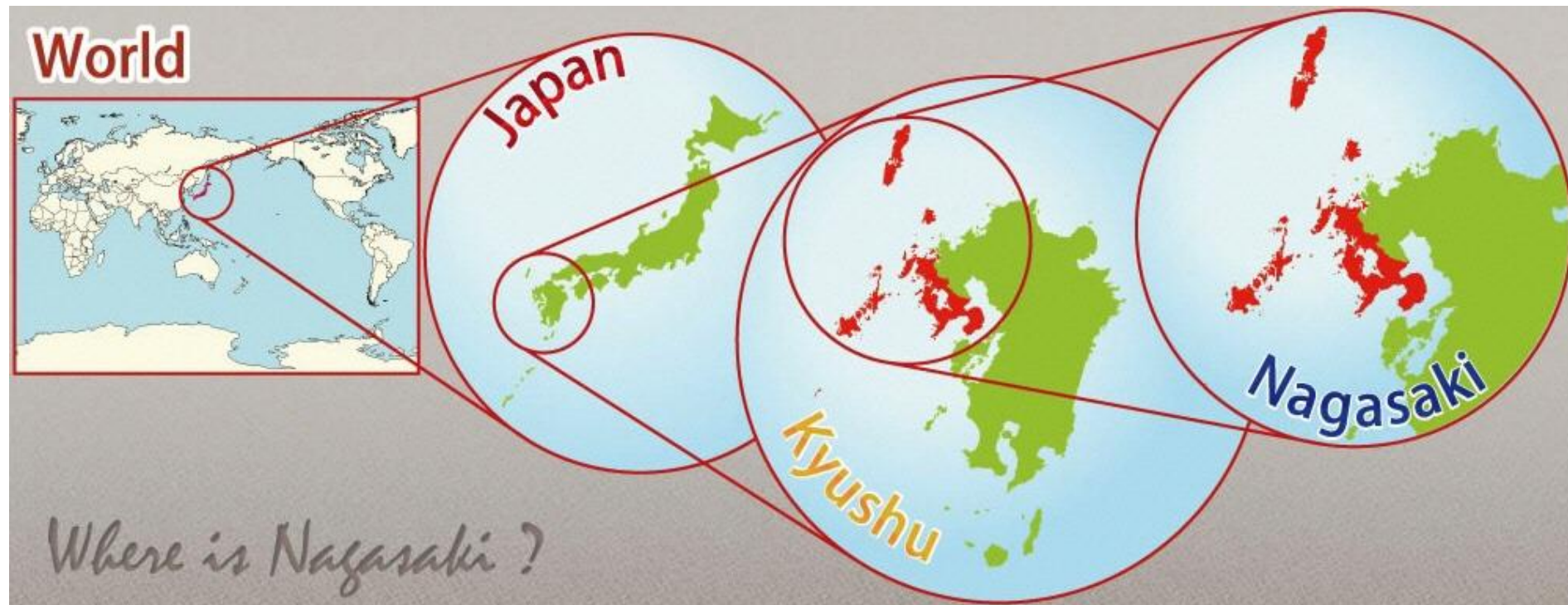
Nagasaki Prefecture is located in the southwest of Japan. Embraced by mountains on one side, and bordered by the sea on the other, the prefecture is surrounded on all sides by natural beauty.

The prefecture is also full of historical, traditional, and cultural riches.

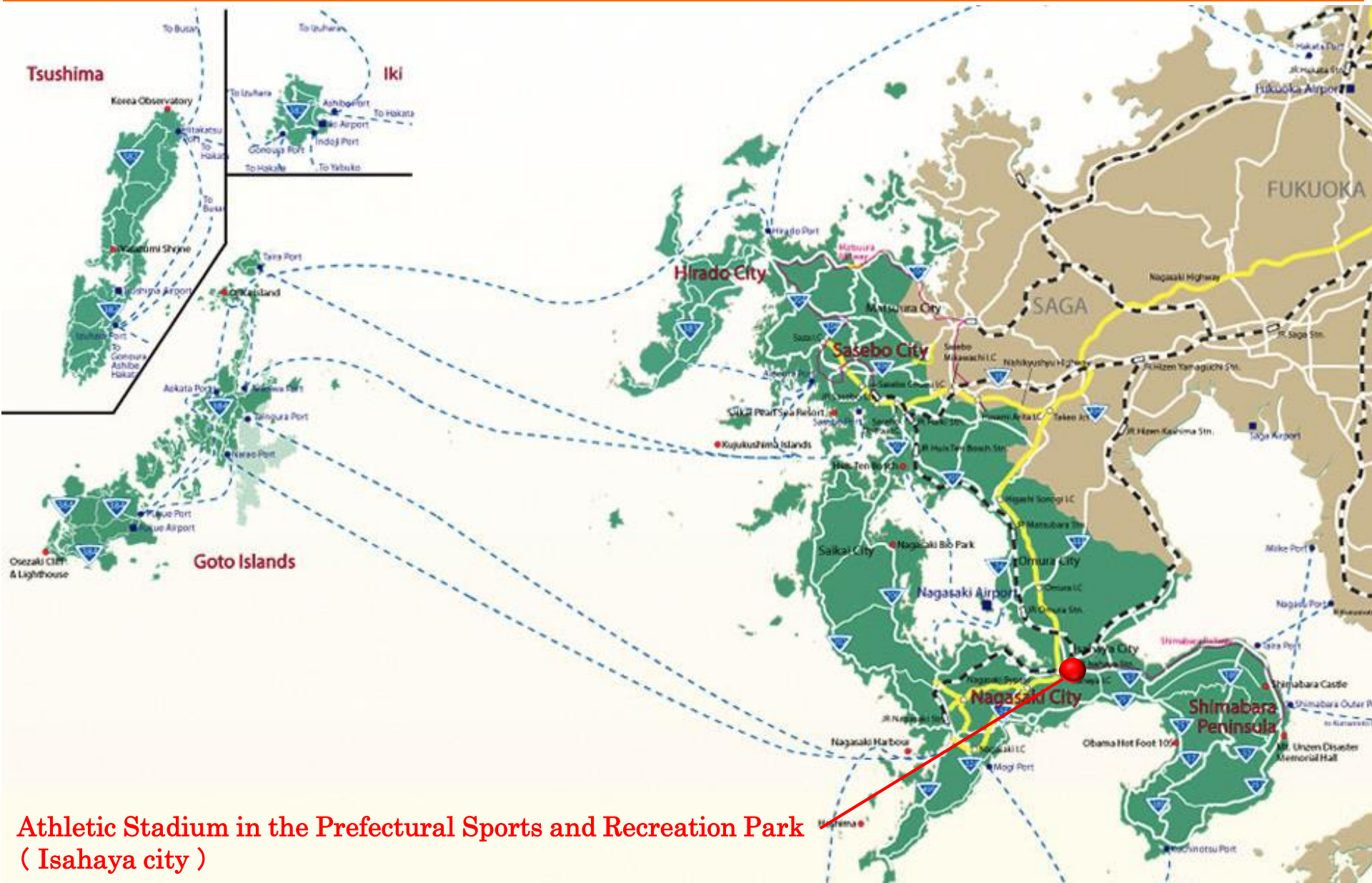
Historically, Nagasaki played an important role in Japan's international relations.

A vast amount of culture and knowledge from Asia and Europe flowed to and from Japan via Nagasaki and contributed greatly to the modernization of Japan.

The Port of Nagasaki gained particular prominence during Japan's period of national isolation, Sakoku. During this time it was the only place in all of Japan which was open for communication with visitors from Europe and the wider world. Even today, many international cruise ships call at this port every year.



Map



Athletic Stadium in the Prefectural Sports and Recreation Park
(Isahaya city)

A Treasure-Chest of Great Food

Nagasaki Wagyu

The Greatest in Japan Every five years, the National Japanese Beef Quality Competition, also referred to as the “Wagyu Olympics”, is held.

The 10th such event was held in 2012 in Nagasaki, where Nagasaki Wagyu beef won the Prime Minister’s Award, earning recognition as the best Wagyu in Japan.



Nagasaki is a Treasure-Chest of Seafood.

The coastline of Nagasaki is long and intricate, with remote islands, coves and bays.

This coastline, along with the sea current, creates one of the best locations for fishing in Japan, resplendent with all the blessings of the ocean.

Whenever you visit, you will have the luxury of being able to eat the fresh, delicious fish of that particular season in a variety of menus including Sushi, Sashimi and Seafood Rice Bowls.

This is something we are very proud of in Nagasaki.

Good Point of Training Camp in Nagasaki

◆ Comfortable City in Japan ⇒ No.1 in Japan Ranking

Comfortable environment (No.5 in Japan Ranking)

Except The summer solstice and frost day	Nagasaki	306.3 days	Japan average	276.6 days
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Fresh and clean air (No.1 in Japan Ranking)

Environmental criteria	Nagasaki	100.0%	Japan average	98.7%
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Many Clinics (No.3 in Japan Ranking)

The number of Clinic per 100000 population	Nagasaki	102.0 place	Japan average	79.0 place
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Low crime rate (No.3 in Japan Ranking)

Per 100000 people	Nagasaki	430.7	Japan average	952.2
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Very low incident of earthquake

Over Seismic intensity 6	Nagasaki	5.0%	Japan average	29.3%
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◆ Travel Satisfaction ⇒ No.7 in Japan Ranking

◆ Places surrounded by enriched nature where athletes can concentrat to their training

Athletic Stadium in the Prefectural Sports and Recreation Park

Athletic Stadium

- ◆ Official Classification :
Class 1 track approved
by the Japan Association of Athletics Federations
- ◆ Tracks : All-weather track: 400m x 9 lanes
Indoor track: 100m x 4 lanes
- ◆ Field : All-weather hard surface and natural grass
(107m x 71m)
- ◆ Spectator seats : 20,246
- ◆ Fee : 2,460yen/h~

Supplementary ground

- ◆ Official Classification :
Class 3 track approved
by the Japan Association of Athletics Federations
- ◆ Tracks : All-weather track: 400m x 8 lanes
- ◆ Field : All-weather hard surface and natural grass
(107m x 71m)
- ◆ Fee : Free

Athletic Stadium in the Prefectural Sports and Recreation Park

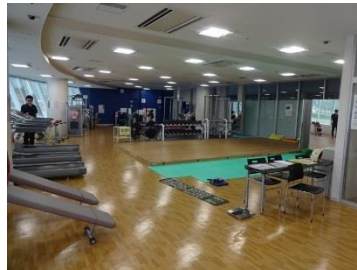
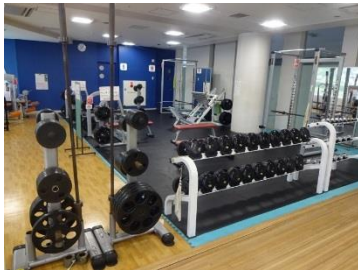
Road course

- ◆Distance : 0.85km、2km、2.8km
- ◆Fee : Free



Weight training room

- ◆Location : Inside facility
- ◆Fee : ¥ 200 yen



Pool

- ◆Location : Inside facility
- ◆Fee : ¥ 410 yen



Access

From Tokyo

By Air

Haneda Airport

Flight time:
1 hr 50 min

Nagasaki Airport

Bus:
50 min

Athletic Stadium in the Prefectural Sports and
Recreation Park
(Isahaya City)

By Rail

Tokyo Station

Shinkansen
Train: 5
hours

Hakata
Station

JR Train:
1 hr 30 min

Isahaya
Station

Bus:
10 min

Athletic Stadium in the Prefectural
Sports and Recreation Park
(Isahaya City)

From Fukuoka

By Rail

Fukuoka Airport

Bus: 10 min
Subway: 5 min

Hakata Station

JR Train:
1 hr 30 min

Isahaya Station

Bus:
10 min

Athletic Stadium in the Prefectural Sports and
Recreation Park
(Isahaya City)

By Bus

Hakata Station

Bus:
1 hr 40 min

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