



*Nara for Victory*

An Invitation to  
***Sports Camps***  
***in Nara, Japan***

**TOKYO**  
**in 2020**



# Nara—the ancient home of good

Nara Prefecture is one of Japan's premier tourist destinations, but there's more to it than meets the eye. This was where triumphant rulers once took the seat of power in the nation's prospering capital. Today, Nara remains dotted with ancient temples and shrines that are believed to bring winning luck to those who pray there. Spend some time in these blessed areas, and you too might feel the rub of good fortune.

Nowhere else in Japan offers such a boost of good fortune to athletes competing on the world stage. If you're looking to be number one, it's Nara for the win!

## Prep your team for victory—body and soul

Come to Nara and get yourself in top shape—physically *and* mentally.



### Peaking & Conditioning

Nara has ample facilities where you can prepare your mind and body and get yourself into top gear.



# fortune



An *omamori* (talisman) from Kasuga Taisha shrine brings good luck

## Relaxation & Change of Pace

The relaxing environment of Nara makes it easy to unwind and rejuvenate.



Pray for victory with an *ema* (wooden plaque) from Kashihara Jingu shrine

### About the cover

#### Bazara Daisho—guardian deity of battle

Bazara Daisho is one of the Twelve Divine Generals and a deity of battle. Of all the Bazara Daisho statues in Japan, the one in Nara's Shin-Yakushiji temple is the oldest and probably the most famous. Renowned for its outstanding sculpted beauty, the statue dates back to the Nara Period (8th century).

Nara Prefecture has chosen Bazara Daisho as the main visual symbol for the Nara camp invitation campaign as well as for the cover of this brochure. With a sword in his hand and a fierce expression on his face, Bazara Daisho brings out the fighting spirit in athletes and inspires them to strive for victory.

Note: The cover visual image is a computer-modified color reproduction of the Bazara Daisho statue in Shin-Yakushiji.  
Photo courtesy of CAD Center Corporation and Shin-Yakushiji.



## Nara for Victory



# Nara—Japan's first capital and home to three World Heritage Sites



*Horyuji temple*

Photo courtesy of Nara Visitors Bureau



*The Great Buddha statue of Todaiji temple*

## Exchange

## Active international exchanges in Nara, a global sightseeing destination

Since ancient times, Nara has prospered as a hub for political and religious activity. People from all walks of life have been drawn to Nara, seeing it as a place where they can find spiritual solace, discuss state affairs, or pray for the wellbeing of others. Nara gave birth to the Japanese spirit of respecting and appreciating other cultures. That's why Nara's welcoming hospitality extends not only to people from Japan, but also to people and cultures from abroad.

### Previous training camps in Nara

- 2002 Tunisia men's national soccer team, 2002 FIFA World Cup (Kashihara Park Athletics Stadium)
- 2014 Singapore national swimming team, 2014 Incheon Asian Games (Swimpia Nara)
- 2015 Tokyo Metropolis swimming team, 2015 Kinokuni Wakayama National Sports Festival (Swimpia Nara)
- 2016 Australia women's national soccer team, final stage of the women's Rio Olympics qualifiers (Konoike Sports Park Athletics Stadium)



### The *omotenashi* spirit

Nara is a global tourist destination that welcomes over 38 million visitors a year, including 660,000 people from overseas. The Nara Prefecture International Citizens Center was opened in 2013 to provide services such as interpreting. And in 2015, the Nara Visitor Center and Inn opened to serve as a base for international exchange. As well as providing tourist information and holding Japanese culture events, the center also introduces volunteer guides to help tourists enjoy their visit.







*Yoshino and Omine mountains*



Of the 19\* UNESCO World Heritage Sites located in Japan, three are in Nara—more than in any other prefecture. Nara's extensive and fascinating heritage is a source of local pride. All three heritage listings—the Buddhist Monuments in the Horyuji Area (registered in 1993), the Historic Monuments of Ancient Nara (1998), and the Sacred Sites and Pilgrimage Routes in the Kii Mountain Range (2004)—have roots that run deep in the history and culture of Japan. Even Japanese people visiting these sites make new discoveries about their own country. Legend has it that Nara first became Japan's capital over 2,600 years ago. To this day, the area faithfully preserves its valuable historical assets for posterity.

\*As of March 2016

## Climate

## A temperate area with few natural disasters

### ■ Meteorological data comparison of Nara and Tokyo (2015)

Source: Japan Meteorological Agency

#### Temperature (°C)

|       | May  | June | July | August | September | October | November |
|-------|------|------|------|--------|-----------|---------|----------|
| Nara  | 20.1 | 21.5 | 25.8 | 27.0   | 21.6      | 16.5    | 13.2     |
| Tokyo | 21.1 | 22.1 | 26.2 | 26.7   | 22.6      | 18.4    | 13.9     |

#### Sunshine (hours)

|       | May   | June  | July  | August | September | October | November |
|-------|-------|-------|-------|--------|-----------|---------|----------|
| Nara  | 232.8 | 119.2 | 140.0 | 180.9  | 146.5     | 213.9   | 100.9    |
| Tokyo | 240.6 | 137.3 | 181.8 | 137.6  | 113.3     | 181.3   | 120.1    |

#### Precipitation (mm)

|       | May  | June  | July  | August | September | October | November |
|-------|------|-------|-------|--------|-----------|---------|----------|
| Nara  | 99.0 | 192.5 | 265.5 | 175.0  | 131.0     | 49.0    | 116.0    |
| Tokyo | 88.0 | 195.5 | 234.5 | 103.5  | 503.5     | 57.0    | 139.5    |

#### Humidity (%)

|       | May  | June | July | August | September | October | November |
|-------|------|------|------|--------|-----------|---------|----------|
| Nara  | 66.0 | 79.0 | 83.0 | 78.0   | 82.0      | 73.0    | 84.0     |
| Tokyo | 62.0 | 75.0 | 80.0 | 78.0   | 79.0      | 66.0    | 74.0     |

The Nara area has a mild, agreeable climate with average temperatures similar to those of Tokyo. There's less rain in Nara than in Tokyo, which means you can make the most of your precious pre-competition time. And because Nara is located in a basin without coastal areas, it has a continental climate that makes for warm days and mild nights—perfect for cooling down after training or relaxing during your downtime.

## Medical

## Top-notch medical support



The New Nara Prefecture General Medical Center opens in 2018. The new hospital complex, which includes a large medical education building, will serve as the core medical institution in Nara Prefecture. All areas of clinical research will be performed here, and a full-scale clinical training system will be in place. With the ability to handle critical emergencies, a heliport for air ambulances, a disaster-proof building structure, and a highly specialized team of professionals, this hospital will provide the very best in medical care for the region.



## Quick and Easy Access To Nara from the world, from Nara to Tokyo

Three airports provide a gateway to Nara from overseas: Kansai International Airport, Osaka International Airport (Itami Airport), and Chubu Centrair International Airport. A multitude of train lines and roads connect these airports to Nara, meaning you can get to your place of accommodation quickly and with minimal hassle. And when you need to transfer to Tokyo, you can either fly or take the Shinkansen bullet train. The JR Kyoto Shinkansen station is just a one-hour train ride from Nara.



## From Nara to Tokyo



**2 hours by air**

Nara ▶ Osaka Intl. Airport ▶ Haneda Airport



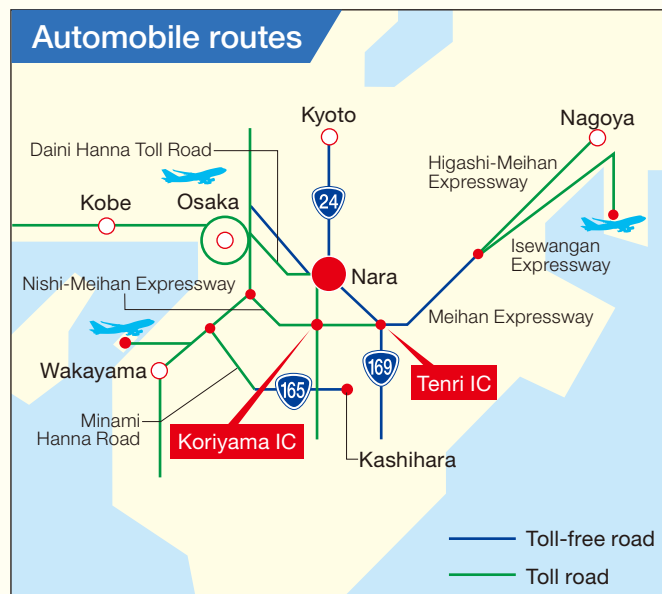
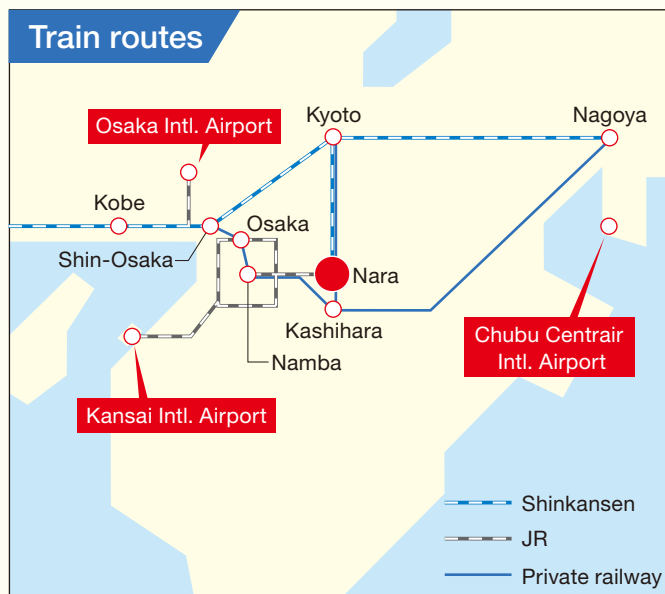
**3 hours by Shinkansen**

Nara ▶ JR Kyoto ▶ Tokyo

**Accommodation**











**Sports facilities**

**Under 30 minutes by car!**





## Sports Facilities

- 1 Nara City Konoike Sports Park  
4-5-1 Horen-sahoyama, Nara-shi  

- 2 Nara Prefectural Kashihara Park  
53 Unebi-cho, Kashihara-shi  

- 3 Swimpia Nara, Mahoroba Athletic Park  
310 Miyado-cho, Yamato-koriyama-shi  

- 4 Tenri University Budo Hall  
80 Tainosho-cho, Tenri-shi  

- 5 Kashihara Sports Park  
323-2 Unate-cho, Kashihara-shi  

- 6 Kashihara Man'yono-oka Sports Grounds  
43-1 Kaige-cho, Kashihara-shi  

- 7 Shinmachi Sports Park  
292-3 Shinmachi, Katsuragi-shi  

- 8 Gose City Citizens Sports Park  
1337 Asamachi, Gose-shi  

- 9 Gojo General Gymnasium  
Kozuke-cho, Gojo-shi  

- 10 Kozuke Park Multipurpose Grounds  
246 Kozuke-cho, Gojo-shi  


## Nearby Facilities



### Training Facilities

- 1 Nara Prefectural Kashihara Park Gymnasium 1  
51 Unebi-cho, Kashihara-shi
- 2 Tenri University Sports Center  
80 Tainosho-cho, Tenri-shi
- 3 Wellness Shinjo Katsuragi City Fitness Center  
400-1 Fue-do, Katsuragi-shi
- 4 Gojo City Kozuke Park General Gymnasium  
Kozuke-cho, Gojo-shi



### Accommodation

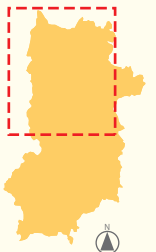
- |  |  |   |  |
|--|--|---|--|
| 1 Hotel Nikko Nara<br>8-1 Sanjo-honmachi, Nara-shi<br>330 rooms          | 4 Nara Plaza Hotel<br>600-1 Kabata-cho, Tenri-shi<br>79 rooms                | 7 Yamato Kashihara City Hotel<br>1-8-16 Yagi-cho, Kashihara-shi<br>48 rooms | 9 JW Marriott Hotel Nara<br>1 Sanjo-oji, Nara-shi<br>150 rooms (to open in spring 2020)          |
| 2 Nara Royal Hotel<br>254-1 Hokkeji-cho, Nara-shi<br>127 rooms           | 5 Kashihara Royal Hotel<br>652-2 Kume-cho, Kashihara-shi<br>205 rooms        | 8 Riverside Hotel<br>2-1-33 Shinmachi, Gojo-shi<br>55 rooms                 | 10 Yamato-yagi Station Hotel<br>1 Naizen-cho, Kashihara-shi<br>140 rooms (to open in April 2018) |
| 3 Grand Sunpia Nara<br>92-15 Takada-cho, Yamato-koriyama-shi<br>20 rooms | 6 Kashihara Oak Hotel<br>905-2 Kume-cho Jingu-mae, Kashihara-shi<br>36 rooms |   |  |



## Compact Layout

## Smooth access from accommodations to sports facilities

One of Nara's many advantages is its excellent transport infrastructure—in particular, its railways and roads. From a base in the center of Nara, you can drive to any of our major sports facilities within 30 minutes. Using the railways and roads that extend in all directions gives you quick and easy access to the facility of your choice. Numerous bus routes further extend your freedom to explore the area in your free time and make the most of your stay in Nara.



### Medical Institutions

- 1 New Nara Prefecture General Medical Center  
2 Shichijo-nishimachi, Nara-shi (to open in spring 2018)
- 2 Tenri Hospital  
200 Mishima-cho, Tenri-shi
- 3 Nara Medical University Hospital  
840 Shijo-cho, Kashihara-shi
- 4 South Nara General Medical Center  
8-1 Fukugami, Oyodo-cho, Yoshino-gun



## 1 Athletics Stadium

**JAAF\* Class 1 certified athletics stadium**  
\*Japan Association of Athletics Federations



- [ Track ] 400-meter track (8 lanes)  
100-meter track (9 lanes)  
Field (natural turf)  
Sub field
- [ Facilities ] Showers, locker rooms, multipurpose lavatories, first-aid room, meeting room, workout room
- [ Accessibility ] Entryway wheelchair ramp, tactile paving, wheelchair-ready lavatories, barrier-free showers, parking space for the physically disabled



## Nearby Facilities



### Training Facilities

- Stadium training facilities



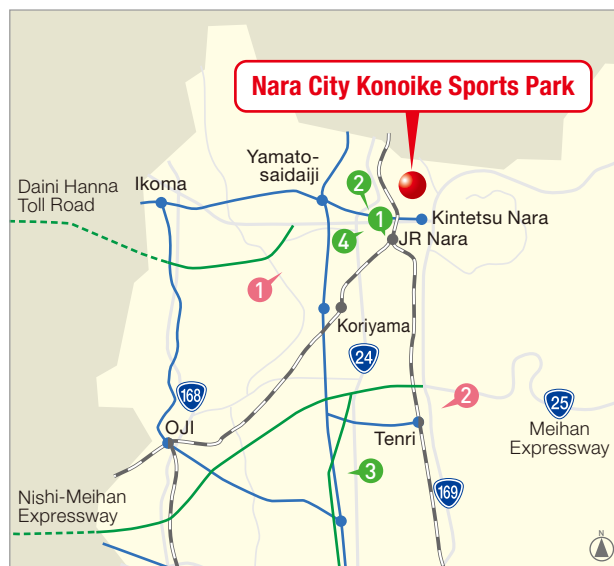
### Medical Institutions

- 1 New Nara Prefecture General Medical Center  
(to open in spring 2018)
- 2 Tenri Hospital



### Accommodation

- 1 Hotel Nikko Nara ..... 330 rooms
- 2 Nara Royal Hotel ..... 127 rooms
- 3 Nara Plaza Hotel ..... 79 rooms
- 4 JW Marriott Hotel Nara ..... 150 rooms  
(to open in spring 2020)



Hotel Nikko Nara



Nara Royal Hotel



Nara Plaza Hotel



JW Marriott Hotel Nara



Track and  
field

Judo

## 2 Nara City Central Martial Arts Gym 2



[ Judo hall ] 900 m<sup>2</sup>

[ Facilities ] Showers, locker rooms,  
multipurpose lavatories,  
meeting room

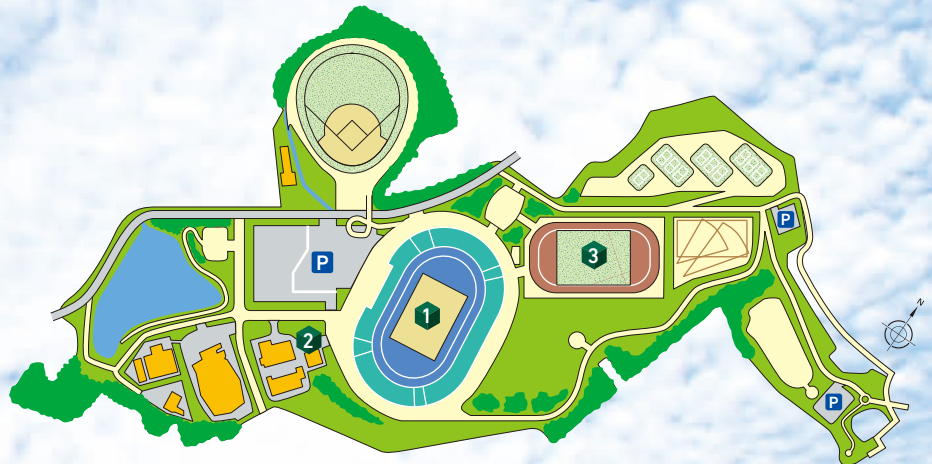
[ Accessibility ] Entryway wheelchair ramp,  
wheelchair-ready lavatories



## 3 Sub Field



[ Track ] 400-meter track (6 lanes)  
100-meter track (8 lanes)





## 1 Athletics Stadium

**JAAF\* Class 2 certified athletics stadium**  
\*Japan Association of Athletics Federations



- [ Track ] 400-meter track (9 lanes)  
Field (natural turf)  
Throwing field  
Floodlights
- [ Facilities ] Showers, locker rooms,  
multipurpose lavatories,  
first-aid room, massage room,  
weight training room
- [ Accessibility ] Entryway wheelchair ramp,  
tactile paving,  
wheelchair-ready lavatories,  
ostomate lavatories, elevator  
for the physically disabled,  
stair lift, parking space for the  
physically disabled

## Nearby Facilities

### Training Facilities

- 1 Nara Prefectural Kashihara Park Gymnasium 1

### Accommodation

- 1 Kashihara Royal Hotel ..... 205 rooms
- 2 Kashihara Oak Hotel ..... 36 rooms
- 3 Yamato Kashihara City Hotel ..... 48 rooms
- 4 Yamato-yagi Station Hotel  
(to open in April 2018) ..... 140 rooms  
(plan)
- 5 Nara Plaza Hotel ..... 79 rooms

### Medical Institutions

- 1 Nara Medical University Hospital



Kashihara Royal Hotel



Yamato Kashihara City Hotel



Yamato-yagi Station Hotel



Nara Plaza Hotel





## 2 Gymnasium 1



[ Gymnasium ] 6,127 m<sup>2</sup>, 14-meter ceiling

[ Facilities ] Showers, locker rooms, multipurpose lavatories, first-aid room, meeting room

[ Accessibility ] Entryway wheelchair ramp, wheelchair-ready lavatories, stair lift

[ Supported sports ] Badminton (10 courts)\*  
Basketball (2 courts)\*  
Boccia\*  
Fencing (8 pistes)  
Gymnastics, rhythmic gymnastics (1,428 m<sup>2</sup>)  
Handball (1 court)  
Powerlifting  
Wheelchair rugby (2 courts)\*  
Table tennis (30 tables)  
Volleyball (3 courts)  
Weightlifting

\*Wheelchair-ready

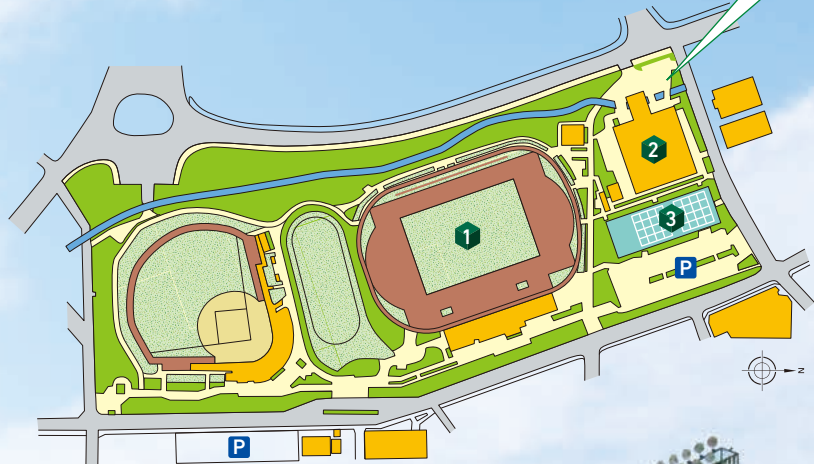


## 3 Kashihara Turf Courts



[ Turf courts ] Tennis (4 sand-filled synthetic grass courts)  
Hockey (1 field)

[ Accessibility ] Parking space for the physically disabled





## Supported Sports



Swimming

## Swimpia Nara



### [ Swimming pool ]

25-meter competition pool (10 lanes)  
50-meter competition pool (10 lanes)

### [ Facilities ]

Exercise pool, jacuzzi, training gym,  
fitness studio, lockers, showers



## Nearby Facilities



### Training Facilities

- Pool training facilities



### Accommodation

- 1 Grand Sunpia Nara ..... 20 rooms
- 2 Nara Plaza Hotel ..... 79 rooms
- 3 Hotel Nikko Nara ..... 330 rooms



Grand Sunpia Nara

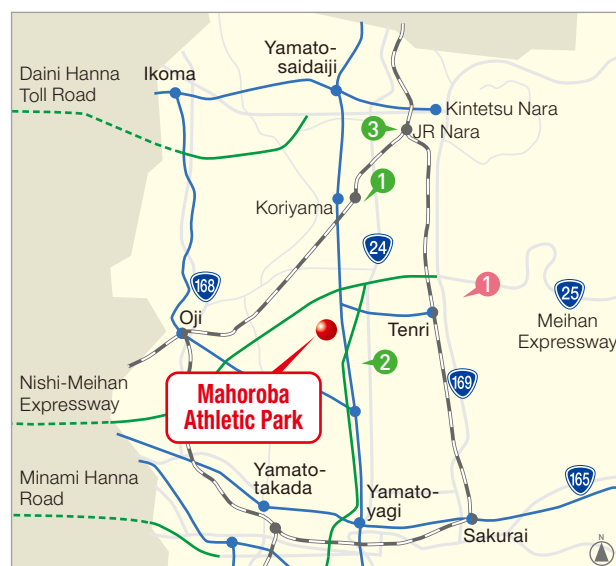


Nara Plaza Hotel



### Medical Institutions

- 1 Tenri Hospital





## Supported Sports



Judo

## Judo Hall

[ Judo hall ] 760 m<sup>2</sup>[ Facilities ] Showers, locker rooms,  
lavatories, reception room

## Nearby Facilities



## Training Facilities

## 1 Tenri University Sports Center

[ Gymnasium ] Main arena, sub arena

[ Workout room ]

[ Indoor swimming pool ] 25-meter competition pool (9 lanes)



Main arena



Workout room

25-meter competition pool  
(9 lanes)

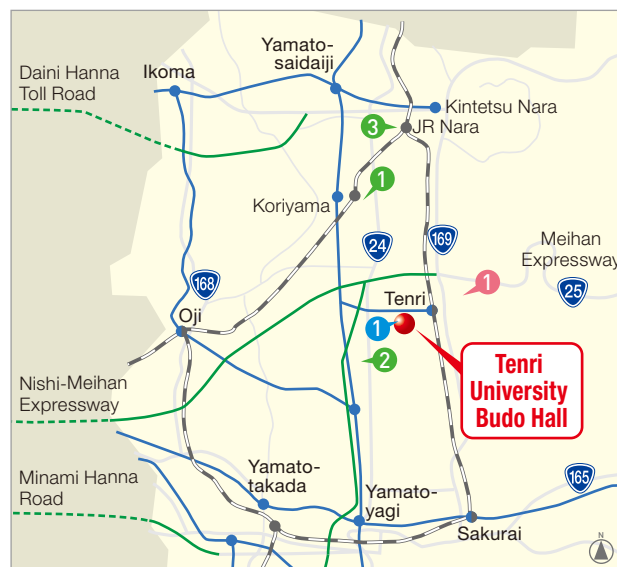
## Accommodation

- |                     |           |
|---------------------|-----------|
| 1 Grand Sunpia Nara | 20 rooms  |
| 2 Nara Plaza Hotel  | 79 rooms  |
| 3 Hotel Nikko Nara  | 330 rooms |



## Medical Institutions

## 1 Tenri Hospital





## Supported Sports



Football  
(soccer)



Tennis



Swimming

## 1 Multipurpose Field



Natural turf field: Football (soccer), rugby

## 2 Tennis Courts



9 synthetic grass courts

## 3 Swimming Pool

50-meter JASF\* certified pool (8 lanes)  
\*Japan Swimming Federation

## 4 Swimming Pool

25-meter JASF certified pool (7 lanes)





## Supported Sports



Tennis



Archery

## ■ Tennis Courts



Sand-filled synthetic grass courts 6 courts

[ Facilities ] Showers, locker rooms, lockers

[ Accessibility ] Multipurpose lavatories for the physically disabled

## ■ Archery Range



60-meter archery range (6 lanes)

[ Facilities ]

Showers, locker rooms, lockers

[ Accessibility ]

Multipurpose lavatories for the physically disabled



## Nearby Facilities



## Training Facilities

- 1 Nara Prefectural Kashihara Park Gymnasium 1



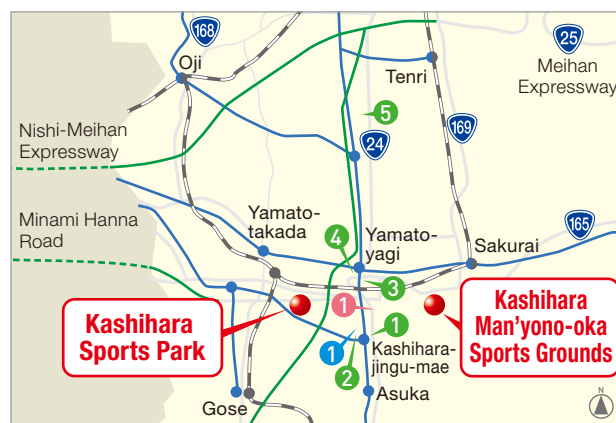
## Accommodation

- 1 Kashihara Royal Hotel ..... 205 rooms
- 2 Kashihara Oak Hotel ..... 36 rooms
- 3 Yamato Kashihara City Hotel ..... 48 rooms
- 4 Yamato-yagi Station Hotel  
(to open in April 2018) ..... 140 rooms  
(plan)
- 5 Nara Plaza Hotel ..... 79 rooms



## Medical Institutions

- 1 Nara Medical University Hospital



Kashihara Royal Hotel



Kashihara Oak Hotel



Yamato Kashihara City Hotel



Yamato-yagi Station Hotel



## Supported Sports



Football (soccer)



Baseball

## Shinjo Kenmin Athletic Field 1



[ Football field ] 1 field (natural turf), floodlights

[ Baseball field ] 1 field (dirt), floodlights

## Shinmachi Park Ball-Sports Field



[ Football field ] 1 field (natural turf)

## Wellness Shinjo Katsuragi City Fitness Center



[ Swimming pool ] 25-meter competition pool (8 lanes)

[ Facilities ] Jacuzzi, bath, sauna, locker rooms, lounge, studio (208.8 m<sup>2</sup>), machine gym (307.8 m<sup>2</sup>), training room (100 m<sup>2</sup>)

[ Accessibility ] Entryway wheelchair ramp

## Community Center



[ Facilities ]

Showers, locker rooms, meeting room, training room, lodging, bath, kitchen

## Nearby Facilities



### Training Facilities

- 1 Wellness Shinjo Katsuragi City Fitness Center



### Accommodation

- 1 Kashihara Royal Hotel ..... 205 rooms
- 2 Kashihara Oak Hotel ..... 36 rooms
- 3 Yamato Kashihara City Hotel ..... 48 rooms
- 4 Yamato-yagi Station Hotel  
(to open in April 2018) ..... 140 rooms (plan)



Kashihara Royal Hotel



Kashihara Oak Hotel



Yamato Kashihara City Hotel



### Medical Institutions

- 1 Nara Medical University Hospital





## Supported Sports



Football (soccer)



Rugby



Tennis

### ■ Ball-Sports Field (Football, Rugby)

23,108 m<sup>2</sup> (synthetic turf), floodlights

### ■ Tennis Courts



[ Hard court ] 2 courts, wheelchair-ready

[ Facilities ] Showers

[ Accessibility ] Parking space for the physically disabled, entryway wheelchair ramp, wheelchair-ready lavatories

## Nearby Facilities



### Training Facilities

- 1 Wellness Shinjo  
Katsuragi City Fitness Center



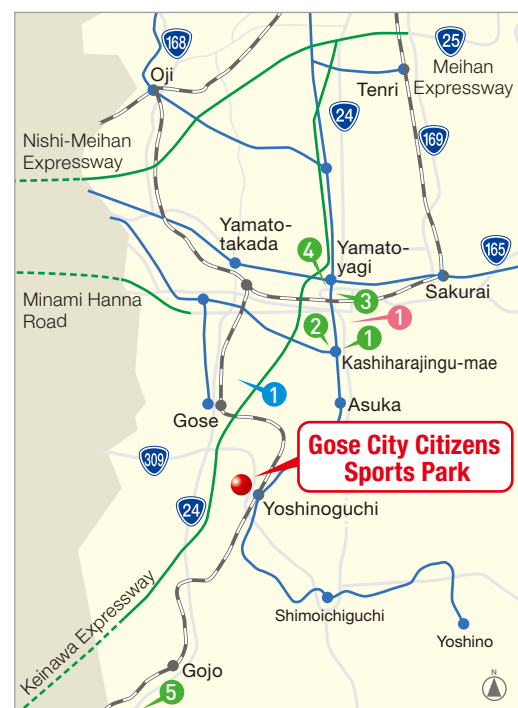
### Medical Institutions

- 1 Nara Medical University  
Hospital



### Accommodation

- |  |                     |
|--|---------------------|
| 1 Kashiwara Royal Hotel                                | 205 rooms           |
| 2 Kashiwara Oak Hotel                                  | 36 rooms            |
| 3 Yamato Kashiwara City Hotel                          | 48 rooms            |
| 4 Yamato-yagi Station Hotel<br>(to open in April 2018) | 140 rooms<br>(plan) |
| 5 Riverside Hotel                                      | 55 rooms            |





Gojo City

# Gojo General Gymnasium

Address: Kozuke-cho, Gojo-shi

## Supported Sports



Volleyball



Basketball



Badminton

## Gymnasium

[ Gymnasium ]

Arena (48 × 42 m)

[ Facilities ]

Air conditioning,  
workout room



Gojo City

# Kozuke Park Multipurpose Grounds

Address: 246 Kozuke-cho, Gojo-shi

## Supported Sports



Football (soccer)



Baseball



Tennis

## Kozuke Park Multipurpose Grounds

[ Facilities ]

Main field (synthetic turf),  
sub field, baseball field,  
tennis courts,  
5 Omnicourt sand-filled  
synthetic grass courts



## Nearby Facilities



### Training Facilities



Gojo City Kozuke Park General Gymnasium



### Medical Institutions



1 South Nara General Medical Center



2 Nara Medical University Hospital



### Accommodation



1 Kashihara Royal Hotel ..... 205 rooms



2 Riverside Hotel ..... 55 rooms



South Nara General Medical Center



Riverside Hotel





## **We look forward to seeing you in Nara!**

In Nara Prefecture, we're committed to promoting participation in sports.  
Not only do we provide training support for young athletes in various sports,  
we help them develop into rounded individuals with strong bonds to the local community.



### ***Boxing***

Photo courtesy of Yell-Sports

**Taiga Imanaga**

2nd-year student, Oji Technical High School



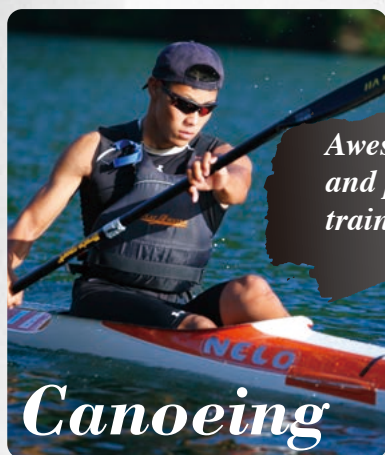
### ***Boxing***

Photo courtesy of Yell-Sports

**Issei Aramoto**

2nd-year student, Oji Technical High School

*Rivals push us  
to improve*



### ***Canoeing***

Photo courtesy of Yell-Sports

*Awesome rivers  
and ponds for  
training in*

**Taishi Tanada**

1st-year student, Ritsumeikan  
University (Nara Informational  
and Commercial High School  
alumnus)



### ***Shooting***

Photo courtesy of Yell-Sports

*Honing  
my concentration  
in a quiet setting*

**Kyo Chobeya**

1st-year student, JSDF  
Physical Training School  
(Yamabe Senior High School  
alumnus)



### ***Paralympics Swimming***

Photo courtesy of Japanese Para-Swimming Federation

*Swimming  
changed my life*

**Miki Kamata**

1st-year student, Rikkyo University  
(Takada Senior High School alumna)





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