



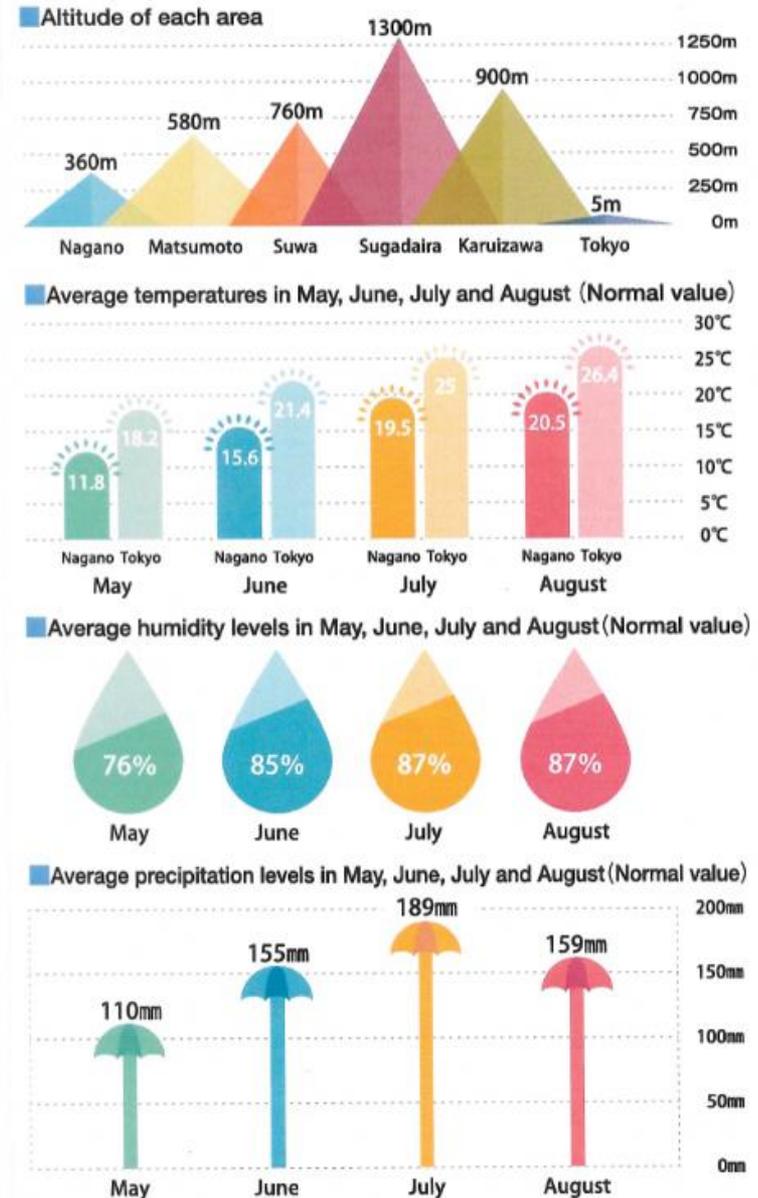
Rowing Training Camp site Shimosuwa, Nagano

Sep. 12, 2018

About Nagano

Nagano Prefecture is Japan's leading mountain resort with a rich and beautiful natural environment surrounded by mountain ranges rising above 3,000m.

Nagano enjoys a relatively dry climate. Especially in the highland areas, summer maximums remain cool, providing an ideal atmosphere for everything from relaxing to outdoor activities, sports and training. With its high-altitude location and temperate summer climate, Nagano is perfectly suited for training of any sport.



Four reasons to choose Shimosuwa

1

Ease of Access

2

High Performance

3

Peace of mind and Body

4

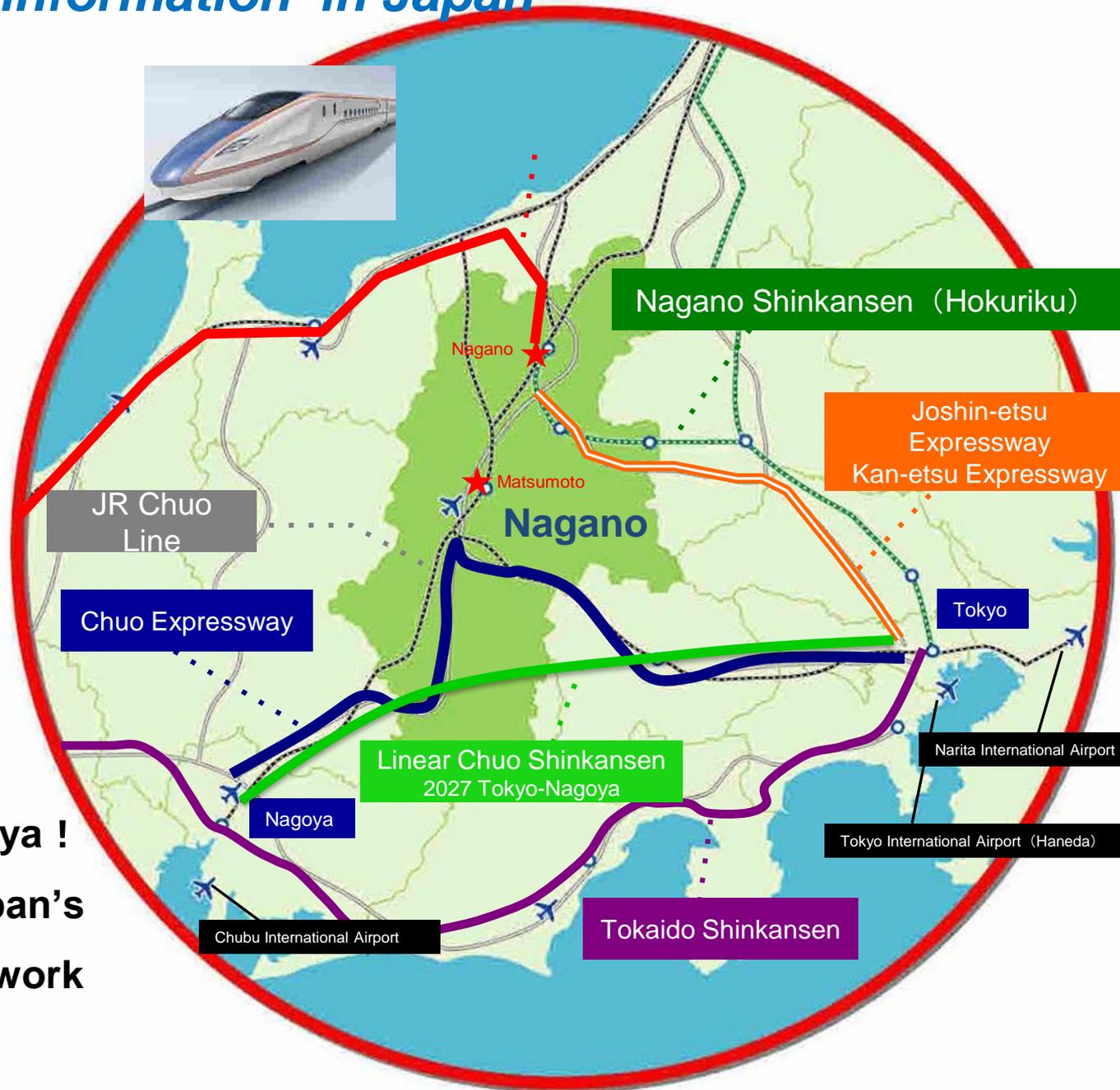
The offer from Shimosuwa

Ease of Access

1

Geographical information in Japan

Nagano



Nagano Shinkansen (Hokuriku)

Joshin-etsu Expressway
Kan-etsu Expressway

JR Chuo Line

Chuo Expressway

Linear Chuo Shinkansen
2027 Tokyo-Nagoya

Nagoya

Tokyo

Narita International Airport

Tokyo International Airport (Haneda)

Chubu International Airport

Tokaido Shinkansen

In the heart of
Japan, easy access
From Tokyo and Nagoya !
Take advantage of Japan's
roadway and train network

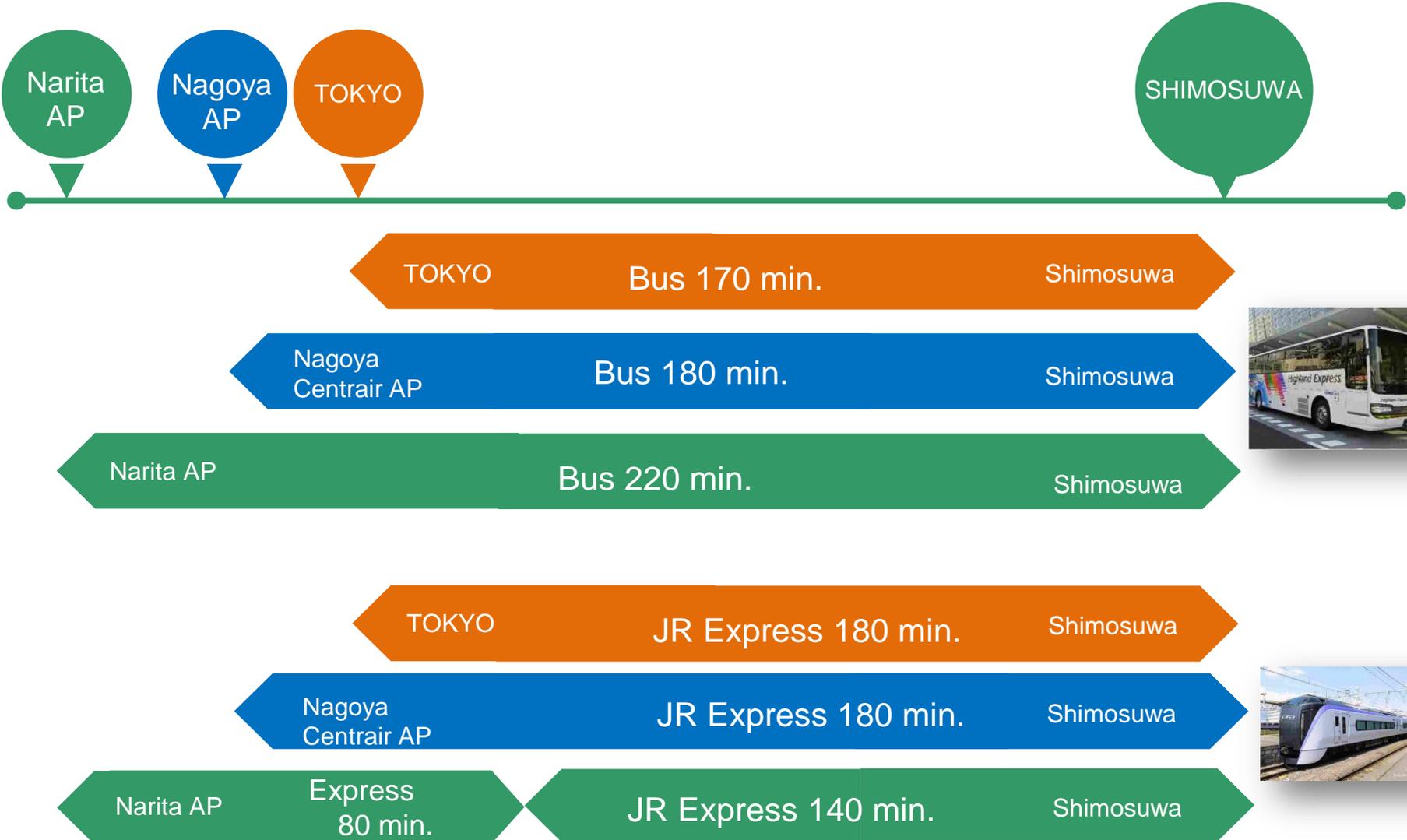
Where is Shimosuwa ?

Close to Major International Airports



Access from TOKYO, Narita and Nagoya

Take advantage of Shimosuwa's easy access !



Conveniently located

You can easily access to hotels, gym, shopping and place to eat.



2

Training site in Shimosuwa

Lake Suwa rowing course



Lake Suwa – Shimosuwa

Shimosuwa Rowing Course



Rowing Machines



Training Centre



Red Cross Hospital

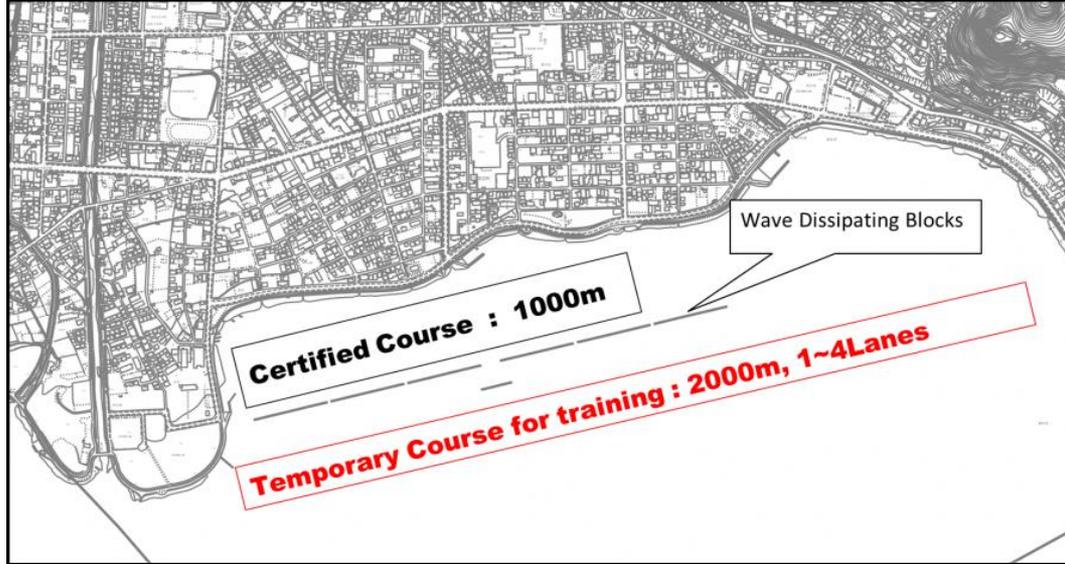


Hotel Rako-Hananoi



Altitude	760m
Fields	2000m x 2-4 lanes, 1000m x 6-lane
Facilities	Boathouse, Rowing machines training room
Events	Rowing
Nearby Facilities	18min by car : Yamabiko Skate-no-mori Training Centre (gym)
Medical	12min by car : Suwa Red Cross Hospital
Hotel	14min by car : Raco Hananoi Hotel (155 rooms)

Lake Suwa – Shimosuwa



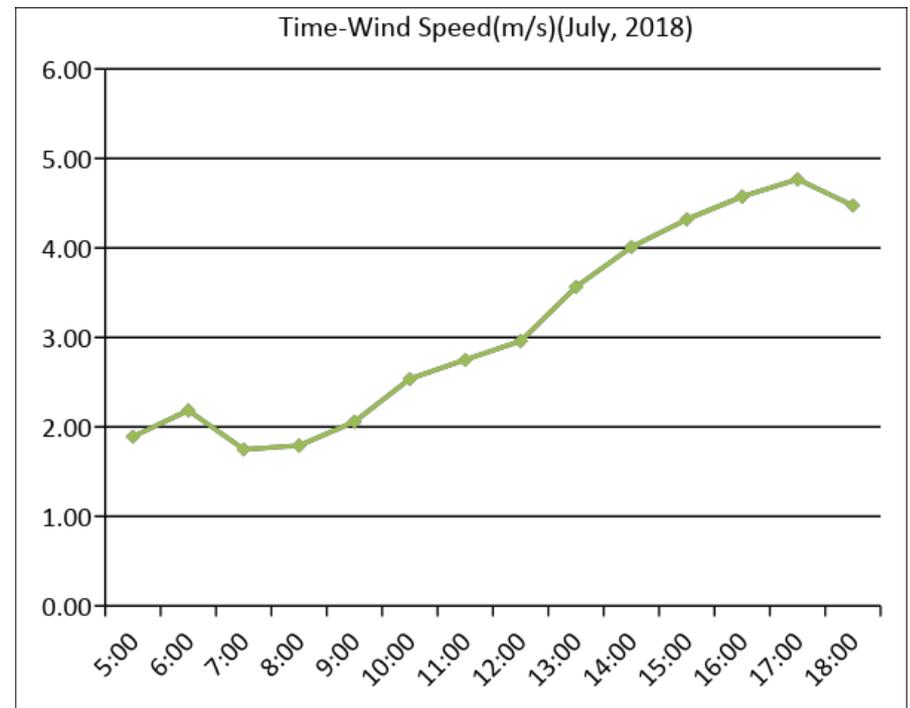
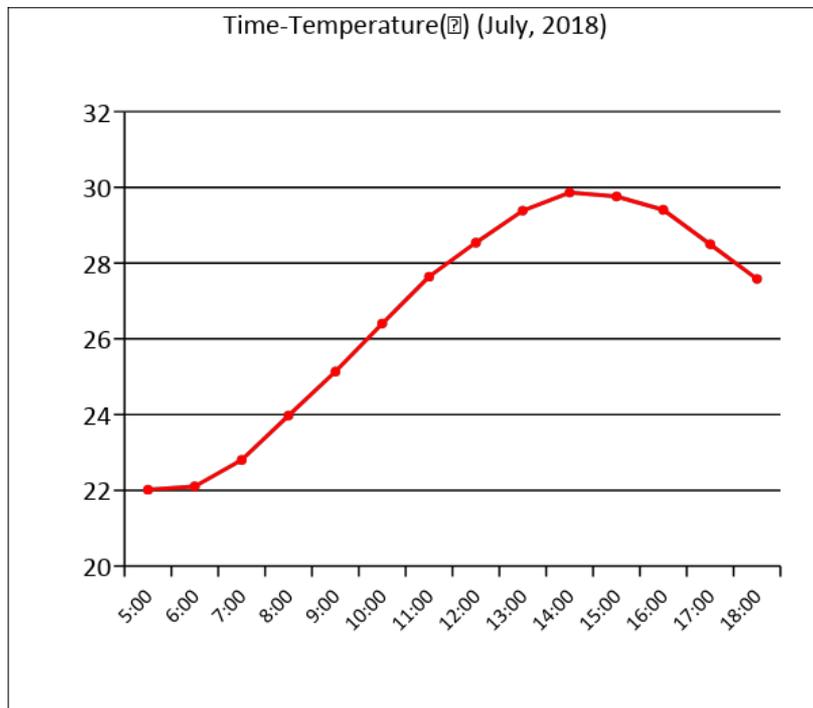
Temporary 2000m Course makes the training in a condition closer to practical Olympic course.

Endurance training is also available.

Lake Suwa – Shimosuwa

Perfectly suited for getting accustomed yourself to the climate in Japan

The water condition is calm and safe



Sports Culture

Shimosuwa Regatta



Lake Suwa Regatta



Lake Suwa Marathon



Rowing Lesson with Olympians



3

Peace of mind and Body

Safety : Fresh Food

Fresh highland vegetable



Nagano Purple – Grapes



Grilled Unagi(Freshwater Eal)

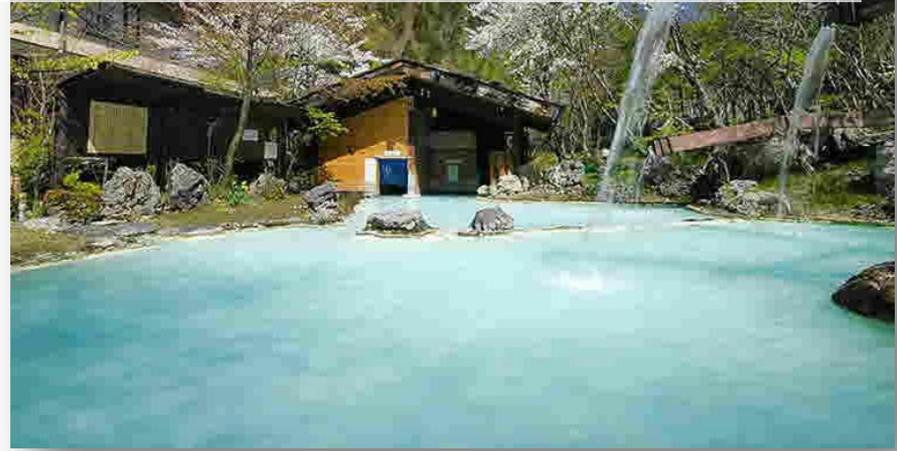


Shinshu Beef



Recovery : Hot Spring Heaven of Japan

#2 in Japan for total number of Onsen
#1 in Japan for number of day-trip Onsen facilities



Excellent environment, while gentle to the body

Japan's longest life span: Nagano

**Women : 87.67 yrs. Men : 81.75 yrs.
(Women #1, Men #2 in Japan)**



4

Offer from Shimosuwa

New Boathouse (to be completed 2020)



***You can use the new
boathouse right after the
completion of construction
...For Free!***

Feel free to ask anything

Shimosuwa-town promise to provide a one-stop solution.

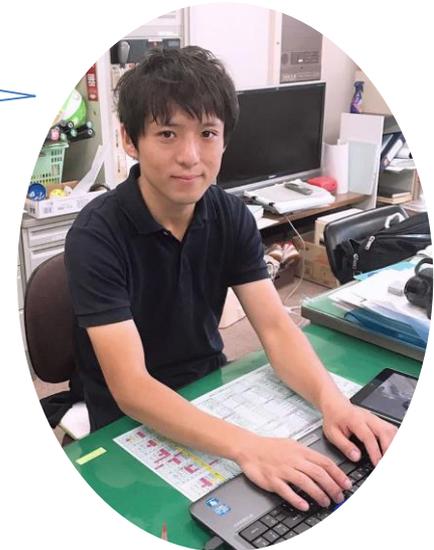
For your convenience, I will deal with all kinds of your inquiries, such as arranging transportation, accommodation or anything else.

Please leave it to me.

Yuta Koike

Sports Promotion sec.

Contact: sports@town.shimosuwa.lg.jp



Thank you. See you in Shimosuwa

