

 **Lake Biwa Museum**

This museum is based on the theme "lake and human" and everyone can enjoy learning about how Lake Biwa was born and the interaction between lake, humans and other living creatures. There are 3 exhibition halls in the museum where you can learn about nature, history and lives in and around Lake Biwa from every point of view.

 **Ninja**

Koka city is one of the birthplaces of ninjas. Koka Ninja Village and Koka Ninja Estate offer wonderful opportunities to experience ninja life and learn about their history.

 **Chikubushima**

Floating in the northern part of Lake Biwa, Chikubushima island which is one of the Eight Views of Biwako. On this island lies a beautiful shrine and temple which were built in the late 16th century. Also, this island has recently been famous among young visitors who want to attract good fortune from a "power spot".

Shiga's Charms



 **Biwa trout**

Biwa trout is a species unique to Lake Biwa. It is a member of the salmon family, and large ones grow to a size of about 60cm. It is so tasty that you can eat it in many ways: sashimi, meuniere (sauteed with butter), fried, and broiled with salt.

 **Omi Beef**

With a history of over 400 years, Omigyu is highly reputed as the oldest branded Wagyu beef. It is known as "edible art" because of its delicate and tender flesh, tasty fat, and distinctive flavor.

 **Omi Tea**
(Japanese-tea of Shiga)

It is said that the roots of Omi tea go back to around 800 A.D. in the foothills of Mount Hiei. Omi Tea is very famous for its pleasant flavor and has been a favorite for generations. Extreme temperature differences between days and nights of hilly areas makes Omi Tea high quality.

For more information about training camps, please contact us at:

**Planning Coordination Division
Shiga prefectural Government**

E:mail : cu0002@pref.shiga.lg.jp

For more information on attractions and details about Shiga, please visit the following website.
[go.biwako]
Travel Guide of Shiga prefecture, japan
URL: <http://en.biwako-visitors.jp/>



 **Center of JAPAN**
SHIGA
Best Place for Pre-Games Training Camps

50 minutes — 155 minutes
Osaka — **Kyoto** — **Shiga** — **Nagoya** — **Tokyo**
9 minutes — otsu — 50 minutes

**We love nature,
We love sports, and
We love athletes.**



Lake Biwa & cherry blossoms

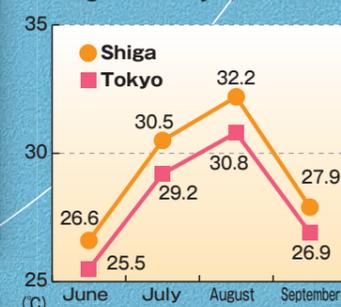
**Located in the center of Japan.
90 minutes from Kansai International Airport.
9 minutes from Kyoto.
155 minutes from Tokyo.**



Rainfall in Shiga and Tokyo (1981-2010)



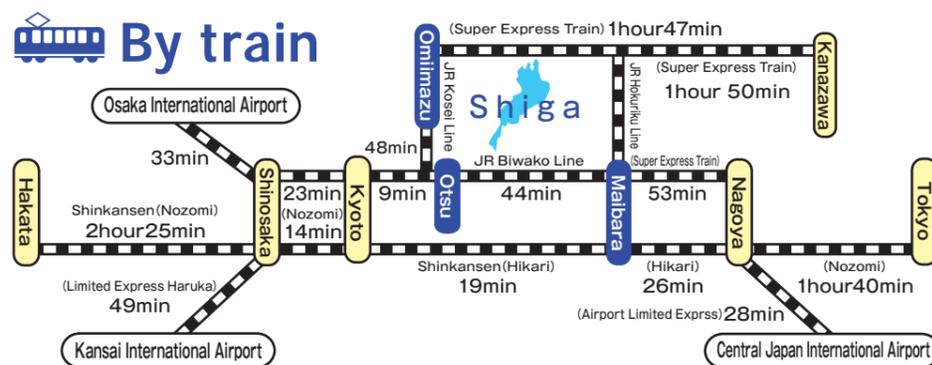
Averages highest temperature in Shiga and Tokyo (1981-2010)



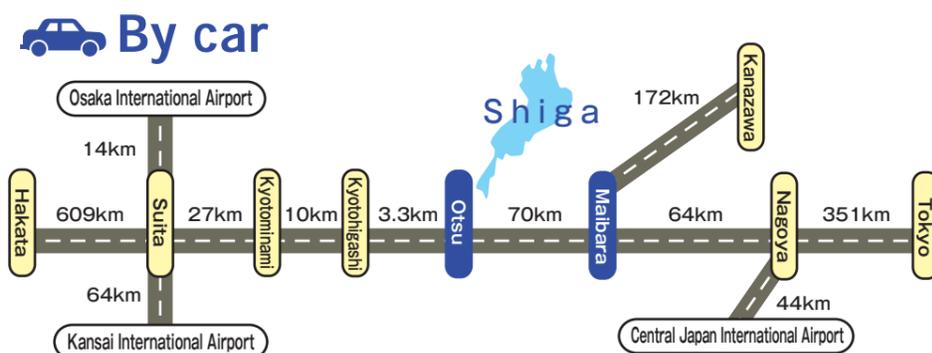
Averages lowest temperature in Shiga and Tokyo (1981-2010)



By train



By car



Governor of Shiga Prefecture
Taizo Mikazuki

YŌKOSO! Welcome to SHIGA'S training camps

Shiga Prefecture, with its rich natural environment sprawling from Lake Biwa at its center, is also blessed with tasty food, vibrant history (such as a Hieiizan, which holds a "World Heritage" status), culture, and arts.

Being right in the center of Japan places Shiga Prefecture within quick access to Tokyo, Nagoya, Osaka, and so on. Shiga also has easy access to the international airports in Kansai and central Japan.

Home to a number of universities, many student-athletes are enrolled and there are many sports facilities. A variety of accommodation from urban hotels to traditional hot spring inns in Shiga, as well as being next Kyoto will meet the diverse needs of the athletes.

All residents in Shiga are confident that we can provide an optimal environment and support for training camps and athletes. We are sincerely looking forward to seeing you soon.



LAKE

Lake Biwa: The largest lake in Japan.
Best not only for aquatic sports
but also for cycling and jogging.



Harmony



Hieizan Enryakuji

© Biwako Visitors Bureau



「notitle」 2006 ~ 2008
Shinichi SAWADA
He is known as an ART BRUT
artist both internationally and
domestically.
He joined "55th international
art exhibition -Biennale di
Venezia-" as a guest artist.



Shigaraki ware

CULTURE

Shiga has played an important role in Japanese history,
and still has many fine heritages.
Visiting shiga, you will have a chance to be exposed to
traditional art crafts such as pottery (including famous
Shigaraki ware), religious art such as Buddha statues, and
new types of art such as ART BRUT.

Medical institutions in Shiga.

Shiga has 58 hospitals, and 32 of which are
emergency hospitals that accept patients in
need of emergency care.
Helicopter ambulances will be in operation
after April 28, 2015, and will cover all of
Shiga.



Universal designs for public facilities.

We are promoting universal designs for public facilities.
As of the end of March 2014, 76% of all main train stations
have already adopted universal designs for their entrances
and platforms.
We have also adopted universal designs for building and
repairing sports facilities.

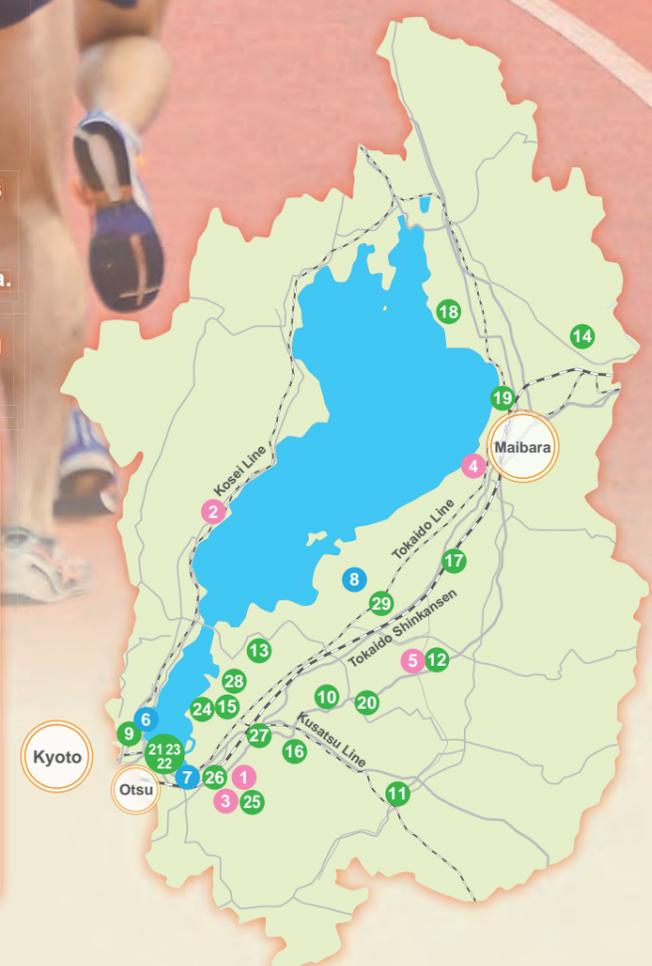


Facilities

Dotted around Lake Biwa, we have a various types of facilities such as university facilities, aquatic sports facilities, and dedicated facilities for each sport. You will be able to train for the Olympics/Paralympics in Shiga.

ATTENTION

There is a possibility that we cannot accommodate you due to conflicts with time, personnel, and general planning so we kindly ask that you contact us before making the decision to set up camp in Shiga.



- | | | |
|------------|---------------------|-----------------------|
| athletic | goalball | sitting volleyball |
| badminton | gymnastics | table tennis |
| basketball | handball | taekwondo |
| boccia | judo | tennis |
| boxing | lanesboat | volleyball |
| canoe | rhythmic gymnastics | weight lifting |
| cycling | rugby | wheelchair basketball |
| fencing | sailing | wrestling |
| football | | |

Universities & Colleges

1 Ritsumeikan University (BKC campus)

- gymnasium1:47m×35m gymnasium2:33m×23m
- ground1:160m×80m(clay)
- tennis court2(hard court):2courts
- ground3:120m×130m(clay)
- green field:2fields(artificial grass)
- quince stadium:130m×210m(natural grass)

1-1-1 Nozi-higashi, Kusatsu city, Shiga, 525-0058



2 Biwako Seikei Sport College

- gymnasium1:45m×34m(height:9.2m)
- gymnasium2:37m×33m(height:9.6m)
- athletic field(track):400m×8lanes
- athletic field(infield):105m×68m (natural grass)
- tennis court(hard court):5courts
- baseball field

1204 Kitahira, Otsu city, Shiga, 520-0503



Universities & Colleges

3 Ryukoku University Seta campus

- gymnasium:37m×27m (height:8.5m)
- ground1:171m×90m(clay)
- seta dome(indoor field):45m×45m(artificial grass)
- baseball field

1-5 Yokotani, Seta Oe-cho, Otsu city, Shiga, 520-2194



4 Shiga University (Faculty of Economics)

- gymnasium:40m×28m(height:8.8m)
- ground:100m×68m (natural grass)
- baseball field

1-1-1 Banba, Hikone city, Shiga, 522-8522



5 Biwako Gakuin University

- gymnasium:29m×22m (height:9.7m)

29 Fuse-cho, Higashiomi city, Shiga, 527-8533



Aquatic sports

6 Yanagasaki yacht harbor

- sailing

1-2 Yanagasaki, Otsu city, Shiga, 520-0022



7 Biwako rowing center

- boat:1000m×6lanes
- canoe(sprint):1000m×9lanes

6-1 Tamanoura, Otsu city, Shiga, 520-2142



8 Azuchi B&G marine center

- canoe(sprint):1000m course (without buoy)

5428 Simo-toira, Azuchi-cho, Omihachiman city, Shiga, 521-1311



Sports

9 Ojiyama general sports Park

- stadium(track):400m×8lanes
- stadium(infield):107m×70m(natural grass)
- tennis court(hard court):4courts
- gymnasium:44m×38m(height:13m)
- baseball stadium

4-1 Goryo-cho, Otsu city, Shiga, 520-8575



10 Shiga prefectural Kibougaoka Cultural Park

- track&field stadium:400m×8lanes
- ballgame stadium:147m×90m(natural grass)
- baseball ground,
- softball ground

1178 Kuzushi, Ryuocho-cho, Gamo-gun, Shiga, 520-2551



11 Minakuchi sports no mori

athletic field(track):400m×8lanes,
athletic field(infield):68m×105m(natural grass),baseball field
230 Kitanaiki,Minakuchi-cho,Koka city,Shiga,528-0051



12 Nunobiki green stadium

athletic field(track):400m×9lanes,
athletic field(infield):106m×71m(natural grass)
1503 Shibahara-cho,Higashiomi city,Shiga,527-0067



13 Yasugawa rekishi koen soccer fields "Big Lake"

2artificial grass fiedrs A:114m×77m,B:114m×76m
1natural grass field,C:119m×74m
2439 Hattori-cho,Moriyama city,Shiga,524-0212



14 Ibuki undojo sports ground

ground:91.4m×55m(artificial grass)
Suijo,Maibara City,Shiga,521-0314



15 Mitsuike sports park

field:100m×80m(natural grass)
1-3-1 Nishiyagura,Kusatsu city,Shiga,525-0052



16 Ameyama tennis court

tennis court(hard court):5courts
2-3877-30 Ameyama,Konan city,Shiga,520-3310



17 Aisho-cho central sports park

archery fiedr:71.25m×91.38m for single round(30~90m)
145 Kawakubo,Aisho-cho,Echi-gun,Shiga,529-1312



18 Okubiwa sports no mori

tennis court(hard court):6courts
1667 Hayazaki-cho,Nagahama city,Shiga,526-0124



19 Nagahama Dome

Indoor ground:120m×74m(sand-filled artificial grass)
outdoor ground:120m×68m(clay)
outdoor tennis court(hard court):4courts
1320 Tamura-cho,Nagahama city,Shiga,526-0829



20 Ryuoh-cho general sports park "Dragon hat"

indoor ground:100m×67m(clay) for roadracer's base(bike)
3282 Okaya,Ryuoh-cho,Gamo-gun,Shiga,520-2541



21 Shiga prefectural gymnasium

main gymnasium:45m×42m(height:12.7m)
4-2-12 Nionohama,Otsu city,Shiga,520-0801



22 Shiga prefectural budokan

judo:4fields taekwondo:2fields
4-2-15 Nionohama,Otsu city,Shiga,520-0801



23 Nionohama fureai sports center

gymnasium:31m×36m(height:13~15m)
4-2-40 Nionohama,Otsu city,Shiga,520-0801



24 Kusatsu municipal budokan

judo:3fields
683 Minamiyamada-cho,Kusatsu city,Shiga,525-0063



25 Shiga prefectural welfare center

gymnasium:34.3m×23.6m(height:7.8m)
8-5-130 Kasayama,Kusatsu city,Shiga,525-0072



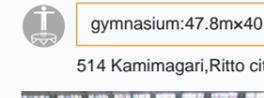
26 Seta koen gymnasium

gymnasium:35m×28m(height:9~11m)
6-9-1 Ichiriyama,Otsu city,Shiga,520-2153



27 Ritto gymnasium

gymnasium:47.8m×40.6m(height:8m)
514 Kamimagari,Ritto city,Shiga,520-3022



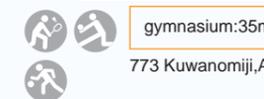
28 Moriyama municipal sports park

gymnasium:42m×36m baseball field
100 Miyake-cho,Moriyama city,Shiga,524-0051



29 Azuchi marie-to

gymnasium:35m×28m(height:9~11m)
773 Kuwanomiji,Azuchi-cho,Omihachiman city,Shiga,521-1321



Shiga's Places of Interest and Attractions for Athletes



Tomomi Abiko

Pole Vaulter

Profile

Born in Shiga in 1988, the athlete has devoted her sporting years first as a high-jumper and then as a pole-vaulter. The switch made in high school led her to vault 4 m 00 cm, the second highest all-time high-school record. She has then gone on to set Japan's new student record six times and won three national championships in a row (with a national record of 4 m 40 cm). She represented Japan in the London Olympic Games.



Pole Vault

With nature all around us, Shiga is a relaxing place. I still call the prefecture home and practice there. It is essential that I approach sports while keeping with my personal motto "My own way at my own pace," and I find Shiga to be the very best in the world for places to practice. Of the many such places, I would recommend "Kibougaoka Cultural Park." It has a 400 m track-and-field facility and includes an indoor training space (80 m in length); with access also to a gymnasium, soccer field, field obstacle area, tennis courts, and baseball field as well as a vast expanse of grass. The park is good for both training and refreshment of mind and body. If you need a change of scenery, you can head for Hikone Castle and bask in the days of the samurai or for Japan's largest lake, Lake Biwa, and board a cruise on the pleasure boat Michigan. I have no doubt the time you spend in the prefecture will bring out the best in you as an athlete.



Koji Tanaka

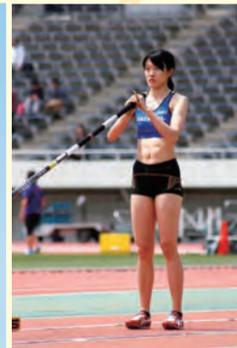
Sitting Volleyball Player

Profile

Born in Shiga in 1967, the player started volleyball when he was in junior high school and ultimately took part in an international event. Suffering an injury to his left leg, he went on to set up a sitting volleyball club and participated in the Sydney Paralympics, thereafter representing Japan in the Paralympics Games held in Athens and Beijing.



Taking great delight in moving about and enjoying physical activities ever since I was small, I was all fired up to "be in the Olympics someday." Shiga offers a perfect setting for children, encouraging them to freely follow such dreams. Players of sitting volleyball games each vouch for the prefecture's affinity with sports because of its "clean air and relaxing atmosphere, warmth of the local people, and convenience for transportation." I continue to base my practicing in the prefecture's Nagahama area. Nagahama Canon Arena is host to camp training for Japan's national team for sitting volleyball. I am sure the prefecture has a lot to offer in terms of laying a stepping stone for your best performance.



Tennis

Playing Sports in Shiga

Volleyball

Athletics

Judo



Basketball



Archery



Arata Sonoda

Wrestler in 130-kg Class

Profile

Born in Shiga in 1994, the wrestler won two championships in succession in the National Athletic Meet while in high school. He won the National Invitational Wrestling Tournament title in 2014 and represented Japan in the World Wrestling Championship in the same year. Both his father and older brother are former wrestlers, and his younger brother Taira is also known as a formidable wrestler with a title in a national wrestling meet under his belt.



Wrestling

I come from the area of Shiga where Mt. Watamuki stands. The mountain helped me build up my muscles; climbing mountains not only trains the muscles of your body through constant stimulation but rewards you with magnificent views of the pristine nature of the countryside. The mountain on which the ruins of Azuchi Castle are found is on my list of recommendations; chosen by Oda Nobunaga, a name immediately recognizable to all Japanese, the top of the mountain renders a panoramic view of lake Biwa. Shiga was also home to ninja in the olden days. A Hungarian friend of mine simply loves ninja; I would very much like to take visitors from overseas to the KoKa Ninja Village whenever they visit Japan. Starting with Omi beef, the prefecture is well known for its long list of unique and fine fare that includes grilled Japanese ayu sweetfish and itokirimochi (rice cake stuffed with sweet bean paste). If you are looking for a place where you can condition your mind and body in relaxed surroundings, I recommend Shiga on account of its superb environment.

Athletes from the Land of the Great Lake and Competing on the World Stage



Yuki Ota
(Fencing)



Reika Kakiwa
(Badminton)



Ryo Yamamoto
(Marathon)



Takashi Inui
(Football)



Yoko Egami
(Wheelchair Badminton)