

Training Camps in Hokkaido

(Cross Country)

Higashiyama Park Athletics
Stadium Cross Country Course
(Completed in 2007)

Location: Iwamizawa City Sougou Park 4
Average temperature in January: -7.3°C
Average precipitation in January: 112.3mm



Training Facility
*For Paralympics
Distance: 1.6 km Night facilities: Unequipped
Changing facilities: Equipped
Shower rooms: Equipped
Multipurpose Toilet: Equipped
Reservation via and offer: Negotiable
Usage fee: Free
Gym: Unequipped Pool: Unequipped
*The entrance to the grounds is on the ground level

Accommodations (Several options available)
Transportation support to the training facility: Available
Transportation support with the nearest airport: Available
Meals (upon request): Negotiable
Foreign language support (English): Available
Wheelchair support: Available

Past usage by high level athletes from a variety of countries
N/A

Contact Us
Iwamizawa City, Board of Education
Lifelong Learning, Culture and Sports Promotion Division
TEL: 0126-35-5129
E-mail : sports@i-hamasu.jp



Access
Approximately 1 hour by bus from New Chitose

Canadian World Park

Location: Ashibetsu City Koganechou 731
Average temperature in January: -6.6°C
Average precipitation in January: 74.2mm
Maximum snow depth in January: 66 cm



Training Facility
Competitions: Cross Country Skiing
Outside course distance: Approximately 2.5 km
Facility area: Approximately 48 hectares
Night facilities: Unequipped
Changing rooms: Equipped Shower rooms: Unequipped
Toilets (western style):
Reservations via an offer: Available
Usage fee: Free
Gym: Unequipped Pool: Unequipped
* The gym is next to the Starlight Hotel

Accommodations: In the case of Ashibetsu Onsen Starlight Hotel
Room rates within the city: 1 night/2meals approximately 14,000 yen
Time and Distance to the training facility: Approximately 5 minutes by bus
Transportation support to the nearest training facility: Available
Transportation support to the training facility: Available
Meals (upon request): Available
Foreign language support: Unavailable
*It's possible to use the Yutani Gymnasium of the adjacent hotel

Past usage by high level athletes from a variety of countries
N/A

Contact Us
Ashibetsu City, Board of Education
Sports Promotion Division
TEL: 0124-24-2525
E-mail : taiiku@city.ashibetsu.hokkaido.jp



Access
Approximately 2 and a half hours by bus
from New Chitose

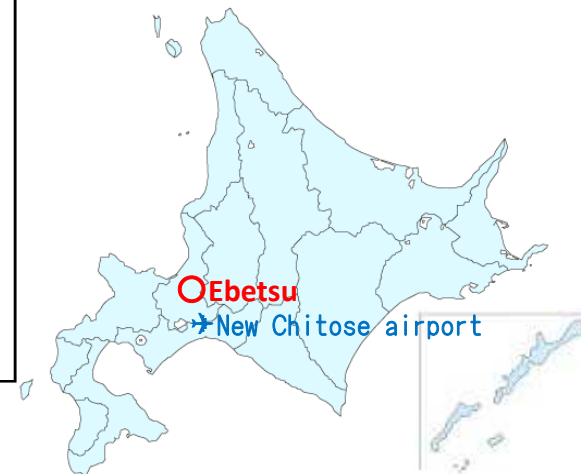
Nopporo Sports Park
(Completed in 1986)

Location: Ebetsu Nishi-Nopporo 481
Average temperature in January: -6.3°C
Average precipitation in January: 69.6mm



Training Facility
Sports: Cross Country Skiing
Night facilities: Unequipped
Changing rooms: Equipped Shower rooms: Equipped
Toilets (western): Available (inside the adjacent facility)
Reservation via an offer: Negotiable
Usage fee: Free
Gym: Unequipped Pool: Equipped (located adjacently)
*There are shower rooms and toilets available in the park's adjacent gymnasium.

Accommodations: In the case of training camp
Room rates within the city: Starting from 3,000 yen
Distance to the training facility: 3 minutes by walking
Transportation support to the training facility: Unavailable
Transportation support with the closest airport: Unavailable
Meals (upon request): Available
Foreign Language support Available



Past usage by high level athletes from a variety of countries
N/A

Contact Us
Nopporo Sports Park Management
TEL 011-384-2166

Access
Approximately 1 hour by bus from New
Chitose Airport

Sapporo Kita-Hiroshima Class
Hotel Cross Country Course
(Completed in 1997)

Location: Kita-Hiroshima Nakanosawa 450-1
Average temperature in January: -6.6 °C
Average precipitation in January: 56.9 mm



Training Facility

Competitions: Cross Country Skiing
Distances: 2, 3, 5, 7.5 km Night run equipment: Unequipped
Changing rooms: in consultation
Shower rooms: in consultation
Toilets (western style): Equipped
Reservation via an offer: Available
Usage fee: Free Gym: Equipped
*There is a Waxing Room directly in the Class Hotel

Accommodations: example-Sapporo Kita-Hiroshima Class Hotel
Room rates within the city (1 night/2 meals): Approximately 10,000 yen
Distance to the training facility: 5 km, approximately 7 minutes by bus
Transportation support to the training facility: Available
Transportation support with the nearest airport: Available
Meals (upon request): Negotiable
Foreign language support (English): Available
Wheelchair support: Available

Previous use by high level athletes from a variety of countries
For the 2007 Nordic World Championships several countries teams held a training camp at the Kita-Hiroshima Class Hotel

Contact Us

Kita-Hiroshima, Board of Education
Physical Education Division
TEL: 011-372-3311
E-mail : syakai@city.kitahiroshima.hokkaido.jp



Access
Approximately 30 minutes by bus from New Chitose Airport

Kutchan
Asahigaoka Cross Country
Ski Course

Address: Asahi, Kutchan-cho Abuta-gun, Hokkaido, 044-0083,
Japan
Average temperature in January: -5.7℃
Average precipitation in January: 188.9mm



Kutchan



Facility

Sports: Cross country skiing
Distance: 3 km • 5 km Night training: ✕
Change rooms: ✓ Showers: ✕
Restrooms (Western style, Handicap Accessible): ✓
Exclusive use: △ Negotiable
Usage fee: Free
Gym: ✓, In the general gymnasium Pool: ✕ (Closed in winter)

【Accommodations~In town and vicinity, and various near the Grand Hirafu Ski Resort】

Time to the facility (In town and vicinity): 5 minutes by car

Time to the facility (Grand Hirafu Ski Place): Approximately 15 minutes by car (Around 8km)

Transportation support to the facility: △ Negotiable

Transportation support to the nearest airport: △ Negotiable

Meals (Upon demand): △ Negotiable

Language support (English): ✓ Available (Some)

Previous Use by High Level Athletes

N/A

Contact Us

Board of Education of Kutchan, General Gymnasium

TEL : 0136-22-2288

E-mail : taiikukan@town.kutchan.lg.jp



Access

Approximately 120 minutes from the New Chitose Airport by bus

Otaki Cross Country Ski Course
(Completed in 1996)

Location: Date City Matsugae-chou 34-1
Average temperature in January: -7.4 °C
Average precipitation in January: 113.6 mm



Date



Training Facility
Sports: Cross Country Skiing
Distance: 5 km Night run equipment: Equipped (3 km night course)
All-Japan Ski Federation Certified Course
Changing rooms: Equipped Shower rooms: Unequipped
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Negotiable
Usage fee: Free Gym: Unequipped

Accommodations

Room rates within the city (1 night/2 meals): Approximately 7,000 yen
Distance to the training facility: Approximately 10 minutes by bus
Transportation support to the training facility: Negotiable
Transportation support with the nearest airport: Negotiable
Meals (upon request): Negotiable
Foreign language support (English): Available

Previous use by high level athletes from a variety of countries
10 countries including Norway, Germany and Belarus (2007 Nordic World Championships in Sapporo)

Contact Us

Date City, Board of Education
Lifelong Learning Promotion, Youth and Sports Division
TEL: 0142-23-3331 extension (510)
E-mail : shogaigakushu@city.date.hokkaido.jp



Access

Approximately 1 hour and 20 minutes by bus
from New Chitose Airport

Tomisawa Cross Country
Ski Course
Established in 1988

Address: Kamuicho Tomisawa, Asahikawa-shi, Hokkaido, 070-8024,
Japan
Average temperature in January: -7.5°C
Average precipitation in January: 69.6 mm



Asahikawa



Facility

Sport: Cross country ski
Distance: 2, 3, 5, 10km
Night training: ○ (only at 2 km course)
Change rooms: × Shower: ×
Restroom (Western style, Handicap accessible): ○
Exclusive use: △ Negotiable
Usage fee: Free
Gym: × Pool: ×

Accommodations, Transportation, Meals and Language Support

There are many hotel options. Transportation, meals, foreign language support can generally be provided upon demand.

(Negotiable)

Previous Use by High Level Athletes

N/A

Contact Us

City of Asahikawa, Sports Division
TEL: 0166-23-1944
E-mail : sbwca@city.asahikawa.hokkaido.jp



Access

Approximately 30 minutes from Asahikawa
Airport by bus

Nayoro Health Forest
Cross Country Course
(Completed in 1996)

Location: Nayoro Nisshin
Average temperature in January: -9.7 °C
Average precipitation in January: 57 mm



Training Facility

Sports: Cross Country Skiing , Nordic
Distance: 10,000 m Night run equipment: Unequipped
All-Japan Ski Federation Certified Course
Changing rooms: Equipped Shower rooms: Equipped
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Negotiable
Usage fee: Free Gym: Unequipped Pool: Unequipped

Accommodations: example- Nayoro Sunpillar Onsen
Room rates within the city (1 night/3 meals): Approximately 6,480 yen
Distance to the training facility: 4 km (5 minutes by bus)
Transportation support to the training facility: Available
Transportation support with the nearest airport: Available
Meals (upon request): Available
Foreign language support (English): Available
Wheelchair support: Available

Past usage by high level athletes from a variety of countries
N/A

Contact Us
Nayoro City, Board of Education
Lifelong Learning, Sports Promotion Division
TEL: 01654-2-2218
E-mail : ny-bunsen@city.nayoro.lg.jp



Access
Approximately 1 hour and 50 minutes by bus
from Asahikawa Airport

Asahidake Cross Country
Ski Course (Completed
in 1982)

Location: The Town of Higashikawa, Yukomanbetsu
Average temperature in January: -10.4 °C
Average precipitation in January: 21.5 mm



Higashikawa



Training Facility
Sports: Cross Country Skiing , Nordic
Distance: 7.5 km Night run equipment: Equipped (2.5 km course)
Changing rooms: Unequipped Shower rooms: Unequipped
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Unavailable
Usage fee: Individual use 1 day-1,000 yen (free for guests of the
Asahidake Onsen)
Gym: Available in the Higashikawa B&G Marine Center (40 minutes by car)
*In the summer can accommodate Roller Skiing (2.5 km course)

Accommodations: example- Asahidake Onsen
(9 other accommodations available)
Room rates within the city (1 night/3 meals): Approximately 6,000 yen
Distance to the training facility: 400 m (5 minutes by walking)
Transportation support to the training facility: Unavailable
Transportation support with the nearest airport: Unavailable
Meals (upon request): Available
Foreign language support (English): Available

Past usage by high level athletes from a variety of countries
Korean National Team (07/08 season)
A number of athletes from the Japan National Team

Contact
Higashikawa Office, Exchange Promotion Division
TEL:0166-82-2111
E-mail : kouryu@town.higashikawa.lg.jp



Access
Approximately 10 minutes by car from
Asahikawa Airport

Kitoushi Cross Country
Course
(Completed in 2014)

Location: Higashikawa West 4, 43
Average temperature in January: -10.4 °C
Average precipitation in January: 21.5 mm



Higashikawa



Training Facility
Sports: Cross Country Skiing
Distance: 1.44 km Night run equipment: Unequipped
Changing rooms: Unequipped Shower rooms: Unequipped
(Changing rooms and shower rooms are located in an affiliated facility a 5 minute walk away)
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Unavailable
Usage fee: Free
Gym: Available in the Higashikawa B&G Marine Center (40 minutes by car)

Accommodations: example- Kitoushi Kogen Hotel
Room rates within the city (1 night/3 meals): Approximately 8,640 yen
Distance to the training facility: 400 m (5 minutes by walking)
Transportation support to the training facility: Unavailable
Transportation support with the nearest airport: Unavailable
Meals (upon request): Available
Foreign language support (English): Available

Past usage by high level athletes from a variety of countries
N/A

Contact
Higashikawa Office, Exchange Promotion Division
TEL:0166-82-2111
E-mail : kouryu@town.higashikawa.lg.jp



Access
Approximately 10 minutes by car from
Asahikawa Airport

Shirogane
Cross Country Course

Location: Biei-chou
Average temperature in January: -9 °C
Average precipitation in January: 47 mm



In the process of acquiring
photos

Training Facility
Sports: Cross Country Skiing
Distance: 8 km Night run equipment: Unequipped
Changing rooms: Unequipped Shower rooms: Unequipped
Toilets: Unequipped
Reservation via an offer: Negotiable
Usage fee: Free
Gym: Unequipped Pool: Unequipped

Accommodations: example- National Taisetsu Youth Exchange House
Room rates within the city (1 night/2 meals): Upon inquiry
Distance to the training facility: 1 km
Transportation support to the training facility: Negotiable
Transportation support with the nearest airport: Negotiable
Meals (upon request): Negotiable
Foreign language support (English): Available

Past usage by high level athletes from a variety of countries
N/A

Contact Us
The Town of Biei, Economic and Cultural Promotion Division
Sports Promotion Office
TEL: 0166-92-4141
E-mail : keibun_shinkou@town.biei.hokkaido.jp



Access
Approximately 20 minutes by bus from
Asahikawa Airport

“Tent Land” Prefectural Park
Cross Country Course (Completed
in 1993)

Location: Abashiri City Yasaka 1
Average temperature in January: -5.5 °C
Average precipitation in January: 54.4 mm



Abashiri

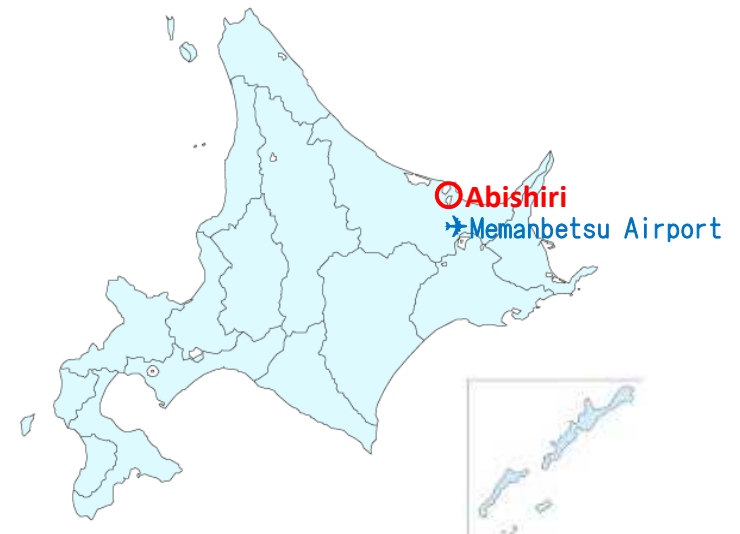


Training Facility
Sports: Cross Country Skiing
Distance: 3 km Night run equipment: Unequipped
Changing rooms: Equipped Shower rooms: Unequipped
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Negotiable
Usage fee: Free
Gym: Unequipped Pool: Unequipped
(There is a gym and pool available within the city)

Accommodations: example- Abashiri Tourism Hotel
Room rates within the city (1 night/2 meals): Starting from 9,000 yen
Distance to the training facility: Approximately 15 minutes by bus
Transportation support to the training facility: Available
Transportation support with the nearest airport: Available
Meals (upon request): Available
Foreign language support (English): N/A

Past usage by high level athletes from a variety of countries
The 2014 Sochi Paralympic Biathlon Team Japan member Mr. Kubo

Contact Us
Abashiri City, Board of Education, Sports Division
TEL: 0152-43-3647
E-mail : ZUSR-KI-TAIKU-SHINKOU@city.abashiri.hokkaido.jp



Approximatley 30 minutes by bus from
Memanbetsu Airport

Monbetsu Sports Center
Cross-country Course
(Completed in 1975)

Location: Monbetsu Minamigaoka-cho, 7-chome
Average temperature in January: -5.6 °C
Average precipitation in January: 45.3 mm

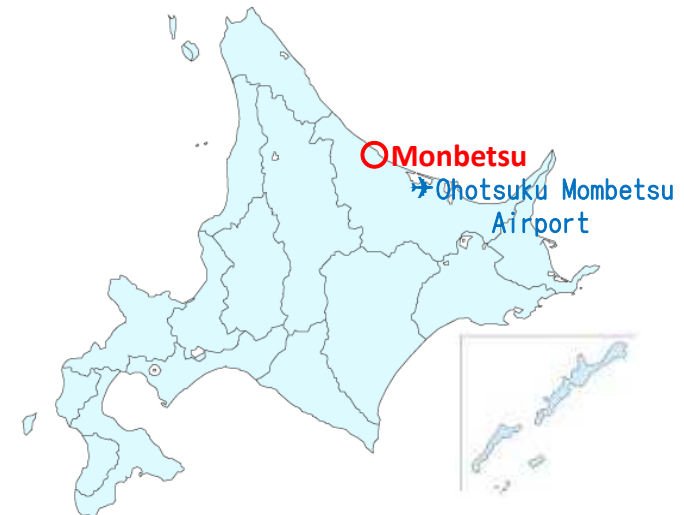


Training Facility
Sports: Cross Country Skiing
Distance: 5 km Night run equipment: Unequipped
Changing rooms: Equipped (inside the sports park in another building)
Shower rooms: Equipped (inside the sports park in another building)
Toilets (western style, handicap accessible): Equipped (inside the sports park in another building)
Reservation via an offer: Negotiable
Usage fee: Free
Gym: Equipped Pool: Unequipped
(There is a pool available within the city, 10 minutes away by car)

Accommodations: example- Monbetsu City Hotel
Room rates within the city (1 night with breakfast): In consultation
Distance to the training facility: Approximately 2 km, about 10 minutes by bus
Transportation support to the training facility: Available
Transportation support with the nearest airport: Available
Meals (upon request): Available
Foreign language support (English): Negotiable
Wheelchair support: Available

Past usage by high level athletes from a variety of countries
N/A

Contact Us
Monbetsu Tourism Exchange Promotion Office
TEL: 0158-27-5180
E-mail:kouryu@city.mombetsu.lg.jp



Access
Approximatley 15 minutes by car/bus from
Ohotsuku Monbetsu Airport

Kashiwa-ga-oka Sports
Park Cross Country
Course

Location: The Town of Bihoro West 2-jou South 5-choume 1
Average temperature in January: -8.7 °C
Average precipitation in January: 41.6 mm



Bihoro

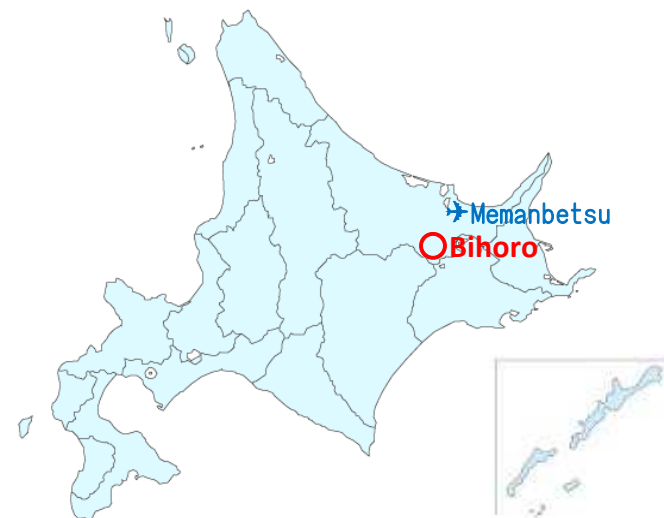


Training Facility
Sports: Cross Country Skiing
Distance: 2.5 km Night run equipment: Equipped
Changing rooms: Equipped Shower rooms: Unequipped
Toilets (western style, handicap accessible): Equipped
Reservation via an offer: Negotiable
Usage fee: Free
Gym: Unequipped Pool: Unequipped

Accommodations: 5 different options available
Transportation support to the training facility: Negotiable
Transportation support with the nearest airport: Negotiable
Meals (upon request): Available
Foreign language support (English): Available (at 1 of the locations)
Wheelchair support: Available (at 2 of the locations)

Past usage by high level athletes from a variety of countries
N/A

Contact Us
The Town of Bihoro, Board of Education, Sports Promotion Group
TEL: 0152-73-4117
E-mail : sports@town.bihoro.hokkaido.jp



Access
Approximatley 10 minutes by bus from
Memanbetsu Airport

Hokkaido welcomes the world's athletes to a safe, secure environment!

<http://www.pref.hokkaido.lg.jp/ks/bns/sports/camp.htm>

Contact Us

〒060-8588

Chuo-ku, Sapporo Kita 3 Nishi 6-chome

Hokkaido Culture and Sports Division

TEL: 011-231-4111

E-mail: sports.camp@pref.hokkaido.lg.jp