



資料配布

Welcome to KANSAI!!

SPORTS & SIGHTSEEING

歡迎蒞臨關西! 享受運動&觀光之樂



Union of Kansai Governments 關西廣域聯合

和歌山縣 WAKAYAMA Prefecture

Enjoy abundant nature with the sea and mountains, hot springs, and all sorts of delicacies. Pick up some fruits along the Kinokawa cycling road. The Kishu Kuchikumano Marathon through Kumano Kodo will be held in early spring.

有大海高山等豐富的自然及溫泉, 也有山珍海味。紀之川自行車道可飽享採果之樂。早春時節有舉辦穿越熊野古道的紀州口熊野馬拉松。

Discover many historic sites of ancient Nara. The Nara Marathon allows runners to experience the atmosphere of the natural and cultural assets of Nara's world heritage. A local specialty Miwa somen noodles will be served at the marathon.

日本的古都, 眾多歷史史蹟傳承至今。可親自感受世界遺產等文化資產與自然的奈良馬拉松, 有招待此地名產的三輪素麵等。

NARA Prefecture 奈良縣



OSAKA Prefecture 大阪府



Sakai City 堺市

Located only 30min by train from Kansai International Airport, Sakai is home to many ancient burial mounds, including Nintoku-tenno-ryo Kofun, which is one of three largest tombs in the world. Sakai is also known as the "city of bicycles" and a road bicycle racing the "Tour of Japan" starts here.

距離關西國際機場不遠, 保存有世界三大墓之一的「仁德天皇陵古墳」等眾多古墳。自行車賽的「自行車環日賽」即是從這個自行車之城堺市起跑。



Enjoy sports such as walking and cycling with a carefree style at Expo'70 Commemorative Park. Participants in the Senshu International City Marathon run through the Senshu area, home to KIX, and where local residents cheer the runners with the Danjiri festival music using bells and drums.

万博紀念公園可享受健走及自行車等輕鬆的運動之樂。賽道位於關西國際機場所在地的泉州地區「泉州國際全民馬拉松」, 當地居民以鐘及太鼓的地車伴奏等熱鬧非凡地為跑者加油打氣。

Osaka City 大阪市

The hub of the Kansai economy. The Osaka Marathon is one of the largest citizen marathons with a maximum entry of 32,000 runners. The course starts in Osaka Castle Park and winds its way through popular spots such as Midosuji and Namba. Runners enjoying dressing up and message boards are a style of fun unique to cheerful Osaka.

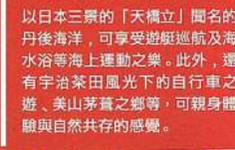
關西的經濟中樞。大阪馬拉松是規定人數 32,000 人的日本最大規模市民馬拉松, 從大阪城公園出發, 穿過御堂筋及難波等名勝的路線。有的支援者以變裝、紙板等共襄盛舉, 這也是只有活力洋溢的大阪才看得到的特有樂趣。



KYOTO Prefecture 京都府

Enjoy marine sports such as yacht cruising and bathing in the sea of Tango, famous for Amanohashidate, one of Japan's three most scenic views. Also, this is an area where you can experience living with nature, by cycling while overlooking tea plantations in Uji and visiting the traditional village of Miyama Kayabuki-no-sato.

以日本三景的「天橋立」聞名的丹後海洋, 可享受遊艇巡航及海水浴等海上運動之樂。此外, 還有宇治茶田風光下的自行車之遊、美山茅葺之鄉等, 可親身體驗與自然共存的感覺。



Welcome to KANSAI! SPORTS & SIG

People enjoy various sports all year round in Kansai, such as walking and cycling through beautiful flower canoing and other water activities in rivers, lakes and seas, as well as skiing and playing in the snow. Experience the attraction of Kansai while enjoying sports!

關西的春夏秋冬一年四季都可享受各種運動之樂。有惹人愛憐的花朵及綠意陪伴健走、騎自行車, 或是在河川、湖沼、大海享受皮划艇與玩水之樂, 冬天還可滑雪、玩雪等... 歡迎蒞臨此地一遊享受運動之樂。

RECOMMENDED SPORTS EVENTS

Some events are held every year. For more information, please contact the organizer.

World Run 2016

2016 全球路跑
Venue 舉辦地: Takashima City, Shiga Prefecture / 滋賀縣高島市
Date and Time 舉辦時間: May 8, 2016
Application Period 報名時間: Until April 26, 2016 至 2016 年 4 月 26 日止

Tour of Japan Sakai Stage

堺市自行車環日賽
Venue 舉辦地: Sakai City / 堺市
Date and Time 舉辦時間: May 29, 2016
Watching cycle race 觀賞自行車比賽

Kobe Marathon

神戶馬拉松
Venue 舉辦地: Kobe City / 神戶市
Date and Time 舉辦時間: November 20, 2016
Application Period 報名時間: Summer 2016 (tentative) 2016 年夏天左右 (預定)

Sanda International Masters Marathon

三日國際 Masters 馬拉松
Venue 舉辦地: Sanda City, Hyogo Prefecture / 兵庫縣三田市
Date and Time 舉辦時間: December 2016 (tentative) 2016 年 12 月 (預定)
Application Period 報名時間: Around mid-August to late-September 2016 2016 年 8 月中旬~9 月下旬

Kyoto Marathon

京都馬拉松
Venue 舉辦地: Kyoto City / 京都市
Date and Time 舉辦時間: February 2017 (tentative) 2017 年 2 月 (預定)
Application Period 報名時間: From around July 2016 (tentative) 2016 年 7 月左右~(預定)

Senshu International City Marathon

泉州國際市民馬拉松
Venue 舉辦地: Senshu-area Osaka Prefecture / 大阪府泉州區域
Date and Time 舉辦時間: Around February 2017 (tentative) 2017 年 2 月左右 (預定)
Application Period 報名時間: Around September 2016 (tentative) 2016 年 9 月左右~(預定)

Marathon

馬拉松

Run while enjoying nature and the streetscape!
Local residents cheer on the sidelines.

一邊眺望自然與街道景觀一邊跑，沿途當地居民溫暖地為跑者聲援打氣。



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OSAKA

Osaka Marathon / 大阪馬拉松

Kishu Kuchikumano Marathon

紀州白旗野馬拉松

2

WAKAYAMA

Sanshu International City Marathon

泉州國際市民馬拉松

3

SAKAI

Nara Marathon

奈良馬拉松

5

NARA

Tokushima Marathon

德島馬拉松

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TOKUSHIMA



4

KYOTO

Kyoto Marathon

京都馬拉松

6

KOBE

Kobe Marathon

神戶馬拉松

Athletic/sports facilities

體育運動設施

It feels great to exercise with your friends and family.
Make yourself comfortable and relax throughout the day.
與朋友或家人一起動動身體、放鬆心情。
可以在這裡悠閒度過一整天。

OSAKA

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Expo'70 Commemorative Park

万博紀念公園

J-GREEN SAKAI

J-GREEN 甲

SAKAI

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SHIGA

8



Biwako Valley / 琵琶湖 VALLEY

WELCOME TO KANSAI SPORTS & SIGHTSEE

TOTTORI

13



Sea Kayaking

海上獨木舟

Seas, rivers and lakes provide opportunities for a variety of sports!

Which do you want to try?
大海、河川、湖泊都是運動的舞台！
您要挑戰哪一個呢？

水上運動

Water sports

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TOKUSHIMA



Yoshino River Rafting

吉野川泛舟

15

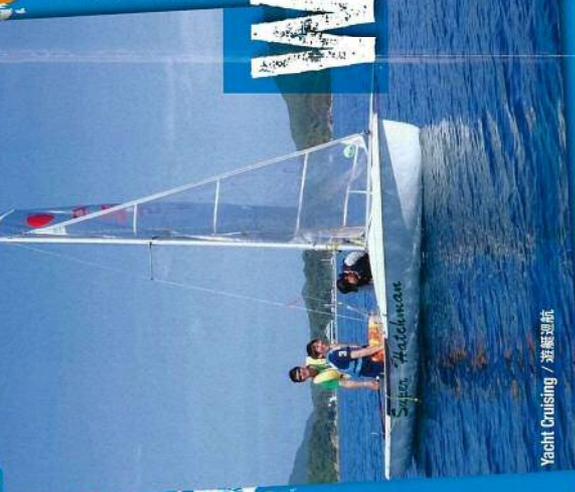
SHIGA

BSC Water Sports Center

BSC水上運動中心

KYOTO

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Yacht Cruising / 遊艇巡航

SEA

滑沙

Sandbo

A new sport on the Tottori Sand Dunes recognized as a Global Geopark. It's still this is a world-recognized geopark designated as a "Birds of Sand Dunes".

Many other events and facilities are available. For more information, please see the website.

其他還有很多活動及設施。詳情請瀏覽官網。www.kouiki-

www.kouiki-kansai.jp/tourist_info/sports/en/

HYOGO

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Forest Adventure Asago
明球森林探險

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Kamabe Highlands, Mt. Hyouosen, Hachi Highlands / 神嶺高原、冰之山、HACHI 高原



Skating with snow

滑雪
玩雪

Recommended for everyone from beginners to the experienced, as well as for children playing with snow. Easy access to the ski slope. 從高級者到初學者、小孩玩雪等都非常適合。還有交通非常方便的滑雪場。

KOBE

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Hakodateyama Ski Resort
希耶山滑雪場

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