



### 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, 眾多歷史遺傳承至今。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的堺市起跑。



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... 歡迎蒞臨此地一過享受運動之樂。

## 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)

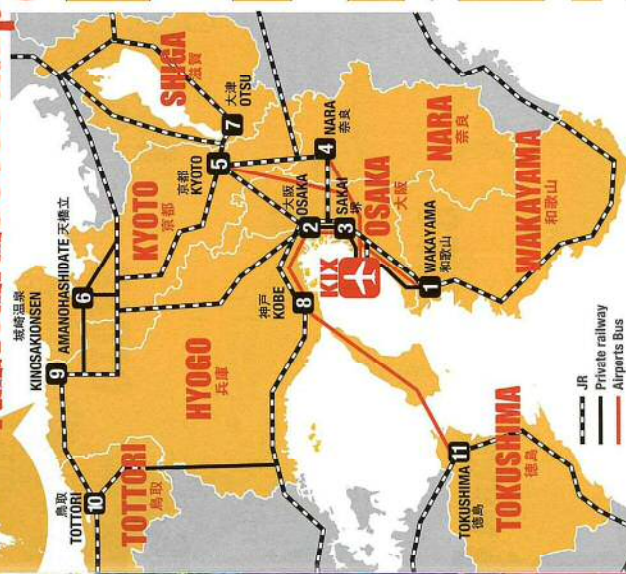


# KANSAI Access map & Information Centers

**ACCESS to/from KIX Kansai International Airport**

To/From	Transportation	Time Required
<b>1 WAKAYAMA</b>	Nankai Railway	35min
	Airport Bus	40min
<b>2 OSAKA</b>	JR	65min
	Airport Bus	43min
	Airport Bus	50min
<b>3 SAKAI</b>	JR	42min
	Airport Bus	32min
<b>4 NARA</b>	JR	75min
	Airport Bus	80min
<b>5 KYOTO</b>	JR(Haruka)	75min
	Airport Bus	85min
<b>6 AMANOHASHIDATE</b>	JR + JR(Koumatori) + TANTEISU	195min
<b>7 OTSU</b>	JR(Haruka) + JR	85min
	JR	85min
<b>8 KOBE</b>	Airport Bus	65min
	BAY SHUTTLE(Jet Ferry)	30min
<b>9 KINOSAKONSEN</b>	JR + JR(Konotori+Hamakaze)	230min
<b>10 TOTTORI</b>	JR + JR(Super-Hakuto)	204min
<b>11 TOKUSHIMA</b>	Airport Bus	165min

\*Times are guidelines only and do not include transfer time.



## 1 Main Tourist Information Centers

- 1 Kansai Tourist Information Center**  
Kansai International Airport  
JR Kansai Airport Station  
Hours: 08:30-17:15 / Closed from 28 Dec. to 3 Jan.  
Phone: +81-(0)73-435-1185
- 2 Osaka Visitors' Information Center Umeda**  
大阪維新の中心・Umeda  
North of Central Concourse, JR Osaka Station 1F  
Hours: 08:30-18:00 (Dec. 31, Jan. 2, Jan. 3, 10th-18th)  
Closed on Jan. 1  
Phone: +81-(0)6-6345-2189
- 3 Sakai Station Tourist Information Center**  
堺駅前観光情報センター  
Sakai Station on the Nankai Line  
(Nankai Sakai Station Bldg.)  
Hours: 08:30-18:00 / Closed Year End/New Year  
Phone: +81-(0)72-232-0331
- 4 Nara Visitor Center & Inn**  
奈良観光情報センター  
JR Kyoto Station 2F  
Hours: 08:30-18:00 / Open daily  
Phone: +81-(0)742-81-7461
- 5 Kyoto Tourist Information Center (Kyo Nav)**  
京都観光情報センター (京ナビ)  
JR Kyoto Station 2F  
Hours: 08:30-18:00 / Open daily  
Phone: +81-(0)75-343-0548
- 6 Amanohashidate Tourist Information Center**  
天橋立観光情報センター  
TANTEISU Amanohashidate Sta.  
Hours: 08:40-17:25 / Open daily  
Phone: +81-(0)772-22-8030
- 7 Otsu Station Visitor's Information Center**  
大津駅前観光情報センター  
1 min walk from Otsu Station  
Hours: 08:40-17:25 / Open daily  
Phone: +81-(0)772-522-3830
- 8 Kobe Information Center**  
神戸情報センター  
The South of JR Sannomiya Station East Gate, and downstairs of Port Liner Sannomiya Station  
Hours: 08:30-18:00 (Dec. 31, Jan. 2, 10th-18th)  
Phone: +81-(0)78-322-0220
- 9 Kinokuni Onsen Tourist Information Center (SOZORO)**  
紀伊國屋温泉センター (京屋温泉)  
10 second walk from JR Kinosaki Onsen station.  
Hours: 08:30-18:00 / Open daily  
Phone: +81-(0)796-32-0013
- 10 Tottori City International Tourist Support Center**  
鳥取市国際観光支援センター  
Go out the north end of Tottori Station, 1 min walk to the east  
JR Tottori Station  
Hours: 08:30-17:30 / Closed on 31 Dec. and 1 Jan.  
Phone: +81-(0)857-22-7935
- 11 Tokushima Prefecture International Exchange Association (TOPIA)**  
徳島国際交流協会  
Chimera Plaza 6F  
JR Tokushima Station Building  
Hours: 08:30-18:00 / Closed Year End/New Year  
Phone: +81-(0)868-666-3303

## 2 Kansai/Prefecture Internet Site

- Osaka, Osaka City Tourism Information**  
大阪府・大阪市の観光資訊  
www.osaka-tcb.or.jp/english/
- Osaka, Osaka City Tourism Information**  
大阪府・大阪市の観光資訊  
www.osaka-info.jp/en/
- Kyoto City Tourism Information**  
京都府の観光資訊  
www.kyoto.travel/en
- Tottori Tourism Information**  
鳥取県の観光資訊  
www.tottori-tour.jp/
- Osaka, Osaka City Tourism Information**  
大阪府・大阪市の観光資訊  
www.wakayama-kankou.or.jp/world/
- Kyoto Tourism Information**  
京都府の観光資訊  
www.kyoto-kankou.or.jp/english/
- Kobe City Tourism Information**  
神戸市の観光資訊  
plus.feel-kobe.jp/
- Union of Kansai Governments**  
関西府県連合会 (関西観光ウェブ)  
www.kouiki-kansai.jp/tourist\_info
- Nara Tourism Information**  
奈良県の観光資訊  
yamatoji.nara-kankou.or.jp/
- Hyogo Tourism Information**  
兵庫県観光資訊  
www.hyogo-tourism.jp/english/

### SHIGA Prefecture 滋賀県

Lake Biwa is the largest lake in Japan, where you can enjoy a leisurely time on the lake with fresh water and greenery. Biwachi, an event where you cycle around Lake Biwa, is also popular as well as skiing in winter time. 日本最大の湖「琵琶湖」が、能登湖上遊覧も、乗自車遊湖「びわ湖」も、冬もスキーも楽しめる。

### TOTTORI Prefecture 鳥取県

Enjoy sandboarding and paragliding at the Tottori Sand Dunes Global Geopark. Sea kayaking on the Uradome Coast, and cycling in Mount Daisen. A triathlon is held in Kaika, walking is popular in Haveli and Togo, and Misasa is a famous hot spring town. 世界地質公園の鳥取砂丘で砂板滑り、瀬砂板及滑翔傘、瀬島海岸で海カヌー、大山山頂で自転車登山、此外、草津郷人三郎の誕生、旅行雑誌の羽衣及東郷、以及三朝亭は有名な温泉地。

### HYOGO Prefecture 兵庫県

The northern area faces the sea and mountain products. Sea bathing and paragliding in summer as well as skiing and snowboarding in winter are recommended. There is also a Forest Adventure near the Takeda Castle Ruins called the "Castle in the Sky". 北方面は日本海、可享受山珍海味及温泉之樂。夏は海水浴及滑翔傘、冬季は堆雪滑雪、滑雪板。有天空之城美稱的「竹田城址」附近還可體驗森林探險。

### Kobe City

日本代表の港都、穿神戸の神戸馬拉松、有來自國內外的數千名跑者參加。六年山道速走、非常方便、健行、滑雪、玩雪等深受歡迎。運動後還可有溫泉保養地地放鬆一下囉！

### Kobe City

推薦的運動大會 詳情請向主辦單位洽詢。

www.kouiki-kansai.jp/tourist\_info/sports/en/

### TANTAN Longride (Cycling)

North-area, Kyoto Prefecture / 京都市北部地區  
Date and Time: 2016年5月5日  
Until: May 8, 2016  
至: 2016年5月8日

### Nara Marathon

Nara City, Tenri City / 奈良市、天理市  
Date and Time: 2016年11月11日(第2次)  
From: November 2016 (tentative)  
2016年11月~(第2次)

### Tottori Marathon

Tottori City / 鳥取市  
Date and Time: 2017年3月(第1次)  
From: March 2017 (tentative)  
2017年3月(第1次)

### Osaka Marathon

Osaka City / 大阪市  
Date and Time: 2016年10月30日  
October 30, 2016  
2016年10月30日

### Kishu Kuchikumano Marathon

Kemimido-cho, Wakayama Prefecture / 和歌山縣上置町  
Date and Time: 2017年2月(第1次)  
Early February 2017 (tentative)  
2017年2月上旬(第1次)

### Tokushima Marathon

Tokushima City, Yoshinogawa City, etc. / 徳島市、吉野川市等  
Date and Time: 2016年12月(第1次)  
From: December 2016 (tentative)  
2016年12月~(第1次)



# 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。



1  
OSAKA

Osaka Marathon / 大阪馬拉松

Kishu Kuchikumano Marathon

紀州白旗野馬拉松

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WAKAYAMA

Sanshu International City Marathon

泉州國際市民馬拉松

3  
SAKAI

Nara Marathon

奈良馬拉松

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KYOTO

Kyoto Marathon

京都馬拉松

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NARA

Kobe Marathon

神戶馬拉松

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KOBE

Tokushima Marathon

德島馬拉松

7  
TOKUSHIMA

# 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。

9  
OSAKA



Expo'70 Commemorative Park  
萬博紀念公園

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SAKAI



J-GREEN SAKAI  
J-GREEN 堺

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SHIGA



Biwako Valley / 琵琶湖 VALLEY

# WELCOME TO KANSAI SPORTS & SIGHTSEE

12  
KYOTO

Kyoto Marathon

京都馬拉松

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KYOTO

Kobe Marathon

神戶馬拉松

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KOBE

Nara Marathon

奈良馬拉松

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NARA

Tokushima Marathon

德島馬拉松

7  
TOKUSHIMA

13  
TOTTORI



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

14  
TOKUSHIMA



BSC Water Sports Center  
BSC水上運動中心

Yoshino River Rafting  
吉野川泛舟

15  
SHIGA



Yacht Cruising / 遊艇泛舟

16



Se

# 滑沙 Sandbo

A new sport on the Tottori Sand Dunes recognized as a Global Geopark. It's still  
這是獲得世界地質公園認證的「鳥取砂丘」

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-tourist.info/sports/en/](http://www.kouiki-tourist.info/sports/en/)



HYOGO

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