



Sports Venues for Everyone in Kansai !

You can enjoy all kinds of outdoor pursuits throughout
the year—spring, summer, autumn and winter.

Hike or cycle while admiring seasonal flowers and greenery, canoe - or just splash
around in rivers, lakes and sea - and then ski or enjoy fun in the snow in winter ...

Why not experience all the attractions of the Kansai region while enjoying a wide range
of local outdoor activities?

BIWAICHI SHIGA Cycling Around Lake Biwa



**Shiga Plus Cycle Promotion Committee
Tourism WG Unit**
4-1-1 Kyomachi, Otsu 520-8577
Phone: 077-528-3746
mail: tourism@pluscycle.shiga.jp
URL: https://static.cld.navitime.jp/smartstorage/gov_cycle/shiga/html/app_info.html?lang=en



**BIWAICHI
Cycling Navi**



**Rental bicycles for trips
around Lake Biwa**

Shiga Prefecture is located almost in the centre of the Japanese archipelago. In its midst lies Japan's largest lake, Lake Biwa, which is surrounded by an abundant natural region consisting of a mixture of mountains and rural countryside. Since ancient times the Lake has flourished as an important transportation hub and played a significant role as the setting for many historical events. Lake Biwa lies at the heart of a unique but traditional lifestyle and food culture derived from a reverence for water and nurtured and passed down through successive generations. As a cultural landscape that sustains many life forms and strikes a balance between water and human activity, Lake Biwa and its waterfront attract many people and is a popular tourist destination.

"Biwaichi" is a cycling tour of Lake Biwa offering opportunities for experiencing some of the hidden gems of Shiga Prefecture, such as the unique history and culture which has arisen along the shores of Lake Biwa, as well as its setting and the surrounding natural scenery. The multilingual app provided by Shiga Prefecture provides route information and recommended stops, meaning that everyone can enjoy their ride and easily find their way. Shiga Prefecture is rich in natural beauty and its mountains and towns are rich in history and culture.

The "Biwaichi Plus" route leading away from Lake Biwa to the inland areas of the prefecture is also highly recommended.

Discover a wide range of attractions that are different from those offered by "Biwaichi", such as the feudal-era roads, the historical heritage, and superb panoramas of colourful autumn leaves.

Canoeing in Kasagi KYOTO



Fujita Canoe
45 Sada, Kasagi
Soraku-gun, Kyoto, 619-1303
Phone: 0743-95-2507
mail: info@fujitacanoes.com
URL: <https://fujitacanoes.com>
Hours: 10 am – 4 pm



"Enjoy a view of nature which is only accessible from the river in Japan's birthplace of recreational canoeing!"

The magnificent Kizugawa River is a popular spot for canoeing. The sport was developed here by Kiyoshi Fujita, the founder of Fujita Canoe. After meeting with Kosaburo Takagi, who brought German-style canoeing to Japan, Kiyoshi Fujita became fascinated by the Kizugawa River current and established Fujita Canoe in the town of Kasagi in 1976. The family business has passed to the next generation and is now in the hands of Ryo Takagi, who is actively involved with canoeing and canoeing events. Kizugawa River's charm lies in its rich natural surroundings: the ever-changing river scenery, the grandeur of the rocks, the simple joy of encountering rare flora. The gentle middle stretch of the Kizugawa River flows right through the town of Kasagi. It is ideal for all skill levels, from beginners to advanced canoers. The scenery visible from the water is exceptional, offering glimpses of features of great rarity. Even a complete novice can easily enjoy basic kayaking and touring over a length of about 6 km under the guidance of the canoe school.

Osaka Marathon OSAKA



Osaka Marathon Organizing Committee
 1-14-16 Nankokita, Sumino-ku, Osaka, 559-8555 35th Floor, Osaka Prefectural Government Sakishima Government Building
 Phone: 06-6210-9317
 URL: <http://www.osaka-marathon.com/2019/faq/>
 Hours: 9 am – 6 pm
 Closed: Saturdays, Sundays, public holidays



Having originated in 2011 as a new “festival” to help promote the city, the Osaka Marathon has become a major sporting event which now involves 32,000 runners, 1.3 million spectators, and 10,000 volunteers. The Osaka Marathon follows a route which is in effect a condensed tour past the city’s major attractions, starting in front of the Osaka Prefectural Government Office, passing through the Nakanoshima, Midosuji, and Abeno Harukas neighbourhoods, and finishing in Osaka Castle Park. Participants can enjoy not only the marathon itself but at the same time can also take in the fine sights of urban Osaka.

The 9th Osaka Marathon

●Date and time Sunday, December 1, 2019, from 8:55am to 4:00pm

●Course outline Osaka Prefectural Government Otemae Building (Start) => Japan Mint => Osaka City Central Public Hall => Midosuji => Kyocera Dome Osaka => National Bunraku Theater => Abeno Harukas => Shitennoji Temple => Osaka Business Park => Osaka Castle Park (Finish)

Overseas collaborated marathon race Chicago Marathon

Overseas affiliate marathon races Shanghai International Marathon Haspa Marathon Hamburg Paris Marathon (The agreement is to be concluded in 2019)

Awaji Island cycling HYOGO



Sumoto Tourist Information Center
 2-43 Minato, Sumoto-shi, Hyogo 656-0027
 Inside Sumoto Bus Center
 Phone: 0799-25-5820
 Hours: 9 am – 5 pm
 (Rental bicycles available until 4:30 pm)



Easily accessed from Kyoto and Osaka across the world's longest suspension bridge, the Akashi Kaikyo Bridge, Awaji Island is a resort island located in outlying metropolitan suburbs in an area famous for its rich natural surroundings and its production of both agricultural and marine foods.

In addition, it is recorded in the national mythology of Japan's oldest historical work of literature, the Kojiki, as Japan's first island: here you can get a real sense of the original Japan.

Cycling around Awaji Island has become very popular in recent years. Awaji Island cycling includes a tour of Awaji Island, commonly known as “Awaichi”, as well as routes heading to famous locations designated as Japanese Heritage Sites, such as Izanagi Shrine, Onokorojima Shrine, the whirlpools in Naruto Strait, and Nada Kuroiwa Narcissus Park. You can choose your own route, depending on your goal and level of ability. As well as day trips, longer rides with one or more overnight stops are also recommended. A bicycle rental service is also available: everyone from beginner to advanced levels can enjoy cycling with ease.

Sports Venues in Kansai

Katsuragi City Sumo Museum Kehayaza NARA



**Katsuragi City
Sumo Museum Kehayaza**
83-1 Taima, Katsuragi-shi, Nara 639-0276
Phone: 0745-48-4611
UL: <https://www.city.katsuragi.nara.jp/index.cfm/17,2985,80,html>
Hours: 10 am – 5 pm. Closed: Tuesdays and Wednesdays (open if a public holiday) and New Year's holidays (December 28 to January 4)



The Sumo Museum opened in May 1990 in Nara Prefecture, the birthplace of sumo wrestling, and is dedicated to the memory of the founding father of sumo wrestling, Taima no Kehaya. A full-size sumo ring is located here—but unlike a normal sumo ring, where entry is forbidden to spectators, visitors are encouraged to enter this ring: it is very popular.

The Museum also holds about 12,000 sumo-related documents including books, ranking lists, and tournament records, which are often used by sumo enthusiasts.

Free admission for those with non-Japanese passports.



Shirahama, Wakayama Prefecture Susami WAKAYAMA Karekinada Cycling Routes



**Wakayama Prefecture Planning General
Affairs Division, Regional Promotion Bureau,
Regional Policy Department**
Phone: 073-441-2371
mail: e0202001@pref.wakayama.lg.jp
*Only deals with inquiries regarding cycling routes.
URL: <http://wave.pref.wakayama.lg.jp/cycling/>
*Website scheduled for update during the year.



Ride along a sea-side cycle route boasting a superb view of the Kumano-Karekinada Prefectural Coastal Nature Park in Wakayama Prefecture. Wakayama's town of Shirahama is packed full of tourist highlights including Engetsu Island, Shirahama Beach, Senjojiki, and Sandanbeki - though please ride carefully: the route is likely to be busy with many visiting tourists. The south side of the varied coastline is known as Karekinada and provides a fantastic cycling route where you can fully enjoy the natural surroundings whilst feeling the sea breeze on your skin.

Distance: About 55.6km / Time: About 3 hours, 30 minutes / Altitude difference: 75m / Acquired altitude: 799m

Shiokaze no Oka Tomari TOTTORI

(Tomari Sea Breeze Hill)



Managed by: Chubu Co., Ltd.
 1313 Tomari
 Yurihama, Tohaku-gun, Tottori 689-0601
 Phone: 0858-34-3217
 URL: <https://www.danketurf.com/>
<https://www.yurihama-kankou.jp/> (multi-lingual)
<http://www.yurihama.jp/soshiki/78207.html>
 Contact Yurihama Mirai Creative for information on the origin of Ground Golf (Google Translate service available)
 Hours: 8:30 am ~ 5 pm
 Closed: December 30 to January 3
 * Unavailable for use on competition days.



Ground Golf can be played by anyone, anywhere, and its rules are simple. Beginners can quickly learn to play this popular sport. It is a great fun activity for families and friends and a great way for people to get together as it can be enjoyed by players of all ages and levels of ability.

Shiokaze no Oka Tomari (Sea Breeze Hill) in the Tomari district of Yurihama in Tottori Prefecture, the birthplace of Ground Golf, is home to three dedicated 8-hole natural grass courses—the Misaki Course, which juts into the Sea of Japan, the Inner Course, which offers panoramic views of the Narisuna beach, and the Outer Course which provides outstanding views of the park.

Every year large numbers of Ground Golf enthusiasts from Japan and abroad meet here, and to assist overseas participants the use of multilingual guide signs and Wi-Fi is well underway. It has also been selected as the Kansai region Ground Golf competition venue for the World Masters Games 2021, thus ensuring that many tourists from abroad are likely to visit in the years ahead.

Rafting TOKUSHIMA



Miyoshi City Tourism Association
 Miyoshi City, Tokushima Prefecture
 Phone: 0120-404-344
 URL: <https://miyoshi-tourism.jp/en/rafting/>



In the headwaters of the Yoshino River, which flows from west to east across Tokushima Prefecture, the Oboke and Koboake rapids are said to be among the best in Japan. These are well known as rafting highlights for visitors travelling downriver in rubber dinghys. The beautiful scenery of the gorges, rising from the river like marble sculptures formed over a span of 200 million years, and the glorious emerald green of the river combine to attract many rafting enthusiasts. Several rafting world champions are based here, and since hosting the World Championship in 2017, the Miyoshi region has attracted attention from home and abroad as a rafting mecca. There are many rafting tour operators in the area, and both beginners and advanced rafters can easily enjoy rafting here. In addition, the Iya Valley—one of Japan's three largest unexplored areas—is also located nearby, a region of dramatic mountain valleys and magnificent natural scenery and landscapes from which the unique culture of Japan originates. Why not try rafting in Tokushima Prefecture?

Kyoto Budo Center KYOTO CITY (& former Butokuden hall)



Kyoto Budo Center
46-2 Shogoin, Entomi-cho, Sakyo-ku, Kyoto,
Kyoto 606-8323
Phone: 075-751-1255
URL: <http://www.kyoto-sports.or.jp/facilities/detail.php?id=15>
Hours: 9 am – 9 pm
Closed: January 1–3, December 29–31



The Kyoto Budo Center is a comprehensive martial arts facility that is the pride of Kyoto City. Comprising a main building (with main and auxiliary halls), the former Butokuden hall, an archery ground, and a sumo hall, it is used for martial arts training as well as various indoor sports. The former Budokuden hall is the oldest martial arts performance hall in Japan, having been built in 1899 as part of the 1100th anniversary celebrations of the capital moving to Heian-kyo, and it has been designated as a significant cultural property in Japan. Currently, it is used as a venue for practice and competitions in martial arts such as kendo, judo, and naginata among others.



City SUP OSAKA CITY Urban Waterway Tours



Japan City SUP Association
1-2 Kitahamahigashi, Chuo-ku, Osaka 540-0031
Phone: 06-6125-0550
URL: <https://www.citysup.jp/>
Hours: 9:30 am – 1 pm
River Station Hachikenya
(1) Half Course: 9:30 to 11 am (The Half Course finishes at Minatomachi landing dock)
(2) Full Course: 9:30 am to 1 pm (including break at Minatomachi landing dock)
Closed: Saturdays, Sundays, public holidays
Requests available on weekdays. There are other courses.



"Take up the SUP challenge and enjoy Osaka sightseeing from the river!"

Stand-up paddle boarding (SUP) is an increasingly popular water sport in which participants stand on a board and propel themselves with paddles. The boards used for SUP have excellent stability, so even beginners can rise to the challenge with ease!

You can also expect to derive some effective exercise from paddle boarding because this sport helps develop your sense of balance.

Departing from Hachikenya River Station and traveling along several waterways and under many bridges, this tour is an adventurous trip and is very popular with tourists! Be sure to explore Osaka, city of water—it is one of only a few major cities in the world completely surrounded by rivers! The views of Osaka seen from the water are stunning and unique.

Mozu Burial Mound tours

SAKAI CITY



Sakai Tourism & Convention Bureau
1-1-35 Kainochonishi, Sakai-ku, Sakai, Osaka
590-0950
Phone: 072-233-5258
mail : stcb@sakai-tcb.or.jp
URL: <https://www.sakai-tcb.or.jp/en/feature/detail/19>



Visit Osaka's first world heritage site, the Mozu & Furuichi Burial Mounds—a cultural heritage site dating from 1600 years ago. It includes the burial mound of Emperor Nintoku, which is among the world's largest, and also the burial mound of Emperor Richu, which is the third-largest in Japan. Full-day or half-day tours are available, depending on your fitness level.

[Full-day tour for keen walkers around the Mozu Burial Mounds]

A tour offering a full-day hike through the Mozu burial mounds. • Walking distance: 12.9 km • Walking time: Approximately 4 hours

[Half-day tour around the burial mounds of Emperor Nintoku and Emperor Richu]

This tour allows visitors to view the burial mound of the Emperor Nintoku, one of the world's largest at about 2.8 km in circumference, as well as the burial mound of the Emperor Richu. Walking distance: 7.5 km • Walking time: Approximately 2 hours and 20 minutes Download the Mozu Kofungun Navigator app for smartphones and tablets, which offers multi-lingual support for tours of the Mozu burial mounds, allowing overseas tourists to fully appreciate the Mozu burial mounds.

Hiking Mount Rokko

KOBE CITY

Mount Rokko Visitor Center
Rokkosan-cho, Nada-ku, Kobe 657-0101
Phone: 078-891-0616
URL: <https://rokkosan.center/>
Hours: 9 am – 9 pm



No other large mountains in Japan are situated as close to a major city as Mount Rokko is to Osaka. Here people and nature co-exist in a harmonious relationship. For all its size, Mount Rokko presents a multitude of interesting features.

The hiking trail is reached after a 15-minute train ride, and after a 30-minute walk marvellous views can be enjoyed over the city and the sea. Although at 931m it is not particularly high, this means that Mount Rokko can be hiked during all four seasons: verdant greenery in spring, cool breezes in summer, autumn leaves in the autumn, and frosty beauty in winter. There are various hiking routes over ridges and valleys, and the mountain is home to grasslands, wetlands, ponds, and more. With so many highlights, no matter how many times you visit Mount Rokko, you'll never tire of it.