



# Guide to Pre-Games Training Camps in Myoko, JPN



## Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park,  
offers excellent support for athlete`s best performance.

### Myoko city, Niigata

**W**e are committed to provide the best support  
for your athlete`s success!

**Do not hesitate to contact us for any inquiries!**



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete's best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Bountiful Nature

### Four Seasons



Mt. Hiuchi, with its spectacular autumn colors of Koya Pond, has been selected as most beautiful place in Japan by the CNN's category of the "31 most beautiful places in Japan".



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko -Togakushi Renzan National Park, offers excellent support for athlete's best performance.

Guide to Pre-Games  
Training Camps  
in Myoko, JPN



Myoko city, Niigata

## Quick Access



Hokuriku Bullet Train; 106min to Tokyo!



- **Hokuriku Bullet Train  
106min to Tokyo!**
- **Jyoshinetsu Highway  
Kanetsu Highway  
3h and 30min to Tokyo!**



# Why choose Myoko as your Pre-games Training Camp?

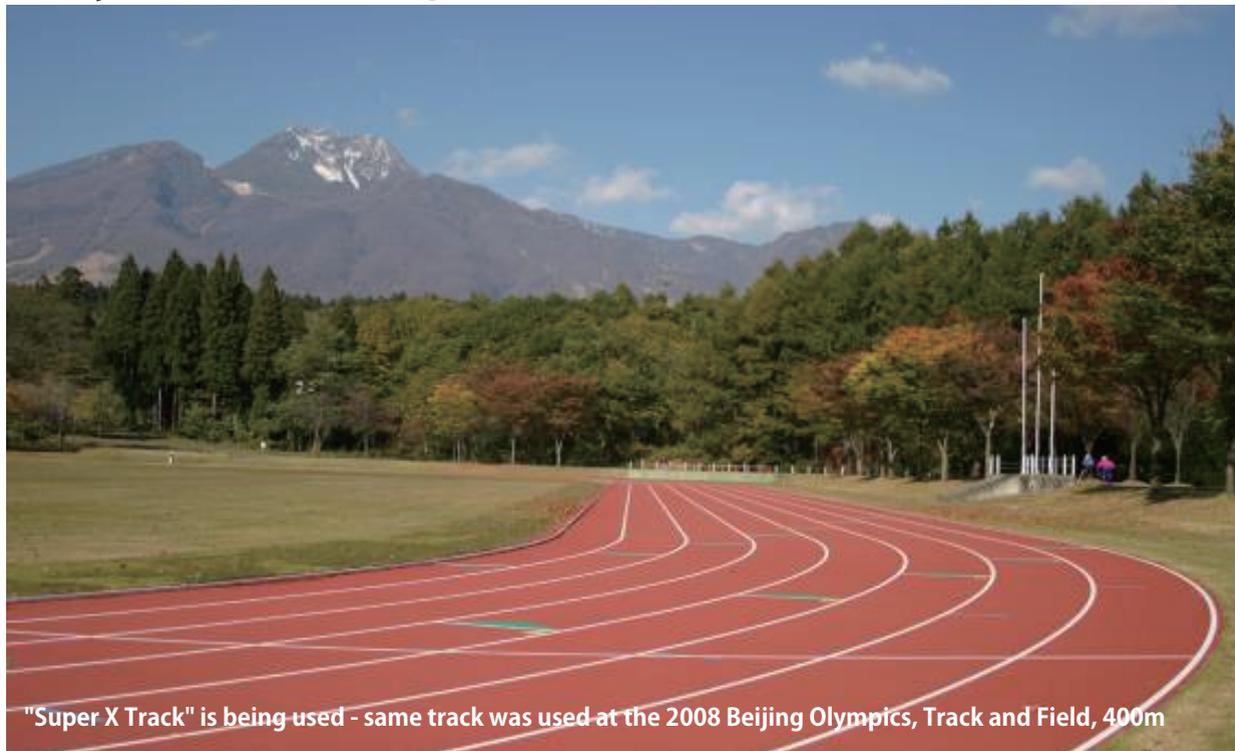
Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko City, Niigata**

## Myokokogen Sports Park



"Super X Track" is being used - same track was used at the 2008 Beijing Olympics, Track and Field, 400m



National Track and Field League Competition, Arai Community Park



Ice bath for runners





# Why choose Myoko as your Pre-games Training Camp?

Myoko City situated in Myoko - Togakushi Renzan National Park offers excellent support for athlete's best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko City, Niigata**

## Trail Running



2km trail running course



400 m trail running course

## Sasagamine running trail at 1.300m high-altitude



2km, 3km and 5km trail running course



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko City, Niigata**

## Tennis and Soccer ground

Re-opened in 2014!  
First clay court in Niigata prefecture!

Soccer ground - artificial turf  
Arai Community Park, Baseball ground





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games Training Camps in Myoko, JPN**

**Myoko City, Niigata**

## Indoor Sports

**Re-opened in 2013!**  
**Myoko Gymnasium**  
**Haneuma Arena**



Myoko Gymnasium - Haneuma Arena



Haneuma Arena  
2 basketball & 2 volleyball courts



Martial arts area



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete's best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Indoor Training Facility

### Fitness training - Indoor running



Fitness training area



Indoor running course



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko -Togakushi Renzan National Park, offers excellent support for athlete's best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Suimu Land Arai

### Indoor swimming pool adjoining Myoko Gymnasium



**25mx6 lanes  
All year round !**



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Indoor Training Facility

**Planning to be opened in 2017!  
Myokokogen Gymnasium**



**2 basketball courts**



**Hot spring training pool**





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Ski-jumping



**National Ski-jumping competition at  
Myokokogen Akakura Shantse**



**Normal hill (HS-100), Medium hill (HS-68)**

**Training all year round!**





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete's best performance.

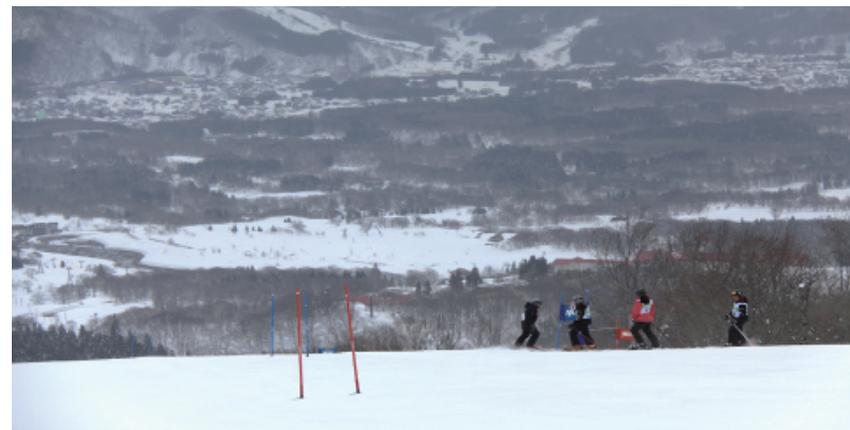


**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Alpine Skiing

**8 Big Slopes located in Myoko city!**





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete's best performance.



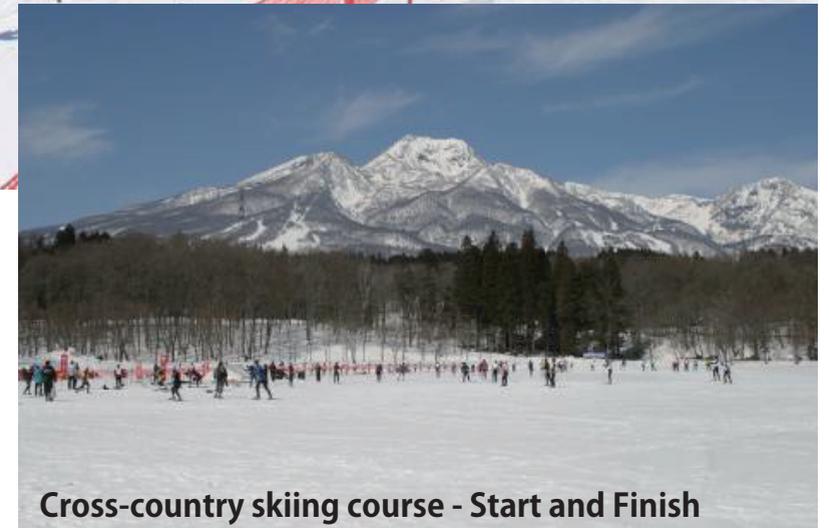
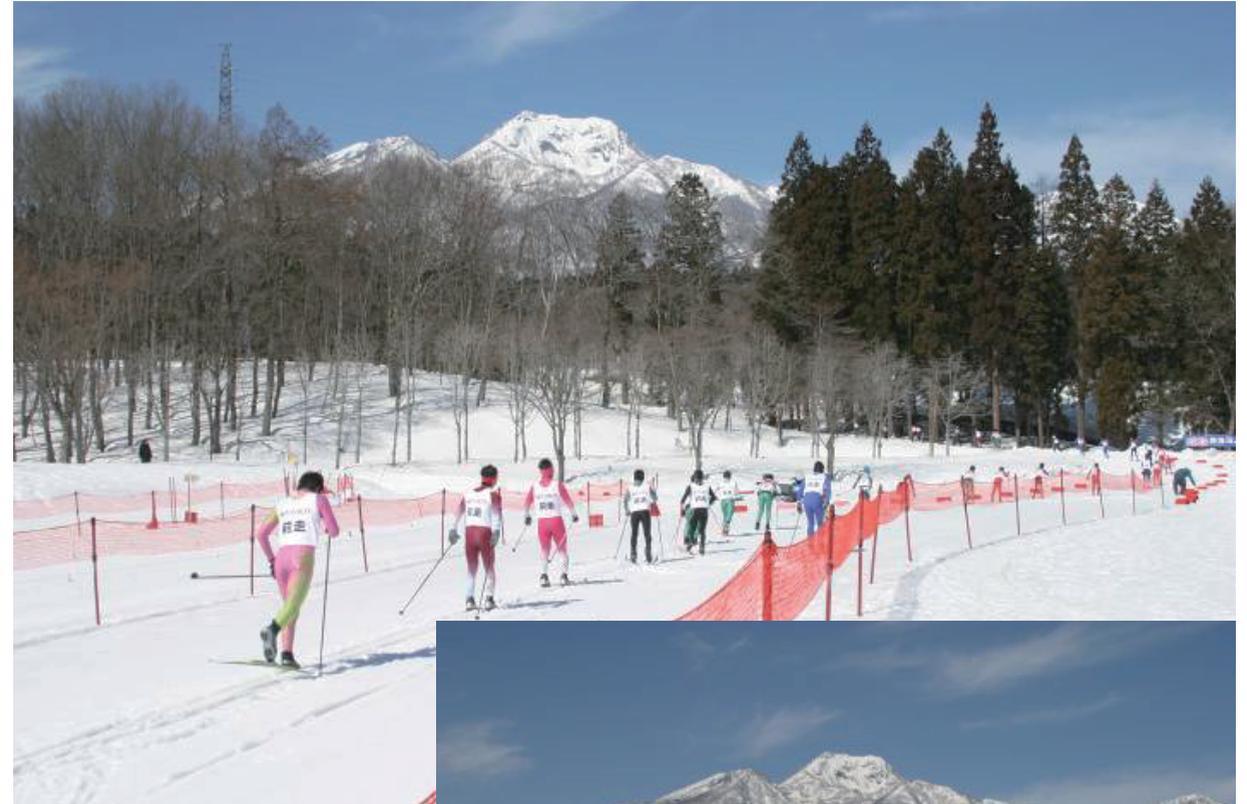
**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Nordic Skiing

**National Nordic Skiing Competition**

**Myokokogen Cross-country skiing course  
3km and 5km course**



**Cross-country skiing course - Start and Finish**



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

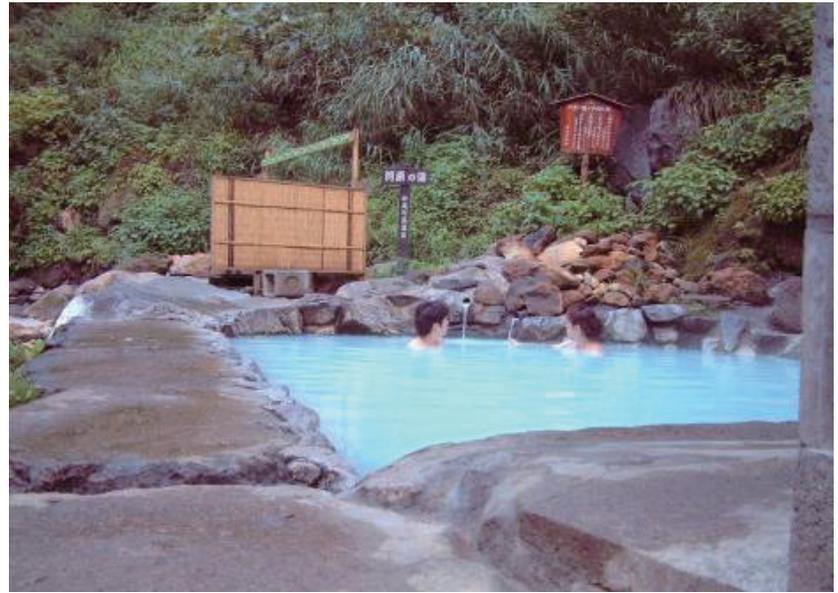
## Amenity - Hot Springs

**Magical!**

**Myokokogen Hot Springs**

**3 kinds of Hot springs;**

**White - Red - Crystalline**





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance,



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Medical support

- **Keinan General Hospital**
- **Niigata Prefectural  
Myoko Hospital**
- **Myoko Clinic**
- **Niigata Prefectural  
Central Hospital**
- **Joetsu General Hospital**





# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete's best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Myoko City Supports Athletes!



**Myoko city, Niigata**



# Why choose Myoko as your Pre-games Training Camp?

Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance.



**Guide to Pre-Games  
Training Camps  
in Myoko, JPN**

**Myoko city, Niigata**

## Myoko city, situated in Myoko - Togakushi Renzan National Park, offers excellent support for athlete`s best performance!



## Myoko city, Niigata