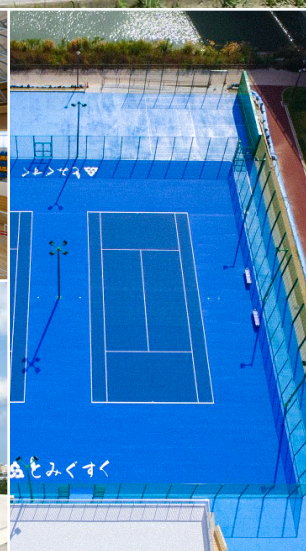


Sports Camp Guide 2020

T O M I G U S U K U C I T Y



Tomigusuku City Sports Camp Guide 2020



Greetings from the Mayor

President of Tomigusuku City Olympic and Paralympic Games
Training Camp Promotion Council

**Mayor Hitoshi Yamakawa,
City of Tomigusuku**

Hello everyone,

Tomigusuku City, Okinawa Prefecture, is located on the southern side of the main island of Okinawa, along the west coast. It is bordered by Naha to the north, Haeburu and Yaese to the east, Itoman to the south, and to its west the East China Sea, with a long shoreline that sits upon it. It is also home to Manko Wetland, a site for migratory birds which was registered as part of the Ramsar Convention. It is a city home to birds, rivers, and hilly areas, and one abundant in both natural and cultural treasures.

This area has long seen a prosperous agricultural sector, growing large quantities of sugarcane before the war and leafy greens since. In more recent years we have also seen a rise in suburban farming, making use of greenhouses, to grow products such as mangoes and tomatoes as well. A dye made from the leaves and ears of sugarcane called "Uji-zome" has also been developed, and is now famous for one of (the most) special products of Tomigusuku.

The sub tropical climate has an advantage over the other areas of Japan and attracts many sports conventions. Since the weather in winter is mild, professional baseball and soccer teams of Japan domestic and overseas hold their training camps here.

This guidebook has been created by the Tomigusuku City Olympic and Paralympic Games Training Camp Promotion Council to introduce the sports facilities and sightseeing destinations the city offers in the hopes of encouraging such training camps to be held here in Tomigusuku. I hope that you will visit Tomigusuku City, work up a good sweat during training, and rest your body and mind at the sightseeing destinations the city offers.

We are looking forward to your visit.



Welcome to Tomigusuku City



Easy Access and Fully-outfitted Sports Facilities

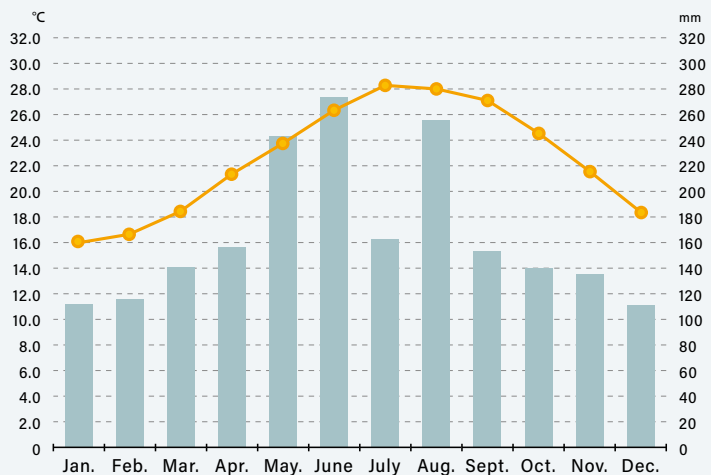
The Tomigusuku General Park Athletics Stadium is located close to the Naha Airport Expressway Tomigusuku IC, and only 25 minutes from Naha Airport. The Tomigusuku Citizen Gymnasium is also located just 15 minutes from the airport via National Route 331. Both locations offer easy access that will save your time in transit. Additionally, both the Tomigusuku Citizen Gymnasium and Toyosaki Seaside Park Tennis Courts are located just a 5-minute walk from lodging facilities, So you don't need to spend fine for moving.



Warm Climate All Year Round

Okinawa is blessed with a warm climate throughout the year. The seabreeze eases the heat in summer, and the temperature remains warm in winter.

Monthly Precipitation & Average Temperature





Tomigusuku General Park Athletics Facilities

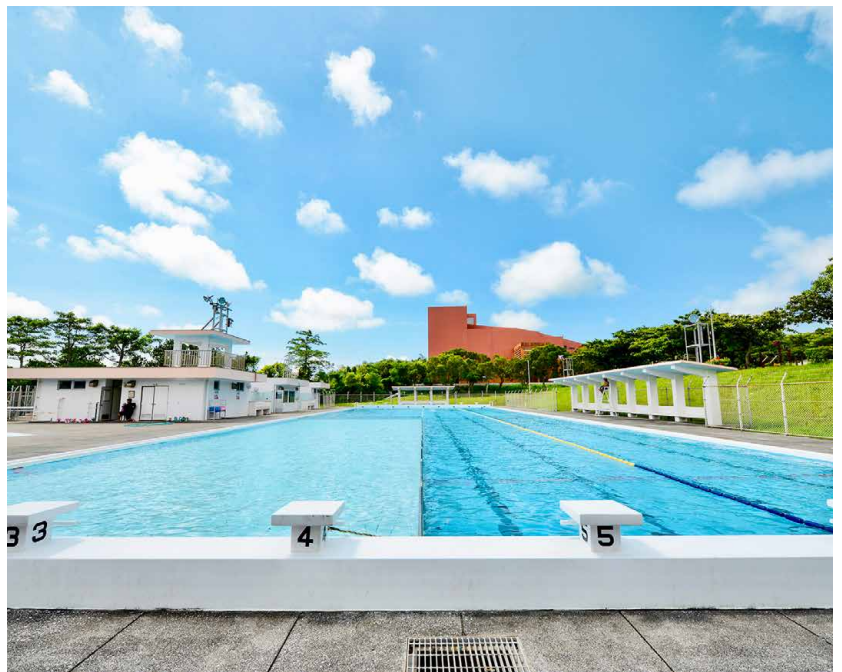
Located just 25 minutes from Naha Airport, these facilities were upgraded with an all-weather track in 2018,

The track is now outfitted with Super X MondoTrack WS, used in past Olympic games, and offers the same feeling you would get competing around the globe.

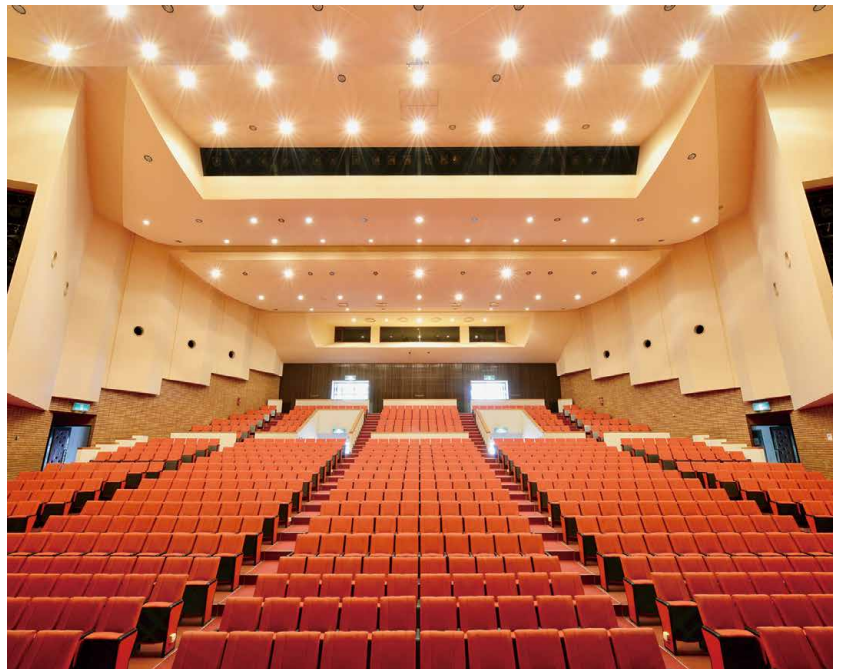
[Address] 536 Taira, Tomigusuku City, Okinawa Prefecture

[TEL] 098-850-3591 (Social Athletics Team, Lifelong Learning Promotional Division)

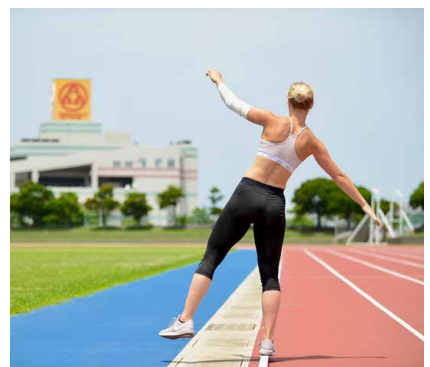
Area: 25,835 m² (1 field) Track: 400 m x 8 lanes, pole vault, high jump, long jump Infield: Throwing, soccer



Municipal Pool: A 50m pool that can be used as part of a cool-down session after practice at the athletic field. Open from May to October. (1 min walk from the athletic field)



Central Community Center Main Hall has a capacity of 786 people. There is also a conference room, which can be used for lectures and meetings.





Tomigusuku Citizen Gymnasium

Used by national volleyball and basketball leagues.

Both the main arena and sub arena are equipped with air conditioning to allow for comfortable use year-round.



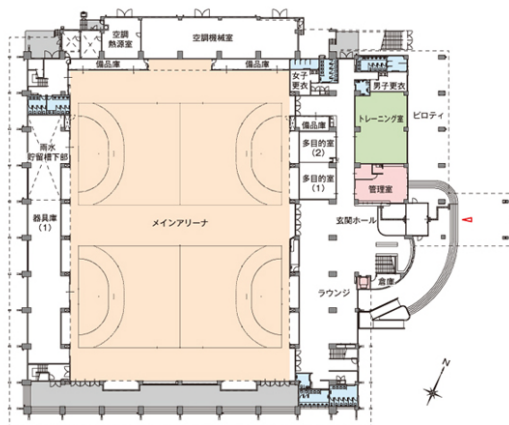
Sub Arena



Multipurpose Room



Training Room



Facility Overview

Total Floor Area	7816.88㎡
Structure/ No. of Floors	Reinforced concrete (partially steel framed), 2 stories
Seating	1F: 700 collapsible seats, 2F: 1,416 fixed seats (including 8 wheelchairs viewing spaces)
Rooms	Main Arena, Sub Arena, Training Room, Multipurpose Room, Changing Room, Running Course

Address: 5-2 Toyosaki, Tomigusuku City,
Okinawa Prefecture 901-0225 (Toyosaki Seaside Park)
Closed: Tuesdays (or the following day if Tuesday is a holiday),
year-end and New Year's holidays
Parking: 46 spaces at gym-use parking (917 when including beach-side parking)
<http://www.tomigusuku-taikukan.com/>



Toyosaki Seaside Park Tennis Courts

Located adjacent to the Tomigusuku Citizen Gymnasium. The hard court, newly built in April 2017, can be used by both non-disabled and wheelchair-bound players. The facilities also offer accessible restrooms and handicapped parking. The warm weather of Okinawa makes these courts perfect for winter training camps, but more than anything, the hard courts offer athletes the chance to prepare themselves for the Australian Open.



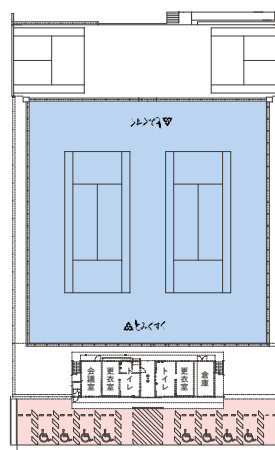
Same specifications as the Australian Open



Restroom/Shower Room



Aerial View



Facility Overview

Facilities	2 hard courts
Seating	Night-game lighting, AED, Shower Room, Changing Room, Conference Room, Australian Open-specification Court
Remark	Close to emergency medical facility (within 30 min) Accessible facilities: Parking, restroom, shower room

Address: 5-2 Toyosaki, Tomigusuku City,
Okinawa Prefecture 901-0225
Closed: Tuesdays (or the following day if Tuesday is a holiday),
year-end and New Year's holidays
Parking: 10 spaces
<http://www.city.tomigusuku.okinawa.jp/>

Okinawa Outlet Mall Ashibinaa

An outlet mall offering primarily European brand items. A massive facility built in a style that is both inspired by ancient Greece and modern at the same time. It is home to more than 100 renowned brands including some brands that made their first entry into Japan here.

POINT



Offering luxury brand items at outlet prices.

[Address] 1-188 Toyosaki,
Tomigusuku City
[Parking] Approx. 1,000 spaces
[Closed] Open all year around
[TEL] 0120-15-1427, 098-891-6000
<https://www.ashibinaa.com>



Iias Okinawa Toyosaki

Scheduled to open in June 2020. Features a shopping center, alongside electronics and around 170 other stores, in addition to a food court with a market and restaurants.

POINT



20 min by car from Naha Airport

[Address] 3 Toyosaki, Tomigusuku City
[Parking] Approx. 3,000 spaces
[Closed] The entire facility will be closed on some day(s) during February
[Hours] Stores 10:00 a.m.-9:00 p.m. (some stores excluded)



Senagajima Umikaji Terrace

A resort town made up of over 40 shops for food, sweets, fashion, general goods, and more. running every 30 minutes from 7:00 p.m. (6 times/day). The facilities put on a projection mapping show

POINT



Take in the amazing views.

[Address] 174-6 Senaga, Tomigusuku City,
[Parking] Public parking available (toll-free)
[Closed] Open all year around
[TEL] 098-851-7446
[Hours] Varies by store.
Please visit the official website for more information.
<https://www.umikajiterrace.com/>



Hotel Gran View Garden Okinawa

Offers incredible views of the blue ocean and white beaches, the airport runway lit up at night, and the sun setting over the Kerama Islands. The surrounding area is also home to an outlet mall and other large commercial facilities, making this location perfect for both sightseeing and shopping.

POINT



Features indoor and outdoor baths, and mist sauna

[Address] 3-82 Toyosaki, Tomigusuku City
[Parking] Available
[Closed] Open all year around
[TEL] 098-851-2288
[Restaurant] Breakfast: 6:30 - 9:30 a.m.
Lunch: 11:30 a.m.-2:30 p.m.
Dinner: 6:30-9:30 p.m.
<http://www.granview.co.jp/garden-okinawa/index.html>



Okinawa Karate Kaikan

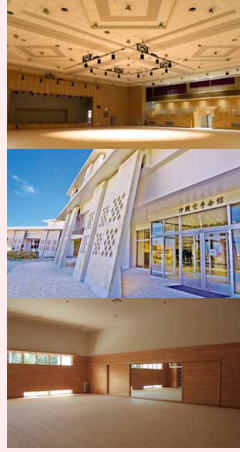
The Okinawa Karate Kaikan is the only karate-focused facility in Japan. There are a reference room where you can learn about the history of karate, dojo, practice rooms, and meeting rooms. Even tourists who have no experience of karate will still have an enjoyable time here.

POINT



Visit to learn the origins and experience the essence of karate.

[Address] 854-1 Tomigusuku, Tomigusuku City
 [Parking] 100 spaces
 [Closed] Wednesdays, Dec 30-Jan 3
 [TEL] 098-851-1025
 [Hours] Reference Room: 9:00 a.m.-6:00 p.m. (last entry at 5:30 p.m.)
 Dojo Facilities: 9:00 a.m.-9:00 p.m.
<http://karatekaikan.jp>



Former Japanese Naval Underground Headquarters

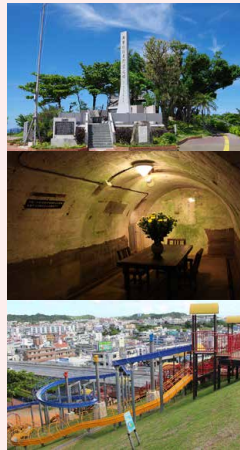
This bunker was dug by the Japanese Navy in 1944 and still stands as it was back then. Inside you will find graphic remains of where the soldiers decided to end their own lives. Kaigun Park is a war memorial park that hopes to spread a message of peace to the world.

POINT



Free guided tours are available on Fridays.

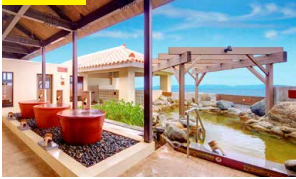
[Address] 236 Tomigusuku, Tomigusuku City
 [Parking] 10 bus spaces, 100 vehicle spaces
 [Closed] Open all year around
 [TEL] 098-850-4055
<http://kaigunou.ocvb.or.jp/top.html>



Ryukyu Onsen Senagajima Hotel

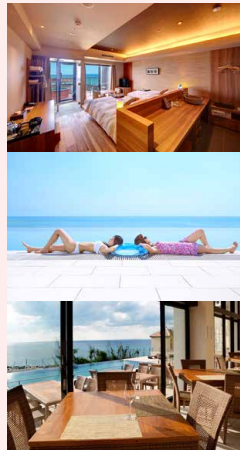
A hotel that stands atop the small hill of Senagajima. It sits at an excellent location, surrounded by the cobalt blue sea. It offers natural hot springs, a rarity in Okinawa, a restaurant where you can partake of meals made with local Okinawan produce, as well as a spa and beauty salon.

POINT



Look out over the East China Sea from the bath.

[Address] 174-5 Senaga, Tomigusuku City
 [Parking] Available
 [TEL] 098-851-7077
<https://www.hotelwbf.com/senaga/>



Kusu no Mori Chuko Gura

A tourist facility from the Awamori Appraisal Award-winning brewery, Chuko Distillery. Get a look at how the Okinawan sake is made, where the well-cured sake sits in the wooden storage area, and the kiln used to make the pots for the sake. All for free, and with a sake-tasting session, offering plenty of fun for both sake pros and beginners.

POINT



Their sake aging storage service is especially popular.

[Address] 556-2 Iraha, Tomigusuku City
 [Parking] Approx. 50 spaces
 [Closed] New Year's Day
 [TEL] 098-851-8813
 [Hours] 9:00 a.m.-5:30 p.m. (last entry at 4:30 p.m.)
<https://www.chuko-awamori.com/>





Tomigusuku City Olympic and Paralympic Games Training Camp Promotion Council

Secretariat: Social Athletics Team, Lifelong Learning Promotional Division, Education
Department, Tomigusuku City Board of Education
467-1 Taira, Tomigusuku City, Okinawa Prefecture 901-0212