MANY! MANY!

FORTUNES

TOYAMA

Toyama Sports Training Camp Guide
Welcome to Toyama, where abundance and good fortune blows in.

The fertile Toyama Bay, often called a “natural fish tank” because of its excellent fishing grounds. Beautiful natural surroundings and urban function come together to make Toyama one of the most livable prefectures in Japan.

Toyama offers an ideal environment and excellent facilities for long-term sports training camps. The comfort and peace of mind found during a stay in Toyama will certainly bring good luck to any athlete!
Message from the Governor

From the 3,000-meter-high Tateyama Mountain Range to the 1,000-meter-deep Toyama Bay, the beautiful and abundant natural environment offers a rich bounty of nourishment from both sea and mountains. Transportation is very convenient to major international cities and cities throughout Japan and the Hokuriku Shinkansen links Toyama to Tokyo in about two hours.

Toyama has ample facilities for training in all events and excellent medical facilities, not to mention clean drinking water, fresh air, and a safe environment with few instances of disasters and crime. Athletes will find everything they might need in terms of facilities and environment here.

Our prefecture offers ideal conditions for training camps; we encourage you to train here so that when the main event comes, you will be fully prepared and in top condition. Toyama’s citizens and I await your arrival with open arms.
Experience the gifts of Toyama when you stay here to train!

The many gifts of nature, combined with our warm hospitality, will make your stay fulfilling and special.

Toyama offers a unique blend of dynamic natural environment and plenty of urban amenities. Spring to summer is an especially good time, when there are many hours of sunshine and the temperature is comfortable. Many sports teams from around Japan and outside the country come to Toyama for periods of training to build physical and mental stamina. The great diversity of foods from both land and sea throughout the four seasons has earned a fine reputation among participants.

Delicious, Fresh Cuisine

Toyama Prefecture has abundant and varied sources of food; from the Japan Sea, the Toyama Plain stretches to the foothills, and is surrounded on three sides by high mountains. Fresh seafood is caught every morning in Toyama Bay, and rice and vegetables are harvested from the fertile land, along with mountain vegetables. Meats produced in the prefecture such as Himi Beef and Kurobe Meisui Pork are highly praised.

Hokuriku Shinkansen Makes Travel More Convenient

Toyama is roughly equidistant to Tokyo, Osaka, and Nagoya. Access is good by Air, train, or expressway—all within range of a day trip. The long-awaited Hokuriku Shinkansen opened in March 2013, reducing the time between Toyama and Tokyo to as little as 2 hours and 8 minutes, making travel more convenient than ever.
Few Significant Disasters

Toyama records the lowest number of fires in Japan, and the second lowest number of perceptible earthquakes. The probability of an earthquake occurring with a seismic intensity of lower 6 or greater is only 0.1–0.3%. The crime rate is also much lower than the national average. All of these factors make Toyama a relatively safe prefecture.

Many Hours of Sunshine, Refreshing Climate

Many people have the impression that Toyama gets lots of rain and snow, but between May and October there are more hours of sunshine here than in Tokyo, and even during the rainy season we get many days of continuous sunshine. From early summer to early autumn there is an offshore breeze from Toyama Bay that keeps the climate pleasant.

Clean Water, Clean Air

Four locations in the prefecture were selected in 2008 by the government as “Top 100 Pure Water” spots. Each location has spring water, and you can also drink delicious, quality water straight from the faucet. The air is also fresh, with the atmosphere cleaned by the ample forests surrounding the prefecture.

Excellent Medical Facilities

There are several modern hospitals with the latest equipment available and plenty of hospital beds, run by a reliable system of doctors and nurses. Emergency medical response is also advanced, with the shortest ambulance on-scene arrival time in the country. In 2015, a medical helicopter system has been introduced for quick response to accidents or sudden illnesses in mountainous or remote areas.
The sea, mountains, and rivers; sports training facilities in all weather conditions. Top athletes will appreciate the opportunity to train in diverse environments.

Toyama Prefecture, with its 3,000-meter-high Tateyama Mountain Range and 1,000-meter-deep Toyama Bay, has a rich natural environment at all elevations. It boasts state-of-the-art sports facilities—lakes for rowing events, river rapids for canoeing and kayaking, and facilities for a full range of track and field and other indoor events.

Well-equipped Sports Facilities

Within the prefecture are athletics stadiums and stadiums for baseball and football, pools for swimming and diving, and many other types of facilities. The number of facilities is high in relation to the population and the total floor space of public gymnasiums is second in the country.
Smooth Public Transportation

Streetcars and buses run from the train station to the downtown district every 10-15 minutes, making for smooth travel from the station across town and to the airport. The streetcars' stylish design is very popular. There are also many lodging facilities, including hotels and hot spring inns.

Barrier-Free Considerations

Public facilities and transportation facilities are actively adopting barrier-free design in consideration of people with disabilities and the elderly. Ramps for smooth mobility in a wheelchair, handrails, and braille signs are included in these efforts.
In 2015, Sweden’s swim team held a training camp for final preparations before the Universiade held in Gwangju, South Korea. The venue is also used by swim teams from around Japan for training camps. (Toyama General Sports Center, Toyama City Swimming Pool: 50-m indoor pool)


Used every year as a venue for the domestic volleyball league competitions. (Himi City Fureai Sports Center)

Note: Please inquire about other events.