

KAGOSHIMA CITY

# SPORTS CAMP GUIDE



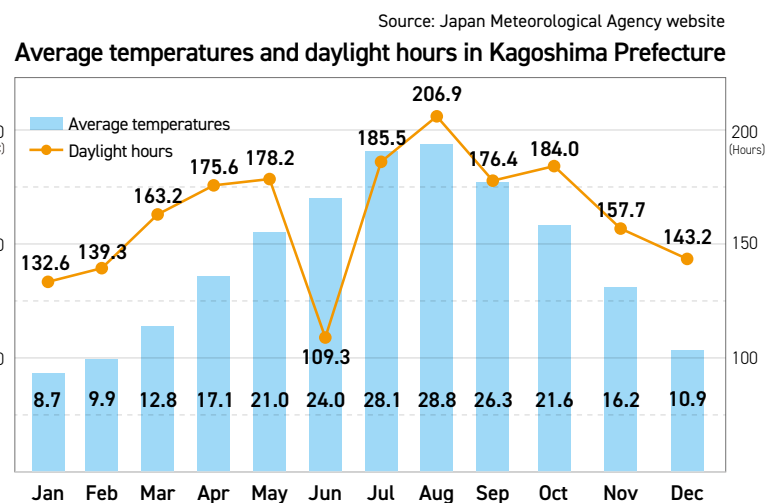
# Kagoshima

## The Ultimate Training Camp Destination



### A genial climate throughout the year

Kagoshima boasts a mild climate, with an average annual temperature hovering around 19 degrees Celsius. Even during winter, snowfall is a rarity, creating an ideal setting for outdoor training. The winter months from December to March offer an ideal temperature range of 5 to 15 degrees Celsius, making it the perfect setting for sports activities. This is why we highly recommend our city's facilities for sports camps during this season, and we proudly host numerous teams each year.



**2,753**  
Second in Japan  
Hot spring source count

### Nature's bounty, good food, and hot springs

Nestled in a rich natural backdrop, Kagoshima is a hot spring paradise, with the second-highest number of hot spring sources in Japan. The region flourishes in agriculture and cattle rearing because of its temperate climate. The hot springs and cuisine help athletes improve their mental and physical well-being.



## Four advantages to running a sports camp in Kagoshima

1

### A well-equipped training environment and facilities

Kagoshima boasts top-notch sports facilities that provide an exceptional training environment. Numerous facilities come equipped with gymnasiums and more, allowing you to seamlessly transition to indoor training even on rainy days—a significant benefit.

2

### A welcoming system for accommodating teams

A sports camp kicks off with a welcome party designed to rally support for the team. The entire city prepares to welcome the camp, offering unwavering support through a variety of events, such as the gifting of local products and ceremonies.



3

### A rich and varied diet, along with nature's bounty such as hot springs, fuels both the body and mind of athletes

Kagoshima is endowed with a bounty of nature and a broad array of food ingredients. The delicious and nutritional ingredients, including Kagoshima Kuroushi Beef, Kagoshima Kurobuta Pork, yellowtail, greater amberjack, and fresh brand vegetables and fruit, will satisfy athletes' nutritional needs.

4

### Easy access to training facilities and lodgings

Another advantage of Kagoshima is its short distance between training facilities and accommodations. Because you only need to go a short distance, you can spend more time training and practicing.



## Sports camp hosting record

Here are some of the teams that held their sports camp in Kagoshima.

### South Africa national rugby union team

The South African national rugby union team held a pre-camp to prepare for the Tokyo 2020 Olympics and the Rugby World Cup 2019.

**Training facilities** Shiranami Stadium (Kagoshima Kamoike Stadium)

**Accommodations** Kagoshima Sun Royal Hotel



### Team GB swimming team

The formidable British swimming team held a training camp to prepare for the Fukuoka 2023 World Aquatics Championships.

**Training facilities** Kamoike Koen Swimming Pools

**Accommodations** Kagoshima Sun Royal Hotel



In addition to the city-wide social event, the public had the opportunity to interact with the athletes through autograph sessions, photo sessions, and coaching sessions with the British swimming team's coaches during their training camp.

Next: Kagoshima's sports facilities



A multi-purpose stadium capable of hosting rugby and football national team camps, as well as large-scale athletic events



Shiranami Stadium (Kagoshima Kamoike Stadium)

099-254-2161 2-2-2 Yojiro, Kagoshima Opening hours: 8:30 – 21:00



Facilities



Tracks	All-weather polyurethane paved 122 cm-wide lanes, 400-meter lap with eight lanes, 100-meter straight track with eight lanes (as well as opposite lanes), 110-meter hurdles, 3000-meter steeplechase
Grounds	One football pitch, one rugby pitch Summer turf: Tifton 419, winter turf: perennial ryegrass (mixture of two types) Outer perimeter: All-weather polyurethane paved, jumping areas (long jump, triple jump, high jump, pole vault), throwing circles (shot put, discus throw, hammer throw, javelin)
Others	<div>Conference room</div> <div>Changing rooms</div> <div>Shower rooms</div> <p>Night lighting equipment (4 units), a photo finish room, a large video device, elevators for seniors and the disabled, climbing walls, a backstand, a first aid room, a VIP room, disabled lavatories, a baby room, and other amenities.</p>

Key sporting camps held to date

- South Africa national rugby union team (2020 Tokyo Olympics, 2019 Rugby World Cup)
- Jubilo Iwata (J League)

This athletics stadium is Class 1 and Class 2 certified. It is Kagoshima United FC's home stadium and also hosts athletic events, national tournaments, and professional team training camps.

User reviews Kagoshima United FC

Because this is a venue that also hosts official matches, you can train in a realistic setting. There are also locker rooms, showers, a conference room, and other amenities, making this a well-equipped facility.



User reviews South Africa national rugby union team

The lodgings and eateries are all within walking distance, so the location is ideal, and you can refresh yourself while engaging in camp activities.



02 Kagoshima Prefectural Kamoike Park Kamoike Auxiliary Stadium

099-254-2161 2-2-2 Yojiro, Kagoshima Opening hours: 8:30 – 21:00

MAP



This Type 3 certified athletic stadium, with an all-weather polyurethane paved surface, is ideal for a range of track and field events.

Facilities



Tracks	All-weather polyurethane paved surface, 400-meter lap with eight lanes, 100-meter straight track with eight lanes, 110-meter hurdles.
Grounds	One football pitch, one rugby pitch Natural grass (summer and winter turfs), outer perimeter (runway), all-weather polyurethane paved surface, jumping areas (long jump, triple jump, high jump, pole vault), throwing circles (shot put, discus, hammer, javelin)
Others	<div>Changing rooms</div> <div>Shower rooms</div> <p>[Clubhouse] 412.25 square meters Executive room, lavatories (men and women), disabled lavatory, storage rooms (1) (2)</p>

Key sporting camps held to date

- Matsumoto Yamaga (J League)
- Toshiba Brave Lupus Tokyo(JAPAN RUGBY LEAGUE ONE)

You can hold a sports camp near an active volcano, which you cannot experience in other prefectures.



Travel

- 15-min drive from Kagoshima-Chuo Station
- 60-min drive from Kagoshima Airport

03 Kagoshima Prefectural Kamoike Park Kamoike Tennis Courts

099-254-2161 2-2-2 Yojiro, Kagoshima Opening hours: 8:30 – 21:00

MAP



There are 16 hard tennis courts. The surface material is DecoTurf, which is the official surface material for international tournaments.



Travel

- 15-min drive from Kagoshima-Chuo Station
- 60-min drive from Kagoshima Airport



Facilities



Tennis courts	16 hard courts, 16 night lighting equipment
Others	<div>Conference room</div> <div>Changing rooms</div> <div>Shower rooms</div> <p>[Clubhouse] 234.25 square meters Lavatories(men and women), disabled lavatories</p>

Facility Map





## 04 Heiwa Lease Baseball Stadium (Kagoshima Prefectural Kamoike Baseball Stadium)

☎099-251-6020 📍2-2-2 Yojiro, Kagoshima ⌚Opening hours: 8:30 – 21:00



MAP



External view

### Travel

- 15-min drive from Kagoshima-Chuo Station
- 60-min drive from Kagoshima Airport

### Key sporting camps held to date

- Keio University
- Professional baseball official games (unscheduled)
- JR Tokai Baseball Club

The stadium hosts the prefecture's only professional baseball team's home games, as well as high school baseball, little league baseball, and many teams' training camps.

### Facilities



<b>Stadium size</b>	12,964.6 square meters (98 meters on both wings, 122 meters in the center)
<b>Capacity</b>	21,000
<b>Outdoor practice area</b>	1,369.12 square meters Pitching and batting areas
<b>Night lighting equipment</b>	Six units
<b>Scoreboard (large monitor)</b>	Back screen: 28 meters wide, 10 meters tall Electronic scoreboard: 30 meters wide, 8 meters tall
<b>Others</b>	<div>  Conference room            Changing rooms            Shower rooms         </div> <p>First-aid room, VIP room, disabled lavatories, press room, elevators for seniors and the disabled, and more.</p>

## 06 Kamoike Park Multi-purpose Indoor Sports Ground (Kamoike Dome)

☎099-250-0705 📍2-29-3 Kamoike, Kagoshima ⌚Opening hours: 9:00 – 21:00

MAP



The dome, which includes a training room, is also used for rainy-day baseball and football practices.

### Facilities



<b>Sports ground</b>	50 x 60 meters, artificial turf Five-a-side football: two pitches *Air conditioned
<b>Pitching practice area</b>	Bullpen, accommodates three people *Air conditioned
<b>Others</b>	<div>  Training room            Conference room            Changing rooms            Shower rooms         </div> <p>12 four types of 12 aerobic machines, 10 ten types of 10 strength training equipment, weightlifting equipment (1 - 40 kg dumbbells, 10 - 160 kg+ barbells), various benches (bench presses, squat racks, ab workout benches, back muscle workout benches), three two types of relaxation machines *Air conditioned</p>

### Key sporting camps held to date

- Toshiba Brave Lupus Tokyo (JAPAN RUGBY LEAGUE ONE)
- JR Tokai Baseball Club
- Toyota Industries Women's Softball Club
- Keio University ■ Japan national rugby sevens team



### Travel

- 15-min drive from Kagoshima-Chuo Station
- 60-min drive from Kagoshima Airport



Bullpen



Training room

## 05 Kamoike Park Baseball Stadium (Kamoike Citizen Baseball Stadium)

☎099-253-6610 📍2-27-1 Kamoike, Kagoshima ⌚Opening hours: 8:30 – 17:00

MAP



Numerous teams use the stadium, which is close to the Heiwa Lease Stadium, for professional baseball camps, high school baseball tournaments, and sports camps.

### Facilities



<b>Stadium size</b>	Infield 3,430 square meters, outfield 9,570 square meters (Both wings 93 meters, center 120 meters)
<b>Capacity</b>	Infield bleachers: approx. 3,000 Outfield bleachers: approx. 4,000
<b>Others</b>	<div>  Conference room            Changing rooms            Shower rooms         </div> <p>Office, first-aid room, ticket office, head office seats, executive office, press seats, broadcast archive, umpire seats, viewing room for the disabled, on-deck circle, washroom, outdoor ballpark, outfield bleachers, turf mound, scoreboards, 180 covered bleachers, indoor practice area (bullpen) 30 meters.</p>

### Key sporting camps held to date

- Keio University and Osaka University of Health and Sport Sciences
- Toyota Industries Women's Softball Club



### Travel

- 15-min drive from Kagoshima-Chuo Station
- 60-min drive from Kagoshima Airport



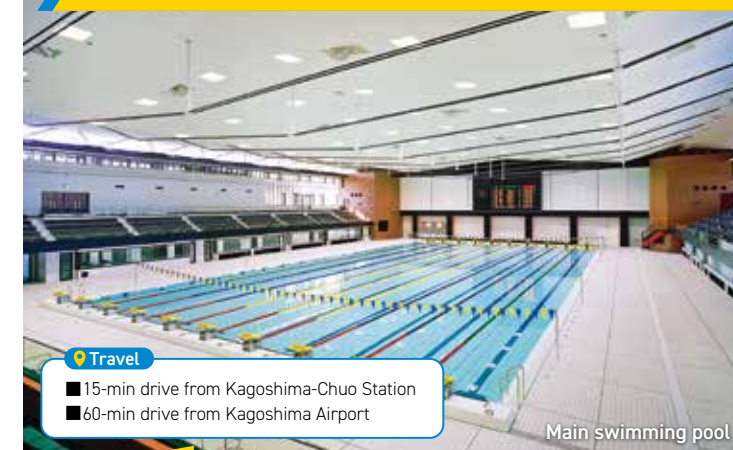
Bullpen



## 07 Kamoike Koen Swimming Pools

☎099-251-1288 📍2-31-3 Kamoike, Kagoshima ⌚Opening hours: 9:00 – 21:00

MAP



Main swimming pool

### User reviews

Team GB swimming team

The facilities were clean and new, and there was a touch panel for international championships, so we could train as if we were in a genuine tournament. The people were also warm and very welcoming.



The 50-meter and diving pools are globally endorsed, hosting major swimming championships.

### Facilities



<b>Main swimming pool (indoors)</b>	50-meter long, 25-meter wide with 10 lanes (international standards) 25-meter short course with 20 lanes Swimming pool with a movable floor
<b>Backup swimming pools (indoors)</b>	25-meter pool with eight lanes (Approved for competitive events)
<b>Diving pool (outdoors)</b>	International standards Height: 1 meter, 3 meters, 5 meters, 7.5 meters, 10 meters Depth: 5 meters
<b>Others</b>	<div>  Conference room            Changing rooms            Shower rooms         </div> <p>Archive room, executive office, referee room, first-aid room, and more</p>

### Key sporting camps held to date

- Kagoshima Swimming Federation camp, Team GB swimming team training camp









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## 12 Nishihara Shokai Arena (Kagoshima Arena)

☎099-285-2244 📍1-30-1 Nagayoshi, Kagoshima ⌚Opening hours: 9:00 – 21:00

MAP



The arena represents Kagoshima, where professional sports teams play official games, and it has a backup arena, a martial arts hall, and a Japanese archery hall, as well as excellent transportation connectivity.

### Facilities

Main arena	Four volleyball courts, three basketball courts, 12 badminton courts, two five-a-side football pitches, 24 table tennis courts, and two handball courts. *Air conditioned
Backup arena	Two volleyball courts, two basketball courts, six badminton courts, two five-a-side football pitches, and 12 table tennis courts. *Air conditioned
Martial arts hall	Two judo competition areas (up to four) and two kendo competition areas (up to four) *Air conditioned
Kyudo hall	Close-range target area for 10 standing *Air conditioned
Others	<div>  Training room            Conference room            Changing rooms            Shower rooms         </div> <div>           [Conference room]            Four event waiting room            Four new digital timers         </div>



External view



Martial arts hall

The venue is suitable for a wide variety of sports.

### User reviews

Kagoshima Rebnise



©KAGOSHIMA REBNISE

The distance between the arena and the audience seats is minimal, creating a sense of unity across the venue. Another advantage is that it is easily accessible from the city center. Furthermore, the facilities are user-friendly, with simple access to waiting rooms, meeting rooms, showers, and other amenities.

### Key sporting camps held to date

■ Kagoshima Rebnise (B League)



## 13 Kagoshima Sports Center Gymnasium and Martial Arts Hall

Gymnasium: ☎099-254-5155 📍4-47-1 Shimoarata, Kagoshima ⌚Opening hours: 8:30 – 21:00  
Martial arts hall: ☎099-255-0434 📍1-4-20 Yojiro, Kagoshima ⌚Opening hours: 8:30 – 21:00

Because of its great transportation links, people from all over the prefecture use the venue for events such as high school sports meets and karate tournaments.

### Facilities

Main building	Arena (1,320 square meters) Two volleyball courts, two basketball courts, eight badminton courts, one handball court, 24 table tennis courts, two wrestling areas, and two indoor tennis courts.
Backup gymnasium	Arena (403 square meters), gymnastics pit, five table tennis courts, and one badminton court.
Others	<div>  Conference room            Changing rooms            Shower rooms         </div> <div>           Reception room, first-aid room, baby room, air conditioning equipment, elevators (for the disabled), disabled lavatories. *Main building only         </div>



### Travel

■ 10-min drive from Kagoshima-Chuo Station  
■ 40-min drive from Kagoshima Airport



Kagoshima Sports Center Gymnasium



External view Kendo hall

Kagoshima Sports Center Martial Arts Hall

### Travel

■ 15-min drive from Kagoshima-Chuo Station  
■ 60-min drive from Kagoshima Airport

### Facilities

Martial arts hall	Judo hall: 234 tatami mats. Kendo hall: two match areas
Kyudo hall	Close-range target area: 398.57 square meters Far-range target area: 170.23 square meters
Others	<div>  Training room            Changing rooms            Shower rooms         </div>

## 14 Ai Housing Arena Matsumoto 15 Dome Matsumoto 16 Ground Matsumoto

☎099-278-5100 📍3400 Kamitaniguchicho, Kagoshima ⌚Opening hours: 8:30 – 22:00

### Travel

■ 15-min drive from Minamikyushu Expressway "Matsumoto"

Because it is located in a popular table tennis region, the venue has developed a reputation for hosting national tournaments.



14 Ai Housing Arena Matsumoto

### Facilities

Gymnasium	Four volleyball courts, 12 badminton courts, two basketball courts, and 52 table tennis courts.
Others	<div>  Hot springs            Multi-purpose rooms           *Air conditioned         </div>



15 Ai Housing Dome Matsumoto

### Facilities

Sports ground (multi-purpose)	Two softball grounds
Tennis courts	Four clay courts with night lighting systems



16 Ai Housing Ground Matsumoto



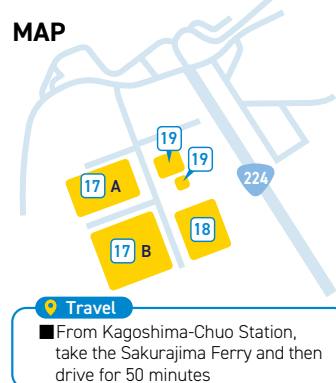


## 17 Nanei Lease Sakurajima Yogan Grounds

## 18 Sakurajima Multi-purpose Grounds

## 19 Sakurajima Arena

☎099-293-2967 📍1722-17 Sakurajimayokoyamacho, Kagoshima ⌚Opening hours: 8:30 – 22:00



### Key sporting camps held to date

- Kansai Gaidai University (softball camp)



The large-scale venue is equipped with a gymnasium and sports grounds.

### 17 18 Facilities

17	[Ground A] Two football pitches, two softball grounds, and two baseball grounds [Ground B] Three football pitches, four softball grounds, and four baseball grounds
18	One football pitch
Others	<div> <div>Conference room</div> <div>Changing rooms</div> <div>Shower rooms</div> </div> <div> <div>*1 Clubhouse for grounds A and B</div> <div>*2 Clubhouse for ground B</div> </div>

### 19 Facilities

Main building	Four volleyball courts, two basketball courts, and 12 badminton courts *Air conditioned
Backup gymnasium	Two volleyball courts and six badminton courts
Others	<div> <div>Training room</div> <div>Conference room</div> <div>Changing rooms</div> <div>Shower rooms</div> </div>
<b>Key sporting camps held to date</b> <ul style="list-style-type: none"> <li>■ Kobe University (basketball camp)</li> <li>■ Kindai University (badminton camp)</li> <li>■ Bukkyo University (basketball camp)</li> </ul>	

## 20 Yoshida Culture and Sports Center

## 21 Yoshida Multi-purpose Indoor Sports Hall

## 22 Yoshida Sports Ground

☎099-294-4477 📍46 Honjocho, Kagoshima ⌚Opening hours: 8:30 – 22:00



The sports complex is **air-conditioned**, making it ideal for practices and tournaments.



Even when it's raining outside, you can use the premises thanks to the indoor facilities.



### 20 Facilities

Grounds	Four volleyball courts, three basketball courts (three movable hoops) (two digital timers, and three official sets for rent), 12 badminton courts, three handball courts (33 x 20 meters) (one court if used as a 40 x 20-meter center court) (two digital timers for rent), and three table tennis courts.
Others	<div> <div>Training room</div> <div>Conference room</div> <div>Changing rooms</div> <div>Shower rooms</div> </div> <div>Lighting available</div>

### 21 22 Facilities

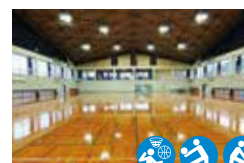
21	All artificial turf, one tennis court, two gateball courts, and one five-a-side football pitch (with movable goalposts)
22	One baseball ground (softball only), one softball and baseball ground, two omni tennis courts, and one clay tennis court.
Others	<div>Lighting available</div> <div>*Changing rooms and shower rooms are available in the adjacent gymnasium</div>

### MAP



## 23 Kagoshima Citizen Gymnasium

☎099-261-5115 📍1-21-1 Sakanoue, Kagoshima ⌚Opening hours: 8:30 – 21:00



**Travel**  
 ■ 30-min drive from Kagoshima-Chuo Station  
 ■ 40-min drive from Kagoshima Airport

### Facilities

Main building	Three volleyball courts, two basketball courts, eight badminton courts, and eight soft volleyball grounds *No air-conditioning
Backup gymnasium	One volleyball court, one basketball court, three badminton courts, three soft volleyball grounds, and three bound tennis courts *No air-conditioning
Outdoor tennis courts	Two clay courts

## 25 Kiire Sports Grounds

☎099-345-2383 📍6166-3 Kiirecho, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 45-min drive from Kagoshima-Chuo Station  
 ■ 1 hr and 10 min drive from Kagoshima Airport

### Facilities

Grounds	<div>[Athletics ground]</div> <div>400-meter 7-lane track, one baseball ground, three softball grounds, and eight tennis courts (regulation and rubber-ball tennis, four nighttime game equipment)</div> <div>[Multi-purpose ground]</div> <div>One baseball ground, one football court, and two softball grounds</div>
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## 24 Kiire Gymnasium

☎099-345-2383 📍6166-3 Kiirecho, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 45-min drive from Kagoshima-Chuo Station  
 ■ 1 hr and 10 min drive from Kagoshima Airport



### Facilities

Main building	Four volleyball courts, one basketball court, and 12 badminton courts
Others	<div> <div>Multi-purpose room</div> </div>

\*No air-conditioning

## 26 Marinepia Kiire

☎099-345-1117 📍6094-1 Kiirecho, Kagoshima ⌚Opening hours: 10:00 – 21:00



**Travel**  
 ■ 45-min drive from Kagoshima-Chuo Station  
 ■ 1 hr and 10 min drive from Kagoshima Airport

### Facilities

Swimming pool	<div>25-meter pool</div> <div>Six lanes, 1.2 meters deep</div> <div>*Six lanes for pool walking</div> <div>*One lane for pool walking in the 25-meter pool.</div>
Others	<div> <div>Multi-purpose room</div> <div>Shower rooms</div> </div>

## 27 Koriyama Sports Grounds

☎099-298-8448 📍1401 Higashimatacho, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 35-min drive from Kagoshima-Chuo Station  
 ■ 50-min drive from Kagoshima Airport

### Facilities

Grounds	<div>[Multi-purpose ball park]</div> <div>Four softball grounds, two football pitches, and baseball ground</div> <div>[Multi-purpose ground]</div> <div>One softball ground and one football pitch</div> <div>[Tennis courts]</div> <div>Six, omni courts [jogging and walking tracks]</div> <div>Polyurethane-paved, 700-meter circumference</div>
Others	<div>*Each facility is equipped with lighting</div>

## 28 Koriyama Gymnasium

☎099-298-8448 📍1464 Higashimatacho, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 35-min drive from Kagoshima-Chuo Station  
 ■ 50-min drive from Kagoshima Airport



### Facilities

Main building	Four volleyball courts, three basketball courts, 12 badminton courts, one handball court, 12 table tennis courts, two five-a-side football pitches
Others	<div> <div>Multi-purpose room</div> <div>Shower rooms</div> </div> <div>*Air conditioned</div>

## 29 Koriyama Hayama Ballpark

☎099-298-8448 📍1646 Koriyamacho, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 35-min drive from Kagoshima-Chuo Station  
 ■ 50-min drive from Kagoshima Airport

### Facilities

Ballpark	<div>Both wings 90 meters</div> <div>Center 110 meters</div> <div>One softball ground</div> <div>One baseball ground</div>
Others	Lighting equipment

## 30 Koriyama Hanao Sports Grounds

☎099-245-7070 📍422-3 Hanaomachi, Kagoshima ⌚Opening hours: 8:30 – 22:00



**Travel**  
 ■ 40-min drive from Kagoshima-Chuo Station  
 ■ 50-min drive from Kagoshima Airport

### Facilities

Grounds	One softball ground
Others	Lighting equipment





# Sports Camp Accommodations in Kagoshima City

## 1 Kagoshima Sun Royal Hotel

1-8-10 Yojiro, Kagoshima  
☎ 099-253-2020

Languages spoken: English

**About this property**                                                           



# Kagoshima City Tourism Information



## Sakurajima

The volcano is Kagoshima's iconic symbol, and it is a rare phenomenon in the world that coexists with humans while continuing to function. Visitors can participate in activities such as kayaking and hot spring digging.

### Sakurajima Ferry

We recommend taking the ferry to get to Sakurajima from the main city area. You can enjoy a gorgeous view of Kinko Bay and Sakurajima during the ferry ride, which lasts fifteen minutes.



## Historical sites

### Main gate of Kagoshima Castle ruins

Iehisa, the 18th head of the Shimadzu family and the domain's first ruler, erected Kagoshima Castle. Fire destroyed it in 1873, but it underwent reconstruction in March 2020.



### Bronze statue of Saigo Takamori

The prominent figure of Kagoshima accomplished much as the driving force behind the Meiji Restoration. A Kagoshima sculptor produced the bronze statue to mark the 50th anniversary of Saigo's death.



### Museum of the Meiji Restoration

The museum for history tourism provides narratives that help visitors understand the Satsuma domain during the end of the Shogunate and the Meiji Restoration. We also recommend the walking course on the nearby Meiji Restoration Road.



## Sengan-en

Mitsuhsa, the 19th head of the Shimadzu family, constructed the family villa in 1658. Taking advantage of the surrounding scenery, Sakurajima serves as the garden's artificial mound, and Kinko Bay serves as the pond, drawing many tourists to the garden.



## Io World Kagoshima Aquarium

The aquarium showcases over 10,000 life forms from 800 species, focusing on Kagoshima's sea creatures. The gigantic Japan Current fish tank, which contains a shiver of whale sharks, the world's largest fish, is particularly impressive.

## Hirakawa Zoo

The vast site is home to 800 animals from about 130 species. In addition to the African Savanna zone, where giraffes, zebras, ostriches, and other animals roam freely against the backdrop of Sakurajima and Kinko Bay, popular species include koalas and white tigers.



## Events

Schedule

Mar

### Kagoshima Marathon

This is a running event where you may enjoy the allure of Kagoshima, including the panorama of Sakurajima and Kinko Bay, the Tenmonkan, and the historical townscape.



### Kagoshima Kinko Bay Summer Night Fireworks Festival

Kagoshima's summer extravaganza features fireworks against the backdrop of Sakurajima and Kinko Bay.



Schedule

Aug

Schedule

Nov

### Ohara Festival

This is the largest event in southern Kyushu, with thousands dancing and parading down Tenmonkan Densha Street to Kagoshima folk tunes, including "Ohara Bushi" and "Kagoshima Hanya Bushi."



## Kagoshima City Food

### Kagoshima Kurobuta Pork Shabu-shabu



This dish lets you appreciate the flavors of the ingredients by dipping the quality pork belly, which has an exceptional texture and a clean flavor, in dashi broth. The pork is fed according to rigorous guidelines.



### Greater Amberjack and Yellowtail Sashimi

Kagoshima Prefecture boasts the largest yield of greater amberjack and yellowtail in Japan. A soy sauce with a hint of sweetness, unique to Kyushu, complements the fresh and fatty sashimi.



### Chicken Sashimi

This Kagoshima dish consists of searing the skin, slicing the meat thinly, and then dipping it in soy sauce before eating. The skin's delicious aroma and luscious texture are irresistible.



### Authentic Shochu

In Kagoshima, there are two types of shochu: Satsuma shochu, manufactured from sweet potatoes, and Amami muscovado sugar shochu, produced exclusively in the Amami Islands. Both varieties are distinguished by their deep, rich flavors.



### Local Ramen

The local ramen is distinguished by its light tonkotsu broth produced with chicken bones and veggies, which makes it easier to eat than ramen from other parts of Kyushu.



## Sweet treats

### Shirokuma

Shirokuma is a Kagoshima-style shaved ice dish with a big pile of ice topped with fruits and other ingredients and drizzled with sweet condensed milk. It is believed that the dish's name derives from its resemblance to a white bear when viewed from above.



### Jambomochi

This is a typical Kagoshima snack made of rice flour dumplings on two skewers and topped with a thick, sweet soy sauce glaze.



### Karukan

This Kagoshima wagashi (Japanese confectionery) is produced with a substantial amount of yam, and the delicate, fluffy texture achieved through steaming is unlike any other wagashi.



## Famous products

### Satsuma Kiriko

This is a prefectural-designated traditional craft that involves layering colored glass and carving designs into it. The cutting produces a stunning color gradient.



### Satsuma Ware

This pottery is listed as a traditional Japanese craft, and "Shirasatsuma" in particular is adorned with motifs in underglaze blue and polychrome overglaze enamels on the surface and is used as decorative objects and ornaments.





# Steps to Apply for a Sports Camp in Kagoshima

01



## Search for a camp

- Type of sport
- Preferred camp period
- Headcount (by athletes and staff members)
- Facility requirements, etc.

02



## Suggested facilities

We will suggest facilities tailored to your preferences.

\*We will provide assistance if you require a site visit.

03



## Make a decision to run a camp

We will host a welcome ceremony and pep rally for the athletes who will be training in Kagoshima.

## Past welcome parties and pep rallies



Thai national rugby team



South Africa national rugby union team



Team GB swimming team

## Accommodation inquiries

### Kagoshima City Hall Sports Promotion Division

Operating hours [Weekdays] 8:30 - 17:15

Office holidays Saturdays, Sundays, and holidays

Please call or e-mail to make your inquiries.

Phone 099-803-9621 or 099-803-9622

E-mail spo-kouryu@city.kagoshima.lg.jp





Aside from sports camps,  
the following tips can be useful!

# How to enjoy public hot spring bathhouses correctly

Kagoshima's hot springs are ideal  
for winding down after a workout.  
Please understand and adhere to the  
guidelines for using a hot spring  
bath, as well as the dos and don'ts of  
visiting a bathhouse.

STEP  
1

## Make sure you're adequately hydrated 15 minutes before bathing

Drink a glass or two of water to stay hydrated while bathing.

STEP  
2

## Cleanse your body before soaking in the tub

Thoroughly clean your body of perspiration and grime to  
avoid polluting the bathwater.

STEP  
3

## To acclimate, take a half-body bath first

Allow your body to acclimate by bathing from the waist-down  
first, as bathing your body fully will put too much strain on it.

STEP  
4

## Take care to avoid feeling lightheaded

Take caution not to stay in the bath too long. If you feel faint,  
get out of the bath immediately and rest.

STEP  
5

## Remember to hydrate after your bath

Even if you don't think you sweated, bathing causes you to  
lose a lot of water. Hydrate yourself fully after a bath to  
replenish the water you've lost.

Luxuriate in hot springs

Kagoshima has  
more hot springs  
than any other  
prefectural capital  
in Japan!  
(Approx. 270)

Kagoshima City

## Benefits of public baths and hot springs



### ✓ They boost circulation and offer relaxation

A large bathtub allows you to fully stretch out and flex your limbs, so the resistance of the water stimulates your muscles moderately and improves blood circulation in your peripheral blood vessels. Furthermore, because water has a density more than 800 times that of air, it softly supports your entire body, adding to the relaxing effect.

### ✓ Buoyancy-induced muscle relaxation

In water, where buoyancy is at action, your body weight is approximately one-tenth that of air. This allows you to feel free of gravity and relaxes your muscles. Some public baths offer tubs where you can lie down, as well as soothing jet baths where you can soak while feeling like you're floating.

### ✓ Stimulation from water pressure and improved circulation

The water pressure in deep tubs in public baths pushes up the diaphragm, allowing you to breathe properly with your abdominal muscles. It specifically stimulates the calves, sometimes known as the "second heart," and increases (promotes) blood flow by making it simpler for blood to return from the lower extremities to the heart.

### ✓ Boosted immunity

Your hands and feet will remain warm for a long time after bathing in a public bathhouse where the water temperatures range from 40 to 42 degrees Celsius. It is suggested that if your body temperature raises by one degree, your immunity increases by 5-6 times. This is due to the heat shock protein (HSP).

## What is a heat shock protein?

It is a protein that restores cells damaged by fatigue and stress. Applying heat can effectively boost this protein. Bathing raises the core body temperature to 38 degrees Celsius, which boosts immune cell activity, aids in fatigue recovery, prevents aging, and improves low body temperature. It is also effective at weight loss and improving skin tone.

Op. cit: Sento Yojokun, by Keiji Shindo (Soryusha)

Thanks to the Kagoshima Prefecture Public Bath Trade Organization for Environmental Health, Kagoshima City Branch for their cooperation

**Locals use public baths, so please observe the etiquette when you visit.**

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