

# Asahikawa Is This Kind Of City

International sports event  
Camp site information

Japan Hokkaido Asahikawa

2016

# Summary of Asahikawa

- ▶ Asahikawa is a city in the northern island of Hokkaido Japan with many rivers such as the Ishikari. It is a city where vivid interweaving seasons harmonize with city medical, welfare, and educational facilities, all while commanding a view of the magnificent Daisetsuzan Mountain range in the distance.



【 Bird's eye view of Asahikawa 】

# Introducing Asahikawa

- ▶ Located around central Hokkaido, Asahikawa covers the area surrounded by the Daisetsuzan mountain range.
- ▶ While Asahikawa is Hokkaido's second largest city (population 350K) complete with roads, rail, and airways to get around in addition to its city and medical institutions, the outskirts of town are surrounded by rice fields striking a balance between its natural and urban features.
- ▶ The 160 rivers big and small running through the city provides Asahikawa with a steady supply of food yielded from the high quality water and fertile land that make the city a prominent rice growing region even within Japan.
- ▶ Short trips taking only 15-30 minutes between access points such as the airport, practice areas, and accommodations make for an efficient, focused training camp.

# LOCATION AND CLIMATE OF ASAHIKAWA

①

- ▶ Asahikawa has little rainfall with an average temperature of around 20°C during June and July. It's the most relaxing part of the year as well as being the optimum season to get out and move around. Less cedar pollen compared to the rest of Japan results in fresher air for the body to use during exercise.
- ▶ August and September also have an average temperature of around 20°C. The average high is below 30°C and has less rainfall and humidity compared to other parts of Japan, making for a better sports environment.
- ▶ In the middle of winter, Asahikawa turns into an unreal landscape to enjoy while doing winter sports like skiing. Moisture crystalizes into sparkling diamond dust that dances in the air. This impressive world of frozen sky and trees is something exclusive to Asahikawa.

# LOCATION AND CLIMATE OF ASAHIKAWA

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## Weather of Asahikawa

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Average Temp.(°C)	-7.5	-6.5	-1.8	5.6	11.8	16.5	20.2	21.1	15.9	9.2	1.9	-4.3
Average High.(°C)	-3.5	-2.1	2.6	11.7	17.7	22.9	25.8	26.3	21.6	14.8	5.8	-0.8
Average Low.(°C)	-12.3	-12.7	-6.3	0	5.4	11.6	15.9	16.8	11.2	3.9	-2	-7.9
Precipitation(mm)	69.6	51.3	54	47.6	64.8	63.6	108.7	133.5	130.9	104.3	117.2	96.6
Sunny Days	8	11	12	18	22	24	24	23	20	19	12	8

### Spring



**Cherry Blossoms**  
Kaguraoka Park

### Summer



**Paddy Field**  
Outskirts of town

### Fall



**Autumn Colors**  
Tokiwa Park

### Winter

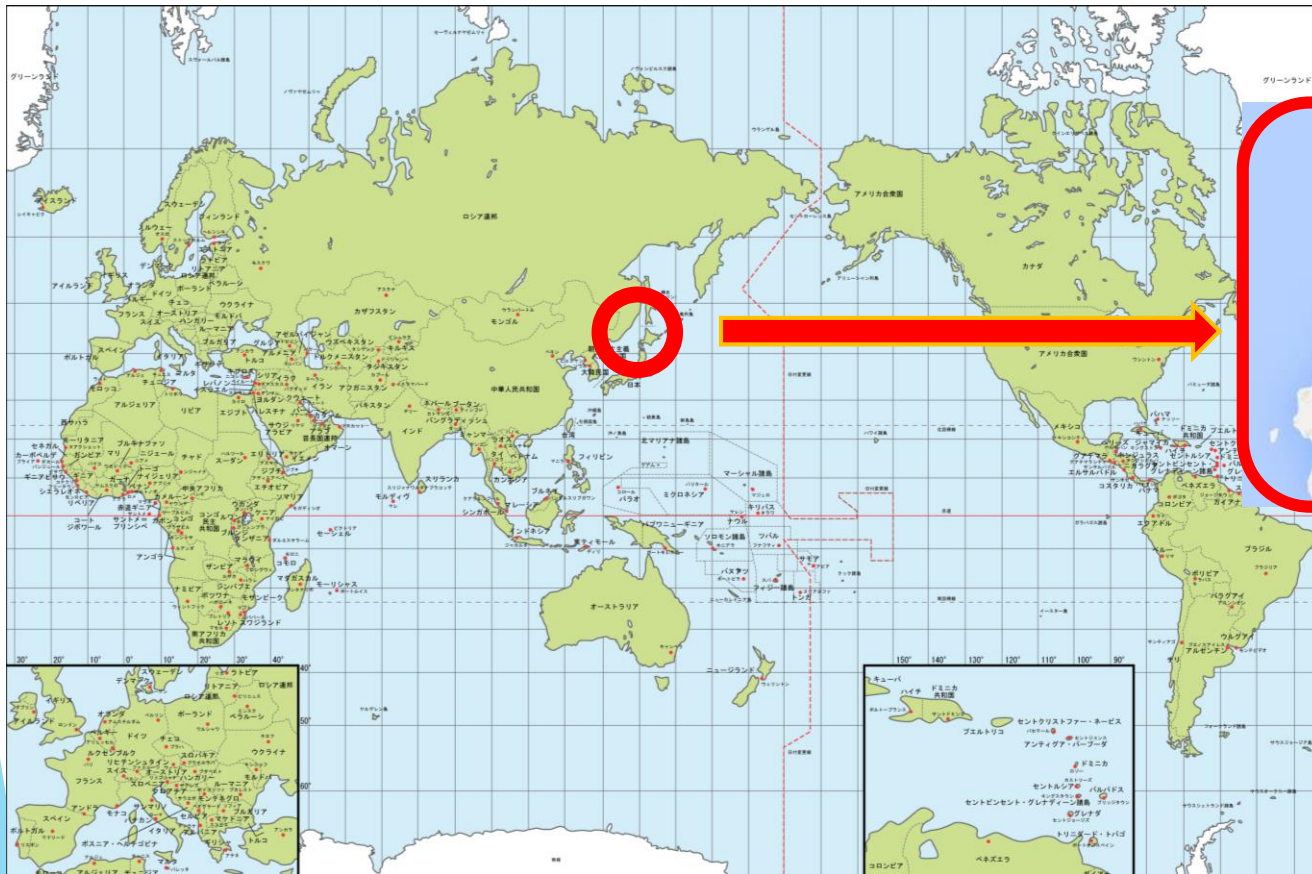


**Diamond Dust**  
Asahibashi Bridge

# LOCATION AND CLIMATE OF ASAHIKAWA

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## ASAHIKAWA



Asahikawa is located at 43 parallel north (Christ Church – 43 parallel south) and is 112 meters above sea level with a damp sub arctic climate and distinct seasons.

## Asahikawa – A treasure trove of food ①

- ▶ Since Asahikawa is a center for distributing goods, the city has steady supply of the surrounding bountiful, high quality agricultural and animal products.
- ▶ Hokkaido being surrounded by the Pacific ocean, Sea of Japan as well as the Sea of Okhotsk means access to a variety of fresh seafood. Asahikawa is a kind of kitchen for the island, with anything you can think of.

# Asahikawa – A treasure trove of food ②

- ▶ The city is rich in clean underground water from the surrounding mountain range that pours into the Ishikari and Chubetsu rivers. Asahikawa is proud to be second in Hokkaido in terms of rice yield and total area planted, as well as being a predominant rice producing area within the country.
- ▶ There are local breweries that take advantage of the bountiful rice and vegetables that are grown using such pure water to make quality *sake* (rice wine) and beer. Come enjoy a refreshing beer after a hard day of practice.

○*Sake* (Otokoyama, Godo *sake*, Takasago brewery) ○Beer (Taisetsu Beer Hall)

- ▶ Since Asahikawa is surrounded by mountains, there is a larger temperature difference between night and day resulting in sweeter fruit. Locally produced apples, cherries pears, and grapes help support the rejuvenation of body and mind.



# TRANSPORTATION IN ASAHIKAWA

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- ▶ Direct flights from major cities such as Nagoya, Osaka, and Tokyo.
- ▶ Asahikawa Airport is 30 minutes by car from the city center with easy access to sport facilities.
- ▶ Short travel times between lodging and practice means more time training and less in between.  
(There are approximately 30 hotels and inns within the city limits)

Haneda Airport ~Asahikawa Airport 1 hour 35 minutes (Plane)

Asahikawa Airport ~City center 30 minutes (Bus, etc.)



# TRANSPORTATION IN ASAHIKAWA

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## ○Access Information

### Transportation within Hokkaido

Sapporo to Asahikawa / 1 hour 30 minutes(Exp.)

Chitose Airport to Asahikawa / 2 hours (Exp.)

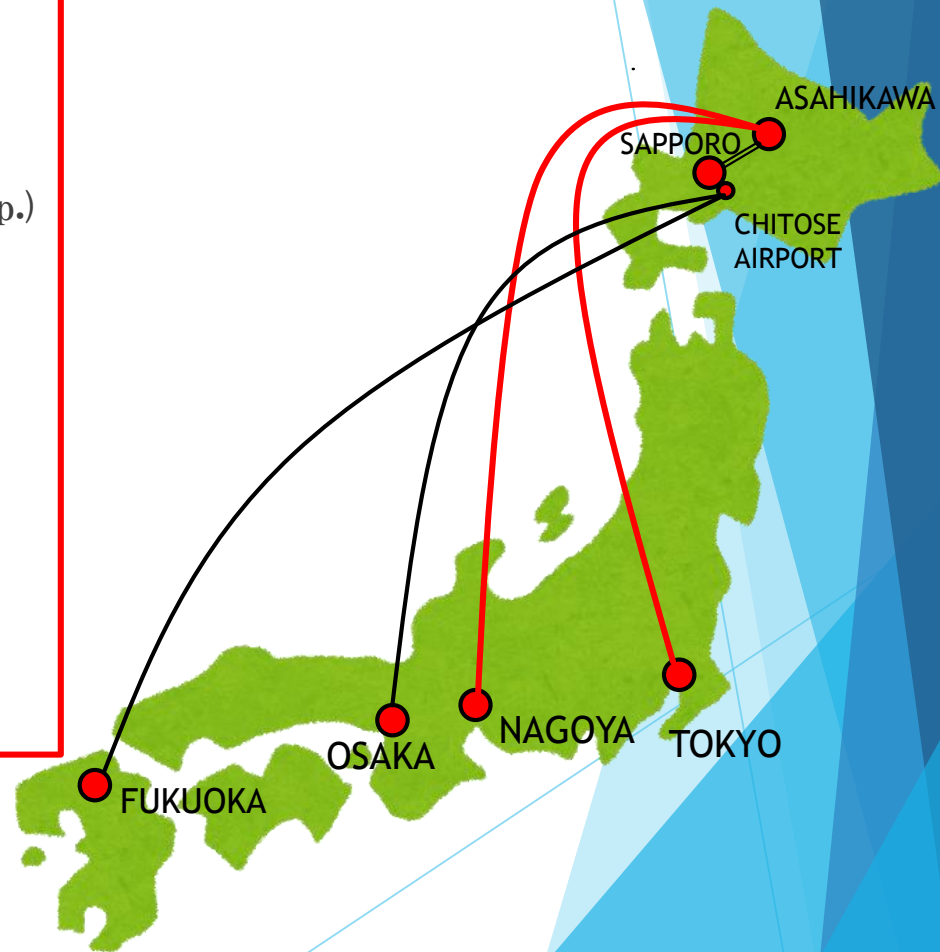
### Airway Access to Asahikawa

Tokyo to Asahikawa / 1 hour 35 minutes

Nagoya to Asahikawa / 1 hour 45 minutes

Osaka to Chitose Airport / 1 hour 55 minutes

Fukuoka to Chitose Airport / 2 hour 10 minute



# MEDICAL INSTITUTIONS IN ASAHIKAWA ①

- ▶ Asahikawa medical institutions are more than capable of providing high quality medical care with Asahikawa Medical University Hospital at the heart of the neurology, orthopedic, and cardiology departments.
- ▶ Helicopter transport is available at Asahikawa Red Cross and Asahikawa Medical University Hospital
- ▶ 84 Hospitals/General clinics for every 100,000 residents
- ▶ 349 Doctors for every 100,000 residents
- ▶ 1.75 times the national average for number of hospitals
- ▶ 1.54 times the national average for number of doctors



## MEDICAL INSTITUTIONS IN ASAHIKAWA ②

# Main Hospitals

No	Hospital Name	No	Hospital Name
①	Asahikawa Medical University Hospital	④	Municipal Asahikawa Hospital
②	Asahikawa Red Cross	⑤	National Hospital Organization Asahikawa Medical Center
③	JA Hokkaido Koseiren Asahikawa Welfare Hospital		

# MEDICAL INSTITUTIONS IN ASAHIKAWA

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Table of Asahikawa Hospitals

No	Hospital Name	Sick Beds	Doctors	Nurses	Notes
①	Asahikawa Medical University Hospital	602	381	712	Heliport Emergency Room Ambulance (2)
②	Asahikawa Red Cross	554	119	644	Heliport Emergency Room Ambulance
③	JA Hokkaido Koseiren Asahikawa Welfare Hospital	539	111	512	
④	Municipal Asahikawa hospital	502	71	397	
⑤	National Hospital Organization Asahikawa Medical Center	310	43	206	
⑥	Asahikawa neurosurgical hospital	120	2	20	Ambulance
⑦	Toyooka Central Hospital	159	17	69	Ambulance
⑧	Taisetu hospital	99	8	58	Ambulance
⑨	Moriyama Memorial Hospital	108	5	30	
⑩	Moriyama Hospital	172	17	139	Ambulance
⑪	Oonishi Hospital	332	16	146	Ambulance

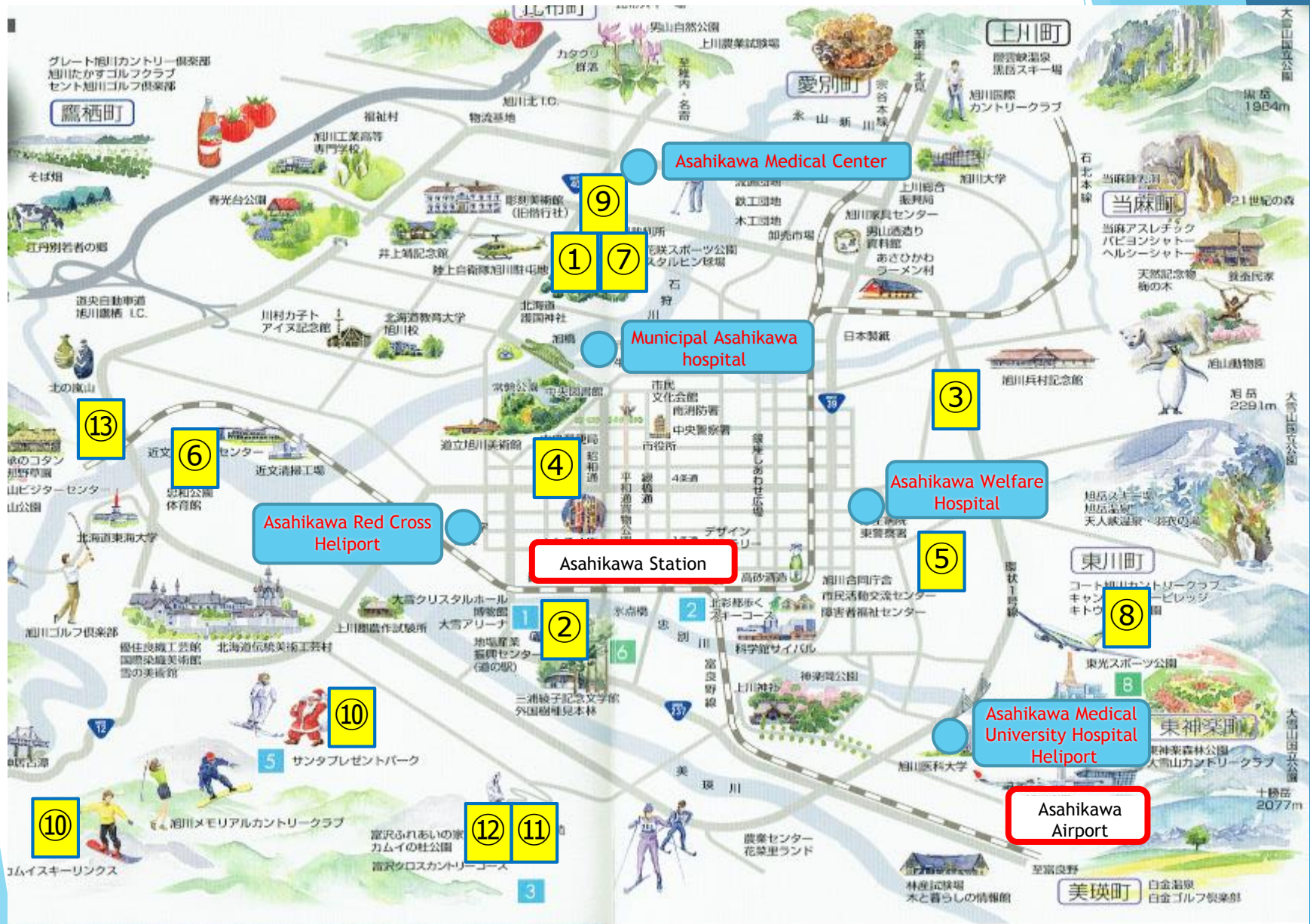
# Asahikawa Main Hospital Map



# Main Sports Facilities in Asahikawa

No	Facility	Information
①	Asahikawa gymnasium	<a href="http://www.a-a-s-a.or.jp/">http://www.a-a-s-a.or.jp/</a>
②	Taisetu Arena	<a href="http://www.asahikawa-dpc.co.jp/6Arena/arenaindex.html">http://www.asahikawa-dpc.co.jp/6Arena/arenaindex.html</a>
③	Toho park indoor Square	<a href="http://www.asahikawa-park.or.jp/facilities/park/touhoutaiikukan.html">http://www.asahikawa-park.or.jp/facilities/park/touhoutaiikukan.html</a>
④	Workers' Sports Center	<a href="http://www.asahikawa-dpc.co.jp/7Tokiwa/tokiwaindex.html">http://www.asahikawa-dpc.co.jp/7Tokiwa/tokiwaindex.html</a>
⑤	East District Sports Center	<a href="http://www.city.asahikawa.hokkaido.jp/files/sport/higasichikutaiiku/higasi_top.html">http://www.city.asahikawa.hokkaido.jp/files/sport/higasichikutaiiku/higasi_top.html</a>
⑥	Chuwa park gymnasium	<a href="http://www.asahikawa-park.or.jp">http://www.asahikawa-park.or.jp</a>
⑦	Hanasaki sports park	<a href="http://www.asahikawa-park.or.jp">http://www.asahikawa-park.or.jp</a>
⑧	Toko sports park	<a href="http://www.asahikawa-park.or.jp">http://www.asahikawa-park.or.jp</a>
⑨	baseball Ground	<a href="http://www.asahikawa-park.or.jp">http://www.asahikawa-park.or.jp</a>
⑩	Ski resort	<a href="http://www.pref.hokkaido.lg.jp/ks/bns/sports/camp.htm">http://www.pref.hokkaido.lg.jp/ks/bns/sports/camp.htm</a>
⑪	Ski trails to walk Cross-country skiing course	<a href="http://www.city.asahikawa.hokkaido.jp/guidebook/sports.htm">http://www.city.asahikawa.hokkaido.jp/guidebook/sports.htm</a>
⑫	KamuinoMori park	<a href="http://www.asahikawa-park.or.jp/park/afforestation/kamui.html">http://www.asahikawa-park.or.jp/park/afforestation/kamui.html</a>
⑬	Tennis court	<a href="http://www.asahikawa-dpc.co.jp/10tennis/chuwaindex.html">http://www.asahikawa-dpc.co.jp/10tennis/chuwaindex.html</a>

# Main Sports Facilities in Asahikawa





# ASAHIKAWA'S SPORT GYMS AND POOLS

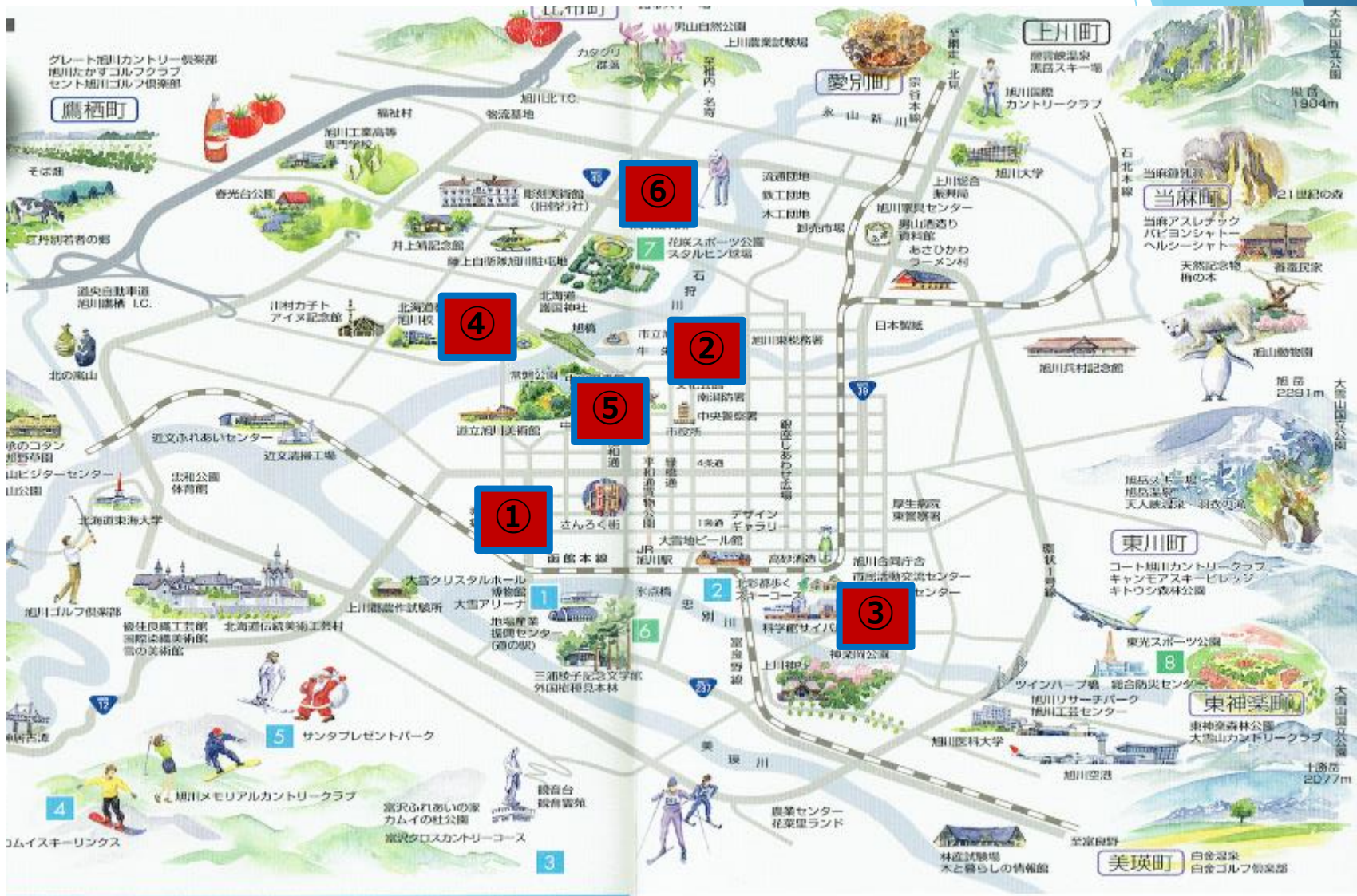
- ▶ The surrounding areas of Asahikawa's accommodations are dotted with gyms full of multiple purpose machines to use.
- ▶ There are also gyms equipped with pools which can be used to cool down after training.
- ▶ Gyms have spacious stretch zones with high ceilings



# ASAHIKAWA'S SPORT GYMS AND POOLS - CHART

No	Title	Gym	Pool	Pri/Pbl
①	Fitness gym JOY FIT 24 Asahikawa 4jou-nishi	○	×	Private
②	Sports club JOYFIT Asahikawa	○	○	Private
③	Holiday Sports Club Asahikawa shop	○	○	Private
④	Konami Sports Club Asahikawa	○	○	Private
⑤	Art Hotels Asahikawa	○	×	Private
⑥	Asahikawa Gymnasium	○	×	Public

# MAP OF ASAHIKAWA'S SPORT GYMS AND POOLS





We wish everyone a safe and  
sound stay at Asahikawa!

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