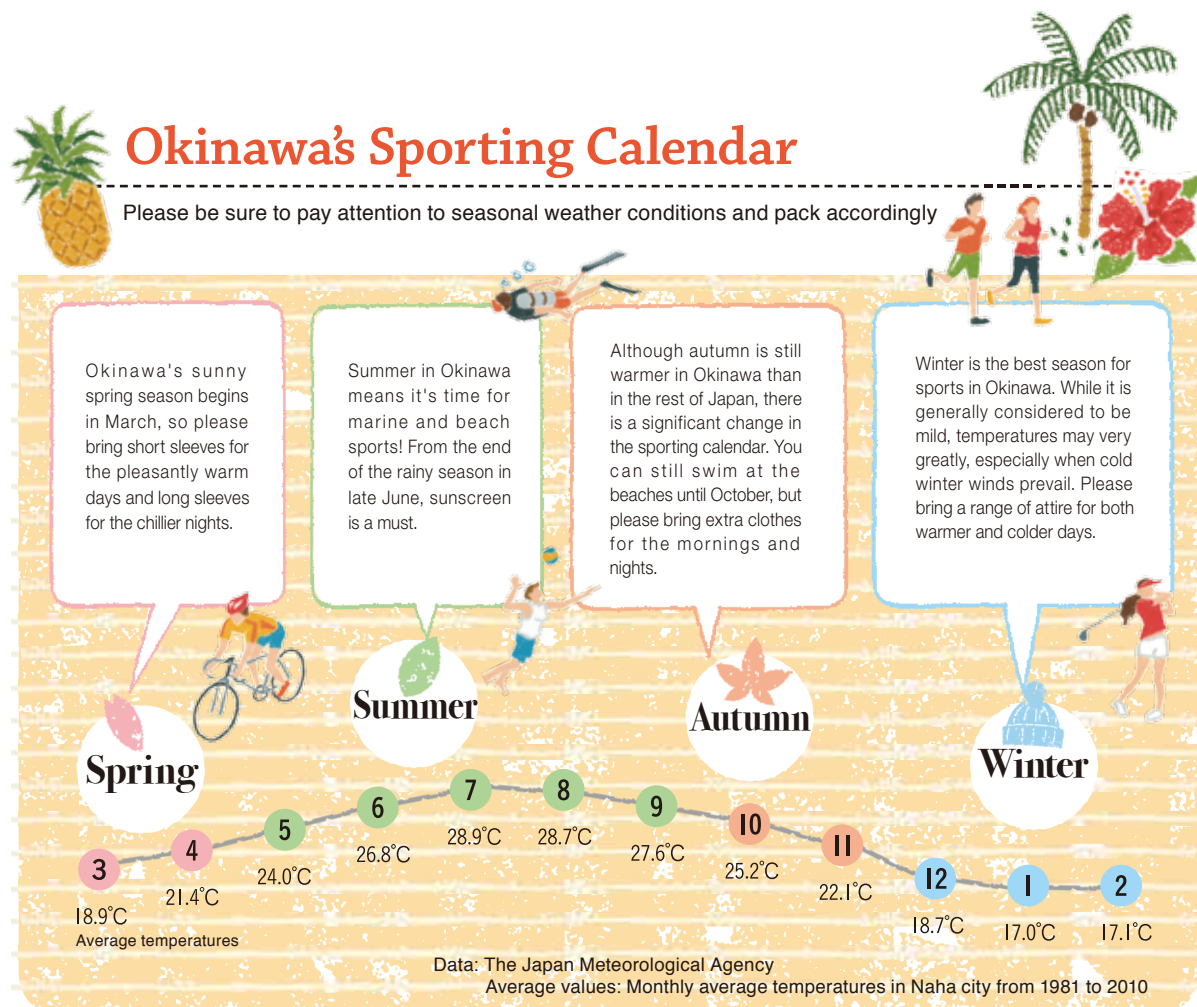




Okinawa Tourist Information Service

Okinawa Tourist Information Web Site
Okinawa Story
<http://www.okinawastory.jp/en/>

Click here for information on sports facilities and other sports-related information in Okinawa

<http://sports.okinawastory.jp>

Accommodation

<http://www.okinawastory.jp/en/stay/>

Okinawa Convention & Visitors Bureau
 1831-1 Oroku, Naha City, Okinawa 901-0152, Japan
 (Okinawa Industrial Support Center 2F)
 TEL:+81-98-859 6127 FAX:+81-98-859-6222 E-mail:sports@ocvb.or.jp

Enjoy an all-new travel experience in Okinawa through sports

SporTrip

in Okinawa

Experience
the Okinawan islands'
beauty firsthand on
a sporting vacation!

Running
Cycling
Golf
Diving



The appeal of
SporTrip

1 Making every season the perfect season for travel!

Okinawa is the premier resort destination in Japan. Blessed with mild temperatures of 15 to 20°C even in winter, Okinawa is ideal for a wide range of sports at any time of the year. Extensive sports facilities can be found not only on the main island of Okinawa, but also on its many outer islands. Whether it's international events, professional camps, or training venues for professionals and amateurs alike, Okinawa boasts the finest environment for all types of sports.

Enjoy and refresh yourself
with a sports-filled travel experience
in Okinawa.

sports Island OKINAWA

Okinawa is a resort destination that boasts both beautiful nature and a rich cultural heritage. Whilst taking it easy is always an option, we recommend a "SporTrip" as an exciting combination of sports and tourism!
Come and experience the excitement of your very own sporTrip!

The appeal of
SporTrip

2 Travel with ease from anywhere in Japan!

Okinawa is served by an abundance of direct flights from regional cities as well as the major airports of Japan. The islands are easily accessible; every day there are more than 20 flights between Okinawa and Tokyo, over 10 connecting flights to Fukuoka and Osaka, and new routes are currently being opened by a number of budget airlines. So why not come and take a sports-themed holiday with a "SporTrip"?

Yonaguni Is.

Iriomote Is.

Ishigaki Is.

Miyako Is.

Kume Is.

Sightseeing while you jog!
Have fun with "Maranic"!

Running

→ 04p

Relax at your
own pace while
cruising around Okinawa

Cycling

→ 10p

OKINAWA MAIN ISLAND

Enjoy the freedom of
resort-style golf to your heart's content

Golf

→ 14p

The appeal of
SporTrip

3 Be touched by the warm hospitality of Uchinanchu!

Experience the warm and laid-back atmosphere of the genial people of Okinawa, known as "Uchinanchu". Whether they're cheering you on in a marathon or laying on their wonderful cuisine at event after-parties, you will never forget their famous hospitality. Make new friends and discoveries through sports with "SporTrip", or for those who have visited before, don't hesitate to re-connect with old friends from your last trip!

Dive into the deep
and clear emerald green
seas of Okinawa!

Marine Sports

→ 18p

Come and join in with
soccer and volleyball
games on the beach!

Beach Sports

→ 19p

Keep a look out for
athlete training camps and
Okinawan professional sports teams!

Spectator Sports

→ 22p

Find Yourself Naturally Moving
with a Lighter Step

Spot Trip 1 Running

With a more moderate summer climate than the rest of Japan, running in the gentle rays of the setting sun in Okinawa is a real pleasure. The best running season is winter, when temperatures average a mild 17 to 18°C. Surrounded by the ocean and blessed with cool breezes, Okinawa is the perfect spot for running enthusiasts all year round. In autumn, marathons are held throughout the islands, attracting an increasing number of participants from all over Japan and other countries. From verdant nature to bustling city centers, the islands of Okinawa make for a wonderful marathon course. Well-equipped parks and easily navigable beaches are just some of the spots that runners will find attractive. Please come on a "travel run" and savor the best of local cuisine and shopping in Okinawa!

✓ Point 1

Beat UV rays with the right running gear



With plenty of sunshine throughout the year, protect your skin by applying sunblock and wearing long-sleeved tops and leggings. Arm covers are also a convenient option. Choose exercise wear made from absorbent and cooling materials for maximum comfort. A running cap, sun visor or sunglasses are a must too!

✓ Point 2

Remember to drink plenty of water while running



It is said that the body loses one liter of its water content every hour when running. To prevent dehydration, it is important to rehydrate frequently. The golden rule is to drink water even when you do not feel thirsty. For enhanced effect, choose isotonic drinks that contain sodium and amino acids over mineral water. Waist pouches with attached pockets and holders for bottled drinks will come in handy.

✓ Point 3

Effective exercises for warming up and cooling down



Before a run, give your Achilles tendons and shoulder blades a good stretch. Gently rotate your hips to gradually warm up your body and start off with a slow jog. Careful stretching exercises are important at the end of your run. Slowly stretch out all the muscles in your body to prevent sore muscles and fatigue the next day. Applying ice packs to aching areas such as tired calves will also help to alleviate discomfort.

3 tips for an enjoyable Travel Run

And off we go!





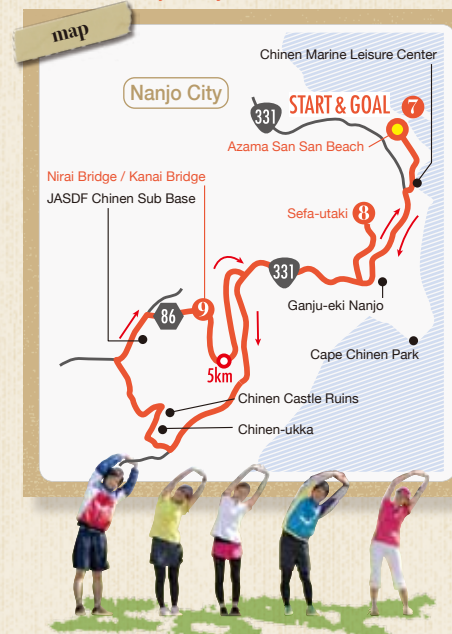
Touring Okinawa with a Leisurely *Sightseeing Run*

"Maranic" is a running style that offers the unique combination of running a marathon and having a picnic. Visit tourist attractions during your run, and savor local delights for lunch and tea time while resting your feet. Experience Okinawa with this relaxed and leisurely running style!



Agari-umai Maranic "Spiritual Worshipping of the East"

[Nanjo City Chinen/ 8.3km]



⑦ **Azama San San Beach:** The beach house is equipped with changing rooms, shower facilities and retail shops. ⑧ **Sefa-utaki:** The holy place of worship in the practice of agari-umai that remains important until this day. Do pay a visit while returning from the running course to experience the spirituality of this historic site. ⑨ **Nirai Bridge/ Kanai Bridge:** The outstanding vistas from these bridges, which are renowned as one of the best scenic spots in southern Okinawa, serves as the highlight of this running course.



1 Running



Such beautiful scenery!
Let's go for it!



This running course covers part of the pilgrimage route taken during agari-umai, an ancient ritual in Okinawa where pilgrimages were made to holy sites. From Azama San San Beach, exit onto Route 331 and head toward the Chinen castle ruins, one of the designated pilgrimage sites in agari-umai. Make your way slowly along the stone pavements from Chinen-ukka to the castle ruins and experience the palpable air of mysticism. To handle the many undulations on this course, bend your body forward and swing your arms when heading uphill and control your speed in order to maintain a steady pace when going downhill. Cafes boasting wonderful scenery dot the area, and runners may also choose to utilize many other stop-off points located along the course.



Nostalgic old towns and streets



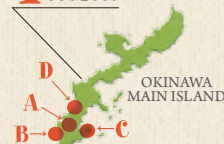
Tour Quaint Historic Towns

[Shuri ~ Central Naha City/ 10.4 km]



① **Ryutan Pond:** A man-made pond constructed in 1427 with walking trails surrounded by lush greenery. ② **Shureimon:** The most well-known of all gates that lead to Shuri Castle, which has been designated as a World Heritage Site. Entry to the observatory platform located within the castle gardens is free. ③ **Shuri Kinjo-cho Stone Pavement:** Ancient pathways paved with Ryukyu limestone that bear the history of the era of the Ryukyu Kingdom.

4 recommended courses



A running course that allows you to stroll the ancient castle towns surrounding Shuri Castle. Soothe your spirits with a visit to Sashikasahija, a spiritual healing site known amongst locals, and learn how awamori is made with a tour of a brewing company - this running course features numerous rest stops that promise an engaging and interesting experience. While there are many undulations along this running trail, refresh yourself with the breathtaking vistas of Naha City from within the gardens of Shuri Castle. Flanked by traditional Okinawa soba restaurants, traditional pastry shops and fashionable cafes, this running course is perfect for replenishing your energy with the very best of Shuri gourmet cuisine.



④ **Senaga Island:** One of the best scenic spots in southern Okinawa. Watch as huge jets fly above you! ⑤ **Okinawa Outlet Mall Ashibinaa:** Featuring specialty shops carrying more than 100 prestigious brands. ⑥ **Toyosaki Marine Park:** A comprehensive park that boasts a multi-purpose open space. Park-goers can also enjoy activities such as marine leisure and barbecues.

Located close to the Naha airport, this running course is extremely popular because it provides the thrilling experience of running alongside airplanes taking off and landing at the airport runway. Ample facilities such as changing and shower rooms, and a large parking area at Toyosaki Chura Sun Beach next to Toyosaki Marine Park make the location perfect as a start and end point to this running course. The course takes you through the marine park across a section of flat reclaimed land towards Tomigusuku Road. Breathtaking views from the top of the bridge that include stunning views of the ocean and Senaga Island, which is famous as a vantage point for sunsets, make for a truly enjoyable run. Toyosaki Town's outlet mall and Michi-no-Eki, a center for local produce, are great stop-off points for runners looking for a breather.

B An Aggressive Run! Run Next to the Airplanes!

[Toyosaki ~ Senaga/ 9.6 km]



Let's drop by the shopping mall too!



Shall we take a long break here?



Fantastic! Feel Like Running in America!

[Ginowan City ~ Chatan Town/ 12.3km]



⑩ **Mihama American Village:** A popular shopping town designed to resemble American West Coast. Lots of gourmet options available! ⑪ **Sunset Beach:** Better adjust running time to catch the sun setting into the sea horizon. ⑫ **Ginowan Tropical Beach:** An urban resort beach equipped with a full set of facilities.



The start and end point of this running course is Ginowan Marine Park, where Tropical Beach is located. With a stopover at Araha Beach, and Sunset Beach serving as the turnaround point, enjoy three of Okinawa's beaches at one go with this running course. Flat terrains make for a breezy run, particularly along Ginowan Bypass. Stride along Route 58 and be transported overseas as you enter Chatan Town. Head towards Mihama American Village, where a red ferris wheel serves as the area's landmark. Taking brief glimpses into the shops while proceeding with your run can be fun! From Sunset Beach, take the track that run along the shoreline. This beachside jogging course makes for a truly enjoyable and easy run.



And here is advice from...

I hope to share the joys of running together with more fellow marathoners in Okinawa.

Run Design OKINAWA
Yuya Kinjo

Information on sightseeing maranic courses and pointers on how to enjoy running marathons have been provided by Mr. Yuya Kinjo, technical adviser at Run Design OKINAWA, the prefecture's only specialty store for made-to-order insoles. Run Design OKINAWA organizes marathon exercise workshops every second and fourth Sunday of each month that are open to public participation. Mr. Kinjo will be on hand to dish out useful advice on effective stretching exercises and other tips on running.

Run Design OKINAWA

☎098-887-0855
<http://rundesignokinawa.blog98.fc2.com/>
*Do check Run Design OKINAWA's blog for detailed information on marathon exercise workshops.



Participate in a *Marathon* and aim for the Finish Line!

In Okinawa, marathons are lined up one after another once summer comes to an end. In addition to large-scale events such as Naha Marathon and Okinawa Marathon that see participants from all across the country, there are numerous locally-based events such as half marathons that cover short distances of 3 to 5km and feature a variety of running courses. Such events have seen an increasing number of runners from other parts of Japan and even overseas.

Challenge yourself with the full 42.195 km!



A satisfying sense of accomplishment

The real thrill of marathons lies in the mixture of experiences that include the enjoyment of taking part in running events and the challenge to overcome personal limits. Completing a grueling run makes the sense of achievement that comes from crossing the finish line all the sweeter. Post-marathon gatherings are popular, and there are many runners who motivate themselves with the singular goal of downing ice-cold beer after completing a marathon. Some others swear that they will never attempt to run another marathon ever again, only to find themselves promptly signing up for a second try the following year. Marathons can be addictive, and this is what accounts for their intriguing allure.



2

Touching cheers from the sidelines!

Supporters doing their bit to help motivate and cheer the runners on. Small children hand out brown sugar candy and sata andagi (Okinawa donuts), while other supporters set up food stations serving Okinawa soba. There are also many live performances such as eisa (Okinawa drum dance). The Okinawa Marathon is a cosmopolitan affair with buoyant cheers from foreigners adding to the vibrancy of the event. Runners have a great time enjoying the unique atmosphere while being invigorated by the experience of running a marathon in Okinawa.



Runners being spurred on by cheers of support from onlookers. Just a little more effort to the finish line!



Runners from within the prefecture and all over Japan racing through the streets of Okinawa.

3

Check out the runners decked out in fancy dress!

Runners dressed in unique costumes liven up marathons and ease the tension of other participants. Be it full-bodied suits inspired by Okinawa motifs such as bittermelons and pineapples, costumes of superheroes and popular cartoon characters, placards, and other items in fashion, runners spend a great amount of time and effort hand-making their special outfits. There is no reason to underestimate their running prowess though; these participants make running in their cumbersome-looking outfits look like a breeze. Why not join in and take up the challenge in the spirit of conviviality?



Runners in fancy dress entertaining tourists



Aid stations are one of the many highlights of running a marathon

List of Marathons in Okinawa

Participants can choose from a variety of running distances from full to half marathons, and also shorter courses of 3 to 5 km, making it easy for runners of any level to participate.



North

January

Nakijin New Year Road Race
Course is surrounded by an abundance of nature, making it perfect for first-run of the year.
Location: Nakijin Village
Month: January
Categories: ■ 10km ■ 5km ■ 3km ■ 2km ■ 1km

North

Ocean Expo Park All-Japan Dream Marathon
Part of the course takes you through a park filled with lush flora and greenery
Location: Motobu Town
Month: January
Categories: ■ Blise Fukugi Tree Path Course/ 10.0km ■ Flower Garden Course/ 6.0km ■ Family Fun Course/ 3.5km

South

Nanjo City New Year Marathon All-Japan Dream Marathon
Usher in the new year in Nanjo City, home to Okinawa's most holy places of worship
Location: Nanjo City Month: January
Categories: ■ 10km ■ 5km ■ 2.5km



Miyakojima 100 Km Wide Marathon
The longest race in Okinawa at 100 km!
Miyako Island
Location: Miyako Island Month: January
Categories: ■ 100km ■ 50km

Islands

Ishigaki Island Marathon
Enjoy world-class scenery
Location: Ishigaki Island Month: January
Categories: ■ Full marathon ■ 23km ■ 10km

North

February

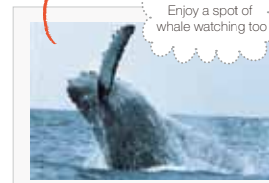
Nago Half Marathon
Stride through sakura-blossomed trails of Yanbaru
Location: Nago City Month: February
Categories: ■ Half marathon/ Men, Women ■ 10km/ Men, Women (includes high school students) ■ 3,000m/ Junior high school boys, junior high school girls

Central

Okinawa Marathon
Experience a taste of America
Location: Okinawa City Month: February
Categories: ■ Full marathon race General participant ■ 10km Road Race/ High School General public
*Course endorsed by the Japan Association of Athletics Federations (JAAF)
*Marathon race category is limited to JAAF-registered competitors above the age of 18.

Islands

Whale Straits Tokashiki Round-Island Marathon
Extensive vistas of one of the world's most beautiful oceans
Location: Tokashiki Island Month: February
Categories: ■ Half marathon ■ 10km ■ 5km ■ 3km Trim



* Event month is subject to change

Islands

Roman Kaido Irabujima Marathon
Flat terrains make for easy running with this seaside marathon course Irabu Island
Location: Irabu Island
Month: February
Categories: ■ A/ 21.3km ■ B/ 14.6km ■ C/ 7km ■ D/ 2.3km

Islands

Taketomi Yamaneko Marathon
Have fun completing this running course set in rich natural surroundings
Location: Iriomote Island
Month: February
Categories: ■ 23km ■ 10km ■ 3km

March

Higashi Azalea Marathon
Enjoy the sight of pretty azaleas after the race!
Location: Higashi Village
Month: March
Categories: ■ 20km General Public- Men and Women ■ 5km General Public- Men and Women ■ 3km Junior high school boys and girls ■ 1.5km Village Elementary school

South

Nanbu Trim Marathon
Aim for the finish line at your own pace
Location: Itoyan City
Month: March
Categories: ■ 20km ■ 10km ■ 5km ■ 3km ■ Wheelchair/ 5km ■ Family/ 3.6km

North

April

Shioya Bay Trim Marathon
Accomplish the run along Shioya Bay with the motivation from supporters at the sidelines!
Location: Ogimi Village
Month: April
Categories: ■ 9.5km ■ 5km ■ 3km

North

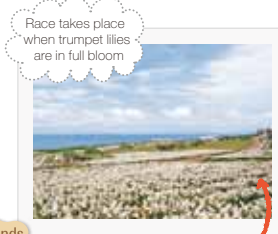
Kouri Island Magic Hour Run in Nakijin
Race across the Warumi and Kouri bridges
Location: Nakijin Village
Month: April
Categories: ■ Half Marathon ■ 10km

Central



Ayahashi Kaichu Road Race
Glide over turquoise-blue seas with the sea breeze on your back
Location: Uruma City
Month: April
Categories: ■ Road Race Half Marathon/ High school students and above ■ Trim marathon/ 10km Junior high school students and above ■ Trim marathon/ 3.8km

Central



Iejima Round-Island Marathon
Event souvenirs and post-race interaction parties are highly popular
Location: Ie Island
Month: April
Categories: ■ Half Marathon ■ 10km ■ 5km ■ 3km

Islands

All-Japan Triathlon Miyakojima
Aim to become a real-life iron man!
Location: Miyako Island
Month: April
Categories: ■ Swim/ 3km ■ Bike/ 155km ■ Run/ 42.195km

Islands

Ishigakijima Triathlon
A grueling race to test the limits of the human body
Location: Ishigaki Island
Month: April
Categories: ■ Elite (World Cup) : Swim/ 1.5km Bike/ 40km Run/ 10km ■ Age group & Team relay : Swim/ 1.5km Bike/ 40km Run/ 10km

North

September

Kushi 20km Road Race
Trace the route taken by the Olympic torch relay!
Location: Nago City
Month: September
Categories: ■ 20km

Islands

Iheya Moonlight Marathon
Race under the glow of the moon and twinkling lights of a thousand stars Iheya Island
Location: Nago City
Month: October
Categories: ■ Full marathon ■ Half marathon

Islands



Islands

Izena 88 Triathlon
Enjoy running through Okinawa's unspoiled scenery
Location: Izena Island
Month: October
Categories: Swim 2km, bike 66km and run 20km, adding to a total of 88km ■ A Group (all three race segments to be completed by the same competitor) ■ B Group (three race segments to be completed as a team relay by three different competitors)

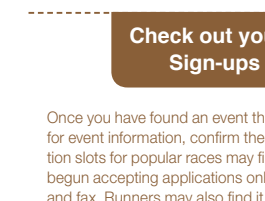
Islands

Kumejima Marathon
Limited undulations make for an easier run for beginners
Location: Kume Island
Month: October
Categories: ■ Full marathon ■ Half marathon ■ 10km ■ 5km

Islands



Islands



Islands

Check out your ideal marathon event. Sign-ups are available online!

Once you have found an event that you would like to participate in, put in a request for event information, confirm the details and apply early. This is because participation slots for popular races may fill up quickly. An increasing number of events have begun accepting applications online, in addition to submissions by post, telephone and fax. Runners may also find it convenient to make use of websites dedicated to applications for sporting events. With consolidated information on a variety of sports events all over Japan, making comparisons and submitting an entry for participation are just but a few clicks away. Sports Entry <http://www.sportsentry.ne.jp>

Ride with the sea winds on
a southern country cruise!



Sport Trip 2

Cycling

Beautiful ocean vistas,
tender green forests, the sound of
sugarcane swaying in the wind, and quiet village settlements.
See the world in a new light by venturing outdoors
with a bicycle ride. From long-distance rides and
casual cruises to full-fledged road races,
pick from one of the many enjoyable biking tours
available in Okinawa.



Let's go full season cycling!

Although bicycles are originally not a common mode of transport in Okinawa, of late, increasing health awareness and the eco-boom have led to growing numbers of people who engage in cycling as a sport. In addition to a wide range of cycling courses, Okinawa's warm temperatures are perfect for cycling at any time of the year.

Enjoy cycling with rental bicycles

Fuss-free and convenient rental bicycle services are gaining attention as a regular feature of sightseeing in Okinawa. Aside from standard bicycles, electric power-assisted models and professional road bicycles are available for rental. There are also many shops specializing in bicycles and cycling goods. Professionals are on hand to provide advice to beginners, so select the right bicycle that best suits your travel objectives and needs.

Let's participate in monthly bicycle touring!

Monthly bicycle tours organized by Okinawa Cycling Association and NPO Tour de Okinawa Association are open to all participants. Picturesque cycling courses are planned by staff members familiar with road conditions in Okinawa. Enjoy a whole new travel experience in Okinawa with fellow cycling enthusiasts!

When renting a bicycle...

Okinawa Ringyo Ltd. Organization of cycling events and support
Naha Maejima Branch ☎098-868-0404
Naha Maejima Nigoukan ☎098-943-6768
Haeburu Branch ☎098-888-0064
<http://okirin.ti-da.net/>

NPO Shimazukuri Net Rental bicycle service within Naha city
☎098-862-1852 <http://shima.p-kit.com/>

Plus 2 Do Rental bicycles and cycling tours in Miyako Island
☎080-6661-6049 <http://www.plus2do.jp>

Kumejima Town Tourism Association
Introduction of rental bicycle services available in Kumejima Town
☎098-896-7010 <http://www.kanko-kumejima.com>

Pottering Shuri Rental of electric power-assisted bicycles in Shuri, Naha city
☎098-963-9294 <http://pottering-shuri.net>

Planet Ciao
Bicycle drop-off and collection services for hotels and other facilities in Onna village
☎098-965-7807 <http://planet.ciao.jp/>

Kumanomi Renta Provision of car and bicycle rental services in Ishigaki Island
☎090-6862-0755 <http://yaeyamaocean.com/kumanomi/>

Information on monthly bicycle tours

Okinawa Cycling Association
TEL: 098-888-0064 Located within Okinawa Ringyo Ltd. Haeburu Branch

For an Enjoyable Cycling Experience in Okinawa

Feel the wind on your skin and the beauty of nature while enjoying the passing scenery with a leisurely ride. Cycling and sightseeing are a wonderful combination, but what should you prepare when planning a cycling tour at your holiday destination? Here, we provide some useful tips that will help make cycling fun for everyone!

3 tips for an enjoyable Long Cycling Rides

Point 1 Stay well-protected from the heat and sun

Block out the strong sun rays of Okinawa with long-sleeved tops and arm covers. Reducing the surface area of exposed skin also helps to prevent physical exhaustion. While the cool breeze may feel inviting, the body actually perspires significantly when you cycle. Be sure to attach a bottle cage to your bike and re-hydrate at regular intervals.

Point 2 Remember to follow traffic rules

Bear in mind that bicycles should utilize vehicular roads, priority must be given to pedestrians on walkways and that bicycles should travel on the leftmost lane of vehicular roads. Familiarize yourself with traffic rules in order to ensure the safety and enjoyment of cycling trips. When dusk falls, switch on your bicycle lamp and reduce your cycling speed.

Point 3 Always carry an emergency repair kit

Be sure to bring along maintenance gear such as air pumps for long outdoor rides. Recently, compact and portable cycling goods, as well as bags for bicycle seats are becoming increasingly common. Drop by shops specializing in cycling goods before setting off on your trip.



And here is advice from...



Okinawa Cycling Association
Mr. Yutaka Mori

Cycling brings the discovery of new fascinations in Okinawa!

Mr. Mori of Okinawa Ringyo Ltd., Okinawa's largest and oldest bicycle specialty shop, is an instructor with Okinawa Cycling Association. Mr. Mori has kindly provided us with advice on cycling in Okinawa as well as recommendations on cycling routes for casual pottering.

Touring with your own bicycle – Transporting your bicycle to Okinawa

For those who are keen on participating in cycling events with their own bicycles, consider checking in your bicycle at the airport by utilizing special storage bags, or engaging the services of a delivery courier. For either option, extra attention to be paid to packing methods. When transporting your bicycle on an airplane, specialized hard storage cases are preferred over soft ones, which may allow damage to your bicycle upon impact. Dismantle the front and back tires, handles, pedals



and seat before packing. Transportation in a thick cardboard carton is possible when using a delivery courier. For more information on delivery fees and procedures, check with the courier or airline concerned.

*Transporting your own bicycle involves dismantling and storing your bicycle in specialized storage cases before transporting it using public transportation facilities.



An excursion around Cape Chinen, situated on the eastern coast of southern Okinawa. As the land of Sho Hashi, the first king who succeeded in unifying the Ryukyu Kingdom, the presence of many historical sites and holy places of worship such as Sefa-utaki lends the area with a stately, dignified atmosphere. The Nirai and Kanai bridges feature a hairpin curve set against stunning ocean backdrops, while Shinzato-bira is an uphill slope with a height difference of 150 m. Stretches of tropical coconut trees add further variation to this interesting cycling course, which has special user-friendly lanes for cyclists. In addition to numerous scenic spots, cafes offering breathtaking vistas serve as perfect resting places.



① **Okoku Stone Pavement** : Beautiful stone pavements located in Sashiki that are made from Ryukyu limestone ② **Tsukiyo-no-Miya** : a castle that served as King Sho Hashi's residence, which was built upon the Sashiki castle ruins and named after the protective deity for the royal lineage, "tsukishiro". ③ **Cape Chinen Park** : View of Pacific ocean



Non-stop breathtaking scenery one after another!
Spiritual Journey through Southern Okinawa
Distance/ 18.4km
Approximate journey time/ 1 hour

Where should we explore today?



2 recommended courses



④ **Moon Beach** : Private beach of Hotel Moon Beach. There are many other beaches and resorts along Route 58, so do take the time to explore them and take a well-deserved rest while you're at it! ⑤ **Onna-no-Eki Nakayukui Market** : Home to a variety of eateries serving a wide array of delicious options such as Okinawa cuisine and desserts



Route 58, Okinawa's main transportation artery, is an excellent cycling course because of its many visitor attractions. In particular, shorelines along Onna Village make for an exceptionally enjoyable ride due to its close proximity to emerald green oceans. Cruise along Onna Southern By-Pass, constructed to relieve traffic congestion during peak tourist seasons, for its wide and beautiful stretches of road, although some undulations should be expected. The lack of traffic lights also makes for an easy breezy ride. As you head further upland, visit the viewing point where the western coastline extends before your eyes. Here, one can enjoy a vantage of Onna Village that is different from the one seen along the shoreline.



Let's cruise the state roads!
West Coast Resort Cycling Course
Distance/ 8.6km
Approximate journey time/ 30 minutes

Let's head for the coastline!

Challenge Yourself with One of the Many Interesting **Cycling Events**



Cycling events have been enjoying considerable popularity of late. Cycling meets organized in Okinawa have also been staged with growing success with each passing year. Events with professional road races also feature short-distance racing, participating categories for beginners and families, as well as cycling courses that have been combined with sightseeing, making participation easy for everyone. Okinawa's cycle-friendly environments are well-received by cyclists, who point to balmy weather even under 30°C temperatures and the ability to engage in cycling even during winter.

Enjoy downtime with fellow cyclists at interaction events!

Look forward to unwinding at post-event parties after a day of fun with one of Okinawa's many cycling courses. Rejuvenate your tired body with friendly interaction with cyclists from all parts of Japan and the warm hospitality of the local people. Past parties have featured signature dishes such as spit-roasted pork and other Okinawa delicacies, and entertainment by local artists and performers. Many cyclists make new friends and widen their interaction networks through sporting events, and enjoying that post-race beer or awamori with your newfound companions is sure to be unforgettable.



To experience nature on your bicycle, head for Kaichu-doro



I first began cycling when I was a 5th grader. I simply enjoyed being on a bicycle, so I participated in the family cycling category of Tour de Okinawa. Even when I was little, I hated to lose, and I guess that hasn't changed about me (laughs). Roads in Okinawa are easily navigable, and I love the particular scents of every destination that I visit, be it oceans, forests or downtown

Advice from professional athletes!
The charms of Okinawa as a cycling paradise

areas. When you are cycling, you can experience the sound of the wind and cries of insects, which really makes you feel like you are right in the middle of Mother Nature. My favorite place to visit when cycling is Kaichu Road in Uruma City. Riding on the vertical road right across the sea is simply invigorating. Whenever I cycle, I always make sure that I bring along some jam sandwiches. These are easy to eat and serve as a great sugar boost, so I highly recommend them. For beginners, choosing the right bicycle such as cross-country bikes will make long rides enjoyable, so I hope more people will try cycling in Okinawa.

Competitive Cyclist
Mr. Kohei Uchima

Born 1988 in Okinawa. After graduating from the National Institute of Fitness and Sports in Kanoya, Uchima joined the cycling road race team "Team Nippo". One of the fastest-rising young professional cyclists, Uchima currently participates in racing events both in and outside of Japan.



Main Cycling Events in Okinawa

January
Chura-shima Okinawa Century Run
Usher in the new year with the prefecture's best-known cycling event
Location: Onna Village
Month: January
Categories: ■ Century (160km) ■ Kouri Island/ Sakura (100km) ■ Sweets (60km)

February
Eco-Spirit Ride and Walk in Nanjo City
Cruise through southern roads dotted with world heritage sites
Location: Nanjo City Month: February
Categories: ■ Ride ■ Walk ■ Nordic

March
Sugar Ride Kumejima
Cruise through the island along with the spring breeze
Location: Kume Island Month: March
Categories: ■ Tourist Attraction Course (40km) ■ Round-Island Course (45km) ■ Athlete Course (90km) ■ Challenge Course (130km)

Ride through rustic scenery reminiscent of island communities



September
Tour de Miyakojima
Ride through magnificent nature!
Location: Miyako Island Month: September
Categories: ■ Road race (160km, 100km) ■ Cycling (100km, 60km)

October
Ishigakijima Earth Ride
Japan's southernmost long-distance course
Location: Ishigaki Island Month: October
Categories: ■ Gibariyo! Course (120km) ■ Funakuya! Course (90km) ■ Kabirawan! Course (55km)

November
Tour de Okinawa
Japan's top-class cycling event
Location: Nago City Month: November
Categories: ■ International road race (210km) ■ General public race (10-210km) ■ General public race ■ Unicycle race ■ Tricycle races, etc.

Perfect for beginners and children too



*Event month may be subject to change



Enjoy the feeling of
being in a resort
destination!



Resort courses
offering stunning
scenery in a golfing
paradise

Once in a lifetime tee shot over the ocean!

The biggest pleasure of golfing in Okinawa is exclusive locations featuring stunning views of the ocean. Any golfer would be charmed by the large expanses of green turf that stay verdant all year round, and liberating ocean views that place Okinawa's golf courses on a par with the best of the world. Amongst the many seaside courses are famous holes set against impressive precipitous cliffs. Golfers can also experience the sheer exhilaration of driving tee shots towards cobalt blue oceans. Golf in summer is cooling with balmy sea breezes, and play in short-sleeved tops is possible in winter if the weather is good. Experience enjoyable rounds of golf at any time of the year, only in Okinawa.

Unwind in relaxing post-golf surroundings

Indulge in post-play luxury in elegant resort hotels. In addition to restaurants, spas and treatment rooms, pamper yourself with ultimate relaxation during your stay. In summer, Okinawa's long daytime hours and late sunsets ensure ample daylight until 7pm, making it perfect for a round of sunset golf. After checking into your hotel in the afternoon, take a short rest before heading out to the green. After a 9-hole game set against the charming backdrop of the setting sun, relax with a slow meal, a leisurely swim in the pool, or refresh yourself with an item from the relaxation menu. There is plenty of time to slow down and unwind.



Sport Trip 3

Golf

Extensive vistas of breathtaking oceans and sub-tropical forests of blooming island flora stretch beyond the green.

Gold courses surrounded by rich primeval nature are the subject of envy from golfers around the world. Enjoy golf at any time of the year with a sophisticated golf vacation complete with a relaxing resort stay.





Okinawa Golf Retreat for Beginners

There are more than 40 golf courses in the main and offshore islands of Okinawa, which allows golf enthusiasts to choose a course that best suits their level of play. Make your debut on the green a wish come true with this golf paradise, where resort golf can be enjoyed at any time of the year!



3 tips for an enjoyable Round of Golf



Point 1

Fuss-free play with rental golf equipment!

For those who wish to travel light, please pick a golf course that offers equipment rental services for golf clubs and shoes. For those who are planning to engage in just one round of golf, rental costs may sometimes be more affordable than the costs of shipping your golf bag to Okinawa. There are also golf courses which provide plans for short-term play that come complete with rental equipment.



My one day golf story



Point 2

Free and easy traveling and golf plans

Enjoy ease of access as most golf courses can be reached within 30 minutes to 1 hour from Naha airport. Golfers enjoy stepping onto the green fresh from their arrival, while others prefer playing at several different golf courses during short stays in Okinawa. You can also play golf at various short and middle-length courses in southern Okinawa, leaving time for sightseeing in Naha on the same day. The possibilities of enjoying both golf and sightseeing in Okinawa are endless.

I think I am getting better at my game!



Point 3

Let's observe proper golf decorum

Known widely as a "gentleman's sport", golf prides itself on proper game etiquette. This is especially so for beginners, where good golfing conduct is valued over playing skills. It is of utmost importance to refrain from slow play. In order to prevent causing delays to waiting groups of golfers, always remember to start putting at each hole promptly.

Information courtesy of/ The Southern Links Golf Club ☎098-998-7001 <http://www.southern-links.co.jp>

Be a golf spectator in Okinawa!

Professional golf tournaments held in spring are very popular with spectators. Since its first staging in 1988, the ladies golf tour season in Japan is kick-started annually by the Daikin Orchid Ladies Golf Tournament (Ryukyu Golf Club). In 2012, Japan's flagship golf event, The Japan Open, was held in Okinawa for the very first time at Naha Golf Club. From 2013, the first tournament heralding the start of the senior men's golf tour, the Kanehide Senior Men's Open Golf Tournament, will be organized in Okinawa at Kise Country Club. Enjoy pitting yourself against the professionals with a round of golf at one of the tournament courses!



Venue of the Daikin Orchid Ladies Golf Tournament



Northern

Orion Arashiyama Golf Club

654-32 Gogayama, Nakijin Village
☎0980-58-1910 <http://www.orion-agc.co.jp>
◎18-hole/ 6,930 yards Par 72/ Twosome allowed
Rich with an atmosphere of the tropics with tropical greenery and vibrant flowers, courses are accentuated with challenging and fun bunkers, and characterized with the generous use of Okinawa flora such as hibiscus.

Belle Beach Golf Club

5151 Sakimotobu, Motobu Town
☎0980-47-5949 <http://www.belle-co.com/belbeach>
◎18-hole/ 6,551 yards Par 72/ Twosome allowed
Exclusive location offering vistas of the islands of Sesoko, Ie and Minna from every hole on the green. Enjoy golf and stay package rates at the adjacent Bellevue Resort Hotel.

Kanucha Golf Course

156-2 Abu, Nago City
☎098-869-5678 <http://www.kanucha.jp>
◎18-hole/ 6,946 yards Par 72/ Twosome allowed
Composed of the hillside "Village Course" and the ocean-side "Seaside Course", Kanucha is a resort golf course known for its championship caliber. Golfers who prefer relaxed play may opt for 3 or 6-hole games.



Kise Country Club

1107-1 Kise, Nago City
☎0980-53-6100 <http://www.kise-cc.jp>
◎18-hole/ 7,168 yards Par 72/ Twosome allowed
A challenging course of rolling verdant greens featuring elegant yet tricky undulations. The Woods course is surrounded by lush forests, while the resort mood intensifies over at the ocean-view holes.



Venue of the Kanehide Senior Men's Golf Tournament



KANEHIDE SENIOR
OKINAWA OPEN GOLF TOURNAMENT

Ryukyu Golf Club

10 Oyakebaru, Tamagusuku, Nanjo-City
☎098-948-2464 <http://www.kise-cc.jp>
◎27-hole/ 9,780 yards Par 108/ Twosome not allowed
Well-known as the venue for the Daikin Orchid Ladies Golf Tournament, which kick-starts the Japan ladies professional golf tour in Japan. Divided into the three courses of East, West and South, which are all complete with excellent landscapes of Japanese koraishiba turfs.

Challenge yourself to a serious game of golf! Championship golf courses in Okinawa

Pick one of the many golf courses set against breathtaking vistas of verdant nature. Stoke your competitive spirit with a round of golf on prestigious greens where top-class tournaments are held.

Ginoza Country Club

2824-264 Matsuda, Ginoza Village
☎098-983-2266 <http://www.562-489.com/ginoza>
◎18-hole/ 6,558 yards Par 72/ Twosome allowed
Full-scale public golf course with scenic landscapes. Enjoy attractive course layouts designed with both the aesthetics of nature and strategic play in mind. Course employs a GPS system that provides instantaneous updates on real-time play data such as course information and drive distances (GPS car navigation system).

Chura Orchard Golf Club

1577 Afuso, Onna Village
☎098-967-8835 <http://www.churaorchard.co.jp>
◎18-hole/ 6,349 yards Par 72/ Twosome allowed
Hilly landscape course designed by famous golfers Rokuzou Asami and Hideo Takemura. One of Okinawa's top-class courses that is renowned as the venue of the Daiyko Open, the final closing game for the PGA Tour in Japan.

The Atta Terrace Golf Resort

1079 Afuso, Onna Village
☎098-967-8184 <http://www.terrace.co.jp>
◎18-hole/ 6,925 yards Par 72/ Twosome allowed
Please inquire ahead for details and reservations
A golf resort emanating ultimate luxury set deep within rich sub-tropical nature. The course serves up some challenging holes for intermediate and advanced golfers, while large undulations lend the course its identifying quality.

Okinawa International Golf Club

1043 Fuchaku, Onna Village ☎098-964-5467
<http://www.pacificgolf.co.jp/okinawa/index.asp>
◎27-hole/ 10,522 yards Par 108/ Twosome allowed
Individual courses are named after the plants of Okinawa, and clever use of gradients and hazards make for challenging play. Frequent users point to how all courses feature ascending levels of difficulty beginning with the first hole.

Central

Okinawa Royal Golf Club

1436 Yamashiro, Ishikawa, Uruma City
☎098-964-2811
◎36-hole/ 13,771 yards Par 144/ Twosome not allowed
This large-scale golf club features sprawling greens with 36 holes separated into 4 different courses. Spacious fairways with limited undulations are perfect for ladies and beginner golfers.
Ocean Castle Country Club
60 Noborimata, Nakagusuku Village
☎098-895-7788 <https://www.orix-golf.jp/oceancastle>
◎18-hole/ 6,442 yards Par 72/ Inquire ahead with regards to twosome golf
Of the 18 holes featured in this course, 17 offer panoramic views of the ocean. In addition to the enjoyment of playing against stunning vistas of the Pacific Ocean, the unique layouts of each individual hole are sure to stir up the competitive spirits of all golfers

Okinawa Country Club

109 Tobaru, Nishihara Town
☎098-945-3375 <https://www.orix-golf.jp/okinawa>
◎18-hole/ 5,764 yards Par 70/ Twosome allowed
This course hosts the annual Okinawa Ladies Golf Tournament, whose past winners include prolific golfers such as Ai Miyazato and Shinobu Moromizato. An extremely popular course with annual visitor numbers of over 80,000.

Southern

Naha Golf Club

2270 Tomimori, Yaese Town ☎098-998-3311
◎18-hole/ 7,228 yards Par 72/ Twosome allowed
This course offers play on elegant greens overlooking the Pacific Ocean. The use of flat terrains is maximized to provide vertical elevations of 14 meters, while strategically placed guard bunkers and 6 ponds features enhance play difficulty.



Venue of the 77th Japan Open Golf Championship

Shurei Country Club

1029 China, Chinen, Nanjo City
☎098-947-3411 <http://www.shurei-cc.com>
◎18-hole/ 6,150 yards Par 70/ Twosome allowed
The original undulations of the landscape have been preserved in a course featuring greens of varying elevations. This course is popular for its affordable usage rates. AGC members can enjoy further discounts on rates for normal and 9-hole games at night.

The Southern Links Golf Club

697 Hanashiro, Yaese Town
☎098-998-7100 <http://www.southern-links.co.jp>
◎18-hole/ 7,030 yards Par 72/ Twosome allowed (April to October)
Experience driving tee shots over the ocean from the edge of a precipice at this course, where verdant greens are set beautifully against the cobalt blue sea. Ample post-play services and facilities can be found close by in the form of an adjacent hotel, restaurants and a garden pool.

Palm Hills Golf Resort Club

762 Arakaki, Itoman City ☎098-994-8881
◎18-hole/ 6,934 yards Par 72/ Twosome allowed
Built by course designer Ronald Fream, this course is set at the top of a hill in Itoman city and features aesthetically pleasing sub-tropical foliage and a gorgeous clubhouse.

Islands

Emerald Coast Golf Links

1591-1 Yonaha, Shimoji, Miyakojima City
☎0980-76-3030 <http://www.tokyugolf.com/emerald>
◎18-hole/ 6,912 yards Par 72/ Twosome allowed
Located next to Maehama Beach, a stretch of coastline that showcases Miyako Island's outstanding beauty, this public course pays full homage to the island's sub-tropical natural surroundings. Greens are characterized by strategically designed holes and a strong course narrative, which are bound to engage golfers of varying skill levels.

Shigira Bay Country Club

1264 Shinzato, Ueno, Miyakojima City
☎0980-76-3939 <http://www.nanseirakuen.com>
◎18-hole/ 6,250 yards Par 71/ Twosome allowed
The only public course in Japan with full ocean panoramas from every hole. Relaxed dress codes mean golfers may enjoy laid-back games of golf in casual attire such as t-shirts. Holes feature varying undulations, making for a challenging and enjoyable course for all players.



Ocean Links Miyakojima

940-1 Bora, Gusukube, Miyakojima City
☎0980-77-8072 <http://www.ocean-links.co.jp>
◎18-hole/ 6,950 yards Par 72/ Twosome allowed
The only public course in Japan with full ocean panoramas from every hole. Relaxed dress codes mean golfers may enjoy laid-back games of golf in casual attire such as t-shirts. Holes feature varying undulations, making for a challenging and enjoyable course for all players.

Resonare Kohamajima Country Club

2954 Agariomote, Kohama, Taketomi Town
☎0120-83-6314 <http://www.risonare-kohamajima.com>
◎18-hole/ 6,590 yards Par 72/ Twosome allowed
Situated at the southwestern tip of the Japanese archipelago, this golf course is set within the rich natural surroundings of the Iriomote National Park. Points of interest include holes number 12 and 7, Japan's southernmost and westernmost teeing grounds respectively.





Mysterious underwater worlds
of colorful coral reefs

Diving

The oceans of Okinawa are home to countless diving spots whose beauty has continued to mesmerize divers from all over the world. With its warm weather, diving is possible at any time of the year in Okinawa. A large number of diving specialty shops offer a staggering variety of dive tours, and diving experiences tailored for those without diving qualifications are perfect for complete beginners. Trained instructors are also on hand to provide support and advice. Surrender yourself to the underwater magic of Okinawa's waters and satisfy your curiosity with an unforgettable diving experience!

Advice to beginners

Feel free to take a dive!
Save yourself the hassle of
preparing diving equipment!

Non-swimmers and beginners may consider participating in experiential diving workshops. Those who are unable to swim need not fret; wetsuits provide adequate buoyancy, and ample training is provided before setting off. All participants are accompanied by dive instructors, and necessary equipment will be provided by diving shops, so all you need is swimwear! Half-day courses available as well.



Another popular option is river kayaking, which provides participants with the opportunity to explore in close proximity mangroves and the types of wildlife that inhabit them. On Iriomote Island, enjoy kayaking tours that are combined with a spot of serious jungle trekking.

For more information

The Okinawa Marine Leisure Safety Bureau Foundation (OMSB Foundation) ☎098-869-1173 <http://www.omsb.jp>
NPO Eco-Tourism Promoting Council of Okinawa TEL:080-2727-1386 E-mail:info@ecotourism-okinawa.jp <http://www.ecotourism-okinawa.jp>

Dive into
the world-class oceans
of outstanding beauty!



Marine Sports

Okinawa, the mecca for all types of marine sports.

In addition to diving, choose from other activities such as snorkeling, paragliding and kayaking. Okinawa's oceans boast crystal-clear waters, vibrantly-colored coral reefs and tropical fish, as well as an amazing variety of underwater panoramas. Come savor an extraordinary world like no other where surprising and impressive experiences await.

Row into the open seas on
an adventure!

Sea kayaking

Enjoy a spot of adventure while taking in the wonders of Mother Nature with sea kayaking. Kayaking has gained attention as a fuel-free and environmentally friendly marine sport that is perfect for people of all ages. The kayak's compact frame allows for optimal safety and easy maneuvering even in shallow waters. Enjoy close encounters with beautiful corals and tropical fish from your kayak with the transparent waters of Okinawa. Tours that offer exploration of uninhabited islands and mangrove forests are also a unique feature of kayaking in Okinawa.

Advice to beginners

Let's participate
in a guided tour!

Sea kayaks are suitable for children, making kayaking the perfect option for families. Participate in a guided tour to receive instruction on how to hold your oar and maneuver your kayak correctly. Come dressed in comfortable attire that you don't mind getting wet in, strap on a life jacket and you're ready to go! Some shops also provide rental of rain cloaks and marine shoes. Be sure to bring along headwear and drinks to guard against the strong sun and dehydration.



Scoring white hot goals, barefoot

Beach soccer

Beach soccer, which is played by teams of 5 in courts smaller than those used in normal soccer games, feature fast action and game progression with more attempts at goal-scoring. Beach soccer is also characterized by a "mid-air strategy" of ball-passing by lifting, making it an engaging sport for both players and spectators alike. Okinawa is home ground to Sol Mar Praia, the professional beach soccer team currently holding top position in the national beach soccer tournament. Team members are involved in raising the profile of beach soccer in Japan, and hope that more people can drop by to watch or engage in a round of beach soccer whilst out on a day at the beach



Fire away
shots on
courts of
pure
white sand!



Let's have some fun here at this beach!

Araha Beach

Home turf of professional beach soccer team, Sol Mar Praia. Stop by to take a peek into team training sessions.
Location/ 2 Chatan, Chatan Town ☎098-926-2680

Nishihara Kira Kira Beach

Permanent courts for beach volleyball and soccer available (500 yen for 1 hour, ball included). In summer, events are organized for members of the public to engage in both beach volleyball and beach soccer at the same time.
Location/ 17 Agarizaki, Nishihara Town ☎098-944-5589

Ginowan Tropical Beach

Training camps for the national beach soccer team are held here each year.
Location/ 4-2-1 Mashiki, Ginowan City ☎098-897-2759

Toyosaki Chura Sun Beach

Dedicated areas for beach volleyball and beach soccer, used regularly for training and sporting events.
Location/ 5-1 Toyosaki, Tomigusuku City ☎098-850-1139



For more information

Beach soccer ▶ Okinawa Football Association
Sol Mar Praia Administrative Office
Beach Volleyball ▶ Okinawa Beach Volleyball Federation

☎098-861-2401 E-mail:fa-okinawa@jfa.or.jp <http://www.okinawafa.com>
☎098-982-7020 E-mail:beachsoccer@solmarpraia.com <http://solmarpraia.com>
☎090-1946-6662 E-mail:obvf@hotmail.com



Enjoy beach games with friends!

Beach volleyball

Originally developed as a form of beach leisure in the West Coast of America, beach volleyball has grown to become an official event in the Olympics. Okinawa is home to many beach volleyball teams that attract a significant fan-base. Nishihara Town in particular is a hotspot for the game and many beach volleyball events have been organized at its beaches. Permanent beach volleyball courts have been set up at Nishihara Kira Kira Beach, making it the only location within the prefecture where beach volleyball can be enjoyed at any time of the year. In addition, professional training camps for athletes are held every year from February to March.

A SporTrip Close-Up

Have a comfortable sporTrip!

You've had a great experience working out your body in lush natural surroundings, and you've seen the best of what Okinawa has to offer. To keep your body in tip-top condition during your holiday, keep in mind a few important tips and essential items that will come in handy while in Okinawa. Let's enjoy a comfortable sportrip vacation in Okinawa!

Care

Post-workout care to heal your tired body

There are many relaxation salons and spas in Okinawa that offer comprehensive care for post-exercise damage. In addition to treatments using natural Okinawan ingredients, refresh yourself with an extensive array of therapeutic menus.

Strenuous outdoor exercise leads to overheated bodies, and muscles accumulate heat and deposits of lactic acid. To completely remove such internal buildup, proper full-body cooling down treatments are recommended. Relieve stiff muscles and rejuvenate your body with a gentle 90-120 minute massage. For added efficacy, boost your intake of vitamin C during or after your treatment with some hibiscus tea.



apply sunblock whenever you head outdoors. Apply a generous amount of SPF30PA+++ or SPF50PA+++ sunblock if you intend to engage in outdoor sports, and cover exposed parts of your body with proper attire and arm covers. Golfers are prone to go unprotected in the sun, so be extra careful of your neck area by using hats and scarves. UV-cut sunglasses are also a must. UV rays entering from the eye area stimulate the brain into melanin production and add to fatigue, so select sunglasses that offer full protection of the entire eye area.

Relieve sun damage with natural Okinawa-made goodness

Remove traces of sun damage with tranquilizing masks that alleviate hot flashes. Facial masks made from marine ingredients such as kucha (natural sea mud of Okinawa) and mozuku work gently on damaged and tired skin. Skincare rich in vitamin C-laden acerola is also recommended. Take careful measures to suppress overactive melanin production.



Information courtesy of
Okinawa Esthetica and Spa Cooperative Society
☎098-832-1780 <http://okispa.com/>

Sun protection begins with proper prevention of exposure to the sun!

The level of UV rays in Okinawa is 7-8 times stronger than those of other parts of Japan. Apart from summer, rays of the sun remain unexpectedly strong throughout the year so be sure to pay close attention to the difference in climate. It is of utmost importance to



Reset your body with power from the deep sea!

Taking a hot bath 1-2 hours after cooling down from strenuous exercise helps further in recovering from fatigue. Take the time to unwind at one of Okinawa's open-concept spas such as Bade Haus Kume Island. 100% mineral-rich deep-sea water is kept at a constant temperature of 35°C, which aids in blood circulation. Remove any remaining traces of fatigue with a dip in the pool or jacuzzi.

Bade Haus Kume Island
☎098-985-8600
<http://www.bade-kumejima.co.jp/>



Spa

Goods

A definite must-do! Preparing the right sports goods



Multi-functional three-dimension socks that make undulations a breeze to maneuver!

Three-dimension five-toe socks are a must-have item for runners! A snug fit ensures support for your feet when running.

One-push water bottle for easy water replenishment anytime and anywhere

Water replenishment is a must for any kind of sports. One-push bottles are portable and convenient to carry while running.

Guard against the strong Okinawa sun!

Easy wear allows sensitive adjustments to body temperatures. Choose from a variety of designs such as long versions that provide coverage up to your wrists.

GPS sport watches, a useful companion while on vacation

A wristwatch with GPS tracking functions that allows users to assess their running routes on online area maps. Perfect for reviewing your maranic and cycling experiences!

Principles for comfortable insoles. Change your insoles when preparing for a running event!

Change to a pair of insoles that truly fit the shape of your feet to ensure stability and reduction of unnecessary burden. Good insoles are important for preventing foot and knee injuries, and boosting your performance levels!

Select the right pair of shoes for your first-ever marathon in Okinawa!

Recently, shoes that are designed and constructed in line with ultimate dedication to running mechanics have become the norm. Selecting the right shoes will ensure a comfortable run even for beginners.

Cute bicycle seat bags perfect for ladies

Choose from a wide array of designs for your bicycle seat bag, a must-have item when cycling. Bags today feature pockets for maintenance equipment and compartments for spare change and smart phones.

Cycling caps that make worrying about bad weather a thing of the past

A type of cap that is worn under your bicycle helmet. The brim of the cap has been shortened to ensure better frontal vision and protection from the rain.

Foods

Boost nutrient intake with Okinawa cuisine!

Dietary control should not be overlooked before and after engaging in sports. It is important to build a body that is resistant to fatigue by adhering to a diet that is suitable for physical workouts. For example, it is often said that consumption of amino acids and carbohydrates are crucial when running. Okinawa soba is recommended as a source of energy and nutrient replenishment. Rich in sodium and amino acids (soup), carbohydrates (noodles) and protein (pork), Okinawa soba contains all the nutrients that an exercising body requires. Island vegetables such as bittergourd (goya), Okinawa citrus (shikuwasa) and papaya are rich in antioxidants that are useful in relieving fatigue. Candy and tablets made with Okinawa sea salt and mineral-laden brown sugar are also effective nutrient options. These are also easy to bring around and serve as perfect energy supplements. The sports island of Okinawa is a treasure trove of food items that are ideal when engaging in sports. Replenish your body's energy levels while enjoying the variety of gourmet choices available in Okinawa!



Not Content with Just Sightseeing? *Spectator Sports* in Okinawa are Just as Interesting!



Be it professional sports training camps, basketball or handball, at Okinawa you can enjoy watching a variety of professional sports in close proximity. At training camps, get up close and personal to athletes, obtain access to scenes and happenings not often seen on television and rub shoulders with your favorite players at meet-and-greet sessions! Here, we showcase the unique appeal of spectator sports in Okinawa.

CAMP

Baseball and soccer camp information!

Following the start of the new year, professional Baseball and soccer teams begin filing into Okinawa. In 2011, Okinawa Cellular Stadium Naha became the camp ground of the Yomiuri Giants. This was followed by professional baseball teams from Korea, bringing the total to 10 domestic teams and 5 Korean teams. In addition, the inaugural Chura Island Soccer Camp in 2011 signaled the start of the season's first training period (January to February) by hosting top soccer teams from J-League, Korea League and China's Super League. During camp season, training matches are held all over Okinawa, including never before seen match combinations. What's more, watching such matches is completely free of charge! Okinawa becomes a sports camp kingdom during this period, and support from local communities reaches a fever pitch. There are also teams that hold interaction sessions especially for their fans during this time.



Spectator sports data / Training camp locations

Camp period ▶ Baseball/ Mid January – Early March ▶ Soccer/ Mid January – February

Japanese professional baseball team roster players

Nippon Ham Fighters
Location/ Nago City Baseball Stadium
Hanshin Tigers
Location/ Ginoza Village Baseball Stadium
Chunichi Dragons
Location/ Chatan Park Baseball Stadium
Yokohama DeNA Baystars
Location/ Ginowan City Baseball Stadium
Tokyo Yakult Swallows
Location/ Urasoe City Baseball Stadium
Yomiuri Giants
Location/ Okinawa Cellular Stadium Naha
Tohoku Rakuten Golden Eagles
Location/ Kume Island Baseball Stadium
Orix Buffaloes
Location/ Miyako Island Baseball Stadium
Chiba Lotte Marines
Location/ Ishigaki Island Central Sports Park Baseball Stadium
Hiroshima Carp
Location/ Okinawa City Baseball Stadium

Japan Farm League players

Hokkaido Nippon Ham Fighters
Location/ Kunigami Baseball Stadium
Chunichi Dragons
Location/ Yomitan Heiwa-no-Mori Baseball Stadium
Yokohama DeNA Baystars
Location/ Kadena Town Baseball Stadium
Tohoku Rakuten Golden Eagles
Location/ Nakazato Baseball Stadium
Orix Buffaloes
Location/ Miyakojima City Shimoji Baseball Stadium & Miyakojima City Baseball Stadium

Korean professional baseball teams

Hanwha Eagles
Location/ Kadena Town Baseball Stadium, Chatan Park Baseball Stadium & Various locations in Okinawa main island
Samsung Lions
Location/ ONNA Akama Ball Park
LG Twins
Location/ Uruma City Ishikawa Baseball Stadium
SK Wyverns
Location/ Uruma City Gushikawa Baseball Stadium
Kia Tigers
Location/ Various locations in Okinawa main island

Soccer

FC Tokyo
Location/ Kuina Ecosop Park (Kunigami Athletics Stadium)
Sanfrecce Hiroshima
Location/ Motobu Town Athletics Stadium
Sanfrecce Hiroshima
Location/ Motobu Town Athletics Stadium
INAC Kobe Sagan Tosu
Location/ Yomitan Village Athletics Stadium
Cheju United (Korea)
Location/ Gosamaru Athletics Stadium (Nakagusuku Village Yoshi-no-Ura Park)
Suwon Samsung Bluewings (Korea)
Location/ Nishihara Town Athletics Stadium & Agazaki Sports Park
Jef United Chiba
Location/ Nishihara Town Athletics Stadium & Soccer Park Akanma (Ishigaki Island)
FC Ryukyu
Location/ Kochinda Town Sports Park Soccer Stadium
Shenzhen Ruby
Location/ Nanjo City Athletics Stadium
Sky Blue FC
Location/ Central Okinawa
Gamba Osaka
Location/ Soccer Park Akanma (Ishigaki Island)

*The above information is actual data from 2012

For the most updated information, do check out OCVB's dedicated website!

Professional baseball camps : <http://sports.okinawastory.jp/camp/>

Chura-shima Soccer Camp : <http://www.churashima-soccer-camp.com/>

BASKETBALL

Ryukyu Golden Kings Basketball



Show your support for bj League 2011-12 Season Champions "Ryukyu Kings"!



*The Best Booster Prize is awarded to "boosters" (fan clubs), united groups of fans who exhibit strong support for their teams. The prize winner is announced at the bj League season awards.

Basketball has always enjoyed significant popularity in Okinawa. In 2006, the prefecture's first-ever professional basketball team, the Ryukyu Kings, was created. The influence of America on Okinawa and its culture has allowed locals to become familiar with basketball, and many players from the Ryukyu Kings hail from Okinawa. In the second year of its inauguration, the Ryukyu Kings were crowned the champions of Japan's professional basketball league, the bj League, and have been participating in playoff matches every year since then. The 2011-12 season saw the Ryukyu Kings winning the championship for a second time. Home games are staged in Naha city and also central Okinawa, where fans are

known to be particularly passionate about basketball. Expect red-hot action when the Ryukyu Kings take to the court as players show off their slick "running basketball" moves in a bid to bring the beauty of the game to more spectators. Extra attentive service for fans and half-time shows are also the source of much entertainment. Fans of the Ryukyu Kings are extremely dedicated supporters, and have been awarded with the "Best Booster Prize" * from league organizers. To watch the Ryukyu Kings in action, purchase your game tickets online or from the Family Mart chain of convenience stores.

▶ <http://www.okinawa-basketball.jp>

SOCCER

FC Ryukyu Soccer



Aiming for promotion to the J.League!

FC Ryukyu is Okinawa's only professional soccer team. Established in 2003, FC Ryukyu began participating in national soccer league matches in 2006 as the club representing Okinawa. In 2011, former national team player Kazuki Ganaha was added to the team lineup amidst growing hopes for the club to be promoted for match appearances in the J.League. Burgundy, FC Ryukyu's striking team color, represents the succession of traditional Ryukyu culture and also symbolizes passion and fighting spirit. The team's home stadium is the Okinawa Prefecture Integrated Sports Park

and Athletics Stadium in Okinawa city, and home games are mostly held at the Chatan Park Athletics Stadium. During matches, cheers from supporters are mixed with traditional Okinawa folk songs and dialect, making it a much-anticipated attraction for spectators. Shows featuring Okinawa's well-loved superhero character "Ryujin Mabuyer" and soccer clinics are also held regularly, much to the delight of FC Ryukyu fans. Tickets to FC Ryukyu matches can be purchased from the team's official shop and convenience stores such as Lawson's.

▶ <http://www.fcryukyu.com>



HANDBALL

Ryukyu Corazon Handball



Driving fans wild with top-class play



Handball is extremely popular in Okinawa, and teams engaging in the sport have been established across elementary schools in the prefecture. With strong support from schools and local communities, there is a very conducive environment for both kids and adults to engage in handball. Ryukyu Corazon, a handball team based in Okinawa that participates in the top national league, shares close ties with the local community. With Okinawa as its home ground, Ryukyu Corazon was created in 2006 before the team made its debut in the Japa-

nese Handball League from the 2008-09 season. Many Ryukyu Corazon players are from Okinawa, and home matches are held in the Urasoe City Indoor Gymnasium during league season, which takes place between September and March. Swift dribbling, jumps, aggressive close-range shoots are all part of the thrill of handball, which may sometimes seem more like a powerful display of martial arts. Feel your emotions rise as you cheer alongside the Ryukyu Corazon supporters. Please check the Ryukyu Corazon official website for ticket information.

▶ <http://www.ryukyu-corazon.com>



Touring camps for the first time



What sort of temperatures should I be expecting during camp season?

A. Average temperatures in February are 17.1°C, which is significantly higher compared to the rest of Japan. While the weather will be comfortably warm on sunny days, expect it to be chilly when the wind blows. Be sure to keep warm on rainy and cloudy days.

What should I bring?

A. Training camps are the best opportunity to observe your favorite player at close range. Trigger-ready with your camera and also prepare colored paper, balls and markers for autographs.

What are the training times? Are there off-days for athletes during camp season?

A. Check camp training times on team websites or posters at camp locations that provide information on training schedules. Athletes get rest days from training so it is best to check or inquire ahead.

Is it really an offence to drive in bus lanes?

A. Bus lanes are a traffic regulation implemented to ease commuting jams in the morning and evening on weekdays. During designated times, automobiles apart from buses, taxis and permitted cars are not allowed access to bus lanes. Being found using bus lanes during such times constitutes a traffic offence.

Are there parking spaces available at camp venues?

A. While parking is available at each training ground, the monorail is the most convenient option if you are heading for the Cellular Stadium. In addition, pre-season exhibition games tend to get crowded, so do go early.