

# Welcome to Masuda City Pre-Games Training Camp for Cycling Road Race



Masuda-city Shimane JAPAN

# Optimal Environment for Pre-Games Training

## Location



## Access to Masuda



HAGI • IWAMI  
AIRPORT



Only 90 min from Tokyo  
2 round-trip flights a day  
Less than 10 min from  
Masuda downtown

## Climate

【Annual Average】

	Masuda	Tokyo	Difference
Temperatures	15.9℃	16.4℃	-0.5℃
Rainfall	1,497mm	1,231mm	+266mm

【FLIGHT(ANA)】 about 90min  
Tokyo HANEDA ⇔ (Masuda) HAGI • IWAMI

【By Rail (JR)】 about 370min  
Tokyo ~ Shin-Yamaguchi ~ Masuda  
Shinkansen Limited express train

Easy access from Tokyo & moderate climate



# Ideal Environment for Cycling



100 = ZERO (100 km without any traffic lights)  
Low traffic volume



# Cycling & Road Race Events in Masuda

## Masuda I・NA・KA Ride (held in September)

Fun & enjoyable cycling event for cycling enthusiasts. 160km, 120km and 60km courses include cycling along the runway of the local airport\* and scenic country roads. Local dishes are served at every aid station. *\*Specially permitted for this event only*



## Masuda Challenger's Stage (held in November)

Japan National Junior Road Race Championship. For young athletes aspiring to race in Tour de France and Olympic games.



Cycling & Road Race events attract cyclists from all over



# Masuda INAKA RIDE Course (60 km)

[ルートを見る](#) | [ルートを描く](#) | [地図から検索\(β\)](#) | [ルートを管理](#)

## 2016益田INAKAライド60km

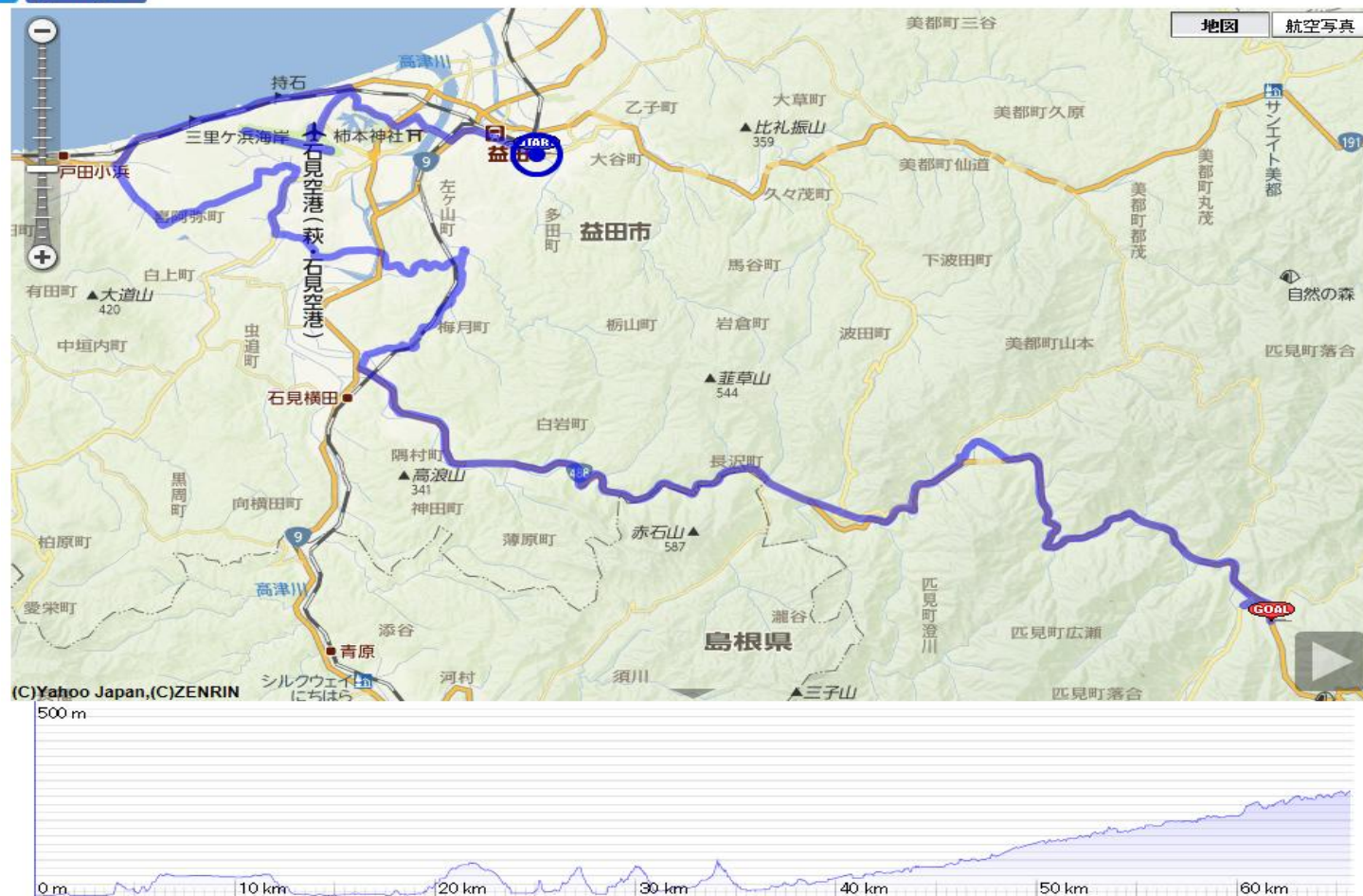
<http://yahoo.jp/9exN8q> ツイート いいね！ 0

Distance  
65.8 km

Maximum elevation  
267m

Average inclination  
Uphill 3.5%  
Downhill 4.1%

Average time  
Car 1hr 38min  
Bicycle 4hr 23min



# 60 km Beginners Course

# Masuda INAKA RIDE Course (120 km)



ルートを見る | ルートを描く | 地図から検索(β) | ルートを管理

## 2016益田INAKAライド120km

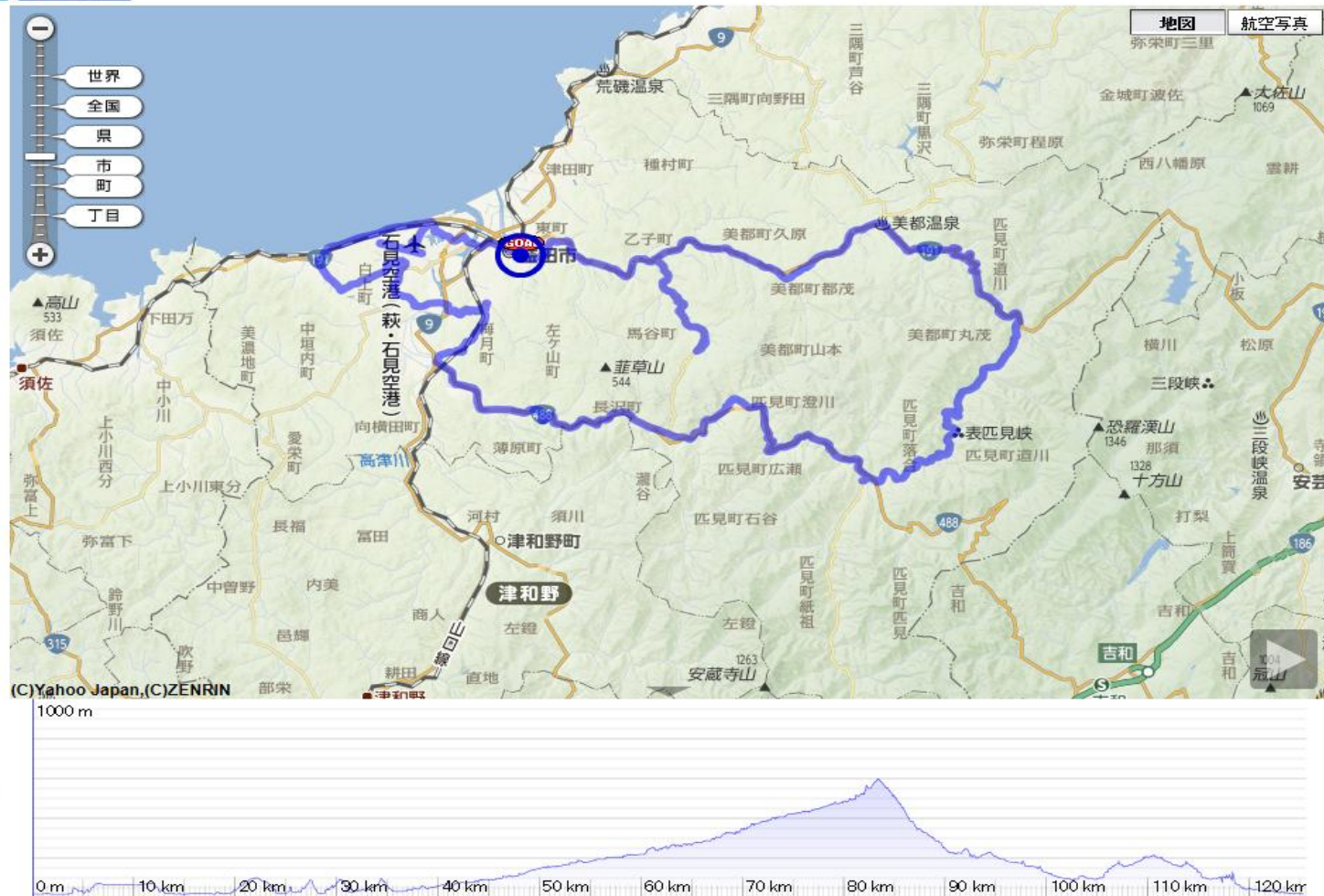
<http://yahoo.jp/HVqUft> ツイート いいね! 1

Distance  
125.6 km

Maximum elevation  
591m

Average inclination  
Uphill 3.5%  
Downhill 4.1%

Average time  
Car 3hr 8min  
Bicycle 8hr 22min



## 120 km Intermediate Course



# Masuda INAKA RIDE Course (160 km)



ルートを見る | ルートを描く | 地図から検索(β) | ルートを管理

## 2016益田INAKAライド160km

<http://yahoo.jp/HXi5Hb> ツイート いいね! 0

Distance  
160.8 km

Maximum elevation  
591m

Average inclination  
Uphill 4.1%  
Downhill 4.5%

Average time  
Car 4hr 1min  
Bicycle 10hr 43min



### 160km Advanced Course

# Masuda Challenger's Stage Course (14.2 km)



ルートを見る | ルートを描く | 地図から検索(β) | ルートを管理

## 2016益田チャレンジャーズステージ

<http://yahoo.jp/5uHLjP>

ツイート

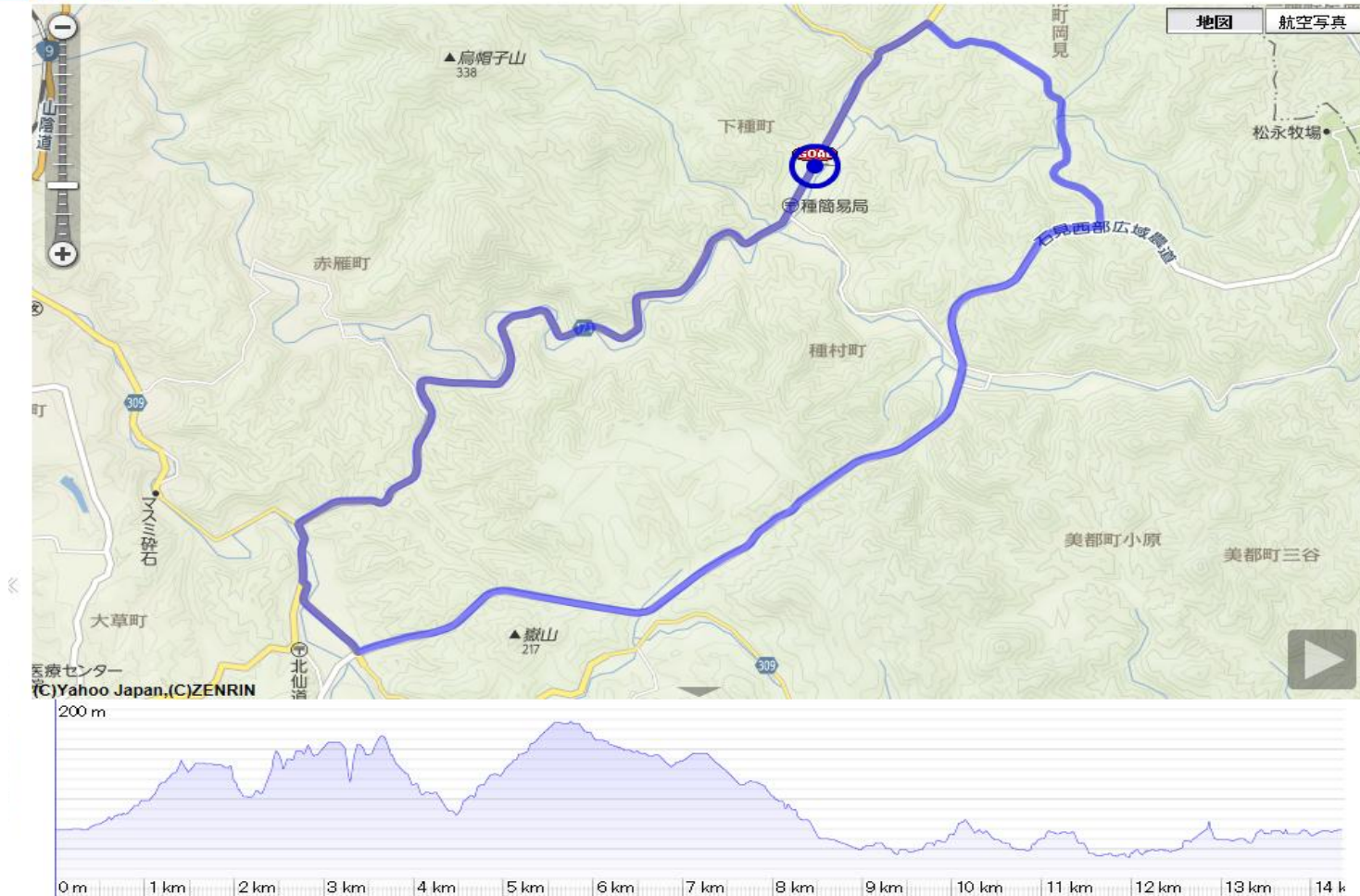
いいね! 0

Distance  
14.4 km

Maximum elevation  
138m

Average inclination  
Uphill 5.7%  
Downhill 5.7%

Average time  
Car 22min  
Bicycle 58min



14.2 km course (Japan National Junior Road Race Championship) 8



# Training Facilities

## Masuda City Sports Park

JFFA approved athletic field, baseball field and a gym are located in this sports park. The gym is equipped with training machines.



## Taiyo Fitness Club Iwami

Gym is equipped with training machines, six lane 25m-pool and an ice bath.



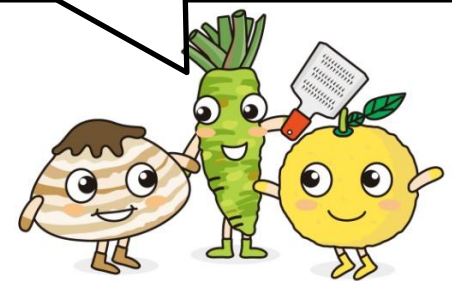
Training facilities are well equipped and maintained  
Can train indoors during bad weather condition

# Medical Support

**Masuda Red Cross Hospital**



Can rely on our medical support in case of unexpected injury



**Masuda Medical Association Hospital**



Reliable 24-hours medical care



# Accommodation

## Masuda Green Hotel Morris

Conveniently located downtown, next to JR Masuda train station



- CAPACITY 157 GUESTS (141 ROOMS)
- ROOM TYPE
  - SINGLE 125      DOUBLE 7
  - TWIN 8      BARRIER-FREE 1



There are single rooms, double rooms, twin rooms and a barrier-free rooms. Guests can use large public bath. There is one bath for the ladies and one for the men.

# A comfortable hotel to rest and refresh

# Transportation

## Subsidize transportation cost for air travel between Tokyo Haneda and (Masuda) Hagi-Iwami



Masuda city will provide subsidy for airfares between Tokyo Haneda airport and (Masuda) Hagi-Iwami airport during pre-Games training at Masuda.  
Two round-trip ANA flights from Tokyo Haneda available daily

Tokyo Haneda	Masuda Hagi-Iwami		Tokyo Haneda
10 : 50	12 : 35	13 : 10	14 : 35
15 : 15	17 : 00	17 : 40	19 : 10

※as of Oct 2016

## Provide transportation during camp training



Masuda city will provide transportation between hotel and training venue/facilities during camp training

- Micro bus (26 passengers)
- Van/Mini bus (12 passenger)
- Car (5 passengers) etc.



# Fully support domestic transportation during training



# Introduction to Masuda City



Masuda – untainted nature which cleanses the soul



# Natural and Cultural Environment

## Countryside Views



Beautiful Sunset at Sanrigahama Beach

Hikimi Gorge in the Quasi-National Park

A peaceful view of paddy fields

## A Center for Cultural Activities



A view of the local houses with brown roof-tiles, a specialty in this region



Shimane Arts Center "Grand Toit"

Consists of a museum and 2 theaters. 280,000 brown roof-tiles are used for the roof & outside walls of the building. Combined with a shallow pool in the courtyard, gives it a reflective and dynamic appearance.

Surrounded by nature - the sea, rivers and mountains



# History and Tradition

## Cultural Sites from the Medieval Times



Sesshu Garden



Kakinomoto Shrine



Hassaku Festival (Horseback archery)

## Traditional Performing Arts "Iwami Kagura"



Iwami Kagura attracts the audience with its fast tempo rhythm and gorgeous costumes. Have been invited to perform in other countries, including some European countries.

## Masuda Puppet Theater



The original puppets have been used till present since its start in the early 19<sup>th</sup> century. Recently performed at Victoria and Albert Museum in London this year.

Rich in history and culture



# Local Products

Melon



Wasabi



Yuzu (Japanese citrus)



Blessed with sunshine and a mild climate, Masuda is famous for its wide variety of agricultural products such as melons, wasabi and yuzu.

Natural Ayu (sweetfish)



Tsugani (Japanese Mitten Crab)



Hamaguri Clam



Masuda is also famous for its delicious Ayu fish, Tsugani crabs and Hamaguri clams. Takatsu River which flows through the city is one of the cleanest rivers in Japan. This river was awarded "Japan's Cleanest River" for five times .

## Blessed with riches from the rivers



# Natural Hot Springs



Tada Onsen "Hakuryukan"

The nearest hot spring  
from downtown



Otani Onsen "Kajikaso"

"Hidden" hot spring amidst the  
mountains



Hikimikyo Onsen "Yasuragi-no-yu"

2 hot springs available here



Araiso Onsen "Araisokan"

Known for its hot spring  
overlooking the ocean



Mito Onsen "Yumoto-kan"

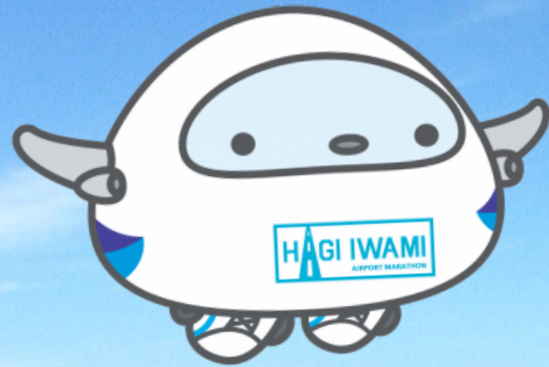
Famous for making  
skin/complexion beautiful



Five different types  
of spa in Masuda

## Refresh & reenergize through our spas

# Pre-Games Training Camp for Cycling Road Race



Welcome to Masuda City !  
The people of Masuda look forward to  
seeing your team in 2020



Masuda-city Shimane JAPAN