

**[Access]**

**By train**

10to15minutes by taxi from Fujisan Station on the Fujikyu Railway

**By car**

●When coming by expressway

**[From Tokyo]**

- Chuo Expressway to Otsuki Junction → Toward Kawaguchiko
- Exit at Kawaguchiko Interchange, travel on Route 139 toward Lake Yamanaka, turn right at "Showa University Ent.," continue 3.5km

**[From Shizuoka]**

- Higashi Fujigoko Road, exit at Fujiyoshida Interchange and turn left →
- Turn left at "Fujiyoshida I.C." → Fuji Subaru Line →
- turn left at "Tainai Cave Ent.," continue 1km

●When coming by ordinary roads

**[From Lake Shoji]**

- National Route 139 (Fuji Panorama Line) to "Showa University Ent.," turn right and continue 3.5km

**[From Lake Yamanaka]**

- National Route 139 (Fuji Panorama Line) to "Fuji Sengen-jinja Shrine East," turn left and continue 5km

**Parking Information:**

- Large Parking Lot** (north side of the Athletics Stadium)  
Total of 665spaces Large vehicles:24 Medium-sized vehicles:10  
Passenger cars:621 Light cars:1 Disabled parking:9
- Small Parking Lot** (north side of the Gymnasium)  
Total of 141spaces Large vehicles:5 Passenger cars:136
- Gymnasium Parking Lot**  
Total of 21spaces Passenger cars:11 Disabled parking:10
- Baseball Field North Parking Lot** (provisional name)  
Number of spaces to be determined

## Fuji Hokuroku Park Office

Designated administrator of Fuji Hokuroku Park: Yamanashi Sport Association

5000 Kamiyoshida-Tateishi, Fujiyoshida-shi, Yamanashi-ken 403-0005

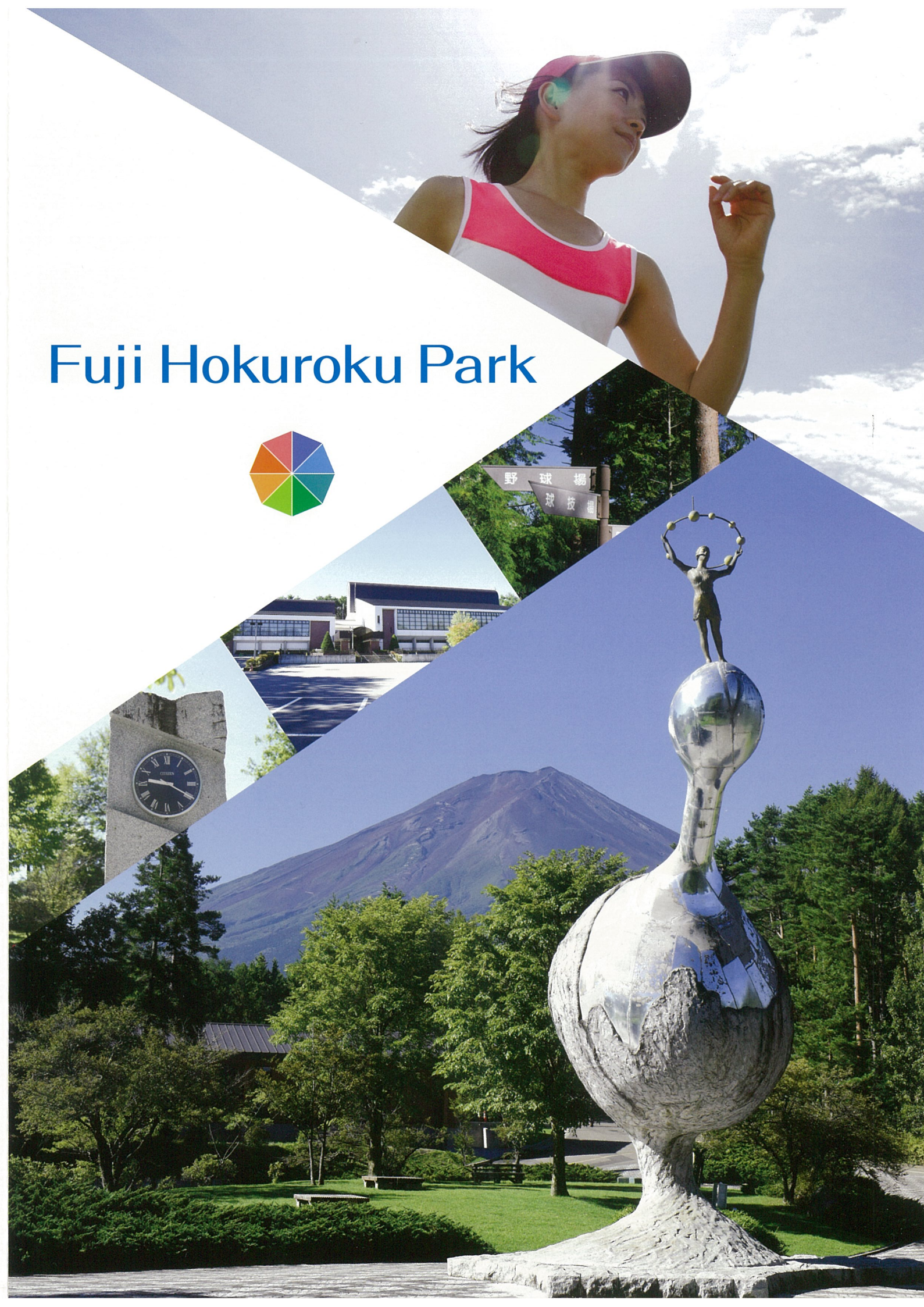
Tel.: 0555-24-3651 Fax: 0555-24-3368

<https://www.hokuroku.jp/> Please visit the park's website for more information on using the park, fees, and other matters.

- Fuji Hokuroku Park is located within 100 km of Tokyo and easily reached from the metropolitan center by car or train.
- Situatd entirely within Fuji-Hakone-Izu National Park at an elevation of 1,050 meters, the park is suitable for high-altitude training.
- The park holds various sports-promotion programs, including lessons and events.



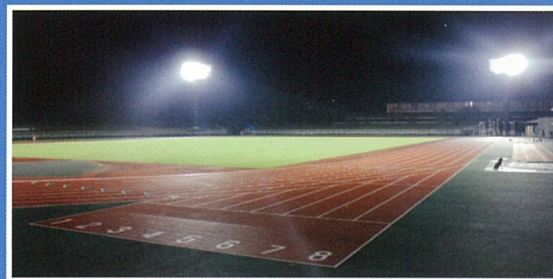
# Fuji Hokuroku Park







## Athletics Stadium



### Athletics Stadium

This JAAF-certified Class 2 athletic ground has an all-weather track consisting of eight 400-meter lanes. It is suitable for track meets, training camps, and even personal training. The natural-grass infield can be used for soccer and rugby matches as well as various other events and competitions. It is also equipped with outdoor lighting for nighttime use.

- Total area to outer circumference: 26,077 m<sup>2</sup>
- Total field area: 20,100 m<sup>2</sup>
- Total infield area: 7,314 m<sup>2</sup>
- Natural grass (106m x 69m)
- Track: 400m x 8 lanes
- Main stand: One-story reinforced concrete structure (spectator capacity: 1,105)
- Back stand: Grass-covered embankment (spectator capacity: approx. 10,000)
- Total capacity: 11,105
- Lighting 4 standards
  - Average illumination on the pitch: 1,500 lux
  - Average illumination on the track: 1,000 lux



## Ball Field

### Ball Field

This all-natural-grass field is primarily used for rugby and soccer matches, but it can also be used for events and specialized training.

- Total area to outer circumference: 20,000 m<sup>2</sup>
- Total field area: 12,320 m<sup>2</sup> (80m x 154m)
- Natural grass (Tifsport)
- Rugby goal posts: 13 meters
- Grass stands (spectator capacity: 5,600)
- Administrative building: One-story reinforced concrete structure

● Please visit the park's website or contact the administrative office for information on times the field is opened to the public.



## Baseball Field

### Baseball Field

Measuring 92 meters down the lines and 120 meters to center, the Baseball Field features a stunning view of Mount Fuji to center field. It is suitable for standard hardball baseball and rubber-ball baseball as well as softball. It is also available for practice.

- Total area to outer circumference: 23,395 m<sup>2</sup>
- Total field area: 13,088 m<sup>2</sup>
- Infield stand: Two-story reinforced concrete structure (spectator capacity: 3,957)
- Outfield stand: Grass-covered embankment (spectator capacity: 9,492)
- Total capacity: 13,449
- Infield surface: Clay surface (composite soil)
- Outfield surface: Natural grass



## Wood Straight

### Fuji Wood Straight (indoor training track)

This indoor track provides a comfortable training environment even in bad weather. Among its facilities are five 130-meter lanes and a sandpit for running long jump practice. As a wooden indoor training track, it is somewhat unique in Japan.

- Structure: One-story wooden (CLT) structure
- Total floor area: 1,408.93 m<sup>2</sup>
- Interior:
  - Length: 153m · Width: 9.1m · Height: 4.2 to 6.0m
  - Facilities: five 130-m lanes (all-weather surface)
  - Take-off boards, one sand pit, one pole vault box
- Notable features
  - CLT panels made with Yamanashi wood are used in the walls and a portion of the ceiling.
  - Wood is also used for the beams and the ceiling's finishing materials.

(Amount of wood used in construction: 625 m<sup>3</sup>, of which cross-laminated timber [CLT] accounts for 301 m<sup>3</sup> and laminated veneer lumber [LVL] accounts for 190 m<sup>3</sup>)



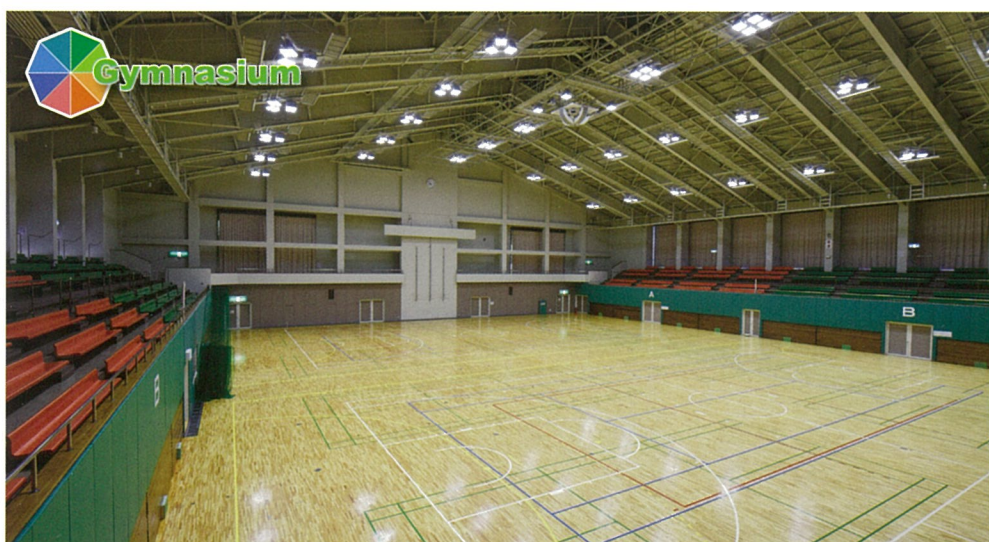
## Free weights Training Room

### Free Weights Training Room

Designed for athletes who compete at a high level, this training room is complete with all types of free weights, including barbells and dumbbells. Because of the heavy weights used, safety considerations require that the room always be used in groups and with an assistant present.

- 4 power racks
- 4 bench press benches
- Dumbbells (1kg to 70kg)
- Plates (total weight of 3,900kg)
- Various weight machines, cardio machines, etc.

- Structure: One-story steel construction
- Total floor area: 352.35 m<sup>2</sup>
- Facilities: Free weight room, multimedia room
- Locker rooms: 2
- Shower stalls: 3 each for men and women, with bathroom
- Barrier-free restroom (1 each for men and women)
- Notable feature
  - Yamanashi wood is used in the finishing materials of the interior walls and some of the exterior walls.



## Gymnasium

### Gymnasium

#### ■ Main Arena

The Main Arena has sufficient space for two basketball, volleyball, handball, futsal, or tennis courts; eight badminton courts, or 20 table tennis tables. It can also be used for kendo, karate, and other martial arts; light sports; and events.

#### ■ Sub-Arena

The Sub-Arena has sufficient space for one basketball or volleyball court, three badminton courts, or ten table tennis tables. It is also suitable for light sports and recreational activities.



### ■ Training Room

The Training Room is fully equipped with running machines, exercise bikes, and other aerobic training machines as well as machines for building muscular strength. It can be used by everyone, from beginners to the elderly.

- 8 running machines
- 2 step machines
- 4 exercise bikes
- 26 muscle-building machines
- 2 cross trainers
- Stretching mats, dumbbells, etc.



- Structure: Two-story reinforced concrete structure
- Area: Building area: 4,367 m<sup>2</sup>
- Maximum height: 26m
- Main Arena
  - Area: 1,794 m<sup>2</sup> (39m x 46m)
  - Ceiling height: 15m
  - Spectator seating
    - Fixed seats (2nd floor): 944
    - Standing room: 500
    - Disabled seats: 20
    - Moveable seats (1st floor): 770
    - Total: 2,234
- Sub-Arena
  - Area: 540 m<sup>2</sup> (30m x 18m)
  - Ceiling height: 8m
- Conference Room
  - Area: 180 m<sup>2</sup> (18m x 10m); moveable partitions
  - Large: 12m x 10m
  - Small: 6m x 10m
- Children's Playroom
  - Area: 77 m<sup>2</sup> (7m x 11m)
  - Moveable partitions: 7m x 5.5m