

Boat Center "Amenbo"

Rowing Machines (Ergometers)	16
Bike Machines (Wattbikes)	4

Every kind of Machines for
Weight-Training

Boat Center "Amenbo"

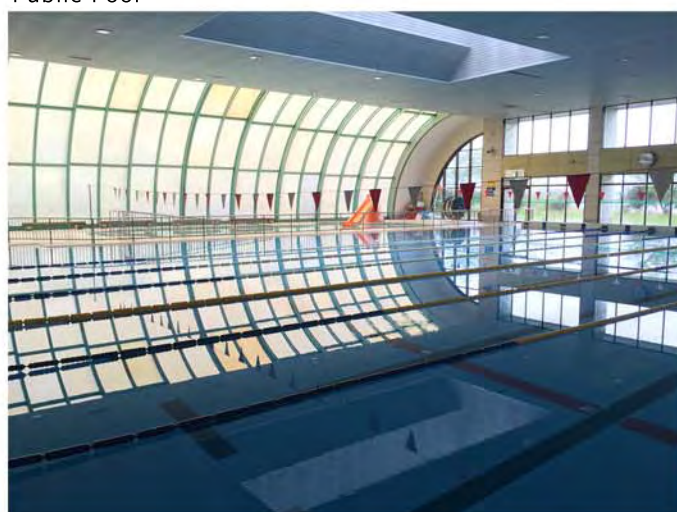


◆ Boat Gear Available

Knuckle Four	20
Eight	1
Four with a cox	10
Quad Scull with a cox	20
Double Scull	20
Single Scull	30
Catamaran	2
Working Boat	3



Public Pool



Healthland "Sakura"



Public Pool

Heated Pool with Retractable shelter
...**25m** × **8** lane

Healthland "Sakura"

Erobic exercise machine	16
Muscle strength training machine	10

You can design and control a training
program by TGS key.

- *Bort Center = Boat house
- *Healthland = Training center
- *TGS key = memory key that stores the training info each time you use it

■ Infomation

Itako City Office Planing Division
<http://www.city.itako.lg.jp/2020pre-camp/>
 ☒ info@city.itako.lg.jp



TOKYO2020

Olympics · Paralympics
Pre-Games camp Information

Itako City (Ibaraki pref)

JAPAN

Itako City

Itako is located approximately 80 kilometers away from Tokyo, the venue for the 2020 Olympic and Paralympic Games, and it takes about 70 minutes by expressway bus. Blessed with rich nature surrounded by rivers and lakes, the city is in a quasi-national park called Suigo-Tsukuba Kokutei Koen.

In early summer, Suigo-Itako Iris Festival takes place in Suigo-Itako Ayame-en garden where 1 million iris plants of 500 varieties are grown, and lots of visitors enjoy viewing the beautiful flowers of purple, white and yellow at their peak. Particularly, Yomeiri-bune (a bride in a wedding gown on a boat), a traditional wedding ceremony, is a must-see event during the festival. You will be relaxed in a friendly atmosphere unique to the riverside area where time goes by slowly.

◆ Access Information

◇ Via Expressway

- ★ Tokyo
↔ Itako
(on Higashi Kanto Expressway) ...**75** min.
- ★ Narita International Airport
↔ Itako
(on Higashi Kanto Expressway) ...**40** min.

◇ By train

- ★ JR Tokyo Station
↔ JR Itako Station
(on Sobu Line, Narita Line and Kashima Line) ...**125** min.
- ★ JR Narita International Airport Sta.
↔ JR Itako Station
(on Narita Line and Kashima Line) ...**45** min.

Perfect Environment to do Training

The moderate climate and calm waves are suitable for aquatic sports and fit for setting a 2,000-meter boat course, and various kinds of races have taken place here. In the 2019 Ibaraki National Athletic Meet, three events such as boat races, triathlon and open-water will be held here.

The city of Itako has excellent training venues, facilities and accommodations for athletes, and it will be a perfect camp site for rowing, triathlon and open-water. Also, people in Itako will warmly welcome the athletes.

◆ Itako Boat Course Outline

Length	2,000m
Boat race lanes	5 lanes (13.5m wide)
Out-of-race lanes	2 lanes (16.25m wide)
Entire Width	7 lanes (100m wide)
Training Area	5,000m long

◆ Boat Races held in Itako

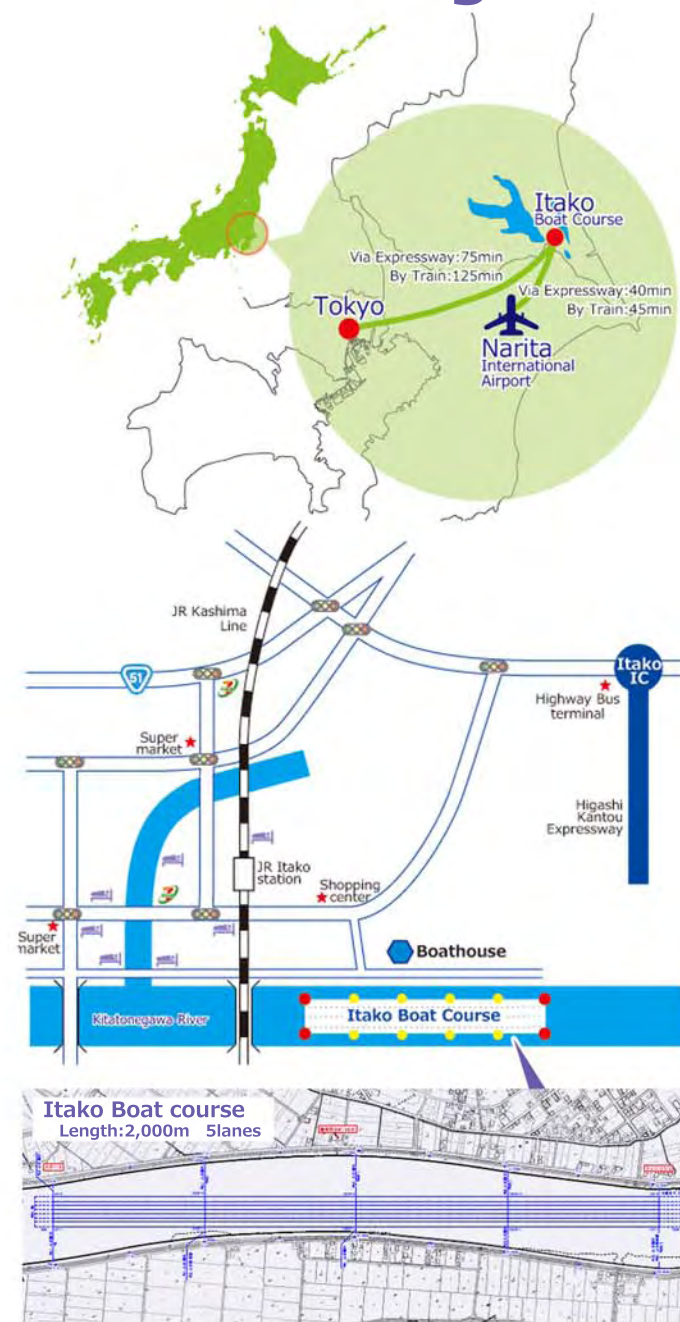
- 1973** All Japan Members of Society Rowing Tournament
- 1974** National Athletic Meet
- 1981** All Japan High School Rowing Tournament
- 2002** All Japan High School Rowing Tournament

On June 26, 2016 the 38th Suigo-Itako City Regatta
the 7th Kanto Junior High School Rowing Tournament

Substantial Accommodations

Itako Inns & Hotels Association members

- ★ Chitoseya Ryokan
- ★ Choshiya Ryokan
- ★ Kappo-ryokan Kasumigaura
- ★ Hotel Suikanso
- ★ Itako Hotel
- ★ Hotel New Makomo
- ★ Itako Fujiya Hotel
- ★ Ayame Ryokan
- ★ Japan Suigo Center
- ★ Hotel Shibata
- ★ Kanpo-no-yado Itako
- ★ Ryokan Ichiraku
- ★ Itako Station Hotel
- ★ Business Hotel Annex



Annually, Itako Citizen Regatta is held!