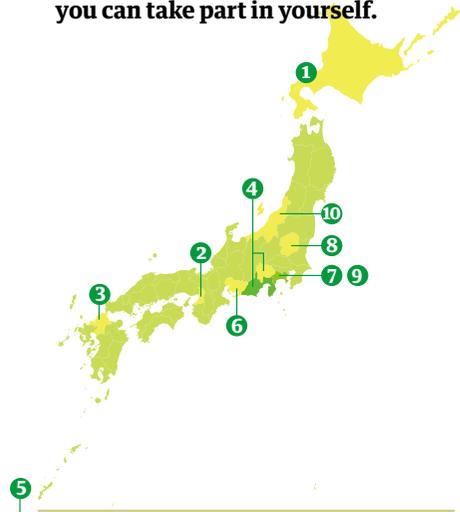


SPORTING COMPETITIONS AND EVENTS

Japan hosts a range of sporting competitions and events year-round. These include not only ones you can watch, but also ones you can take part in yourself.



PARAGLIDING

1 Niseko Sky Rally

Hokkaido

Mid-September through late September every year

The Niseko Annupuri International Ski Area is used during the off-season for paragliding competitions. Gliders launch off the slopes of Mount Niseko and pick up the wind, enjoying airborne views of the majesty of Hokkaido.

<http://nisekoskyrally2015.info/english.html>

MARATHONS

2 Osaka Marathon

Osaka Prefecture

Fourth Sunday of October every year (this year: October 25)

Offering a full marathon for 30,000 people and a “challenge circuit” for 2,000, this is Japan’s



next-largest marathon after the Tokyo Marathon. The course runs through famous sites in central Osaka as well as historical remains, and the ground is uniformly level and flat, making this a race known as an easy run for beginners and pros alike.

http://www.osaka-marathon.com/index_en.html

3 Fukuoka Marathon

Fukuoka Prefecture

Every November (this year: November 8)

Fukuoka Prefecture has been rated as the number one place to live in Japan, and the Fukuoka Marathon starts in Tenjin, which is considered among the most iconic city centers in the Kyushu region. The course then runs through Hakata Bay and along the coast of the Genkai Sea, letting you enjoy all of the nature Fukuoka has to offer.

<http://www.f-marathon.jp/en/>

TRAIL RUNNING

4 Ultra-Trail Mt. Fuji

Yamanashi and Shizuoka Prefectures (foothills of Mount Fuji)

Late September every year

The foothills of Mount Fuji have been declared a World Heritage Site, and it is there, with the support of two prefectures and eleven towns, that you can run a trail that is 167 kilometers long and has a cumulative elevation of 8,634 meters. Japan’s first hundred-mile trail race, this is also the world’s first sister trail to the L’Ultra-trail du Mont-Blanc, which is the world’s highest trail run in terms of elevation.

<http://www.ultratrailmtfuji.com/en/>



TRIATHLONS

5 Strongman—All Japan Triathlon Miyakojima

Okinawa Prefecture

Every April

Of the nearly 280 triathlons held in Japan, this is one of the most popular. Participants see the beautiful emerald green seas around the island of Miyakojima in Okinawa as they swim for 3 kilometers, bike for 157 kilometers, and run for 42.195 kilometers.

<http://www.miyako-net.ne.jp/~strong-e/>



6 Lixil IRONMAN 70.3 Centrair Chita Peninsula Japan

Aichi Prefecture

Early June every year

Lixil's 70.3 triathlon is a half-sized version of a full 140.6-kilometer course. The proximity to Chubu Centrair International Airport and the excellent natural scenery make this an event that draws many overseas participants.

<http://ironman703.jp/e/>

7 ITU World Triathlon Yokohama

Kanagawa Prefecture

Mid-May every year

The only part of the ITU World Triathlon Series held in Asia. Athletes from various countries come together in the historic port town of Yokohama, which blends the cultures of East and West. Seeing the racers sprint across town has become an iconic sign of the season.

<http://yokohama.triathlon.org/en/>

CYCLING

8 Japan Cup Cycle Road Race

Tochigi Prefecture

Mid-October every year (this year: October 16-18)

Considered Asia's foremost road cycling race. This is the only cycling event in Japan that brings

celebrated cyclists from the Tour de France all the way to Japan's shores.

<http://www.japancup.gr.jp/>



SURFING

9 Shonan Open

Kanagawa Prefecture

Late July every year

The Kugenuma Coast is where surfing was born in Japan. Kugenuma hosts this summer event as a way to maintain its status as a top region in promoting sports culture. The beachside venue is where you go to surf, while the parkside venue is home to skateboarding and street-dancing competitions.

<http://www.shonanopen.com/>

SNOWBOARDING

10 AIRMIX

Niigata Prefecture

Mid-March every year

This is one of Japan's largest snowboarding contests, taking place at Gala Yuzawa ski resort. Everyone from amateurs to former Winter Olympic athletes appear in this freestyle event where people show off their prowess on the slopes.

<http://www.airmix.tv/>

OUTDOOR SPORTS

11 SEA TO SUMMIT

Sites nationwide

Weekends in May through October every year; held in sequential order

This sporting event sees you powering a kayak in the ocean, changing to a bicycle to ride through the countryside and then ascending mountain peaks in a hike. See nature in all its beauty as you make the circuit. This is an ideal chance to see Japan's nature and culture in one shot.

<http://www.seatosummit.jp/>

FISHING

12 Boat Game Fishing

Sites nationwide

June through November every year; held in sequential order

This nationwide sport-fishing contest is designed to raise awareness about protecting the oceans and their resources. Lures are used to catch fish from boats. The event is open from June through November, so the fish available change depending on which area you visit and when.

<http://www.marine-jbia.or.jp/event/fishing.html>



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