

of Interest and for Athletes



Arata Sonoda

Wrestler in 130-kg Class

Profile
Born in Shiga in 1994, the wrestler won two championships in succession in the National Athletic Meet while in high school. He won the National Invitational Wrestling Tournament title in 2014 and represented Japan in the World Wrestling Championship in the same year. Both his father and older brother are former wrestlers, and his younger brother Taira is also known as a formidable wrestler with a title in a national wrestling meet under his belt.



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I come from the area of Shiga where **Mt. Watamuki stands**. The mountain helped me build up my muscles; climbing mountains not only trains the muscles of your body through constant stimulation but rewards you with magnificent views of the pristine nature of the countryside. The mountain on which the ruins of Azuchi Castle are found is on my list of recommendations; chosen by Oda Nobunaga, a name immediately recognizable to all Japanese, **the top of the mountain renders a panoramic view of lake Biwa**. Shiga was also home to ninja in the olden days. A Hungarian friend of mine simply loves ninja; **I would very much like to take visitors from overseas to the KoKa Ninja Village** whenever they visit Japan. Starting with Omi beef, the prefecture is well known for its long list of unique and fine fare that includes grilled Japanese ayu sweetfish and itokirimochi (rice cake stuffed with sweet bean paste). If you are looking for a place where you can condition your mind and body in relaxed surroundings, **I recommend Shiga on account of its superb environment**.

om the Land of the Great Lake and Competing on the World Stage



Reika Kakiwa
(Badminton)



Ryo Yamamoto
(Marathon)



Takashi Inui
(Football)



Yoko Egami
(Wheelchair Badminton)

Lake Biwa Museum

This museum is based on the theme "lake and human" and everyone can enjoy learning about how Lake Biwa was born and the interaction between lake, humans and other living creatures. There are 3 exhibition halls in the museum where you can learn about nature, history and lives in and around Lake Biwa from every point of view.

Ninja

Koka city is one of the birthplaces of ninjas. Koka Ninja Village and Koka Ninja Estate offer wonderful opportunities to experience ninja life and learn about their history.

Chikubushima

Floating in the northern part of Lake Biwa, Chikubushima island which is one of the Eight Views of Biwako.

On this island lies a beautiful shrine and temple which were built in the late 16th century.

Also, this island has recently been famous among young visitors who want to attract good fortune from a "power spot".

Shiga's Charms

Biwa trout

Biwa trout is a species unique to Lake Biwa. It is a member of the salmon family, and large ones grow to a size of about 60cm. It is so tasty that you can eat it in many ways: sashimi, meuniere (sauteed with butter), fried, and broiled with salt.

Omi Beef

With a history of over 400 years, Omigyu is highly reputed as the oldest branded Wagyu beef. It is known as "edible art" because of its delicate and tender flesh, tasty fat, and distinctive flavor.

Omi Tea (Japanese-tea of Shiga)

It is said that the roots of Omi tea go back to around 800 A.D. in the foothills of Mount Hiei.

Omi Tea is very famous for its pleasant flavor and has been a favorite for generations.

Extreme temperature differences between days and nights of hilly areas makes Omi Tea high quality.

For more information about training camps, please contact us at:

Planning Coordination Division
Shiga prefectural Government

E:mail : cu0002@pref.shiga.lg.jp

For more information
on attractions and details about
Shiga, please visit the following website.

[go.biwako]
Travel Guide of Shiga
prefecture, japan

URL: <http://en.biwako-visitors.jp/>