

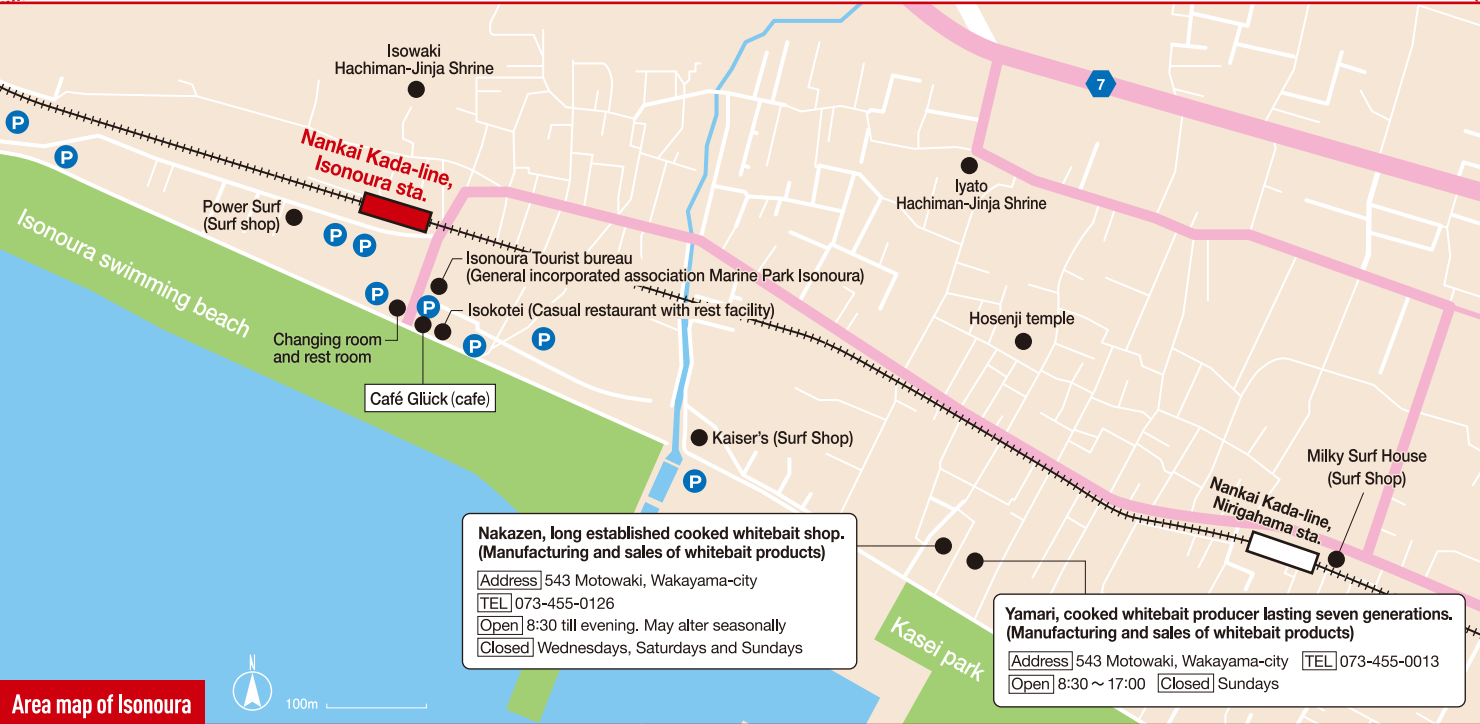
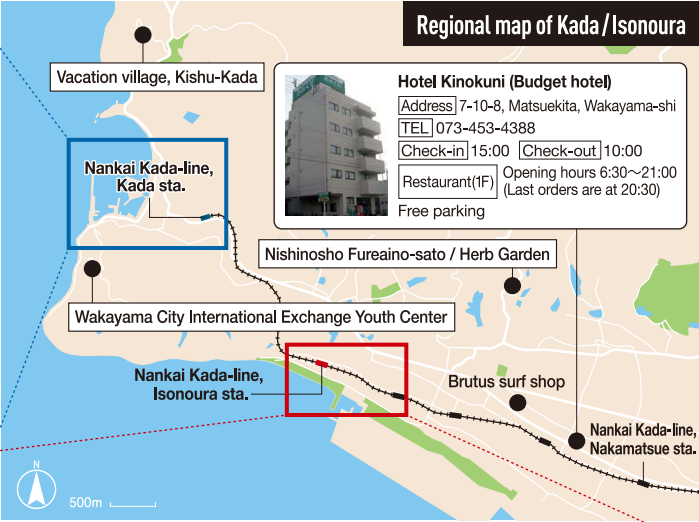
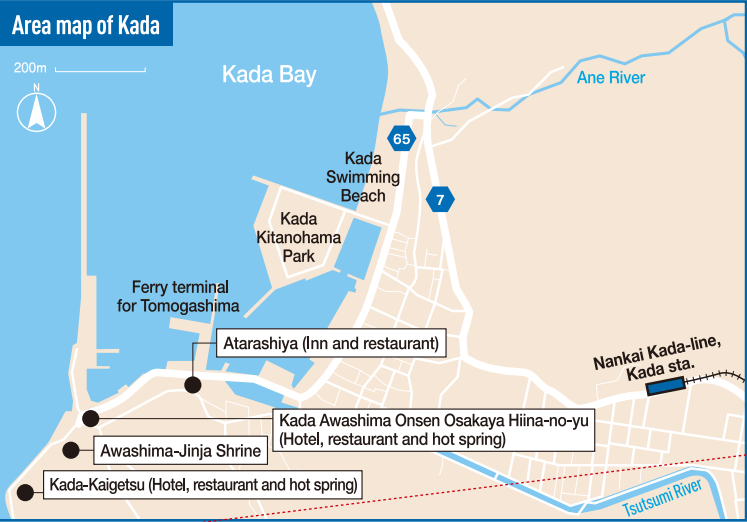
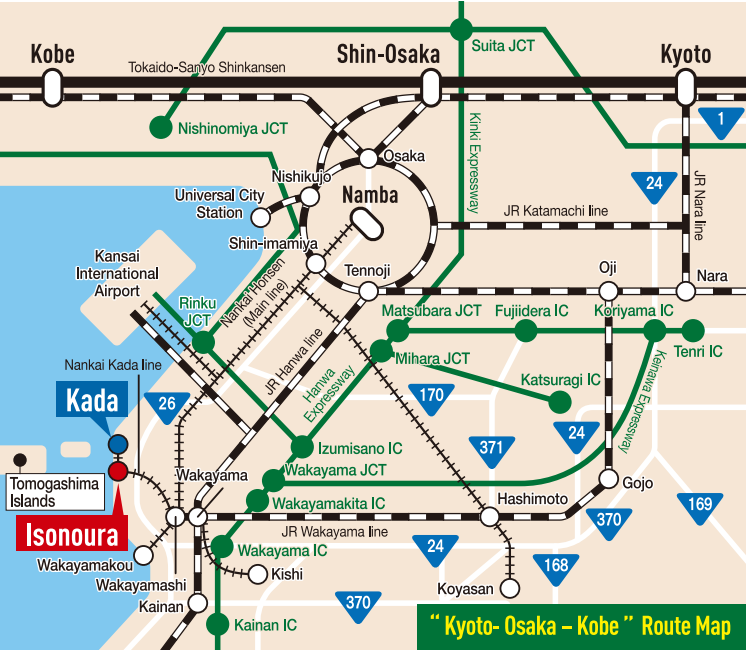
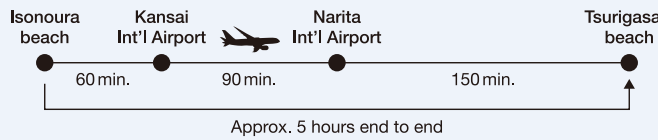
Training camp at conveniently located Isonoura, which is only 90 min. from Kansai Int'l airport and Namba station of Osaka.

From Kansai Int'l Airport (gateway of Kansai), and from Namba station ( gateway of Osaka), Nankai Main line will take you to Wakayamashi station, where you switch to Nankai Kada line to Isonoura station. It's only a few minutes to the very popular surfing spot "Isonoura beach". Expressway and road networks are also available for car users. You will drive route 7 westward from Wakayama North IC/Hanwa Expressway , or route 24 then route 7 westward from Wakayama IC. Parking area is available at the beach. Lodging area "Kada" is the next station, and only 10 min. by car.

\*Please drive carefully for roads around Isonoura swimming beach that are not so wide.

Easy access to Tsurigasaki beach (The main venue of Tokyo 2020 Olympics, Surfing) using flights from nearby Kansai Int'l Airport to Narita Int'l Airport.

Isonoura is highly recommended for pre-training camp of Tokyo Olympics . It provides you with suitable surroundings, facilities, and good access to the main venue "Tsurigasaki beach" via two airports, Kansai Int'l and Narita Int'l Airports.



Quick help – Isonoura information

Home Page of Wakayama-city [www.city.wakayama.wakayama.jp/kankou/wakayamashiumi/1000567/1000577.html](http://www.city.wakayama.wakayama.jp/kankou/wakayamashiumi/1000567/1000577.html)

Home page of Isonoura swimming beach [www.isonoura-w.jp/](http://www.isonoura-w.jp/) Home Page of tourist bureau of Kada of Wakayama-city [www.kada.jp/](http://www.kada.jp/)

Inquiry wakayama-city sports promotion division TEL 073-435-1364 (closed Sat/Sun/national holidays, and year end/new year holidays.)

\* Information are as of 1 Feb. 2019 unless otherwise noted. We will be sorry if there are any changes later.



# 磯の浦

和歌山

wakayama isonoura

## ISOCO

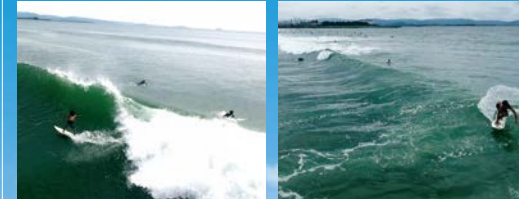
Mecca for competition surfers  
Ideal waves and superb surroundings

(Isonoura beach)

Uniquely produced beach break waves. Let's go and catch it at ISOCO

As one of the best surfing spots in Kansai area, ISOCO (Isonoura beach) is popular among surfers, both experienced and beginners. Surfers are captivated by beach break waves of various forms depending on weather and natural conditions. Coupled with good lodging facilities, hot springs, delicious seafood in nearby Kada area, we assure you a successful surf training camp. Waves of ISOCO (Isonoura beach), not reef waves but ever-changing beach break waves, is looking forward to seeing aggressive surfers like you.

Very unique waves will capture the heart of surfers.



VOICE

Welcome to ISOCO, the most suitable for training of advance skilled surfers.

Wakayama Surfing Association Chairperson Toshiki Umemoto

Isonoura beach (ISOCO), a surfing spot for beginners and experienced, has been doing best to promote competition surfing. We educate and spread right rules and manners of surfing in cooperation not only with local Isonoura beach (ISOCO), but also with the following organizations; Int'l Surfing Association (ISA), Nippon Surfing Association (NSA), Japan Professional Surfing Association (JPSA), WORLD SURF LEAGUE/Japan (WSL Japan), Osaka prefectural Surfing Association, and other companies/organizations concerned. Thus, Isonoura beach (ISOCO) will be more and more attractive surfing spot. We all welcome you to Isonoura beach (ISOCO) which is best suited for surf training camps.



What is Wakayama Surfing Association

In 1995, for the first time in Japan, the association was officially registered to the national and prefectural office as a sport promotional organization. We have been working hard to raise awareness about sport surfing to the same awareness level of baseball, football or tennis. Our positive activities to develop surfing culture and to conserve beach environment gained recognition, and in 2015 we were awarded with Medal with Green Ribbon by cabinet office/imperial household agency. It is a leading association of surfing related organizations.



©Shuji Ishikawa

Movie - Isonoura

YouTube







[ Lodging facilities of Kada/Isonoura area ]

## Satisfactory Lodging Facilities

Only one stop from Isonoura beach and facing Kitan strait, Kada has a number of satisfactory lodging facilities. Bathing overlooking beaches and strait, delicious seafood cuisines will relax your body and mind. You may choose your accommodation based on qualities of bath or cuisine. They assure you a fulfilling training camp. The following four lodging facilities will welcome you with small gifts.



### Kyukamura Kishu Kada (Vacation village Kishu Kada)

Vacation village situated on the hilltop, where you will enjoy overlooking islands in Kitan strait and sunset over the sea. Seasonal seafood dishes straight from the ocean and good hot spring will attract your members. Available for 2 persons or more.

**Privilege** 「Bath additive of essence of hot spring」  
1 for each

<https://www.qkamura.or.jp/kada/>



### Wakayama Kada Onsen Kada Kaigetsu

Inn with hot spring facing seaside of Kitan strait. You will feel to be in a timeless world here without obstruction to the view. Satisfactory hot spring and cuisine of products from the sea and mountains will refresh your body and mind. Available for 2 persons or more.

**Privilege** 1 free soft drink at dinner  
on the first day.

<http://www.azumaya-seaside.com/>



### Inn with healing sound of waves Atarashiya

Enjoy variety of seafood in a relaxing atmosphere. You will be delighted with superb seafood cuisine such as seabream shabushabu, abalone, sea lobster, and winter specialty Kue grouper. Available for 2 persons or more.

**Privilege** When reserved by above website, 500 yen discount apply to each 2 persons. (1,000 yen for 4 persons, 1,500 yen for 6 persons), but cannot be used with other discount benefits.

<http://www.atarasiya.net>



### Kada Awashima Onsen Osakaya Hiina-no-yu

You will see and feel hospitality of 200 years of history and tradition. Open air bath with an excellent view is one of the prides of the Inn. Creative Japanese Kaiseki cuisine using seasonal ingredients will attract your eyes and tongues. Available for 2 persons or more.

**Privilege** 1 free soft drink at dinner  
on the first day.

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



[ Gourmet guide of Kada/Isonoura area ]

## Surfer Friendly Cuisine

Wakayama city including Kada/Isonoura has rich ingredients from the sea and mountains. Here are some popular food among surfers. Seabream and whitebait from Kitan strait are not only delicious but contain rich nutrient necessary to athletes. Wakayama has plenty of delicious foods including "Wakayama Ramen" which captured the hearts of Ramen freaks all over Japan.



### Seabream

Kitan strait and surrounding sea is one of the best seabream fishing spots in Japan. Seabreams caught by rod are of finest quality with deliciousness and good texture. Seabream is a good source of quality protein for muscles supporting body trunk, and accelerate metabolism. It can be enjoyed in various ways, Otsukuri (raw fish), Shabushabu, Carpaccio and Taimeshi (cooked rice with seabream). Savor delicious and nutritious seabream of Kada.



### Wakashirasu (whitebait)

The young anchovies. Produce of the sea around Wakayama which is rich in minerals is specially branded as "Wakashirasu". As Wakashirasu is high in calcium, it enhances bones and protect from over fatting. It is good for maintaining good conditions of surfers. Kamaage Wakashirasu, whitebait right from the boiling pot, is eaten with grated radish or soy sauce. Raw or boiled Wakashirasu on top of rice, vinegared Wakashirasu, and miso soup with Wakashirasu are also recommended.



Also recommended are: **Gourmet of Wakayama** <http://www.wakayamakanko.com/gourmet/>

### Wakayama Chinese noodle/Ramen

Wakayama Ramen is locally called "Chuka-soba / Chinese noodles". There are 3 types of Wakayama ramen depending on soup. First, it is soy sauce based soup. The soup is dark, yet it is very smooth. The second is a mix of Tonkotsu (pork bone broth) and soy sauce soup. Its thick, heavy broth is tasty. The third is a new type of broth. Enjoy them all while you are here.



### Ginger Ale

Wakayama is one of the leading young ginger produce areas in Japan. Taking 2 years, under cooperation of agriculture, industry, commerce and administration sectors, they developed new type of ginger ale based on the young ginger. The refreshing and its pungent flavor of young ginger is loved by everyone.



[ Excursion guide of Kada and Isonoura area ]

## Refresh at Tourist Spots



There are various interesting tourist spots in Kada and Isonoura area. Tomogashima islands by boat from Kada port, Awashima-jinja shrine famous for Hina Nagashi ritual, Nishinosho herb garden growing 70 kinds of herbs. Those tourist facilities and surrounding nature will help refreshing athletes' mind and body during the training camp.

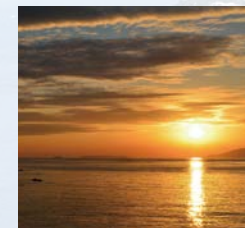
### Awashima-Jinja Shrine

Dedicated to the god of medication Sukunahikona-no-mikoto, the shrine is worshiped as guardian of women. People prayed for childbirth, smooth delivery, recovery from illness, good match from ancient times. One of the main festivals is Hina-nagashi (floating dolls) ritual on 3 March. According to a folklore, it started when people prayed to the god for a good health of a princess of the local Kishu-clan. Lots of ladies from all over Japan visit the shrine on the day together with their loved dolls. The main hall of the shrine is filled with more than 20,000 dolls, which brings a wondrous world.



### Coast Line of Kada

Kada swimming beach, a natural shoaling beach with calm waves, is good for beach walking. Inhabited in inshore are Gangara-shells, hermit crabs, blue-green algae, and when tide is out you will find fish and octopus in pools. It is very enjoyable. A beautiful sunset glow over and beyond Kitan strait is one of the most beautiful views of Wakayama prefecture and attracts many visitors. Rejuvenate yourself with the beautiful sunset view during your surf training.



### Tomogashima Islands

Tomogashima Islands situated in Kitan strait consists of four islands, Chinoshima Is., Torashima Is., Kamijima Is. and Okinoshima Is. In Okinoshima Is., there is a promenade visiting old fortresses. In the central area you will find 400 kinds of plants including colonies of wetland plants. Historical sites relating to En-no-Gyoja (ascetic monk) and his practice sites are remaining in the island, which reminds us of old history. Tomogashima Islands are reachable by boat from Kada port. (Tomogashima steam line)



### Nishinosho Fureaino-sato / Herb Garden

Situated on a hill with a scenic view of Wakayama-city, the garden is colored and scented by 70 kinds of herbs of each season, including lavenders and mints. Breathtaking panoramic view and scent of herbs will refresh your bodies and minds. Seeding of herbs are available at 200 yen. You can overlook a beautiful view of herbs in full blossom throughout the garden in April to May.



## Wakayama city International Exchange Youth Center

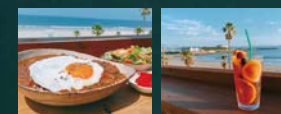
A camping site available for all age groups of sport activities, international exchange activities, cultural and art activities. Located on the hilltop vantage area, you can perform a fulfilling surfing training camp here.

**Reservation and Inquiry** TEL. 073-459-2107  
(Wakayama City International Exchange Youth Center)



## Café Glück

@cafe\_gluck



**Address** 386-2 Isonoura, Wakayama-city  
**TEL** 073-460-8763  
**Open** 9:00 ~ 17:00  
**Closed** Thursdays  
(During summer vacation, open till 18:00 on Sat/Sun/National holidays)  
(Last order : 30 min. before close)

# ISONOURA



## Welcome to Kada/Isonoura area, best fitted to surfing training camp

The combination of Isonoura, one of the best surfing spots in Kansai, and Kada with good lodging facilities, will assure you a successful training camp. Unique waves of Isonoura (ISOCO), combined with ideal lodging facilities/cuisine/ tourist spots, attract aggressive surfers.

#磯の浦 #isonoura  
#加太 #isofornia

Around Kada/Isonoura by #