

## A Guide to Living in Saitama

埼玉県暮らしのガイド

### Appendix 1 Prefectural Facilities

付録1 県の施設



Saitama's Mascot Kobaton

1. Cultural Facilities 文化施設
2. Gardens and Zoos 自然や動物にふれあえる施設
3. Parks 公園
4. Sports Facilities 運動施設
5. Medical Facilities 医療施設

The URL below contains a list of prefectural facilities  
<http://www.pref.saitama.lg.jp/sisetu.html>



#### 1. Cultural Facilities

##### (a) Libraries

Name / Telephone / Address	Getting there	Closed
<b>Urawa Library</b> TEL: 048-829-2821 3-1-22 Takasago, Urawa-ku Saitama-shi	5-minute walk from the west exit of Urawa Sta., Keihin-Tohoku Line	Mondays (although open on national holidays and Saitama Day), the 4 <sup>th</sup> Friday of every month (excluding holidays), the day following a holiday, over the New Year.
<b>Kumagaya Library</b> TEL: 048-523-6291 5-6-1 Hakoda, Kumagaya-shi	20-minute walk from the north exit of Kumagaya Sta., Takasaki Line	
<b>Kuki Library</b>	15-minute walk from the north	

TEL: 0480-21-2659 85-5 Shimohayami, Kuki-shi	exit of Kuki Sta., Utsunomiya Line	
The Saitama Prefectural Homepage has a search system to search for all libraries within Saitama's municipalities Saitama Prefecture Public Library Search System <a href="http://cross.lib.pref.saitama.jp/">http://cross.lib.pref.saitama.jp/</a>		
<b>Information Center</b> (inside the Kenmin Katsudo Sogo Center) TEL: 048-728-7114 1600 Kobari-uchijuku, Ina-machi	3-minute ride on the free shuttle bus running from Uchijuku Sta., New Shuttle Line (Saitama New Urban Transit Co.)	The 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays of each month, over the New Year.
Information Library, Saitama Prefectural Center for Promotion of Gender Equality TEL: 048-601-3111 2-2 Shintoshin, Chuo-ku, Saitama-shi <a href="http://www.withyou-saitama.jp/">http://www.withyou-saitama.jp/</a>	5 minute walk from JR Saitama Shintoshin Station on the Keihin Tohoku Line	The 3 <sup>rd</sup> Thursday of the month, over New Year and other specially arranged periods

#### (b) Museums

Name / Telephone / Address	Getting there	Closed
<b>Museum of Modern Art</b> TEL: 048-824-0111 9-30-1 Tokiwa, Urawa-ku, Saitama-shi <a href="http://www.momas.jp/">http://www.momas.jp/</a>	3-minute walk from the west exit of Kita-Urawa Sta., Keihin-Tohoku Line	Mondays (excluding national holidays and Prefectural Citizens' day), over the New Year, and for maintenance.
<b>Museum of the Sakitama Ancient Burial Mounds</b> TEL: 048-559-1111 4834 Sakitama, Gyoda-shi <a href="http://www.sakitama-muse.spec.ed.jp/top-page/home.html">http://www.sakitama-muse.spec.ed.jp/top-page/home.html</a>	<ul style="list-style-type: none"> <li>• A 15-minute walk from the Sangyo Doro bus stop. Catch bus bound for Gyoda Shako via Sama at Fukiage Sta., Takasaki Line</li> <li>• Catch the municipal Junkan bus at Gyoda-shi Sta., Chichibu Line. Get off at the Kofun Koen bus stop.</li> </ul>	Mondays (excluding national holidays, substitute holidays, prefectural citizens' day (Nov. 14), and May 1 <sup>st</sup> and 2 <sup>nd</sup> ), and over the New Year.
<b>Saitama Museum of Natural History</b> TEL: 0494-66-0404 1417-1 Nagatoro, Nagatoro-machi <a href="http://www.shizen.">http://www.shizen.</a>	A 5-minute walk from Kami-Nagatoro Sta. on the Chichibu Line.	Mondays (excluding national holidays, substitute holidays, prefectural citizens' day (Nov 14 <sup>th</sup> ), May 1 <sup>st</sup> and 2 <sup>nd</sup> , and the period from July 1 <sup>st</sup> through Aug 31 <sup>st</sup> ), and over the New Year.

<a href="http://spec.ed.jp/">spec.ed.jp/</a>		
<b>Saitama Museum of History and Folklore</b>	5-minute walk from Omiya Koen Sta. on the Tobu-Noda Line.	Mondays (excluding national holidays, substitute holidays, prefectural citizens' day (Nov. 14), and May 1 <sup>st</sup> and 2 <sup>nd</sup> ), and over the New Year.
TEL: 048-641-0890		
4-219 Takahana-cho, Omiya-ku, Saitama-shi <a href="http://www.saitama-rekimin.spec.ed.jp/">http://www.saitama-rekimin.spec.ed.jp/</a>		
<b>Saitama Prefectural Archives</b>	<ul style="list-style-type: none"> <li>• 12-minute walk from the west exit of Urawa Sta., Keihin-Tohoku Line.</li> <li>• 15-minute walk from Naka-Urawa Sta., Saikyo Line.</li> </ul>	Mondays (Tuesday if Monday is Prefectural Citizens' Day (Nov 14 <sup>th</sup> ), national holidays, substitute holidays, spring and fall renovation periods, and over the New Year.
TEL: 048-865-0112		
4-3-18 Takasago, Urawa-ku, Saitama-shi <a href="http://www.saimonjo.jp/01_top/Index.html">http://www.saimonjo.jp/01_top/Index.html</a>		
<b>Historical Museum of Ranzan</b>	13-minute walk from the west exit of Musashi-Ranzan Sta., Tobu-Tojo Line.	Mondays (excluding national holidays, substitute holidays, prefectural citizens' day (Nov. 14), and May 1 <sup>st</sup> and 2 <sup>nd</sup> ), and over the New Year.
TEL: 0493-62-5896		
757 Sugaya, Ranzan-machi <a href="http://www.ksky.ne.jp/~ranzansi/">http://www.ksky.ne.jp/~ranzansi/</a>		
<b>Saitama Museum of Rivers</b>	<ul style="list-style-type: none"> <li>• 20-minute walk from Hachigata Sta., Tobu-Tojo Line</li> <li>• 10-minute bus ride from the south exit of Yorii Sta. on the Hachiko, Tobu-Tojo, and Chichibu Tetsudo Lines. Get off at the Hakubutsu-kan-mae bus stop.</li> </ul>	Mondays (excluding national holidays, substitute holidays, prefectural citizens' day (Nov 14 <sup>th</sup> ), May 1 <sup>st</sup> and 2 <sup>nd</sup> , and the period from July 1 <sup>st</sup> through Aug 31 <sup>st</sup> ), and over the New Year.
TEL: 048-581-7333		
39 Kozono, Yorii-machi <a href="http://www.river-museum.jp/">http://www.river-museum.jp/</a>		
<b>Saitama Aquarium</b>	Approximately 7 km from Kazo Sta. or Hanyuu Sta., Tobu-Isesaki Line.	Mondays (open if it is a holiday and closed on Tue. instead) and over the New Year.
TEL: 048-565-1010		
751-1 Hozoji, Mitakaya, Hanyu-shi <a href="http://www.parks.or.jp/suizokukan/index.htm">http://www.parks.or.jp/suizokukan/index.htm</a>		
<b>Saitama Museum of Literature</b>	5-minute walk from Okegawa Sta., Takasaki Line.	Mondays (open if it is a holiday and closed on Tue. instead), the 4th Tuesday of every month (except when a holiday) and over the New Year.
TEL: 048-789-1515		
1-5-9 Wakamiya, Okegawa-shi <a href="http://www.mmjp.or.jp/saibun/">http://www.mmjp.or.jp/saibun/</a>		
<b>Shanxi Friendship Memorial Hall</b>	Catch the Chichibu bus bound for Ogano-machi Yakuba from	Tuesdays (except when a holiday), the 2nd day after a

TEL: 0494-79-1493	Seibu-Chchibu Sta., Chichibu Line and get off at Yakushido bus stop.	national holiday (open if this day is a Sat. or Sun) and over the New Year.
2245 Susuki, Ogano-machi <a href="http://www18.ocn.ne.jp/~ogano/shenyi.html">http://www18.ocn.ne.jp/~ogano/shenyi.html</a>		
<b>Tokorozawa Aviation Museum</b>	8-minute walk from Koku Koen Sta., Seibu-Shinjuku Line.	Mondays (open if it is a holiday, and closed on Tue. instead) and over the New Year.
TEL: 04-2996-2225		
1-13 Namiki, Tokorozawa-shi (inside Tokorozawa Airport Memorial Park) <a href="http://tam-web.jsf.or.jp/contx/index.php">http://tam-web.jsf.or.jp/contx/index.php</a>		
<b>Saitama Peace Museum</b>	5-minute walk from Daito-Bunka Daigaku-mae bus stop. Catch the bus bound for Hatoyama New Town at Takasaka Sta., Tobu-Tojo Line.	Mondays (open if it is a holiday, and closed on Tue. instead) and over the New Year.
TEL: 0493-35-4111		
241-113 Iwadono, Higashi-Matsuyama-shi <a href="http://homepage3.nifty.com/saitamapeacemuseum/">http://homepage3.nifty.com/saitamapeacemuseum/</a>		
<b>Disaster Prevention Learning Center</b>	20-minute walk from Kita-Konosu Sta., Takasaki Line.	Mondays, the day following a national holiday and over the New Year.
TEL: 048-549-2313		
30 Fukuro, Konosu-shi <a href="http://www.bousai-gakusyu-saitama-ht.jp/index.html">http://www.bousai-gakusyu-saitama-ht.jp/index.html</a>		
<b>Center for Environmental Science in Saitama</b>	15-minute bus ride from Konosu Sta., Takasaki Line. Take Asahi bus bound for either Kazo Shako or Kazo Sta. or for Kisaimachi Fukushi Center. Get off at the Kankyo-Kagaku Kokusai Center bus stop.	Closed Mondays (except Saitama Day, national holidays and over the New Year (if a holiday follows a Monday when the center is open, then the center will be closed the day following the last holiday of that month)
TEL: 0480-73-8363		
914 Kami-Tanadare, Kisai-machi <a href="http://www.pref.saitama.lg.jp/A09/BA30/cess.html">http://www.pref.saitama.lg.jp/A09/BA30/cess.html</a>		
<b>Center for Consumer Affairs</b>	Catch a bus to "SKIP City", "SKIP City-Nishi" or "Sogo Koko" from the east exit of Nishi-Kawaguchi Sta. on the Keihin Tohoku Line (approx 10 min.), or from the west exit of Hatogaya Station, Saitama Express Railway. Take a bus to "Sogo Koko", approx 10 min.	Mondays (except when a holiday), the day following a national holiday, the first Tuesday of the month, and over the New Year.
TEL: 048-261-0930		
3-12-18 Kami-Aoki, Kawaguchi-shi <a href="http://www.kurashi.pref.saitama.lg.jp/">http://www.kurashi.pref.saitama.lg.jp/</a>		
<b>Sai-no-Kuni Visual Plaza</b>	Catch a bus to "SKIP City", "SKIP City-Nishi" or "Sogo	Mondays (or the next business day if Monday falls

TEL: 048-265-2500	Koko” from the east exit of Nishi-Kawaguchi Sta. on the Keihin Tohoku Line (approx 10 min.), or from the west exit of Hatogaya Station, Saitama Express Railway. Take a bus to “Sogo Koko”, approx 10 min.	of a national holiday) and over the New Year.
3-12-63 Kami-Aoki, Kawaguchi-shi <a href="http://www.skipcity.jp/index.html">http://www.skipcity.jp/index.html</a>		

### (c) Genki Plazas

Prefectural residents can enjoy sports, nature, and cultural and educational activities at Genki Plazas. Accommodation is also available. The facilities are for use by groups of 5 or more.

Link to Saitama Prefecture Genki Plazas

<http://www.genki.spec.ed.jp/>

<b>Nagatoro Genki Plaza</b> TEL: 0494-66-0177 367 Ido, Nagatoro-machi	10-minute walk from Nogami Sta., Chichibu Tetsudo Line.	Mondays (open if it is a holiday, and closed on Tue. instead) and over the New Year.
<b>Kazo Genki Plaza</b> TEL: 0480-65-0660 456 Hanazaki, Kazo-shi	5-minute walk from Hanazaki Sta., Tobu-Isesaki Line.	
<b>Ogawa Genki Plaza</b> TEL: 0493-72-2220 561 Kiroko, Ogawa-machi	<ul style="list-style-type: none"> <li>• 30-minute walk from Takezawa Sta., Hachiko Line;</li> <li>• 40-minute walk from Tobu-Takezawa Sta., Tobu-Isesaki Line.</li> </ul>	
<b>Kamikawa Genki Plaza</b> TEL: 0495-77-3442 756 Ikeda, Kamikawa-machi	15-minute walk from the Ikeda bus stop. Catch bus bound for Kami-izumi Sogo Shisho at Honjo Sta., Takasaki Line or Tansho Sta., Hachiko Line.	
<b>Naguri Genki Plaza</b> TEL: 042-979-1011 1289-2 Kami-Naguri, Hanno-shi	90-minute walk from Shomaru Sta., Seibu-Chichibu Line.	
<b>Otaki Genki Plaza</b> TEL: 0494-55-0014 5944-2 Otaki, Chichibu-shi	90-minute walk from Okubo bus stop. Catch bus bound for Chichibu-ko at Mineguchi Sta., Chichibu Tetsudo Line.	

### (d) Halls & Theaters

Name / Telephone / Address	Getting there	Closed
<b>Sai no Kuni Saitama Arts Theatre</b>	7-minute walk from the west exit of Yono-Honmachi Sta.,	Over the New Year

TEL: 048-858-5500 3-15-1 Uemine, Chuo-ku, Saitama-shi	Saikyo Line.	
<b>Saitama Super Arena</b> TEL: 048-601-1122 8 Saitama Shintoshin, Chuo-ku, Saitama-shi <a href="http://www.saitama-arena.co.jp/">http://www.saitama-arena.co.jp/</a>	<ul style="list-style-type: none"> <li>• Saitama-Shintoshin Sta., Keihin-Tohoku Line.</li> <li>• 7-minute minute walk from Kita-Yono Station on the Saikyo Line.</li> </ul>	None (Open 365 days)
<b>Saitama-Kaikan Hall</b> TEL: 048-829-2471 3-1-4 Takasago, Urawa-ku, Saitama-shi	6-minute walk from the west exit of Urawa Sta., Keihin-Tohoku Line.	Over the New Year
<b>Kumagaya-Kaikan Hall</b> TEL: 048-523-2535 3-9-2 Suehiro Kumagaya-shi	15-minute walk from the north exit of Kumagaya Sta., Takasaki Line.	Over the New Year
<b>Sonic City</b> TEL: 048-647-4111 1-7-5 Sakuragi-cho, Omiya-ku, Saitama-shi <a href="http://www.sonic-city.or.jp/">http://www.sonic-city.or.jp/</a>	3-minute walk from the west exit of Omiya Sta., Keihin-Tohoku Line.	Over the New Year

The link below is the website for the Saitama Arts Foundation and includes information on the Sai no Kuni Saitama Arts Theatre, Saitama Hall and Kumagaya Hall  
<http://www.saf.or.jp/>



## 2. Gardens & Zoos

Name / Telephone / Address	Getting there	Closed
<b>Nature Study Center</b> (located within Kitamoto Nature Observatory) TEL: 048-593-2891 5-200 Arai, Kitamoto-shi <a href="http://www.saitama-shizen.info/">http://www.saitama-shizen.info/</a>	Catch the bus bound for Kitazato Media Center Hospital from the west exit of Kitamoto Sta., Takasaki Line. Get off at the Shizen Kansatsu Koen mae bus stop.	The center is closed Mondays (excluding national holidays), the day following a holiday (except if this day is a weekend or holiday), over the New Year, and at times during summer vacation.
<b>Agriculture and Forestry Center</b> TEL: 048-536-0311 784 Sugahiro, Konan-machi <a href="http://www.pref.saitama">http://www.pref.saitama</a>	4-minute walk from Chikusan Shiken-mae bus stop. Catch the bus bound for Ogawa-machi Sta. or Junkanki Kokyuki-byo Center from the north exit of Kumagaya Sta., Takasaki Line, or the bus	Mondays (excluding national holidays), the day following a holiday (except if this day is a weekend or holiday), and over the New Year.

<a href="http://lg.jp/A06/BQ05/">lg.jp/A06/BQ05/</a>	bound for Kumugaya Sta. at Ogawa-machi Sta., Tobu-Tojo Line.	
<b>Stock Farm Sai no Kuni Fureai Bokujo</b>	<ul style="list-style-type: none"> <li>90-minute walk from Byoin-mae bus stop. Catch the bus bound for Seibu Chichibu via Misawa from Oyahana Sta. on the Chichibu Line.</li> <li>90-minute walk from Hashiba bus stop. Catch the bus bound for Shiro-ishi Shako at Ogawa-machi Sta. on the Tobu-Tojo or Hachiko Lines.</li> </ul>	Mondays (open if it is a holiday and closed on Tue. instead), and over the New Year.
TEL: 0493-82-1500		
2949-1 Sakamoto, Higashi-Chichibu-mura <a href="http://www.pref.saitama.lg.jp/A06/BD28/top.html">http://www.pref.saitama.lg.jp/A06/BD28/top.html</a>		
<b>Agriculture and Forest Park</b>	4 km from Takekawa Station, Chichibu Line.	The 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays of each month (excluding holidays) and over the New Year
TEL: 048-583-2301		
5768-1 Honda, Fukaya-shi <a href="http://www.sainourin.or.jp/nkouen/">http://www.sainourin.or.jp/nkouen/</a>		
<b>Sai-no-Kuni Fure'ai no Mori Forest</b>	Catch the bus bound for Nakatsugawa at Mitsumine-guchi Sta., Chichibu Line. Get off at Nakatsugawa bus stop.	Over the New Year.
TEL: 0494-56-0026		
447 Nakatsugawa, Chichibu-shi <a href="http://www.chichibu.ne.jp/~furemori/">http://www.chichibu.ne.jp/~furemori/</a>		
<b>Prefectural Citizen's Forest</b>	90-minute walk from Ashigakubo Sta., Seibu Chichibu Line.	January, February, and December.
TEL: 0494-23-8340		
896 Maruyama-Kitahira, Ashigakuboji, Yokoze-machi <a href="http://www.chichibu.ne.jp/~ssinrinp/kenmori.htm">http://www.chichibu.ne.jp/~ssinrinp/kenmori.htm</a>		
<b>Saitama Nature Park</b>	10-minute walk from Hagiwara bus stop. Catch bus bound for either Miyadera -Nishi or Hakonegasaki-eki at Kotesashi Sta., Seibu -Ikebukuro Line.	Mondays (except holidays), the day after holidays (except weekends) and over the New Year.
TEL: 04-2934-4396		
889-1 Miyadera, Iruma-shi <a href="http://saitama-midorino.mori.jp/">http://saitama-midorino.mori.jp/</a>		
<b>Sayama Hill Flora &amp; Fauna Interaction Center</b>	15-minute walk from Shimo-Yamaguchi Sta., Seibu-Sayama Line.	Mondays (excluding holidays), the day after holidays (except weekends) and over the New Year
TEL: 04-2939-9412		
782 Arahata, Tokorozawa-shi <a href="http://www.ikifure.info/">http://www.ikifure.info/</a>		
<b>Arakawa Visitors' Center</b>	15-minute walk from Bushu Hino station on the Chichibu Tetsudo Line.	Tuesdays (excluding holidays), the day after holidays (except weekends) and over the
TEL: 0494-54-2014		
536-1 Arakawa Hino,		

Chichibu-shi		New Year.
<b>Children's Zoological Park</b> TEL: 0493-35-1234 554 Iwadono, Higashi-Matsuyama-shi <a href="http://www.parks.or.jp/sczoo/index.html">http://www.parks.or.jp/sczoo/index.html</a>	Catch bus bound for Hatoyama New Town at Takasaka Sta., Tobu-Tojo Line. Get off at Kodomo Dobutsu Shizen Koen-mae bus stop.	Mondays (or the following day in Monday falls on a national holiday except in the case of the following dates: April 7, 28, May 19, 26, Jan 5, March 30), January 13, 20, and 27, and over the New Year
<b>Midori no Mura</b> TEL: 0494-75-3441 853 Iida, Ogano-machi <a href="http://www.chichibu.ne.jp/~takahasi/index.htm">http://www.chichibu.ne.jp/~takahasi/index.htm</a>	20 minute walk from Takihara Danchi-mae bus stop. Catch the bus bound for Ogano Shako to Ogano Yakuba from Seibu Chichibu Sta. on the Seibu Chichibu line. At Ogano Yakuba, transfer to the bus bound for Kurio or Sakamoto.	New Year holidays
<b>Youth Outdoor Activities Center</b> TEL: 0494-24-1463 4386 Yamada, Chichibu-shi <a href="http://yakatu.shoppro.co.jp/">http://yakatu.shoppro.co.jp/</a>	14 km by taxi from Seibu Chichibu Station or Chichibu Station 2 hours walk (approx 6.4km) from Ashigakubo Station.	Tuesdays (Wednesday if Monday is a holiday) and over New Year
<b>Kanto Fureai Paths</b> ( Tokyo Metropolitan Walking Paths ) <a href="http://www.pref.saitama.lg.jp/A09/BD00/kanfure/kanfuretop.htm">http://www.pref.saitama.lg.jp/A09/BD00/kanfure/kanfuretop.htm</a>	The Kanto Fureai Paths are long walking tracks that cover the Tokyo Metropolitan Area including 7 prefectures in the Kanto region. Visitors can enjoy beautiful nature, townscapes, history and cultural assets along these 1 day courses. The average distance is 10km however Saitama has the longest course of 155.5km. Each of these courses originates and ends near a train or bus station. <Contact> Environment Division, Saitama Prefecture Department of Environment TEL: 048-830-3156 (Mon – Fri 8:30 – 17:15) Japanese Only	



### 3. Parks

Name	Town/city	Access
<b>Omiya Park</b>	Saitama City	<ul style="list-style-type: none"> <li>• 20-minute walk from the east exit of Omiya Sta.</li> <li>• 10-minute walk from Omiya Koen Sta.,</li> </ul>

		Tobu-Noda Line.
<b>Toda Park</b>	Toda City	15-minute walk from Toda Koen Sta., Saikyo Line.
<b>Akigase Park</b>	Saitama City	3-minute walk from Sakuraso Koen bus stop. Catch bus bound for Shiki Sta. at the west exit of Urawa Sta., Keihin-Tohoku Line.
<b>Kita-Urawa Park</b>	Saitama City	2-minute walk from the west exit of Kita-Urawa Sta., Keihin-Tohoku Line.
<b>Sakitama Kofun Park</b>	Gyoda City	2-minute walk from Saitama Kofun-Koen-mae bus stop. Catch shinai-junkan bus from Gyoda Sta., Takasaki Line or at Gyoda-shi Sta., Chichibu Line.
<b>Kuki-Shobu Park</b>	Kuki City Shobu Town	15-minute walk from Yokebori bus stop. Catch bus bound for Shobu-Nakabashi at Shiraoka Sta., Utsunomiya Line.
<b>Tokorozawa Kokukinen Park</b>	Tokorozawa City	Next to Koku Koen Sta. on the Seibu-Shinjuku Line.
<b>Chichibu Muse Park</b>	Chichibu City, Ogano Town	Shuttle bus runs from Seibu-Chichibu Sta., Seibu-Chichibu Line and Chichibu Sta., Chichibu Line.
<b>Hanyu Suigo Park</b>	Hanyu City	7 km from Kazo Sta. or Hanyu Sta., Tobu-Isesaki Line.
<b>Misato Park</b>	Misato City	Catch the bus bound for Kanamachieki Minamiguchi from Misato Sta. on the Musashino Line. Get off at Misato Koen mae.
<b>Wako Jurin Park</b>	Wako City	5-minute walk from Nishi-Owada Danchi bus stop. Catch the circuit bus bound for Wako-shi Sta. South Exit at Wako-shi Sta., Tobu-Tojo Line.
<b>Sai-no-Mori Iruma Park</b>	Iruma City	15-minute walk from Iruma-shi Sta., Seibu-Ikebukuro Line.
<b>Sayama Inariyama Park</b>	Sayama City	Near Inariyama Sta., Seibu-Ikebukuro Line.
<b>Musashi Kyuryo Shinrin National Park</b>	Kumagaya City, Namegawa Town	Catch the bus bound for Shinrin Koen South Exit at Shinrin Koen Sta., Tobu-Tojo Line. Alternatively it is a 40-minute walk from the station.

Link to homepage for Parks of Saitama Prefecture

<http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyukai/top.html>



#### 4. Sports Facilities

##### (a) Cycling Courses

Course	How to get there / Contact
<p><b>Musashi Kyuryo Shinrin National Park Cycling Course</b>  17 km course through Shinrin Park. Note: the park charges an entry fee.  <a href="http://www.shinrin-koen.go.jp/area/cycling.html">http://www.shinrin-koen.go.jp/area/cycling.html</a></p>	<p>Catch the bus bound for Koen Minami-guchi at Shinrin Koen Sta., Tobu-Tojo Line. Get off at the Shinrin Koen bus stop. Alternatively it is a 40-minute walk from the station.</p> <hr/> <p>Shinrin Park Management Center.  TEL: 0493-57-2111</p>
<p><b>Shinrin Cycling Course</b>  2.9 km course from Shinrin Koen Sta., to Shinrin Park. Flowers and sculptures can be viewed along the course.  <a href="http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/sinri.html">http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/sinri.html</a></p>	<p>Starts at Shinrin Koen Sta. on the Tobu-Tojo Line</p> <hr/> <p>Parks and Recreation Foundation.  TEL: 03-3431-4865</p>
<p><b>Tone Cycling Course</b>  17 km course from Gyoda to Kazo along the banks of the Tone River.  <a href="http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/toneriver.html">http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/toneriver.html</a></p>	<ul style="list-style-type: none"> <li>• Gyoda Center is 15 minutes by taxi from Hanyuu Sta. Chichibu or Tobu-Isesaki Lines</li> <li>• Kazo Center is a 5-minute walk from the Ogoe Shogakko bus stop. Catch bus bound for Ogoe-Banba from Kazo Sta. Tobu-Isesaki Line.</li> </ul> <hr/> <p>Gyoda Center: 048-557-1669  Kazo Center: 0480-68-6200</p>
<p><b>Arakawa Cycling Course</b>  45.9 km (14.3 km in Saitama City) course from Kita-Urawa Park to Shinrin Park along the banks of the Arakawa River. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Start: 3-minute walk from west exit of Kita-Urawa Sta., Keihin-Tohoku Line.  End: Last stop on bus bound for Shinrin Koen from South Exit of Shinrin Koen Sta. Tobu Tojo Line</p> <hr/> <p>Prefectural Road Environment Management Division TEL: 048-830-5103  (For matters relating to the section of the course in Saitama City call 048-829-1111)</p>
<p><b>Irumagawa Cycling Course</b>  22.8 km course along the banks of the Iruma River from Iruma Ohashi to Toyomizu Hashi. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Start: Take bus bound for Ageo West Exit and get off at Iruma Ohashi.  End: Take bus for Sayama Green Heights from Sayama Sta. and get off at Negishi Shindo. From there an 8 min walk.</p> <hr/> <p>Prefectural Road Environment Management Division. TEL: 048-830-5103</p>
<p><b>Edogawa Cycling Course</b>  36.7 km course along the banks of the Edo River from Misato Park to Kanjuku-bashi. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Take community bus for Kanemachi Sta. south exit. Get off at Kosu Chiku Cultural Center. Walk 4 minutes.  End: Take bus for Sakai Shako from Tobu Dobutsu Koen Sta. get off at Kanjuku bashi Nishizume.</p> <hr/> <p>Prefectural Road Environment Management Division. TEL: 048-830-5103</p>

<p><b>Shibakawa Cycling Course</b>  12.7 km (0.23 km in Saitama City) course along the banks of Shibukawa and Shin-Shibukawa Rivers from Shikahama Nogyo Park to Haccho-bashi. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Start: Last stop on bus bound for Shikahama Nogyo Park from Nishi Arai Station on Tobu Isesaki Line.  End: Take bus bound for Hatogaya Shako from Higashi Urawa Sta. on Musashino Line. Get off at Haccho-bashi.</p> <hr/> <p>Prefectural Road Environment Management Division. TEL: 048-830-5103  (For matters relating to the section of the course in Saitama City, please call 048-829-1111)</p>
<p><b>Hiki Cycling Course</b>  10.2 km course from Ichino river Ohashi to Children's Zoological Park. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Start: take bus for Konosu Menkyo Center from east exit of Kawagoe Sta. and get off at Hoko-bashi. 25 minute walk.  End: Take bus for Hatoyama Newtown from Takasaka Sta. on Tobu Tojo Line and get off at Children's Zoological Park.</p> <hr/> <p>Prefectural Road Environment Management Division. TEL: 048-830-5103</p>
<p><b>Tonegawa Cycling Course</b>  29.6 km (3.8 km in Gunma Prefecture) course along the bank of the Tone River between Musashi Ohashi Bridge and Bando Ohashi Bridge. No bicycle rental service available. Please note that a section of the course is currently under maintenance.  <a href="http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm">http://www.pref.saitama.lg.jp/A08/BF00/gyoumu/gp8/cycling.htm</a></p>	<p>Start: Take the Gyoda City Loop Bus (North West) from Gyoda-Shi sta. on the Tobu Isesaki Line. 5 min walk from Rojin Fukushi Center stop. End: Juo Bus bound for Isesaki from Honjo Sta. (North Exit). 1 min walk from Bando Ohashi Minami Tzume stop.</p> <hr/> <p>Prefectural Road Environment Management Division. TEL: 048-830-5103  (Regarding the section of the course that is in Gunma, please call Gunma Road Planning Division at 027-226-3600)</p>
<p><b>Kuki-Shobu Park Cycling Course</b>  2.5 km course around the park's pond.  <a href="http://park5.wakwak.com/~kuki/syoubukouen/index.html">http://park5.wakwak.com/~kuki/syoubukouen/index.html</a></p>	<p>15-minute walk from Yokebori bus stop. Catch bus bound for Shobu-Nakabashi at Shiraoka Sta., Utsunomiya Line).</p> <hr/> <p>Kuki-Shobu Park Office. TEL: 0480-23-1366</p>
<p><b>Sakitama Ryokudo and Hana no Sato Paths</b>  The Sakitama cycling course is 4.5 km and offers views of sculptures along the way. The Hana no Sato cycling course is approx. 1.5 km. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/sakiryo.html">http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyoukai/sakiryo.html</a></p>	<p>In front of Kita-Konosu Sta., Takasaki Line.</p> <hr/> <p>Seikoen Co. TEL: 0495-22-3414</p>
<p><b>Midori-no-Healthy Road</b>  56.5 km cycling course along the Minuma-Daiyosui Irrigation Canal, which flows through fields and parks. No bicycle rental service available.  <a href="http://www.pref.saitama.lg.jp/A06/">http://www.pref.saitama.lg.jp/A06/</a></p>	<ul style="list-style-type: none"> <li>• From the east exit of Kawaguchi Sta., Keihin-Tohoku Line, catch the bus bound for Higashi Kawaguchi Sta. or Totsuka-Angyo Sta. Get off at Green Center bus stop.</li> <li>• 5-minute walk from Bushu-Araki Sta., Chichibu Tetsudo Line.</li> </ul>

<a href="http://BI00/nouson/sisetu/3.htm">BI00/nouson/sisetu/3.htm</a>	Rural Development Division, Saitama Prefectural Government. TEL: 048-830-4351
<p><b>Mizu to Midori Fureai Road</b>  <i>Includes the 25.5 km Kisairyo and Nakasu Irrigation Canal cycling course and the 16.5 km Nakajima, Kuronuma and Toyoharu Irrigation Canal cycling course. No bicycle rental service available.</i>  <a href="http://www.pref.saitama.lg.jp/A06/BI00/nouson/sisetu/3.htm">http://www.pref.saitama.lg.jp/A06/BI00/nouson/sisetu/3.htm</a></p>	<ul style="list-style-type: none"> <li>• Kisairyo and Nakasu Irrigation Canal Cycling Course: 10-minute walk from Tobu Dobutsuen Sta., Tobu Isezaki Line.</li> <li>• Kisairyo, Nakasu and Toyoharu Irrigation Canal Cycling Course: 20-minute walk from Yagisaki Sta., Tobu Noda Line.</li> </ul>
	Rural Development Division, Saitama Prefectural Government. TEL: 048-830-4351

### (b) Baseball Fields

Name	How to get there	Contact
<b>Omiya Park</b>	<ul style="list-style-type: none"> <li>• 20-minute walk from east exit of Omiya Sta., Keihin-Tohoku Line.</li> <li>• 10-minute walk from Omiya Koen Sta., Tobu-Noda Line.</li> </ul>	Omiya Park Management Office. TEL: 048-641-6391
<b>Akigase Park</b>	3-minute walk from Sakuraso Koen bus stop. Catch bus bound for Shiki Sta. from the west exit of Urawa Sta., Keihin-Tohoku Line.	Akigase Park Management Office. TEL:048-865-7966
<b>Tokorozawa Aviation Memorial Park</b>	10-minute walk from Koku Koen Sta., Seibu-Shinjuku Line.	Tokorozawa City Sports Division. TEL:04-2998-2948
<b>Yoshimi Athletic Park</b>	20 minutes by taxi from either Konosu Sta., Takasaki Line or Higashi-Matsuyama Sta., Tobu-Tojo Line.	Yoshimi Sogo Athletic Park Management Office. TEL: 0493-54-4701
<b>Yoshikawa Park</b>	15 minutes by taxi from Yoshikawa Sta., Musashino Line.	Yoshikawa Sogo Taiikukan Office. TEL: 048-982-6800

### (c) Athletic Tracks & Sports Grounds

Name	How to get there	Contact
<b>Ageo Athletic Park</b>	<ul style="list-style-type: none"> <li>• 20-minute walk from the east exit of Ageo Sta., Takasaki Line.</li> <li>• 8-minute walk from the Ageo Undo Koen Mae bus stop. Catch bus bound for</li> </ul>	Ageo Athletic Park Management Office. TEL: 048-771-4245

	Ageo-shako from the east exit of Omiya Sta., Keihin-Tohoku Line.	
<b>Tokorozawa Aviation Memorial Park</b>	Next to Koku Koen Sta., Seibu-Shinjuku Line.	Tokorozawa Aviation Memorial Park Management Office. TEL: 04-2998-4388
<b>Yoshikawa Park</b>	15 minutes by taxi from Yoshikawa Sta., Musashino Line.	Yoshikawa Sogo Taikukan Office. TEL: 048-982-6800
<b>Kumagaya Sports and Cultural Park</b>	5-minute walk from Rikuji Kyogijo Iriguchi bus stop. Catch bus bound for Inuzuka from north exit of Kumagaya Sta., Takasaki line.	Kumagaya Sports and Cultural Park Office. TEL: 048-526-2004

#### (d) Tennis Courts

<b>Name</b>	<b>How to get there</b>	<b>Contact</b>
<b>Kenmin Kenko Fukushi-mura</b>	<ul style="list-style-type: none"> <li>• 25-minute walk from Higashi-Kawaguchi Sta., Musashino Line.</li> <li>• About 20 minutes on the bus bound for Fukushi Mura from Koshigaya Sta. Tobu Isesaki Line.</li> </ul>	Kenmin Kenko Fukushi-mura TEL: 048-963-7111
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively it is a 25-minute walk from the station.	Social Activities Center for the Disabled. TEL: 048-834-2222 Note: this is a facility for use by the disabled
<b>Prefectural Citizens Activity Center</b>	Around 3 minutes on the free shuttle bus that runs from Uchijuku Sta., New Shuttle Line.	Prefectural Citizens Activity Center. TEL: 048-728-7111
<b>Omiya Daini Park</b>	20-minute walk from Omiya Koen Sta., Tobu-Noda Line.	Omiya Park Management Office. TEL: 048-641-6391
<b>Tokorozawa Aviation Memorial Park</b>	A 10-minute walk from Koku Koen Sta., Seibu-Shinjuku Line.	Tokorozawa Aviation Memorial Park Management Office. TEL: 04-2998-4388
<b>Chichibu Muse Park</b>	Take the Chichibu Muse Park shuttle bus (Gururin) from either Seibu-Chichibu Sta., Seibu-Chichibu Line or Chichibu Sta., Chichibu Tetsudo Line and get off at Muse Park Minami-guchi.	Chichibu Muse Park Management Office. TEL: 0494-25-1315
<b>Ageo Athletic Park</b>	<ul style="list-style-type: none"> <li>• 20-minute walk from the east exit of Ageo Sta.,</li> </ul>	Ageo Athletic Park Management Office.

	Takasaki Line. <ul style="list-style-type: none"> <li>8-minute walk from the Ageo Undo Koen Mae bus stop. Catch bus bound for Ageo-shako from the east exit of Omiya Sta., Keihin-Tohoku Line.</li> </ul>	TEL: 048-771-4245
<b>Akigase Park</b>	3-minute walk from Sakuraso Koen bus stop. Catch bus bound for Shiki Sta. from the west exit of Urawa Sta., Keihin-Tohoku Line.	Akigase Park Management Office. TEL: 048-865-7966
<b>Kawagoe Park</b>	15-minute walk from Nishi-Kawagoe Sta., Kawagoe Line.	Kawagoe Park Management Office. TEL:049-241-2241
<b>Sports Training Center</b>	A 25-minute walk from the east exit of Ageo Sta. on the Takasaki Line.	Sports Training Center. TEL: 048-774-5551
<b>Kumagaya Sports and Cultural Park (Sai-no-kuni Kumagaya Dome)</b>	5-minute walk from Rikujo Kyogijo Iriguchi bus stop. Catch bus bound for Inuzuka from the north exit of Kumagaya Sta., Takasaki Line.	Kumagaya Sports and Cultural Park Office. TEL: 048-526-2004

#### (e) Soccer Fields

<b>Name</b>	<b>How to get there</b>	<b>Contact</b>
<b>Omiya Park</b>	<ul style="list-style-type: none"> <li>20-minute walk from the east exit of Omiya Sta., Keihin-Tohoku Line</li> <li>10-minute walk from Omiya Koen Sta., Tobu-Noda Line.</li> </ul>	Saitama City Parks and Green Spaces Association. TEL: 048-644-7950
<b>Akigase Park</b>	3-minute walk from Sakuraso Koen bus stop. Catch bus bound for Shiki Sta. from the west exit of Urawa Sta., Keihin-Tohoku Line.	Akigase Park Management Office. TEL:048-865-7966
<b>Saitama Stadium 2002</b> <a href="http://stadium2002.com/index.php">http://stadium2002.com/index.php</a>	15-minute walk from Urawa-Misono Sta., Saitama Railway.	Saitama Stadium 2002. TEL: 048-812-2002

#### (f) Softball Fields

<b>Name</b>	<b>How to get there</b>	<b>Contact</b>
<b>Akigase Park</b>	3-minute walk from Sakuraso	Akigase Park Management

	Koen bus stop. Catch bus bound for Shiki Sta. from the west exit of Urawa Sta., Keihin-Tohoku Line.	Office. TEL:048-865-7966
<b>Kumagaya Sports &amp; Culture Park</b>	10-minute walk from the Akagi Jinja Mae bus stop. Catch bus bound for Kuzuwada from the north exit of Kumagaya Sta. on the Takasaki Line.	Kumagaya Sports and Cultural Park Office. TEL: 048-526-2004
<b>Kenmin Kenko Fukushi-mura</b>	<ul style="list-style-type: none"> <li>• 25-minute walk from Higashi-Kawaguchi Sta., Musashino Line.</li> <li>• About 20 minutes on the bus bound for Fukushi Mura from Koshigaya Sta., Tobu Isesaki Line.</li> </ul>	Kenmin Kenko Fukushi-mura. TEL: 048-963-7111
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station.	Shogaisha Exchange Center. TEL: 048-834-2222 Note: This is a facility for use by the disabled.

#### (g) Rugby Fields

Name	How to get there	Contact
<b>Akigase Park</b>	3-minute walk from Sakuraso Koen bus stop. Catch bus bound for Shiki Sta. from the west exit of Urawa Sta., Keihin-Tohoku Line.	Akigase Park Management Office. TEL:048-865-7966
<b>Kumagaya Sports &amp; Culture Park</b>	5-minute walk from Akagi Jinja Mae bus stop. Catch bus bound for Kuzuwada from the north exit of Kumagaya Sta., Takasaki Line.	Kumagaya Sports and Cultural Park Office. TEL: 048-526-2004

#### (h) Gateball Parks

Name	How to get there	Contact
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station.	Social Activities Center for the Disabled. TEL: 048-834-2222 Note: This is a facility for use by the disabled.

### (i) Gymnasiums

Name	How to get there	Contact
<b>Omiya Park</b>	<ul style="list-style-type: none"><li>• 20-minute walk from the east exit of Omiya Sta., Keihin-Tohoku Line.</li><li>• 10-minute walk from Omiya Koen Sta., Tobu-Noda Line.</li></ul>	Omiya Park Management Office. TEL: 048-641-6391
<b>Ageo Athletic Park</b>	<ul style="list-style-type: none"><li>• 20-minute walk from the east exit of Ageo Sta., Takasaki Line.</li><li>• 8-minute walk from the Ageo Undo Koen Mae bus stop. Catch bus bound for Ageo-shako from the east exit of Omiya Sta., Keihin-Tohoku Line.</li></ul>	Ageo Athletic Park Management Office. TEL: 048-771-4245
<b>Sports Training Center</b>	5-minute walk from the east exit of Ageo Sta., Takasaki Line.	Sports Training Center. TEL: 048-774-5551
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station.	Social Activities Center for the Disabled. TEL: 048-834-2222 Note: This is a facility for use by the disabled.
<b>Kumagaya Sports and Cultural Park (Sai-no-kuni Kumagaya Dome)</b>	5-minute walk from Rikujo Kyogijo Iriguchi bus stop. Catch bus bound for Inuzuka from the north exit of Kumagaya Sta., Takasaki Line.	Kumagaya Sports and Cultural Park Office. TEL: 048-526-2004

### (j) Swimming Pools

Name	How to get there	Contact
<b>Ageo Athletic Park (Indoor pool &amp; Summer outdoor Pool)</b>	<ul style="list-style-type: none"><li>• 20-minute walk from the east exit of Ageo Sta., Takasaki Line.</li><li>• 8-minute walk from the Ageo Undo Koen Mae bus stop. Catch bus bound for Ageo-shako at the east exit of Omiya Sta., Keihin-Tohoku Line.</li></ul>	Ageo Athletic Park Management Office. TEL: 048-773-6711
<b>Shirakobato Park (Summer outdoor pool)</b>	5-minute walk from the Suijo Koen Iriguchi bus stop. Catch the Asahi bus at either Koshigaya Sta., Tobu-Isesaki Line or Iwatsuki	Shirakobato Park Management Office. TEL: 048-977-5111

	Sta., Tobu-Noda Line.	
<b>Kawagoe Park (Summer outdoor pool)</b>	15-minute walk from Nishi-Kawagoe Sta. on the Kawagoe Line.	Kawagoe Koen Office. TEL: 049-241-2241
<b>Kazo-Hanasaki Park (Summer outdoor pool)</b>	10-minute walk from Hanasaki Sta., Tobu-Isezaki Line.	Kazo-Hanasaki Park Management Office. TEL: 0480-65-7155
<b>Kenmin Kenko Fukushi-mura</b>	<ul style="list-style-type: none"> <li>• 25-minute walk from Higashi-Kawaguchi Sta., Musashino Line.</li> <li>• About 20 minutes on the bus bound for Fukushi Mura from Koshigaya Sta., Tobu Isezaki Line.</li> </ul>	Kenmin Kenko Fukushi-mura. TEL: 048-963-7111
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station	Social Activities Center for the Disabled. TEL: 048-834-2222 Note: This is a facility for use by the disabled.

#### (k) Rowing Areas

Name	How to get there	Contact
<b>Toda Park</b>	15-minute walk from Toda Koen Sta., Saikyo Line.	Toda Park Management Office. TEL: 048-442-2424

#### (l) Martial Arts Dojos

Name	How to get there	Contact
<b>Omiya Park (Kyudo)</b>	<ul style="list-style-type: none"> <li>• 20-minute walk from the east exit of Omiya Sta., Keihin-Tohoku Line</li> <li>• 10-minute walk from Omiya Koen Sta., Tobu-Noda Line.</li> </ul>	Omiya Park Management Office. TEL: 048-641-6391
<b>Budokan (Kyudo, Judo, Kendo)</b> <a href="http://www.saitama-budoukan.jp/">http://www.saitama-budoukan.jp/</a> (This website is managed by a 3 <sup>rd</sup> party designated by Budokan)	10-minute walk from the west exit of Urawa Sta., Keihin-Tohoku Line.	Saitama Prefectural Budokan. TEL : 048-777-2400

#### (m) Fitness Centers

Name	How to get there	Contact
<b>Sports Training Center</b>	25-minute walk from the east exit of Ageo Sta., Takasaki	Sports Training Center. TEL: 048-774-5551

	Line.	
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station.	Social Activities Center for the Disabled. TEL: 048-834-2222 Note: This is a facility for use by the disabled.
<b>Prefectural Citizens Activity Center</b>	Around 3 minutes on the free shuttle bus that runs from Uchijuku Station, New Shuttle Line.	Prefectural Citizens Activity Center. TEL: 048-728-7111
<b>Kenmin Kenko Fukushi-mura</b>	<ul style="list-style-type: none"> <li>• 25-minute walk from Higashi-Kawaguchi Sta., Musashino Line.</li> <li>• About 20 minutes on the bus bound for Fukushi Mura from Koshigaya Sta., Tobu Isesaki Line.</li> </ul>	Kenmin Kenko Fukushi-mura. TEL: 048-963-7111

#### (n) Shooting Ranges

Name	How to get there	Contact
<b>Nagatoro Firing Range</b> <a href="http://www.nsr.bz/">http://www.nsr.bz/</a>	3km from Nogami Sta., Chichibu Tetsudo Line. (10 mins by taxi from Nagatoro Sta)	Nagatoro Firing Range. TEL: 0494-66-1111

#### (o) Archery Ranges

Name	How to get there	Contact
<b>Social Activities Center for the Disabled</b>	Shuttle bus runs from the east exit of Saitama Shintoshin Sta., Keihin-Tohoku Line. Alternatively, it is a 25-minute walk from the station.	Social Activities Center for the Disabled. TEL: 048-834-2222 <b>Note: This is a facility for use by the disabled.</b>

Link to list of Prefectural Sports Training Centers

<http://www.pref.saitama.lg.jp/A20/BA41/>

Link to "Citizens Health and Welfare Village" website

[http://www.parks.or.jp/koen\\_main/kenmin-kenko.html](http://www.parks.or.jp/koen_main/kenmin-kenko.html)

Link to Exchange Center for People with Disabilities website

<http://www.kouryu.net/>

Link to List of Prefectural Parks

<http://www.pref.saitama.lg.jp/A10/BD00/home/kouensyukai/top.html>



## 5. Medical Facilities

\*A referral letter is required for treatment at the following prefectural hospitals.

Name / Telephone / Address	Area of Specialization	How to get there
<b>Cardiovascular &amp; Respiratory Center</b> TEL: 048-536-9900 1696 Itai, Kumagaya-shi <a href="http://www.pref.saitama.lg.jp/A80/BA01/scrc/index.htm">http://www.pref.saitama.lg.jp/A80/BA01/scrc/index.htm</a>	Specializing mainly in the treatment of cardiovascular and respiratory ailments	Catch bus from the north exit of Kumagaya Sta., Takasaki Line or from the east exit of either Ogawa-machi Sta. or Musashi Ranzan Sta., Tobu-Tojo Line. Get off at Junkan-ki Kokyuu-ki Center bus stop.
<b>Cancer Treatment Center</b> TEL: 048-722-1111 818 Komuro, Ina-machi <a href="http://www.saitama-cc.jp/">http://www.saitama-cc.jp/</a>	Treatment of Cancer	<ul style="list-style-type: none"> <li>• Catch bus from the east exit of Ageo Sta., Takasaki Line or the west exit of Hasuda Sta., Utsunomiya Line. Get off at Gan Center bus stop.</li> <li>• 5-minute walk from Maruyama Sta., Saitama Shintoshin Kotsu New Shuttle Line.</li> </ul>
<b>Children's Medical Center</b> TEL: 048-758-1811 2100 Magome, Iwatsuki-ku, Saitama-shi <a href="http://www.pref.saitama.lg.jp/A80/BA03/">http://www.pref.saitama.lg.jp/A80/BA03/</a>	Pediatric health and development	Catch the bus from the east exit of Hasuda Sta., Utsunomiya Line. Get off at Shoni Iryo Center bus stop.
<b>Mental Health Center</b> 048-723-1111 818-2 Komuro, Ina-machi <a href="http://www.pref.saitama.lg.jp/A80/BA04/top.htm">http://www.pref.saitama.lg.jp/A80/BA04/top.htm</a>	Mental health treatment hospital (including treatment for adolescents)	<ul style="list-style-type: none"> <li>• Catch bus from the east exit of Ageo Sta., Takasaki Line or the west exit of Hasuda Sta., Utsunomiya Line. Get off at Gan Center bus stop.</li> <li>• 8-minute walk from Maruyama Sta., Saitama Shintoshin Kotsu New Shuttle Line.</li> </ul>
<b>Mental Health and Welfare Center</b> 048-723-1111 818-2 Komuro, Ina-machi <a href="http://www.pref.saitama.lg.jp/A03/BE02/top.htm">http://www.pref.saitama.lg.jp/A03/BE02/top.htm</a>	Prevention, treatment and rehabilitation of mental disorders	<ul style="list-style-type: none"> <li>• Catch bus from the east exit of Ageo Sta. on the Takasaki Line or the west exit of Hasuda Sta. on the JR Utsunomiya line. Get of at Gan Center bus stop.</li> <li>• 8-minute walk from Maruyama Sta., Saitama Shintoshin Kotsu New Shuttle Line.</li> </ul>
<b>Comprehensive Rehabilitation Center</b> 048-781-2222 148-1 Nishi-Kaizuka, Ageo-shi	Rehabilitation hospital (also provides patients with dental examinations)	Catch bus from Omiya Sta., Keihin Tohoku Line, Ageo Sta., Takasaki Line or Sashiogi Sta., Kawagoe Line. Get off at either Rehabilitation Center Iriguchi or Rehabilitation Center bus stop.

<http://www.pref.saitama.lg.jp/A03/BE01/rihasen/>