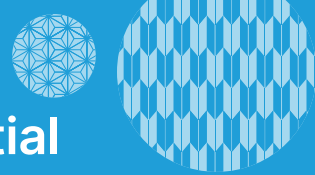


TOKYO brings out the potential





TOKYO Brings out the potential

Tokyo is an inclusive city with ample facilities and appealing tourism resources that attract many athletes and sports professionals from all over the world.

The many sports facilities accommodate all kinds of people in comfort to spectate athletes from around the world showcasing their best performances. This brochure introduces some of them.

Upon your consideration to host international competitions in Tokyo, check the capacity, available resources, and what sports or sporting events each venue is best suited to host.

List of sports facilities in Tokyo

Tokyo Metropolitan Gymnasium	P.1	Yumenoshima Park Archery Field	P.4
Japan National Stadium	P.2	Tokyo Aquatics Centre	P.5
Yoyogi National Stadium	P.2	Komazawa Olympic Park General Sports Ground	P.5
Tokyo Budokan	P.3	Musashino Forest Sport Plaza	P.6
ARIAKE ARENA	P.3	AJINOMOTO STADIUM (TOKYO STADIUM)	P.6
Sea Forest Waterway	P.4		



CENTRAL TOKYO **Barrier-free support**

Tokyo Metropolitan Gymnasium

**Artistic Gymnastics / Badminton / Basketball / Fencing / Handball / Judo / Karate
Rhythmic Gymnastics / Table Tennis / Taekwondo / Tennis / Volleyball / Wrestling**

Situated in the heart of Tokyo, the Tokyo Metropolitan Gymnasium not only features great accessibility, but it is also a pivotal sports facility that can host major sports events, accommodating around 10,000 spectators in the main arena. Many international and national sports events have been held here, including world championships of table tennis, wrestling, volleyball, and figure skating.

[More Info](#)



Information

Address	1-17-1, Sendagaya, Shibuya-ku, Tokyo
Stations Nearby	<ul style="list-style-type: none"> • 1 min. on foot from JR Sobu Line Sendagaya Station • 1 min. on foot from Toei Oedo Line Kokuritsu-kyogijo Station
Max capacity	9,308
Site area	45,800m ²

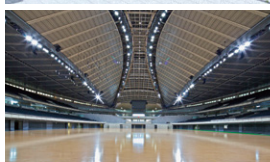
Nearby tourist attractions



Nature History & Tradition
Meiji Jingu Gaien



Nature History & Tradition
Meiji Shrine (Meiji Jingu)



※第27回 世界バドミントン選手権大会2022

CENTRAL TOKYO **Barrier-free support**

Japan National Stadium

Athletics / Football / Rugby

Completed on November 30, 2019, the Japan National Stadium was used as the main stadium for the Olympic and Paralympic Games TOKYO 2020. Today, it is used for athletics, football, rugby, and other sports games and competitions, as well as cultural events.



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Information

Address 10-1, Kasumigaoka-machi, Shinjuku-ku, Tokyo

Stations Nearby

- 1 min. on foot from Toei Oedo Line Kokuritsu-kyogijo Station
- 5 min. on foot from JR Sobu Line Sendagaya Station or Shinanomachi Station
- 9 min. on foot from Tokyo Metro Ginza Line Gaiemmae Station

Max capacity Approx. 67,750

Site area Approx. 109,800m²

Nearby tourist attractions



Nature History & Tradition
Meiji Jingu Gaien



Nature History & Tradition
Meiji Shrine (Meiji Jingu)

CENTRAL TOKYO **Barrier-free support**

Yoyogi National Stadium (1st, 2nd Gymnasium)

**Artistic Gymnastics / Badminton / Basketball / Fencing / Futsal / Handball / Judo
Karate / Rhythmic Gymnastics / Table Tennis / Taekwondo / Volleyball / Wrestling**

Yoyogi National Stadium was built for the 1964 Tokyo Olympics. While the 1st Gymnasium is built with a high-tension suspended roof structure, the 2nd Gymnasium is an inverted cone-like construction with a beautiful conical ceiling, with the beauty of its design highly appreciated internationally. The 1st Gymnasium was also used as a venue for the Olympic and Paralympic Games Tokyo 2020.

Information

Address 2-1-1, Jinnan, Shibuya-ku, Tokyo

Stations Nearby

- 5 min. on foot from JR Yamanote Line Harajuku Station or 15 min. on foot from Shibuya Station
- 5 min. on foot from Tokyo Metro Chiyoda Line / Tokyo Metro Fukutoshin Line Meiji-jingumae Station

Max capacity 1st Gymnasium : 12,934 / 2nd Gymnasium : 4,002

Site area 91,022m²

Nearby tourist attractions



Tourist attraction
Shibuya Scramble Crossing



Nature History & Tradition
Meiji Shrine (Meiji Jingu)



© JAPAN SPORT COUNCIL



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More Info





Tokyo Budokan

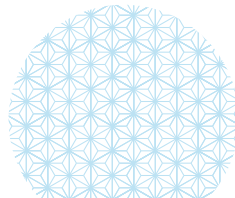
Badminton / Judo / Karate / Table Tennis / Taekwondo / Volleyball

This facility was established in 1990 as a base for promoting the traditional Japanese culture of martial arts in a new era and into the future. In addition to martial arts, it can also be used for sports such as table tennis. The innovative beauty of the design with high artistic quality attracts attention.



Information

Address 3-20-1, Ayase, Adachi-ku, Tokyo
Stations Nearby 5 min. on foot from Tokyo Metro Chiyoda Line Ayase Station
Max capacity 3,728
Site area 14,824m²



Nearby tourist attractions



Tourist attraction
TOKYO SKYTREE



Tourist attraction Shopping
Ameyoko



ARIAKE ARENA

**Badminton / Basketball / Futsal / Handball / Judo / Karate / Rhythmic Gymnastics
 Table Tennis / Tennis / Volleyball**

The main arena can be used for various purposes including sports and events, with spectator seating that can be changed based on seat layout, offering a maximum of 15,000 seats. The first-floor arena area can have mobile bleachers, temporary seats, and standing room to accommodate different event needs.

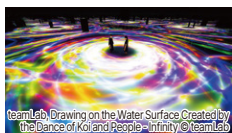
Information

Address 1-11-1, Ariake, Koto-ku, Tokyo
Stations Nearby • 8 min. on foot from Tokyo Waterfront New Transit Waterfront Line (Yurikamome) Shin-toyosu Station
 • 17 min. on foot from Tokyo Waterfront Area Rapid Transit Rinkai Line Kokusai-tenjiyo Station
Max capacity Main Arena: Approx.15,000
Site area Approx.36,576m²

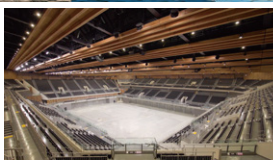
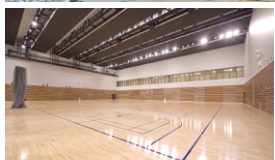
Nearby tourist attractions



Shopping
Tokyo Metropolitan Wholesale Market Toyosu Market



Tourist attraction
teamLab Planets TOKYO



Sea Forest Waterway

Canoe / Dragon boat / Rowing / Stand up paddle board / Triathlon

This is an international-level stadium with a 2,000-meter water course and a large field area with a dynamic view of Tokyo Bay. It can be used for various water sports such as canoe and rowing, as well as as a large event venue with an open atmosphere. Easy access from Haneda Airport (Tokyo International Airport).

Information

Address	3-6-44, Uminomori, Koto-ku, Tokyo
Stations Nearby	15 min. by free shuttle bus or taxi from Tokyo Waterfront Area Rapid Transit Rinkai Line Kokusai-tenjijo Station
Max capacity	1,960
Site area	Land area : 125,436㎡ Water area : 543,570㎡

Nearby tourist attractions



Tourist attraction
Odaiba Marine Park



Shopping
AQUA CITY ODAIBA

[More Info](#)



Yumenoshima Park Archery Field

Archery, etc

This park includes a lawn area of about 18,000㎡ (Width: approx. 160 m, Length: approx. 135 m) that can be used for various purposes such as archery competitions, as well as other sports and events. It is close to a terminal station where three railway lines connect, which makes it easily accessible by public transportation.

Information

Address	2-1-2, Yumenoshima, Koto-ku, Tokyo
Stations Nearby	7 min. on foot from Tokyo Metro Yurakucho Line / JR Keiyo Line / Tokyo Waterfront Area Rapid Transit Rinkai Line Shin-kiba Station
Site area	Approx.21,500㎡ (including approx.18,000㎡ of lawn area)

Nearby tourist attractions



Nature
Yumenoshima Tropical Greenhouse Dome



Tourist attraction
Tokyo Sea Life Park



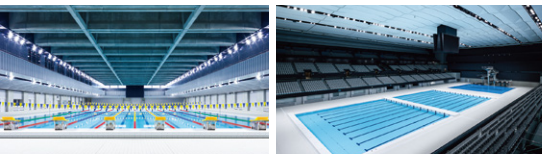
[More Info](#)



Tokyo Aquatics Centre

Artistic swimming / Diving / Swimming / Water Polo

The main pool, the diving pool, and the sub-pool are certified by international standards. Training facilities with trampolines for diving athletes, as well as other related facilities that ensure sound performance required for artistic swimming are also available. Two separate arenas can hold multiple competitions at the same time.



[More Info](#)



Information

Address	2-2-1, Tatsumi, Koto-ku, Tokyo
Stations Nearby	<ul style="list-style-type: none"> 10 min. on foot from Tokyo Metro Yurakucho Line Tatsumi Station 15 min. on foot from JR Keiyo Line Shiomi Station
Max capacity	4,934
Site area	Approx.36,399㎡

Nearby tourist attractions



Tourist attraction
Tatsumi Seaside Park



Tourist attraction
teamLab Planets TOKYO

Komazawa Olympic Park General Sports Ground

Baseball / Softball / Basketball / Fencing / Football / Handball / Rugby / Volleyball / Wrestling

Located in a lush green park, this is one of the largest comprehensive sports facilities in Tokyo. It was used as the second venue for the Olympic Games Tokyo 1964. Today, world-class athletes compete here as the venue hosts international fixtures of football, rugby, basketball, fencing, and volleyball among other sports.

Information

Address	1-1, Komazawakoen, Setagaya-ku, Tokyo
Stations Nearby	15 min. on foot from Tokyu Den-en-toshi Line Komazawa Daigaku Station
Max capacity	20,010
Site area	157,038㎡

Nearby tourist attractions



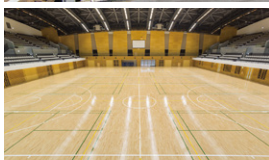
©Tokyo Metropolitan Park Association

Tourist attraction
Komazawa Olympic Park



©Futako Tamagawa Rise

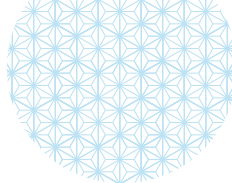
Shopping
Futako Tamagawa Rise Shopping Center



[More Info](#)



WESTERN TOKYO **Barrier-free support**



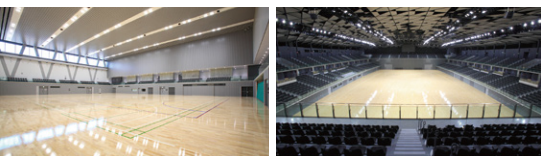
[More Info](#)



Musashino Forest Sport Plaza

Badminton / Basketball / Fencing / Volleyball

Located in western Tokyo, it is a major sports hub of Tama and was the venue for badminton, modern pentathlon fencing, and wheelchair basketball events of the Olympic and Paralympic Games Tokyo 2020. The main arena features 4 basketball courts and 18 badminton courts, accommodating up to about 10,000 spectators.



Information

Address 290-11, Nishimachi, Chofu-shi, Tokyo
Stations Nearby • 5 min. on foot from Keio Line Tobitakyu Station
• 20 min. on foot from Seibu Tamagawa Line Tama Station
Max capacity More than 10,000
Site area Approx.33,500m²

Nearby tourist attractions



Nature
Jindai Botanical Gardens



History & Tradition
Ookunitama-jinja Shrine

WESTERN TOKYO **Barrier-free support**

AJINOMOTO STADIUM (TOKYO STADIUM)

Football / Rugby

Ajinomoto Stadium is affectionately known as "Aji-Sta." The main attraction is the beautiful, well-maintained natural grass athletic field and the surrounding artificial turf field. The stadium can accommodate about 48,000 people. In addition to concerts, football and rugby games, other various events are held on the artificial turf fields.

Information

Address 376-3, Nishimachi, Chofu-shi, Tokyo
Stations Nearby • 5 min. on foot from Keio Line Tobitakyu Station
• 20 min. on foot from Seibu Tamagawa Line Tama Station
Max capacity 48,013
Site area Approx.177,000m²

Nearby tourist attractions



Nature
Jindai Botanical Gardens



History & Tradition
Ookunitama-jinja Shrine



[More Info](#)



Map of sports facilities in Tokyo

*In addition to this map there are plenty of them.



TOKYO
METROPOLITAN
GOVERNMENT

Tokyo Sports Facilities

<https://www.sports-tokyo-info.metro.tokyo.lg.jp/english/tokyoSportsFacilities/>

*All information contained in this brochure is based on date as of Nov. 2023, and is subject to change without notice.

More Info

