

Lake Saiko (Triathlon)



Major facilities

- Length of the lakeside perimeter (around): 10 kilometers
- Lake Saiko: area 2.10 square kilometers, depth 7.17 meters, perimeter 9.85 kilometers, 900 meters above sea level
- Swimming in Lake Saiko is ordinarily prohibited.



- Lake Saiko is one of the Fujigoko (five lakes) at the northern area of Mt. Fuji, a World Cultural Heritage Site. With relatively cool climate in summer, it is an ideal environment to train in.
- Magnificent natural environment surrounded by mountains, it provides ideal environment for training.
- Two lengths of the lake is approx. 1,500 meters and it is suitable for training focused on distance.
- The lakeside road is approx. 10 kilometers and good for running.
- The lakeside road is surrounded by trees. With sunlight shining through branches of trees, running and bike training in cool environment is possible.



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