



OI CENTRAL SEASIDE PARK Sports Forest

https://seaside-park.jp/search_park/park_ooisports



■ Location: 4-1-19 Yashio, Shinagawa-ku, Tokyo 140-0003
■ Contact: Oi Sports Center
Tel: 03-3790-2378
Fax: 03-3790-2993

A park equipped with a wide variety of sports facilities. On certain days the class 3 certified track and field facilities are available for use by the general public.



◆ Baseball fields



◆ Sakura Field

Opened April 1, 1978

Area 454,271.75 m² (4 Yashio, Shinagawa Ward 1 Tokai, Ota Ward)
(Total area for Sports Forest and Nagisa Forest, including 50,273.75 m² of water)

Facilities Track and field facilities. The class 3 certified track and field facilities with an 8 lane, 400 m track is suitable for holding all types of track events. Other facilities include changing rooms and photo finish equipment.

Baseball fields: 6 diamonds (4 equipped with lighting for night games)

Tennis courts: 12 hard courts (6 equipped with lighting for night games), 2 artificial turf courts

Oi Sports Center: Conference rooms, changing rooms, shower rooms, and other facilities

Seseragi Forest

Parking: Area no. 1 – 190 spaces, Area no. 2 – 100 spaces (300 yen for the first hour, 100 yen/30 min thereafter)

*The second parking lot will be closed for construction work, which between January 2025 and February 2026

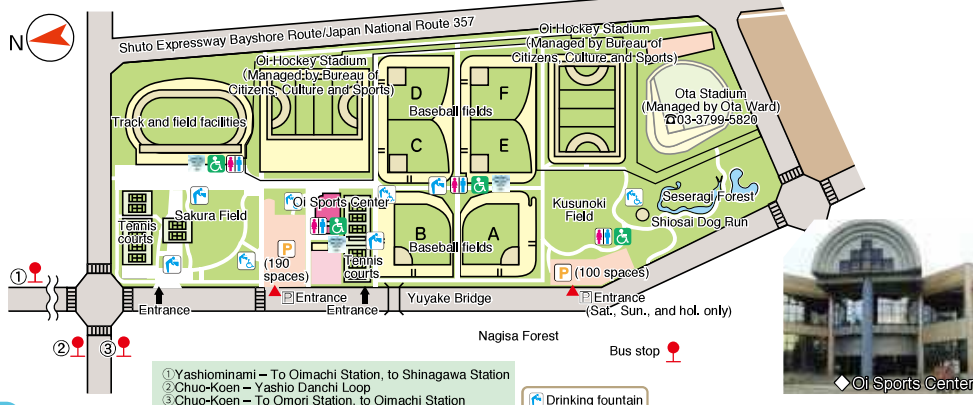
Dog Run

*For details on facility hours, please see the park's website or inquire by phone.

Park closed: Dec 31 and Jan 1



Monorail: Get off at Oi Keibajo-mae Station/7 min. walk
Bus: Get on the Shina 91 bus at the East Exit of JR Shinagawa Station or the I 92 bus at the East Exit of JR Oimachi Station and get off at Yashioinami/5 min. walk
Keikyu Bus: Get on the Mori 22 bus at the East Exit of JR Omori Station or Keikyu Omori-Kaigan Station and get off at Central Park/3 min. walk



① Yashioinami – To Oimachi Station, to Shinagawa Station
② Chuo-Koen – Yashio Danchi Loop
③ Chuo-Koen – To Omori Station, to Oimachi Station

Drinking fountain

◆ Oi Sports Center



OI CENTRAL SEASIDE PARK Nagisa Forest

https://seaside-park.jp/search_park/oisagisapark



■ Location: 4-2-1 Yashio, Shinagawa-ku, Tokyo 140-0003
■ Contact: Oi Sports Center
Tel: 03-3790-2378
Fax: 03-3790-2993

Oi Central Seaside Park Nagisa Forest is a place where visitors can get closer to nature, including rich greenery and the waterfront. Visitors can enjoy a refreshing stroll in the forest, bird watching, and fishing on the shore.



Can you find this spot?



◆ San-nin san-yo no zo [Portrait of Three People, Three Ways]

Nagisa Forest Ooini Volunteer Group

The group commenced activities in September 2002 in order to raise a forest to be loved by all in the Nagisa Forest area. The group devotes its efforts to restoring the natural environment of the forest and tidal flats, cleaning the park, and making compost.

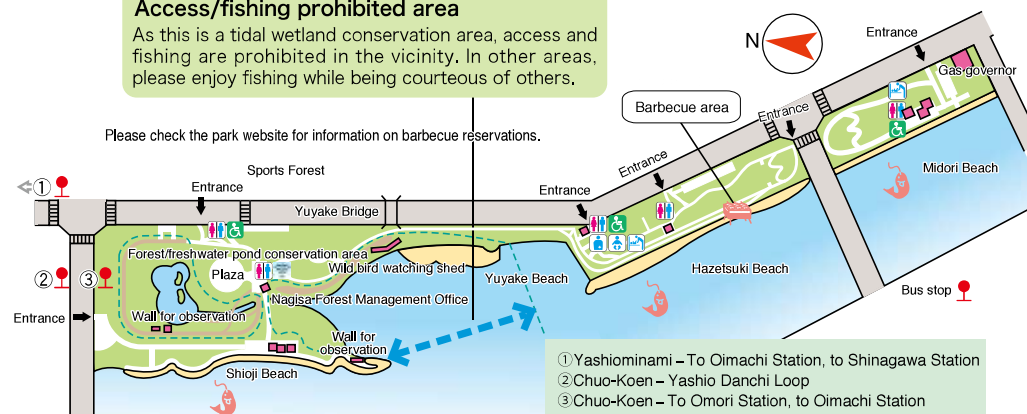
A monthly event that combines beach cleanup activities and the observation of creatures that live in the tidal flats is held to broadly educate the public regarding the nature of Nagisa Forest.



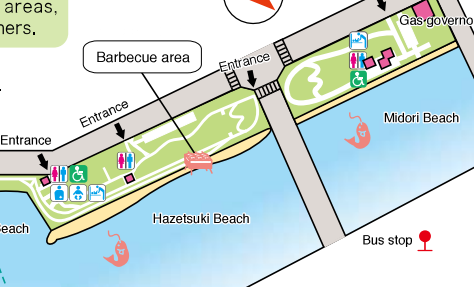
Nagisa Forest Management Office is closed Dec.29-Jan.3

Access/fishing prohibited area

As this is a tidal wetland conservation area, access and fishing are prohibited in the vicinity. In other areas, please enjoy fishing while being courteous of others.



Please check the park website for information on barbecue reservations.



① Yashioinami – To Oimachi Station, to Shinagawa Station
② Chuo-Koen – Yashio Danchi Loop
③ Chuo-Koen – To Omori Station, to Oimachi Station