

BLDG. 486 | 226-9378

 @MISAWAAB.ODR

 @MISAWA_ODR

OUTDOOR RECREATION CENTER

*Those under 18 years of age must have a parent or guardian participating

**JUNE ADVENTURES GO ON SALE
THURSDAY, MAY 2**

GREAT AMERICAN CAMPOUT

Saturday, June 8-Sunday, June 9

Check-in | 2 p.m.

Check-out | 9 a.m.

Camp Falcon

All Ages | Free

Join us as we participate in the National Wildlife Federation's annual Great American Campout! Yard games, bounce houses, crafts, s'mores and more! This is the perfect way to celebrate the beginning of summer and the end of the school year.

*Camping equipment is not included, but it is available for rent at ODR.

HOT SPRING & HIKE

Saturday, June 1-Sunday, June 2

Departs | 8 a.m.

Returns | 3 p.m.

\$140 per person | \$80 RecOn price

Ages 18+

Join us as we do two of our favorite things: hiking and going to Japanese hot springs known as onsens to rest our weary muscles. This adventure will include two beginner hikes where you'll get to see views of "mud volcanoes", Mt. Iwate and soak in two separate onsen locations.

Includes: Transportation, Adventure Guide, admission fees and lodging

ACA LEVEL 1 KAYAKING

Saturday, June 1

Departs | 7:30 a.m.

Returns | 6:30 p.m.

\$55 per person | \$15 RecOn price

*Ages 13+

We're headed to Odanai Pond to teach the fundamentals of kayaking. We'll follow the American Canoe Association (ACA) guidelines and teach how to paddle, how to re-enter if you capsize your boat and so much more! By the end of the day you'll have learned everything you need to be an ACA Level 1 kayaker.

Includes: Transportation, ACA kayak instructor, kayak, personal flotation device, wet or dry suit depending on weather.

ACA LEVEL 1 STANDUP PADDLEBOARD

Sunday, June 2

Departs | 7:30 a.m.

Returns | 6:30 p.m.

\$55 per person | \$15 RecOn

*Ages 13+

We're headed to Odanai Pond to teach the fundamentals of standup paddleboarding (SUPing). We'll follow the American Canoe Association (ACA) guidelines and teach you how to paddle, how to get back on your board if you fall off and so much more! By the end of the day you'll have learned everything you need to be an ACA Level 1 SUP (standup paddleboard).

Includes: Adventure Guide, ACA SUP instructor, standup paddleboard, personal flotation device, wet or dry suit depending on weather

HAKKODA HUT OVERNIGHT BACKPACKING

Saturday, June 15-Sunday, June 16

Departs | 7 a.m.

Returns | 3 p.m.

\$90 per person | \$60 RecOn price

Ages 18+

Over the centuries, the Hakkoda Mountains have created legends unlike any other. Let Outdoor Recreation show you why! This journey begins by winding through dense foothills and culminates as you rise to the summit of Mt. Odake, the tallest peak in the Hakkoda range! You will have the opportunity to spend the night in a rustic mountain hut, cook meals backpacker style and experience the serene beauty of the Hakkoda backcountry.

Includes: Transportation, Adventure Guide/ Mountain Guide, 65L backpack, sleeping bag & pad, trekking poles and a head lamp

- There is a mandatory pre-trip briefing at ODR
- Rain jacket, pants and waterproof hiking boots required
- Hiking level: Intermediate to advanced

MT. AZUMA & MT. ZAO ADVENTURE

Friday, June 21-Sunday, June 23

Departs | 7 a.m.

Returns | 7 p.m.

\$360 per person | \$230 RecOn price

Ages 18+

On this adventure, we're taking in the views of two mountains: Mt. Azuma-Fuji and Mt. Zao! This is a great introduction for beginners, but still a great experience for advanced individuals. Between the mountain views, we'll trek through a river and over suspension bridges, visit temples built over a thousand years ago and relax in onsens.

Includes: Transportation, Adventure Guide, lodging, admission fees and personal flotation device

AOMORI WEST COAST

Saturday, June 29

Departs | 8 a.m.

Returns | 8 p.m.

\$75 per person | \$25 RecOn price

*Ages 16+

It's summer time in Japan which means we're headed to the beach! Join us as we visit the Yuki Peninsula, a lava stone island with a beautiful shrine on the ocean. After a full day of exploring, we'll take a break and visit an onsen to relax before heading back to base!

Includes: Transportation, Adventure Guide and admission fees

ODANAI KAYAK ADVENTURE

Sunday, June 16

Departs | 10 a.m.

Returns | 2 p.m.

\$35 per person | \$25 RecOn price

Ages 12 & under | \$15

*Ages 6+

Less than 30 minutes from the main gate is a beautiful pond full of lotus blossoms and scenic wildlife. Absolutely no experience is required for this event, we will show you everything you need to know and outfit you for a beginner friendly adventure!

Includes: Transportation, ACA kayak instructor and personal flotation device

- Single kayaks are for individuals ages 13+
- Individuals 12 years of age and under must ride in a double kayak with a person age 18+

NIGHT KAYAKING

Friday, June 28

Departs | 3:30 p.m.

Returns | 10:30 p.m.

\$55 per person | \$30 RecOn price

*Ages 16+

The fun doesn't stop when the sun goes down! We're headed to Lake Towada to watch the sunset from our boats, and enjoy the view of the stars above us. Our goal for this adventure isn't distance, it's fun and amazing pictures!

Includes: Transportation, ACA kayak instructor, kayak, personal flotation device, headlamp, and dry bag

MT. MITSUISHI HIKE & CAMP

Saturday, June 29-Sunday, June 30

Departs | 5 a.m.

Returns | 5 p.m.

\$100 per person | \$70 RecOn price

Ages 18+

Grab your hiking boots and join this awesome adventure! We're heading to a volcanic mountain to hike through lush forest and rocky peaks. Be sure to stay close to our mountain guide to catch all of the local area knowledge. At the end of the first day we'll reset and recuperate in the onsen prior to heading back to camp for the night.

Includes: Transportation, Adventure Guide/Mountain Guide, backpack, sleeping bag & pad, tent and admission fee for camp site

- There is a mandatory pre-trip briefing at ODR
- Rain jacket, pants and waterproof hiking boots required
- Hiking level: Advanced

Campout Participant sign-up



Sprint Triathlon Participant sign-up



Sprint Triathlon Volunteer sign-up



SPRINT TRIATHLON

Sunday, May 12

Check-in Starts | 7 a.m.

Event Starts | 7:30 a.m.

Starting location | Himberg Pool

FREE

Ages 16+

May is National Physical Fitness and Sports Month, so we're partnering up with our friends over at Potter Fitness for a fit and fun Sprint Triathlon. Begin the morning by swimming 750m in the Himberg Pool, cycling 20km in the Potter Fitness Center Spin Room, followed by running a 5k around base.