

OUTDOOR RECREATION ADVENTURE GUIDE

AIR FORCE



OUTDOOR RECREATION
Misawa Air Base, Japan

SPRING & SUMMER 2026



SUMMIT TO SEA: DAEMON & DOLPHINS

Saturday, May 23–Sunday, May 24

Departs | 7 a.m.

Returns | 5 p.m.

\$175 per person

Ages 16+*

We're setting out for the Daemon Tower trail, winding through rugged scenery before stopping for lunch at Baba Rock. At the summit, you'll catch breathtaking views stretching all the way to Hokkaido Island, on clear days. That's not all, we'll also board a boat to spot the playful Mutsu Bay dolphins, making this adventure the perfect mix of mountain challenge and ocean wonder.

Includes: Transportation, Adventure Guide, lodging & admission fees

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



SHIRAKAWA LAKE ADVENTURE

Saturday, May 30–Sunday, May 31

Departs | 6 a.m.

Returns | 7 p.m.

\$155 per 1-person tent

\$295 per 2-person tent (max 2 people)

Ages 13+*

We're heading south to Shirakawa Lake, paddling through its submerged forest in our inflatable kayaks and soaking in the calm waters. The fun doesn't stop there—admire the spring blossoms brightening the hillsides and take a refreshing hike to a local waterfall. As the day winds down, we'll gather around a fire, sharing stories and enjoying a warm meal beneath the stars.

Includes: Transportation, Adventure Guide/ACA Kayak Instructor, campground entry, campfire dinner, tent, sleeping bag & pad

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



HOURS OF OPERATION

ADVENTURE CENTER

BLDG. 486

Monday, Tuesday, Thursday & Friday | 9 a.m.–6 p.m.
 Wednesday | Noon–6 p.m.
 Saturday | 8 a.m.–2 p.m.
 FW Down Days | 10 a.m.–5 p.m.
 CLOSED | Sunday & federal holidays

WEASELS' DEN

BLDG. 973

Monday–Friday | 5 a.m.–10 p.m.
 Saturday & Sunday | 8 a.m.–10 p.m.
 FW Down Days & federal holidays | 8 a.m.–10 p.m.
Reservations must be made in person at BLDG. 486 for the Soccer Field, Pickleball Court or The Barn

HIMBERG POOL

BLDG. 625

Call 226-7665 for PT reservations

BASE BEACH

BLDG. 1451

Gate Access | April 15–Oct. 31
 Monday–Sunday | 5 a.m.–8 p.m.
 Gate access OPEN on federal holidays & FW Down Days
Boathouse Rental Hours
 Memorial Day Weekend–Labor Day Weekend
 Saturday & Sunday | 10 a.m.–5 p.m.
 CLOSED | Federal holidays, FW Down Days & if inclement weather is forecast

THE LODGE

BLDG. 1482

Open for private reservations year-round
 Rental hours | Noon–10 a.m. (next day)
Reservations must be made in person at BLDG. 486

AREA 35

Near Security Hill
 (follow the Skeet & Trap Range signs)

Opens | Mid-April, weather permitting
 Closes | Oct. 31, weather permitting
 Monday–Saturday | Reservation Only
 Special Events | April 25, June 20 & Aug. 15 | Noon–4 p.m.
 Super Saturday | May 16, July 18 & Sept. 26 | 2–9 p.m.
 CLOSED | Sunday
Reservations must be made in person at BLDG. 486
The Unit Reservation Request form is available at 35fss.com/area-35

LEFTWICH PARK

Near Security Hill

Open every day, dawn to dusk
 Open for private reservations year-round
Reservations must be made in person at BLDG. 486

DISC GOLF COURSE

Near The Lodge

Opens | Mid-April, weather permitting
 Closes | Mid-Nov., weather permitting
 No reservations necessary | FREE

TANUKI HILLS & NATURE TRAILS

Near The Lodge

Open 24/7, year-round
 No reservations necessary | FREE

CAMP FALCON

Near The Lodge

Open for private reservations year-round
Reservations must be made in person at BLDG. 486

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Visit 35fss.com/outdoor-recreation/

 @MisawaOutdoorRecreationCenter

 @MisawaODR

Call 226-9378 for reservations & questions
 Facilities can be reserved up to 30 days in advance

Brought to you by
 35 FSS Marketing & Publicity

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EQUIPMENT RENTAL CENTER

BASE BEACH BOATHOUSE RENTALS

All water equipment rentals include a personal flotation device. Payment at Base Beach is USD cash only.

	Hour	Day
CANOE	\$10	\$20
SINGLE KAYAK	\$10	\$20
STAND UP PADDLEBOARD	\$10	\$20
PEDDLE BOAT	\$10	\$20

Rentals above are only available when the Base Beach Boathouse is open and staffed.

RVs

Pick-up | 3-5 p.m. Drop-off | 11 a.m.-1 p.m.

		Pet-Friendly
DAILY	\$175	\$250
2-DAY (MONDAY-THURSDAY)	\$300	\$375
WEEKEND	\$425	\$500
4-DAY WEEKEND (THURSDAY-TUESDAY)	\$500	\$575
WEEKLY	\$850	\$925

CAMPING EQUIPMENT

	Daily	Weekend	Week
FAMILY CAMPING PKG (4-12)	\$35-75	\$45-95	\$85-125
COUPLES CAMPING PKG	\$30	\$40	\$75
CORE COUPLES PKG (includes camping chairs)	\$50	\$60	\$95
SLEEPING BAG	\$7	\$9	\$18
SLEEPING PAD	\$2	\$3	\$6
TENT (2-PERSON)	\$10	\$15	\$30
TENT (4-PERSON)	\$15	\$20	\$40
TENT (8-PERSON)	\$50	\$60	\$95
TENT (12-PERSON)	\$70	\$90	\$120
LANTERN	\$5	\$8	\$16
BACKPACK	\$8	\$12	\$24
ROLL UP TABLE	\$8	\$12	\$24
STOVE	\$8	\$12	\$24
FIRE PIT	\$8	\$12	\$24

WATER SPORTS IN-STORE RENTALS

All water equipment rentals include a personal flotation device.

	Daily	Weekend
PERSONAL FLOTATION DEVICE	\$5	\$8
CANOE	\$25	\$35
KAYAK	\$25	\$35
SURFBOARD	\$25	\$35
STAND UP PADDLEBOARD	\$25	\$35

ADDITIONAL FEES

	Starting at
DELIVERY CHARGE	\$40

Minimum seven days advance request required. Additional charges will apply for large delivery requests.

ENTERTAINMENT

	Daily	Weekend
CANOPY (10'X 10')	\$30	\$40
CANOPY WEIGHTS	\$2.50	\$3.50
CANOPY WALLS (includes 3 sides)	\$10	\$15
CHAIRS (metal/plastic folding type)	75¢	\$1.75
TABLES (aluminum folding type, 6' or 8')	\$6	\$9
SMALL BOUNCE CASTLE	\$70	\$90
MEDIUM BOUNCE CASTLE	\$85	\$100
LARGE BOUNCE CASTLE	\$115	\$135
INDOOR ONLY BOUNCE CASTLE	\$45	\$55
HAMMER BELL	\$50	\$80
LARGE GAS GRILL (gas included)	\$100	\$140
MEDIUM CHARCOAL GRILL	\$65	\$85
LARGE CHARCOAL GRILL	\$75	\$95
GENERATOR	\$55	\$75
LARGE GENERATOR	\$65	\$85
LAWN MOWER	\$10	\$15
WEED EATER	\$10	\$15
DUNK TANK (includes delivery and set up)	\$150	
WATER LAWN SLIDE (25 ft)	\$30	\$45

SPORTING GOODS

	Daily	Weekend	Week	Month
MOUNTAIN BIKE SET	\$15	\$20	\$45	\$150
HYBRID BIKE	\$15	\$20	\$45	\$150
ROAD BIKE	\$25	\$30	\$55	\$160
BIKE TRAILER	\$10	\$15	\$40	\$100
LADDER BALL	\$10	\$15	\$20	
BUCKET BALL	\$10	\$15	\$20	
LAWN JENGA	\$5	\$10	\$15	
HORSESHOE SET	\$10	\$15	\$20	
DISC GOLF SET (3 DISCS)	\$5	\$10	\$15	
DISC GOLF TARGET ONLY	\$15	\$20	\$25	
DISC GOLF SET (TARGET & DISCS)	\$20	\$25	\$30	
CORNHOLE GAME SET	\$10	\$15	\$20	
VOLLEYBALL SET	\$10	\$15	\$20	
VOLLEYBALL SET (4-SQUARE)	\$15	\$20	\$25	
TUG-O-WAR ROPE	\$5	\$10	\$15	
POTATO-SACK RACE (SET OF 4)	\$5	\$10	\$15	
SOFTBALL SET	\$10	\$15	\$20	
YARD YAHTZEE SET	\$5	\$10	\$15	
GIANT CONNECT 4	\$15	\$25	\$40	
ROCKET BALL	\$10	\$15	\$20	
GIANT CHECKERS/TIC TAC TOE	\$10	\$15	\$20	

GEAR SHOP

We have everything you need to fuel your adventure! Camping, hiking, water sports and other adventure gear is available for purchase at the Outdoor Recreation Center in BLDG. 486.

- Tents
- Sleeping bags
- Head lamps
- Trekking poles
- Sunglasses



PARKS & RECREATION

Bring the family and test your climbing skills!



THE LODGE

\$50 | Noon-10 a.m. next day

Max. occupancy 70

Get exclusive use of the facility for the day. Book your next birthday party, going away, baby shower and more at The Lodge. Reservations are available year-round, up to 30 days in advance. Visit ODR to make one today!

LODGE AMENITIES

- Booths and Couches
- Restrooms
- Refrigerator
- Sink
- Microwave
- TV
- DVD Player
- Foosball Table

CLIMBING BOULDER

Located near The Lodge, this boulder is perfect for ages 7 and up that are looking for a fun outside activity.

35FSS.COM



TANUKI HILLS TRAIL

Discover our nearby hiking trail by The Lodge, perfect for fresh air, exercise and enjoying the surrounding scenery. Find trail maps at 35FSS.com or scan the QR code to get there fast!

NATURE TRAILS

Northern Japan is teeming with natural sights to explore and we are lucky enough to have access to an abundant wilderness right here on Misawa Air Base. Take a hike on our nature trails near The Lodge and look out for the occasional wildlife sighting, including foxes and serows.

CAMP FALCON

\$30 facility rental fee

Picnic under the trees and roast marshmallows on our in-ground fire pits. Benches are available, making this the perfect spot for scout groups and outdoor education events.

- No restroom facilities

LEFTWICH PARK

\$30 facility rental fee

Plan your next event at this spacious park with large grills for barbecuing, a playground, pavilions and lots of covered seating.

DISC GOLF

Available April-Nov. | FREE to play

Check out the Outdoor Adventure Center for our selection of discs, gear and everything you need to play the northernmost course in Japan, right on our base!

Have a team event, birthday party or going away at one of our parks, open for reservations year-round.



What is Disc Golf?

Disc golf follows the rules of traditional golf, where players strive to complete each hole in the least number of strokes possible. However, instead of using a ball and clubs, players throw discs, much like Frisbees®, but smaller and designed to fly with more precision for the sport. Check out the 18-hole disc golf course, located near The Lodge. Find more information about the course on the UDisc App.

SUPER SATURDAY

Saturdays | May 16, July 18 & Sept. 26

2–5 p.m. | Archery, Paintball & Axe Throwing

6–9 p.m. | Lightspeed Paintball

Ages 10+ to play paintball or shoot archery with a parent or guardian (age 18+) actively participating

Ages 16+ to play paintball or shoot archery

Ages 18+ to axe throw

2,000 paintballs* | \$65

Get ready for an action-packed day of outdoor fun at Area 35! Test your skills with archery, paintball and axe throwing. Then, as the sun sets, the excitement continues with paintball under the lights of the speedball course! To keep the energy high, limited **FREE food and beverages** will be available during Lightspeed Paintball. Whether you're looking for friendly competition, a new challenge or just a great way to spend your Saturday, Area 35 is the place to be!

MONTH OF THE MILITARY CHILD: PRECISION & PAINT

Saturday, April 25

Noon–4 p.m.

FREE

All ages to paint

Ages 10+ to play paintball or shoot archery with a parent or guardian actively participating

Ages 16+ to play paintball or shoot archery

Ages 18+ to axe throw

Ready for the ultimate family showdown? Test your aim in archery, unleash your skills in paintball, or let your creativity shine in arts and crafts! We'll set up the targets, provide the gear and fuel the fun with **FREE food and paintballs** (while supplies last). Whether you're chasing bragging rights or crafting a masterpiece, this event promises laughter, competition and unforgettable memories. Bring your energy—and your best smack talk—for a day of epic fun!



E-4 MAFIA VS. EVERYONE

Saturday, June 20

Noon–4 p.m.

Ages 18+ | FREE field entry & gear rental

2,000 paintballs* | \$65

See page 17 for more details.



BATTLE OF THE SQUADRONS

Saturday, Aug. 15

Noon–4 p.m.

Ages 18+ | FREE field entry & gear rental

2,000 paintballs* | \$65

See page 17 for more details.



Paintball

Attack Pack | \$20 per day

Includes: Paintball marker, mask, one air cylinder & field fee

Field Fee | \$10 per day

2,000 paintballs* | \$65

Reservation Only | Up to 7 days in advance**

Archery

Field Fee | \$5 per day

Bow & Arrows | \$10 per day

Reservation Only | Up to 7 days in advance**

Axe Throwing

1 hour | \$20

Reservation Only | Up to 7 days in advance**

Ages 16+* | 10 player minimum**

Day Pass

1-Day Adult Pass | \$40

Includes: All day paintball, archery & one hour of axe throwing

1-Day Youth Pass (Ages 10–17) | \$25

Includes: All day paintball & archery

Reservation Only | Up to 7 days in advance**

Group Rates for Private Parties

Paintball Field Fee | \$150

Group of 10 | \$15 for each additional player

Archery | \$150

Group of 10 | \$10 for each additional player

Axe Throwing | \$150

Group of 10 | \$15 for each additional player

Reservation Only | Up to 7 days in advance**

*Paintballs are an additional fee. Area 35 is a cash (USD) only facility. Credit card payments are accepted at ODR, BLDG. 486, during business hours.

**Payment is required at ODR at the time of reservation. Call 226-9378 for more information and availability.

***Axe throwing is for ages 16+ only. An adult, age 18+ must sign liability waivers and must be on site at all times.

Reservations are available:

Monday–Friday | 9 a.m.–1 p.m. or 1–5 p.m.

Paintballs and other equipment are available for purchase at ODR in BLDG. 486



AREA 35

HIMBERG POOL

SPLASH & CRAFT SUMMER BASH

Saturday, Aug. 8
11 a.m.–2 p.m.

FREE | All Ages***

Join us for a fun-filled day of swimming and creativity! Cool off in the pool with our inflatable obstacle course, enjoy the open swim area or jump around in our bouncy house. Plus, unleash your creativity with Misawa Arts & Crafts! Paint your own mini masterpiece or make keychains to take home. A limited amount of food and beverages will be provided to keep you refreshed!

• **FREE food, beverages & crafts** are while supplies last.

***Must be ages 7 & up with a deep-water card to use inflatables.

POOL PARTY

Fridays | April 24, May 29, June 26,
July 31, Aug. 28, Sept. 25
5–7 p.m.

FREE | All Ages

Eat, drink, play and laugh when Family Fun Night takes it to the next level with our monthly Pool Party. We provide a limited amount of food and beverages while giving you the chance to take out all of our toys! All regular Himberg Pool rules and age requirements apply.

FAMILY FUN NIGHT

Every Friday*

5–7 p.m.

FREE | All Ages

Enjoy an evening of fun with the whole family at the Himberg Pool. Bring your favorite water toys, Super Soakers™, Nerfballs® and US Coast Guard approved inflatables to the pool for a great time! All regular Himberg Pool rules and age requirements apply.

*No Family Fun Night on FW Down Days.

THE FISH BOWL RENTAL

Reservations | \$25

Monday, Wednesday & Friday**
1:30–3:30 p.m. or 4:30–6:30 p.m.

**Reservations are not available during the monthly Pool Party.

Saturday
1:30–3:30 p.m.

Private Pool Parties are available upon request. Please visit BLDG. 486 or call 226-9378 for more information.



SWIM LESSON REGISTRATION

June–August Lessons

Sign up | Friday, May 29–Friday, June 5

Pay by | Friday, June 5

Tuesdays/Thursdays

Tuesday, June 11–Thursday, July 30****

\$120 per person (14 classes)

****No class Thursday, July 2

Saturdays

Saturday, June 13–Saturday, Aug. 1*****

\$75 per person (7 classes)

*****No class Saturday, July 4

September–October Lessons

Sign up | Friday, Aug. 28–Friday, Sept. 4

Pay by | Friday, Sept. 4

Tuesdays/Thursdays

Tuesday, Sept. 8–Thursday, Oct. 22

\$120 per person (14 classes)

Saturdays

Saturday, Sept. 12–Saturday, Oct. 24

\$75 per person (7 classes)

MEMORIAL DAY WEEKEND GRAND OPENING

Saturday, May 23–Sunday, May 24

10 a.m.–5 p.m.

FREE | All Ages**

Join us at the Base Beach for Memorial Day weekend! To celebrate the Boat House Rental Shop opening for the season, we're giving out **FREE 30-minute kayak, canoe, stand up paddleboard (SUP) and pedal boat rides!** The fun doesn't stop there, we'll also set up bounce houses and yard games for the ultimate weekend. Grab your friends, pick up some hotdogs and burgers and join us at the Base Beach!

• Food and beverages are not provided.

LARGE PAVILION

\$50 per day | 10 a.m.–6:30 p.m.

The large pavilion offers two covered seating areas and multiple grills for barbecuing. Located at the center of the beach grounds, it offers easy access to the Rental Office, volleyball court and restrooms.

SMALL PAVILION

\$30 per day | 10 a.m.–6:30 p.m.

The small pavilion offers covered seating and grills to barbecue on. Located at the far left of the beach grounds, this is the most private area, with beautiful views of Lake Ogawara.

BEACH CABINS

\$30 per day | Noon–11 a.m. (next day)

Max. occupancy 6

Our beach cabins can comfortably sleep guests on one bunk bed, one futon and one full bed.

YUKO CABIN

\$30 per day | 10 a.m.–6:30 p.m.

Max. occupancy 30

Open your door to a porch overlooking beautiful Lake Ogawara. The Yuko Cabin offers an indoor prep and bar area with a microwave and mini fridge, as well as a private patio area.

CAMPSITE

\$15 | Noon–11 a.m. (next day)

Max. occupancy 6

Camp out in one of our four campsites under the stars. A tent is not included, but they are available for rent at ODR along with additional camping gear!



Large Pavilion



Small Pavilion



Beach Cabins



Yuko Cabin



Campsite

Camping and pavilion reservations can be made **up to 30 days** in advance at ODR, BLDG. 486.

BASE BEACH

MONTH OF THE MILITARY CHILD OIRASE GORGE HIKE

Saturday, April 25

Departs | 9 a.m.

Returns | 5 p.m.

\$40 per person | \$25 ages 17 & under

Ages 5+*



To celebrate the strength and resiliency of military children, we're going to hike the Oirase Gorge from Ishigedo Rest Area all the way to Lake Towada! During this journey, we'll be sure to take plenty of breaks to take pictures and enjoy the view.

Includes: Transportation & Adventure Guide

GREAT AMERICAN CAMPOUT

Saturday, June 13–Sunday, June 14

Begins | Noon

Ends | 10 a.m.

FREE | All Ages*



Join us as we participate in the National Wildlife Federation's annual Great American Campout! Enjoy 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.

• **Tent, sleeping bag & pad are not included, but are available for rent at ODR.**

GETO IN THE GREEN SEASON

Saturday, June 20–Sunday, June 21

Departs | 7:30 a.m.

Returns | 6 p.m.

\$135 per 1-person tent

\$245 per 2-person tent (max 2 people)

Ages 15+*



When the snow melts, Ceto Kogen becomes a summer paradise. We'll camp at the base of our favorite winter haven, get an adrenaline rush on their 4x4 course and launch inflatable kayaks into emerald-green waters at the Irihata Dam, paddling into tranquility. At night, we'll gather around and cook a hearty campfire meal together.

Includes: Transportation, Adventure Guide/ACA kayak instructor, campground fee, campfire dinner, headlamp, tent, sleeping bag & pad

MT. HAKKODA & MT. IWAKI HIKE

Friday, July 3–Sunday, July 5

Departs | 5 a.m.

Returns | 5 p.m.

\$165 per person

Ages 18+



Celebrate Independence Day by conquering two peaks, both recognized among Japan's 100 famous mountains! Experience seasonal changes at the summits, alpine flowers along the trails and the breathtaking marshland known as the "heaven of the sky."

Includes: Transportation, Adventure/Mountain Guide, backpack, trekking poles, head lamp & lodging** (meals are not included)

• Participants are required to wear hiking boots, long pants and bring other appropriate clothing, such as rain jacket and rain pants. Cotton clothes, jeans and sneakers are **NOT** permitted.

• Intermediate level hike.

**Lodging accommodations are single rooms.

TREK & TREMORS

Sunday, July 12

Departs | 7 a.m.

Returns | 5 p.m.

\$75 per person | \$60 ages 17 & under

Ages 5+*



Enjoy a fun day exploring nature and science together! Start with a short hike to the Gudari River at Hakkoda, where the water is so clear and refreshingly cold, even in summer. Youth and adults alike can search for the tiny, rare Planarian that live there. Then, we'll head to the Aomori Prefecture Disaster Prevention Aviation Center to safely experience what an earthquake feels like. Explore the different patterns, including the big one from 2011, all in a controlled environment designed for learning.

Includes: Transportation, Adventure Guide & admission fees

AZUMA DAKE HERITAGE HIKE

Saturday, July 18

Departs | 7 a.m.

Returns | 6 p.m.

\$80 per person

Ages 18+



Discover Mt. Azuma's storied past—once a bustling limestone quarry during the Meiji, Taisho and early Showa eras. Today, exposed rock faces vividly reveal striking, enduring traces of this fascinating history.

Includes: Transportation, Adventure/Mountain Guide, backpack, trekking poles & head lamp

• Participants are required to wear hiking boots, long pants and bring other appropriate clothing, such as rain jacket and rain pants. Cotton clothes, jeans and sneakers are **NOT** permitted.

• Intermediate level hike.

HIKE & CAMP

SUMMIT MT. CHOKAI

Friday, July 31–Sunday, Aug. 2

Departs | 5 a.m.

Returns | 6 p.m.

\$315 per person

Ages 18+



Embark on an unforgettable hike up Mt. Chokai, a majestic stand-alone peak on the border of Akita and Yamagata Prefectures. Facing the Sea of Japan, this summit is the Tohoku region's second-highest peak after Hiuchiga-Take and recognized among Japan's 100 most famous mountains.

Includes: Transportation, Adventure/Mountain Guide, backpack, trekking poles, head lamp & lodging** (meals are not included)

· Participants are required to wear hiking boots, long pants and bring other appropriate clothing, such as rain jacket and rain pants. Cotton clothes, jeans and sneakers are **NOT** permitted.

· Advanced level hike.

**Lodging accommodations are single rooms.

OTSUBO RIVER TREK

Sunday, Aug. 9

Saturday, Aug. 15

Departs | 8 a.m.

Returns | 2 p.m.

\$55 per person | \$45 ages 17 & under

Ages 10+*



Join us on a refreshing river “hike” unlike any other. Instead of trails, you'll swim, wade and jump through crystal-clear mountain streams. This fun, leisurely adventure offers a unique perspective on hiking and the perfect escape from summer heat, blending excitement with cool natural beauty.

Includes: Transportation, Adventure Guide, personal flotation device, water shoes & dry bag

SHIRAKAMI DAKE HIKE

Saturday, Sept. 5–Monday, Sept. 7

Departs | 5 a.m.

Returns | 6 p.m.

\$225 per person

Ages 18+*



Shirakamidake, the highest peak of the Shirakami-Sanchi range, rises 1,235 meters above the coast. Though not towering in height, its steep ascent and sudden weather shifts make every climb an adventure. Those lucky enough to reach the summit under clear skies are rewarded with sweeping views of the Sea of Japan and the endless beech forests below. It's a journey where challenge meets breathtaking beauty, leaving every climber captivated.

Includes: Transportation, Adventure/Mountain Guide, backpack, trekking poles, head lamp & lodging (meals are not included)

· Participants are required to wear hiking boots, long pants and bring other appropriate clothing, such as rain jacket and rain pants. Cotton clothes, jeans and sneakers are **NOT** permitted.

· Intermediate level hike.

MICHINOKU COASTAL TRAIL: BEACH & PEAK HIKE

Sunday, Sept. 13

Departs | 8 a.m.

Returns | 4 p.m.

\$115 per person

Ages 18+



Embark on the famous 1,000 km Michinoku Coastal Trail! The northernmost section begins with sweeping views from exposed cliffs transitioning to serene pine forests, sandy beaches and plenty of tide pools to explore along the way. After pausing to refuel with local cuisine, the landscape transforms as you take on the rewarding ascent of Mt Hashikami, ending our 20 km day with sweeping panoramic views of the very coastline you just explored.

Includes: Transportation, Adventure Guide, daypack & trekking poles

MICHINOKU COASTAL TRAIL: COASTAL GEMS

Saturday, Sept. 26

Departs | 6 a.m.

Returns | 6 p.m.

\$115 per person

Ages 18+



Hike dramatic cliffs, breathe salty ocean air and explore hidden coves. We'll also see powerful blowholes up close, then unwind in turquoise waters—snorkel ready! This point-to-point trek immerses you in stunning scenery and connects you with fellow trail enthusiasts. As a bonus, you will learn how to use Japanese buses/trains to do more of the trail on your own.

Includes: Transportation, Adventure Guide, snorkel gear, daypack & trekking poles



Perfect for Families



Beginner Friendly



Prior Experience Required



New Trip



Moderately Challenging



Physically Challenging

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

OKUNAKAYAMA FISHING POND ADVENTURE



Sunday, April 19
Saturdays | May 16 & June 6
Departs | 7:30 a.m.
Returns | 3 p.m.
\$35 per person
Ages 6+*

We're heading to Okunakayama during green season for a hands-on fishing experience! No fishing experience required, you'll get all the assistance you need to catch and cook your own char or rainbow trout!

Includes: Transportation, Adventure Guide, bait, tackle, fishing fee, and catching & preparing of up to five fish

- Additional fish may be caught and prepared for a small on-site fee.
- Catch and release is strictly prohibited.

WILDLIFE OF SHIMOKITA GEOPARK



Saturday, May 2
Sunday, May 17
Departs | 6 a.m.
Returns | 5 p.m.
\$85 per person | \$70 ages 12 & under
Ages 10+*

Witness Pacific white-sided dolphins in Mutsu Bay from a small tour boat—an unforgettably wild encounter. We'll also explore nearby forests where monkeys roam freely, offering authentic experiences beyond zoos or aquariums.

Includes: Transportation, Adventure Guide & admission fees

- This adventure has a chance of motion sickness.

PACIFIC OCEAN FISHING



Saturday, May 9
Sunday, June 7
Departs | 5 a.m.
Returns | 2 p.m.
\$125 per person
Ages 12+*

Catch a boat from Kominato Fishing Port, just south of Hachinohe, and head out onto the Pacific! We'll be bottom fishing for rockfish and greenling—and don't forget, you get to keep everything you catch. Fresh ocean air, adventure and a delicious reward are at the end of the line!

Includes: Transportation, Adventure Guide, fishing gear, tackle & bait

- **This adventure has a high likelihood of motion sickness.**
- This adventure does not include cleaning or preparing of fish caught by participants.
- Prior fishing experience is encouraged.

SUMMIT TO SEA: DAEMON & DOLPHINS



Saturday, May 23–Sunday, May 24
Departs | 7 a.m.
Returns | 5 p.m.
\$175 per person
Ages 16+*

See page 2 for more details.

SNORKELING MUTSU BAY



Sunday, July 26
Departs | 8 a.m.
Returns | 3 p.m.
\$65 per person | \$55 ages 17 & under
Ages 12+*

Discover the hidden wonders of Mutsu Bay! Just north of Misawa, we'll explore vibrant marine life—from colorful butterfly fish to fascinating nudibranchs. No experience needed—you'll quickly learn to spot these incredible creatures like a pro. After snorkeling, relax and enjoy some of the area's best-kept secret beaches.

Includes: Transportation, Adventure Guide, fins, mask/snorkel, wetsuit & water shoes

INTERNATIONAL COASTAL CLEANUP DAY



Sunday, Sept. 20
8:30–11:30 a.m.
FREE | All Ages

Join us for International Coastal Cleanup Day! Let's come together to protect the shores we love. We're heading to a nearby beach to pick up litter, soak in the scenic views and make a real impact on our local environment. Throughout the day, we'll share insights about coastal cleanup programs and offer tips on how to Leave No Trace.



Perfect for Families



Beginner Friendly



Prior Experience Required



New Trip



Moderately Challenging



Physically Challenging

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

ON THE WATER

MISAWA MUDDER

Saturday, July 4

Check-in | 8 a.m.

Starts | 9 a.m.

Ages 10–15* | Mini Mudder

Ages 16+*

FREE

It's time for Misawa's favorite 4th of July weekend tradition, the Misawa Mudder! Celebrate the spirit of Independence Day by running, crawling and climbing through muddy obstacles.

*Those under 18 years of age must have a parent or guardian on site.

Sponsored by



No federal endorsement of advertiser(s) intended.



SURVIVE MISAWA

Saturday, Aug. 22–Sunday, Aug. 23

Begins | 7 a.m.

Ends | 5 p.m.

Sign-up | Monday, July 13–Friday, Aug. 14

\$25 per person

Ages 18+

Think watching Survivor™ is fun? Try starring in it—well, sort of. Join us for our hilarious spin on the legendary reality show, packed with wild challenges, epic “alliances,” plenty of laughs...and maybe a little betrayal. We’re calling on **24 bold participants** to outwit, outplay and out-laugh the rest. No million-dollar prize here, but top finishers will score bragging rights, awesome memories and some surprise **PRIZES** that last way longer than a season finale. Are you in?

Includes: Lodging**, select meals & bragging rights

• Registration crew may not be your competition team.

**Lodging details revealed upon participation.



ODANAI KAYAK ADVENTURE

Saturday, May 2

Departs | 10 a.m.

Returns | 1:30 p.m.

\$35 per person | \$20 ages 12 & under

Ages 8+*



Just 30 minutes from the main gate awaits a stunning pond filled with vibrant lotus blossoms and lively wildlife. No experience? No problem! We'll guide you every step of the way and provide all the gear for a safe, beginner-friendly adventure you won't forget!

Includes: Transportation, Adventure Guide/ACA kayak instructor, personal flotation device, sit-on-top kayak & semi-dry suit (dependent on weather)

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

STAND UP PADDLEBOARD 101

Saturday, May 23

Departs | 9:30 a.m.

Returns | 1:30 p.m.

\$35 per person

Ages 13+*



Ready to try something new? Just 30 minutes from the main gate, you'll discover a scenic pond surrounded by colorful lotus blossoms and wildlife. This Paddleboard 101 class is perfect for beginners—no experience needed! We'll teach you the basics, provide all the gear and get you gliding with confidence.

Includes: Transportation, Adventure Guide/ACA SUP instructor, personal flotation device & stand up paddleboard

NIGHT KAYAKING

Saturday, June 27

Friday, July 31

Departs | 3:30 p.m.

Returns | 10:30 p.m.

\$55 per person

Ages 16+*



The adventure continues after dark! Paddle out on Lake Towada to watch the sun set behind the mountains, then drift beneath a sky full of stars. This trip isn't about distance—it's about fun, laughter and snapping unforgettable photos to capture the magic of the night.

Includes: Transportation, Adventure Guide/ACA kayak instructor, personal flotation device, sit-on-top kayak, headlamp & dry bag

WOMEN IN THE WILD

STAND UP PADDLEBOARD 101

Saturday, July 11

Departs | 9:30 a.m.

Returns | 1:30 p.m.

\$35 per person

Ages 13+*



Women in the Wild invites females connected to Misawa Air Base to a beginner-friendly Paddleboard 101 class. Set on a scenic pond filled with lotus blossoms and wildlife, this women-only experience builds confidence, camaraderie and leadership—no experience needed!

Includes: Transportation, Adventure Guide/ACA SUP instructor, personal flotation device & stand up paddleboard

ODANAI KAYAK & PAINT ADVENTURE

Sunday, July 26

Departs | 10 a.m.

Returns | 2:30 p.m.

\$55 per person | \$40 ages 12 & under

Ages 8+*



The Arts & Crafts team is joining us as we head 30 minutes from the main gate to a stunning pond filled with vibrant lotus blossoms and lively wildlife. No experience? No problem! We'll guide you every step of the way for both kayaking and painting, and provide all the gear for a safe, beginner-friendly adventure you won't forget!

Includes: Transportation, Adventure Guide/ACA kayak instructor, personal flotation device, sit-on-top kayak & guided painting session

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

COASTAL KAYAKING ADVENTURE

Sunday, Aug. 2

Saturday, Aug. 15

Departs | 8 a.m.

Returns | 4:30 p.m.

\$65 per person

Ages 16+*



Experience the beautiful views of the Japanese coastline like never before! We're headed to the open waters to enjoy the smell of salt water via our kayaks. Want to take a closer look at the aquatic life in the area? We have you covered. We'll dock our boats, take a dip in the water and even pull out snorkels (weather permitting).

Includes: Transportation, Adventure Guide/ACA kayak instructor, personal flotation device, sit-on-top kayak, snorkel & fins

- This adventure has a high likelihood of motion sickness.
- Prior kayaking experience is required.

LAKE TOWADA KAYAK & PAINT ADVENTURE

Saturday, Sept. 12

Departs | 8:30 a.m.

Returns | 5:30 p.m.

\$75 per person

Ages 13+*



Join us and Arts & Crafts as we head to Lake Towada to paint the landscape of the lake and its surrounding mountains and forests! Then, we'll kayak across crystal-clear waters, take in the sweeping views and capture epic photos along the way. It's the perfect chance to get outdoors, enjoy the thrill of paddling and share the adventure with your crew.

Includes: Transportation, Adventure Guide/ACA kayak instructor, personal flotation device, sit-on-top kayak & guided painting session

KAYAKING & PADDLEBOARDING

WANDERING WATERFALLS

FIRE & FLOW:

IWATE'S HIDDEN WONDERS

Saturday, April 11–Sunday, April 12

Departs | 7 a.m.

Returns | 8 p.m.

\$205 per person

Ages 15+*



Step into the wild heart of Iwate and trek across ancient lava stone fields, trace the legendary border of Japan and Emishi Country, try sake flavored ice cream at a local brewery and soak in Osawa's hot spring. The next day, fuel up with soy milk donuts, marvel at Fudo Waterfall's power and descend into the historic Osarizawa Mine, opened 1,200 years ago. A journey of rugged landscapes, cultural echoes and daring exploration awaits!

Includes: Transportation, Adventure Guide, lodging & admission fees

SHIRAKAWA LAKE ADVENTURE

Saturday, May 30–Sunday, May 31

Departs | 6 a.m.

Returns | 7 p.m.

\$155 per 1-person tent

\$295 per 2-person tent (max 2 people)

Ages 13+*



See page 2 for more details.

IWATE COAST ADVENTURE

Saturday, June 6–Sunday, June 7

Saturday, June 13–Sunday, June 14

Departs | 7 a.m.

Returns | 8 p.m.

\$185 per person

Ages 16+*



Discover the beauty of Japan's northeastern shoreline! We'll visit one of our favorite waterfalls, stroll multiple beaches and take in the views from the Tsukiyama Observatory. Along the way, we'll marvel at San-Noh-Iwa Rock, reflect at a site reshaped by the 2011 Great Earthquake and Tsunami, and wander through the hand cut tunnels of Unosu Cliff. The journey finishes at Haipe Beach where we'll have a chance to see fossils, blending natural wonder, history and unforgettable scenery.

Includes: Transportation, Adventure Guide & lodging

SHINRIN-YOKU & TAKIGYO

Saturday, July 25 | Ages 18+

Saturday, Aug. 1 | Ages 7+*

Departs | 9 a.m.

Returns | 8 p.m.

\$75 per person



Join us on one of our most popular adventures! We'll begin at a whimsical waterfall shaped like Snoopy, then stop at the Takko Garlic Center for a flavorful break. The highlight of the day combines two powerful Japanese spiritual practices: Shinrin-yoku, or forest bathing, where you'll meditate among the trees, followed by Takigyo, meditating in a yukata beneath an invigorating waterfall. To complete the journey, we'll unwind in a soothing hot spring, leaving your body and spirit refreshed.

Includes: Transportation, Adventure Guide & admission fees

KAWARAGE WILD HOT SPRING

Saturday, Sept. 5–Sunday, Sept. 6

Saturday, Sept. 12–Sunday, Sept. 13

Departs | 8 a.m.

Returns | 8 p.m.

\$220 per person

Ages 16+*



Experience the unbelievable on this regional adventure! Witness a rare hot waterfall at Kawarage Hot Spring, cycle through historic Kakunodate Town and immerse yourself in Japan's breathtaking natural beauty.

Includes: Transportation, Adventure Guide, lodging & admission fees



Perfect for Families



Beginner Friendly



Prior Experience Required



New Trip



Moderately Challenging



Physically Challenging

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

DUTCH OVEN COOKING CLASS

Fridays | April 10 & Aug. 7
5-7:30 p.m.

Outdoor Recreation Center | BLDG. 486
\$18 per person | \$10 ages 11 & under
Ages 7+*

Ready to level up your camp cooking? Skip the hotdogs and hamburgers and discover how easy (and budget-friendly!) one-pot meals can be. In this hands-on class, we'll share some of our favorite dutch oven recipes—plus desserts—that will make your next camping trip unforgettable.

Includes: Adventure Guide, dinner & dessert

LATE NIGHT AT THE LAKE: CAMPING 101

Friday, May 15–Saturday, May 16**
Friday, Sept. 4– Saturday, Sept. 5
Begins | 4:30 p.m.
Ends | 10 a.m.

Base Beach
\$45 per 2-person campsite
\$55 per 4-person campsite
All Ages*

Join us at the Base Beach as we teach you how to set up a Leave No Trace friendly campsite. We'll provide everything you need and teach you the basics so that you leave the next morning ready to plan your own camping trip!

Includes: Adventure Guide, 2 or 4-person tent, headlamp, camp-friendly dinner, sleeping bag & pad

****Women in the Wild:** Women in the Wild provides females tied to Misawa Air Base with opportunities to build resilience, strengthen camaraderie and develop leadership through challenging outdoor experiences in a safe, supportive, women-only setting.

LATE NIGHT AT THE LAKE: S'MORE FUN

Wednesdays | May 27, June 24 & July 29
5-7:30 p.m. | Base Beach
FREE | All Ages*

Bring the whole family to the Base Beach as our team sets up a cozy bonfire and we enjoy summer's favorite dessert: s'mores! Relax by the fire, soak in the beach atmosphere and make sweet memories together as the sun sets.

• No registration required

LATE NIGHT AT THE LAKE: GAGA BALL CHALLENGE

Wednesdays | July 15 & Sept. 16
5-7:30 p.m. | Base Beach
FREE | All Ages*

Come on out to the Base Beach to determine who is the best GaGa Ball player on base! Players of all ages and skill levels can jump in, dodge, strike and have fun together in this lively activity. Bring your friends and family and see who can last the longest!

• No registration required

LATE NIGHT AT THE LAKE: SUNSET PADDLE

Wednesdays | Aug. 5 & Sept. 2
5-7:30 p.m. | Base Beach
\$15 per person | FREE ages 12 & under
Ages 8+*

Stop by the Base Beach for an evening of adventure! Watch the sunset over the mountains, then paddle across the water. After a few hours of fun, we'll wrap up the day with smiles, laughter and lasting memories.

Includes: Adventure Guide, personal flotation device, kayak, SUP or canoe rental & headlamp

• Single kayaks are for individuals ages 13+.

• Individuals 12 years of age and under must ride in a double kayak with an adult, age 18+.

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

ON-BASE ADVENTURES

E-4 MAFIA VS. EVERYONE

Saturday, June 20

Noon–4 p.m.

**Ages 18+ | FREE field entry & gear rental
2,000 paintballs* | \$65**

Think you can take down the E-4 Mafia? Officers and enlisted of all ranks are stepping up to challenge the crew with the best name. From paintball firefights to archery bullseyes and axe-throwing domination, this is where bragging rights are earned and legends are made. Bring your squad, bring your aim and prepare for chaos. The Mafia is waiting—do you dare?

Includes: FREE food & beverages (while supplies last) & nonstop smack talk

SIGN-UP



BATTLE OF THE SQUADRONS

Saturday, Aug. 15

Noon–4 p.m.

**Ages 18+ | FREE field entry & gear rental
2,000 paintballs* | \$65**

It's time to settle the score—squadrons will go head-to-head in the ultimate test of skill, precision and grit. Paintball firefights, archery bullseyes and axe-throwing chaos will decide who truly dominates the field. FSS may oversee the facility, but who does it truly belong to? Pride, bragging rights and squadron honor are all on the line. Rally your squad, sharpen your aim and claim your place in the fight!

Includes: FREE food & beverages (while supplies last) & nonstop smack talk

SIGN-UP



*Paintballs are an additional fee. Area 35 is a cash (USD) only facility. Credit card payments are accepted at ODR, BLDG. 486, during business hours.

EXPLORE JAPAN

HAKKODA SKI TOURING

Sunday, April 5
Departs | 7 a.m.
Returns | 4 p.m.
\$110 per person
Ages 18+



Ski touring? What's that? It is essentially hiking across mostly hard-pack snow that can be as much as 20 feet deep. Not only does this make for amazing views, but also gives you access to almost unlimited terrain that is normally thick with brush. This trip is designed for those looking to start ski touring on skis with skins or a splitboard with skins.

Includes: Transportation, Adventure Guide & ski/snowboard rental

· Limited sizes available, please check with guide prior to registering.

SHIMOKITA ADVENTURE

Saturday, April 25
Departs | 7 a.m.
Returns | 9 p.m.
\$95 per person
Ages 13+*



See over 50 wild horses at Cape Shiriya, stroll beneath blossoms along a five-mile cherry tree avenue and marvel at monster-shaped stones on Chijiri Beach formed by a volcanic eruption three million years ago. Conclude at Hotokegaura Beach, where dramatic rock formations rise from the sea. This adventure blends wildlife, history and scenery into one inspiring trip.

Includes: Transportation & Adventure Guide

YABUSAME & HIROSAKI CHERRY BLOSSOM

Saturday, April 18
Sunday, April 19
Departs | 9 a.m.
Returns | 10 p.m.
\$85 per person | \$70 ages 12 & under
Ages 7+*



Spring in northern Japan bursts with adventure and spectacle! Experience the thrill of the Sakura Yabusame Festival, where archers on horseback fire arrows in dazzling displays of skill and tradition. Wander the dramatic snow corridor and cross the island's longest bridge before arriving at Hirosaki Castle. By night, 2,000 cherry trees—spanning 50 species—glow in magical illumination, transforming the castle grounds into a dreamscape of blossoms and light. A journey of culture, excitement and enchantment awaits!

Includes: Transportation, Adventure Guide & admission fees

SNOW WALLS, SNOWSHOES & SLEDS

Sunday, April 26
Departs | 8 a.m.
Returns | 3 p.m.
\$85 per person | \$70 ages 17 & under
Ages 12+*



Embrace the beauty of spring with a family snowshoeing adventure! Enjoy milder temperatures, sparkling snowscapes and breathtaking views of the towering snow walls visible from the road and above. "Rise above the rest" as we explore gentle trails perfect for all ages and abilities. We will also bring sleds and camping stoves for a fun break.

Includes: Transportation, Adventure Guide, snowshoes, sleds & lunch

NATURES IN AKITA

Saturday, May 9–Sunday, May 10

Departs | 7 a.m.

Returns | 8 p.m.

\$215 per person

Ages 18+



Journey into northern Japan's wild side and explore an abandoned sulfur mine, climb to the Hachimantai Observatory for breathtaking views and recharge at Tamagawa Hot Spring, where acidic waters and steam boxes push limits. The fun doesn't stop there, we'll also trek across an active mud volcano field and finally paddle through the submerged forest of Lake Syusen.

Includes: Transportation, Adventure Guide, lodging** & admission fees

**Lodging accommodations are single rooms.

ISLAND OF 200 CATS

Friday, June 19–Saturday, June 20

Friday, July 3–Saturday, July 4

Departs | 7 a.m.

Returns | 8 p.m.

\$215 per person

Ages 16+*



Spend the weekend exploring Japan's hidden coastal gems! We'll start at Horse Neck Beach, then wander through the ruins of an abandoned stone monastery. As night falls, we'll stroll along Nori Beach, soaking in the atmosphere. The next day, we'll board a boat bound for Cat Island where we'll meet the famous residents—over 200 cats roaming freely, making this trip a perfect blend of nature, history and unforgettable charm.

Includes: Transportation, Adventure Guide, lodging & admission fees

AOMORI'S WESTERN SHORES

Saturdays | July 18 & Aug. 8

Departs | 7 a.m.

Returns | 8 p.m.

\$95 per person

Ages 13+*



Spend the day exploring Aomori's rugged coastline! We'll stop at Kasose Monster Beach for lunch by the sea, then visit the mystical Ebisu Rock Shrine. Next, take in the crystal-clear waters of the Yukai Peninsula, a hidden gem along the coast. To wrap up the journey, we'll relax at a local hot spring facility, soaking away the day's adventures before heading back to base.

Includes: Transportation, Adventure Guide & admission fees

CAPE SHIRIYAZAKI FAT BIKE CYCLING ADVENTURE

Saturday, Aug. 8

Departs | 6 a.m.

Returns | 6 p.m.

\$85 per person

Ages 18+



Cycle along Cape Shiryazaki's rugged coast to the iconic Shiriya Lighthouse, where wild horses roam and ocean views inspire. After the exhilarating fat bike ride, we'll unwind at a soothing onsen.

Includes: Transportation, Adventure Guide, fat bike rental & admission fees

BEYOND THE TRAIL: CAMPFIRE PEACH CRUMBLE CLASS

Sunday, Aug. 9

Departs | 9:30 a.m.

Returns | 4:30 p.m.

\$10 per person

Ages 7+*



Join us as we travel to a nearby orchard, pick ripe fruit and enjoy the scenery. After snagging a handful of peaches, we'll return to base and gather around a campfire for a hands-on lesson in making peach crumble. Together we'll prepare the filling, mix the topping and bake it over open flames, ending the day by sharing warm servings of our freshly made dessert.

Includes: Transportation, Adventure Guide, admission fees & freshly made dessert

AKITA ADVENTURE

Saturday, Aug. 22–Sunday, Aug. 23

Departs | 8 a.m.

Returns | 8 p.m.

\$215 per person

Ages 16+*



Dive into adventure with a refreshing swim in the crystal-clear waters of the Iwami River. As the day winds down, take in sweeping sunset views of Akita City from the observatory at Akita Port Tower. Then, paddle through nature in a canoe along the Yoneshiro River. This journey blends relaxation, excitement and unforgettable scenery into one perfect Akita experience.

Includes: Transportation, Adventure Guide, bike rental, lodging & admission fees



Perfect for Families



Beginner Friendly



Prior Experience Required



New Trip



Moderately Challenging



Physically Challenging

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

MEET THE ADVENTURE GUIDES



ASHLEIGH

Not only is Ashleigh the Outdoor Adventure Program Director, she's one of our kayak and SUP (stand up paddleboard) instructors! Not a fan of water? No problem, she also teaches our campfire cooking classes, plans our events and is our self-appointed 'best places to walk your dog' expert.



KOHJI

The man, the myth, the legend, meet our very own certified mountain guide and all things backcountry expert! From day hikes to overnight summits and even Pacific Ocean fishing trips, Kohji does it all!



IAN

Want to go on a family friendly adventure? Have questions for our resident naturalist? Ian lives and breathes all things Misawa ODR!



AT

Want to experience the 'True Tohoku'? Then Atsushi (AT) is the programmer for you! From leisurely hikes, visiting onsens, enjoying wonderful views and more, AT will guide you to numerous hidden gems you wouldn't have known about otherwise.

POLICIES & INFORMATION

RENTAL CENTER

To check out equipment, you must have a current DoD identification card. Family members must be at least 18 years of age. Persons not assigned to Misawa Air Base must present official TDY, leave orders, or other official documentation showing organization assigned or residence. Local national employees and members of Japan Air Self Defense Forces (JASDF) may check out equipment on a space available basis only and must present a valid base identification card at the time of checkout.

Entertainment items may be reserved up to one month in advance of the date needed. Rental and loan equipment items are available on a first come, first served basis. Items available for rent may be checked out any time during normal operating hours and must be returned no later than the specified time and date on the rental sales receipt. Items returned after this time will incur a late fee. Late fees are equal to the single daily rental rate of the specific item. Weekly rates will not apply to late-returned items. All late fees and charges are payable when the item is returned.

The person who signs the issue contract is liable for any lost, damaged or destroyed items. This person is also responsible for ensuring that the items are turned in by the due date, clean and dry. Cleaning and repair fees vary from item to item and extent of damage.

Each customer is responsible for checking each item's condition before taking the item out of the facility. If any item is unacceptable, ask the Outdoor Recreation Staff to exchange it. If you don't know how to use the equipment, ask for assistance and instruction. After the customer signs the issue contract and leaves the facility with the equipment, it is their responsibility to ensure it is returned in accordance with this policy.

OUTDOOR RECREATION ADVENTURES

Signing up for an adventure can be accomplished at the Outdoor Recreation Center, Bldg. 486, unless otherwise noted. Outdoor Recreation Programs are open to all active duty military members, their families, DoD civilians, retirees, contractors and JASDF personnel. Enrollment for adventures is available for purchaser, their immediate family members and one guest only. Payment in full is required at time of enrollment. All advertised Outdoor Recreation Programs, to include prices and destinations, are subject to change, postponement or cancellation without prior notification. Weather plays a key role in the location and safety of Outdoor Recreation Programs, drivers and guides may alter itineraries as necessary. All adventure destinations, as well as arrival and return times, are subject to change based on weather, road conditions or other circumstances. No refunds, credits, or incentives are given for such conditions, or changes in programs, unless they result in full cancellation. Certain cancellation policies and fees apply. Liability waivers must be turned in at the time of registration. Waivers are available at the Outdoor Recreation Center or you can download a pdf version online at 35fss.com/outdoor-recreation/ and bring it in upon sign up.

OUTDOOR RECREATION PROGRAMS

Enrollment Policy

Each person may enroll themselves, a spouse and all family members assigned or attached to Misawa Air Base. In addition to family members, you may enroll one guest.

Eligibility

Open to all active duty military members and their families, DoD civilians, retirees and contractors.

Some age limitations may apply to specific programs.

JASDF personnel are eligible to participate (full-program prices apply).

Transfers

Outdoor Recreation adventures are not transferable.

CANCELLATION POLICY

1-Day Trips/Events

8+ calendar days in advance | Full refund
5-7 calendar days in advance | 50% refund
3-4 calendar days in advance | 25% refund
0-2 calendar days in advance | No refund

2-Day Trips (1 Night)

10+ calendar days in advance | Full refund
7-9 calendar days in advance | 50% refund
4-6 calendar days in advance | 25% refund
0-3 calendar days in advance | No refund

3+ Day Trips (2+ Nights)

15+ calendar days in advance | Full refund
10-14 calendar days in advance | 50% refund
7-9 calendar days in advance | 25% refund
0-6 calendar days in advance | No refund

CUSTOM ADVENTURE REQUESTS

Have a group that wants to get out into the wild for an exclusive adventure with one of our guides? We accept private booking inquiries a minimum of one month in advance of adventure dates for groups of all sizes. Confirmation and payments are to be coordinated no less than two weeks prior to the adventure date. Winter adventure availabilities fill up fast, so plan ahead! All weekday adventure inquiries are considered on a case by case basis based on guide, equipment and transportation availability. Group rates are calculated based on the destination, activity, labor costs, group size and complexity of pre-coordination involved.

HIMBERG POOL

All children ages 10 and under must be supervised by an adult at all times.

Children unable to stand in the water must be within arm's length of an adult at all times.

Children ages 12 and under must pass the PACAF Deep Water Test and possess a current PACAF Deep Water Access Card to use the deep end of the pool.

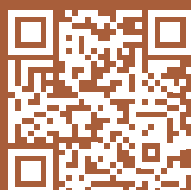
Children ages 13 and older (and children ages 11 or 12 with a valid PACAF Deep Water Access Card) may remain at the facility unattended.

Individuals at least 16 years of age, but less than 18 years of age, may provide supervision for up to three children, so long as no more than two of these children are under the age of six, provided the individual has completed the American Red Cross Babysitting Training Course and a copy of the certificate is kept on file at the pool. In such cases, written authorization from the parent of the children is required in the event medical care is necessary.

Physical Training reservations can be made up to 14 days in advance. When not reserved, fitness swim lanes are available on a first come, first served basis. Reservations are for group activities only and not for individual fitness training.

It is strictly prohibited for an individual to teach swim lessons unless an employee of the Himberg Pool or has received express permission from the Outdoor Recreation Director.

35fss.com



April

SUN

MON

TUE

WED

THU

FRI

SAT

5

Hakkoda Ski Touring

6

7

8

9

10

11

Fire & Flow: Iwate's Hidden Wonders (Departs)

12

Fire & Flow: Iwate's Hidden Wonders (Returns)

13

14

15

16

17

18

Yabusame & Hirosaki Cherry Blossom

19

Okunakayama Fishing Pond Adventure
Yabusame & Hirosaki Cherry Blossom

20

21

22

23

24

25

MOMC: Precision & Paint
MOMC Oirase Gorge Hike
Shimokita Adventure

26

Snow Walls, Snowshoes & Sleds

27

28

29

Himberg Pool CLOSED for Training

30

May

SUN	MON	TUE	WED	THU	FRI	SAT
3 Natures in Akita (Returns)	4	5	6	7	8 Family Fun Night	9 Pacific Ocean Fishing
10 Natures in Akita (Returns)	11	12	13	14	15 Family Fun Night	16 Super Saturday at Area 35
17 Wildlife of Shimokita Geopark	18	19	20	21	22 FW Down Day	23 Stand Up Paddleboard 101
24 Memorial Day Weekend Beach Grand Opening	25 Memorial Day	26	27 Late Night at the Lake: S'more Fun Himberg Pool CLOSED for Training	28	29 Swim Lesson Registration (Begins) Pool Party	30 Shirakawa Lake Adventure (Departs)
31 Shirakawa Lake Adventure (Returns)						



June

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
					Swim Lesson Registration (Ends) Family Fun Night	Okunakayama Fishing Pond Adventure Iwate Coast Adventure (Departs)
7 Pacific Ocean Fishing Iwate Coast Adventure (Returns)	8	9	10	11	12 Family Fun Night	13 Great American Campout Iwate Coast Adventure (Departs)
14 Great American Campout Iwate Coast Adventure (Returns)	15	16	17	18	19 Juneteenth	20 E-4 Mafia vs. Everyone 500k Cycling Challenge Registration (Ends) Geto in the Green Season (Departs)
21 Geto in the Green Season (Returns)	22	23	24 Late Night at the Lake: S'more Fun Himberg Pool CLOSED for Training	25	26 Pool Party	27 Night Kayaking
28	29	30				

Island of 200 Cats

July

SUN	MON	TUE	WED	THU	FRI	SAT
5 Mt. Hakkoda & Mt. Iwaki Hike (Returns)	6 FW Down Day	7	8	9	10 Family Fun Night	11 Women in the Wild Stand Up Paddleboard 101
12 Trek & Tremors	13 Survive Misawa Registration (Begins)	14	15 Late Night at the Lake: GaGa Ball Challenge	16	17 Family Fun Night	18 Super Saturday at Area 35 Aomori's Western Shores Azuma Dake Heritage Hike
19	20	21	22	23	24 Family Fun Night	25 Shinrin-yoku & Takigyo
26 Snorkeling Mutsu Bay Odanai Kayak & Paint Adventure	27	28	29 Late Night at the Lake: S'more Fun Himberg Pool CLOSED for Training	30	31 Night Kayaking Pool Party	Summit Mt. Chokai (Departs)

Independence Day
Misawa Mudder



Island of 200 Cats

Mt. Hakkoda & Mt. Iwaki Hike (Returns)

Summit Mt. Chokai (Departs)

August

SUN

MON

TUE

WED

THU

FRI

SAT

2

Coastal Kayaking Adventure

Summit Mt. Chokai (Returns)

9

Otsubo River Trek
Beyond the Trail:
Campfire Peach
Crumble Class

16

Survive Misawa

Akita Adventure (Returns)

23

3

10

17

24

31

500k Cycling Challenge (Ends)

4

11

18

25

5

Late Night at the Lake: Sunset Paddle

12

19

Himberg Pool
CLOSED for Training

6

13

20

27

7

Dutch Oven Cooking Class
Family Fun Night

14

Family Fun Night
Survive Misawa Registration (Ends)

21

Family Fun Night

28

Swim Lesson Registration (Begins)
Pool Party

Shinin-yoku & Takigyo
Summit Mt. Chokai (Continues)

8

Splash & Craft Summer Bash
Aomori's Western Shores
Cape Shiryazaki Fat Bike Cycling Adventure

15

Otsubo River Trek
Coastal Kayaking Adventure
Battle of the Squadrons

22

Survive Misawa
Akita Adventure (Departs)

September

SUN

MON

TUE

WED

THU

FRI

SAT

6

Kawarage Wild
Hot Spring (Returns)

7

Labor Day

Shirakami Dake Hike
(Returns)

8

500k Cycling Challenge
(Final submission)

9

Late Night at the
Lake: Sunset Paddle

10

Family Fun Night

4

FW Down Day
Swim Lesson
Registration (Ends)

5

Kawarage Wild
Hot Spring (Departs)
Shirakami Dake Hike
(Departs)

11

Late Night at the Lake: Camping 101

12

Lake Towada Kayak &
Paint Adventure

13

Michinoku Coastal Trail:
Beach & Peak Hike

Kawarage Wild
Hot Spring (Returns)

14

15

16

Late Night at the Lake:
CaGa Ball Challenge

17

500k Cycling Challenge
Celebration Ceremony

Family Fun Night

18

Tour de Ogawara

20

International Coastal
Cleanup Day

21

22

23

24

Pool Party

25

Michinoku Coastal
Trail: Coastal Gems

Super Saturday
at Area 35

27

28

29

30

Himberg Pool
CLOSED for Training

500K CYCLING CHALLENGE

Wednesday, April 1–Monday, Aug. 31

Register by | Saturday, June 20

Submit Progress by | Tuesday, Sept. 8

\$70 per person* | All Ages**

Celebration Ceremony & Jersey Distribution

Friday, Sept. 18 | 4:30 p.m. | ODR, BLDG. 486

Think you've got what it takes? Ride 500 km (310 miles) this summer over five months. Track your progress, stay motivated and join fellow riders working toward the same goal. Finish strong and earn your reward. Cyclists who complete the challenge and submit tracking records to Outdoor Recreation staff will receive an **EXCLUSIVE cycling jersey**—a badge of honor for their accomplishment!

• Jerseys are only awarded to those who complete the 500 km cycle.

*No refunds are permitted after Saturday, June 20.

**This challenge is designed for adults, however, youth can participate and should expect to receive an adult sized jersey if/when they finish 500 km.



Receive an **EXCLUSIVE cycling jersey!**

TOUR DE OGAWARA

Saturday, Sept. 19

Check-in | 7 a.m.

Starts | 7:30 a.m.

\$40 per person

Ages 16+***

Challenge yourself on this 30+ mile cycling course that makes its way off-base and shadows the coast roads around Lake Ogawara. Bring your own bike or rent one from ODR. The sun is out, so start training today!

• Participants must be registered for the event in order to leave out of the same gate of the event.

***Those under 18 years of age must have a parent or guardian on site.

