



The Utah Division of Outdoor Recreation is excited to introduce the **Outdoor Adventure Challenge**. The program is open to **all school-age children and their families**. Each month, participants are encouraged to take on new challenges that promote outdoor recreation, nature exploration, and skill-building, all while fostering a love for the outdoors.

Adaptive Access: We partner with organizations that provide resources for people with disabilities, and the Adventure Challenge Eventbrite pages prompt participants to sign up for specialized equipment. Utah-based organizations like the [National Ability Center](#), [Ogden Valley Adaptive Sports](#), [Wasatch Adaptive Sports](#), and [TRAILS Adaptive](#) offer adaptive equipment and scholarships to ensure that cost is never a barrier to recreation.

Note to Parents/Guardians: Feel free to modify the challenges to match your child's age, interests, and needs. Whether you shorten the time spent on each activity or simplify tasks, the most important thing is spending quality time together and exploring our backyard wonders at your own pace.

Choose Your Own Adventure: Start by picking up your challenge stickers at a [partnering location](#) then choose at least one of the activities listed below. Be sure to have someone take a photo of you while doing the activity then [register here using this survey](#). We will send another survey quarterly to check-in on your progress and to enter you into giveaways.



CURRENT HIGHLIGHT | STARRY SKIES CHALLENGE

OUTDOOR ACTIVITIES

These are just a few ideas for the Starry Skies Challenge, but feel free to get creative and find your own way to explore and enjoy the night sky! Apps like [Stellarium](#) or [StarWalk2](#) (especially great for younger children) can also enhance your learning experience.

Safety Tip: Before venturing on your own outside at night, remember to tell a trusted adult your plans and bring a flashlight so you can stay safe while stargazing.

Stargazing – spend time under the stars! You can bring a telescope or binoculars to get a closer look at things like planets, the Milky Way, or constellations. (You can even borrow telescopes from some libraries.) How does it make you feel to gaze at the stars?



Nature Journaling Challenge: You can write a story or poem about the experience in your nature journal. Or try creating a sketch, painting, or drawing of the night sky.

Astronomy Programs or Star Parties – many parks and outdoor places offer programs that teach you about the night sky. These programs often feature astronomers or experts who show you different constellations, planets, and other cool things in space.

Astrophotography – if you want to capture the beauty of the night sky, try astrophotography! It combines outdoor exploration with photography, focusing on stars, galaxies, and sometimes even the Aurora Borealis. To get the best shots, find places with

Continued on next page! →

CURRENT EVENTS

April 25 - [Starry Skies Challenge at Coral Pink Sand Dunes](#) - Kanab, UT

ONGOING OPPORTUNITIES



Bring a Friend to Nature

– Choose any activity to participate in and invite a friend to come along.

[Ski for FREE](#)

Fourth graders get a [FREE National Parks Pass](#).



Viewing a physical flyer?

Scan code for all info on your mobile device!





OUTDOOR ACTIVITIES

little light pollution. Use long-exposure settings for best results, and aim your camera at a part of the sky with no lights or obstructions.

Night Hiking or Walking – hiking or walking in the dark can be a peaceful and different experience compared to daytime hiking. With the right gear, like a headlamp and good shoes, you can enjoy the quiet of the night and connect with nature and the stars.

Camping in Dark Sky Reserves – some national parks or dark sky reserves have campgrounds where you can experience the night sky at its best. You can camp in a tent, camper, or hammock and enjoy the stars while exploring the outdoors during the day.

Backpacking – backpacking to camp in remote areas lets you experience the wilderness at night under dark skies. The quiet and peaceful surroundings make stargazing even more magical.

Nighttime Hikes for Wildlife Watching – many animals are more active at night. A quiet hike to spot nocturnal creatures like owls, bats, and other animals can be exciting. If you're hiking on a full moon night, you might not need a flashlight since the moon's soft light helps your eyes adjust to see the landscape and its shadows.

Night Sky in the City – if you live in a city environment, try to observe the night sky. What can you see despite the city lights? Do you notice any stars, the moon, or the clouds? Describe your nighttime sky experience in the city by writing or with a sketch.

Moon Tracker – watch the moon each night for a fun project and track its phases for a month. Write down what it looks like and draw its shape in your journal. Note how it changes from crescent to half moon to full moon. The moon rises about 50 minutes later each day, so use a weather app to know when to go outside. A moon phase chart can help you track its changes and notice other things around the moon, like clouds or stars.

See Shooting Stars – Meteor Showers happen when Earth passes through debris from comets, causing meteors (or "shooting stars") to streak across the sky. In Utah, you can catch some amazing meteor showers each year.

Check apps or with local astronomy clubs for dates and peak times (usually after midnight, so you might need to set an alarm!). Popular meteor showers in Utah include the Perseid Meteor Shower in August and the Geminid Meteor Shower in December.

Park Events – Attend events like full moon hikes or meteor shower watches. Some national and state parks host special events during these times, so you can learn more about the night sky while taking a guided hike or listening to a talk from a ranger or other expert.

