



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 | STEWARDSHIP CHALLENGE

OUTDOOR ACTIVITIES

While playing and recreating outside is great, it's important to do so in a way that respects the environment and helps preserve it for generations to come. Complete any of the following activities to earn your Stewardship sticker and help give back to the outdoor places we all care so much about.

Leave No Trace (LNT) – These principles are designed to limit the impact people make while visiting outdoor places. [Explore the seven tips](#) and practice each one individually.

LNT Plan & Prepare – For the best experience exploring nature plan ahead. Know the local regulations, bring appropriate clothing, visit in small groups, minimize waste, use a map and compass (or digital map).

LNT Travel & Camp on Durable Surfaces – Walk and hike on established trails or durable surfaces like dry grasses, snow, rock, and gravel. Protect the area around lakes and streams (riparian habitats) by camping 200 feet away from the water source.

LNT Dispose of Waste Properly – Pack out what you pack in - that includes everything from orange peels and sandwich crumbs to wrappers and micro trash (tiny pieces of trash). Human waste transmits diseases!

Use established restrooms and carry a wag bag to use in an emergency (if you use a wag bag, pack it out).

LNT Leave What You Find – Enjoy looking at artifacts and historical structures, don't touch them! Leave plants (including

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CURRENT EVENTS

Monthly events and event details are being finalized, check back for updates!

ONGOING OPPORTUNITIES



Bring a Friend to Nature

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

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



Viewing a physical flyer?

Scan code for all info on your mobile device!



OUTDOOR ACTIVITIES

wildflowers), rocks, and other natural objects where you find them.

LNT Minimize Campfire Impact – Campfires are an exciting part of camping. Always use established fire rings. Use small sticks to keep fires small. Ensure all fire are completely extinguished.

LNT Respect Wildlife – Keep a safe distance from wildlife. Do not approach or follow wild animals. Never feed animals - it endangers their health and can alter their behavior. Keep pets in control and avoid wildlife during sensitive times like winter, mating and nesting season or when they are raising their young.

LNT Be Considerate of Others – Spending time in nature is important for all people. Create a welcoming space for everyone through respect. Be courteous, greet people, take breaks away from other groups, and avoid making loud noises.

Watershed Education and Respect – In Salt Lake County our drinking water comes directly from melted snow that flows down the mountain in streams and rivers. We can help ensure clean drinking water by following watershed regulations - no swimming (that includes wading and splashing), no dogs or animals in watershed areas, and no camping within 200 feet of watershed lakes and rivers. This is a perfect opportunity to view activity and life around flowing water and lakes without getting wet and a great opportunity to help educate less informed users.

Plant a Tree – It can be hard to believe that a mighty tree comes from something as tiny as a seed! Try this adventure two ways!

Plant a Seed Challenge: Visit a local garden center and ask for help identifying the best local species for your space. Once you choose a tree, find the seed at the garden center or look it up online. Then plant the sapling (baby tree) and watch it grow!

Volunteer to help plant trees! Organizations like [TreeUtah](#) and [Breathe 4 Trees](#) host planting events where community members can plant trees.

Volunteer to Pull Weeds – Some plants are considered invasive or noxious and can

cause environmental harm. Fortunately, there are organizations that coordinate invasive weed-pulling events.

Harvest Challenge: Before embarking on a weed-pulling mission, community volunteers learn the most effective ways to remove noxious weeds and the safest ways to handle them.



Safety Tip: Volunteer with a professional organization to learn how to handle toxic species safely.

Seed Saving – Our ancestors relied on seed saving to plant crops. While we can easily buy seeds today, that wasn't always the case. Harvesting, drying, and saving seeds is an ancient practice that can keep gardening costs low and add another layer of connection to the garden.

Harvest Challenge: Save the seeds from some of your favorite veggies, fruits, flowers, or herbs and plant them next spring to enjoy during the growing season



Help the Trails Out – When you're out on a trail, see if you can remove dead branches or long grasses that hang over the trail.

Trail Challenge: Some trails even have tools stationed along them for you to use to maintain them. Always be careful and respectful of others while doing trail work!



Join a Community Garden – Community gardens are shared spaces where individuals or families tend to different garden sections. Some are free to join, while others may charge a fee to rent a plot. Find a garden near you and enjoy the satisfaction of growing your food!

Plant a Seed Challenge: Create a sketch of where you plan to build your trail. Draw your trail and include details like bridges, water courses, intersections, and parking lots.



Plant a Perennial and an Annual Flower – Some flowers and plants come back yearly; they are called perennials. Other plants and flowers need to be replanted every year; they are called annuals.

Plant a Seed Challenge: Choose a place to plant a perennial and watch it grow year after year. Plant an annual to enjoy throughout the warm months.

