



EVERY KID OUTDOORS
**ADVENTURE
CHALLENGE**

EARN YOUR TRAIL CHALLENGE STICKER!

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 to show you've completed it, then [fill out this survey](#) to earn various prizes! With so many options, you're sure to find something fun to try!



CURRENT HIGHLIGHT | TRAIL CHALLENGE

OUTDOOR ACTIVITIES

Safety First – Trails are shared by many users, from hikers to horseback riders to E-bikes. Because of this, it's important to know who yields to whom and practice trail etiquette to ensure everyone's safety. Always stay aware of your surroundings and be respectful to other trail users.

Before heading out, make sure you're well-prepared for your adventure. Bring plenty of water, snacks for energy, and sunscreen for protection. Pack a first aid kit and ensure your gear—whether it's your OHV, hiking shoes, or bike—is in good condition. Dress appropriately for the weather to ensure a safe, comfortable, and enjoyable trail experience!

Take a Hike – Utah is full of fantastic hiking trails, many close to large populations. You can explore the outdoors and enjoy nature by hiking along a marked trail. Using mobile apps like [AllTrails](#) or pick up a local guidebook and try a hiking trail near your home!

Mountain Biking – If you want something more adventurous, you can ride your bike on a mountain trail. If you haven't tried it before, choose a beginner-friendly trail. You'll see it's fun to test your balance and coordination while enjoying the challenge of going over bumpy terrain.

Nature Walk – Enjoy a nature walk and take your time to look at the plants, trees, and animals around you. As you walk, take in the sights and sounds of nature—the rustling leaves, the chirping birds, and the breeze in the trees.

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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!



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OUTDOOR COOKING



Bring your nature journal to record what you observe: a cool plant, a unique rock, or an animal you spot. It's a great way to connect with your surroundings and appreciate the beauty of the natural world!

Trail Running – A great way to get your heart pumping while out on trails. The uneven ground will make it more exciting than running on a regular path. Focus on where to step next to avoid tripping on small rocks or roots.

Riding in an Off-Highway Vehicle – If you're interested in riding motorized vehicles on trails in Utah, take the state's [OHV Education Course](#), which can be found at [recreation.Utah.gov](#). The course will teach you all about safely riding and operating an OHV.

Inclusive Trail Access for All – Utah is home to many organizations that provide adaptive equipment, allowing youth with disabilities to enjoy the outdoors and participate in activities like biking and riding. Groups like the [National Ability Center](#), [Ogden Valley Adaptive Sports](#), [Wasatch Adaptive Sports](#), and [Common Ground](#) offer bikes and other adaptive gear so those with disabilities can get out and experience the trail.

Horseback Riding – A great way to explore the trail! Be sure to follow trail rules for horseback riders, watch for obstacles, keep your horse comfortable, and ensure they can access water to drink along the way. Practice good trail etiquette by being courteous to other trail users!

Follow a River – Some popular trails follow river corridors. The rich soil and land around rivers is called a riparian habitat, which creates a home for diverse species! Trails along the Virgin River, Jordan River, Logan River, or Little Cottonwood Creek are usually flat and accessible. Try finding a river trail near you and follow it as far as possible.

Summit a Peak – Utah is home to high peaks, the tallest mountain being Kings Peak in the Ashley National Forest at 13,528 feet. See if you can find a trail to the summit of a mountain near you! Follow the trail to the top, and depending on the time of year, check for signs of snow or bad weather.

Snowy Trails – Many parts of Utah see snow for much of the year. If you're hiking on trails covered in snow, wear shoes or boots with

good tread; microspikes can be used on icy trails. Don't ride or walk on muddy or wet trails, as that will damage them.

Orienteering – All about using a map and compass to find your way. You can follow the trail while learning how to navigate and solve challenges, testing your skills in both direction and teamwork.

Geocaching – Geocaching is a great way to practice using a map to find a specific location in and on trails near you. Do some research on potential geocaches in your area, and then get on the trails and see if you can discover a hidden treasure!

Make a Map – As you spend time on a trail, try to draw a map of the route. These maps could be of your climb to a high peak or just a simple walk through your neighborhood trails. As you build your map, include landmarks, topographical lines, and distances.

Design your Trail – Look at the mountains or hills around your home. Do they already have trails? If not, imagine where you might put a trail. How would you navigate the steep rocky sections? Switchbacks? Will you need a bridge to cross rivers or gullies?



Nature Journaling 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.

Help the Trails Out! – As you walk along the trail, pick up any litter you find.



Stewardship Challenge: Also look for dead branches or long grasses hanging over the path and carefully remove them. Some trails even provide tools to help maintain the area, so take advantage of these if available.

Scavenger Hunt – You can turn your hike or walk into a scavenger hunt. Look for certain things in nature, like specific plants or animal tracks. It's a fun way to see who can find everything on the list first. Or see if you can find every color in the rainbow as you hike.

Play Tree Huggers – While you're out on a trail next time, see if you can identify a species of tree (use iNaturalist for help identifying!), and when you call it out, see who can be the first one to go and hug that kind of tree.

