



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 | UTAH ROCKS! CHALLENGE

OUTDOOR RECREATION ACTIVITIES

STEM - For ANY of the following: take part in geology, paleontology talks, or tours at National Parks and Monuments led by rangers or other experts. Or check out the [Utah Geological Survey division’s webpage](#) for more learning resources.

Safety first: always ensure activities are supervised by trained adults or instructors, especially when climbing, rappelling, or scrambling.

Adaptive Climbing – Several non-profits and climbing gyms offer adaptive climbing opportunities for people with disabilities. A few opportunities: [National Ability Center](#), [Wasatch Adaptive](#), [Ogden Valley Adaptive](#), the [Front and Momentum](#).

Indoor Bouldering – Fun, low-wall climbing involving short, challenging “problems” routes, usually without ropes. [Register today for our free bouldering event on March 21st at one of many Utah climbing gyms!](#)

Slacklining – A fun balance challenge that involves walking on a flat piece of webbing stretched between two anchor points, like trees or rocks. Start with a low slackline to practice walking across and see how long you can balance.

Via Ferrata – Via Ferrata routes combine hiking and climbing, making them ideal for beginners. Using steel cables and ladders, these routes make climbing more accessible to a wider range of people. They offer families a great opportunity to experience technical rock climbing in a safe, controlled environment. Via Ferrata routes can be found

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CURRENT EVENTS

March 21 - [Free indoor bouldering](#), participating gyms across the state.

ONGOING OPPORTUNITIES



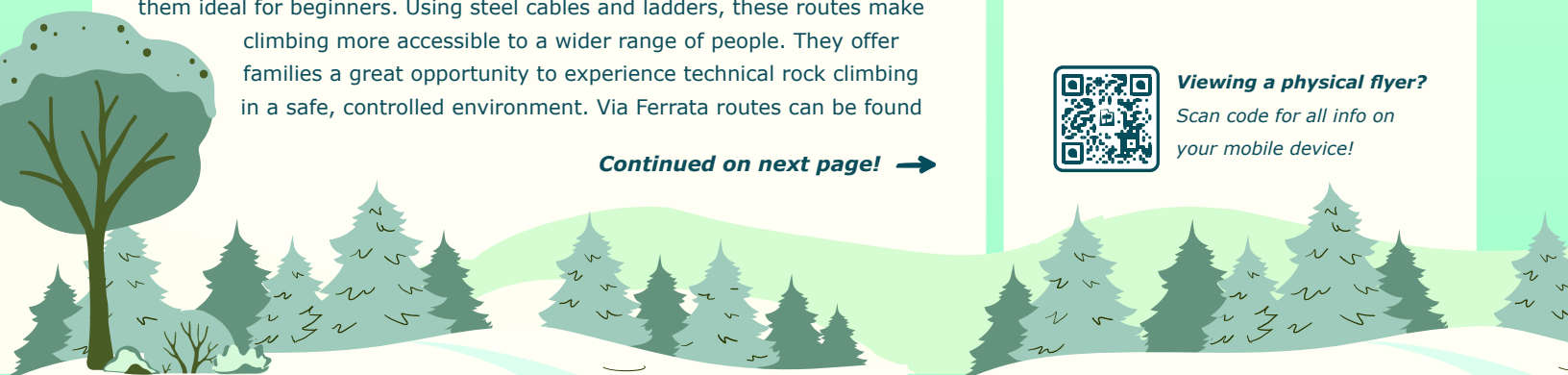
Bring a Friend to Nature
– Choose any activity to participate in and invite a friend to come along.

[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 RECREATION ACTIVITIES

in Kane, Washington, and Uinta Counties, with most requiring a guide service for access.

Mountain Hiking – Utah boasts a variety of mountain trails that provide stunning views and a rewarding experience for hikers of all levels.

Outdoor Rock Climbing – Start with beginner routes at climbing gyms or outdoor areas.

Safety: Outdoor rock climbing demands a solid understanding of technical equipment. The best way to learn is with a qualified guide. For a top-notch educational and safe experience, choose a guide certified by the American Mountain Guide Association

Rock Exploration Hikes – Utah is known for its stunning rock formations, including hoodoos, arches, and canyons. Plan a hike to discover these natural wonders, selecting a trail appropriate for your group's age and skill level.

Rock Hopping / Stream Scrambling – Involves exploring natural stream beds, hopping from rock to rock, or scrambling across large boulders. Rock hopping is more about balance and coordination, while stream scrambling is a more rugged adventure requiring strength and careful foot placement. Just be sure to stay safe and choose spots with manageable water conditions. For younger kids, start with calm, shallow streams to explore creek beds.

Scrambling Hikes – Scrambling means using your hands to navigate over rocks and boulders on the trail. Try beginner-friendly trails with light scrambling. Only experienced adventurers should attempt steep trails with challenging scrambling sections.

Rappelling – A technique used to descend steep rock faces or cliffs. Many climbing gyms and guiding operations offer programs that help climbers transition from indoor climbing to outdoor climbing. Consider signing up for a 'gym-to-crag' program or hiring a local guide to learn the ropes.

Wet Canyon Hiking – A unique way to explore narrow, water-carved canyons like the Narrows in Zion National Park. Always check weather and water conditions for safety.

Canyoneering – An adventurous activity that combines hiking, climbing, and rappelling through canyons. For a safe introduction, start with rock hopping or shallow stream exploration.

Safety: Canyoneering requires route finding and the use of technical equipment. Hire a guide outfitter to ensure a safe and enjoyable experience.

Slot Canyon Hiking – This takes you through narrow, winding passages carved by water. Utah has several stunningly beautiful slot canyons, like Peek-Boo Canyon and Willis Creek Narrows.

Cave Exploration – An adventurous way to explore the hidden world beneath the surface. Explore easy, safe caves like Timpanogogs Cave and learn about the cave ecosystem and amazing rock formations from the ranger.

Petroglyph Hiking – Offers the chance to view ancient rock carvings in natural landscapes like rock faces. Many of these hikes occur in culturally rich regions, such as deserts and canyons, providing insights into indigenous art and history. Southern Utah is home to several well-known petroglyph sites. Please visit respectfully, preserving their cultural significance for future generations.

Fossil Hiking – Embark on a hike to witness ancient remains in their natural setting, leaving them undisturbed and preserving their legacy. Utah is home to numerous paleontological treasures, from fossil beds and deserts to ancient seabeds. Explore these awe-inspiring sites and connect with the past at places like Raptor State Park, Dinosaur National Monument, and Jurassic National Monument.

Rockhounding – An activity where you can search for and collect interesting rocks, minerals, or fossils. Start by exploring your area's geology. Then, check out public lands like those managed by the BLM or National Forests, which allow rock collection in reasonable quantities. Check local rules before collecting. ([More information here.](#)) Use an app to help you identify rocks or minerals.

