



EVERY KID OUTDOORS ADVENTURE CHALLENGE

EARN YOUR ADVENTURE CHALLENGE + FROSTY FUN & DISCOVERY STICKERS!

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!



ADVENTURE CHALLENGE KICKOFF | FROSTY FUN & DISCOVERY CHALLENGE

OUTDOOR RECREATION ACTIVITIES



Birdwatching – Identify as many bird species as possible and document them in your nature journal.

Build a Snowball Catapult – Construct a catapult for the ultimate snowball fight.

Cross-country/Nordic Skiing – A great way to get exercise in the snow, cross-country skiing offers a full-body workout while letting you explore peaceful, scenic winter trails.

DIY Bird Feeder – Make a bird feeder to support local wildlife through the winter and enjoy watching birds in your backyard. An easy option is to roll pine cones in peanut butter and birdseed to create simple, natural bird feeders. [Learn how here.](#)

Dog Sledding or Kick Sledding – Experience the thrill of dog sledding or kick sledding, a unique and fun way to travel across snow-covered terrain, either by kicking off the ground or with the help of energetic sled dogs.

Experiment with Salt and Ice – Explore the effects of salt on ice in different conditions.

Fat Tire Bike Riding – Ride specially equipped bikes with wide tires that can handle snowy trails, making for a thrilling winter biking experience through Utah's winter landscapes.

Frozen Bubble Art – On cold days (around 14°F or lower), try blowing bubbles and watching them freeze, creating intricate

Continued on next page! →

CURRENT EVENTS



January 24, 2-5 PM - [Outdoor Adventure Winter Challenge & Kickoff Event](#), Millcreek Commons

January 2, 9-3 PM - [Monster Winter Sports & Trails Day](#), Bear Lake

February 21, 2-4 PM - Frosty Fun & Discovery Adventure Challenge at Soldier Hollow - Try Cross-country skiing for free! [RSVP today!](#)

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

patterns and shapes that can be captured on camera.

Hockey – Whether on a rink or a frozen pond, hockey is an exciting and competitive way for youth to stay active and develop teamwork and coordination.

Ice Climbing – For the adventurous, ice climbing provides the chance to scale frozen waterfalls and ice-covered rock faces, often with the guidance of a professional instructor.

Ice Fishing – Drill a hole in the ice and spend the day on the frozen lake, patiently waiting for a bite. Ice fishing is a relaxing way to enjoy the outdoors and connect with nature during winter.

Ice Skating – Glide across frozen ponds or outdoor rinks and enjoy the crisp winter air while learning basic skating skills.

Polar Bear Plunge – For those brave enough, the Polar Bear Plunge involves diving into icy waters. It is a fun and challenging way to test your limits while participating in community events.

Sledding, Tubing, or Ice-blocking – Classic winter fun! Kids can slide down hills on sleds or tubes or try ice-blocking in southern Utah, where large ice blocks are used instead of traditional sleds.

Skiing or Snowboarding – Utah's ski resorts offer world-class slopes for skiing and snowboarding, where you can take lessons or challenge yourself to new heights.

Snowflake Identification – Catch snowflakes on your gloves and examine them closely with a magnifying glass to discover the unique patterns each one has.

Snowmobiling – Speed through Utah's snowy backcountry and explore scenic areas that are typically inaccessible by foot. With supervision, snowmobiling can be an exhilarating winter activity for older youth.

Snowshoeing – Explore winter landscapes by strapping on snowshoes and trekking through the snow, whether on groomed trails or off the beaten path.

Snow Sculptures – Get creative with snow—try building a snow castle or shaping snow into animals instead of the traditional snowman or snow fort.

Winter Camping – Take your camping skills to the next level by camping in the snow. Winter camping will challenge you to be resourceful and teach valuable outdoor survival skills.

Winter Disc Golf – Disc golf courses remain open year-round, but playing in the winter adds a fun twist with snow-covered baskets and the challenge of navigating frosty, sometimes slippery terrain.

Winter Geocaching – Use a GPS device or smartphone app for a winter geocaching adventure. Many caches are hidden in winter-friendly areas, and it can be a fun way to explore while getting outside.

Winter Hike – Bundle up and hike on snow-covered trails or the try hiking trails Southern Utah desert, where the quiet beauty of winter offers a serene and peaceful way to enjoy the outdoors.

Winter Photography – Experiment with photography during winter, capturing the dramatic effects of frost, snow, lower angles of sunlight, and the prominent colors in the landscape.

Winter Survival Skills – Organize a winter survival activity where kids learn practical outdoor skills like building an emergency shelter or starting a fire in the snow (under supervision).

Winter Stargazing – With clear skies and shorter days, winter nights can be ideal for stargazing. Youth can learn about constellations, the winter sky, or even try winter constellations like Orion.

Winter Wildlife Tracking – Track animal prints in the snow and learn more about local wildlife in the winter months!

Other Winter Science, Technology, Engineering, Mathematic (STEM) Activities – Share any other outdoor winter STEM experiments you've done! (Note: Indoor experiments will not count.)

