



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 | WINTER GAMES CHALLENGE

OUTDOOR ACTIVITIES

Safety Tip: Winter sports are a great way to stay active during the winter months. As you take part in any winter activity, be sure to dress in warm layers. Be very aware of your fingers, toes and nose and if you start to feel cold, get inside and somewhere warm.

Downhill Skiing – There are 15 ski resorts in Utah, all offering unique terrain and opportunities to test your skills. Check out [Ski Utah's website](#) to find information on all the resorts, and if you're a 4th, 5th or 6th grader don't forget to apply for your [Ski Utah passport!](#)

Ice Skating – Utah is home to both man-made and natural opportunities for ice skating. If you've never tried ice skating, head to one of the 16 ice rinks around the state to test your skills. Utah even has an [Olympic-sized rink](#) available for the public to skate on!

Tip: Youth ages 0 - 18 can sign up for a [free My County Rec Pass](#), which includes access to 18 Salt Lake County parks and recreation amenities, including 3 ice centers!

Ice Hockey – Once you've learned how to handle ice skates, try out the game of hockey. Hockey requires balance, speed and agility. Utah is now home to the Utah Hockey Club, the first professional hockey team in Utah; try attending one of their games if you get the chance!

Curling – Curling is a slower-paced game played on the ice, but doesn't require you to wear ice skates. The goal of the game is to

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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.

[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

slide a large stone into a bullseye that sits in the center of the ice. Your goal is to get your stone closest to the bullseye's center while knocking out your opponent's stones

Biathlon – Biathlon combines two sports - cross-country skiing and shooting. [Soldier Hollow](#), located in Midway, is the only biathlon course in Utah. Their facility hosts world championships and is a training ground for many Olympians! Check out their campus, attend a competition or try the biathlon yourself!

Sledding – We all know how much fun sledding can be in the winter! Sledding is a great way to get the thrill of sliding on snow without traveling too far. Bring a group of your friends to a local sledding hill and have fun sliding on the snow!

Cross-Country Skiing – Cross-country skiing is a great way to get some good exercise during the winter months. Many campgrounds and complexes in northern Utah groom their roads in the wintertime for cross-country skiing, which is a necessity for efficient cross-country skiing. Try this fun form of exercise once the snow starts falling!

Learn about Avalanches – [The Utah Avalanche Center](#) is Utah's avalanche forecasting non-profit. Their job is to educate and inform the public on the conditions of our snowpack during Utah's winter months. As you take part in any backcountry activity, whether hiking, snowmobiling, skiing,

Tip: The Utah Avalanche Center's free "Know Before You Go" talks are a great introduction to avalanche awareness.



Share Nature with a Friend: Sign up for a "Know Before You Go" talk about bring a friend with you!

Snowman Building Competition – Making a snowman requires teamwork. Gather in teams of 2 or 3 and see which team can build the tallest snowman!

Sand Boarding – If you live in an area of the state that doesn't see much snow, try using sand instead! Look for large sandy hills near your home and see if you can sled or slide down one. Be sure to find a slope that isn't too

steep and has no sharp rocks!

Build your own Winter Game – Imagine you are the head of the next winter Olympics. What new sport would you invent?



Nature Journaling: Try writing out the rules for your new sport.

Snow Shoeing – Although winter does add some extra obstacles in getting outside, snow shoes are great tools to stay on top of deep snow. Snowshoeing is a fun way to explore areas of our natural world closed off to us in the summer. If the snow is deep enough, you can travel off-trail without causing damage to the landscape.

Build a Winter Obstacle Course – Snow makes great building material as it will usually stick together if there's enough water in it. Try building ramps, slides or tunnels out of snow to compete with your friends.

Ice Fishing – Lakes typically freeze anywhere from 2-15 inches on their surface, leaving lots of moving water underneath for fish! If the ice on a lake is 4 inches or more, it's safe to stand and fish on. Try ice fishing as a winter activity, but be sure to dress warm and stay safe!

Snowball Dodgeball – Snowball fights are a fun way (as long as everyone wants to be involved!) to enjoy snow. Using soft snow (no ice!) make snowballs and see if you can get enough friends together to play a game of snowball dodgeball.

Snow-Water Equivalency Test – Are you curious about how much water is in snow? Collect a bowl full of snow after a storm and then melt the snow in a microwave. Do you notice that there was less water in the bowl than there was snow? Try doing this with different snow storms over the winter, what do you notice?

