

ADVENTURE UTAH

WINTER 16/17

KIDS



RED ROCK
winter escape

2017 BUCKET LIST

win a trip on the White Rim

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best local ski deals

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ADVENTURE UTAH KIDS

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ON THE COVER
Snowbird Resort, Mineral Basin

PHOTO BY Dan Campbell

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{ WINTER }

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“ WHAT IS LIFE
BUT ONE
GRAND ADVENTURE.”

— Anonymous

LETTER FROM THE PUBLISHER

YOU KNOW THE DAY WHEN YOUR DREAM BECOMES A REALITY? Well, that's how I feel about launching Adventure Utah Kids magazine. It's been on my mind for many years, and finally the stars have aligned and it's happening! If only you could see me at this very moment... grateful beyond words, enthusiasm through the roof, and for those who know me well, a few tears, because this has been quite a journey for me. I need to give big shout out here to my family and my amazing community of friends, because without their support and encouragement this would not be possible. Oh, and of course my new and super amazing team; Breana Wright, Michelle Rayner and Greg Scothern... you guys ROCK and I totally appreciate you all!!



My two passions are adventuring in Utah, and my 8-year-old daughter Kya. I have spent the last 15+ years traveling, exploring, adventuring, writing and photographing all things Utah for work – yes it's work (wink, wink) – or as I like to call it, product testing (someone has to do it, right!?!). And now as a mother, I get to introduce this amazing outdoor playground to my daughter, and I am seeing it in a whole different light; I want to share my knowledge and passion with other parents. My goal with this publication is to inspire and educate both parents and kids to get outside and explore, be active, and be good stewards to the land we all love.

In this issue we have a sampling of just a few of our favorite adventures... we can't give away all the secrets in one issue. Be sure to check out our **Bucket List** on page 14, where we are partnering with our friends at **Western Spirit** to give away a 4-day guided trip on the White Rim. If you are looking for the best family ski deals to get out and play in the "Greatest Snow on Earth", be sure to read Brandon Ott's article on page 8. If you are planning to head south over the winter – which I highly recommend – we have a few articles to inspire the journey on pages 18, 22 and 28.

Now put the magazine down, grab your kids, and get out there! Oh... and don't forget to follow us, tag us, and share your adventures... 'cause ya never know when we will be giving away more great stuff. Have fun, be safe, and give those kids a hug, because without them life might be pretty dull...

Hope to you see you all out on the trail,

- Monique Beeley



BREANA lives in Park City with her fiancé and their 7-year-old daughter. They are an adventure lifestyle family, and on most days can be found outside in nature's playground -- biking, hiking, skiing, rafting, and everything in between. Breana takes pride in raising her daughter to have a great love for the outdoors and the challenges it offers.



MICHELLE grew up in Massachusetts, but her roots have been in Park City, Utah for over 20 years. Whether it's trail running, camping in red rock country, skiing "powdah", paddleboarding or simply unplugging and taking in the beauty of Utah's scenery, she is always excited to create new memories with her husband, two kids and their lab Harley. "Of all the paths you take in life, make sure a few of them are dirt." - John Muir.



GREG has been playing in and exploring the incredible landscape of Utah his entire life. The only thing that has surpassed his own personal joy in the outdoors has been sharing that passion and experience with his family. Whether skiing, mountain biking, camping, or exploring the desert, it's a family affair. Greg is married with two teenage children and lives in Ogden, UT.

EVENTS

JAN. - APR.

NIGHT SKY STAR PARTY - CEDAR BREAKS NATIONAL MONUMENT

Star Parties are conducted by park staff and astronomy volunteers at the Navajo Lodge in Brian Head town. Observe swirling nebulae, twinkling star clusters, neighborly planets, and distant galaxies. nps.gov/cebr

FEB. 4

SWEATY YETI FAT BIKE RACE

Are you yeti for this? Join us in Ogden for this fun event! Enjoy free fat bike demos, a kids zone, sledding hill, ice skating, live music, sports expo and food trucks. visitogden.com/yeti-bash

DEC. 26 - MAR. 31

MIDWAY ICE CASTLE

Come and explore these beautifully sculpted ice castles and caves, brilliantly lit up in an array of colors. icecastles.com/midway

FEB. 17 - 19

KANAB BALLOONS AND TUNES

This festival includes dozens of balloonists launching all three days, a two-day battle of the bands competition, street fair, balloon glow and a lantern launch. visitsouthernutah.com/events

2017

JAN. 13 - 15

BLUFF BALLOON FESTIVAL

It's a bird! It's a plane! No...it's a hot air balloon! Join us at the 19th Annual Bluff International Balloon Festival. bluffutah.org/events

Check out AdventureUtahMedia.com for our entire winter event roundup!

FEB. 1 - 4

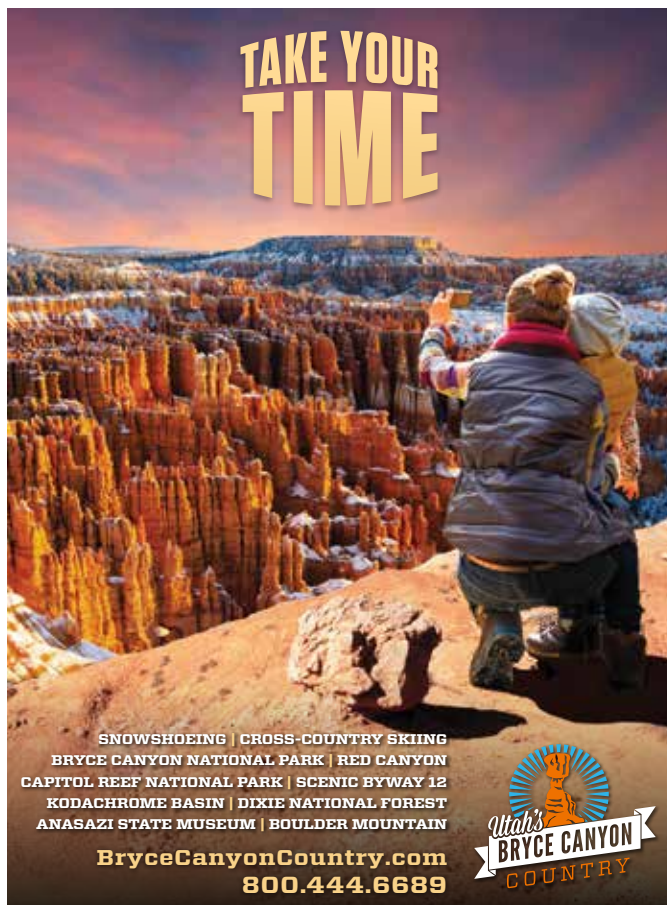
2017 FIS FREESTYLE SKI WORLD CUP

2017 marks the 18th consecutive year of the international and world competitions hosted at Deer Valley, and you won't want to miss it. Firework displays will conclude each night. deervalley.com/whattodo/winter/fisworldcup

FEB. 18- 20

BRYCE CANYON WINTERFEST

This 3-day event that includes cross country ski races, a people-powered sled race, kids snow boot races, archery clinic, archery biathlon competition, free snowshoe tours, free clinics in photography and snow sculpture, kid friendly events, food, music and much more. rubysinn.com/bryce-canyon-winter-festival




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IF HOT CHOCOLATE COULD SPEAK

BY BRANDON OTT



BEFORE YOU WERE A PARENT you were pretty full of yourself—skiing the entire mountain freely, listening to music, stopping for a midday beer if you felt like it, or chomping down on a peanut butter and jelly sandwich while the chairlift whisked you over the next untouched run you couldn't wait to hoot and holler down. Let's say on this particular day the thought of a cold microbrew was just too much to pass up.

Ordered up, a beautiful pint of frothiness sits in front of you, but you can't help but be distracted by the family of four who have exploded at the table nearest you. Seriously? It looks like they've unpacked for a week's vacation around this small, round-table at the mid-mountain lodge. And even worse, the kids are fidgeting and blabbing non-stop, the chaos level rivaling that of five different LEGO sets dumped into one dreadful pile. Glaring at the parents, your eyes loudly say: "Why the heck did you give those dang kids giant mugs of hot chocolate?" Of course, the parents are too consumed around that round table to notice your judgmental and assuming eyes. They're being present for their children as they take a breather from the slopes.


Fast-forward fifteen years and now you are the one sitting at that round table, hanging out with two kids with rosy cheeks and hot chocolate mustaches reliving the last secret run through the trees. You certainly don't notice the young bro at the nearest table glaring at you, as you're ecstatic that this is just the second hot chocolate break of the day.


This is what it's all about: making it to the well-deserved hot chocolate break from Utah's wintery chill. As we all know, the tricky part is everything that leads up to that cup of cocoa.

Jumping into winter sports with your little ones can seem a bit perilous and daunting—not to mention expensive—but with a little planning you can find the good stuff. Here are some affordable options to get you started:

SKI FREE PROGRAMS

Brighton takes the cake, as kids 10 and under ski free! At Eagle Point, Powder Mountain, Snowbasin, Snowbird and Solitude, kids six and under ski free.




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**50%
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Photo- Corey Kopischke

While at Brian Head, Cherry Peak and Sundance, five and under hit the slopes for free. **Ski Utah's 5th & 6th Grade Passport** remarkably allows for 5th graders to ski/ride three times free at each resort, while 6th graders are granted one free day of skiing/riding at each of Utah's 14 resorts. Don't worry parents, there's an option for you as well. While not free, the **Ski Utah Yeti Pass** is the perfect accompaniment to the Passport programs, giving parents a day of skiing at each resort in the state for just \$46 per day.

UBER FAMILY-FRIENDLY DEALS

Alta's Ski After 3 program is a great place to teach the kids to ski, where \$10 gives each person access to the beginner lifts. Nordic Valley's family season pass rings in at just \$930, which is good for a family of four. You can also score an all-day pass on the beginner lift at Beaver Mountain for only \$25.

SKI SCHOOL

January is a sweet, sweet month. Why? Because January is officially known as **Learn to Ski & Snowboard Month**. In Utah, most resorts offer up a lesson, rentals and a lift ticket for as low as \$45. For more information visit skiutah.com/lssm. At Brian Head, the Brian Head University package offers first-time skiers or boarders three group lessons, three lift tickets and three days of rentals for \$299. If you haven't learned how to ski or ride after these three

lessons, you'll receive a full refund. Snowbasin's Learn & Earn program provides newbies with three lift tickets, lessons and rentals for \$399 with the reward of a season pass upon completion of the program.

EQUIPMENT

Solving the dreaded gear equation can certainly be one of the costliest aspects associated with sliding on snow for the winter, but also one of the most time-consuming endeavors when your faced with the possibility of your son's foot out growing his boots in a single season. If you get into the swing of things early enough, fall ski swaps are still a sure fire way to get the gear. Just to name a few: the Ogden Ski Swap is held November 18-19, while Alta and the Heber Valley (Zermatt Resort) host ski swaps into November as well.

Do you truly identify yourself as a skiing family? If so, there are two opportunities that are affordable and headache free when it comes to your growing kids. Utah Ski & Golf (801-355-9088) offers the Junior Upgrade Program which costs \$350 in total and should cover all the child's rental needs until age 11 or 12. How amazing is that? Each year, or even mid-winter, come into their store and exchange for the correct sized boots and skis. The Lift House (801-943-1104) also offers a similar product dubbed the Junior Rental Program, which includes a first-year

cost of \$120 and each subsequent year costs \$80. With both programs, upgrades are available so check with each shop for all the details.

NIGHT OWLS

It's true, you and the family might have to sport an extra layer or two once the sun dips below the mountains, but night skiing is an affordable option where lift ticket prices are more than fifty percent cheaper by night. Night owls are welcome at Brian Head, Brighton, Cherry Peak, Nordic Valley, Park City, Powder Mountain, Snowbird and Sundance. Powder Mountain hosts Tuesday family nights, with six lift tickets for just \$65. Nordic Valley stands out at night, with 100 percent of its terrain open for night skiing.

SOUTHERN UTAH

Sliding on snow in the state of Utah has become such a thread of life that a skier graces the license plate. With 14 resorts, there are a myriad options for families, but two resorts truly stand out. As family-friendly as they come, Brian Head and Eagle Point in southern Utah provide jaw-dropping scenery combined with mellow slopes and affordable rates.



Here's to your greatest winter ever as a ski family. Hopefully you can tap into a few of these ideas and free up a few bucks and time for that cup (or two...or three) of hot chocolate at the mid-mountain lodge.

SkiUtah.com

For the past seven years, Brandon's lived the dream as Ski Utah's Content Director—where he gets to show off The Greatest Snow on Earth to the world. And on the weekends, he happily spends his time negotiating the precarious hot chocolate to ski-run ratio with his six year old daughter and two year old son.

A young girl in a purple snow suit and hat is holding a snowball. The text "HANDFULS of WINTER FUN!" is overlaid in a playful, blue, hand-drawn font. Below the image is a logo for VisitCedarCity.com, featuring a stylized mountain peak in green and orange.

A night view of a ski resort with the text "POWDER MOUNTAIN FAMILY NIGHT EVERY TUESDAY NIGHT 6 TICKETS FOR \$65" overlaid. The background shows a snowy mountain slope with ski lifts and buildings illuminated at night. The text is in a bold, white, sans-serif font. Below the main text, it says "Sundown Only 3PM TO 6PM" and "for more information visit www.powdermountain.com". A logo for Powder Mountain is in the bottom right corner.



“The Attitude of Gratitude”

BY RANDI JO TAUREL

THE PRACTICE OF YOGA and mindfulness helps adults and children live healthier and happier lives. I have been teaching yoga to adults since 1999, but for the last 11 years, my focus has been teaching families to be more mindful through poses, breathing and meditation. I have had the honor of being voted one of Park City’s best yoga teachers (Park Record) for the past four years, and I like to remind those I work with that they don’t need a lot of time, space, special clothing or equipment to bring the benefits of yoga into their lives. We can all practice simple exercises – at any age – that will give us energy, peace and focus. The best part is that parents and their kids can enjoy these activities together. Yoga is founded on breathing and meditation, making it a natural stress reliever. In fact, devoting time to the mind-body connection has been proven to reduce everyday stress and anxiety, as well as promote an overall good mood and positive outlook on life.

Yoga for kids invites budding yogis to hold a position while controlling their breathing, which helps them learn to focus. As their focus increases, their ability to remain attentive naturally increases as well, which can be very beneficial even for kids who struggle with specific attention challenges.

Yoga and meditation are great activities to combat stress. Most parents could benefit from meditation as much as their children, but they simply do not make time for it. For this reason, I will often send my young students home with an assignment to teach their parents a simple meditation exercise. This involves instructing the kids to sit together for one minute with a parent, then notice the results. The students will often find their parents to be calmer, kinder, more peaceful and patient, and maybe even more generous. With these kinds of results, it must be worth a try! Here are just a few of the advantages of mindfulness for children (and adults):

- Improved concentration
- Reduced stress
- Increased empathy
- Better sleep
- More compassion
- Greater self-awareness
- Less depression and anxiety

If you are looking for some yoga poses or mindfulness exercises to practice with your child, try these: > > > >



PARTNER BOAT POSE:

Sit on the floor across from your partner with your knees bent and feet on the floor. Hold each other's hands and slowly lift one foot and press it against your partner's foot. Lift your heart and look at the person in front of you. Try communicating to help you maintain your balance together. Repeat with other foot. Be sure to keep breathing and remember to smile!

*Yoga and meditation
are great activities
to combat stress.*

TREE POSE:

Stand in Mountain Pose (stand tall with feet together and arms at sides). Train your eyes on a focal point that is not moving. Slowly lift one foot and place it on the opposite ankle, shin/calf or thigh. Try to keep your balance and remember not to hold your breath. For increased stability for beginners, you can stand back-to-back with a partner, or use a wall if preferred.



CHILD'S POSE WITH MASSAGE:

Have the younger yogi start in Child's Pose as the adult places their hands on the kid's lower back. Encourage your child to direct their breath toward your hands. After one minute, move hands to the middle of the back, then the upper back. End with one minute of light massage (no tickling). Now switch roles!



SAVASANA POSE WITH TOY:

Slow down and concentrate on the experience with this variation: place a stuffed animal on your belly while you are lying down in Savasana Pose. Notice how the toy moves up and down with your breath.

MINDFULNESS EXERCISE WITH FOOD:

One simple, healthy way for kids to start incorporating mindfulness into their daily activities is to encourage them to slow down while eating and notice how their food tastes and smells, rather than eating quickly or while watching television or talking.

There is a reason why we say that yoga is a practice: the goal is not to be perfect. Yoga and meditation are about exploring how our minds and bodies feel each time we do them. We aim to feel good about what we are able to offer and simply try to do our best. With yoga, there are no winners, losers or grades – just peace. It is my sincere hope you will try some of these tips and experience that peace for yourself, alone or with your child.

Yogawithrandijo.com

- Randi Jo teaches yoga and mindfulness to adults,
- kids and families in Park City, UT. She was voted
- one of the top yoga teachers in Park City for the
- past 4 years and Woman of the Year 2013 (PC
- Women's Business Network). Her classes are
- fun and inspiring for students of all levels. Her
- daughter, Chloe, is an honor roll student in the
- 6th grade at Ecker Hill School and loves
- figure skating, gymnastics and snowboarding.

BUCKET LIST

ODE TO THE ALL MIGHTY ADVENTURE BUCKET LIST... it's the never ending and always evolving to do list... so much depends on the season, the partners, the money, the time. But the one thing that never changes, is that each day your kids are getting older and time with them is so very precious, so here is just a short list of recommended adventures to get things rolling for 2017.



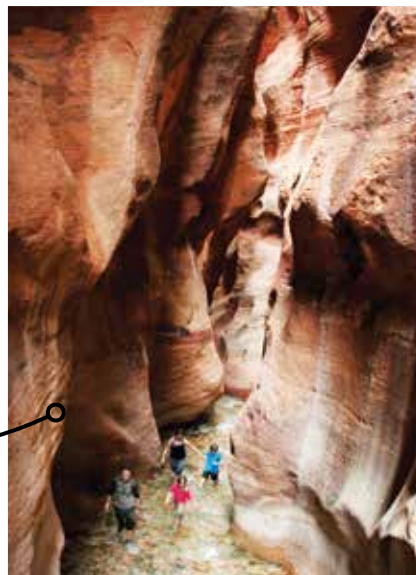
Moab - 4x4 Tour



**Tony Grove -
Logan Canyon**



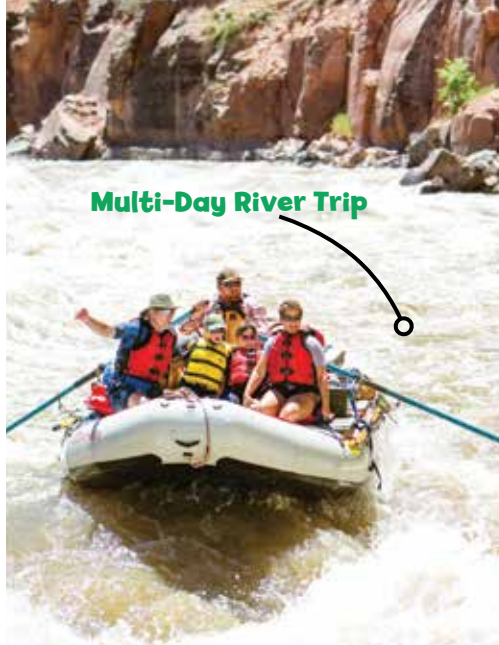
Kanarraville Falls Slot Canyon



WE HAVE PARTNERED WITH OUR FRIENDS AT **WESTERN SPIRIT** IN MOAB TO HELP PUT A CHECK ON YOUR BUCKET LIST... THEY HAVE GRACIOUSLY DONATED 1 SPOT ON THEIR WHITE RIM TEEN TRIP.

CHECK OUT OUR FACEBOOK PAGE FOR DETAILS ON ENTERING.

**ENTER
TO WIN
A WHITE RIM
TEEN TRIP**



Multi-Day River Trip



Multi-Generational Houseboat Trip on Lake Powell

Guided Canyoneering

be sure to check out our full trip report in the spring issue from a day adventuring with our friends from Excursions of Escalante.

#BLOWTHEIRMINDS!

SPRINGDALE
VISITZIONCANYON.COM



Zion National Park's WEEPING ROCK



- Visit one or all of these places
- Tag @adventureutahkids in your photo

AND WIN





> EXPLORE YOUR BACK

> SNOWSHOE TRAILS:

The North Fork Trail is located along the Mirror Lake Scenic Highway in the Uinta Wasatch Cache National Forest. This 3.5-mile roundtrip snowshoe trail is great for beginners, and takes you through meadows, aspen groves and pines. Be sure to stop by the Samak Smokehouse for snowshoe rentals, homemade chili, turkey jerky and other locally-made treats.

Park City offers nearly 80 kilometers of groomed trail, perfect for snowshoeing and Nordic skiing. We need to give a big shout here to the Mountain Trails Foundation; this organization is the driving force in everything trail related in Park City. Be sure to follow them for daily grooming and trail reports throughout the winter. Round Valley is a great beginner area for both Nordic and snowshoe ventures. Willow Creek Park is a great launch pad for winter fun offering beginner groomed trails, a dog park and a frozen pond for ice skating.

Cedar Breaks National Monument offers stunning red rock vistas, which in the winter are covered in snow, making this location a real winter treat. Be sure to stop into the winter yurt on Saturdays in January and February for free ranger-guided interpretive snowshoe hikes and hot cocoa.

Weber County's North Fork Park (not to be confused with the North Fork Trail mentioned earlier) is located east of Ogden in scenic Ogden Valley. The park offers 7.5 miles of groomed trails and acres of open space to explore on the eastern flank of Ben Lomond and Willard Peaks. Ogden Nordic Center offers Nordic equipment and snowshoe rentals at the south gate of the park. Check with them for daily grooming reports and snow conditions as well.

> HIKING:

Did you know that Utah has 43 State Parks? Two of our favorites for winter excursions are Antelope Island and Snow Canyon.

Snow Canyon State Park offers nearly 40 miles of hiking trails, a 3-mile paved path, and the winter temps are in the high 50's... making this the perfect winter destination. The landscapes of this area are truly unique: vibrantly colorful sandstone walls, rolling hills of petrified sand dunes and stripes of black lava flows run through it all. *Recommended kid hikes:* Petrified Sand Dunes is the ideal natural playground, as the name implies. These are rolling hills of slickrock sand dunes, where kids can run and not worry about "staying on the trail". The Sand Dunes, in contrast, offer kids a place to play in the soft sand. Just be sure



YARD



to check shoes and pockets before loading back into the car, as they may be filled with a bit of extra red sand.

Antelope Island State Park sits in the southeastern side of the Great Salt Lake. This Island often gets a bad rap among locals due to the seasonal insects that can be problematic at times, however this is typically short lived and only happens during the warmer months. That being said, winter is the perfect time to explore this unique landscape. The island is truly a “feather in our cap” here in Utah – from the unique flora and fauna among the large population of bison and birds, to the stunning sunsets the Great Salt Lake provides. Boasting 45 miles of trails, the Frary Peak Trail is the king of the island at 6.5 miles roundtrip. This hike is well worth the trek; the views from the top are truly majestic. For young hikers, we recommend the Dooley Knob (2.8 miles roundtrip) and the Buffalo Point Trail (1 mile roundtrip). Both trails are perfect winter explorations.

TWO OF OUR FAVORITE DESTINATIONS FOR WINTER EXCURSIONS ARE ANTELOPE ISLAND AND SNOW CANYON STATE PARKS.

> HEAD SOUTH FOR SOME WINTER RIDING:

St. George offers many winter options for young riders. The area boasts over 60 miles of paved paths, perfect for families and wintertime riding. An added bonus is that many trails start at or link to parks with amazing playgrounds, giving that extra encouragement for kids to ride just a bit farther because the park is just around the corner. We recommend the Virgin River Trail: at 7 miles with no steep sections, the trail follows along the Virgin River, providing plenty of places to stop along the route to explore. The City of St. George has a great map of the biking and hiking trails, as well as the city parks. Sgcity.org/parks

Looking to hit the dirt this winter? Our favorite kid-friendly beginner area is the **Bearclaw Poppy Trail**. This 7-mile singletrack is the perfect playground for young riders: it's fun, flowy and easy which will guarantee lots of smiles and high-fives. One note of caution: recent rainfall can make this trail muddy and dangerous, so check conditions before you go. The next step up for the beginner/intermediate would be the Prospector Trail located in the Red Cliffs Desert Reserve, 15 miles north of St. George. This 6-mile trail is sandy and perfect during the winter months. Total elevation gain is 300 feet, and for the truly intermediate rider, it can be combined with Church Rocks for additional mileage.



LOCAL PROFILE

SOPHIE SCOTHERN

SPORT: Cross Country Mountain Bike Racing

AGE: 17

PASSION: Playing outside in the mountains & desert

I have a passion for mountain biking because for me, few other sports combine the challenge that the sport presents with the beauty that comes along with it. From high-alpine forests to desert singletrack, my bike takes me to beautiful places where the only thing I have to focus on is the next 25 feet of trail. Mountain biking gives me an amazing opportunity to race and push myself, but it's also a sport that I can enjoy non-competitively for the rest of my life. The people I've met and the places I've gone on my bike make the sport such a key element of my life, which is something I'm infinitely grateful for. When I'm not on a bike, my other passion is skiing - for all of the same reasons.

"MOUNTAIN BIKING GIVES ME AN AMAZING OPPORTUNITY TO RACE AND PUSH MYSELF, BUT IT'S ALSO A SPORT THAT I CAN ENJOY NON-COMPETITIVELY FOR THE REST OF MY LIFE."

TEENS, WE WANT TO HEAR FROM YOU!

Nominate a friend to be featured in the next issue.
Greg@AdventureUtahMedia.com

A RED ROCK WINTER ESCAPE



A Trip to
Canyon Country
for Fun and Sun

BY MICHAEL HOLLAND

House of Fire Ruin

Want to get away this weekend? I asked my wife as she was cleaning the house.

Or, I should say... as WE were cleaning the house.

Where? She inquired.

I was thinking of the Moab area. The temperatures look great for hiking and exploring. Lilly would love it!

But, it's winter...



OKAY, LET'S FACE IT. The "Greatest Snow on Earth" for which Utah is famous can, at times, be tiresome. My family spends our wintertime skiing the resorts and backcountry of the Wasatch range, but we needed a change of scenery, and the temperatures down south looked ideal. We planned our escape to the Utah desert—specifically in the Canyon Country around Moab and Blanding. After a few phone calls, we booked a room for \$39 a night. Yeah, you read that right. Hotels in Moab are numerous, and rates are very reasonable during the offseason (Mid-November through February). It was mid-January as we drove into town, and the town was quiet—a peaceful contrast to the hustle and bustle of peak season.

The sun is fabulous in Canyon Country in the winter. Normally we are dodging the sun's rays to escape the heat of spring or summer. However, on this day we "soaked" up those rays. Our mission was Corona Arch in a stunning, red rock amphitheater. After a fun climb up a steel ladder, we marveled at the scene. Corona Arch seemed a great deal smaller from a distance, but up close it was enormous. (Oh, and we had the place all to ourselves). Following the hike, we stopped at Pasta Jay's for an outstanding, carbo-loaded meal—tasty!

The next day dawned clear and cold, fresh frost coating the landscape. On this day, it was all about art: rock art, that is. Native Americans roamed this land around a thousand years ago. Today, one can

find plenty of ruins and rock art sites. Rock art is described in two categories: petroglyphs and pictographs. Petroglyphs are figures and shapes chipped into the rock, while pictographs are painted onto the sandstone walls.

We traveled the Kane Creek Canyon road. In the spring, this super-popular canyon is bustling with people, but on this day, it was quiet and peaceful when we pulled over for our hike. Temperatures hovered in the low 50s, perfect for clambering and climbing around the sandstone boulders. Louise and Lilly spotted a stunning, large owl pecked into the wall. Centuries ago, a human stood here and carved this wonderful picture into the sandstone. Were they warming themselves in the winter rays of the sun? What's the meaning of this picture? Was it art to them? Questions unanswered, we descended. On our way back to town, we pulled over and took a short stroll to the Courthouse Panel to see pictographs. The paint was somewhat faded by weather and sun, but the figures remained distinguished. Our faces basked in the low setting winter sun as we gazed over the Moab valley to the south.

The following morning, Louise and I sipped our coffee as we headed south on Highway 191 on our way to Blanding, Utah. It was a quick and super-scenic drive. We filled our gas tank when we rolled into Blanding and bowled a game. That's right: our favorite gas station, Canyon Country Chevron, has a bowling alley

attached to it. Lilly was delighted to bowl. Afterward, we aimed for the canyons of Butler Wash, home to hundreds of Ancestral Puebloans around the year 1200. Butler Wash forms the eastern border of Cedar Mesa, which was home to perhaps as many 100,000 Ancestral Puebloans and is part of the proposed Bears Ears National Monument.

We scrambled over a few dead cottonwood trees as we made our way into one of the many canyons of Butler Wash. We were "ruin hunters." These structures made of rock and mud have weathered the elements for over 800 years. Louise shouted, "There!" Lilly and I spotted what excited Louise. Tucked back into the sandstone alcove was a ruin. We marveled at the setting. The winter sun had just slipped behind the canyon wall. The ancient Pueblo architects were smart. The ruin faced to the south, and the low, winter sun warmed the alcove the entire day. We scurried back to our vehicle; we had a surprise for Lilly.

It was almost dark as we entered the small town of Bluff. We told Lilly to keep her eyes open for something bright. "Is that a balloon?" The town was in the midst of celebrating the Bluff Balloon Festival. Burners were ignited, and the colors of the balloons popped in the dark, Southern Utah sky. The Bluff Balloon Festival is held every Martin Luther King Day weekend, and it's an event not to miss. We strolled around the park and marveled at the variety of the balloons. Lilly was surprised! It was a stellar night.

The following morning, there was one more surprise for Lilly (Ok... for all of us). We began our drive in the dark toward Valley of the Gods, Utah's miniature Monument Valley. We turned onto the only road that



The Bluff Balloon Festival

traverses this land of red rock towers and buttes, and spotted balloons in the distance rising in the damp, chilled morning air. The beauty was stunning: clouds, blue sky, and the striking colors of the balloons rising above this red rock wonderland.

"You guys want to go up?", someone asked as we watched the balloonists prepare their balloons. "Ahh, what?", I replied with surprise. "Come on! You and your family can join us." Before we knew it, we were floating above Canyon Country. The views of Monument Valley and Gooseneck State Park to our south were beautiful. I glanced to the north, knowing that the snows of northern Utah were waiting for our return. I hesitated, then turned my face toward the sun to savor the rays for a little longer.

Winter in Canyon Country can be glorious. Watch the weather reports and make a break for it. You ready?

UtahsCanyonCountry.com
DiscoverMoab.com

WINTER KID-FRIENDLY TRAILS

SLICK ROCK FOOT TRAIL

Needles District

This is a 2.4 mile lollipop loop. You are rewarded with a great perspective of the southeastern corner of Canyonlands National Park. **Rated Moderate.**

WINDOWS TRAIL

Arches National Park

This is a 1 mile round trip trail. Featuring two arches made from the same sandstone fin. **Rated Easy.**

DINOSAUR TRACKS TRAIL

Moab

This is a 0.2 miles out and back trail. This is an interesting short trail featuring dinosaur tracks on a large boulder. **Rated Easy.**



Corona Arch



FOUR CORNERS SCHOOL

Spend a few hours at the Four Corners School of Outdoor Education's Canyon Country Discovery Center located 1.5 miles north of Monticello, Utah. Their 48-acre campus is a great place to stretch your legs and imagination with hands-on learning stations, programs, and exhibits. Take a walk along the campus trails for views of the high plateau and the Abajos Mountains. Explore their outdoor nature playscape and picnic pavilions, available at no cost for guests to enjoy as they travel through San Juan County Utah's Canyon Country.

fourcornersschool.org



MOAB GIANTS

Looking for a great "rest day" activity for the family between adventures? Moab Giants offers a unique experience that is sure to delight every member of your family. The Moab area is home to one of the largest concentrations of fossilized dinosaur remains and footprints in the world, and this rich natural history is brought to life through numerous life-size displays, cutting-edge 3D interactions, hands-on interactive displays, guided tours, and captivating educational activities. Located just ten minutes north of town on Highway 191, Moab Giants is a convenient and exciting addition to your family's adventure itinerary.

moabgiants.com



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UTAH'S REPUTATION as a world-class outdoor recreation destination is well known, but did you know that Utah is also home to one of the world's largest clusters of producers of outdoor recreation products? More than 200 global recreation brands have headquarters, manufacturing, or major distribution facilities in Utah, making it one of the state's most robust industries while employing over 147,000 people.

When you think about it, this makes perfect sense; Utah is unmatched when it comes to immediate access to millions of acres of ideal research, development and testing grounds right out the front door. When combined with the infrastructure of a major metropolitan area, international airport, skilled labor force, favorable cost of living, and strategic distribution location, it's no surprise so many leading outdoor brands choose to call Utah home. Notable brands include Black Diamond, Salomon, Atomic, Petzl, Backcountry, DPS Skis, Armada Skis, Rossignol, ENVE Composites, Osprey, Goal Zero, CotoPaxi, POC, and many, many more. Vista Outdoor, a global multi-brand conglomerate, recently moved its corporate headquarters to Farmington, and their impressive quiver of outdoor brands includes favorites like CamelBak, Camp Chef, Giro, Bell, and Blackburn.

Each issue of Adventure Utah Kids will highlight a few of our favorite seasonal gear recommendations for you and your family, and with Utah's impressive resume of outdoor brands, it's a pretty safe bet that many of the products that find their way into your family's gear cache will have strong ties to Utah.

GEAR UP AND HAVE FUN!

{ IN THE NEWS... }

Utah Office of Outdoor Recreation's Grant Program

BY ROSE SMITH

RESEARCH SUGGESTS that too much screen time may be linked to obesity, loss of social skills and increased aggression in children. In 2015, TIME magazine reported that kids 8 to 12 years old spend an average of 4.5 hours each day using a digital device or watching TV. That average increases to 6.5 hours for teens 13 to 18 years old. A recent Nature Conservancy study found that only 10 percent of children spend time outdoors every day. As the nation's second-fastest growing state, and the state with the youngest population, Utah needs to protect the health and well-being of our children.

We are well-positioned to do so. Utah's natural assets include 54 million acres of public land, five national parks, 43 state parks and 14 ski resorts. As Utah continues to grow, how do we make sure our children can access these important benefits?

The Utah Office of Outdoor Recreation (OOR), the first office of its kind in the country, is leading the way to a solution. Director Tom Adams and his team are committed to partnering with the business community to establish a nationwide recreation management standard and ensure Utah's natural assets can sustain economic growth for years to come.

The office manages the Utah Outdoor Recreation Grant—one of just a few grant programs in the country designed to build outdoor recreation infrastructure and fund educational opportunities for our youth. This year, OOR had \$100,000 to accelerate programs across the state dedicated to getting our youth outside and active. OOR awarded grants to 16 youth programs with a total project value of \$390,000.

"These programs introduce youth to close-to-home outdoor recreation opportunities, and also provide

opportunities to youth who may not have easy access to natural spaces," Adams said. "The ultimate goal is to teach them to become better stewards of Utah's recreational assets—a must with such a quickly growing population."

OOR provided matching funds for 15 outdoor recreation infrastructure projects, hosted three regional planning summits and supported economic development activity by attracting outdoor companies and organizations to relocate to the state. OOR's efforts are critical to helping Utah kids get off the couch and into the outdoors, and the office's impact is enhanced by its collaboration with industry and community partners statewide.

It's essential we keep opportunities like the youth programs grant alive for our kids and their future. Take action by talking to your legislators and local community leaders about how important outdoor recreation opportunities are for your children.

Find more information at:
<http://business.utah.gov/programs/outdoor/>



**Utah Governor's Office of
Economic Development**
OFFICE OF OUTDOOR RECREATION

Rose Smith is a master's student in the Parks, Recreation and Tourism department at the University of Utah and a graduate fellow for the Utah Office of Outdoor Recreation, a program of the Governor's Office of Economic Development. She has worked with at-risk youth around the state and is studying outdoor recreation programming in order to give more kids a chance to experience the benefits of outdoor adventures and nature.

abra- kanabra:

BY RENEÉ HUANG

Casting a Spell in a Little Known Corner of Southern Utah

HONESTLY, KANAB had never been on my bucket list. I'd driven past it a dozen times on the way to Lake Powell, and knew that Best Friends Animal Sanctuary was nearby. So when my friend, Stacey, mentioned her family was looking for an adventure to test out their new camper, all of a sudden Kanab seemed full of promise. What sealed the deal for us was Coral Pink Sand Dunes State Park. "A park full of pink sand?" my daughter wanted to know. And the chance to help save animals? Enough said.

Kanab is located near the border with Arizona that skirts the bottom end of Grand Staircase Escalante National Monument, a 1.7 million-acre parcel of rugged, diverse public lands in the southern part of the state. Away from the crowds that cram much of Moab and Springdale, it is more isolated, desolate, and feels like the wild, wild west.

We arrived one evening in early April, and settled at a campground in town. Volunteer orientation awaited the next morning at Best Friends Animal Sanctuary, just a few miles outside of town. Turns out there is a 10-year old age requirement for Dogtown so my kids and I went on to Cat World, a cluster of buildings with outdoor caged portions housing hundreds of felines.

We were given the "task" of petting cats – or rather, sitting still enough in a cat room to allow personalities to emerge.



“

A park full of pink sand? my daughter wanted to know. And the chance to help save animals? Enough said.



My six-year-old son, Dante, was smitten with a midnight black elderly tomcat who insisted upon sitting in his lap for some loving. His sister, eight-year-old Olivia, was content playing cat and mouse with the friskier kitties. We took a few of the cats out in mosquito netted strollers and on leashes for walks around the property, which my kids adored.

One of the most peaceful areas of the sanctuary was Angels Rest Pet Memorial. Dozens of wind chimes hung in the trees surrounding hundreds of tiny grave-stones, many of them adorned with trinkets, stones, favorite toys and collars. It was a moving experience to wander throughout the memorials, reading the stories of beloved pets who had passed, all the while hearing the magical tinkling of the wind chimes stirred into song by the breeze.

Later on, we met up with Stacey and her family who had scouted out a campsite within the expansive public wilderness of Grand Staircase Escalante National Monument. As we drove towards the towering red monoliths, we passed throngs of deer with heads raised and ears alert. Dinner by the campfire was accompanied by the slow fade of town lights, and the illumination of the heavens above. In the wilderness, the stars are nothing short of epic. The kids were

entertained by roasting marshmallows and making s'mores on the glowing campfire embers.

The next morning, we made our way to the Coral Pink Sand Dunes State Park, located to the west of Kanab. Just as the name implies, the dunes are a rust-colored sea of sand that derive their distinct pinkish hue from the iron oxides and minerals in the eroding Navajo sandstone that permeates the region. The dunes looked vaguely like Tatooine from the Star Wars series – undulating hills of various shades ranging from rusty orange to dull pink rose as high as 50 feet. We nestled in a hillside sheltered by the wind and had fun with the sand box toys we had lugged. We made castles and “mermaid tails” and rolled down the hills while watching dune buggies spin circles and kick up clouds of pink sand.

The following day, we intended to visit some nearby fossilized dinosaur footprints – but were sidelined by a sauropod-sized meltdown. Back in the coolness of the car and settled for the long drive home, I figured we’d had enough adventure for the moment. I knew our visit to Kanab would not be our last.

SouthernUtah.com
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ON THE NEVER ENDING QUEST for new adventure, these families inspire us to get outside. Follow them to see what is next as they explore our truly amazing state!



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Photo- Louis Arevalo

WHEN ACTION MEETS compassion



THE SALT LAKE CLIMBERS ALLIANCE (SLCA) is Utah's leading voice for climbing access and stewardship: uniting, educating, and inspiring climbers of all disciplines - and all ages - to serve their local climbing community since 2002. With the increase in the popularity of rock climbing, it is more important than ever to engage youth in stewardship as they will be the keepers of Wasatch crags in the future. Mentoring youth on how to create and use sustainable trails to limit impacts on the environment, how to replace aging hardware on routes, and sharing what it means to be responsible outdoor climbers and members of a greater community will ensure that access to climbing areas remains open. Check out how to get involved and join the SLCA at SaltLakeClimbers.org TODAY to protect local climbing areas TOMORROW. *We would like to challenge local climbing clubs and teams to participate in at least one Adopt a Crag with the SLCA in 2017.* - Julia Geisler, Executive Director of the SLCA

LIGHTING THE WAY

Adventure Utah Kids has teamed up with the Utah Office of Outdoor Recreation* to recognize kids that have gone above and beyond and are giving back to their passion through volunteering. This youth stewardship award is called "Lighting the Way", because we feel these kids are truly "lighting the way" for others to follow... and we want to say thanks and keep up the good work!!



MY NAME IS ZOE KEITHLEY, I am 16 years old, and I live in Salt Lake City, Utah. My childhood had consisted of being in the outdoors, full of activities that are in the mountains or out in the desert. For the last few years our family has been involved with the SLCA (Salt Lake Climbers Alliance). The SLCA is a non-profit organization that keeps our local climbing areas in check - cleaner and safer. I've done things from planting flowers to removing graffiti off of rocks. Working with the SLCA has taught me so many things, life lessons that people typically learn at an older age. Cleaning up after yourself is such an important lesson. How can we expect the beauty to remain if we treat it like it is disposable? Picking up at least one piece of trash every time I go outside is a goal of mine and many others. I've also learned the importance of giving back; we as humans take so much from the earth, the least we can do is keep it clean. Hope to see you out on the rock!

MY NAME IS NOAH KEITHLEY, I'm 11 years old. I like beauty around me. One of the things I like about rock climbing is the different types of rock that you get to see and feel with your hands. It's always exciting when you get to the top of a boulder or route and you get to see the view. I enjoy the diversity of where we climb in Utah. For example, Southern Utah has amazing sandstone near National parks. When I see people destroying the places that I love it makes me want to get involved and try to protect them. That's why I like to work with the Salt Lake Climbers Alliance & The Access Fund. When I volunteer I get to help build trails, pick up trash, plant flowers and trees, remove graffiti, clean up camp grounds, and many other things. After helping out in these areas it makes me feel closer to the land that I love to play on. The outside is better than 3-D or HD !

Follow us @AdventureUtahKids for more details.

WE WANT TO HEAR FROM YOU... if you know of a kid that is deserving of this award in the next issue, send your story to: Mo@AdventureUtahMedia.com

* See page 27 for more on the Utah Office of Outdoor Recreation



ZOE



NOAH



Utah Governor's Office of
Economic Development

OFFICE OF OUTDOOR RECREATION

PARTING THOUGHT...



Because at the end of the day, the
SMILE on their face, says it all ...

... here's a sneak peek into the spring issue



KIDS ADVENTURE
GAMES IN PARK CITY



6-DAY MOTHER-DAUGHTER
ROAD TRIP ALONG UTAH'S
SCENIC BYWAY 12



A UTAH RIVER TRIP
ROUNDUP - WHAT'S BEST
FOR YOUR KIDS



BEST BEGINNER AND
INTERMEDIATE MOUNTAIN
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COME OUT AND PLAY.

Coral Pink Sand Dunes State Park is one of those magical places in Utah that's loved by kids of all ages. Bring an ATV. Rent a sandboard. Or just put your feet in the sand. When you're done, head back to the town of Kanab for the night – but consider stopping by Best Friends Animal Sanctuary along the way to play with some of your new animal friends. Start planning a family trip today at [VisitSouthernUtah.com](https://www.visitSouthernUtah.com)

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