



SALT LAKE CITY  
**Children's  
OUTDOOR**  
BILL OF RIGHTS  
**INDEPENDENT ADVENTURES**



*Here are some  
fun ideas for making  
the most of this activity!*

- At the start of your hike, count the number of animals you can see or hear. Try counting again halfway through your hike.
- What do you believe you will see while on the trail? Discuss with a friend.
- If you were going to hide treasure, where along this trail would you hide it?
- Find a hiking stick to help you along.

- Try a hiking game or riddle with friends, like these ones:

- o Alphabet Search: Using the category “things you find on the trail”, go through the alphabet A-Z and take turns trying to spot something on the trail that begins with the letter you are on. Or, have everyone race to get through the alphabet on their own, without repeating anything someone has already said, and see who gets through A-Z first.

- o Umbrella Tree: Begin by telling everyone about a tree where you once found an umbrella stuck up in the branches. Tell how you have found all kinds of things stuck up there since then. Let people guess what you have found and tell them if they are right or wrong until they figure out the pattern. The trick is that because this is the “um” brella tree, you must say “um” before naming and object, otherwise it was never in the tree.

- Ask your hiking buddy some new questions, like:

- o If you could have 1 million of anything, besides money, what would it be?
- o What can you do better than anyone else?
- o Describe your perfect day.
- o What is the farthest you have ever been from home?
- o If you could recover one item you have lost, what would you choose?
- o If you could invent anything, even if it has already been invented, what would it be?

- At the top of your hike, take off your shoes and feel the trail with your bare feet. If your feet are hot or tired, pour a little cool water over them.
- Try a moonlit hike. Full moons are perfect occasions (and you probably won't even need a flashlight!), and new moons will be best to **Observe a starry sky**. First, find a dark spot to sit for a few minutes and allow your eyesight to adjust to the darkness.
- Ride a bike along a foothill trail.

*Salt Lake City  
spots great for  
this activity:*

**Bonneville  
Shoreline Trail**

**The Living  
Room Trail**  
**383 Colorow Rd**

*View and download  
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guide to find the  
perfect trail for you!*  
[www.slc.gov](http://www.slc.gov)



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