## Explore Utah Valley, cities and mountains.

**FIND YOUR HAPPY HERE!** Do everything you want to, because it's all conveniently

close. Plus, everything is surrounded by picturesque mountain views. Explore Utah Valley and find what makes you happy here.

## ADRENALINE

JUNKIES **Utah's Flight** 

**Park State Recreation Area** Watch or take off from this nationally-known launch area for hang gliders and paragliders.

**Paved Bike Trails** 

65 miles that weave

through city and nature in the valley Skate

**Parks** 1. Eagle Mountain Skate Park 2. Fort Utah Skate Park 3. Greenwood Skate Park

- 4. Lehi Skate Park 5. Orem Skate Park 6. Payson City Skate Park 7. Pony Express Skate Park 8. Provo Rec Skate Park
  - 9. Spanish Fork City Skate Park 10. Springville Skate Park

Rivers for

Fly Fishing 1. Provo River (world-class fly fishing) 2. American Fork Creek 3. Diamond Fork River

2 Splash Pads

Resorts

Downhill

Resorts

(ski & bike)

6. Brighton (ski)

7. Alta (ski)

**Snow Skiing** 

**Mountain Biking** 

Both skiing and biking

within 30-60 min

of Utah Valley cities.

1. Sundance Mountain Resort

2. Deer Valley Resort (ski & bike)

3. Snowbird Resort (ski & bike)

4. Park City Resort (ski & bike)

5. Solitude Resort (ski & bike)

national driving road designated by the Federal Highway Administration. 2,100-foot vertical drop (largest in USA)

at Sundance ZipTours

**Miles of National** 

**Scenic Byway** 

on Nebo Loop

Cruise or snowmobile this premier

Zip **Tours** 

1. Sundance Ziptour 2. Provo Canyon Adventures 3. CLAS Ropes 4. Museum of Natural Curiosity

**Expansive** Climbing

**American Fork Canyon Routes** Home of "Hell Cave," some of the hardest routes in Utah.

**Rock Canyon Routes Provo Canyon Routes** 

popular ice climbs including Bridal Veil Falls, Stewart Falls, and Stairway to Heaven. **Climbing Gyms** 

Ice Climbs

1. Funtopia 2. The Quarry Indoor Climbing Center 3. Momentum Indoor Climbing

4. UVU Student Life and Wellness Center 5. Lowes Xtreme Air Sports

WATER

**Lakes for** 

**Water Skiing** 

1. Utah Lake State Park 2. Jordanelle Reservoir 3. Deer Creek Reservoir

Lakes for Fishing,

Kayaking, and

Lake in Utah Sail Utah Lake with Bonneville School of Sailing. Water Parks/Pools

Freshwater

Largest

MAKERS

Miles of Provo **River Rafting and Kayaking with** Class 2-4 Rapids Float down the Provo River

with the High Country

Adventure company.

Hot Springs for RelaxIng

1. Fifth Water Hot Springs

2. Saratoga Hot Springs

**Paddleboarding** 1. Utah Lake State Park 2. Tibble Fork Reservoir 3. Dry Lake Reservoir 4. Highland Glen Park Pond 5. Spanish Oaks Reservoir 6. Manilla Creek Park Pond 7. Maple Lake 8. Payson Lakes 9. Salem Pond 10. Silver Lake Flats Reservoir 11. Jordanelle Reservoir 12. Deer Creek Reservoir 13. Canyon View Park & Pond

"Make your own" **Stores** 1. Color Me Mine 5. Soap Factory (ceramics glazing) (soaps & scrubs) 2. Holdman Studios 6. Sundance Art Studios (glass blowing) (candles & pottery) 7. The Gem Studio 3. Just Add Chocolate (chocolates) (jewelry) 8. The Neighbor Art Center 4. ProVolt Makerspace (makers workshop) (various art)





## **Live Animal Experiences** 1. Butterfly Biosphere at Thanksgiving Point (giant butterflies land on you) 2. BYU Monte L. Bean Life Science Museum (free public animal shows Mon. - Sat.)

3. Evermore (falconers with birds of prey) 4. Farm County at Thanksgiving Point (learn how to milk cows, gather eggs, & more) 5. Loveland Living Planet Aquarium 6. Seven Peaks Resort (birds of prey, seal & tiger events) 7. The Hutchings Museum 8. The Puppy Barn in Vineyard & Saratoga Springs 9. Utah Valley Llamas in Spanish Fork 10. Wild Wonders (foxes, raccoons & other animals) 11. 7 Summer Rodeos 12. Sundance Horseback Riding

**Theatrical** 

1. An Other Theater Company

3. Covey Center for the Arts

5. Orem Hale Center Theatre

6. Payson Community Theater 7. Scera Center for the Arts

9. The Noorda Center for the

Performing Arts at UVU

1. Angelus Theatre in Spanish Fork

**Venues** 

2. BYU Arts (HFAC)

4. Hive Collaborative

8. Springville Playhouse

10. Valentine Theater

Music

**Outdoor Movie** Locations **Outdoor Theatres** Movie Theaters 1. Scera Shell 2. Sundance Summer Theatre for a total of 100 Screens Sing out at Heart & Seoul Karaoke Comedy Clubs

ENTERTAINMENT

ENTHUSIASTS

**Outdoor** 

Axe Throwing

Experiences

Video Game

1. Virtual Experience

**Arcades** 

2. VR Junkies

Venues

1. ComedySportz

2. Dry Bar Comedy 3. Improv Broadway

> **Music Venues Immersive Experiences** 1. Discovery Space Center (space explorers) 2. Evermore Park (fantasy fans)

2. Box Car Studios in Provo 3. The Rad Shack in Provo 4. The Rise in Orem 5. Third Space Studios in Provo (Imagine Dragons & Neon Trees got their start here.)

Ghost

Haunted

Houses

MASTERS

Roller derby matches at

**Happy Valley Derby Darlins** 

**Mini Golf** 

Courses

Ghost

Shooting Ranges **Frisbee Golf** Courses Laser Tag Arenas

URBAN ADVERTURERS

Historic

1. American Fork

4. Pleasant Grove

6. Spanish Fork 7. Springville

+ Restaurants

2. Lehi

3. Payson

5. Provo

**Major** 

**Shopping** 

**Centers** 

**Downtowns** 

1. EnKryption 2. Escape Prose 3. Escapes in Time 4. Eskaped 5. Getout Games 6. Red Giant Escape Rooms 7. The Escape Key 8. Vizzini's House of Escapes

Escape

Rooms

**Food Trucks** 

& Shacks

little fish give

you a pedicure

20+ Bookstores 40+ Festivals 1. 6,500 Programmable Luminaries Thanksgiving Point's Luminaria 2. Largest Holi Festival of Colors Outside India Festival of Colors in Spanish Fork 3. One of the Biggest Patriotic Celebrations America's Freedom Festival

150+ Historic

1. Pony Express Trail

Built in 1873.

Runs by Camp Floyd & Stage Coach Inn, established in 1858.

Made in 1895 at Startup Candy Co.

First Candy Bar in America

3. Utah Southern Railroad Depot

13 Waterfalls

2. Battle Creek Falls

9. Lost Creek Falls

Timpanogos Cave

**National** 

in 3.5hrs of Utah Valley

2. 3.5 hrs Bryce Canyon National Park

3. 3 hrs Canyonlands National Park

4. 2.5 hrs Capitol Reef National Park

1. 3.5 hrs Arches National Park

5. 3 hrs Zion National Park

**Lush Garden** 

Largest Man-made Waterfall

in Western Hemisphere

**Parks** 

Acres of

**Ashton Gardens Waterfall** 

**Explore multiple caverns of** 

the national monument,

stalactites and stalagmites at

3. Bridal Veil Falls 12. Timpanogos Falls 4. Cascade Springs 13. Upper Falls 5. Fifth Water Waterfalls 6. Ghost Falls 7. Grotto Falls 8. HorseTail Falls

**Botanical** 

1. BYU Botany Pond/Gardens

2. Thanksgiving Point Ashton Gardens

**Oldest Park in Utah** 

Nielson's Grove Park was built in 1880,

Gardens

Utah Valley.

1. Ashton Gardens Waterfall 10. Scout Falls 11. Stewart Falls

1. Largest Collection of Dinosaur Specimens

2. 400+ interactive Experiences for Kids The Museum of Natural Curiosity

3. 80 handcrafted stained glass windows

Studios, temple window creator.

The Springville Museum of Art

Roots of Knowledge created by Holdman

Museum of Ancient Life

4. Utah's Oldest Art Museum

**Artisan chocolate** 

tasting at Taste

Ice Skating 2002 Winter Olympic Venue, Peaks Ice Arena

1. Alpine Loop Backcountry Byway 20 miles with heights of 8,000

feet and goes by must see Cascade Springs. 2. Hobble Creek Canyon 16 miles 3. Nebo Loop Scenic Byway 37 miles recognized by the

1 of 200+ Parks and Playgrounds in

at FishKiss Spa **Murals Throughout Downtown Provo Antique** 

> 1. 11,929 ft tall Mount Nebo Scenic **Drives**

5. South Fork Road 5 miles 6. Spanish Fork Canyon 25 miles 7. Squaw Peak Road 24 miles of primitive 4x4 dirt road that streches from Provo to Hobble Creek Canyon.

Plan your visit, **UTAHVALLEY.COM/THINGS-TO-DO** 

UTAH VALLE

Find your happy here.

is open for skating year-round.

Federal Highway Administration as one of the premier driving roads in America. 4. Provo Canyon Scenic Byway 32 miles next to the Provo River (one of Utah's finest trout rivers), Bridal Veil Falls, Upper Falls, and Deer Creek Reservoir.

NATURE EXPLORERS highest peaks in Utah 2. 11,752 ft tall Mount Timpanogos

> **Explore red rock** at Devil's Kitchen