



Newsletter

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Wasatch Wildflower Festival

History. Twenty-three years ago an idea sprung to life, inspired by the brilliant wildflowers that bloomed in the Albion Basin following a deep powdery winter. The Alta Community Enrichment (ACE), a group of close-knit Alta friends decided that they wanted to share the incredible environment, beautiful flowers, tantalizing food, and the gifted musicians of Alta with one another and the rest of the world. Thus, in 1996 the Wasatch Wildflower Festival was born and became one of ACE's first events which included a naturalist walk, live music, and food.

What began as a small gathering to celebrate the diversity of flora and fauna in Alta, has grown into a four day event hosted at four different ski areas in the Cottonwood Canyons. The festival is now led by The Cottonwood Canyons Foundation and is a collaborative event that includes many partners: Alta Community Enrichment, Alta Environmental Center, Alta Ski Area, Brighton Resort, Friends of Alta, Snowbird,



Alta Environmental Center, Alta Ski Area, Brighton Resort, Friends of Alta, Snowbird, [continued on next page...](#)



and anxiety and leading towards lower rates of depression.

Physical Benefits. Hiking is an amazing whole body workout that anyone can do! All an individual has to do is choose a trail that is appropriate for their fitness level and then start by putting one foot in front of the other. Some physical benefits that result from hiking include; building strength in your muscles and bones, improving balance, strengthening your core, lowering the risk of heart disease and some respiratory diseases, and maintaining or controlling weight gain.

Relational Benefits. One of the best parts about hiking is that it can be done with a friend, neighbor, or relative! Hiking with a companion is an awesome way to reap the physical and mental benefits while building and strengthening upon one's own relationships. Overcoming a challenging hike or completing a casual climb together allows people to build bonds, foster trust, offer encouragement, and become closer while spending quality time together in the beautiful mountains.

Take a Hike in Alta. Alta offers over 10 miles of trails in the immediate Alta area that includes some of the most picturesque hiking routes in all of Utah. Don't hesitate to grab a hiking buddy, trail map, and trade in your skis for hiking boots. The beautiful views of Alta and the benefits of hiking are waiting for you, so take a hike! (sources: NPS.Gov and WebMD.com)

Trade In Your Skis For Hiking Boots At Alta

Hiking comes with a lot of perks; breathtaking views, crisp mountain air and the brilliant sunshine. It is no surprise then, that the feeling of your boots crunching on an earthy trail, while experiencing all those things is enjoyable, but did you know that it is actually good for you too? It has been proven that hiking provides numerous health benefits that can positively impact your heart, mind, and body.

Mental Benefits. Being in nature has an uncanny ability to instantly boost people's moods. Stanford studies have shown that enjoying the great outdoors improves the mental health of individuals by combating the symptoms of stress



“The Earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.” - John Paul II



Photo Credit: Rocko Menzyk

Solitude Mountain Resort and the US Forest Service – Salt Lake Ranger District.

Purpose. The Wasatch Wildflower Festival is a time for the public to come together as a community to appreciate the beauty of nature while learning how to recreate in sustainable ways. Its as much about celebrating and marveling at the dazzling colors and gorgeous flowers that dot the canyons, as it is about educating visitors about becoming responsible stewards and ensuring that this precious natural resource



Photo Credit: Rocko Menzyk

is preserved and enjoyed for many years to come.

Alta Community Enrichment embodies the dual purpose of the Wildflower Festival when they stated, “The festival is not designed to promote more visitor-ship, but to instead capture the interest of the community and create a sustainable way of celebrating this important and beautiful season in the canyons”. (Sources: altaarts.org and cottonwoodcanyons.org/wasatch-wildflower-festival)

ALTA KIDS DAY

FRIDAY, AUGUST 9TH
10 AM TO 2PM
WILDCAT BASE
ALTA TOWN PARK
FREE

COTTONWOODCANYONS.ORG/CALENDAR

July-August Sustainability Events

If these highlighted sustainability events catch your eye, check out our full sustainability calendar at alta.com/environment.

- **July 19th- HawkWatch Live Bird Show and Hike:** Learn more about different species of birds followed by a naturalist walk lead by one of our partner organizations. alta.com/the-mountain/events/hawkwatch-live-bird-show-and-hike
- **July 20th - Wildflower Festival:** Follow along on guided hikes and learn about the different wildflowers that are indigenous to Alta. Don't miss the live music and children's activities at the Wildcat base area that day provided by Alta Community Enrichment. cottonwoodcanyons.org/wasatch-wildflower-festival
- **August 3rd– Alta Ski Area Clean Up:** Spend the day on the mountain helping Alta and others pick up things that have been lost or forgotten on the ski slopes during the ski season. We'll start with a ride up the Collins lift, followed by a hike back down the mountain in search of winter garbage and the occasional treasure! alta.com/the-mountain/events/alta-ski-area-cleanup

- **August 9th– Kids Day:** Bring your kids to enjoy a fun-filled educational day in the mountains. Our partner organizations will have several activity booths set up at the Wildcat Base area for all kids to enjoy. Each booth has a different activity teaching different aspects of the environment. altaarts.org/events/altakidsday2019