

SALT LAKE COUNTY RECREATION

Hiking Program

2017 Summer Outdoor Program

Register In Person:

Northwest Recreation Center
1300 West 300 North
Salt Lake City, UT 84116

Or Online at:

activityreg.com

Session Dates:

Mondays and Fridays starting June 5th and
ending June 30th

Session Time:

9:00am—12:00pm

****Please see back of flyer for list of items
needed for participation. ****

Questions? Call: 385-468-1319

Ages: 12 years old—15 years old

Hikes : Will include distances from 1 mile to 4 miles. As well as discussion around hiking safety, wilderness safety and leave no trace principles.

Fee: \$35 includes 8 guided sessions and transportation to and from the trailhead

Hiking Location:

SLCO trails in various locations. Please see back of flyer for specific trails.

Pick Up/Drop Off Location:

Northwest Recreation Center
1300 West 300 North
Salt Lake City, UT 84116

About the Staff: Meghan Peregord has been instructing youth in outdoor education programs for years in Denver Colorado. She will instruct students on the basics of outdoor, trail and wilderness etiquette and safety.



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Specific Hikes:

- 1.) Ghost Falls
- 2.) Willow Heights
- 3.) Little Cottonwood Trail + Lisa Falls
- 4.) Doughnut Falls
- 5.) City Creek Park
- 6.) The Living Room
- 7.) Bells Canyon (1st waterfall/not upper)
- 8.) Lake Mary

What You Need to Bring:

- Small/light weight backpack
- Refillable water bottle (32 oz. preferred)
- Sturdy hiking or athletic shoes
- Sunscreen
- Hat
- Rain Jacket
- ****Nut Free**** snack
- An open mind and positive attitude!

What Will Be Provided:

- Transportation
- A Journal
- Knowledgeable staff
- Pen/Pencil to write/draw with

