BGC HIGH ADVENTURE ACTIVITY DESCRIPTION

*Each youth will have to pass a swim test provided by BGC staff when they attend their first water activity

1. **Sailing:** We will learn sailing skills from our partners at Summit Journeys. They will teach us sailing basics and the safety of sailing. You must wear a lifejacket while on the sailboat at all times.

2. **Stewart Falls Hike:** This is up Provo Canyon. It is an easy-moderate intense hike, 2.5 miles in and out. It ends at a beautiful waterfall that is refreshing to play in.

3. **CLAS Ropes Course:** The staff at CLAS will lead our group in team building games. And then we will end the day with either climbing the giant rock wall, swinging in the big swing, or doing the zipline.

4. **Innertube Water Polo:** This fun water activity will teach you how to play water polo as a team. You will have your own innertube and try to win the game.

5. **Sports Day/Splash Pad:** We will go to the splash pad in Vineyard that has an all-ages park and splash pad to cool off in the hot summer days. We also bring all our sports equipment so you can play anything from corn hole to touch football to soccer and volleyball. We have something for everyone!

6. **Bouldering:** We will go to Momentum Indoor rock climbing and bouldering for this activity. You will be able to push your physical limits with this activity and see how far you can climb!

7. **Kayaking:** Each youth will have their own kayak and we will paddle around Utah Lake and up the Provo River. You will learn how to turn and direct your kayak.

8. **Trail Biking:** We will go to BYU Outdoors Unlimited to pick up our bikes that will be tailored to your height, and then we bike to the Provo River bike trail and up the canyon we go! We can go as far as Vivian Park. You will see the beauty of the canyon, the river, and waterfalls.

9. **Paddle Boards:** You will learn the strength and endurance it takes to pump up your own paddle board. Then we will teach you the ways to paddle by sitting, kneeling and standing on your board.

10. **Float the Provo River:** Each youth will have their own tube to go down the Provo River.

11. **CHALLENGE Horsetail Falls Hike:** This is a very intense hike that will lead you to the most stunning waterfall that you’ve ever seen! There is a reason why its called horsetail falls, but you’ll have to hike it to see why!

12. **Service Day:** We are always looking for ways to give back to our community through service. The project is TBA.

13. **Timp Cave:** We will have a tour and hike up to Timp Caves. This is a moderate intense hike on a dirt trail. We will see different types of vegetation and scenic views.

14. **Fishing:** If you want a relaxing activity, this is it! We will go to a fishing hole so everyone will have a chance to catch something. And why you wait, you can relax in a hammock, maybe read a book or take a nap.

15. **Amazing Race:** Just like the TV show, but in real life! You will be split into teams to complete a number of challenges to win!