

SUMMER ACTIVITIES

Visit <http://www.visitutah.com> for more ideas.

SPORTS

Real Salt Lake MLS Soccer

At Rio Tinto Stadium (Sandy Expo Station TRAX stop)

May 30

June 2, 23

July 4, 7, 21

<http://www.rsl.com/>

Salt Lake Bees Baseball

At Smith's Ballpark (Ballpark TRAX stop)

May 25-29

June 5-11, 21-24

July 4-8, 16-19, 24-30

<https://www.milb.com/salt-lake>

OUTDOOR REC

Campus Recreation Outdoor Adventures

University of Utah Campus Outdoor Adventures at The University of Utah has been operating for over 40 years to bring the best outdoor experiences to the U community.

They offer equipment rental, trips and adventures, and other programs.

<http://campusrec.utah.edu/programs/outdoor-adventures/>

Hiking & Biking

Utah is truly nature's playground—and Salt Lake is the perfect base camp. Just minutes from downtown, starting in downtown, or up in the mountains, you'll find hiking and biking trails to help you get back to nature.

<http://utah.com/hiking/salt-lake>

Snowbird Ski & Summer Resort

Snowbird, UT (27 miles southeast of SLC)

This ski resort offers many summer activities, including hiking, tram rides, and an Alpine Slide! Most activities open June 9.

<https://www.snowbird.com/summer-activities/>

Utah Olympic Park

Park City, UT (28 miles east of SLC)
Utah Olympic Park offers year-round adventure. From learning about the Park's unique Olympic heritage on a guided tour to taking a ride of a lifetime on the Comet Bobsled Ride.
<http://utaholympiclegacy.org/park/>

Timpanogos Cave National Monument

American Fork, UT (35 miles south of SLC)

Three highly-decorated limestone caves sit at the top of a strenuous mile-an-a-half trail. Your cave tour experience begins with you picking up your ticket at the visitor center and hiking up the trail. Advanced tickets are strongly recommended.

<https://www.nps.gov/tica/index.htm>

Antelope Island

Syracuse, UT (42 miles northeast of SLC)

Hike, mountain bike or horseback ride the park's backcountry trails for spectacular views of lake and island scenery; spend a star-filled night in one of several primitive campsites; stroll along sandy beaches and take a dip in the lake's salty waters or step back in time with a visit to the Historic Fielding Garr Ranch.

<https://stateparks.utah.gov/parks/antelope-island/>

National Parks

Utah is home to 5 national parks: Canyonlands, Arches, Capitol Reef, Bryce Canyon, and Zion.

<https://www.visitutah.com/places-to-go/most-visited-parks/the-mighty-5>

ATTRACTIONS

Red Butte Gardens

University of Utah Campus
Red Butte Garden, located on 100 acres in the foothills on the eastern edge of the University of Utah, is an official arboretum of the state of Utah.

<http://www.redbuttegarden.org>

Hogle Zoo

840 South Sunnyside Ave

Utah's 42-acre zoo features the Asian Highlands, Rocky Shores, and the new African Savanna exhibits.

<http://www.hoglezoo.org>

Historic Temple Square

50 North Temple (Temple Square TRAX stop)

Center of the LDS Church, find museums, gardens, and choir performances, as well as historic buildings.

<http://www.visitemplesquare.com>

Clark Planetarium

110 South 400 W (Planetarium TRAX stop)

Explore 10,000 square feet of free exhibits and experience incredible visuals in the Orbital ATK 3D IMAX® Theatre or Hansen Dome Theatre and shop the Planet Fun Clark Planetarium Store.

<http://clarkplanetarium.org/>

Tracy Aviary

589 East 1300 South (in Liberty Park)
Beautiful aviary and bird sanctuary with newly renovated exhibits.

<http://tracyaviary.org/>

Seven Peaks Waterpark

1200 West 1700 South

Water park with several themed attractions including Tidal Beach wave pool and 4-story water slides.

<https://www.sevenpeaks.com/>

Lagoon Theme Park

Farmington, UT (17 miles north of SLC)

Utah's premier theme park featuring over 45 rides, roller coasters, pioneer village, carnival midway, and an inclusive water park.

<http://www.lagoonpark.com>

MUSIC & THEATRE

Red Butte Garden Outdoor Concert Series

University of Utah Campus
Every year, the Red Butte Garden Outdoor Concert Series lineup is one of Salt Lake City's most eagerly anticipated pop culture events. You might be able to hear these concerts from SPUR on-campus housing!
<http://www.redbuttegarden.org/concerts/>

Experience Arts Salt Lake

The Salt Lake County Center for the Arts supports the vibrant arts and culture community through four world-class performing arts venues: Abravanel Hall, Janet Quinney Lawson Capitol Theatre, George S. and Dolores Dore Eccles Theatre, and the Rose Wagner Performing Arts Center. Catch performances from the Utah Symphony, Ballet West, Utah Opera, and Broadway.
<https://artsaltlake.org/>

Hale Center Theatre

333 South Decker Lake Drive (Decker Lake TRAX stop)
HCT has 24,000 season subscribers and is one of the nation's highest attended professional theatres. Voted 'Best of State' for 12 consecutive years.
<http://www.hct.org>

MUSEUMS

This Is The Place Heritage Park

2601 East Sunnyside Ave
Step back in time and see the West as it was in the early settlement of Utah.
<http://www.thisistheplace.org>

Fort Douglas Military Museum

University of Utah Campus
Through exhibits, educational programming and publications, the Museum seeks to engage and inform the public about Utah's rich military heritage.
<https://www.fortdouglas.org/>

Natural History Museum of Utah

University of Utah Campus
FREE admission with valid UCard
The Natural History Museum of Utah is one of the leading scientific research and cultural institutions in the country. Established in 1963, the Museum's collections contain over 1.2 million objects and offers innovative exhibitions and educational programs to thousands of residents and visitors each year, including traveling and permanent exhibits, special events and other programs.
<https://nhmu.utah.edu/>

Utah Museum of Contemporary Art

20 South West Temple (Temple Square TRAX Stop)
The Utah Museum of Contemporary Art (UMOCA) advances and elevates the community of contemporary arts and culture, establishing Utah as a leading voice for the spirit of innovation, experimentation and dialogue surrounding the issues of our time.
<http://www.utahmoca.org>

The Leonardo Science & Technology Museum

209 East 500 South (Library TRAX Stop)
It is The Leonardo's mission to fuse science, technology and art in experiences that inspire creativity and innovation in people of all ages and backgrounds.
<http://www.theleonardo.org>

DOWNTOWN EVENTS

Gallery Stroll

June 15, July 21
Self-guided tour of Salt Lake's fine art galleries as they debut new exhibits. List of galleries and map can be found online:
<http://www.gallerystroll.org>

Utah Arts Festival

200 East 400 South (Library TRAX stop)
June 21-24
This is the biggest party of the summer, featuring hundreds of art booths, musical and artistic performances, interactive demos, poetry slams, and endless food trucks.
<http://www.uaf.org>

Downtown Farmer's Market

Pioneer Park (Courthouse TRAX stop)
Opens June 9
Fresh food, vendors, arts and crafts, live music, and more.
<http://www.slcfarmersmarket.org>

Urban Flea Market

600 South Main Street (Courthouse TRAX stop)
June 10, July 8
An affordable marketplace to find eclectic, vintage, and new items including clothing, art, furniture, tools, knick-knacks, books, comics, and more.
<http://www.fleamarketslc.com>

Independence Day/Pioneer Day

July 4th and July 24th
Parades run down State Street, ending at Liberty Park for festivities, and professional fireworks displays will happen all over the valley including Sugar House Park. Some celebrations also have live music and food. Local news sites are great for finding festivities.
<http://www.sltrib.com>

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