

# UTAH OLYMPIC PARK

## OUTDOOR SUMMER ACTIVITIES

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### ZIP

**Extreme Zip:** This zip line offers participants the chance to experience what it is like to be an Olympian flying off the K120 Nordic ski jumps. The Extreme zip line is like the K120 jump—big, steep and long. In fact, the Extreme Zip is one of the steepest zip lines in the world. The ride starts at the edge of the K120 jump, at which point the force of gravity takes over and propels riders to approximately 50 mph dropping over 438 feet in elevation. There are four Extreme zip lines, so participants can fly alongside friends and family for the entire ride. *Participants must weigh a minimum of 100 lbs and a maximum of 275 lbs.*

**Freestyle Zip:** The kid-friendly Freestyle Zip is a great way to warm up before stepping up to the larger zip lines. The Freestyle Zip is bit shorter and less steep than the Extreme Zip—perfect for younger kids or adults who want a more leisurely ride. *Participants must weigh a minimum of 50 lbs and a maximum of 275 lbs.*

### SLIDE

**Alpine Slide:** The Alpine Slide is exactly what you'd expect from a place that built one of the most exciting Olympic sliding tracks in the world. The slide is smooth, comfortable, and has amazing views. As for ride performance, the straightaways, drops, and 18 banked turns were designed to complement the scenic mountainside location. For added comfort, the easily controllable sleds allow riders—big and small—to go as fast (or slow) as they want. *Participants must be at least 48" tall to drive. Participants ages 3+ and under 48" tall can ride as a passenger with a driver age 13 or older.*

**Summer Comet Bobsled Ride:** Piloted by a professional bobsled pilot, three passengers can take a thrilling ride down the Olympic track on the Summit Comet Bobsled. In less than a mile, a bobsled fitted with wheels rips through 15 turns and reaches speeds of up to 80 mph. *Participants must meet age (16+), weight (100+ lbs), and health requirements.*

### CLIMB

**Adventure Ropes Courses:** The adventure ropes courses are a great way to build skills and challenge oneself with rope and balance features. Visitors can choose from three levels of courses—the Discovery Course, Canyon Course, and Summit Course. Based on one's sense of adventure, the adventure courses offer challenges for all abilities.

**Drop Tower:** This advanced-level adventure is designed to test even the greatest thrill-seekers with a 377-foot long zip line high above the treetops finishing at the 65-foot high Drop Tower. From the Drop Tower there is only one way down—simply stepping off the platform for an exhilarating 65-foot free-fall.

**Discovery Zone:** This dynamic, adventure play area is designed for our youngest guests to discover their own agility, balance, coordination, and sense of awareness. As they navigate through endless fun, children of all ages can develop their bodies and minds alike. The Discovery Zone is free to visitors at the Park.

**Mountain Challenge:** Located on the Legacy Loop Trail at the top of the Utah Olympic Park, the Mountain Challenge is a series of obstacles that will test the agility, strength, and endurance of every level of athlete. The course provides a great all-around workout. The Mountain Challenge is free to visitors at the Park.

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### HIKE

**Nature Trails:** Our Nordic, Peak, and Trackside trails invite you to explore Utah Olympic Park's natural side by foot or by bike. The Utah Olympic Park offers trails with various levels of difficulty providing different perspectives of the Park and Park City you cannot find anywhere else. Please refer to the Park Map for more details. The nature trails are free to visitors at the Park.

**GPS Adventure:** Test your directional skills here at the Utah Olympic Park with the GPS Adventure. Guests can rent a GPS device with the option of three course levels increasing in level of difficulty—Green, Blue, and Black Diamond. Locate each point correctly and successfully complete the course.

### RIDE

**Scenic Chairlifts Rides:** Enjoy picturesque Olympic-vistas from our two scenic chairlifts. Since 2002, the Nordic Lift has carried countless athletes and Olympians to their dreams of soaring high above Park City. Reaching the highest points in Utah Olympic Park, the Nordic Lift gains around 440 vertical feet of elevation, accessing the Extreme Zip, Alpine Slide, Mountain Challenge, and Peak Trails. The Freestyle lift carries Freestyle athletes to their training grounds, gains around 150 vertical feet of elevation, and accesses the Freestyle Zip and Welcome Center Trail.