



ACTIVITY GUIDELINES

DISCOVERY ADVENTURE COURSE

Nicknamed "Disco" by Park staff, adventurers of all ages find their groove on this family-friendly course. Get moving as you duck and climb your way up the Park's Nordic Terraces then soar off the Crow's Nest on a 346-foot zip to the Discovery Towers. Sure to be the highlight of any family visit to the Park.

*Minimum Weight: 35 lbs
Maximum Weight: 225 lbs
Participants under 46" tall MUST be accompanied by an adult.*

ACTION TOWER

Suitable for the young adventurers in your group, the Action Tower offers an exciting array of activities that will keep the young adventurers coming back for more. Coast down on the extreme tubing lane, take a leap on the airbag jumps, test your climbing skills on the mini climbing wall or take a nice, easy ride down the giant slide. Whether you're a daredevil or just looking for some fun, the Action Tower has something for every adventure seeker.

SUMMIT ADVENTURE COURSE

Towering up to 55 feet above the Park, this pinnacle of adventure courses challenges and excites even the strongest participants. Although tethered into our continuous-belay system, Summit Course participants must harness their mental fortitude to successfully traverse elements like Wire Not and Netanya-hoo!

*Minimum Weight: 45 lbs
Maximum Weight: 275 lbs
Adult participation recommended for youth ages 12 and under.*

ALPINE SLIDE

The Alpine Slide is the perfect complement to the Park's Olympic sliding track. In just over a half mile, the Alpine Slide navigates the scenic mountain setting via smooth straightaways and 11 banked turns. The manually-controlled sleds allow riders to control their speed throughout the entire ride.

*Driver: Must be at least 48" tall.
Passenger: Must be at least age 3 and under 48" tall. Must be accompanied by a driver age 13 or older.*

CANYON ADVENTURE COURSE

The Canyon Course challenges participants with 10 elements like Log Doom and Swinging Sails, all while tethered into the course. Test your limits at heights up to 25 feet above ground. Located in the heart of Trackside Plaza, don't forget to take in the amazing views of the Park's Olympic Sliding Track.

*Minimum Weight: 45 lbs
Maximum Weight: 275 lbs
Adult participation recommended for youth ages 12 and under.*

EXTREME ZIP

When the doors open, the Extreme Zip lives up to its name! Experience firsthand what it's like to fly like an Olympic Ski Jumper on one of the steepest zip lines in the world. Riders reach speeds up to 55mph as they zip 1442 feet and drop over 40 stories along the way.

*Minimum Weight: 100 lbs
Maximum Weight: 275 lbs*

AIRBAG JUMPS

Visitors can experience what it is like to be a stunt person in the movies on Utah Olympic Park's Airbag Jumps. You can choose between three different platforms - 5 feet, 10 feet, and 15 feet - from which you can leapt onto your back into the giant airbags below. *No flips allowed.

*Minimum Weight: 35 lbs (5 ft & 10 ft platform)
Minimum Weight: 100 lbs (15 ft platform)
Maximum Weight: 275 lbs
Participants under 46" tall MUST be accompanied by an adult.*

FREESTYLE ZIP

Great for both youth and adults, the Freestyle Zip may not be the biggest zip at the Park, but it's huge on fun! Dropping 147 vertical feet over a length of 734 feet at speeds up to 40mph will get your heart pumping and ready for the rest of your adventures at Utah Olympic Park.

*Minimum Weight: 50 lbs
Maximum Weight: 275 lbs*

EXTREME TUBING

Take a ride down the landing hill of a Nordic Ski Jump ... in an inner tube! Gain speeds up to 50 mph and enjoy the thrill of soaring just like an Olympic Nordic ski jumper. (These are the same ski jumps that today's Olympic-level athletes train on!)

*Age: 10 and up (K64), 13 and up (K90)
Must tube the K64 before proceeding to the K90.
Access tubing start via the trail that begins at the bottom of the Alpine Slide.*

SUMMER BOBSLED EXPERIENCE *\$100

Experience the ride of a lifetime on our Summer Bobsled Experience! Piloted by a professional bobsled driver, passengers take a thrilling ride down the sliding track used in the 2002 Olympic Winter Games. Reaching speeds up to 60 mph, this extreme Olympic experience is not to be missed!

*Minimum Weight: 100 lbs
Maximum Weight: 225 lbs
Age: 13+*

ACTIVITY ATTIRE

- Comfortable closed-toe, closed-heel, athletic shoes/sneakers (no heels or sandals).
- Athletic clothing.
- Sunglasses or hats are recommended.
- Bring plenty of water and sunscreen.
- Helmets will be provided.
- No bags allowed on activities.

Need activity info?

Park Hosts can be found all around Utah Olympic Park throughout the summer season.

DROP TOWER

The Drop Tower is designed to challenge the mental fortitude of even the toughest participant. Begin with a relaxing 361-foot zip over the Trackside Trails, then all bets are off. Choose one of two terrifying ways off the 65-foot high Drop Tower but, ultimately, the only way off is down!

*Minimum Weight: 45 lbs
Maximum Weight: 260 lbs
Adult participation recommended for youth ages 12 and under.*

GOLD PASS ACTIVITIES

All individual activity tickets are \$33.
Please check with Guest Services staff for availability.