

ADVENTURE RECREATION

RECREATION

Why is Outdoor Adventure Important?

- Excitement
- Experience Connection
- Consistent Movement
- Physical Challenge
- Empower Sustainability
- Perceived Risk

BENEFITS OF COMMON RECREATION

HIKES

- Consistent movement in an outdoor setting
- Reconnection to your breath
- Exciting and beautiful destinations
- Scalable and sustainable upon departure
- Opportunity for a strong hiking community

BIKING

- Great cardio workout
- Helps with balance and hand eye coordination
- Low impact on the hips and knees
- Consistent movement in an outdoor setting
- Supportive group community

FLY FISHING

- Helps with mobility
- Consistent movement in a outdoor setting
- Mental stimulation
- Meditative
- Helps improve balance

RECREATION IDEAS

Adventure park
Amusement park
Rock climbing
Biking*
Birdwatching*
Camping
Canoeing*
Canyoneering
Corn maze
E-biking*
Fly fishing*
Frisbee*
Gardening
Hikes*
Jetskiing

Mountain climbing*
Kayaking*
Kite Flying
Metal detecting
Mountain Biking
Skiing
Outdoor Sports*
Paddle Boarding*
Paragliding
Parasailing
Picnicking*
Play with pet*
Running*
Scuba diving

Sightseeing*
Snowboarding
Snowshoeing*
Skydiving
Snorkeling
Swimming*
Paintball
Tree climbing
Trekking*
Waterskiing
Water sports
Whitewater rafting*
Windsurfing
Wingsuit flying
Walk*

*Offered at Skyterra, some limitations may apply