

SENIOR CENTERS



Visit:

https://mountainland.org/resource_categories/view/33
or call 801-229-3804

For more information near you
visit your city website to find more senior
resources or center locations.



FREE

Utah Valley

utahvalley.com/things-to-do/free/

For More Ideas Visit:

utahcountyonline.org/dept/health/getactive/

Or call 801-851-7095

For a list of other activities.
Prices vary and memberships
may be required. See individual
services for details



Utah County
HEART of UTAH
Health Department



Get Active Utah County

**A resource guide to free and
Low-cost physical activities in
Utah County**



HIKING



For locations and different levels of difficulty visit:

<http://utahcounty.maps.arcgis.com/apps/Showlist/index.html?appid=4191561281c840f9a86a338a972bed5b>

TRAILS / BIKE PATHS



Visit:

Utah County trails

<https://mountainland.org/mapsdata>

Utah Bicycling Club

<https://www.utahcycling.org/>

Eagle Mountain Ranch Bike Park

<http://eaglemountaincity.com/departments/parks-recreation/parks/mountain-ranch-bike-park>

PARKS & RECREATION

Utah County

<http://utahcounty.gov/Parks/Index.asp>

Alpine

<http://www.alpinecity.org/parks-and-recreation>

American Fork

<https://afcity.org/743/Parks>

Cedar Hills

<http://www.cedarhills.org/recreation/parks-trails>

Draper

<https://www.draper.ut.us/211/Outdoor-Recreation>

Eagle Mountain

<http://eaglemountaincity.com/departments/parks-recreation/parks>

Elk Ridge

<http://www.elkridgecity.org/shuler-park--ingram-field.htm>

Highland

<https://www.highlandcity.org/index.aspx?NID=232>

Lehi

<https://www.lehi-ut.gov/recreation/parks/city-parks/>

Lindon

<http://www.lindoncity.org/parks.htm>

Mapleton

<http://parksandrec.mapleton.org/>

Orem

<https://orem.org/parks-guide/>

Payson

<https://paysonutah.org/departments/community-services/parks>

Pleasant Grove

<https://rec.plgrove.org/>

Provo

<https://www.provo.org/departments/parks/park-info>

Salem

<http://www.salemcity.org/salem-recreation-department.htm>

Santaquin

<http://www.santaquin.org/cms/one.aspx?pageld=6496431>

Saratoga

<http://www.saratogaspringscity.com/165/Parks-of-Saratoga-Springs>

Spanish Fork

https://www.spanishfork.org/departments/parks_and_recreation/index.php

Springville

<https://www.springville.org/buildings-and-grounds/city-parks/>

Vineyard

<http://www.vineyardutah.org/208/Parks-Recreation>

Woodland Hills

<https://www.woodlandhills-ut.gov/city-government/departments/parks-trails-and-recreation>