



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Kid Friendly Salt Lake City

Salt Lake City, 1 Day

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Guide Description



AUTHOR NOTE: If you are visiting Salt Lake City with children, don't fret - there are plenty of family friendly activities. Salt Lake City is an extremely kid friendly destination and many of the top city sights are catered towards children.

Kids and parents alike will enjoy exploring limestone caves, catching shows at the planetarium, touring the zoo, and exploring the nearly-unlimited family oriented activities in Salt Lake City.

[Photo Courtesy of flattop341 - <http://www.flickr.com/photos/flattop341/283195493/>]

My List

contact:

tel: +1 801 581 4747
fax: +1 801 585 6491
<http://www.redbuttegarden.org/>

location:

300 Wakara Way
Salt Lake City UT 84108

1 Red Butte Garden

OUR LOCAL EXPERT SAYS:

Red Butte Garden's throws a phenomenal summer outdoor concert series. Pack your own picnic dinner and bottle of wine and enjoy live music in the garden's newly remodeled outdoor amphitheater.

DESCRIPTION: Sitting on the northeastern end of Salt Lake City, and nestled into the foothills, Red Butte Garden is tucked into the northeastern corner of the University of Utah. With more than two hundred species of plants, a newly designed, copper-wrapped main building, this provides a beautiful environment for a casual stroll or educational tour. Open all year. If you're here in the summer, be sure to check online for their summer concert lineup. Taking place during the extremely pleasant Salt Lake evenings, internationally famous artists (such as John Hiatt, the Indigo Girls, and Herbie Hancock) perform to packed audiences in their outdoor theater. Bring a picnic blanket, some cheese, crackers, and wine! If you have a little extra time and energy, you can depart from the gardens to join up with the miles of crisscrossing trails of the Bonneville Shoreline system. © NileGuide



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contact:

tel: +1 801 456 5437
<http://www.childmuseum.org>

location:

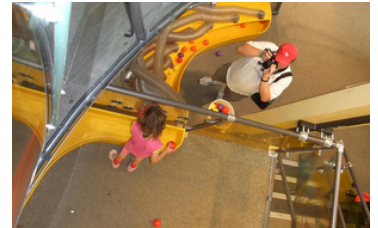
444 W. 100 South
Salt Lake City UT 84103

hours:

Mon and Fri 10am-9pm,
Tues-Thurs and Sat
10am-6pm; Sun noon-6pm.
Call for holiday hours

2 Discovery Gateway

DESCRIPTION: Discovery Gateway is the premier Children's Museum in the state of Utah, with exhibits and hands-on demonstrations designed to help kids learn about the how the world works. It's located inside The Gateway, an attractive outdoor mall offering a wide variety of shopping and restaurants. The museum is entirely indoors, offering visitors a great escape from the cold and snow of winter and the dry heat of summer. Among the highlights: "Saving Lives from the Sky" allows kids to participate in a mock Life Flight rescue from a real helicopter. A brightly-colored, modern, fun children's museum and a big step up from its predecessor. © NileGuide



Zaui

contact:

tel: +1 801 582 1631
<http://www.hoglezoo.org>

location:

2600 East Sunnyside Avenue
840 South
Salt Lake City UT 84108

3 Hogle Zoo

DESCRIPTION: Every major city has a zoo, and this is Salt Lake City's. Situated on the northeastern end of town, at the mouth of Emigration Canyon, this houses a huge spectrum of animals, fish, insects, and arachnids. Here you'll find everything from camels to elephants, snakes to bears. Open all year, this is best visited during the warmer months when it's pleasant enough for all of the animals to be outside! No charge for children two and under.



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Open since 1931 and operating in the same location, this zoo has served as a community education center, supporting school outings, and offering education programs and zoo classes. This isn't just restricted to toddlers; different classes are designed to inform those from a young age through adulthood. Check online for the program listing.

Just across from the Hogle Zoo (to the north) is one of the many trail heads for the Bonneville Shoreline system. © NileGuide

contact:

tel: +1 801 582 1847
<http://www.thisistheplace.org>

location:

2601 E. Sunnyside Ave
Salt Lake City UT 84108

hours:

Park daily dawn-dusk; visitor center Mon-Sat 9am-6pm; Heritage Village summer daily Mon-Sat 9am-5pm, call for off season hours

4 This Is The Place Heritage Park

OUR LOCAL EXPERT SAYS:

Visit This is the Place's haunted village in October. Stroll through the park's haunted buildings and ghostly streets and beware the headless horseman.

DESCRIPTION: Brigham Young and the Mormon pioneers got their first glimpse of the Salt Lake Valley at the site of this historic park. A tall granite and bronze sculpture was erected in 1947 to commemorate the centennial of their arrival. The park, which covers more than 1,600 acres, offers hiking along part of the trail used by the pioneers, with opportunities for cross-country skiing in winter. This is a good place for wildlife viewing and birding in winter and spring, with additional songbirds and raptors present in summer and fall. There's a picnic area, but no camping, and a visitor center contains exhibits depicting the Mormon pioneers' trek from Illinois to the Great Salt Lake Valley in 1847. Also in the park, **Heritage Village** is a pioneer village comprised of original buildings from across the state along with some reproductions. In summer and during special events it becomes a living-history museum of the period from 1847 to 1869, with costumed villagers and a variety of demonstrations and activities, including wagon rides. Allow 1 to 2 hours. For a week each December the village re-creates a pioneer Christmas celebration. © Frommer's



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contact:

tel: +1 801 652 2043
http://www.utah.com/stateparks/antelope_island.htm

location:

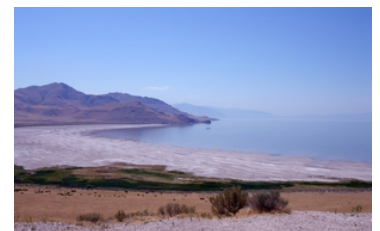
4528 West 1700 South
Syracuse UT 84075

5 Antelope Island State Park

OUR LOCAL EXPERT SAYS:

Visit Antelope Island in late October for the yearly buffalo roundup. The buffalo are driven into corrals for their yearly checkup by volunteer horsemen and helicopter and is quite a sight to see.

DESCRIPTION: The Great Salt Lake has a salinity roughly 10 times that of ocean water. It's shallow and generally hard to interact with. However, it has a unique beauty worth checking out. One of the best ways to explore the Great Salt Lake and its natural environs is to take a trip to Antelope Island State Park.



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This island, hardly developed at all, allows you to envision what the shores of the Great Salt Lake looked like hundreds of years ago, before millions of people lived in Utah. Visit the historic farm built by settlers 150+ years ago. Or try to catch a glimpse the island's free-roaming buffalo heard; every October a roundup to help thin the heard before the winter months. Take a hike or a mountain bike ride along the island's trails. Though only about 20 miles northwest of Salt Lake City as the crow flies, Antelope Island actually requires about 45 miles of driving to reach. First head north on I-15 into Syracuse, then take Exit 335 and head west, following signs for Antelope Island State Park. During late May of every year, the Salt Lake Century bike tour rides north from Salt Lake City and onto Antelope Island before heading back south. © NileGuide

contact:
tel: +1 801 451 8060
fax: +1 801 451 8016
<http://www.lagoonpark.com>

location:
375 North Lagoon Drive
Farmington UT 84025

6 Lagoon

DESCRIPTION: Located just 20 minutes north of Salt Lake, this is Utah's oldest and largest amusement park. Featuring more than 40 rides, including four different coasters, the park is open from May to October (weather permitting) and offers traditional theme park attractions. X-Venture Zone attractions (including go-cart races and Catapult) are not included in an all-day ride pass. Groups and special events are welcome. Check out website for further details. © wcities.com



Photo courtesy of plakshun

contact:
tel: +1 801 456 7827
<http://www.clarkplanetarium.org/>

location:
110 S. 400 West
Salt Lake City UT 84101-1145

hours:
Mon-Thurs 11am-9pm; Fri-Sat 11am-midnight; Sun 11am-8pm

7 Clark Planetarium

OUR LOCAL EXPERT SAYS:

Not just for kids, the Clark Planetarium features trippy laser light show experiences late night on weekends. Shows feature music by such bands as U2 and Pink Floyd.

DESCRIPTION: This state-of-the-art planetarium presents laser light shows and big-screen movies in Utah's only 3-D IMAX theater. It also contains a variety of interactive exhibits ranging from a display about the names of the planets to a Foucault pendulum, plus a rotating relief globe. Allow up to 3 hours. © Frommer's



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contact:

tel: +1 801 264 2241
fax: +1 801 264 2213
<http://www.wheelerfarm.com/>

location:

6351 S. 900 East
Salt Lake City UT 84121-2241

hours:

Daily dawn-dusk

8 Wheeler Historic Farm

OUR LOCAL EXPERT SAYS:

Kids can experience firsthand what it is like to milk a cow. Visit the farm for chore times Monday through Saturday at 5pm.

DESCRIPTION: This living-history dairy farm, where you can see demonstrations of farming and daily activities from the late 19th century, features hundred-year-old farm buildings, a small petting zoo, and a nature preserve. Activities include experiencing various farm chores, such as egg gathering and cow milking, farmhouse tours, and tractor-driven wagon rides. Allow 1 to 2 hours. A variety of annual events is also offered, including a scarecrow masquerade, a holiday lights festival, breakfast with Santa, and a summer camp week. © Frommer's



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Salt Lake City Snapshot

Local Info

Salt Lake City, Utah's capital, sits snugly against the base of the soaring Wasatch Mountains. These dramatic Rocky Mountain peaks today define Salt Lake City equally as much as its founding by the Mormons in 1848. And though a lot of strange urban legends circulate, the Mormon church (Church of Jesus Christ of Latter-day Saints) certainly exerts a much more subdued and positive influence on the city than the fearful would believe.

By any standards, Salt Lake City is a fairly young city—at just more than 160 years old. But it is one of the nation's most historically unique modern cities, having grown up in a territory peppered with sometimes bloody battles between Mormons and "gentiles". Of course this history and cultural background still effect Utah, but so too do many other factors like its magnificent outdoor opportunities and remarkably stable economy. Salt Lake's modern visitors and residents come for all sorts of reasons and enjoy an equally diverse set of opportunities. Located right at the crossroads of I-80 and I-15, and within

five minutes of a major international airport, it could hardly be more accessible.

Salt Lake's downtown sits at the northern end of Salt Lake Valley. With Utah's largest conference centers and guest capacities, the downtown area also has a host of restaurants, bars, and clubs. The majority of music venues can also be found here, as well as art galleries, cafes, and shops. Some of the highlights here include Market Street and its excellent restaurants like Takashi and Market Street Grill. Front and center are Abravanel Hall, home of the Utah Symphony, and the Energy Solutions Arena, where the Utah Jazz often play.

The University of Utah with its research facilities, galleries, and associated business occupies the city's eastern corner. The general public might head up to campus to hike the Bonneville Shoreline Trail or check out the Red Butte Gardens.

Heading southeast from downtown proper is the 9th and 9th region of town; a small collection of boutique shops, multiple restaurants, a cafe, bakery, and yoga studio. Move farther to the south and you'll run into Sugarhouse, the big brother of 9th and 9th. This dense center is home to a

book shop, a Patagonia Outlet, dollar-style Cinemax movie theater, Salt Lake's latest-open liquor store, restaurants and pubs, as well as several big, national retail stores.

As you head south still, the town becomes increasingly residential, though various malls, retail districts, restaurants, and bars pop up here and there. But even as you spread to the perimeters of town, you will continue to find culinary and commercial gems in each of its various neighborhoods. Toward the far southeastern corner of the valley (and the I-215 beltway) are the mouths to Big and Little Cottonwood canyons and their ski resorts, Brighton and Solitude (in Big), Alta and Snowbird (in Little). Look sharp for restaurants, apres ski spots, and hotels in this area.

Regardless of where you're staying and recreating in Salt Lake City, you'll have easy access to all parts of town via the I-80/I-215 beltway that encircles the majority of the urban compact, rendering almost every corner of town within 25 or 35 minutes of each other.

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