

Activity Recommendations in Utah County

Activities within a Brick and Mortar Building

Fishkiss

Fishkiss has doctor fish that are used in a unique spa atmosphere, to eat the calluses off of your feet or hands.

Taste

Taste has some fun and delicious options for chocolate, cheese, and vinegar tastings.

The Wick Lab

This is one of our newest activity locations where you can go and create your own candles after choosing the wax color and scent.

The Grid

Located in Pleasant Grove (15 minutes north of Provo), The Grid has go karts that race up to 40 mph, 3 levels of elevation, and two tracks. It is perfect for the adrenaline junkie or group looking for some competition. There is also an arcade that is a part of the building.

Art, History & Museums

If you are into history and/or art, I would suggest visiting [UVU's Roots of Knowledge](#). This gallery showcases events throughout history, through stained glass windows. It has over 60,000 pieces of glass as a part of it and it is breathtaking. You also can make your own jewelry at [The Gem Studio](#), create your own pottery at [Kreative Kiln](#), paint pre-made pottery at [Color Me Mine](#), or make soap at [The Soap Factory](#). BYU has several museums on campus. [The Covey Center](#) & [SCERA](#) hold theatrical showings.

Music

If you are looking to be your own musician, [Heart & Seoul Karaoke](#) offers public or private room karaoke rooms. [Velour Music Gallery](#) is an all-ages venue in which local artists perform several times a week.

Outdoor Attractions

[Sundance](#) and [Bridal Veil Falls](#) are two of my favorite attractions. Sundance was founded by Robert Redford and Bridal Veil Falls is a beautiful waterfall accessible via a short walk. Some suggested hikes in the area are Stewart Falls, The Grotto, The Y, & Horsetail Falls. You can also visit [CLAS Ropes Course](#) year round for ziplines, canoeing, rock climbing, and a giant swing.

Utah National Parks

If any of your attendees want to add shoulder nights to their trip, I would suggest visiting some of the [Utah National Parks](#). My personal favorite is Bryce Canyon because of the rock formations called hoodoos, but all five of them are very unique and beautiful in their own way.

Shopping

We have three malls in the area to shop at. For your general retail brands, both the [Orem University Place](#) and [Provo Towne Center Malls](#) are great options. If you are looking for more hi-end or different shops, I would suggest the [Riverwoods](#) here in Provo or the [Traverse Mountain Outlet Mall](#) in Lehi.

For more information, visit utahvalley.com

