

# RECREATION COUNCIL ADULT ADVENTURE FUNDING OPPORTUNITY for ages 18 and older



**Step 1: Contact the Recreation Council to inquire about eligibility**

**Step 2: Select an ADVENTURE you want to try**

**Step 4: Enjoy the adventure of a lifetime!**

**Step 3: Meet with your Recreation Council Area Coordinator to plan your adventure and to inquire on funding.**



### If you are attending an Overnight Camp, take the **Find a Friend Challenge**

During your week of summer camp, meet 1, 2, or 3 people you want to hang out with when you come home from camp. Ask them for their name,

address, email, and phone number. When you get home from camp, call the Recreation Council at 314-726-6044 to meet with your area coordinator *and* your new friends to start planning an out of town trip or in-town adventure of your choice. You can use adventure funds to help with some of the cost.

### If you like **HIGH ADVENTURE and CHALLENGES**

Here are some places that offer adult trips



**Big Muddy Canoe Trips—** You'll paddle the Mississippi or Missouri Rivers right here in the St. Louis area in these guided tours. No paddling experience needed. [www.2muddy.com](http://www.2muddy.com)

### **Wilderness Inquiry— Gateway to Adventure**

Designed for adults with developmental disabilities, Gateway is a program that helps people develop the skills they need to enjoy inclusive outdoor recreation activities. Our participants are provided support so they can learn outdoor skills needed to have safe, enjoyable outdoor experiences.

[www.wildernessinquiry.org/programs/gateway-to-adventure](http://www.wildernessinquiry.org/programs/gateway-to-adventure)



### **Municipal Parks and Recreation ADULT DAY TRIPS**

Interested in going to a baseball game, attending a play or concert, learning more about history or nature, going to the Muny, betting on horses at Fairmont Park, or eating at a fancy restaurant? Your park departments are planning day trips to local destinations. Voucher funds are available to pay for part of the fee and you may request funds to cover the cost of hiring support staff if you have personal care needs.

### **YMCA Trout Lodge—Adult Getaways**

Just 90 minutes from St. Louis, spend the weekend enjoying your choice of water activities, arts and crafts, horseback riding, nature activities, special events, and more. Stay in the lodge or rent a cabin. Lodging includes three meals per day. Everything is nestled into gently rolling forest-covered hills beside a beautiful lake. [www.gwrymca.org/locations/ymca-trout-lodge](http://www.gwrymca.org/locations/ymca-trout-lodge)

### If you prefer **PLANNED TRIPS**

**Sunnyhill On-The-Road Adventures** will take you to Branson, Chicago, Kansas City, Indianapolis, Memphis, & more. All trips cost \$750 and happen on select weekends throughout the year. Call 314-845-3900 or visit [www.sunnyhillinc.org](http://www.sunnyhillinc.org)

**Arc Escapes** plans small group trips to local attractions and out of town destinations in the Midwest. You'll visit fabulous destinations, try new foods, and learn how to travel on these wonderful weekend trips. Call 314-817-2293 for information or visit [www.slarc.org](http://www.slarc.org), click on "Adult Services", then "Recreation"



Funded by the Eastern Region Alliance

Recreation Council of Greater St. Louis  
[www.recreationcouncil.org/our-team](http://www.recreationcouncil.org/our-team) ~ 314-726-6044  
**St. Charles County:** Carol Callahan 636-477-7704  
**St. Louis County:** Peggy Welker 314-726-6044 x103  
**St. Louis City:** Mindy Davis 314-772-2299



PLB Partially funded by the Productive Living Board

St. Louis Office for Developmental Disability Resources

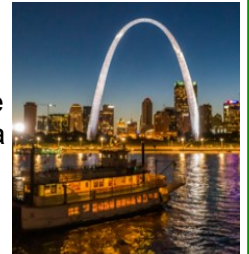
# MORE ADVENTURES YOU MIGHT ENJOY

## Trikke STL: Electric Tricycle Tours

Take a ride on our innovative three-wheeled, adult-size *Elektrik Trikkies* on a tour of downtown St. Louis, Forest Park, Grant's Bike Trail, Soulard, Tower Grove, and other Greenway Trails in the area. We can customize your tour for unlimited and never ending choices. One-hour tours begin at \$65 per person and happen from March-November. 314-487-4553 or [www.trikkeestl.com](http://www.trikkeestl.com)



**Gateway Arch Tours:** Gain a new perspective on this magnificent monument while cruising the Mighty Mississippi. With a variety of sightseeing, dinner, and specialty outings to choose from, a riverboat cruise is a fun and relaxing adventure. 877-982-1410 ~ [www.gatewayarch.com](http://www.gatewayarch.com)



## STL. BIPLANE RIDES

Enjoy St. Louis from the Air!



## St. Louis Bi-Plane and Warbird Flight Tours

Come fly an authentic American Warbird. You will actually take the controls and fly

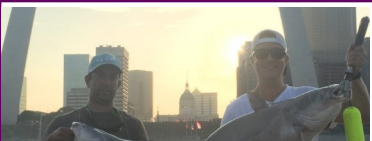
this fighter plane for the most exciting experience of your life with Kevin Michael Kegin. STL Bi-plane Rides offers flight packages from \$260-\$750 per person. Contact us through our website or call us by phone to schedule your flight: [www.americanwarbird.com](http://www.americanwarbird.com) ~ 314.809.7101



## Go Ape Treetop Adventure:

Featuring exhilarating suspended obstacles, epic zip lines, and amazing views. [www.goape.com](http://www.goape.com) ~ 1-800-971-8271

**RYZE Adventure Park:** This 4-story adventure tower includes 110 unique elements ranging from an easy skybound strut to full-fledged daredevil obstacles. [www.ryzeadventure.com](http://www.ryzeadventure.com) ~ 314-886-7993



## Guided Fishing Trips

Take a four-hour fishing trip with Captain Jason Schneiderhahn, a fully insured USCG certified captain whose specialty is targeting trophy blue catfish on the Mississippi River near St. Louis and Spoonbill at the Lake of the Ozarks. Jason can take you fishing from Grafton, Illinois to Chester, Illinois and the Lake of the Ozarks in search of trophy blue catfish and Spoonbill. Cost is \$325 for 4 hours on the water. Book your adventure through the website or call Jason at 314-486-3052. [www.stlcatfishing.com](http://www.stlcatfishing.com)

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## Are We There Yet? Day Trips and Tours

Sometimes you need a break from the ordinary, so join us on a vacation day! With tours throughout Missouri and Illinois, you won't believe some of the cool places we have found! Cost \$119-\$129 depending on the trip. [www.arewethereyetdea.com](http://www.arewethereyetdea.com) ~ 314-304-3508



## Powered ParaGliding Lessons

ParaGliding is one of life's great adventures. This is your opportunity and invitation to begin the adventure of a lifetime. The one day training package has been created to show you what the sport of Powered ParaGliding is all about!. The One Day PPG Intro Lesson includes Inflation Process, Ground handling, Flight controls, Landing and an actual Tandem flight. Pricing: One Day Introductory PPG Training \$595 ~ Swansea, Illinois 1-269-359-7592 or [www.ParaglidingUnlimited.com](http://www.ParaglidingUnlimited.com)



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After 27 years of tours in North America and around the world, we know what makes for a successful tour and happy customers. We start from St. Louis, and travel to places like Florida, the Canadian Rockies, New England, and Southern California, Sunrise Tours is your source for professional, high-quality vacation tours. Visit our website for current tours or call for information: 314-526-3126 ~ [www.travelsunrise.com](http://www.travelsunrise.com)