

38th Annual Bryce Canyon Winter Festival

February 18th, 19th & 20th 2023



• Ruby's Inn Activities •

The Winter tradition continues with fun and adventure for the whole family. Enjoy Family Activities, Crafting, Seminars, dancing and much more!

*Registration is required for some of the activities on this page.
Due to large groups of young Children, all crafts and cookies will be moved over to Ebenezer's.

Festival Registration

Registration will be online.

If you have any questions come to the office window down the hallway across from the restrooms in the Main Resort!

"Home Décor Craft "

Customizable Coir Doormat DIY. Have a Great time designing and creating a doormat for your front door. Possibilities are endless!! "Hello" "Welcome" "Home Sweet Home" sayings, with Multiple designs and colors to choose from. Cost \$30 pay at the class.

Archery Clinics*

Eric Quilter and Mark Johnson (Moqui) will instruct the finer points of archery in preparation for the Ski/Run Archery Biathlon on Sunday Morning.

Must attend Archery Clinic to participate in biathlon.

Archery Classes*

Learn the Basic's of Archery. Mark Johnson (Moqui) will go through the parts of the bow and how to shoot it safely. From beginners to advance.

Race Registration*

Registration will be in person at the Registration Office up till one hour before race time.

Entry fee is \$10 for each race and includes a long sleeve festival t-shirt.

Pay entry fee at office window down hallway across from restrooms in Main Resort!

Watercolor Classes

Brian Thayne will teach the basics of watercolor painting. Brian will do a watercolor demo on Saturday at 6:00 PM in Ruby's Inn lobby. Stop by and watch the master at work. He will also have artwork displayed in the lobby. Brian will offer watercolor classes: one for adults and two for children.

CIS DINOSAURS

A hands-on dinosaur class with skulls and bones for the kids to discover the life of dinosaurs. Based on evidence the kids will figure out how the Diablo Ceratopsian died, which was found recently in the Grand Staircase Escalante National Monument? Kids will make their very own replica of a T-Rex tooth and deinonychus claw.

See "Schedule of Events " for all classes and times.

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Nutrition Class

Cut through the marketing and learn the truth about nutrients and how your body uses them. Learn sustainable habits to help you perform better, lose weight, & stay on the diet roller coaster.

Brita has a Masters degree in Nutrition and worked for more than 5 years with school nutrition programs.

Run Better & Injury Free

A Focus on avoiding running injuries, while discussing efficient form and how to get faster. Dispel common running myths.

A must have for newer and experienced runners. Golden Harper holds a world-best for a 12-year old in the marathon at 2:45:34. He has a degree in Exercise Science and did his collegiate studies on running technique & running injuries. He grew up working & managing his family owned running store, & was an All-American Cross-Country runner.

Dinosaur Discoveries from the Grand Staircase

Scott takes you on a journey with him as he shows you several of the many dinosaur sites he has found over the last 20 years in the Grand Staircase Escalante National Monument. Included are Kosmocerotops richardsoni which is named after him, and Lythronax argestes, the oldest tyrannosaurid from North America.

Introduction to Skate Skiing and Classical Ski Clinics

Weather Permitting: This class is meant for skiers that would like to learn about skiing. We will go over the different ski and boot types and teach the basic skiing techniques.

High Fitness

Is a fun fitness class that incorporates interval training with pop music, and easy-to-follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between cardio peaks and toning tracks.

Winter Adventure Center hours

Opens daily at 9:00am, closing hours change in the evenings due to other activities.

Friday – 9:00am - 9:00pm,
Ice ribbon- 1:00pm - 3:00pm, 3:45pm - 5:30pm,
6:15pm - 9:00pm

Saturday- 9:00am – 6:00,
Ice ribbon – 1:00pm - 3:00pm, 3:45pm - 5:30pm

Sunday- 9:00am – 6:00pm,
Ice ribbon – 1:00pm - 3:00pm, 3:45pm - 5:30pm

Monday- 9:00am – 8:00pm,
Ice ribbon- 1:00pm - 3:00pm, 3:45pm - 5:30pm,
6:15pm - 8:00pm

Rentals are limited, on a first come first serve basis and weather permitting. There will be NO snowshoes for rent during Winterfest. Please make sure you have the appropriate equipment rented BEFORE your ski classes start. Last minute rentals are not a guarantee. Please plan accordingly.

Cross Country Ski Races (\$10)*

Award Ceremony Monday at 12:30.

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Free Family Dance - Festival Sounds

Fun for the whole family. Festival Sounds has been Dj'ing weddings and dances for over 20 years all over Utah. They know all the right music and all the right moves on the mic to keep your event going. Their specialties are weddings, parties, schools and live sound! The Dj's knows all the music very well so the guests have a great time.

Snowshoe Guided Walk with the Forest Service

Try out snowshoeing!

Get exercise and connect with nature on a 2.5 mile walk through Dixie National Forest to Bryce Canyon hoodoo rim (moderate, 1-2 hours). Learn about the Forest Service, local ecology and geology. Please wear boots and layers, and stay hydrated!

Play with Clay

Get you hands dirty playing in the mud!
Create your own masterpiece by using basic hand molding techniques. Fun for all ages!

Family Movie Night - "Puss in Boots"

Bring your pillows, blankets and wear your PJ's!
We will be serving popcorn and drinks to all who attend!

Presentation - Let's Get Wild

Interactive presentation on Wildlife of Utah. Will discuss the natural history of predators and their prey and how animals communicate. Learn interesting facts such as: Why don't deer feet freeze when it gets -40 degrees. Presented by Darrell McMahon.

Making Leather Journals

Handcrafted leather books can be used to record your sketches, journal entries, recipes, etc. You can watch a demonstration for FREE or purchase pre-made kits for \$35.00 each, and assemble your own journal while we demonstrate how to make them.

Teenagers and Pre-Teen: "How your parents Messed you up (And why that's probably okay)."

Come laugh and have a fun time learning why your parents undoubtedly messed you up. Let Michael Eldredge, a Life Coach of over 10 years, break down exactly what they did, and how they did it, and what you'll need to know to do something about it.

Ice cream and donuts served.

Win 2 Nights at Ruby's Inn



Photo Contest

Snap and share your scenic photos of Bryce Canyon and favorite Winter Festival activities and share your photo with us on Instagram, facebook or twitter!

Use the hashtag:

#BryceWinterFest

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Foot Health: How to Fix and Prevent Foot Pain

We'll discuss long term solutions (not Band-Aids) to common foot problems, such as Plantar Fasciitis, Bunions, Neuromas, Neuropathy, Metatarsalgia, & more. The science of chronic foot pain and the actual root cause of most foot problems will be discussed. We'll also look at how most footwear & insoles may help initially, but lead to more long term problems. Finally, we'll look at the practices, exercises, footwear, and more that can lead to long term foot freedom & strength

Cookie Decorating

Use your creativity to decorate a cookie! This class is for all ages, but children under 10 should be accompanied by an adult.

Bryce Canyon: Past and Future-from a Geologic Perspective.

We'll look back into the Geologic past at the varied landscapes of the Bryce Canyon area, explore how the present scene evolved, and peek into what the Canyon will look like into the future. Paul Anderson is a professional Geologist and spent his 40-year career working in Utah, including teaching field geology in Central Utah. He is a co-editor of the book "Geology of Utah's Parks and Monument's," first published in 2000. He is also a long-time winter visitor to the area.

Crafts for Kids

Bring the kids and enjoy a variety of projects that are easy and fun to create. Small children should have a helper come along.

Guest Speaker : Ranger Peter Densmore

Bryce Canyon National Park Centennial- 1923-2023

"A Century of Wonder in Nature's Fairyland"



Join Ranger Peter Densmore for an evening exploring the characters, caretakers, milestones, and events that have shaped Bryce Canyon National Park, as well as a glimpse of what the park's centennial and the next 100 years might hold.

See more on next page...

See "Schedule of Events " for all classes and times.

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Guest Speaker : Ranger Peter Densmore

Bryce Canyon National Park Centennial- 1923-2023

"A Century of Wonder in Nature's Fairyland"



2023 will be a year of celebration marking 100 years since Bryce Canyon National Park was first protected. Quite a lot has happened here in that time: the rim of the Bryce Amphitheater has eroded back an average of 22 inches, 18,000 freeze and thaw cycles have shaped and toppled countless hoodoos, the sun has risen 36,889 times over Thor's Hammer (not to mention innumerable stars every night), and likely you got to see Bryce Canyon for the very first time. What will you remember of that experience? Could words ever do it justice? In this landscape some have seen red painted faces, a cave without a ceiling, temples of the gods, or a hell of a place to lose a cow. Some have even called it home.



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Smartphone Photography - Creative Apps

We will explore creative ways to edit your smart-phone photos. I will introduce the attendees to a group of apps that add interesting and creative effects to their photos. These apps allow the user to be fully in control of their camera, making it the perfect camera to always have with you.

"Photography Workshop - Smartphone"

Come join our Smart phone class! Hints, tips, and ideas on taking better pictures with your smart phone. Understand the strengths and weaknesses of camera phones and how to emphasize the good. This will be an open discussion where you can feel free to share your ideas and success stories!

"Photography Workshop - Landscape"

"Surefire tips to improve your Photography" an introduction to valuable tips to significantly improve your landscape photography by professional photographer, Lloyd Eldredge.

Kayaking Demos*

Want to learn how to kayak? Now is your chance! Half-hour kayaking demos will be held in the pool Saturday and Sunday mornings.

\$5 Fee that will be refunded upon arrival to activity. NO SHOW to activity will forfeit fee.

Pay your sign up fee at registration office prior to your scheduled time.

Canyons IV Hydration and Wellness

Boost your immune system, get rid of toxins, help with stubborn weight loss, or simply increase hydration with our infusion and injection services. Use our QR Code to direct you to our website.

www.canyonsivhydrationandwellness.com



Simple Line Dancing Instruction

If you can walk, Colleen can teach you to dance! Come learn simple, fun Western line dances, American Round and Square Dances. Even if you have never danced before, you can do this!!!!

Colleen West is a "retired"(but not old) full-time professor from the Dance Department at BYU. (She will also come to your stake trek and teach pioneer and western dance)

String Art

A fun relaxing activity the whole family can enjoy. Make a picture out of string by following a number pattern. There are many different patterns to choose from: flowers, snowflakes, hearts, sports and more. After getting instructions and supplies complete the project at your own pace.

Yoga - "Balance & Core" "Relax & Release"

Bill Held teaches the fundamentals of Yoga "Balance and Core" restorative classes, he teaches classes at the VA and LDS Hospital, The Hope Lodge and the Mindful Yoga Studio, also the instructor for the "Stretch and grow" for preschoolers.

Bill is also the instructor to the evening "Relax and Release" Yoga Class - This yoga class promotes relaxation throughout your entire body - from calming your mind to releasing tension in your extremities all through the use of your breath.

Yoga - "Hatha"

Mary Ann Wright- Certified Yoga instructor in "Hatha" yoga, builds Physical and Mental strength using posture and breath. She has been teaching yoga in central Utah, long time practice, mainly to Seniors but is opened to "Everyone" from beginner to experienced yoga.

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Using Your Multiple Brains to do Cool Stuff

Meet your multiple brains! Understanding and learning to access the wisdom of your multiple brains creates opportunities for inner honesty and personal understanding. It's also a ridiculous idea, and bound to be entertaining. So come join success and relationship coach Michael Eldredge as we explore our multiple brains.

How to Grow Love and Not Kill Each Other

Success and relationship coach Michael Eldredge shares stories from his 10+ years working with couples in this open format examination of relationship dynamics.

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Winter Festival National Park Service Programs Bryce Canyon National Park

* Reservations required. Program locations will be given when you sign up at the Visitor Center. Sign ups are day-of the program, beginning at 8 a.m., first-come, first-served.

There's SNOW place like Bryce Canyon National Park - Snowshoe hike.

For 100 years, visitors have been enjoying the magic of winter in Bryce Canyon National Park. Join a ranger on a guided snowshoe hike and experience the wonderful world of winter at Bryce Canyon.

Do you want to build a Snowflake?

Join a ranger during our centennial year to get to the bottom of the question, "is every snowflake really unique?" Visitors will take part in arts and crafts to explore the science of snow and why snow is so important here in Bryce Canyon National Park.

Walking in a Hoodoo Wonderland - Rim Walk

Bryce Canyon National Park is celebrating 100 years of being a protected landscape, but humans have been utilizing and enjoying this place for far longer. Walk along the rim with a ranger to discover the history of this place and the changing ways we love and protect this beautiful landscape. Accessible for those that cannot do the snowshoe walk.

Frosty the Hoodoo

A ranger will introduce you to our friend Frosty the Hoodoo as they will explain in a geology talk how weathering and erosion from snow and ice brought Frosty to life!

Entrance fee to Bryce Canyon required to access National Park activities

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