

Explore Sundance.

Waterfalls before lunch. A river afternoon. A slower evening back at the cabin. Find a plan that fits your people, your season and the time you have.

94 activities / 12 categories / Four seasons

Mountain days. Cabin nights.

A waterfall walk, a river afternoon, a mountain ride or a quiet evening at Timp Haus. Choose the pace, drive and level of adventure that fit your stay.

The cabin & booking

What's included

Follow your curiosity.

The core guide starts close to the cabin. Longer-drive ideas are marked separately, so a Midway excursion never masquerades as a quick canyon stop.

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How to use this guide

Drive times are one way. Total time includes the estimated return drive and basic check-in. Season labels indicate typical opportunities, not guaranteed opening dates. Each entry links to its source and a destination search.

The website has filters, saved favorites and shortlist printing

Your cabin. Your starting point.

Included gear is a head start.

The cabin website lists bikes, fly rods, river tubes and a UTV. Check your booking and arrival instructions for the actual inventory, fit, permission and use rules. Guides, shuttles, licenses, park entry and lift tickets are separate unless explicitly included.

Two rivers, two different plans.

The North Fork beside the cabin is not the Lower Provo recreational tubing route. Plan a proper put-in, take-out and shuttle. Confirm swimming requirements, fitted life jackets and current river conditions with the outfitter.

Visit the resort. Book the experience.

Sundance sells public dining, art, spa, lift and guided-activity experiences. A Timp Haus booking does not automatically include resort lodging amenities, The Springs, guest programs, parking, shuttles or tickets.

Be precise about time.

Drive ranges are editorial estimates from the Timp Haus / Sundance cabin area, not live routes from a verified street address. They are one way. Outing windows include the return drive and basic check-in time; traffic, snow, meals and group logistics can add more.

Leave room for the season.

Season tags describe typical opportunities, not current opening status. Check the operator's own calendar, weather and access before making a plan. Alpine Loop and other mountain roads have seasonal closures; winter driving can take substantially longer.

Keep the group plan simple.

Confirm participant requirements, accessibility, group size and return transport. Low effort is not an accessibility certification. A place being nearby does not mean a walk-in group or late-evening slot is available.

01 / AT TIMP HAUS

The days that do not need a car.

Cabin time counts as part of the trip. Use the property's spaces and equipment in line with your arrival instructions.

01 Coffee beside the North Fork

At the cabin · no driving · 20-60 min total

Start on the deck with coffee, a book or breakfast before everyone heads in different directions. The river-side setting is a reason to leave a little space in the itinerary.

Before you go: Use the deck and designated property areas; the creek is not a tubing put-in.

Low effort · Year-round possibilities · At the cabin · No booking

Details & booking

Cabin details

02 Hot tub after the mountain

At the cabin · no driving · 30-60 min total

Return from a ski day or hike and take a quiet soak without another drive. This is the cabin's hot tub, not a resort facility.

Before you go: Follow the posted capacity, hours and operating instructions.

Low effort · Year-round possibilities · At the cabin · No booking

Details & booking

Cabin details

03 Pool, arcade & games night

At the cabin · no driving · 30 min-2 hr total

Make a pool bracket, trade arcade high scores, or settle in with cards and a board game. An easy option for a mixed-age group.

Before you go: Keep late-night games within the property's quiet-hour rules.

Low effort · Year-round possibilities · At the cabin · No booking

Details & booking

Cabin details

04 Cook together & stay in

At the cabin · no driving · 1-3 hr total

Use the kitchen for a shared dinner, a relaxed breakfast or a cooking challenge. Put someone in charge of groceries and let the evening stay flexible.

Before you go: A chef or catered meal is a separate arrangement, not an included cabin service.

Low effort · Year-round possibilities · Groceries extra · Self-organized

Details & booking

Cabin details

01 / AT TIMP HAUS / CONTINUED

The days that do not need a car.

Cabin time counts as part of the trip. Use the property's spaces and equipment in line with your arrival instructions.

05 Fireside evening

At the cabin · no driving · 45 min-2 hr total

Choose a fireplace evening indoors or an outdoor fire-pit gathering when permitted. Bring a simple dessert and leave the rest of the schedule open.

Before you go: Outdoor fires require both host permission and compliance with current fire restrictions.

Low effort · Year-round possibilities · At the cabin · Conditions permitting

Details & booking

Cabin details

06 A quiet hour under the stars

At the cabin · no driving · 20-60 min total

Stay on the property for a little night-sky watching or an unhurried conversation. Warm layers and a familiar seat beat turning it into another expedition.

Before you go: Visibility depends on clouds, moonlight and trees; no guided astronomy program is implied.

Low effort · Year-round possibilities · No activity ticket · Self-organized

Details & booking

Cabin details

02 / RIVER & FLY FISHING

Find your kind of river day.

Tubing, rafting, kayaking and fishing are different outings. The Lower Provo float route is not the North Fork beside the cabin.

07 Tube the Lower Provo River

10-20 min drive one way · 2.5-4 hr total

Float through Provo Canyon on a river tube. High Country Adventure offers an organized shuttle-and-equipment format; swimming ability is part of its tubing requirements.

Before you go: Not a lazy river. Use a fitted life jacket, confirm flows and take-out, and never launch from the cabin creek.

Active effort · Summer / Fall · Outfitter / shuttle fee · Reserve; seasonal

Details & booking

Directions

08 Guided Provo River rafting

10-20 min drive one way · 2.5-4 hr total

Share a raft and let a river guide handle the route and shuttle logistics. A different experience from tubing, with the group traveling together.

Before you go: Confirm the operator's participant limits and seasonal departures; rafting is not automatically available every day.

Active effort · Spring / Summer / Fall · Guide / equipment fee · Reserve; seasonal

Details & booking

Directions

09 Inflatable kayak on the Provo

10-20 min drive one way · 2.5-4 hr total

Paddle a single or tandem inflatable kayak through the canyon. This is the more hands-on river choice for guests who want to steer and participate.

Before you go: Confirm guide versus self-guided format, swimming expectations, protective gear and shuttle details.

Active effort · Spring / Summer / Fall · Rental / shuttle fee · Reserve; seasonal

Details & booking

Directions

02 / RIVER & FLY FISHING / CONTINUED

Find your kind of river day.

Tubing, rafting, kayaking and fishing are different outings. The Lower Provo float route is not the North Fork beside the cabin.

10 Guided fly fishing on the Lower Provo

10-20 min drive one way • 4.5-6 hr total

Book a half-day lesson or guided fishing trip through Sundance or a local guide. Sundance also lists larger group formats for families and friends.

Before you go: Ask for Lower Provo water to minimize driving; confirm license, waders and equipment. Four hours on the water needs a larger outing window.

Active effort • Year-round possibilities • Guide + license • Reserve

Details & booking

Directions

11 Self-guided public-access fishing

10-30 min drive one way • 2-4 hr total

Experienced anglers can choose a legal public-access section of the Lower Provo or nearby reservoir shore. Use the cabin's gear information to see what you need to bring.

Before you go: Verify rules for the exact water and access point. Do not assume private riverbanks are open to the public.

Active effort • Year-round possibilities • License / tackle / possible parking • Plan access first

Details & booking

Directions

02 / RIVER & FLY FISHING / CONTINUED

Find your kind of river day.

Tubing, rafting, kayaking and fishing are different outings. The Lower Provo float route is not the North Fork beside the cabin.

12 Fly fishing from a guided raft

10-25 min drive one way • Half day total

Fish from a guide-operated raft rather than making wading the main event. Sundance lists this as a separate Provo River float-fishing experience.

Before you go: Confirm the meeting point, boat capacity and current water conditions when booking.

Active effort • Year-round possibilities • Guide + license • Reserve

Details & booking

Directions

13 Tie your own fishing flies

5-10 min drive one way • 2.5-3 hr total

Learn the small-scale craft behind fly fishing. Sundance's fly-tying clinic is a dry-land alternative for curious beginners as well as anglers.

Before you go: Arrange a specific clinic time and group size with the fly shop.

Low effort • Year-round possibilities • Class fee • Reserve

Details & booking

Directions

03 / DEER CREEK & LAKE DAYS

Trade the trail for open water.

Choose the right marina or day-use area. Check current water-quality advisories, wind, ramp access and seasonal rentals before leaving.

14 Deer Creek paddleboard or kayak

20-30 min drive one way • 2.5-4 hr total

Choose a sheltered launch and explore a short section of the reservoir under your own power. Arrange lake equipment with a rental concession.

Before you go: Check water-quality advisories and wind first. A lake paddle is separate from a Provo River kayak trip.

Active effort • Summer / Fall • Rental + park entry • Reserve; seasonal

Details & booking

Directions

15 Pontoon or scenic boat rental

20-30 min drive one way • 3-5 hr total

Share a lake outing with room for conversation and mountain views. Deer Creek Island Resort offers boat rentals; choose the craft and rental period for your group.

Before you go: Confirm driver eligibility, capacity, ramp access and fuel charges. Boating access does not establish that swimming is advisable.

Low effort • Summer / Fall • Boat rental + park entry • Reserve; seasonal

Details & booking

Directions

16 Deer Creek shore fishing

20-30 min drive one way • 2-4 hr total

Pick a permitted shoreline access point and bring a simple fishing setup. A quieter lake option than renting a boat.

Before you go: Check species rules, current fishing conditions and water-quality guidance before handling a catch.

Active effort • Year-round possibilities • License + possible park entry • Self-guided

Details & booking

Directions

03 / DEER CREEK & LAKE DAYS / CONTINUED

Trade the trail for open water.

Choose the right marina or day-use area. Check current water-quality advisories, wind, ramp access and seasonal rentals before leaving.

17 Kiteboarding lesson

20-30 min drive one way • 3-5 hr total

Arrange instruction with Uinta Kiting rather than attempting a first session alone. This is a skills-based water outing with equipment and conditions to match.

Before you go: Falling into the water is part of learning. Check algae advisories, wind and instructor requirements.

Strenuous effort • Summer / Fall • Lesson + possible park entry • Reserve; wind-dependent

Details & booking

Directions

18 E-foil lesson

20-30 min drive one way • 2.5-4 hr total

Adventure Elevated is listed by the state park for powered hydrofoil instruction at Deer Creek. A different way to experience the lake for guests seeking a coached water activity.

Before you go: Confirm this season's operation, exact launch and water-quality clearance before planning a visit.

Active effort • Summer • Lesson + possible park entry • Reserve; summer offering

Details & booking

Directions

19 Rainbow Bay floating obstacle course

20-30 min drive one way • 2.5-4 hr total

The seasonal Aqua Park offers an inflatable obstacle-course format on the water. Reserve the right session for the ages in your group.

Before you go: Check current operation and algae advisories. It is not a year-round attraction.

Active effort • Summer • Timed ticket + park entry • Reserve; summer offering

Details & booking

Directions

20 Reservoir-view picnic

20-30 min drive one way • 1.5-3 hr total

Bring lunch for a shore-side day-use stop without committing to a water activity. Pair it with a short walk or a nearby scenic stop.

Before you go: Choose an open day-use area; pavilion reservations and park entry are separate.

Low effort • Spring / Summer / Fall • Park / pavilion fees may apply • Self-guided; reserve a pavilion

Details & booking

Directions

04 / WALKS & HIKES

A waterfall, a meadow, or a summit.

A nearby trailhead can still lead to a full-day hike. Choose the route, weather window and turnaround time before you start.

21 Bridal Veil Falls viewpoint

15-25 min drive one way · 1-1.5 hr total

Follow the paved riverside approach to a substantial waterfall view without a mountain climb. A good first outing when you only have a little time.

Before you go: Stay at the lower viewing area. Ice, rockfall and closures can change access; do not scramble up the falls.

Low effort · Spring / Summer / Fall · No activity ticket; check parking · Self-guided

Details & booking

Directions

22 Stewart Falls from Aspen Grove

10-15 min drive one way · 3-4 hr total

Walk the public trail from Aspen Grove to Stewart Falls. This is a real woodland hike, not a roadside viewpoint, and does not require a Sundance lift ticket.

Before you go: Use the public trailhead, bring water and finish in daylight. Confirm snow and trail conditions.

Active effort · Summer / Fall · Recreation / parking fee may apply · Self-guided

Details & booking

Directions

23 Big Springs Hollow

20-30 min drive one way · 2-4.5 hr total

Choose a creek-and-meadow out-and-back or a longer hike in South Fork Canyon. Set a turnaround point that fits the group rather than committing to every connecting trail.

Before you go: Snow, mud and route choice change the effort. Download the route before leaving.

Active effort · Spring / Summer / Fall · Check trailhead fees · Self-guided

Details & booking

Directions

04 / WALKS & HIKES / CONTINUED

A waterfall, a meadow, or a summit.

A nearby trailhead can still lead to a full-day hike. Choose the route, weather window and turnaround time before you start.

24 Vivian Park & Provo River Parkway

10-20 min drive one way • 1-2 hr total

Walk the paved river corridor from Vivian Park or turn it into a timed run. The out-and-back format keeps the outing as short or long as you choose.

Before you go: Share the path with cyclists and check any winter ice or park closures.

Low effort • Spring / Summer / Fall • No activity ticket; check parking • Self-guided

Details & booking

Directions

25 Nunn's Park picnic & river stroll

15-25 min drive one way • 1.5-2 hr total

Pause beside the river with a picnic and a short walk. This pairs naturally with Bridal Veil Falls rather than requiring a separate canyon trip.

Before you go: Bring food and reserve a pavilion when exclusive group use is needed.

Low effort • Spring / Summer / Fall • Check parking / pavilion fees • Self-guided

Details & booking

Directions

26 South Fork & Big Springs parks

20-30 min drive one way • 1.5-3 hr total

Choose a lawn-and-trees outing in South Fork Canyon instead of the longer hollow hike. Bring a picnic, a book or simple outdoor games.

Before you go: Stay in designated public areas; arrange a pavilion separately for an organized gathering.

Low effort • Spring / Summer / Fall • Check park / pavilion fees • Self-guided

Details & booking

Directions

27 Mt. Timpanogos Park

20-30 min drive one way • 1.5-2.5 hr total

Walk the park paths at the canyon mouth and take in mountain views. It is a useful alternative when the group wants fresh air without committing to a mountain trail.

Before you go: Low effort does not guarantee step-free access; check the route from your parking area.

Low effort • Spring / Summer / Fall • No activity ticket; check facilities • Self-guided

Details & booking

Directions

04 / WALKS & HIKES / CONTINUED

A waterfall, a meadow, or a summit.

A nearby trailhead can still lead to a full-day hike. Choose the route, weather window and turnaround time before you start.

28 Deer Creek Trail out-and-back

15-25 min drive one way · 1.5-3 hr total

Walk, run or cycle a short section above the reservoir, beginning at the dam-side trailhead. Turn back when your time budget says so.

Before you go: The complete trail is much longer than a casual stroll. Stay out of restricted dam areas.

Active effort · Spring / Summer / Fall · Check trailhead / parking fees · Self-guided

Details & booking

Directions

29 Mount Timpanogos full-day hike

10-20 min drive one way · Full day; often 8-12+ hr total

Set aside a full mountain day rather than treating the nearby trailhead as a short activity. Use the current public trail information to choose an objective and turnaround.

Before you go: High elevation, storms and lingering snow are consequential. A summit attempt requires appropriate experience, equipment and conditions.

Strenuous effort · Summer · Recreation / parking fee may apply · Experienced hikers; plan route

Details & booking

Directions

05 / BIKES & OFF-ROAD

Paved paths to mountain dirt.

Keep bike trails and motorized routes separate. Cabin equipment availability does not establish route access or an outfitter reservation.

30 Provo River Parkway cycling

10-20 min drive one way • 1.5-3 hr total

Choose a paved canyon ride rather than technical mountain biking. Use the cabin gear information to check bicycle availability, sizing and how you will transport the bikes.

Before you go: Ride the designated path, not US-189. Plan a turnaround and yield to walkers.

Active effort • Spring / Summer / Fall • Bike / helmet as needed • Self-guided

Details & booking

Directions

31 Sundance mountain biking or lesson

5-10 min drive one way • 2.5-5 hr total

Choose resort trails suited to your experience, or start with a skills lesson. Lift-accessed riding is a separate commitment from a casual paved-path ride.

Before you go: Confirm lift hours, protective equipment and which trails fit each rider.

Strenuous effort • Summer / Fall • Lift / rental / lesson fees • Reserve rentals or instruction

Details & booking

Directions

32 Orem Bike Skills Trails Park

20-30 min drive one way • 1.5-3 hr total

Practice bike handling at the skills area near Mt. Timpanogos Park. Keep it to short laps and features within your ability.

Before you go: Inspect features before riding; this is not a guided or equipment-provided session.

Active effort • Spring / Summer / Fall • Bring bike / helmet • Self-guided

Details & booking

Directions

33 Pine Canyon Bike Park

35-45 min drive one way • 2.5-4 hr total • LONGER DRIVE

Practice laps and flow-trail riding in Wasatch Mountain State Park. A longer-drive alternative to Sundance's lift-served terrain.

Before you go: Check trail conditions and arrange bikes; do not ride muddy trails.

Active effort • Spring / Summer / Fall • Bike + possible park fee • Self-guided

Details & booking

Directions

05 / BIKES & OFF-ROAD / CONTINUED

Paved paths to mountain dirt.

Keep bike trails and motorized routes separate. Cabin equipment availability does not establish route access or an outfitter reservation.

34 WOW Trail mountain-bike ride

35-50 min drive one way · Half day total · LONGER DRIVE

Ride the Wasatch Over Wasatch trail as an experienced-rider outing. The route is commonly used as a downhill ride, so transport logistics matter.

Before you go: Confirm trail status, start and finish points, and a real return shuttle.

Strenuous effort · Summer / Fall · Bike / shuttle / possible fees · Plan shuttle

Details & booking

Directions

35 Guided UTV mountain tour

35-45 min drive one way · 4-6 hr total · LONGER DRIVE

Explore designated mountain routes with Wasatch Excursions. A guided side-by-side trip handles route-finding while keeping several participants in each vehicle.

Before you go: This is a Midway outing, not a sub-30-minute cabin loop. Confirm passenger, driver and education requirements.

Active effort · Spring / Summer / Fall · Tour fee · Reserve; seasonal

Details & booking

Directions

36 Self-drive ATV or RZR rental

30-45 min drive one way · 4-7 hr total · LONGER DRIVE

Midway Adventure offers ATV and side-by-side rental formats. Choose a guided alternative when no one in the group is comfortable planning a motorized route.

Before you go: Confirm legal routes, approved drivers, insurance terms and return time before leaving the rental desk.

Active effort · Spring / Summer / Fall · Rental / deposit / fuel · Reserve; seasonal

Details & booking

Directions

05 / BIKES & OFF-ROAD / CONTINUED

Paved paths to mountain dirt.

Keep bike trails and motorized routes separate. Cabin equipment availability does not establish route access or an outfitter reservation.

37 Lofty Peaks UTV outing

35-45 min drive one way · Half or full day total · LONGER DRIVE

Compare a Heber-based side-by-side rental or guided outing when you have a proper free day. Confirm the actual trailhead, not only the booking-office address.

Before you go: Ask about transport to the trails, driver requirements and any added damage coverage.

Active effort · Spring / Summer / Fall · Rental / tour fee · Reserve; seasonal

Details & booking

Directions

38 Bring-your-own OHV trail day

35-50 min drive one way · Half or full day total · LONGER DRIVE

Wasatch Mountain State Park identifies motorized trailhead access for suitable vehicles. Use a current motor-vehicle map to plan a legal outing.

Before you go: A cabin UTV is not permission to use every road. Confirm host authorization, education, vehicle eligibility and any trailering needed.

Strenuous effort · Spring / Summer / Fall · Machine / permits / transport · Experienced riders; route plan

Details & booking

Directions

06 / VIEWS & ADVENTURE

Take the scenic route.

Chairlifts, horses, ziplines and mountain roads offer very different levels of commitment. Check meeting points and the final return time.

39 Scenic chairlift ride

5-10 min drive one way · 1.5-2.5 hr total

Ride above Sundance for mountain views without a long climb. Choose the available lift route and leave enough time to return before service ends.

Before you go: Day-visitor tickets are separate from your cabin stay; check boarding requirements and weather holds.

Low effort · Summer / Fall · Lift ticket · Check operation; buy ticket

Details & booking

Directions

40 Bearclaw lunch & mountain views

5-10 min drive one way · 2.5-3.5 hr total

Make the journey part of lunch with a lift ride to Bearclaw Cabin. Allow for multiple lift segments, walking, food service and the trip down.

Before you go: Confirm upper-mountain access and closing times; it is not a drive-up restaurant.

Low effort · Summer / Fall · Lift ticket + food · Check lift and food service

Details & booking

Directions

41 Alpine Loop scenic out-and-back

10-30 min drive one way · 1-2.5 hr total

Drive uphill toward Aspen Grove and the Alpine Loop for forest scenery and autumn color. Choose a deliberate turnaround rather than assuming the full loop is short.

Before you go: Upper SR-92 is seasonal. Use legal pullouts and check road status; do not follow a closed mountain shortcut.

Low effort · Summer / Fall · Recreation-stop fees may apply · Road-condition check

Details & booking

Directions

06 / VIEWS & ADVENTURE / CONTINUED

Take the scenic route.

Chairlifts, horses, ziplines and mountain roads offer very different levels of commitment. Check meeting points and the final return time.

42 Cascade Springs boardwalks

35-50 min drive one way · 2.5-4 hr total · LONGER DRIVE

Walk around spring-fed pools on boardwalks and paved sections. A slower scenic outing, clearly outside the guide's usual short-drive zone.

Before you go: Road access and slopes vary. Verify the route and any mobility requirements.

Low effort · Summer / Fall · Recreation fee may apply · Seasonal road check

Details & booking

Directions

43 Timpanogos Cave tour

45-60 min drive one way · Half day; allow 5-7 hr total · LONGER DRIVE

Pair a ranger-led cave tour with the steep paved approach hike. This is a longer outing through or around the mountains, not a quick cave stop.

Before you go: Confirm the season and ticket time. Include the uphill hike and route-dependent driving.

Strenuous effort · Summer / Fall · Timed tour + possible recreation fee · Reserve; seasonal

Details & booking

Directions

44 Sunrise balloon flight

35-50 min drive one way · 4-5 hr total · LONGER DRIVE

See Heber Valley from a sunrise hot-air-balloon flight. Budget for the briefing, launch preparation, landing and ground transport as well as time aloft.

Before you go: Expect an early departure. Verify basket access, participant suitability and the weather-cancellation policy.

Active effort · Spring / Summer / Fall · Flight fee · Reserve; weather-dependent

Details & booking

Directions

06 / VIEWS & ADVENTURE / CONTINUED

Take the scenic route.

Chairlifts, horses, ziplines and mountain roads offer very different levels of commitment. Check meeting points and the final return time.

45 Sundance ZipTour

5-10 min drive one way · 3-4 hr total

Take a guided mountain zipline experience with a substantial outing window. This works well as the day's main activity rather than a quick add-on.

Before you go: Operator height, weight and age requirements apply. Check weather and check-in time.

Active effort · Summer / Fall · Tour ticket · Reserve

Details & booking

Directions

46 Horseback ride near Sundance

5-15 min drive one way · 2-4 hr total

Choose a guided meadow or waterfall ride from Sundance's riding program. Ask which routes and durations suit the riders in your group.

Before you go: Confirm stable check-in, rider restrictions and the actual season; a sunset departure is not available every date.

Active effort · Summer / Fall · Guided ride fee · Reserve; seasonal

Details & booking

Directions

47 Zipline Utah at Rainbow Bay

20-30 min drive one way · 2.5-5 hr total

Choose a short or extended zipline experience near Deer Creek. The state park lists the operator in Rainbow Bay rather than at Sundance Resort.

Before you go: Book the specific tour and use its meeting point. Weather and participant limits govern operation.

Active effort · Year-round possibilities · Tour + possible park fee · Reserve; weather-dependent

Details & booking

Directions

06 / VIEWS & ADVENTURE / CONTINUED

Take the scenic route.

Chairlifts, horses, ziplines and mountain roads offer very different levels of commitment. Check meeting points and the final return time.

48 Adventure Aerial Park

20-30 min drive one way • 2.5-4 hr total

Choose an aerial challenge-course format at the Deer Creek adventure operator. A distinct option from the resort's mountain ZipTour.

Before you go: Confirm which elements are currently offered and the required height, footwear and waiver.

Active effort • Spring / Summer / Fall • Activity + possible park fee • Reserve; confirm season

Details & booking

Directions

49 Provo Canyon photo drive

10-30 min drive one way • 1-2 hr total

Use the canyon road for views of cliffs, the river and seasonal color. Choose a few permitted stops rather than spending the entire outing in the car.

Before you go: Road and weather conditions still matter. Never stop in a travel lane or use an unsafe shoulder.

Low effort • Year-round possibilities • No activity ticket; stop fees vary • Self-guided

Details & booking

Directions

07 / ART & MAKING

Bring home something you made.

Sundance's Art Studio welcomes day visitors. Reserve full classes; check firing, shipping or finishing times for your project.

50 Candle or beaded-bracelet making

5-10 min drive one way · 1-1.5 hr total

Make a small keepsake without committing to a full studio class. Sundance advertises candle and beaded-jewelry make-and-take projects.

Before you go: Confirm enough time to finish before closing; call ahead for a large group.

Low effort · Year-round possibilities · Drop-in project fee · Drop in during project hours

Details & booking

Directions

51 Glassblowing demonstration & gallery

5-10 min drive one way · 45-90 min total

Watch professional glassblowers at work and browse the studio's finished pieces. This is an observation experience rather than a guest glassblowing lesson.

Before you go: A gallery's open hours do not guarantee that glassblowers are working.

Low effort · Year-round possibilities · Browse; purchases extra · Confirm demonstration time

Details & booking

Directions

52 Silver jewelry workshop

5-10 min drive one way · 2.5-3.5 hr total

Work on a silver jewelry project in an instructor-led Sundance Art Studio class. A hands-on alternative to another trail day.

Before you go: Confirm the project, class length and any upgraded materials before booking.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

53 Pottery workshop

5-10 min drive one way · 2.5-3.5 hr total

Try wheel throwing or hand-building at the Sundance Art Studio. Choose the format that interests you rather than expecting both in one session.

Before you go: Fired pieces may be shipped later; a finished ceramic is not necessarily ready at checkout.

Low effort · Year-round possibilities · Class + possible shipping · Reserve

Details & booking

Directions

07 / ART & MAKING / CONTINUED

Bring home something you made.

Sundance's Art Studio welcomes day visitors. Reserve full classes; check firing, shipping or finishing times for your project.

54 Leather journal workshop

5-10 min drive one way · 2.5-3.5 hr total

Make and personalize a leather-bound journal in a guided studio session. A useful keepsake for writers, sketchers and anyone who likes working by hand.

Before you go: Confirm the current class calendar, materials and group capacity.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

55 Painting or printmaking

5-10 min drive one way · 2.5-3.5 hr total

Choose a painting or printmaking project at Sundance. The studio offers several media, so book the particular class that appeals to you.

Before you go: Check the medium, drying time and how finished work travels home.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

56 Create a personal perfume

5-10 min drive one way · 2.5-3.5 hr total

Blend a fragrance during a guided workshop. This is a seated creative option for guests interested in scents and composition.

Before you go: Choose another class for anyone who prefers to avoid fragrance exposure.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

57 Soap-making workshop

5-10 min drive one way · 2.5-3.5 hr total

Make a soap project with an instructor at Sundance's Art Studio. A practical, hands-on change of pace from outdoor activities.

Before you go: Ask about curing and packing requirements before assuming the result is ready to travel.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

07 / ART & MAKING / CONTINUED

Bring home something you made.

Sundance's Art Studio welcomes day visitors. Reserve full classes; check firing, shipping or finishing times for your project.

58 Phone photography class

5-10 min drive one way · 2.5-3.5 hr total

Learn to make better use of the camera you already carry. Bring a charged phone and use the mountain setting as visual inspiration.

Before you go: Confirm the indoor/outdoor balance and the bad-weather alternative.

Low effort · Year-round possibilities · Class fee · Reserve

Details & booking

Directions

59 Beadology jewelry project

25-35 min drive one way · 2-3 hr total · LONGER DRIVE

Pick beads and make an accessory at Riverwoods. A convenient creative stop to pair with dinner or shopping in the same area.

Before you go: Confirm seating and the latest time to begin a project.

Low effort · Year-round possibilities · Materials / project fee · Confirm project availability

Details & booking

Directions

60 Beehive Pottery in Heber

35-45 min drive one way · 3-4.5 hr total · LONGER DRIVE

Look at the independent studio's current wheel, hand-building and guest-workshop calendar. A longer-drive creative option when a particular session appeals.

Before you go: Confirm finishing, firing and collection or shipping arrangements.

Low effort · Year-round possibilities · Class / project fee · Reserve

Details & booking

Directions

08 / SPA & QUIET TIME

A slower way to spend the day.

Bookable spa and wellness experiences are separate from lodging-only resort facilities. Your cabin stay does not include The Springs.

61 Spa appointment at Sundance

5-10 min drive one way · 1.5-2.5 hr total

Book a massage, facial or another listed treatment as a day visitor. Choose the appointment first, then leave room for arrival and unwinding afterward.

Before you go: A spa booking does not automatically include The Springs or other lodging-only amenities.

Low effort · Year-round possibilities · Treatment fee · Reserve

Details & booking

Directions

62 Private yoga or meditation

5-10 min drive one way · 1.5-2 hr total

Ask Sundance's wellness team about a private class for your group. Choose a movement or seated format suited to the participants.

Before you go: Confirm non-lodging visitor access and instructor availability. Do not use complimentary lodging yoga as the booking plan.

Active effort · Year-round possibilities · Private session fee · Arrange a session

Details & booking

Directions

63 True REST Float Spa

25-35 min drive one way · 2.5-3.5 hr total · LONGER DRIVE

Choose a private float session in the Riverwoods area for an indoor quiet-time option. Pair it with an unhurried meal rather than another demanding activity.

Before you go: Allow for first-visit orientation and showers, and confirm the facility's current schedule.

Low effort · Year-round possibilities · Session fee · Reserve

Details & booking

Directions

08 / SPA & QUIET TIME / CONTINUED

A slower way to spend the day.

Bookable spa and wellness experiences are separate from lodging-only resort facilities. Your cabin stay does not include The Springs.

64 Homestead Crater soak or snorkel

35-45 min drive one way · 2.5-3.5 hr total · LONGER DRIVE

Book a visit to the geothermal cavern in Midway. Swimming, soaking and snorkeling are choices for day visitors; staying at Homestead is not required.

Before you go: Life vests and booking rules apply. Confirm the exact session and changing arrangements.

Low effort · Year-round possibilities · Timed admission / rental · Reserve

Details & booking

Directions

65 Introductory scuba at the Crater

35-45 min drive one way · 4-5 hr total · LONGER DRIVE

Try a supervised introduction to diving in the warm-water cavern. This is a separate instructional booking, not an add-on to ordinary soak admission.

Before you go: The operator requires screening and waivers. An introductory experience does not provide scuba certification.

Active effort · Year-round possibilities · Instructor / equipment fee · Arrange in advance

Details & booking

Directions

66 Wasatch Mountain Sauna

35-45 min drive one way · 2.5-3.5 hr total · LONGER DRIVE

Book a sauna session in Wasatch Mountain State Park. A quiet Midway-area stop to pair with another nearby outing.

Before you go: Confirm the session format, current access instructions and park entry arrangements.

Low effort · Year-round possibilities · Session + possible park fee · Reserve

Details & booking

Directions

09 / FOOD & LOCAL FLAVORS

Leave room for a good meal.

Combine food stops with an outing in the same area. Group tables, tours and private tastings need their own reservations.

67 The Deli at Sundance

5-10 min drive one way • 30-90 min total

Keep breakfast, coffee or a casual takeaway meal close to the cabin. Combine it with a stroll around the public resort village.

Before you go: Large orders take time; check the current food-service window.

Low effort • Year-round possibilities • Menu pricing • Check service hours

Details & booking

Directions

68 Foundry Grill

5-10 min drive one way • 1.5-2.5 hr total

Choose a sit-down meal in Sundance's village without a long drive. A useful base for a relaxed family or group dinner.

Before you go: Reserve for your actual party size and check which meals are served that day.

Low effort • Year-round possibilities • Menu pricing • Reserve for groups

Details & booking

Directions

69 Tree Room dinner

5-10 min drive one way • 2-3 hr total

Plan a special-occasion dinner at Sundance's Tree Room. Let it be the evening's main event rather than fitting it between other bookings.

Before you go: Confirm operating nights, dress guidance and the restaurant's group-dining policy.

Low effort • Year-round possibilities • Menu pricing • Reserve

Details & booking

Directions

70 Owl Bar

5-10 min drive one way • 1-2.5 hr total

Choose an adult evening in the historic bar setting. Consult the live-music calendar rather than assuming a performance is scheduled every night.

Before you go: Check age restrictions, food-service cutoff and a return ride before going.

Low effort • Year-round possibilities • Menu pricing • Check calendar / group policy

Details & booking

Directions

09 / FOOD & LOCAL FLAVORS / CONTINUED

Leave room for a good meal.

Combine food stops with an outing in the same area. Group tables, tours and private tastings need their own reservations.

71 Library Lounge

5-10 min drive one way • 1-2 hr total

Pick a quieter lounge setting near the Tree Room for small plates and conversation. A different mood from the Owl Bar.

Before you go: Confirm age policy, operating nights and space for your group.

Low effort • Year-round possibilities • Menu pricing • Check hours / group access

Details & booking

Directions

72 The Lakehouse at Deer Creek

20-30 min drive one way • 2.5-3.5 hr total

Go out for a reservoir-view meal at the Island area of Deer Creek. Pair it with an earlier lake or scenic outing when schedules align.

Before you go: Use the restaurant's own reservation calendar; the park's opening hours are not restaurant hours.

Low effort • Year-round possibilities • Menu pricing • Reserve

Details & booking

Directions

73 Riverwoods dinner & dessert

25-35 min drive one way • 2.5-4 hr total • LONGER DRIVE

Combine a restaurant with dessert or a shop visit at Riverwoods. The dining directory lets your group choose from sit-down and casual options without another drive.

Before you go: Check each business individually, especially for Sunday service and group seating.

Low effort • Year-round possibilities • Menu pricing • Choose venue; reserve as needed

Details & booking

Directions

74 Dairy Keen & Heber Main Street

30-40 min drive one way • 2-3 hr total • LONGER DRIVE

Pair a casual burger-and-shake stop with a short downtown Heber wander. This combines naturally with a train ride or museum visit.

Before you go: Heber is a longer-drive option; check individual shop hours before adding stops.

Low effort • Year-round possibilities • Menu pricing • Check hours

Details & booking

Directions

09 / FOOD & LOCAL FLAVORS / CONTINUED

Leave room for a good meal.

Combine food stops with an outing in the same area. Group tables, tours and private tastings need their own reservations.

75 Heber Valley cheese & farm visit

35-45 min drive one way · 2.5-4 hr total · LONGER DRIVE

Visit the farm store for local cheese and ice cream, or book an available dairy tour or guided tasting. Treat these as different visit formats.

Before you go: Tour schedules and production activities vary; a store visit does not include a farm tour.

Low effort · Year-round possibilities · Food / tour pricing · Reserve tours or tastings

Details & booking

Directions

76 Ritual Chocolate tour & tasting

35-45 min drive one way · 2.5-3.5 hr total · LONGER DRIVE

Book a factory tour or tasting at Ritual Chocolate in Heber. A distinctive indoor outing for guests who enjoy how food is made.

Before you go: Public tours run on selected dates; ask separately about private group visits.

Low effort · Year-round possibilities · Tour / tasting fee · Reserve

Details & booking

Directions

10 / INDOOR FUN & CULTURE

Good plans for a change in weather.

Check the individual venue's schedule rather than a shopping-center or tourism-directory opening time.

77 Provo Beach games & FlowRider

25-35 min drive one way • 3-4 hr total • LONGER DRIVE

Choose bowling, laser tag, arcade play or another currently offered attraction. The indoor FlowRider is a separate water activity for participants who want it.

Before you go: Check waivers, restrictions and private-event closures. Bring swimwear only for the water attraction.

Active effort • Year-round possibilities • Activity / package fee • Book group activities

Details & booking

Directions

78 The Quarry indoor climbing

25-35 min drive one way • 2.5-4 hr total • LONGER DRIVE

Choose bouldering or an appropriate rope-climbing introduction in north Provo. An active indoor alternative when mountain weather changes the plan.

Before you go: Arrange orientation or instruction and check belay requirements; a day pass is not a skills credential.

Active effort • Year-round possibilities • Admission / gear / instruction • Confirm first-visit requirements

Details & booking

Directions

79 AMC Provo 12 movie

25-35 min drive one way • 3-4.5 hr total • LONGER DRIVE

Choose a film near Riverwoods and make dinner optional before or afterward. A low-planning fallback for a quiet evening away from the cabin.

Before you go: Budget the drive, trailers and full film length.

Low effort • Year-round possibilities • Ticket pricing • Select a showtime

Details & booking

Directions

80 Moon's Rare Books

25-35 min drive one way • 2-3.5 hr total • LONGER DRIVE

Browse the shop or arrange a private show-and-tell featuring rare books and historical material. Reserve a showing for a more structured visit.

Before you go: A private collection showing is separate from ordinary store browsing.

Low effort • Year-round possibilities • Browse; private showing extra • Book private showings

Details & booking

Directions

10 / INDOOR FUN & CULTURE / CONTINUED

Good plans for a change in weather.

Check the individual venue's schedule rather than a shopping-center or tourism-directory opening time.

81 Riverwoods shops & galleries

25-35 min drive one way · 2-3 hr total · LONGER DRIVE

Browse independent shops, books, gifts and galleries at a pedestrian-oriented retail center. Pair the outing with food rather than scheduling two canyon drives.

Before you go: Businesses keep individual hours; check particular shops before leaving.

Low effort · Year-round possibilities · Purchases extra · Check individual stores

Details & booking

Directions

82 Heber Valley Railroad

30-40 min drive one way · 3.5-5 hr total · LONGER DRIVE

Choose a scenic or themed train from the current railroad schedule. Departures, duration and entertainment vary by service and season.

Before you go: Use the Heber depot, not Vivian Park, unless your ticket explicitly says otherwise. Confirm boarding access.

Low effort · Year-round possibilities · Train ticket · Reserve selected departure

Details & booking

Directions

10 / INDOOR FUN & CULTURE / CONTINUED

Good plans for a change in weather.

Check the individual venue's schedule rather than a shopping-center or tourism-directory opening time.

83 Avon Theater or Ideal Playhouse

30-40 min drive one way · 3-4.5 hr total · LONGER DRIVE

Look for a film, play or live event on the Heber Valley Entertainment schedule. Choose a particular show instead of relying on a general venue listing.

Before you go: Confirm which theater hosts the performance and its start time.

Low effort · Year-round possibilities · Show ticket · Check calendar

Details & booking

Directions

84 CAF Utah Wing aviation museum

30-40 min drive one way · 2.5-3.5 hr total · LONGER DRIVE

Explore aviation history at the Heber airport museum. A useful low-effort outing for guests interested in aircraft and restoration.

Before you go: Public hours can be limited. A museum visit does not imply that aircraft rides are available.

Low effort · Year-round possibilities · Check admission · Check public hours; arrange groups

Details & booking

Directions

11 / GOLF & OUTDOOR GAMES

Make a little room for play.

Public courses and a self-directed archery range offer different formats. Reserve tee times and arrange any equipment in advance.

85 Wasatch Mountain Golf

35-45 min drive one way • 3-7 hr total • LONGER DRIVE

Choose a public-course round in Midway or a shorter driving-range and practice session. The longer format needs a substantial part of the day.

Before you go: Confirm tee time, club rentals and how long your chosen format will take.

Active effort • Spring / Summer / Fall • Tee time / rentals • Reserve

Details & booking

Directions

86 Soldier Hollow Golf

35-45 min drive one way • 5.5-7 hr total • LONGER DRIVE

Book a round on one of Soldier Hollow's public courses. A good dedicated outing for golfers rather than an activity everyone must join.

Before you go: Confirm the course, tee time and weather policy; allow for the drive both ways.

Active effort • Spring / Summer / Fall • Tee time / rentals • Reserve

Details & booking

Directions

87 Loopers indoor golf

25-35 min drive one way • 2.5-4 hr total • LONGER DRIVE

Ask about booking simulator time in Riverwoods. This is the weather-proof alternative to a full round when a guest-access option is available.

Before you go: Do not assume walk-in access at a membership-oriented facility.

Active effort • Year-round possibilities • Bay / guest pricing • Confirm nonmember access

Details & booking

Directions

88 Wasatch archery range

35-50 min drive one way • 2.5-4 hr total • LONGER DRIVE

Use the state park's self-directed target range in Snake Creek Canyon. This is different from any resort lodging-only archery offering.

Before you go: Bring or arrange suitable equipment and know the range rules; instruction is not included.

Active effort • Spring / Summer / Fall • Equipment / possible park fee • Self-directed; confirm access

Details & booking

Directions

12 / WINTER & SNOW

Make the most of the snow season.

Snow sports depend on actual snow cover and operator schedules. Buy the right tickets and confirm any ski-pass arrangement for your stay.

89 Ski or snowboard at Sundance

5-10 min drive one way · Half or full day total

Make Sundance your local snow-sports day, from a first lesson to a full day on the lifts. Choose terrain for your current ability.

Before you go: Confirm snow, open terrain and tickets for every skier. Any cabin ski-pass benefit must match your booking's specific terms.

Strenuous effort · Winter / Spring · Lift ticket / rental / lesson · Book tickets and lessons

Details & booking

Directions

90 Night skiing

5-10 min drive one way · 3-5 hr total

Add a ski session under the lights when Sundance's current schedule offers night operations. Plan a warm break afterward back at the cabin.

Before you go: Check the date, terrain, rental-return time and ticket validity; daytime access does not automatically cover every evening.

Strenuous effort · Winter · Valid night ticket / rental · Check selected operating nights

Details & booking

Directions

91 Nordic skiing or a first lesson

10-20 min drive one way · 2.5-4 hr total

Try classic or skate skiing on Sundance Nordic Center's groomed trails. A lesson is the straightforward introduction when the movement is new.

Before you go: The Nordic Center has a separate location and pass; arrange your own transport.

Active effort · Winter · Nordic pass / rental / lesson · Reserve rentals or instruction

Details & booking

Directions

12 / WINTER & SNOW / CONTINUED

Make the most of the snow season.

Snow sports depend on actual snow cover and operator schedules. Buy the right tickets and confirm any ski-pass arrangement for your stay.

92 Snowshoe the Nordic Center trails

10-20 min drive one way · 2-4 hr total

Explore designated snowshoe trails without making downhill skiing the day's activity. Choose a short route and enjoy a quieter woodland setting.

Before you go: Stay on designated open routes. Check the calendar separately for any evening Nordic events.

Active effort · Winter · Snowshoe pass / rental · Check trail and rental availability

Details & booking

Directions

93 Guided snowmobile outing

35-50 min drive one way · 4-6 hr total · LONGER DRIVE

Book a guided winter trip through Wasatch Excursions instead of navigating unfamiliar mountain terrain alone. Winter meeting locations differ from summer check-in.

Before you go: Confirm the winter base, equipment, operator requirements and weather policy.

Active effort · Winter · Guided tour fee · Reserve; snow-dependent

Details & booking

Directions

94 Tracked UTV winter tour

35-50 min drive one way · 4-6 hr total · LONGER DRIVE

Ask Wasatch Excursions about its tracked side-by-side scenic tour. It offers a different vehicle format from a snowmobile outing.

Before you go: Confirm seating, warmth, access requirements and the winter check-in location.

Active effort · Winter · Tour fee · Reserve; snow-dependent

Details & booking

Directions

Check the day before you go.

This guide is not a live conditions report. Use these official sources, then confirm the exact meeting location, check-in time, cancellation terms and participant requirements with the operator.

Roads & closures

Sundance mountain report

Deer Creek water-quality advisories

Deer Creek access & conditions

Utah OHV education & rules

Utah fishing rules

Fire restrictions

Avalanche forecast

What's on during your stay

Sundance events

Concerts, markets, selected moonlight lift rides and seasonal programming. Check your actual dates.

Heber Valley Railroad

Scenic and themed departures change throughout the year.

Heber Valley events

Markets, performances, food events and seasonal celebrations.

A group-booking note to reuse

"We are staying at Timp Haus near Sundance. We have [number] participants and [time window] on [date]. Please confirm a suitable activity, full duration, exact meeting point, availability, price and inclusions, participant requirements, and weather/cancellation terms."

Make the day your own.

A little time

About 90 minutes · Bridal Veil Falls, then back to the cabin. For a no-driving option, choose coffee by the creek or a games break.

A river afternoon

Half day · warm season · Choose one: tubing, guided rafting or inflatable kayaking. Keep the rest of the afternoon flexible for the shuttle and a meal.

Stay close, take it slow

Half day · all seasons · An Art Studio class or a spa appointment, a meal in the village, and a quiet evening at Timp Haus.

Make a Midway day of it

Half or full day · longer drive · Choose a UTV tour or the Crater as the main booking. Add a cheese or chocolate stop only when its schedule fits.

About this edition

Adapted from the expanded September 2026 private-cabin planner, with the Timp Haus website, core activity pages, access rules and selected winter offerings reviewed for this edition. Individual inventories, every listed venue, exact drive times and future dates have not all been independently reconfirmed.

Prices, schedules, inventory, road access and operator terms change. Every activity has a clickable source link. Travel estimates are editorial planning ranges, not verified journeys from a street address. No activity has been booked.

Timp Haus is an independent cabin rental, not Sundance Mountain Resort. Resort amenities and public activities have different access rules. Confirm the exact ski-pass product and eligible users with the host; do not assume a standard personal pass can be shared.

Timp Haus · cabin information and booking