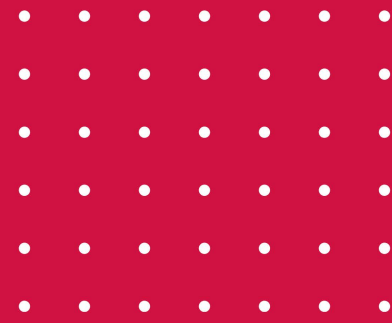


MSU Denver

Campus Recreation



Event Center/PE108

Outdoor Pursuits Fall 2026
Semester Program



The Outdoor Pursuits Program

Outdoor Pursuits (OP) is part of Campus Recreation and offers a variety of trips and instructional experiences including canyoneering, hiking, rock climbing, ice climbing, avalanche forecasting, mountaineering, camping, kayaking and more.

Adventures

Adventures are instructional, hard skills focused experiences that include new skills and review in challenging outdoor settings. Examples include rock climbing, ice climbing, trail running and more.

Adventure Leadership Programs (ALP)

ALP provides student leadership development and teambuilding for your group, club, class or office. Also learn to facilitate teambuilding and participate in fun on-campus challenges.

CityScape

Welcome, urban explorers! Immerse yourself in Denver's vibrant tapestry – from captivating art scenes to hidden historical gems near campus. Embrace leisurely strolls with other MSU students, discovering both city pulse and scenic trails.

Climbing Wall

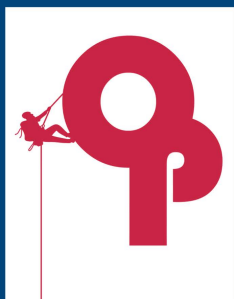
Located in the fitness center, the climbing wall is open any time the fitness center is open and is there for all levels of climbers from beginner to expert.

Outdoor Pursuits Center (OPC) "The Shop"

Located in PE 002, The Shop is staffed by-students-for-students. We rent camping and other outdoor gear plus you can borrow yard games for free to play on campus.

OP Online

Web content, podcasts and mixed media content delivered via the Web including content on the Campus Recreation website at <https://www.msudenver.edu/recreation/outdoor-pursuits/> and on YouTube at <https://www.youtube.com/c/MSUDenverRec>



Outdoor Pursuits and the Eight Dimensions of Wellness

Physical

Our outings support physical well-being with activities such as hiking and climbing promoting a healthy body through exercise, nutrition, sleep, and regular medical care.

Emotional

Our outings provide a break from daily stressors and support emotional wellbeing by reducing stress, fostering positive feelings, and maintaining emotional resilience.

Social

Our programming provides opportunities to get outside with others to socialize in an safe atmosphere to create a sense of belonging and community.

Academic / Intellectual

Academic wellness is an active commitment to lifelong learning, creative exploration, and critical thinking. It means keeping your mind curious, open to new ideas, and engaging in problem-solving.

Spiritual

Spiritual wellness is the process of finding meaning, purpose, and balance in life. It involves aligning your core values and ethics with your daily actions. This practice can include religion or faith, but it also focuses heavily on inner peace, self-reflection, and connection to nature or the universe.

Environmental

Outdoor Pursuits creates safe and healthy spaces for students to enjoy. Living in harmony with the environment contributes to living a balanced and sustainable lifestyle within the community.

Occupational

Programming opportunities focus on the development of professional and transferrable skills to help find meaning, balance, and fulfillment in the workplace. It means doing a job that fits personal values, learning new skills, and keeping a healthy boundary between work and personal life.

Financial

Outdoor Pursuits provides opportunities at reduced or no-additional cost. which lowers financial concerns that could prevent participation. This allows for participants to focus controlling their larger financial commitments without sacrificing their other well-being needs and goals.

September 8, 3–5 p.m.

Intro to Climbing Technique I

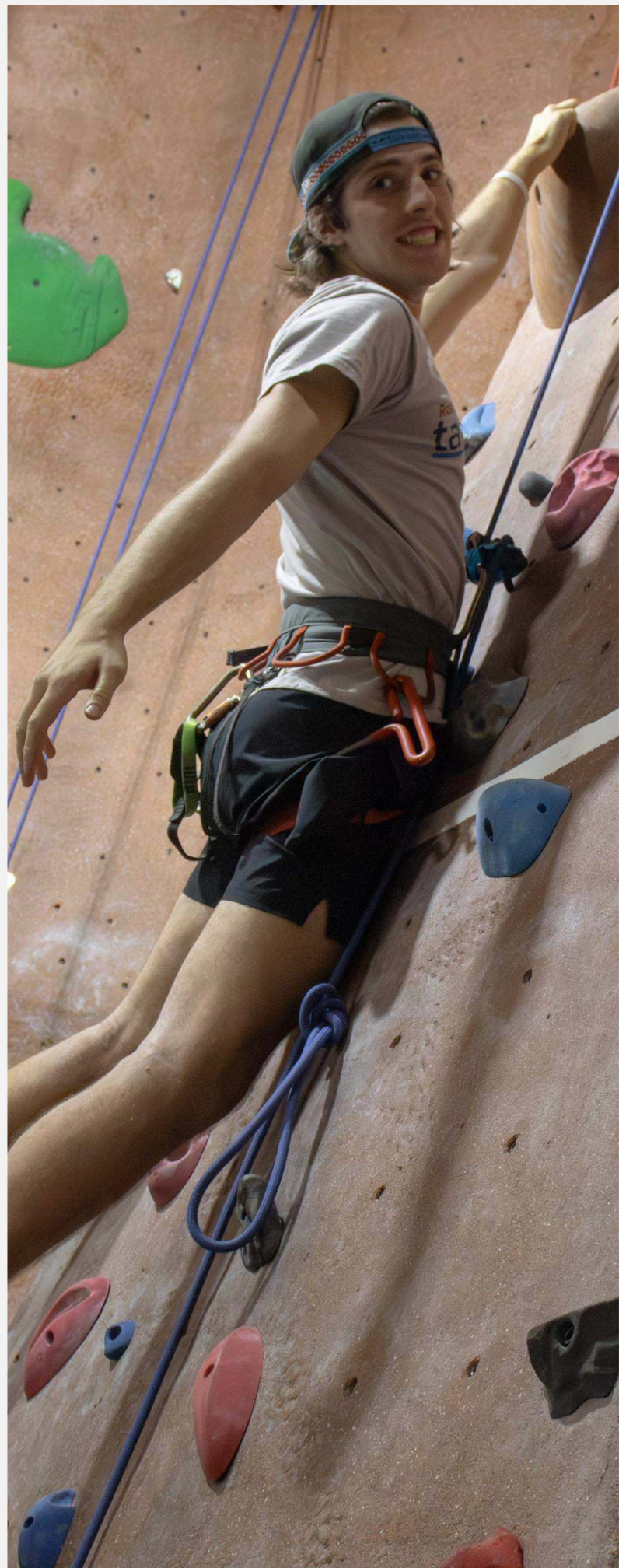
These workshops will introduce key methods to improving climbing technique by sharing warm-ups, training, and technical knowledge to help students gain more control of their body and mind while they are on the wall. This class will help students train their climbing skills to expand their physical limits in a social environment. This session will focus on basic footwork and intentional movements as well as sharing healthy mindsets to improve climbing ability.

September 10,

6–7:30 p.m.

Rock Workshop (Knots/Gear)

Join us in fitness center at the rock wall as we do a knot and gear workshop. We will go over the essential rock-climbing knots and explain the gear needed to have a successful day of outdoor and indoor climbing.



September 15, 2-3 p.m.

Map & Compass

A Map & Compass workshop gives students a hands-on outdoor experience that builds emotional resilience through problem-solving and reinforcing occupational skills like planning and time management. Students expand their knowledge through intellectual challenge and deepen their environmental awareness by engaging directly with the landscape.

September 19, 9 a.m.-3 p.m.

Mt. Morrison

This outing will take a group of students up the Mt. Morrison Trail and then to an ice cream place in the city of Morrison before taking the group back home. This trail is a short and steep hike that features 2000 feet of elevation up and down over 3.6 miles challenging students' physical limits in a social setting.

September 22, 6-7:30 p.m.

Rock Workshop – Anchor Building

Join us in fitness center at the rock wall as we do an anchor building workshop. We will go over the main types of anchors needed for outdoor top rope climbing and ascending.





September 23, 12:30–1:30 p.m.

Map & Compass

A Map & Compass workshop gives students a hands-on outdoor experience that builds emotional resilience through problem-solving and reinforcing occupational skills like planning and time management. Students expand their knowledge through intellectual challenge and deepen their environmental awareness by engaging directly with the landscape.

September 24, TBD

Botanical Gardens

What can I say, we're trying again. Last semester we tried to take you to the Denver Botanical Gardens, but we had to cancel. Someone threw a rock through our van's back window. We're ok, the van is ok, and we hope you'll be ok with letting us take you to smell the flowers.

September 26, 9:30 a.m.–2 p.m.

Orienteering

Orienteering is an outdoor adventure sport where participants use a highly detailed topographic map and a compass to navigate through a course or route across unfamiliar terrain.



October 3, 8 a.m.–3 p.m.

Rock Climbing Outside

This outing will take a group of students to a nearby climbing crag as guides will set up fun top ropes. This outing is an excellent opportunity for climbers of any level to connect with each other and the environment as they test out their climbing abilities outside!

October 6, 2–3 p.m.

Rock Wall Ascending & Rappelling

This dynamic workshop introduces participants to the fundamentals of ascending and rappelling. Whether you're a first-time climber or looking to sharpen your skills, you'll learn proper technique, safety systems, and movement strategies while building confidence and connection.

October 8, TBD

Eat, Play, Bike

Yes, we are doing all of the above... just not in that order. We're grabbing our bikes one last time before the snow comes down and taking a ride over to Confluence Park to hang out and enjoy each others presence. We'll have games and snacks to keep us pumped! Don't forget your helmets!

(Please let there be snow this season!)

October 9, TBD

Pumpkin Fest

Get your carving tools ready and take a ride over to Chatfield Farms for the 2026 Pumpkin Festival! We'll take care of the entrance fee, you get the pumpkins. There will be Vendors, Food Trucks, and Festivities to get us ready for the spooky season. More information will come your way as we get closer to the date.



October 16/17, Dep. 10 a.m. Ret. 3 p.m.

Staunton State Park – Camp and Hike

We will be going to Staunton State Park to camp and hike. We will spend the night there stargazing with a jam session, playing songs on our guitars.

October 20, 3–5 p.m.

Intro to Climbing Technique II

These workshops will introduce key methods to improving climbing technique by sharing warm-ups, training, and technical knowledge to help students gain more control of their body and mind while they are on the wall. This class will help students train their climbing skills to expand their physical limits in a social environment. This session will focus on climbing stances, climbing holds, and sequencing.



October 23, 12–3 p.m.

Intro to Lead Climbing

This workshop on our climbing wall will teach students all about lead climbing to help climbers who want to transition from indoor to outdoor climbing. This class will help climbers be able to physically practice lead climbing and belaying on our wall to challenge their mind and body in new ways.

October 31, 9 a.m.–3 p.m.

Rock Competition

Join OP on our first rock climbing contest in the fitness center! Challenge your friends or just come try it out. There will be a costume contest as well.

November 2–6, TBD

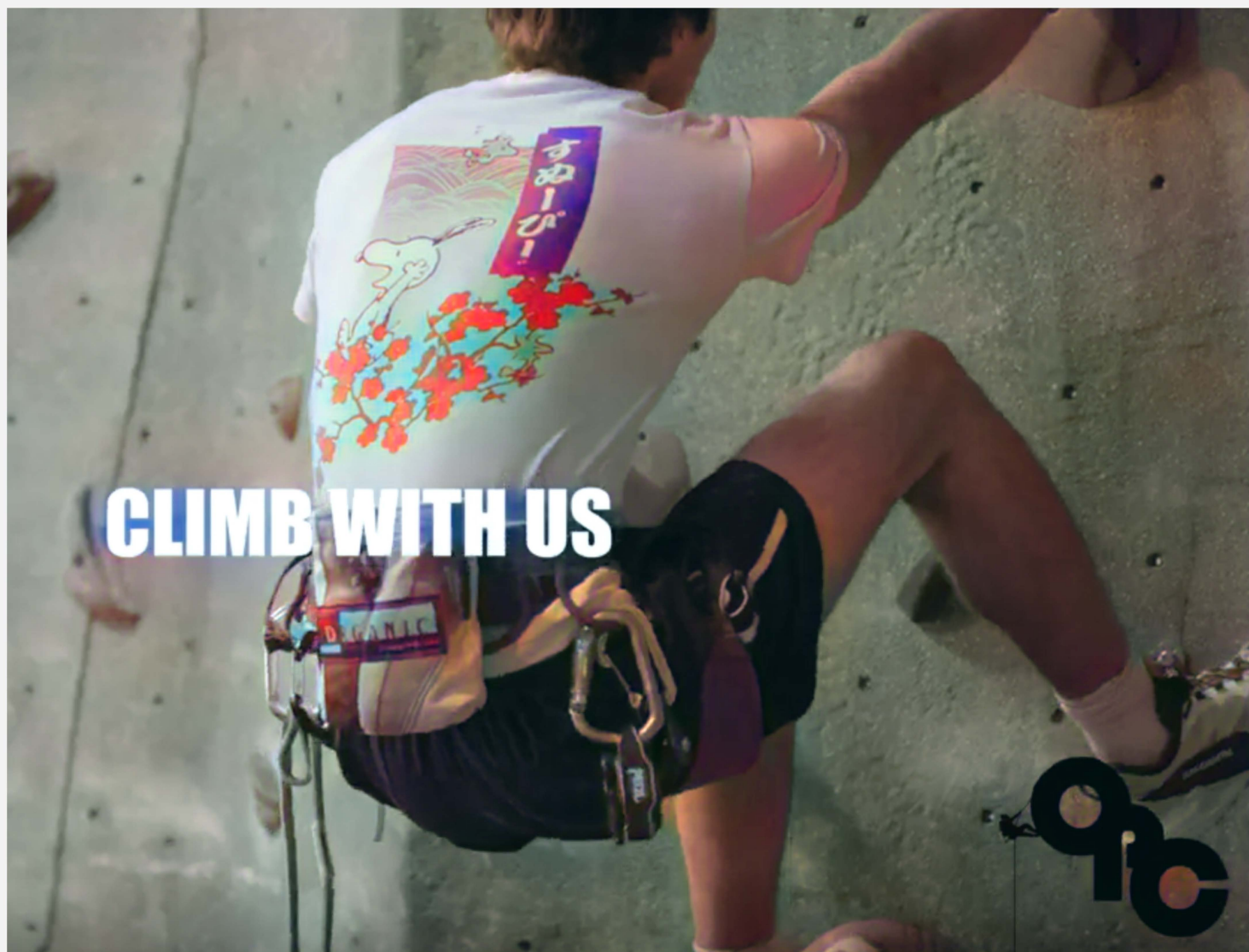
Route Setting

We will be re-setting the routes on the wall. Volunteers are welcome. Come share your skills or learn from scratch about route setting.

November 4, 11:45 a.m.–1:15 p.m.

Upcycling

Give retired climbing ropes and other reclaimed materials a second life in this hands-on upcycling workshop. Participants will design and create unique, functional, or artistic projects while exploring creativity, sustainability, and waste reduction through our outdoor recreation materials.





**November 11,
11:45 a.m.–1:15 p.m.**

Upcycling

Give retired climbing ropes and other reclaimed materials a second life in this hands-on upcycling workshop. Participants will design and create unique, functional, or artistic projects while exploring creativity, sustainability, and waste reduction through our outdoor recreation materials.

November 6, 12–3 p.m.

Ice Skating

This ice-skating event invites students to step onto the rink, build confidence on the ice, and enjoy a refreshing blend of movement, balance, and community. Whether you're a seasoned skater or trying it for the first time, this experience offers a fun, low-pressure way to connect, recharge, and explore all eight dimensions of wellness.



November 12, 3-5 p.m.

Intro to Climbing Technique III

These workshops will introduce key methods to improving climbing technique by sharing warm-ups, training, and technical knowledge to help students gain more control of their body and mind while they are on the wall. This class will help students train their climbing skills to expand their physical limits in a social environment. This session will focus on body positioning, center of gravity, and tension/compression.



November 14, TBD

Volunteer Day

We here at Outdoor Pursuits know exactly how lucky we are to live in a state that wants to take care of our natural resources. We believe in that mission. Join us for a day contributing to that great effort.

Lets get out there!

**November 18,
11:45 a.m.–1:15 p.m.**

Upcycling

Give retired climbing ropes and other reclaimed materials a second life in this hands-on upcycling workshop.

Participants will design and create unique, functional, or artistic projects while exploring creativity, sustainability, and waste reduction through our outdoor recreation materials.

November 23–29

Fall Break

We here at Outdoor Pursuits hope each and everyone of you enjoy your break and hope that you come back safe.

December 1, 3–5 p.m.

Intro to Climbing Technique IV

These workshops will introduce key methods to improving climbing technique by sharing warm-ups, training, and technical knowledge to help students gain more control of their body and mind while they are on the wall. This class will help students train their climbing skills to expand their physical limits in a social environment.

This session will focus on dynamic movements, deadpoints, and heel/toe hooks.

**December 2,
11:45 a.m.–1:15 p.m.**

Upcycling

Give retired climbing ropes and other reclaimed materials a second life in this hands-on upcycling workshop.

Participants will design and create unique, functional, or artistic projects while exploring creativity, sustainability, and waste reduction through our outdoor recreation materials.



Outdoor Pursuits Fall Schedule

We are here to contribute to your overall Health and Well-Being.

Thank you for contributing to our community and we hope you felt welcomed.
Please feel free to reach out to us with any concerns or questions.



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Student Engagement and Well-being
Enrollment and Student Affairs



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Recreation

