

Spring 2025

Program Guide

*OUTDOOR PURSUITS
CAMPUS REC @ MSU DENVER*



GET OUT THERE WITH OUTDOOR PURSUITS!

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, hiking 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.

CityScope

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-student-for-students. We rent camping and other outdoor gear plus you can borrow yard games for free to play on campus.

OPOnline

Web content, podcasts and mixed media content delivered via the Web including content on the Outdoor Pursuits website, YouTube, Facebook and Instagram.



Get In Touch!

Outdoor Pursuits Contact Info

Visit us in PE 002
Call - (303)605-5203
Email - rentalshop@msudenver.edu
Web - <https://www.msudenver.edu/recreation/outdoor-pursuits/>



Campus Recreation Contact Info

Visit us at PE 108
Call - 303-615-1500
Web - <https://www.msudenver.edu/recreation/>
Email - recreation@msudenver.edu



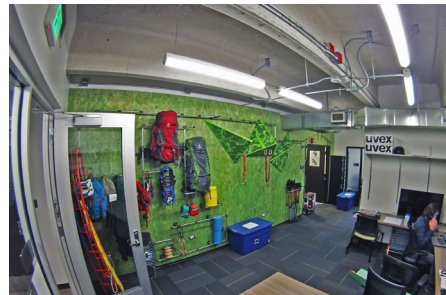
Fitness

Group Fitness, Personal Training, CPR & Special Programs



Sports

Club Sports, Intramural Leagues/Tournaments & Open Recreation



Spring 2025

Activity information and schedule



Meet OP & Yard Games

Many dates - please visit the shop (PE 002) for the up-to-date schedule

Find us out-and-about on campus, have fun and check out your MSU Denver outdoor program!



Open Belay and Belay Certification Meet-up

Many dates - please check the schedule or visit the shop (PE 002) to schedule one that fits your schedule.

Join us at the MSU climbing wall for an exhilarating meet-up! Scale new heights, make friends, and share the thrill of climbing in a lively and social atmosphere. Adventure awaits!

Indoor Slacklining

We will set up the climbing wall slackline for experienced or never-ever slacklined before beginners. These are low-key, fun events with an emphasis on safety and access, so lines are kept low, spotters are available, and instruction is provided to help get beginners started. Try it out! You will be pleasantly surprised.

Ski Days Spring 2025

Friday 01/10 @ 8:00 to 4:00p

Saturday 02/8/ @ 8:00 to 4:00p

Saturday 02/15 @ 8:00 - 4:00p

Join the OP staff for a ride to the ski area.

Use your IKON Pass! - check with OP at PE 002 for details - TBD.



Avalanche Classroom Online Live and Recorded

Friday 01/31 @ 4:00p-6:00p

Visit the content anytime for a self-guided primer of avalanche safety content. Join us live for a guided discussion of avalanche safety and backcountry travel in winter.

www.msudenver.edu/wp-content/uploads/2023/02/Avi_spring_2023.pdf



Avalanche Safety Field Days One and Two (series 1)

Saturday 2/1 @ 7:00a-4:00p

Sunday 2/2 @ 7:00a-4:00p

Avalanche Safety Field Days One and Two (series 2)

Saturday 2/22 @ 7:00a-3:00p

Sunday 2/23 @ 7:00a-3:00p

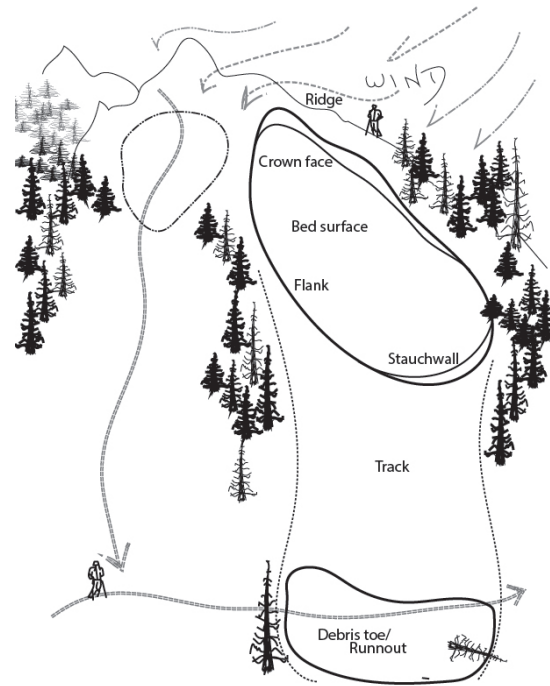
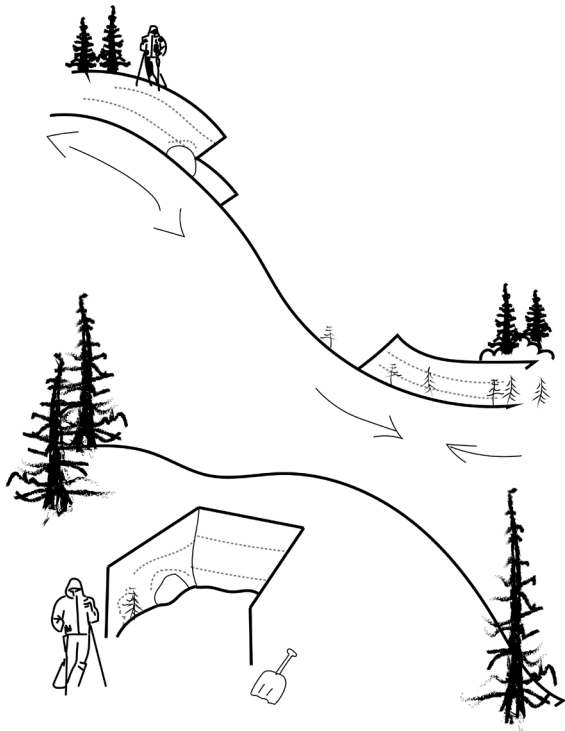
Learn to identify and assess avalanche hazards in this Level 1 Outdoor Pursuits course, offered free to MSU Denver students through student fee funding. For over 30 years, we've provided comprehensive instruction, regularly updating and reviewing our content to maintain high standards.

While our Level 1 course has previously been accepted as a prerequisite for Level 2 classes, this decision ultimately rests with the Level 2 provider.

Day one focuses on understanding terrain, recent avalanche activity, weather patterns, and rescue techniques. The primary goal is mastering rescue skills, starting with foundational techniques and progressing through scenarios designed to emphasize the simplicity and clarity of the beacon search process.

We review terrain, recent avalanche activity, weather, and snowpack stability, with a focus on practical assessments. Snowpack analysis includes hasty pits and data pits, explored through an informal process we call a "learning pit." A learning pit is a compact test site where we sample various snowpack stability tests and tools. Examining the snowpack in this way offers valuable insight into its structure, offering a clearer understanding of how skier loading might influence avalanche activity.





Rock Climbing

Basics of Climbing Inside (ChatGPT)

Saturday 2/8 @ 9:00a-2:00p OP Office 002 Free

Indoor climbing is very accessible which is great but at the same time there is a knowledge base and skillset required to enjoy and advance in this sport. Take a day to join OP student staff, have fun and learn/review the basics.



Ice Climbing

Sunday 2/9 @ 7:00a-3:00p

Sunday 2/16 @ 7:00a-3:00p

Beginning ice climbing instruction and belay instruction. We will hike or rappel to the base and start climbing. The focus is on correct technique, efficient travel over steep terrain and the basics of top rope belaying. The techniques we will learn are the same as those used by the best climbers in the world.

Snowshoe or Spike Hike

Saturday 2/15 @ 10:00a-3:00p

Depending on trail conditions we will hike or snowshoe in Jefferson County Open space. Snowshoes and spikes are provided. Check in with OP staff for gear and other information.

Rope Access Workshop – Rappelling

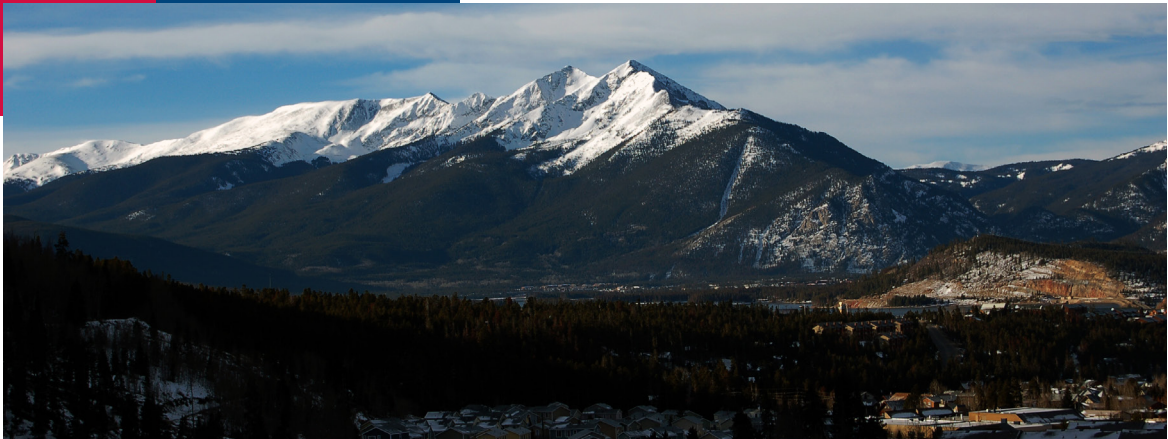
Thursday 2/20 @ Noon-2:00p

Taking rock climbing beyond single pitch or indoor climbing eventually leads to complex descent challenges including rappelling. There are many different ways to rappel but only a few are in the mainstream and considered standard. Learn about these in the safe confines of the climbing wall. Basic but applicable skills are covered including anchoring and retrieving your rope.

Mountaineering Museum and Coffee in Golden

Friday 2/21 @ 12:30-4:00p

Take a Friday afternoon off to visit Golden, Colorado! Check out the Mountaineering Museum, old town Golden and warm up at a local coffee shop.



Spring Snowshoe or Spike Hike

Saturday 3/1 @ 10:00a-3:00p

Depending on trail conditions we will hike or snowshoe in Jefferson County Open space. Snowshoes and spikes are provided. Check in with OP staff for gear and other information.

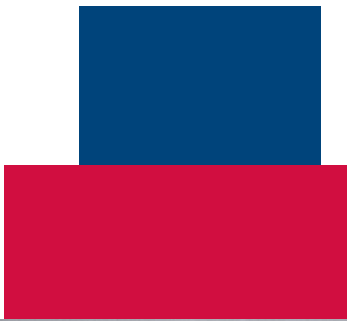
Located in the fitness center, the climbing wall is open any time the fitness center is open with beginner to expert routes.

Rope Access Workshop – Anchor Building

Tuesday 3/4 @ Noon -2:00p

Learn basic and advanced techniques to anchor to rock climbing belay and rappel points. Two- and three-point bolt and gear anchors are included. Positioning, logistics and anticipated loading are considered via the ASPEN TREES method.







Climbing Wall Route Setting

Wednesday 3/5 @ 11:00a-3:00p

Thursday 3/6 @ 11:00a-3:00p

Friday 3/7 @ 11:00a-3:00p

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



Canyoneering Skills

Saturday 3/8 @ 9:00a-3:00p

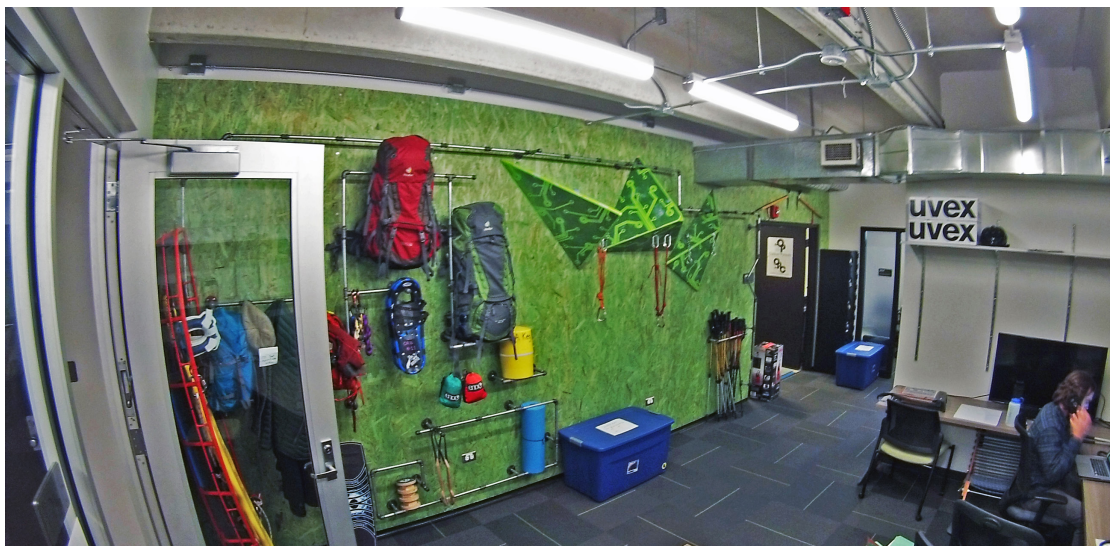
Learn about and practice rope access canyoneering skills at Castlewood Canyon State Park. Systems include basic rappel techniques plus advanced retrievable sling (leave no trace) anchor systems. No experience required to participate.



Coffee at the Outdoor Pursuits Center

Wednesday 3/19 @ 9:00a-11:00a

Indulge in rich coffee and nutritious snacks at the Outdoor Pursuits Center. Join us for a delightful treat and vibrant conversations. All for free. See you there!





Spring Break Canyoneering in Moab UT

Saturday 3-22 - Wednesday 3-26 (check in January for updates) Experience the time-honored tradition of spring break with MSU Denver students in Moab, Utah. Enjoy camping, hiking, rock climbing, canyoneering (weather permitting), local tours, town exploration, and a visit to Arches National Park. Join the adventure! Gear is included at no additional fee.





Rock Climbing

Basics of Climbing Outside (ChatGPT)

Saturday 4/5 @ 8:00a-3:00p \$15

Join our one-day outing to master essential climbing techniques. Learn knot tying, belaying, climbing skills, and outdoor leadership. Safety is paramount throughout. Elevate your climbing with us!



Spring Front Range Hike (ChatGPT)

Sunday 4/6 @ 9:00a-2:00p \$15

Hike through the stunning Jefferson and Douglas County foothills. The hike weaves through picturesque landscapes, offering breathtaking vistas and vibrant spring vistas. Immerse yourself in nature as you traverse rugged trails, creating cherished memories along the way.

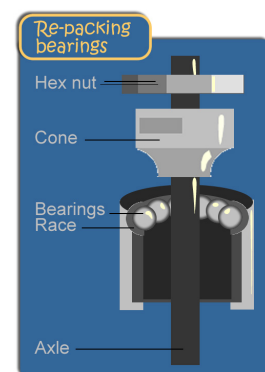
Bike Tune Series Meeting #1

Bike Tune Series Meeting #2

Bike Tune Series Meeting #3

Visit OP at PE 002 or call for info

Get hands-on with your bike to get it up and running for spring. It's not hard to do! Clean, fix a flat, lube and adjust brakes and derailleur. Also, be a more informed rider.



Rock Climbing Outside

Basics of Anchor Building I

Saturday 4/12 @ 8:00a-3:00p \$15

Join us for expert-led sessions on belaying, rappelling, and crafting secure anchors using fixed bolts. These outings provide the perfect opportunity to transition to outdoor climbing.

Spring Foothills Hike

Sunday 4/13 @ 10:00a-2:30p

Explore foothills “shoulder” season - the season between hiking/biking and snow sports. Often a fresh chill permeates the air, leafless trees populate the horizon and snow flurries are possible.

Rope Access Workshop – Ascending a Rope

Thursday 4/17 @ Noon-2:00p

Taking rock climbing beyond single pitch or indoor climbing eventually leads to complex descent challenges including rappelling. There are many different ways to rappel but only a few are in the mainstream and considered standard. Learn about these in the safe confines of the climbing wall. Basic but applicable skills are covered including anchoring and retrieving your rope.

Rock Climbing Outside Basics of Anchor Building II

Saturday 4/19 @ 8:00a-3:00p

\$15

Explore top rope anchor setup, prioritizing three-piece gear anchors. Delve into gear placement, rappelling, belaying, and climbing techniques in this comprehensive session.



Spring Front Range Hike

Sunday 4/20 @ 10:00a-2:30p

Another opportunity to visit the outdoors and welcome spring. This hike will be in one of our spectacular open space parks in Douglas or Jefferson counties. Expect early wildflower sprouts and shoots.





Rock Climbing Basics of Lead Climbing

Saturday 4/26 @ 8:00a-3:00p \$15

This is a chance to get outside, climb a bunch of times on a top rope without so much focus on instruction. We look forward to getting out, having fun and providing a safe place to climb. Questions about how to, are welcomed!

Night Hike – City Lights of Golden

Friday 5/2 @ 6:00p-9:00p \$15

Hike along the craggy foothills overlooking the town of Golden. Start in early evening twilight and finish with headlamps. It will be a dark night with the near-new waxing crescent moon. Perfect for a city-lights headlamp hike.



Front Range Wildflower Hike

Sunday 4/20 @ 10:00a-2:30p

Warm, summery weather and wildflowers in bloom. This is a wonderful time for viewing early season wildflowers at the lower elevations of the foothills along the front range.

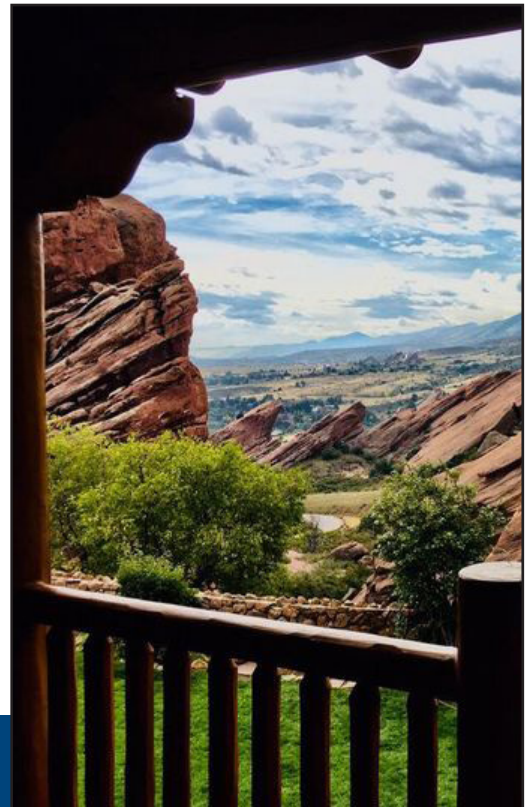
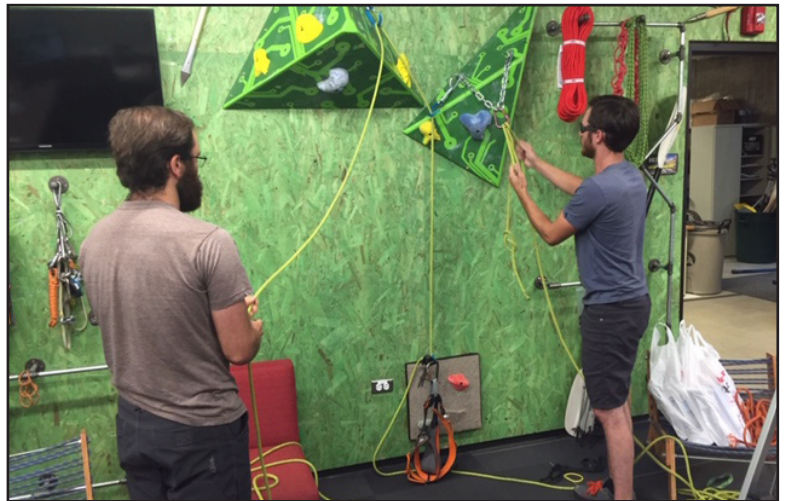
Cityscape Walks

More spring CityScapes TBA - check in at OP!

Saturday 5/3 @ 11:00a-3:00p

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.

Call, email or visit to set up a custom Cityscape for your group!





January 2025

Event	Date	Meet up	Cost	Outing
<i>Open Belay and Belay Certification</i>	Thursday 1/23 @ Noon-1:00p	Climbing Wall	\$0	S1
<i>Ski Trip</i>	Saturday 1/25 @ 9:00 – 4:00p	OP Shop PE 002	\$20	S2
<i>Open Belay and Belay Certification</i>	Wednesday 1/29 @ Noon-1:00p	Climbing Wall	\$0	S3
<i>Avalanche Classroom online Live and Recorded</i>	Friday 1/31 @ 4:00p-6:00p	OPC Shop PE 002	\$0	S4



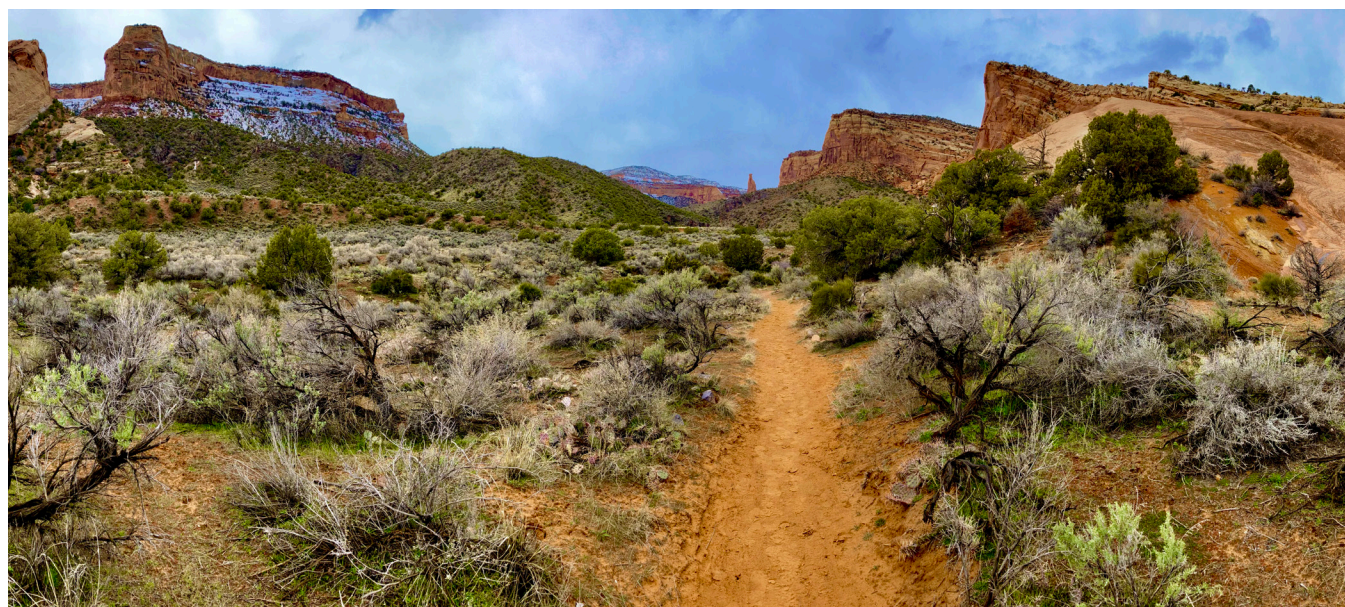
February 2025

Event	Date	Meet up	Cost	Outing
<i>Ski Day</i>	Visit OP in PE 002 for info			
<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Evening Climbing Series</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Indoor Slacklining</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Avalanche Safety Field Day One</i>	Saturday 2/1 @ 7:00a-4:00p	TBA	\$0	S5
<i>Avalanche Safety Field Day Two</i>	Sunday 2/2 @ 7:00a-4:00p	TBA	\$0	S6
<i>Open Belay and Belay Certification</i>	Wednesday 2/5 @ 1:00p-2:00p	Climbing Wall	\$0	S7
<i>Rock Climbing Basics of Indoor Climbing</i>	Saturday 2/8 @ 9:00a-2:00p	Climbing Wall	\$15	S8
<i>Ice Climbing</i>	Sunday 2/9 @ 7:00a-3:00p	OPC Shop PE 002	\$15	S9
<i>Open Belay and Belay Certification</i>	Thursday 2/13 @ 1:00p-2:00p	Climbing Wall	\$0	S10
<i>Snowshoe Hike</i>	Saturday 2/15 @ 10:00a-3:00p	OPC Shop PE 002	\$15	S11
<i>Ice Climbing</i>	Sunday 2/16 @ 7:00a-3:00p	OPC Shop PE 002	\$15	S12
<i>Rope Access Workshop – Rappelling</i>	Thursday 2/20 @ Noon-2:00p	Climbing Wall	\$0	S13
<i>Mountaineering Museum and Coffee in Golden</i>	Friday 2/21 @ 12:30p-4:00p	OPC Shop PE 002	\$0	S14
<i>Avalanche Classroom</i>	Online, on your own			S15
<i>Avalanche Rescue Field Day One</i>	Saturday 2/22 @ 7:00a-3:00p	TBA	\$0	S16
<i>Avalanche Forecasting Field Day Two</i>	Sunday 2/23 @ 7:00a-3:00p	TBA	\$0	S17



March 2025

Event	Date	Meet up	Cost	Outing
<i>Ski Day</i>	Visit OP in PE 108 for info			
<i>Meet OP & Yard Games</i>	Visit OP in PE 108 for info			
<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Evening Climbing Series</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>ALP Series Certification</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	OPC Shop PE 002	TBA	
<i>Slacklining</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	TBA	\$0	
<i>Spring Front Range Snowshoe Hike</i>	Saturday 3/1 @ 10:00a-3:00p	OPC Shop PE 002	\$15	S18
<i>Rope Access Workshop – Anchor Building</i>	Tuesday 3/4 @ Noon -2:00p	Climbing Wall	\$0	S19
<i>Route Setting on the Climbing Wall</i>	Wednesday 3/5 @ 11:00a-3:00p	Climbing Wall	\$0	S20
<i>Route Setting on the Climbing Wall</i>	Thursday 3/6 @ 11:00a-3:00p	Climbing Wall	\$0	S21
<i>Route Setting on the Climbing Wall</i>	Friday 3/7 @ 11:00a-3:00p	Climbing Wall	\$0	S22
<i>Canyoneering Skills</i>	Saturday 3/8 @ 9:00a-3:00p	TBA	\$0	S23
<i>Spring Bouldering Competition</i>	Sunday 3/9 @ 8:30a-1:30p	Climbing Wall	\$0	S24
<i>Coffee at Outdoor Pursuits</i>	Wednesday 3/19 @ 9:00a-11:00a	OPC Shop PE 002	\$0	S25
<i>Spring Break</i>	Saturday 3/22 thru Thursday 3/27	OPC Shop PE 002	\$285	S26
<i>Canyoneering in Moab UT</i>				



April 2025

Event	Date	Meet up	Cost	Outing
<i>Ski Day</i>	Visit OP in PE 108 for info			
<i>Meet OP & Yard Games</i>	Visit OP in PE 108 for info			
<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Evening Climbing Series</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Slacklining</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	TBA	\$0	
<i>Rock Climbing Basics of Climbing Outside</i>	Saturday 4/5 @ 8:00a-3:00p	OPC Shop PE 002	\$15	S27
<i>Front Range Hike</i>	Sunday 4/6 @ 9:00a-2:00p	OPC Shop PE 002	\$15	S28
<i>Bike Tune Series Meeting #1</i>	Visit OP for info	OPC Shop PE 002	\$0	S29
<i>Rock Climbing Outside Basics of Anchor Building I</i>	Saturday 4/12 @ 8:00a-3:00p	OPC Shop PE 002	\$15	S30
<i>Spring Foothills Hike</i>	Sunday 4/13 @ 10:00a-2:30p	OPC Shop PE 002	\$15	S31
<i>Bike Tune Series Meeting #2</i>	Visit OP for info	OPC Shop PE 002	\$0	S32
<i>Rope Access Workshop – Ascending a Rope</i>	Thursday 4/17 @ Noon-2:00p	Climbing Wall	\$0	S33
<i>Rock Climbing Outside Basics of Anchor Building II</i>	Saturday 4/19 @ 8:00a-3:00p	OPC Shop PE 002	\$15	S34
<i>Foothills Hike</i>	Sunday 4/20 @ 9:00a-2:30p	OPC Shop PE 002	\$15	S35
<i>Bike Tune Series Meeting #3</i>	Visit OP for info	OPC Shop PE 002	\$0	S36
<i>Rock Climbing Basics of Lead Climbing</i>	Saturday 4/26 @ 8:00a-3:00p	Climbing Wall	\$15	S37



May 2025

Event	Date	Meet up	Cost	Outing
<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Night Hike – City Lights Golden</i>	Friday 5/2 @ 6:00p-9:00p	OPC Shop PE 002	\$15	S39
<i>Spring Front Range Hike</i>	Saturday 5/3 @ 10:00a-3:00p	OPC Shop PE 002	\$15	S40
<i>CityScape Denver Botanic Gardens</i>	Saturday 5/3 @ 11:00a-3:00p	\$0	S38	

June 2025

<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Rope Access Workshop – Anchor Building</i>	Thursday 6/5 @ Noon-2:00p	Climbing Wall	\$0	1s
<i>Front Range Hike</i>	Saturday 6/7 @ 10:00a-3:00p	OPC Shop PE 002	\$15	2s
<i>CityScape Event TBD</i>	TBA	TBA	TBA	3s

July 2025

<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>CityScape Event TBD</i>	TBA	TBA	TBA	4s

August 2025

<i>Drop-in Belay and Climbing on the Climbing Wall</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Campus Wide Welcome Back Events</i>	Various	OPC Shop PE 002	\$0	
<i>OP and Campus Rec Welcome and Open hours</i>	OP 9:00a-4:00p CR 7:00a to 7:00p	OPC Shop PE 002 PE 108	\$0	
<i>Open Belay and Belay Certification</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	Climbing Wall	\$0	
<i>Meet OP & Yard Games</i>	TBA- various. Please Email bfergus3@msudenver.edu for info and to sign up	OPC Shop PE 002	\$0	





Online ALP Seminar

Spring 2025

The Outdoor Pursuits Adventure Leadership Play (ALP) Seminar and Certification is a text-based small-group teambuilding facilitation certification. Additional content and a variety of options including all online live interaction (Zoom or Teams) and face-to-face small group activities are offered at MSU Denver to complete the experience for students. For those who are new to small group facilitation, the ALP content provides an introduction and overview, while, for experienced facilitators, ALP can provide an opportunity to share and learn new activities and ideas. Designed for and with the MSU Denver community in mind, the skills, knowledge, ideas, practices, and techniques are transferable to other settings.



Get in touch with OP to arrange your group adventure or teambuilding experience.

Email - rentalshop@msudenver.edu

Visit - PE 002

Call - (303)605-5203



Yard Games and Gear Rental

Located in PE 002, the Outdoor Pursuits Center (OPC) provides students with discounted and free access to outdoor gear. Check online for our rental gear selection. At the OPC, we have a large selection of yard games available for on-campus use, free of charge. The OPC is staffed by-students for-students.



“Adventure Leadership and Play (ALP) provides student leadership development and teambuilding for your group, club, class or office”

“Volunteer and service projects are also part of the Outdoor Pursuits experience”



Outdoor Pursuits Center (OPC) “The Shop”
Located in PE 002, the OPC provides a place to hang out and talk gear and adventure. The OPC is staffed by-students for-students. We rent camping and other outdoor gear plus you can barrow yard games for free to play on campus.

CityScape - Explore the urban setting and discover the beauty and grit of Denver including art, archaeological and historical sites surrounding campus.

Adventures are instructional, hard skills focused experiences that include new skills and review in challenging outdoor settings.

Rental Shop - Located in PE 002, the Outdoor Pursuits Center (OPC) provides a place to hang out and talk gear and adventure. The OPC is staffed by-students, for-students.