

# 7 Halloween Activities for Adults in Utah – 2016

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## Sober Halloween Activities in Utah

Many people drink on Halloween, but there are plenty of other ways to celebrate this holiday. There are plenty of eventful activities taking place here in Utah that you can enjoy, without having to feel the need for intoxication to have a good time. All of them really capture the spirit of Halloween, and you don't have to wait until 21 to do them, or give them up at any age.

### 1. Enjoying a Lovely Fall Festival

The [American West Heritage Center's Fall Festival](#) is the sort of family fun destination that people are really going to remember. This festival is open from 27th September to 31st of October; October 18th and 19th are some of the best days of the festival. At the American West Heritage Center's Fall Festival, people can enjoy pony rides, a hay jump, a Haunted Hollow, corn maze, gourd launch, and the giant slide.

### 2. Great Adventures with Haunted Houses

Nothing says Halloween like haunted houses, especially [Frightmares held at Lagoon theme park](#). There are seven different haunted attractions there, so you will be sure to find something that you like. This attraction opened on September 16th, 2016 and it will be open until the 30th of October.

### 3. Halloween on the Water

You might not associate Halloween with a cruise, but a [Halloween Cruise on the Provo River](#) really can make all the difference in terms of creating a seasonal mood. You can see all of the beautiful autumn leaves from the boat, and you can see the gorgeous riparian landscapes as the boat drifts along the water.

### 4. A Night of Spooky Classical Music

For only twelve dollars a ticket, you can enjoy a lovely evening of classical music just in time for the Halloween season, at the [Utah Symphony's Halloween Spooktacular on the Seven Seas](#). The show starts on 25th October at 7 pm at night, and it lasts for around two hours with an intermission period.

## 5. Race to Halloween

If you like to run 5Ks and would like to enjoy Halloween in a more active way, you can enjoy running in a Halloween-themed race this year! You can register today for the [Haunted Hustle](#). Running from the monsters is a time-honored tradition in horror movies, and you can demonstrate how good you would be in that sort of event, by registering for the Haunted Hustle or the [5KRunDead](#). The 5KRunDead is a zombie run, so you're really going to be able to get into the spirit of Halloween that way. All of the proceeds will be donated to Alzheimer's research, so you're doing something great for people's brains while on a zombie run.

## 6. Visiting a Real Haunted Forest

There are lots of attractions for the people who are interested in Halloween events. However, this is the one that takes place in an actual [forest](#) with real trails. It isn't just some indoor museum-type tourist trap where everything is clearly fake. This is an attraction that will really make you feel haunted.

## 7. A Convention of Fear

If you want to go to [Fear Con](#), you'll really have the opportunity to have some futuristic Halloween fun with virtual reality games and a realistic zombie survival course, among other things. This event takes place on the 28th or 29<sup>th</sup> of October, which should give you plenty of time to plan for this day of street performers and various haunted attractions.

### Free (or nearly free) things to do:

1. Pumpkin carving, save the seeds and roast them afterwards
2. Have a movie night
3. Volunteer in your community
4. Have a bonfire and roast marshmallows
5. Go on a hike or a fall foliage drive up the canyon
6. Knit a scarf

What Halloween activities are you excited for? Tell us in the comments.