

TREK FAMILY CHALLENGE

“BELIEVE”

*After participating in each challenge, discuss with your family your experience or how these challenges develop you on your personal trek. Record your thoughts and impressions in your personal journal. Discuss these challenges during your class/quorum council time.

Our stake has the following goals: Please plan with your family and ward ways to help achieve these goals.

- Family History: 300 + Histories - All youth learn of one pioneer story and be able to share on trek. This could be an actual pioneer or your family's conversion story.
- Temple Work: 20,000 Ordinances - Youth attend temple and complete 20,000 temple ordinances.

October 2024:

Spiritual:

Read “Deep in Our Heart” by Douglas D. Holmes

<https://www.churchofjesuschrist.org/study/general-conference/2020/04/16holmes?lang=eng>

Action - Set personal and family goals to prepare for Trek

Physical:

Run/Walk/Bike **4 miles** in at least **ONE** mile increments

November 2024:

Spiritual:

Read or Listen to Saints Volume 2: No Unhallowed Hand - Part 1: Rise and Go (Chapters 1-10)

Available in Gospel Library App --- Restoration and Church History --- Saints Volume 2

Action - Discuss with your family ways that you can help build zion within your community and make a plan?

Physical:

Run/Walk/Bike/Hike **4 miles** in at least **ONE** mile increments

December 2025:

Spiritual:

Watch [17 Miracles](#) with your family

***Review the “Trek West” page on churchofjesuschrist.org and study a few stories and locations of interest :

<https://history.churchofjesuschrist.org/landing/trek/the-trek-west?lang=eng>

Read [Following Jesus Christ with Footsteps of Faith](#) by M. Russell Ballard

Action - Discuss with your family and document within the memories family history app 1 family history miracles.

Physical:

Run/Walk/Bike/Hike **8 miles** in at least **ONE** mile increments.

January 2025:

Spiritual:

Read or Listen to Saints Volume 2: No Unhallowed Hand - Part 2: By Sea and by Land (Chapters 11-23)

Available in Gospel Library App --- Restoration and Church History --- Saints Volume 2

***Read about the European converts and their trek across the Atlantic

<https://history.churchofjesuschrist.org/content/trek/the-convert-immigrants?lang=eng>

Physical:

Run/Walk/Bike/Hike **8 miles** in at least **ONE** mile increments

February 2025:

Spiritual:

Watch "[The Mormon Battalion](#)" story with your family (24 minutes)

Read "[Four Things to Know about the Journey of the Mormon Battalion](#)"

Read [Following the Pioneers](#) by Dallin H. Oaks

Action - Discuss how the battalion had blessed America and future generations?

Physical:

Run/Walk/Bike/Hike **8 miles** in at least **TWO** mile increments

March 2025:

Spiritual:

Watch "[The Year the Saints Were Driven Out of Missouri](#)" with your family (5 minutes)

***1838 Mormon War in Missouri: How the State tried to eradicate the Mormons & drive them from Missouri

https://youtu.be/1ETBoSPShFo?si=3Qkrox8v_2Q-Hvuh

Objective historical summary of the Mormon extermination order in MO. (14 minutes)

Read The Trek Continues by M. Russel Ballard

<https://www.churchofjesuschrist.org/study/general-conference/2017/10/the-trek-continues?lang=eng>

Read "Live True to the Faith" by Elder William R. Walker

<https://www.churchofjesuschrist.org/study/general-conference/2014/04/live-true-to-the-faith?lang=eng>

Action - What trials in your life have tested your faith? Discuss with your parents and leaders how your faith is an anchor to your soul?

Physical:

Run/Walk/Bike/Hike **8 miles** in at least **TWO** mile increments

April 2025:

Spiritual:

Watch [Ephraim's Rescue](#) with your family

***Explore the interactive map on churchofjesuschrist.org:

<https://history.churchofjesuschrist.org/maps/historic-sites/wyoming/liverpool-to-salt-lake-city-emigration?lang=eng>

Read "[Five things you might not know about the handcart rescue](#)"

Review [the rescue infographic](#)

Read "[More than a Hero](#)" by Bishop W. Christopher Waddell

Action: Pray for opportunities to help someone in need and reach out to those placed in your path.

Physical:

Complete a **5 mile** hike

May 2025:

Spiritual:

Watch [Legacy](#) with your family (52 minutes)

Read Saints Volume 1 Part 3: Cast into the Deep April 1836-April 1839 (Chapters 25 - 36)

Action: Discuss why the saints left everything to Trek West? What would you sacrifice to establish Zion? What is Zion and the Gathering of Israel?

Physical:

Run/Walk/Bike/Hike **12 miles** in at least **TWO** mile increments

June 2025:

Spiritual:

Read/Watch President Nelson's [2018 Worldwide Devotional for Youth](#).

Personal Sacrifice: The Pioneers had to leave a lot behind on the trail. The cargo space in a hard cart was always tight. What are you willing to sacrifice/let go as you prepare for trek?

Give up/Sacrifice something you enjoy for ONE WEEK straight. Some ideas...

- *Texting
- *Video Games
- *TV
- *Music
- *Social Media
- *Sugar
- *Fast food

Physical:

Time for the Trek

July 2025:

Spiritual:

Read [Prayers of Faith](#) by Henry B. Eyring.

Action - Record in your Journal 3 spiritual lessons that the Lord taught you through the Trek Experience. Share these experiences with a friend or family members.

Physical:

Optional Hikes:

- These are a few hikes close to home that you can substitute for some of the Run/Walk/Bike events.
- To view links you will need a free AllTrails Account.
- You can also choose your own hikes.

Lone Mountain: 20 Minutes from Home

- Lone Mountain Trail (easy)
 - 2.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/lone-mountain-trail>
- Lone Mountain Loop Trail (easy)
 - 3.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/lone-mountain-loop-trail>

Red Rock Canyon: About 30 Minutes from Home

- Calico Tanks (Moderate)
 - 2.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/calico-tanks-trail?ref=result-card>
- Turtlehead Peak Trail (Hard)
 - 4.6 Miles
 - <https://www.alltrails.com/trail/us/nevada/turtlehead-peak-trail?ref=result-card>
- Ice Box Canyon Trail (Moderate)
 - 2.3 Miles
 - <https://www.alltrails.com/trail/us/nevada/ice-box-canyon-trail--3?ref=result-card>
- First Creek Canyon Trail (Moderate)
 - 3.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/first-creek-trail?ref=result-card>
- Pine Creek Canyon Trail (Easy)
 - 3.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/pine-creek-canyon-trail?ref=result-card>
- Calico Hills Trail (Hard)
 - 6.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/calico-hills-trail?ref=result-card>
- Kraft Mountain Loop (Moderate)
 - 3.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/kraft-mountain-loop?ref=result-card>
- White Rock Hills Loop Trail (Moderate)

- 6.1 Miles
- <https://www.alltrails.com/trail/us/nevada/white-rock-hills-loop-trail?ref=result-card>
- North Oak Creek Trail (Moderate)
 - 4.7 Miles
 - <https://www.alltrails.com/trail/us/nevada/north-oak-creek-trail?ref=result-card>

Mount Charleston: About 30 Minutes away

- Mary Jane Falls Trail (Moderate)
 - 3.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/mary-jane-falls-trail?ref=result-card>
- Fletcher Canyon Trail (Moderate)
 - 3.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/fletcher-canyon-trail?ref=result-card>
- Big Falls Trail (Moderate)
 - 3.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/big-falls--2?ref=result-card>
- Fletcher Peak (Moderate)
 - 6.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/fletcher-peak?ref=result-card>
- Cave Spring Via Trail Canyon (Hard)
 - 4.7 Miles
 - <https://www.alltrails.com/trail/us/nevada/cave-spring-via-trail-canyon?ref=result-card>

Valley of Fire: A little more than 1 hour away from vegas

- Fire Wave (easy)
 - 1.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/fire-wave-trail>
- Rainbow Vista Trail (easy)
 - 1.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/rainbow-vista-trail?ref=result-card>
- Natural Arch (easy)
 - 4.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/natural-arch?ref=result-card>
- White Domes Trail (Easy)
 - 1.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/white-domes-trail?ref=result-card>
- Prospect Trail (Moderate)
 - 8.8 Miles
 - <https://www.alltrails.com/trail/us/nevada/prospect-trail?ref=result-card>
- Charlie's Spring Loop (Moderate)
 - 6.7 Miles
 - <https://www.alltrails.com/trail/us/nevada/charlies-spring-loop?ref=result-card>
- Pinnacles Trail Loop (Moderate)
 - 4.8 Miles
 - <https://www.alltrails.com/trail/us/nevada/pinnacles-trail-loop?ref=result-card>
- Fire Wave and Seven Wonders (easy)
 - 1.9 Miles

- <https://www.alltrails.com/trail/us/nevada/fire-wave-and-pink-canyon?ref=result-card>
- Fire Wave, White Domes, and Seven Wonders Loop (Moderate)
 - 3.3 Miles
 - <https://www.alltrails.com/trail/us/nevada/fire-wave-white-domes-seven-wonders-loop?ref=result-card>
- Top of the World Arch Trail (Hard)
 - 4.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/top-of-the-world-arch-trail?ref=result-card>
- Overton Mesa Trail (Moderate)
 - 8.7 Miles
 - <https://www.alltrails.com/trail/us/nevada/overton-mesa-trail?ref=result-card>

Desert National Wildlife Refuge: 20 Minutes to park entrance, dirt road plan on some driving time, Roads are usually pretty good, some roads may need high clearance.

Great trails for backpacking and camping, can be done in one day but it's a long day.

- Hidden Forest Trail (Moderate)
 - 10.2 Miles
 - <https://www.alltrails.com/trail/us/nevada/hidden-forest-trail?ref=result-card>
- Gass Peak Trail (Hard)
 - 6.1 Miles
 - <https://www.alltrails.com/trail/us/nevada/gass-peak-road?ref=result-card>
- Sawmill Canyon Trail to Sawmill Spring (Hard)
 - 10.4 Miles
 - <https://www.alltrails.com/trail/us/nevada/sawmill-canyon-trail-to-sawmill-spring?ref=result-card>
- Hayford Peak (Hard)
 - 14.6 Miles
 - <https://www.alltrails.com/trail/us/nevada/hayford-peak--2?ref=result-card>