



Warrior Adventure Quest (WAQ) is a reintegration program designed to help Soldiers respond to stress. Outdoor Recreation uses adventure-based activities to help promote positive adrenaline responses as well as improving morale and communication and developing trust and teamwork. This program is fully funded by the Department of the Army and MWR.

White Water Rafting	June to August	Big Horn Sheep Canyon is 9 miles of a perfect balance between rapids & calm stretches
Mountain Biking	April – November	Shred the dirt at Red Rock Open Space
Ski & Snowboard	November - April	Hit the powdery slopes of Monarch or Loveland
Trap & Skeet	Year-Round	Shoot clay pigeons at the Cheyenne Mountain Shooting Complex
Paintball	Year Round	Use tactical maneuvers in this natural outdoors arena
Rock Climbing	April – November	Spend the day climbing the red rocks within the Springs.
Inflatable Kayak	August & September	You are in charge of your own craft as you navigate down the River
Go Kart	Year-Round	Race everyone in your platoon around this indoor track
Ice Climbing	January to March	Climb on iced over waterfalls

CONTACT ERIN JOHNSON, WAQ COORDINATOR 719-526-2186 TO SCHEDULE YOUR UNIT

