

Sober Summer Fun



infographic

As the days begin to heat up and people start to flock the streets at night in search of the best watering hole, there are those of us who would fare better elsewhere.

Keeping in mind the fact that maintaining sobriety is difficult while summer fun is on the rise, it is more than important to find new activities and social scenes to join in order to stay true to recovery.

Having Friends In All The Right Places



It is important to make note of the friends and loved ones in our lives who are ready to be in full support of sober fun.

Sticking with those who can kick back with nothing but a cream soda in hand is step one for sober fun. Step two is navigating through the onslaught of overtly alcohol and drug-related events and finding the even bigger mass of sober scenes to perfectly complete your summer.

Sticking To Your Sober Guns

Here are some **summer activities** to take pride in adding to your list that are **beyond fun** without any drug or alcohol accompaniment

1. Drive-In Movies and Picnics

Drive-in

Set up your picnic basket at the beach or at a state park where there are usually barbeques provided for public use.

2. Biking, Hiking, Rock Climbing, Zip Lining,

4-Wheeling,

Kayaking, Sailing, Horseback Riding

3. Laser Tag, Paintball, Mini Golf, Go-carts, Arcade

4. Water Parks, Theme Parks, National Parks

And Monuments

5. Zoo, Conservatory, Fishing Tour

Taking a day to see the animals, watch a farm at work, or even smell exotic flowers at a conservatory could be right up your alley.

Want something even more hands-on? For those of us near a lake or the ocean, fishing boat tours usually don't cost much and can end up being fun for family and friends who don't normally do their own fishing.

More summer fun ideas include:

Renaissance festivals

Historic Reenactments

Beach Walks

Classic Music Festivals

Film Festivals

Skydiving

Art Fairs

Lighthouse Lookouts

Book Fairs

River Boat Tours

Hot air Balloon Rides

Plenty of ideas to fill your summer calendar!