

Glenwood Springs - Soak It All In



Colorado River and Roaring Fork River



World's Largest Hot Springs Pool



Hanging Lake



Glenwood Caverns Adventure Park



Sunlight Mountain Resort

Date: 2009
 To: Members of the Media
 From: Kate Collins, Vice President of Tourism Marketing
 Glenwood Springs Chamber Resort Association
 RE: Glenwood Springs, Colorado Press Kit

Glenwood Springs has all the elements for an amazing vacation. This press kit provides facts and figures about Glenwood Springs along with many story ideas and photographs. Soak it all in!

- * GENERAL DESCRIPTION
- * FACT SHEET
- * SPOTLIGHT ON GLENWOOD
- * WHAT'S NEW
- * STORY IDEAS

- * EARTH
 - * hiking
 - * biking
 - * Glenwood Caverns Adventure Park
 - * horseback riding
 - * golf

- * AIR
 - * Iron Mountain Tram
 - * paragliding
 - * Swing Shot - giant swing
 - * high ropes course

- * WATER
 - * Glenwood Hot Springs Pool
 - * rafting
 - * kayaking
 - * fishing
 - * Aquatic Center

- * SNOW
 - * ski/snowboard
 - * snowmobiling
 - * cross-country ski/snowshoeing

- * NATURAL WONDERS
 - * caverns
 - * vapor caves
 - * Hanging Lake
 - * Glenwood Canyon
 - * wildlife

- * CREATURE COMFORTS
 - * lodging
 - * spas
 - * dining
 - * shopping

- * MEETINGS

- * FESTIVALS & EVENT CALENDAR

- * HISTORY of this RESORT TOWN

An online press kit and photos are also available at VisitGlenwood.com. If you would like to conduct a personal interview, please contact Vicky Nash, our public relations representative at Resort Trends, Inc. at 970-948-4923 or vicky@resorttrends.com. Or come for a visit! We will be glad to assist you with accommodations and a personal tour.

For more information and reservations: 970-945-6589, visitglenwood.com, 888 4 GLENWOOD or 888-445-3696. Glenwood Springs is located between Aspen and Vail, 160 miles west of Denver or 90 miles east of Grand Junction on Interstate 70 off exit 116. Many cities provide direct air service into Vail/Eagle County Regional Airport 30 miles to the east and Aspen Airport 40 miles to the south. An online press kit and downloadable photos are available at VisitGlenwood.com.

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Colorado River and Roaring Fork River

At the confluence of the Colorado and Roaring Fork Rivers, the historic resort town of Glenwood Springs is famed for its Hot Springs Pool, Glenwood Caverns Adventure Park, Glenwood Canyon, and Sunlight Mountain Resort. Explore underground caverns, pedal miles of riverfront trails, paddle the whitewater, sample local produce, shop in unique boutiques, or focus on relaxation.



World's Largest Hot Springs Pool

Home to the largest mineral hot springs pool in the world, Glenwood Springs has a deep-rooted heritage in the hospitality business. Visionaries in the late 1800's built an internationally known hot springs resort. Travelers from around the globe soaked in the thermal waters, stayed in a luxurious hotel, and explored the wonders of subterranean caves.



Hanging Lake

Today, these attractions still draw over a million visitors each year. Each season offers something unique. The warm summer months provide endless opportunities to raft, kayak, hike, and bike. Winter snows attract skiers, riders, snowshoers, and ice skaters. Swimming and cave exploration are year-round activities.



Glenwood Caverns Adventure Park

There are more than 60 properties with over 1,500 guest rooms including historic hotels, bed and breakfasts, dude and guest ranches, campgrounds, hotels and motels. Many of the sights and attractions are within walking distance from downtown.



Sunlight Mountain Resort

Glenwood Springs Central Reservations allows visitors to check lodging availability and reserve a room online at VisitGlenwood.com. Airline tickets, car rental, and activities like rafting, Hot Springs Pool passes, and Sunlight Mountain Resort lift tickets can be booked in advance, too. To speak with a travel specialist, call 888-445-3696 (888 4 GLENWOOD).

Time to soak it all in.

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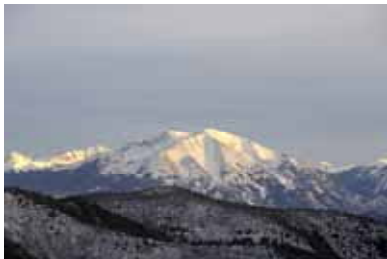
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Glenwood Springs located between Aspen and Vail



California Zephyr at the Amtrak Station



Mount Sopris



Historic Hotel Colorado



Book through Central Reservations

Glenwood Springs, Colorado is located in the Roaring Fork Valley at the confluence of the Colorado and Roaring Fork Rivers, situated between famous neighbors Vail and Aspen.

CLIMATE: An alpine climate with low humidity in the summer and mild winters.
June - August: 75°F - 90°F
September - November: 65°F - 70°F
December - February: 30°F - 45°F
March - May: 60°F - 70°F

Annual Rainfall: 16.5 inches

Annual Snowfall: 67 inches

ELEVATION: 5,746 feet above sea level

POPULATION: 8,564

VISITATION: 1.75 million visitors annually

TRANSPORTATION

Automobile: Glenwood Springs is a scenic three-hour drive 160 miles west of Denver on I-70. It is a 1.5 hour drive 90 miles east of Grand Junction.

Train: Amtrak's *California Zephyr* travels a spectacular rail route from Chicago to California stopping in Glenwood Springs.

Airports: Eagle/Vail - 30 miles east, Aspen - 40 miles south, Grand Junction - 90 miles west, and Denver International Airport - 180 miles east

ACCOMMODATIONS

Choose from more than 60 properties with over 1,500 rooms, including hotels and motels, ranging from 100-year-old historic treasures to contemporary lodges. Select a cozy cabin or cottage. Bed and breakfasts feature down comforters and antique décor. Condos and short-term vacation homes are available for those desiring both privacy and convenience. Ranches and resorts provide a more rustic experience. For the real budget-conscious, there's the Glenwood Springs Hostel or campgrounds nearby.

RESERVATIONS

For an online lodging guide, virtual room tours and discounts or valuable e-coupons, go to visitglenwood.com. If you prefer to talk to an agent, call the Glenwood Springs Reservations at 1-888-4-GLENWOOD (1-888-445-3696).

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Glenwood Springs has received national media attention as a premier vacation destination for over 100 years. Take a look at what others have been saying lately.



Field & Stream Magazine - February 2008

Field & Stream

- Glenwood Springs tops the list as the best place for anglers to live in America's Top 20 Fishing Towns - February 2008

SKI Magazine

- Glenwood Springs - Not Just a Place to Pass Through on Your Way to Aspen, Charming Glenwood Springs Offers, In Many Ways, the Ideal Ski Weekend - October 2007



SKI Magazine - October 2007

Every Day with Rachael Ray Magazine

- Hot and Cold: Spend a Day in the Snow, Then Warm Up in One of Colorado's Hot Springs - November 2007

Disney's FamilyFun Magazine

- 8 Great Hotel Pools lists Hot Springs Lodge & Pool as #2 - June 2007
- Nature Escape - A Peak Experience - April 2004
- Take a Swim in Colorado's Glenwood Hot Springs and Nature's Hot Tubs Warm-up Resorts - May 2003



Every Day With Rachael Ray Magazine - November 2007

People Magazine

- Giving Soldiers a Break - Operation Vacation, which provides free vacations to Glenwood Springs for military personnel and their families - April 9, 2007

USA Weekend

- Relax at a Hot Springs Resort, Hot Springs Lodge & Pool as feature photo - March 2007

Alaska Airlines Magazine

- Soaking Up the Rockies - Hot Springs Mean Rejuvenation at Colorado's Glenwood Springs - March 2007



Disney's Family Fun Magazine - June 2007

NBC's Today Show

- Forever Young featuring local 93 year-old resident, Julian Vogt, a longtime Hot Springs Pool pass holder and avid snowboarder at Sunlight Mountain Resort - March 2005

Fine Living Channel

- Top Ten Cool Pools honoring the Hot Springs Lodge & Pool - August 2005

Discovery's Travel Channel

- Kids Are In Charge: Family Vacation - fall 2007
- Glenwood Springs named America's #1 Hottest Place to Cool Off since 2002
- Hot Springs Lodge & Pool listed as #10 in Top 10 Hottest Hotel Pools since 2003
- Road Trip - Albuquerque to Aspen - May 2004

-more-



People Magazine - April 9, 2007

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America's #1 Place to Cool Off since 2002



Alaska Airlines Magazine - March 2007



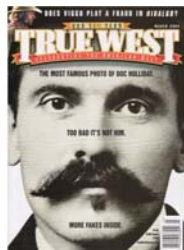
Fine Living - August 2005



Rocky Mountain PBS



Sunset Magazine



True West Magazine

CNN and Headline News

- **Fountain of Youth**, segment on health benefits of mineral hot springs waters - April 2006

Fox & Friends – FOX News

- **Operation Vacation**, creator, Bob Johnson, and soldier, Johnny Deneen, interviewed about the family's free vacation to Glenwood Springs - April 7, 2007

Rocky Mountain PBS

- **Glenwood Springs**, Heartland Emmy-nominated 30-minute documentary - May 31, July 12 & 15, November 11 & 13, 2007
- **Historic Hotels**, featuring Hotel Colorado – November 3, 2007

PBS – America's Walking lifestyle series

- Selected Glenwood Springs as one of **America's Most Walkable Communities**

Sunset Magazine

- **Colorado's Water World - Riverside Rides and Soothing Soaks in Glenwood Springs** - June 2004
- **Heavenly Hot Springs, 10 Colorado Hot Spots For a Soothing Winter Soak** - November 2003
- **Tips & Trips – The Rockies in May – Go Spelunking at the Glenwood Caverns Adventure Park** - July, 2003
- **More Top Spa Resorts, Great Hot Springs in California, Colorado, Montana, Nevada, Oregon, Utah, Washington, and Wyoming** - January 2000
- **Colorado Caving - Fairy Cave Reopens For the First Time Since World War I** - August 1999
- **Getting Into Hot Water In Colorado's Glenwood Springs - History Receives a Good Soaking** - January 1999
- **Back Roads & Hidden Places** - June 1999

True West Magazine

- **Best Wild West Town** - 2003
- **10 Old West Sites** - July 2003

RV Life magazine

- **Four Colorado Ski Treasures** featuring Sunlight Mountain Resort, Glenwood Caverns Adventure Park, the Hot Springs Pool, Hotel Colorado and Glenwood Canyon Resort - January 2007

Ski Trax magazine

- **Ski & Soak Hot Springs Review** spotlight on cross-country ski trails at Sunlight Mountain Resort then soaking in the Hot Springs Pool - December 2006

AAA Colorado EnCompass Magazine

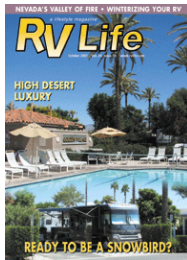
- **Surprises on the Glenwood Loop** - Sept/Oct 2007
- **Up, Down, and Underground** - July/Aug 2005

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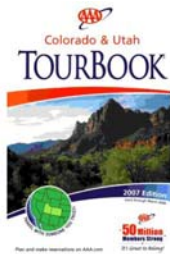
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RV Life



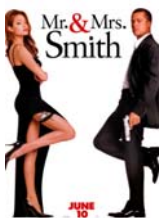
AAA Tourbook - GEM



AAA Arizona Highroads



USA Today



Mr. & Mrs. Smith

AAA GEM

- AAA TourBooks named the Hot Springs Pool a **GEM** - Great Experience for Members, a point of interest that is an exceptional place to visit - March 2006

AAA Arizona Highroads

- Weekender: 48 Hour Getaways – Where To Go and What To Do** - Sept/Oct 2007

USA Today

- Glenwood Caverns Adventure Park named in **10 Great Places To Go Underground** - December 6, 2001

Orange County Register – CA

- Lap Up Luxury and Even History at These Famous Hotel Pools** lists Hot Springs Pool - July 15, 2007

Westword, Denver, CO

- Glenwood Caverns Adventure Park voted **Best Family Cave Tour** - April 4, 2002

5280 Magazine - Denver

- Thrill Seekers Guide: Our list of the 45 most kick-ass adventures in Colorado** listing Glenwood Caverns Adventure Park and Hanging Lake hike - August 2007

Denver KMGH 7

- Glenwood Caverns Adventure Park featured in **7 Wonders of Colorado** - July 26, 2007

Colorado Getaways – CBS Denver TV 4

- Highlighted Sunlight Mountain Resort's 40th anniversary and interviewed visitors at the Hot Springs Pool - February 2007

"Mr. & Mrs. Smith" Movie

- New Regency Films filmed a climbing scene in Glenwood Canyon for the motion picture - summer 2005

Wine Spectator

- Juicy Lucy's Steakhouse achieved the **Award of Excellence** recognition

Travel & Leisure Golf Magazine

- Lakota Canyon Ranch Golf Club in New Castle named one of the **10 Best New Public/Resort Courses** - 2004

Colorado Golfer

- Glenwood Springs Golf Club named **The Best 9 Hole Course** - 2001

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Travel & Leisure Golf



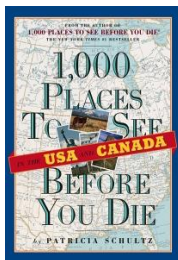
Golf Magazine



Golf Digest



GolfWeek



1,000 Places To See in the USA & Canada Before You Die

Golf Digest/Business Week

- The Glenwood Springs-Breckenridge area is #1 in the **18 Hottest Retirement Destinations for Golfers** - 2006
- Glenwood Springs ranked #2 in the Mountain West in its issue, **America's Greatest Golf-Home Towns** - June 2006

Golf Digest

- Lakota Canyon Ranch Golf Club ranked #5 in **America's Best New Courses** - January 2006
- Lakota Canyon Ranch Golf Club named in **Top 10 Best New Upscale Public Courses** - 2005
- Ironbridge Golf Club ranked in the **Top 20 in Colorado** - 2005-2006 and 2007-2008

Golfer Magazine

- River Valley Ranch Golf Club in Carbondale on **Best of America's New Courses** list

Golf Magazine

- Ironbridge Golf Club nationally ranked in the **Top 100 You Can Play** - 2004-2005
- River Valley Ranch Golf Club in Carbondale named in **Top 10 You Can Play** list

Golfweek

- Lakota Canyon Ranch Golf Club named the **#1 in Colorado in America's Best Courses You Can Play** and added to the list of **Top 100 Courses in America** - 2006
- Lakota Canyon Ranch Development - **America's Best/Top 100 Residential Golf Courses** - 2006

Builder News

- Lakota Canyon Ranch Development in **The West's Most Spectacular Developments** - December 2006

Books

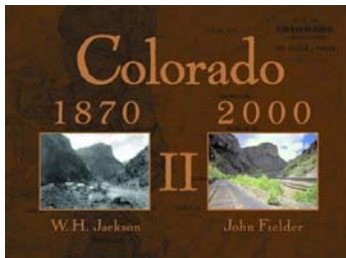
- **1000 Places to See in the USA and Canada Before You Die: A Traveler's Life List** by Patricia Schultz - May 2007
- **Colorado's Best Bed and Breakfasts: 100 Unique Getaways** by Tamra Monahan - June 2007
- **The Great Towns of America: A Guide to the 100 Best Getaways for a Vacation or Lifetime** by David & Joan Vokac - 1998 and 2008
- **Colorado's Forks in the Road, an Adventurer's Guide to Unique Restaurants**, lists Rivers Restaurant, by Reginald Barbour - 2007
- **Colorado 1870-2000 II** by John Fielder, features Glenwood Canyon on the cover - 2005
- **Colorado's Best - The Essential Guide to Favorite Places** by Bruce Caughey & Doug Whitehead
 - **Best Canyon Passageway** - Glenwood Canyon Trail
 - **Best Family Ski Area** - Sunlight Mountain Resort
 - **Best Wholesome Breakfast & Lunch** - Daily Bread Café

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Colorado: 1870-2000 by John Fielder



Hotel Colorado named Historic Hotel of America



The Great American Beer Festival Medal Winner



Colorado Biz - Top Tourism Company of the Year

More Books

- **National Geographic Guide to America's Hidden Corners** features the Hot Springs Pool
- **The 100 Best Small Towns in America** book by Norman Crampton named Glenwood Springs #4
- **Snowshoeing Colorado** by Claire Walter includes the Panorama Trail near Glenwood Caverns and Babbish Gulch by Sunlight Mountain Resort

National Trust Historic Hotels of America

- The Hotel Colorado, built in 1893, earned the distinction of **Historic Hotel of America** - April 2007

Preserve America Community

- Glenwood Springs was selected as a **Preserve America Community** - February 2006

National Trust for Historic Preservation

- Glenwood Springs is one of **America's Dozen Distinctive Destinations** - 2004

Beer Medals

- Glenwood Canyon Brewing Co. earned silver medals at the 2007, 2006, 2005, 2003, and 2002 **Great American Beer Festival** in Denver and 2 gold medals at the 2006 international **Brewers Association World Beer Cup** with silvers in 2004 and 2002

Business Awards

- Colorado Business Magazine named Glenwood Caverns Adventure Park **Top Company of the Year** in the Tourism and Hospitality category, September 2004
- Steve and Jeanne Beckley, Glenwood Caverns Adventure Park, won the 2001 **Governor's Award for Outstanding Tourism Initiative** presented by the Colorado Tourism Office
- The Colorado Hotel & Lodging Association awarded Kjell Mitchell, Hot Springs Lodge & Pool General Manager/COO, the prestigious **Chairman's Award**, November 2005

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What's New in Glenwood Springs

2009

Glenwood Caverns Adventure Park Celebrates 10 Years

A lot has changed since Steve and Jeanne Beckley opened Glenwood Caverns & Historic Fairy Caves in May 1999. Back then, they offered cave tours out of a small shop located on Pine Street behind the Hotel Colorado. Guests rode on buses up a windy dirt road, toured the caves, and then came back down on the bus. These days, guests ride in a start-of-the-art glass-enclosed gondola from the floor of the Roaring Fork Valley to the top of Iron Mountain. There they can tour the caves, enjoy thrill rides such as Colorado's only alpine coaster and a giant swing that launches riders out over Glenwood Canyon, try gemstone sluice box mining and rock wall climbing, find their way through the fort-styled maze, and have lunch inside or out on the deck with breathtaking mountain views. Never content to rest on their laurels, the Beckleys have some exciting things planned to celebrate their 10th anniversary at what has now become Glenwood Caverns Adventure Park. Details about this year's additions to the Park will be available soon. glenwoodcaverns.com.



Glenwood Caverns Adventure Park Turns 10



New Spa of the Rockies at Glenwood Hot Springs

Spa of the Rockies at Glenwood Hot Springs

The brand new Spa of the Rockies in the historic sandstone bathhouse, features nine treatment rooms including one specialized hydrotherapy room for Vichy showers. Five private, claw-foot hydrotherapy tubs are used for mineral baths and herbal soaks. Other services include facials, body polishes, masks and wraps, manicures and pedicures, as well as body waxing and make-up application. Drawing inspiration from the rich, thermal mineral waters of the Glenwood Hot Springs Pool, the Spa of the Rockies features a group of mineral-based treatments that promote wellness and vitality. spaoftherockies.com



Glenwood Whitewater Park

Glenwood Whitewater Park to Host the 2009 Freestyle Kayaking U.S. Team Trials

The first of its kind on the Colorado River, the new Glenwood Whitewater Park is making a huge splash in the national kayaking community. The \$1.4 million whitewater park is designed for the varying levels of river flow that occur naturally throughout the year. A "standing wave" occurs during low, medium and high river flows, due to artificial boulders located at different places in the park. Newly opened in 2008, Glenwood Whitewater Park has been selected to host the 2009 Freestyle Kayaking U.S. Team Trials in May which lead to the 2009 World Championships. glenwoodwhitewaterevents.com



Rio Grande Recreation Trail

Rio Grande Recreation Trail

The 44-mile recreation trail between Glenwood Springs and Aspen was recently honored with the **Outstanding Community Tourism Initiative Award** at the Governor's 2008 Colorado Tourism Conference on October 1. A Rails-to-Trails type project, the Rio Grande Trail is built in the historic Denver and Rio Grande Western Railroad (D&RGW) right-of-way corridor. The Rio Grande Trail passes through Glenwood Springs, Carbondale, Basalt, Woody Creek and Aspen, following the Roaring Fork River and Highway 82 in some sections. It is a relatively flat trail with some rolling hills and a 2 percent grade from Glenwood Springs to Aspen. The path is paved for 33 miles from Glenwood Springs to Woody Creek; it is a soft-surface dirt trail for 11 miles from Woody Creek to Aspen. rfta.com/trails.html



Roaring Fork Lodge

Roaring Fork Lodge

Magnolia Hotels of Denver has partnered with Roaring Fork Lodge, LLC to build a mixed-use development comprised of a 110-room upscale hotel, 40 condominiums, with first floor retail space which will include a high-end restaurant and a state-of-the-art full service spa. In addition, there will be 4,500 square feet of convention space accommodating up to 400 people. The project will use many environmentally responsible materials to achieve a LEED (Leadership in Energy and Environmental Design) designation. Construction is scheduled to begin in spring 2009. roaringforklodge.net

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Operation Vacation

Operation Vacation - Providing Soldiers With All-Expense-Paid Vacations

Military personnel and their families are enjoying all-expense-paid vacations to Glenwood Springs, Colorado thanks to a program called "Operation Vacation". Operation Vacation is a non-profit, all-volunteer organization established in August 2005 based in Glenwood Springs whose purpose is to reunite deserving soldiers with their families on free vacations to Glenwood Springs.

Founder Bob Johnson created the Operation Vacation concept because he wanted to do something for soldiers away from their kids. Johnson arranges three-day weekend getaways for soldiers on leave or who have completed tours of duty in Iraq and Afghanistan. Johnson explains, "Local Glenwood Springs businesses have stepped forward to provide complimentary lodging, meals, activities, and transportation each month for the soldiers and their families." As a result, the community has treated over two dozen military families to holidays worth \$3500 each.

Johnson works through Fort Carson, an Army base near Colorado Springs, which selects eligible soldiers. Their Glenwood Springs getaways have included skiing at Sunlight Mountain Resort, swimming in the Glenwood Hot Springs Pool, visits to Glenwood Caverns Adventure Park, snowmobiling, paragliding, rafting, fly fishing, massages and airplane tours.

In recognition for his efforts, Johnson was presented the Army's Certificate of Appreciation for Patriotic Civil Service. Operation Vacation has received notable media attention, featured in magazines and on television programs such as: Today Show, People Magazine, Fox & Friends on FOX Cable News Network, CBS Radio Network, Denver CBS 4, Denver NBC 9 News – 9 Who Care Award, and Grand Junction KJCT 8. operationvacation.org.



Operation Vacation story in People Magazine

Popular Ski-Swim-Stay Package in Glenwood Springs is Still a Favorite

The whole family can ski at Sunlight Mountain Resort, swim at the world's largest hot springs pool and stay overnight in Glenwood Springs with the ever-popular Ski Swim Stay package from December through April. One low package price includes lodging for one night, two adult lift tickets and two adult Glenwood Hot Springs Pool passes - a savings of 5-20% if everything was booked separately. Discounted prices are also available for kids 12 years old or less.

"Ski Swim Stay was established over 15 years ago and remains one of the most popular winter packages in Glenwood Springs," explains Kate Collins, Vice-President of Tourism Marketing. "The package is such a great value for visitors. They can ski all day, soak in the hot springs, and relax in a cozy lodge for less than the cost of buying a lift ticket and lunch at most other mountain resorts."

Novices and experts alike can descend on their choice of 67 Sunlight trails which lead back to the centrally located base lodge. After a day of skiing and riding, there is nothing quite like a dip in the world's largest outdoor hot springs pool. Each participating property's amenities are detailed on skiswimstay.com. 888-445-3696

-more-



Ski Swim Stay - Ski at Sunlight Mountain Resort



Ski Swim Stay - Swim at Glenwood Hot Springs Pool



Ski Swim Stay - Stay in a cozy lodge

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Springs Thaw Promotion

Springs Thaw - Warm Up in Glenwood Springs, Colorado

Spring comes early to Glenwood Springs, Colorado. At 5700 feet above sea level on Colorado's western slope, this historic, charming mountain town is green and blooming long before its higher altitude neighbors. It's called "Springs Thaw".

Visitors to springsthaw.com can register to win a weekly vacation package giveaway. Lodging values start at less than \$100/room/night from April through mid-May. Enjoy a soak in the Glenwood Hot Springs Pool, explore Glenwood Caverns Adventure Park, take in the thermal steam at the Yampah Vapor Caves, play a round of golf, or raft the Colorado River through Glenwood Canyon.



Autumn aspens

Falling for Glenwood Springs - Autumn Colors Attract Leaf Peepers

As the warmth of summer gives way to crisp, cool breezes, this small mountain town revels in autumn's gold rush, complemented by an array of activities and special events. Revered by locals for its relaxed pace – on the heels of an eventful summer season – autumn's colored canvas has begun to attract more and more out-of-towners.

Temperate Indian summer days are perfect for a brisk walk amidst a flurry of yellow, orange and red leaves, a leisurely stroll through Glenwood's shops and galleries, a historic walking tour of downtown, or simply stretching out in a hammock to view one of the foremost occurrences in the natural world.



Elk viewing in the fall

Autumn is also regarded as Glenwood's value season. Hotels, motels and inns lead the way with discounts on lodging, but you'll also find discounts at restaurants and retail shops. For a romantic getaway, check into any number of charming bed and breakfasts in the area. Cozy cabins, mountain lodges or a working ranch with horses are great options during the autumn season.



Amtrak's California Zephyr Packages

Train Travel

Glenwood Springs became a tourist Mecca in the 1880s, known for its hot springs pool and elegant hotels, when the Denver and Rio Grande Railroad arrived in town. The historic depot, opened in June 1904, is still standing today welcoming visitors. Amtrak now brings travelers through the beautiful Colorado mountains to Glenwood Springs on daily rail tours every day of the year. In fact, the Glenwood Springs Amtrak station is the second busiest stop in Colorado (Denver is number one, Grand Junction is number three). The California Zephyr is one of the most beautiful train trips in America, climbing through the heart of the Rockies, bound for San Francisco. Tours include rail fare, transfers, one day admission to the world famous Glenwood Hot Springs Pool and lodging including all taxes. Ski packages include rail fare, transfers, lodging, and lift tickets at Sunlight Mountain Resort. rmatours.com or amtrakvacations.com.

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For more information and reservations: 970-945-6589, visitglenwood.com, 888 4 GLENWOOD or 888-445-3696. Glenwood Springs is located between Aspen and Vail, 160 miles west of Denver or 90 miles east of Grand Junction on Interstate 70 off exit 116. Many cities provide direct air service into Vail/Eagle County Regional Airport 30 miles to the east and Aspen Airport 40 miles to the south. An online press kit and downloadable photos are available at VisitGlenwood.com.

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Hiking to Hanging Lake

Explore the lay of the land in and around Glenwood Springs by hiking, biking, caving, riding, or golfing. There's plenty to experience in Glenwood Springs on *terra firma*.

Hiking

Flowering meadows, alpine forests, a variety of wildlife and views clear to tomorrow characterize the hiking experience around Glenwood Springs. Warm up with a stroll along in Glenwood Canyon. For a heartier dose of exercise, try Hanging Lake, Storm King Memorial Trail, Red Mountain and Lookout Mountain. The Glenwood Canyon hiking and biking trail meanders for 16 miles along the Colorado River and Interstate 70. It's a great way to view the natural beauty of the sheer limestone walls and catch the river rafters and kayakers tumbling along the river's white-water.



Biking on over 70 miles of trails

Biking

The best way to get the lay of the land in Glenwood Springs is by bike. Glenwood Springs has mountain biking trails for any ability, from paved paths and country dirt roads, to rugged double - and single-track trails. Warm up with a leisurely ride through Glenwood Canyon, a scenic, 16-mile paved trail that hugs the Colorado River from Glenwood Springs to Dotsero. The 44-mile Rio Grande Trail goes all the way to Aspen. Choose from over 70 miles of trails. Use your own equipment or rent from one of several local sport shops and outfitters.



Glenwood Caverns Adventure Park

Glenwood Caverns Adventure Park

Located on top of Iron Mountain, Glenwood Caverns Adventure Park offers guests a full day of fun and adventure. The Iron Mountain Tramway takes guests on a scenic 10-minute ride that skims over tree tops and offers incredible views of the surrounding mountains and rivers. At the top, guests can take one of three different tours of Glenwood Caverns and Historic Fairy Caves, ranging from mild to wild; enjoy thrill rides—including Colorado's only alpine coaster; pan for gemstones; try the climbing wall, bungee trampoline or mechanical bull; and relax with lunch, dinner or drinks while they take in the views. Kids love the virtual Conestoga wagon ride and train ride, which are suitable for all ages. The Adventure Park also provides a memorable setting for special events. 970-945-4228, 800-530-1635, glenwoodcaverns.com



Horseback Riding

Horseback Riding

A mighty long stretch of the West's history, majesty, and mystery seem to converge in Colorado's distilled mountain air. There's no better way to experience Colorado's cowboy past - or present - than riding the open range or high mountain meadows while your guide regales you with tales of the Wild West.



Golf

Golfing

Championship-caliber golfing is just a stroke away at any one of eight courses located within a 40-mile radius of downtown. Designed by some of the greatest names in golf, including Jack Nicklaus, James Engh, and Jay Morrish, courses boast Scottish-style links, undulating greens and staggering mountain views.

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Motorcycle touring

Harley Davidson Motorcycle Rentals

Ever wanted to ride a brand new Harley Davidson motorcycle? Daily and weekly rentals are available at Aspen Valley Harley Davidson in Glenwood Springs. 970-928-7493, aspenhd.com

Segway Tours

Why walk around town when you can cruise on a cool Segway Personal Transporter? Segways are available for rent at Sacred Grounds Coffeehouse & Delicatessen. Each guest receives personalized training from expert Segway guides so you can explore historic downtown Glenwood Springs. 970-928-8804, segwayglenwoodsprings.com



Segway tours

White River National Forest

The White River National Forest, with headquarters in Glenwood Springs, is the largest national forest in Colorado and the 12th largest and the most visited in the nation. It covers nearly 2.3 million acres and beckons nature lovers to explore its beauty. fs.fed.us/r2/whiteriver



Acres of forests

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Iron Mountain Tram

Gain perspective high above the valley floor in Glenwood Springs. Coast, glide, climb or ride to elevate your experience.

Iron Mountain Tramway

Entryway to Glenwood Caverns Adventure Park, the Iron Mountain Tramway is a 4,300-foot-long tram ride originating at Iron Mountain Station on the floor of the Roaring Fork Valley, near the Colorado River. Visitors of all ages will enjoy the ten-minute scenic ride inside six-person fully enclosed glass gondolas. The tram ride skims over the tops of the trees, with panoramic views in all directions. 970-945-4228, 800-530-1635, glenwoodcaverns.com



Paragliding

Paragliding

If you have a passion to fly, to soar through the air free as a bird, paragliding may be for you. Paragliding is the simplest form of human flight. Similar to a parachute, a paraglider features a harness that seats you comfortably at the controls. Paragliders are powered by the air currents. A running launch from a high point will set you airborne to experience an exhilarating ride. Paraglider pilots can stay aloft for 3 hours or more, climb to elevations of 15,000-plus feet, and go cross-country for long distances. Tandem flights with experienced pilots are available with Adventure Paragliding. 970-274-1619, adventureparagliding.com



Swing Shot

Swing Shot at Glenwood Caverns Adventure Park

For the truly adventurous, the Swing Shot at Glenwood Caverns Adventure Park launches riders out over Glenwood Canyon, 1,300 feet above the Colorado River! Both the ride and the views of the Canyon are breathtaking as you soar through the air at speeds up to 50 miles per hour. The Swing Shot accommodates up to four riders at a time, so you can share the adrenaline rush with your friends. 970-945-4228, 800-530-1635, glenwoodcaverns.com



High ropes course

High Ropes Course

Colorado Mountain College offers team building workshops through the Experiential Development Program available to student groups or professional retreats. Participants maneuver high above the ground like tightrope walkers through a series of different ropes courses. 970-947-8237, coloradomtn.edu/teambuilding

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Glenwood Hot Springs Pool

Water is central to Glenwood Springs, and with two rivers, it is arguably the defining geography. Named after bubbling mineral hot springs, the town was built at the confluence of the mighty Colorado River and the Gold Medal fishing waters of the Roaring Fork River.

Glenwood Hot Springs Pool

Glenwood Hot Springs Pool, established in 1888, is the largest mineral hot springs pool in the world, measuring over two blocks long. The thermal waters are 90°-93°F (32°-34°C) in the large pool and 104°F (40°C) in the smaller, therapy pool. Features like two water slides, inner tubes, diving boards, and bubble chairs bring out the kid in everyone. Visitors have access to modern locker room facilities, lounge chairs, towel service, and swim suit rentals. Other amenities include the new Spa of the Rockies, a 107-room Lodge, the health-based Athletic Club, a retail Sport Shop, the poolside Grill, and a challenging miniature golf course. 970-947-2955, 800-537-SWIM (7946), hotspringspool.com



Rafting

Whitewater Rafting

The Colorado River flows through Glenwood Springs and has long attracted ambitious river runners attempting to tame its fiercest sections. Today, a host of commercial rafting companies guide thousands of visitors annually down the Colorado and Roaring Fork Rivers through rapids with names like Upper Superstition and Tombstone, substantiating Glenwood Springs' stature as one of the country's premier whitewater destinations. Calmer waterways, such as South Canyon Rapids, are suitable for families with children as young as four. There are several local rafting companies that offer fully guided trips.



Kayaking

Kayaking

The stretch of Colorado River through Glenwood Canyon is one of the finest in the state with Class III and IV, heart-pounding rapids, as well as calmer stretches with breath-taking scenery. A true test of paddling skills is at the new Glenwood Whitewater Park. For those who want to explore the river on their own and play in the waves, bring or rent a kayak locally.



Fishing

Fly-fishing

Field & Stream Magazine named Glenwood Springs as #1 in their America's Top 20 Fishing Towns list. Some people consider fly-fishing a passion, even a spiritual experience. Whatever your level of interest, the area's Gold Medal waters harbor an astonishing number of brookies, browns, cutthroats and rainbow trout. Enlist the help of a local guide to direct you to some of the best fly-fishing in the state.



Aquatic Center

Aquatic Center at the Glenwood Springs Community Center

An innovative Aquatic Center at the Glenwood Springs Community Center features a "zero depth" pool (0" to 3' 6" deep) with a gradual beach-like entry for easy access, fun attractions that spray and splash, and a wacky water slide. The multi-purpose 25-meter indoor pool has eight lap lanes (4'-12' depth) and a 1-meter diving board.

970-384-6300, glenwoodrec.com

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Sunlight Mountain Resort

Glenwood Springs is a four-season vacation experience. Snowy nights make for perfect ski and snowboard conditions under sunny, cobalt blue skies the next day.

Skiing and Riding

At, 9895 feet above sea level, Sunlight Mountain Resort has 67 trails covering over 470 acres of terrain and a vertical drop of over 2,000 feet for skiers and snowboarders of all abilities. The diversity of terrain features everything from cruisers to heart-stopping steeps all at family-friendly prices. Sunlight Mountain's Extreme challenges all experts. With a pitch of 52 percent, the Heathen is one of the steepest trails in the state. Sunlight is also home to one of the longest trails, Ute, a cruising beginner slope, winding more than two-and-one-half miles from the summit to the base. For boarders, there are two terrain parks. Base facilities house a restaurant, bar, equipment rental, retail shop, snow and board education center, and children's center. 970-945-7491, 800-445-7931, sunlightmtn.com



Snowboarding



Alpine skiing

Snowmobiling

Snowmobilers will be impressed by the beauty and thrill of riding through the White River National Forest and the 360 degree views from the ridge tops. At Tri County Point, riders can see three different counties; Garfield, Mesa, and Pitkin. The highlight of the tour is a visit to Baylor Park, where guests can ride without guides through a huge undulating meadow. The scenery includes breathtaking views of Mt. Sopris, West Elk Mountains and Flattops. Guided tours include helmets, insulated bibs, boots and gloves, and machines are equipped with electric hand warmers. Half-day tours wind 30 miles through the White River National Forest.



Snowmobiling

Cross-Country Skiing and Snowshoeing

The cross-country center offers 29 kilometers of groomed cross-country and snowshoe trails. Beginner, intermediate and advanced trails wind their way through a gorgeous alpine valley, flanked by Sunlight Mountain and the 10,300-foot Williams Peak. Cross-country and snowshoe rentals are available at the Sunlight Mountain Ski and Bike shop in Glenwood Springs, as well as on the mountain. There is no charge for trail use.



Snowshoeing

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Glenwood Caverns Adventure Park

Underground vapor caves, lakes suspended on mountainsides, engineering marvels, and amazing wildlife make Glenwood Springs one-of-a-kind.

Caverns

The Glenwood Caverns Adventure Park cave tours offer visitors a rare glimpse into a primeval underground world formed millions of years ago. Visitors view majestic stalagmites, stalactites and unusual crystalline formations still alive and growing. Inside the Barn, a soaring five-story room decorated with unusual crystalline formations, see delicate soda straws, and strange cave bacon formations and look into the inspiring King's Row, a massive underground open area with hundreds of glittering cave formations. 970-945-4228, 800-530-1635, glenwoodcaverns.com



Yampah Vapor Caves

Vapor Caves

The Vapor Caves are said to purify body and spirit as they soothe away aches and pains. They are the only known natural vapor caves in North America, in which hot mineral waters flow through the cave floors at 125 degrees to create a natural geothermal steam bath. 970-945-0667, yampahspa.com



Hanging Lake

Hanging Lake

This scenic trail is approximately one mile long and, in some places, an extremely steep climb. The reward at the top is worth the strenuous exercise. Hanging Lake is in an idyllic setting which is peaceful and serene. Continue on the trail to Spouting Rock for another spectacular work of nature.

Glenwood Canyon

Glenwood Canyon was formed by the waters of the Colorado River, previously known as the Grand River, carving its way through the granite of the Rocky Mountains. The canyon is approximately 16 miles long with sheer, steep cliffs rising on either side of the river.



Rocky Mountain bighorn sheep

In 1980, work began to widen the interstate highway through Glenwood Canyon. Engineers used 30,000 tons of steel and 810,000 tons of concrete to build the 12-mile highway, with 40 bridges and elevated sections of highway, as well as three tunnels. Completed in 1992, the final cost was approximately \$490 million. It became a project utilizing never-before-used construction methods known as balanced cantilevered construction, and it is recognized as one of the great engineering achievements of the U.S.

Wildlife Viewing

Glenwood Canyon is home to a herd of Rocky Mountain bighorn sheep. They can often be seen from the hiking and biking path, especially near the No Name Tunnels just west of Glenwood Springs. If you go out looking, bring binoculars and scan the hillsides on the north side of the canyon. If you're lucky, you'll catch a glimpse of these sure-footed creatures.



Elk herds

Big Game Hunting

The Glenwood Springs area is known for its world-class herds of deer and elk which draw hunters from all over the country in the fall. Hunting seasons range from archery and muzzle-loading in September to the combined elk and deer seasons in October and November.

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Lodging: Historic to Modern

2009



Hotel Colorado



Hotel Denver



Holiday Inn Express



Four Mile Creek Bed & Breakfast



Glenwood Canyon Resort

Choose from more than 60 properties with over 1,500 rooms, including hotels and motels, ranging from 100-year-old historic treasures to contemporary lodges. Select from cozy cabins or cottages. Bed and breakfasts feature down comforters and antique décor. Condos and short-term vacation homes are available for those desiring both privacy and convenience. Ranches and resorts provide a more rustic experience. For the budget-conscious, there's a hostel or campgrounds nearby.

HISTORIC

In the late 1800's, Entrepreneur Walter Devereux had a vision to create a world-class resort with a grand hotel and therapeutic natural hot springs. The Hotel Colorado made its debut in 1893 attracting visitors from across the globe. Today, the Hotel Colorado has been meticulously restored to its original grandeur. The décor captures the Italian Renaissance era with antique furnishings, rich fabrics and ornate fixtures.

Another historic property, the Hotel Denver established in 1915, continues to operate in the heart of downtown. Guests are comforted with colorful quilts in every room.

CONTEMPORARY

Family-owned motor lodges boast of immaculate rooms and welcome repeat guests year after year. There are also a number of recognizable chain hotels fulfilling the needs of their loyal followers. Most properties provide all the modern conveniences of wireless internet service and in-room amenities. Some offer complimentary breakfast.

BED and BREAKFASTS

Many of the original buildings from the 1800's still stand throughout town, including Victorian homes from another era which now operate as quaint bed and breakfasts. Each property is unique filled with antiques, fine linens, and cozy fireplaces, many with an international flair. Nestled in the mountains are rustic log homes and creekside cabins, one with a large red barn that is listed on the National Registry of Historic Places. Innkeepers pride themselves on their gourmet cuisine. For a complete list of bed and breakfasts in the Glenwood Springs area visit glenwood-springs-inns.com.

PET-FRIENDLY

Several pet friendly hotels accommodate the growing number of people traveling with their pets. Some will accept a pet with permission, a non-refundable pet deposit, or a combination of both. When making reservations, ask if Fido is welcome and if there are additional charges. Visit Glenwood.com provides a list of pet-friendly properties and Doggie Day Care services.

For a complete list of lodging options, go to VisitGlenwood.com.

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Massage therapies



Glenwood Hot Springs therapy pool



Yampah Vapor Caves



Facials and body wraps



Manicures and pedicures

Little did visionary and silver magnate Walter Devereux know when he came to Glenwood Springs in the late 1800s to build a great healing spa from the Yampah Springs of the Ute Indians that it would have such a lasting impact on this small mountain town.

In Victorian Times, Glenwood Springs became known worldwide as the "Spa in the Rockies," attracting the rich and famous of the day. Devereux had built an empire, featuring the world's largest hot springs pool as the jewel in his crown, natural vapor caves and the luxurious Hotel Colorado that became known worldwide for their healing properties.

Spa of the Rockies at Glenwood Hot Springs

The new multi-million dollar Spa of the Rockies features nine treatment rooms including one specialized hydrotherapy room for Vichy shower treatments. Five private, claw-foot hydrotherapy tubs are used for mineral baths and herbal soaks. Other menu items include massage, facials, body polishes, masks and wraps, manicures and pedicures as well as body waxing and make-up application. The Spa of the Rockies is sophisticated, yet warm and welcoming.

spaoftherockies.com

Glenwood Hot Springs Therapy Pool

Today, a wide array of spas, fitness centers and contemporary health and beauty treatment centers complement Glenwood Springs' natural spa atmosphere. Leading the way is the Glenwood Hot Springs Pool – the world's largest hot springs pool. The years have seen many reincarnations of the hot springs, from a sacred Indian site to an exclusive Victorian enclave to a modern family vacation destination. This mineral-rich water, combined with the stunning Rocky Mountain scenery, relaxes tired muscles and brings peace of mind. hotspringspool.com

Yampah Spa and Vapor Caves

The Yampah Spa and Vapor Caves are said to purify body and spirit as they soothe away aches and pains. They are the only known natural vapor caves in North America, in which hot mineral waters flow through the cave floors at 125 degrees to create a natural geothermal steam bath. The Yampah Spa and Vapor Caves also offers a full range of contemporary health and beauty treatments, including massage, facials, European herbal body treatments, wraps, mud baths, private hot tubs and salon services. yampahspa.com

Watsu

Splendor Mountain Spa offers Watsu treatments, a special form of bodywork incorporating warm water therapy and Shiatsu massage in a Samadhi Floatation Tank. splendormtndayspa.com

Day Spas

Many day spas offer a variety of massage therapies, including Swedish, Deep Tissue, Polarity, Shiatsu, Thai, Integrative, Neuromuscular Therapy, Foot Reflexology, Warm Stone and Sports.

Full-service salons provide hair, skin and nail services, complete body care centers with facials, body waxing, lash tinting, and an array of nurturing treatments.

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Fine dining



Family style



Western cuisine



Cocktails



Food with a view

No matter what season you choose in this scenic mountain area, there is an outdoor activity that goes along with it. All that vigorous exercise makes you hungry. Glenwood Springs has more than 60 bars and restaurants, offering visitors a variety of ways to satisfy their taste buds. There is everything from convenient fast foods to elegant dining where you are welcome to linger and savor your meal.

Breakfast can be served up with a stack of delicious pancakes on the side at several eateries up and down the valley. People everywhere have a real love affair with coffee. Enjoy a cup of the gourmet chain-store kind or grab a to-go cup at the drive-through. You will need something sweet to go with that hot beverage and there are numerous choices for fresh baked muffins, rolls, and breads around town.

Have lunch or a snack while you are on the slopes, or warm up with a steamy cup of hot chocolate. Take a thrilling tram ride to the top of the mountain and enjoy a fabulous meal surrounded by awesome views of the valley below, and in the summertime, eat out on the deck for an even better vantage point. Create your own concoction in one of the many deli-style shops that make fresh soup and sandwiches to your specifications. You can even have it delivered.

Experience the international flair of the many specialty restaurants, including Chinese, Italian, French, Mexican, Japanese, Cajun, and Thai. Glenwood Springs is a great place to sample elk, buffalo or the ever-popular, Rocky Mountain oysters. Order a mouth-watering steak, grilled to your liking, or go with a tasty rainbow trout cooked with steaming vegetables. Sit outside by the flowing river sounds or inside with the comfort of western décor.

Do you have room for dessert? Even when it's cold outside, nothing beats the taste of ice cream. From home-made, thrown-on-a-marble slab, to the famous and perfect curly-cue, your tummy will love every bite. With over 31 flavors to choose from, you can try them all.

Ask any local for their favorite place to dine or someone at your lodging facility can point you in the direction of the food you're craving. Whatever your culinary interests, choose from any of the vast array of restaurant types and discover the dining pleasures of Glenwood Springs.

Night life and casual entertainment can be found in several of the areas cocktail lounges and sports bars. If you are looking for an evening of fun, dancing, and lively music check out the many establishments that provide country tunes, upbeat jazz, or even hip-hop. Sports enthusiasts will find good company in the friendly, and sometimes intense, environment of the area's sports bars. Some places provide the perfect spectator position with big screen TVs or you can participate in a challenging game of pool. A local brewpub offers a wide variety of beers to try with your meal or while catching up with friends at days end. If you prefer a more intimate atmosphere, some of the more popular hotels and restaurants provide a relaxing and quiet place to unwind.

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Shopping - A Favorite Vacation Activity

2009



Downtown shopping

Glenwood Springs is rich in options for vacationers and shopping opportunities are at the top of the list. From national chains to charming boutiques to the weekly farmers market, there is plenty to choose from.

Downtown Glenwood Springs, with its historic buildings and turn-of-the-century charm, is a great place for strolling and browsing. It offers shoppers an eclectic mix where they can find a logo T-shirt to send home to the relatives to one-of-a-kind specialty shops offering collectibles, footwear, jewelry, Colorado-made products, and more.



Al fresco

The best way to get an up-close look at all the downtown shops is to walk around. Here you can unearth treasures at art galleries, funky clothing shops, book stores, interior décor, and a trio of bargain-laden thrift stores.

When your walkin' shoes need a break, relax with a latte on the pedestrian mall between Seventh and Eighth streets on Grand Avenue.



Colorful wares

Glenwood Meadows, on the west side of town, offers national chain retail and home improvement stores, hair salons, sporting goods, whole foods, hair dressing salons, boutique shops, and restaurants.

The Glenwood Springs Mall on Highway 6 and 24 in West Glenwood, is a great place to stroll and browse the shops. The mall is filled with stores that offer visitors a wide range of products including shoes, bed and bath items, leather and imported clothing and crafts.



Downtown Market

For fresh produce and hand-made crafts, peruse the Glenwood Springs Downtown Market. This open-air market operates Tuesdays beginning at 4 p.m. from June through September featuring cooking demonstrations by local chefs, a soup contest, wine tastings, live music and an Oktoberfest grand finale.

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Farmers markets

For more information and reservations: 970-945-6589, visitglenwood.com, 888 4 GLENWOOD or 888-445-3696. Glenwood Springs is located between Aspen and Vail, 160 miles west of Denver or 90 miles east of Grand Junction on Interstate 70 off exit 116. Many cities provide direct air service into Vail/Eagle County Regional Airport 30 miles to the east and Aspen Airport 40 miles to the south. An online press kit and downloadable photos are available at VisitGlenwood.com.

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Historic ballrooms

With historic, picturesque charm, beautiful mountain location and scenery, Glenwood Springs offers a multitude of options when it comes to providing meeting facilities offering everything from beautiful ranch retreats to large riverside parks to historic hotel ballrooms.

Several of the local hotels accommodate meetings or small get-togethers. Depending on the type of event, the rooms can be used for anything from an informal theater-style meeting room to a full-blown banquet facility, from 390 square feet to over 2,000 square feet. Some of the larger hotels offer a number of conference rooms that can accommodate more than one group at a time. Food and beverages or catering can be arranged at some locations at an additional charge.



Catering

The base lodge at local ski area, Sunlight Mountain Resort, has a conference space in the summer that can accommodate 200 people, as well as, an uncovered deck with spectacular views of Compass Mountain.

Local area bed and breakfast establishments and guest ranches provide an idyllic setting to organize a small meeting or group event. Most of these accommodations are suitable for outside use making them popular places for weddings and family reunions. Several beautiful bed and breakfasts are located close to the historic downtown Glenwood Springs which makes them easily accessible for business people and local group meetings, or the perfect spot for a small, intimate wedding ceremony. Light lunch or beverage is usually available. The places that are located outside of town are typically larger in size and can accommodate more people. With the magnificent mountain scenery as a backdrop, inns and guest ranches are ideal for more relaxing events such as retreats, outdoor weddings, and other special events. The event itself can be anything from cowboy casual to Victorian elegance. Wedding coordinators and catering are available at some locations.



Meeting rooms

Some local restaurants have dining areas spacious enough to handle large groups for business meetings or special occasions. Elegant or casual, indoors or outdoors on the deck, these establishments can arrange sit-down affairs or buffet style menus to fit any meeting itinerary. The holidays are especially popular for office or group parties.



Magical weddings

The Glenwood Springs Community Center, has space for up to 350 people. Corporate event planners have praised the center for its opportunities for team-building programs, such as the indoor climbing wall and outdoor ice skating rink. The center also features a comfortable lounge with four computers and free Internet access for meeting attendees to check e-mail during meeting breaks.

A moderate alpine climate usually allows use of outdoor venues from late April to late September. The town's outdoor parks on the Colorado and Roaring Fork rivers are perfect spots for hosting large family gatherings or barbecues.



Outdoor venues

Whatever your needs, there is a wide and varied array of meeting facilities. Whatever your choice, be assured of personable and superior service, excellent accommodations, and the best Glenwood Springs has to offer.

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Festivals & Events 2009



US Freestyle Team Trials

Operation Vacation Yagatta Regatta

May 30-31, 2009

Yagatta Regatta expands to two days this year at Two Rivers Park to include and celebrate the selection of Glenwood Springs as the site for the 2009 US Freestyle Kayaking Team Trials. Yagatta Regatta rafting teams compete to finish first while raising money to support Operation Vacation, a grassroots, non-profit whose purpose is to reunite deserving soldiers with their families on free vacations here in the Roaring Fork Valley and elsewhere. The 2-day event includes a costume contest, kid's activities, games and prizes, food, bands and brews.

coloradoyagattaregatta.com.



Vendors at Downtown Market

US Freestyle Kayak Team Trials

May 30-31, 2009

The US Freestyle Kayak Team Trials which leads to the Freestyle Kayak World Championships will take place at the Glenwood Springs Whitewater Park near the I-70 and Midland Avenue interchange. Watch world-class athletes as they show-off their moves, including cartwheels, spins and loops, on the park's state-of-the-art wave. To learn more about the Glenwood Springs Whitewater Park, go to glenwoodwhitewaterpark.org.

Summer of Jazz

Wednesdays, June 10 through July 29, 2009

Free live music on the banks of the Colorado River in Two Rivers Park every Wednesday evening at 7 p.m. 970-945-7767, summerofjazz.com



Bike Tours

MG Car Club Rallye

June 13-14, 2009

Two Rivers Park will host the 57th Annual Rallye sponsored by the MG Car Club, Rocky Mountain Centre. Fun and challenging competitions with a time-speed distance rally, a mountain tour, a Funkahana driving contest, and a Sunday morning car show. mgcc.org

Ride The Rockies Bicycle Tour

June 14 - 19, 2009

Two thousand cyclists will begin and end their 380-mile loop in Glenwood Springs. Riders on past Ride The Rockies tours have varied in age from 7- to 85-years-old and have represented all 50 states and 18 foreign countries. ridetherockies.com



Strawberry Days Parade

Glenwood's Downtown Market

Tuesdays, June 23 through September 29, 2009

This open-air market features fresh produce, hand-made crafts, cooking demonstrations by local chefs, a soup contest, wine tastings, live music and an Oktoberfest grand finale.

glenwoodmarket.com

Strawberry Days

June 19 - 21, 2009

Colorado's oldest civic celebration takes place at Sayre (Strawberry) Park. Highlights include the crowning of Miss Strawberry Days, top-notch entertainment, a myriad of artisans and food booths, a Kidsfest with a petting zoo, rides and quality children's entertainment, and, of course, free strawberries and ice cream. A full-fledged parade makes its way down Grand Avenue on Saturday featuring a dazzling display of colorful floats. 970-945-6589,

strawberrydaysfestival.com



4th of July

4th of July Fireworks

July 4, 2009

At dusk a brilliant fireworks display will reflect over the Colorado and Roaring Fork Rivers. The best views are from Two Rivers Park and the pedestrian bridge, weather and conditions permitting.

-more-

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Festivals & Events 2009



Friday Night Flicks - "Grease" Theme Party



Downtown Market Oktoberfest



Ghost Walk



Holiday Lighting



New Year's Eve at Glenwood Hot Springs

Friday Night Flicks

Friday nights, August 7, 14, 21 and 28, 2009
Reminiscent of the drive-in theater, Two Rivers Park is transformed in to a free outdoor movie night. Block buster movies are shown on a huge 13'x 24' screen. Vendors sell fresh-popped kettlecorn, burritos, smoothies, pizza, non-alcoholic beverages and movie-style candy. Bring a blanket or low-back chair. No glass is permitted.

Hotel Colorado Devereux Cup

August 15-16, 2009
The sport of polo is one that dates back to early days of Glenwood Springs when polo enthusiast and Hotel Colorado financier, Walter B. Devereux, organized the first matches. Today the tradition continues. The 6th annual Devereux starts at 6 p.m. on Saturday evening when the public can meet players as well as enjoy food and drinks at the Hotel Colorado. The match begins on Sunday morning at 11 a.m. at Stout Ranch in New Castle. Team Hotel Colorado will defend its title for the 6th year running. Hotel Colorado, 970-945-6511. hotelcolorado.com

Downtown Market Oktoberfest

October 3, 2009
Fourth annual Oktoberfest featuring seasonal beers, German bands, and a Bavarian group performing traditional dances. glenwoodmarket.com

Historic Ghost Walk

October 16-18, 23-25, and 30-31, 2009
The Frontier Historical Society and Museum presents a ghostly visit to the past. Guides take participants by lantern light through Linwood Cemetery where actors portray people who lived in Glenwood Springs 100 years ago, including gunslinger and dentist, John "Doc" Holliday. Cookies and hot apple cider are provided. 970-945-4448, glenwoodhistory.com

Holiday Lighting Ceremony

November 27, 2009
The holiday season officially starts with the traditional lighting of the historic Hotel Colorado. Sing along with roving carolers and warm up with hot cocoa and cider. Watch with wide-eyed wonder as thousands of twinkling lights burst through the darkness transforming the hotel and the courtyard into an instant wonderland. Inside, several animated displays and 12 foot trees decorate the lobby. Jolly old St. Nick will be there, too! Free to the public.

A Grand Holiday

December 5, 2009
Catch the holiday spirit in downtown Glenwood Springs on this special evening from 4 to 8 p.m. Many stores stay open late, making it easy to check items off your holiday shopping list. Santa will also make an appearance and a small herd of reindeer will charm adults and kids alike. Throughout the evening Mountain Harmony Carolers will fill the night air with favorite yuletide tunes. For more information: 970-945-6589.

New Year's Eve Celebrations

December 31, 2009
Ring in the New Year with a splash at the Glenwood Hot Springs Pool. There are party hats and noisemakers for everyone at the stroke of midnight and a chance to win an annual Pool Pass. This is a non-alcoholic event for the whole family. 800-537-7946 or 970-945-6571, hotspringspool.com

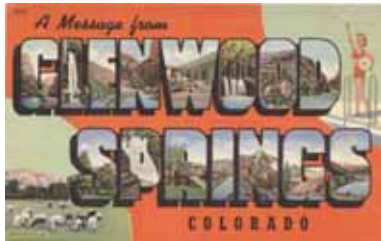
Dates are subject to change. Check VisitGlenwood.com for an up-to-date schedule.

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Vintage postcard



Doc Holliday's Grave



Yampah Spring



Hotel Colorado and Hot Springs Pool



Historic Hospitality

UTE INDIANS

The nomadic Ute Indians were the first people to call Glenwood Springs home. In addition to prime hunting and fishing grounds, the Utes believed in the healing powers of the hot mineral springs. They referred to them as "Yampah," roughly translated as "big medicine". For them, the springs were not only a source of physical regeneration, but provided mental and spiritual nourishment. Indians and their horses soaked in the hot water pools and underground vapor caves to strengthen their spirits and resolve.

WHITE SETTLERS

In 1860, Captain Richard Sopris was the first white man to experience the hot springs in what later would be called Glenwood Springs. It wasn't long before the valley, punctuated with more than 50 hot springs, became a favorite spot for many weary miners, as well as entrepreneurs dreaming of world-class resorts and big profits. Walter Devereaux, along with his two brothers, set out to build the world's largest hot springs pool.

By 1883, the confluence of the Roaring Fork and the Colorado rivers had been given the name Defiance. It was a rough-hewn town of bars and brothels, populated with gamblers, gunslingers, miners and madams. The town retained its rebellious moniker until 1885, when it was changed to Glenwood Springs by Mrs. Sarah Cooper, wife of one of the founding fathers, Isaac Cooper.

FAIRY CAVES

The Fairy Caves (now called Glenwood Caverns) were the first real tourist attraction in Glenwood Springs, opening to the public in 1886. Fifty cents would gain you access to the subterranean caverns, grottos and labyrinth corridors, adorned with the most beautiful calcareous formations of stalactites, stalagmites and pillars.

HOT SPRINGS POOL and HOTEL COLORADO

The Hot Springs Pool was completed in lavish Victorian style in 1888. The grand peachblow sandstone bathhouse was equipped with all the accoutrements of the time, including private porcelain bathtubs and an exclusive casino that attracted a highbrow clientele. Soon after, the elegant Hotel Colorado opened its doors in 1893. At an extravagant cost of \$850,000, the hotel was modeled after the sixteenth century Italian Renaissance Villa de Medici Castle.

Dubbed "Spa In the Rockies", Glenwood Springs attracted the rich and famous of the day. The prestigious guest list included President Theodore Roosevelt, Baby Doe Tabor, President William Taft, the "Unsinkable" Molly Brown, and gangster Al Capone.

DOC HOLLIDAY

One of Glenwood Springs' most infamous citizens appeared on the scene around this same time. Doc Holliday, gunman-gambler-dentist, headed west after the famous shootout at the OK Corral, where he hoped that soaking in the hot springs would cure his advanced tuberculosis. But the mineral-rich waters could not dissipate the ravages of the disease. Doc Holliday died at the Glenwood Hotel in November 1887. His gravesite in Linwood Cemetery remains a popular attraction today.

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