

Healthy Retreat Packages

Let us schedule your next mini vacation. We offer packages designed to fit your taste and budget!

Deluxe Pampering Retreat

\$180 per person plus B & B room rate; excludes lunch, dinner and tip.

Affordable Pampering Retreat

\$110 per person plus B & B room rate (excludes lunch, dinner and tips)

Historic Exploration Retreat

\$175 per person plus B & B room rate

Package includes a box lunch on exploration day; excludes dinners and tips.

Outdoor Bike, Hike & Swim Retreat

\$50 per person plus B & B room rate

Includes a box lunch on the Bike, Hike & Swim Day; excludes dinner and tips.

Cave Spelunking & Swimming Retreat

\$85 per person plus B & B room rate; excludes lunch, dinner and tips

Cave Tour & Swim Retreat

\$45 per person plus B & B room rate; excludes lunch, dinner and tips

Scroll down to see details of each **Healthy Retreat Package**. To reserve a Retreat Package enter the name of your requested package and names of each participant in the *Comments Section* when you book your reservation or give us a call at 888 -945-8586 or 970-945-8586.

Deluxe Pampering Retreat

\$180 per person plus B & B room rate; excludes lunch, dinner and tip.

Arrival Day (Afternoon or Early Evening)

- Relax in our Outdoor Garden Hot Tub or walk around downtown
- Enjoy dinner on your own at one of Glenwood Springs fine local restaurants

Pampering Day

- Start with our leisurely healthy breakfast
- Glenwood Hot Springs Pool & Athletic Club (enjoy per the Athletic Club schedule a morning exercise class of yoga, Pilates, spinning or other optional class – follow this with a soak in the natural hot springs pool, use the steam room, relax on the sun deck, soak in the Jacuzzi or cleanse in the sauna).
- Early afternoon lunch on your own
- Followed by an afternoon Noevir facial, full body massage and foot massage (130 minute treatment)
- End the day with a relaxing walk along the River Trail or through the Historic District of Glenwood Springs
- Enjoy dinner on your own at one of 65 local restaurants

Departing Day

- Leisurely breakfast – followed by one last cup of coffee or tea on our East facing front porch
- Pack for home
- Walk the River Trail or the Historic District of Glenwood Springs
- Visit the Yampah Vapor Caves for one final cleansing and relaxing experience (admission to the caves is included in the package price – additional body treatments are extra)
- Lunch on your own
- Afternoon free time to explore the local shops or to begin your travels

Affordable Pampering Retreat

*\$110 per person plus B & B room rate (excludes lunch, dinner and tips
(Same package as the Deluxe except the 130 minute body treatment
is replaced with a 60 minute full body massage).*

Historic Exploration Retreat

\$175 per person plus B & B room rate

Package includes a box lunch on exploration day; excludes dinners and tips.

Arrival Day (Afternoon or Early Evening)

- Relax in our Outdoor Garden Hot Tub or walk around downtown
- Dinner on your own at one of Glenwood Springs fine local restaurants
- Visit the Historic Hotel Colorado's first floor pictorial history displays

Historic Exploration Day

- Enjoy our leisurely healthy breakfast
- Guided Jeep Tour to the Historic Town of Marble and the Marble Quarry (moderate hike through the woods to the quarry - optional)
- Picnic Box-Lunch – included
- 4-Wheel Jeep Ride to the Crystal Mine (the most photographed mine site in Colorado) and a short exploration of the old town of Crystal
- Dinner on your own at one of Glenwood Springs fine local restaurants
- (Optional - \$20 Guest rate applies) Glenwood Hot Springs Pool & Athletic Club (enjoy a soak in the natural hot springs pool, use the steam room, soak in the Jacuzzi or cleanse in the sauna).
- Enjoy dinner on your own at one of 65 local restaurants

Departing Day

- Leisurely breakfast – followed by one last cup of coffee or tea on our East facing front porch
- Pack for home
- Self-Guided tour of the Historic District of Glenwood Springs
- Lunch on your own
- Afternoon free time to explore the local shops or to begin your travels

The Historic Exploration Day is guided by David Fulton, Best Kept Secret B & B Innkeeper and Board Member of the Frontier Historical Society of Glenwood Springs.

Outdoor Bike, Hike & Swim Retreat

\$50 per person plus B & B room rate

Includes a box lunch on the Bike, Hike & Swim Day; excludes dinner and tips.

Arrival Day (Afternoon or Early Evening)

- Relax in our Outdoor Garden Hot Tub or hike up to Doc Holliday's Memorial
- Enjoy dinner on your own at one of Glenwood Springs fine local restaurants

Bike & Hike Day

- Start with our leisurely healthy breakfast
- Ride to the Shuttle pick-up with a B & B Bike (or bring your own) and shuttle to the end of Glenwood Canyon
- Bicycle the 19 miles through the Glenwood Canyon on the bike trail which follows the Colorado River back to Glenwood Springs
- Stop part way and hike to Hanging Lake (extreme day) or hike a little way up Grizzly Creek (moderate day) – or just bicycle back to Glenwood Springs (moderate day)
- Enjoy your picnic lunch along the river or on the trail
- End the day with a visit to the Glenwood Hot Springs Pool & Athletic Club for a soak or swim in the natural hot springs pool, use the steam room, soak in the Jacuzzi or cleanse in the sauna.
- Dinner at one of 65 local restaurants

Departing Day

- Leisurely breakfast – followed by one last cup of coffee or tea on our East facing front porch
- Pack for home
- Take a short hike up to Doc Holliday's Memorial or walk the River Trail
- Lunch on your own
- Afternoon free time to explore the local shops or to begin your travels

Note: This retreat is only recommended for healthy individuals who are physically fit.

Cave Spelunking & Swimming Retreat

\$85 per person plus B & B room rate; excludes lunch, dinner and tips

Arrival Day (Afternoon or Early Evening)

- Relax in our Outdoor Garden Hot Tub or walk downtown
- Enjoy dinner on your own at one of Glenwood Springs fine local restaurants

Bike & Hike Day

- Start with our leisurely healthy breakfast
- Ride the Tram up Iron Mountain for a Guided 3-hour Spelunking Wild Tour
- Enjoy the views of the Roaring Fork Valley and ride the Alpine Slide, Canyon Swing or Zip Line (rides are not included in the package).
- Enjoy lunch at the mountain restaurant or return to town for lunch at a local restaurant
- Relax for the afternoon with a visit to the Glenwood Hot Springs Pool & Athletic Club for a swim and/or soak in the natural hot springs pool, use the steam room, soak in the Jacuzzi or cleanse in the sauna.
- Dinner at one of 65 local restaurants

Departing Day

- Leisurely breakfast – followed by one last cup of coffee or tea on our East facing front porch
- Pack for home
- Take a short hike up to Doc Holliday's Memorial or walk the River Trail
- Lunch on your own
- Afternoon free time to explore the local shops or to begin your travels

Note: The Wild Tour is not recommended for individuals who are claustrophobic or who are not in good physical condition. Tour includes crawling through tight passageways; you will get dirty! Clothing, helmets and head lamps are provided. Participants must be age 13 or older.

Cave Tour & Swim Retreat

\$45 per person plus B & B room rate; excludes lunch, dinner and tips

(This package is the same as above except the Wild Tour is replaced with a Public Walking Tour of the cave – open to everyone. Note: There are several stairs to navigate in one section of the public tour).