

48 HOURS IN GLENWOOD SPRINGS for Summertime Family Adventure

BY SAVANNAH NELSON

There's no way around it: Glenwood Springs is a fun place to be. There's a lot to do, see, eat and experience as a known memory-making destination.

Whether you're packing up the family or are heading solo to the red-hued mountains, this Colorado town is packed full of adventure for kids of all ages.

Here's the best way to spend 48 hours with your love ones.

DAY ONE

MORNING First thing first: to set up a successful day, a filling breakfast is a must. Check out Glenwood Springs' retro-themed 19th Street Diner, which will transport you to the 50s (a hit for any kiddos who love bright colors and fun décor) and prepare you for a full day of adventure.

Afterward, look to the trails for a morning of active exercise. For a family-friendly option located right in town, head up to Linwood

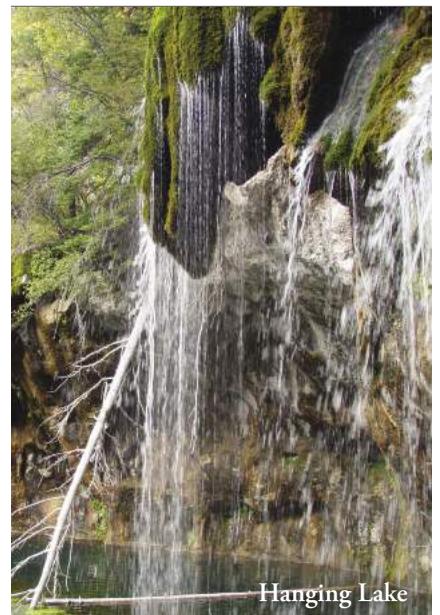
Cemetery, with expansive views of the valley, the colorful Annie's tree on the way and a historic feature at the top – Doc Holliday's grave.

The Glenwood Canyon Trail is another option that travels alongside the Colorado River in Glenwood Canyon. It's a paved, flat trail, making it ideal for both walking and biking, with incredible views along the way. Both electric and mountain bikes are available for rent from several outfitters around town.

For more of a challenge, check out the famous Hanging Lake Trail, located in Glenwood Canyon, known for its high-alpine turpentine lake and iconic log at the top. This hike—a sweat-inducing mile-long trail with intense incline—requires some planning ahead of time; shuttles and passes are available to purchase at visitglenwood.com/hanginglake.

Please note: this hike is not recommended for young children. However, it's great for families with older kiddos! There are also several well-marked rules: no food, swimming, dogs or standing on the log is allowed.

Glenwood Springs is also home



Hanging Lake

to many parks, where playing is encouraged! Check out a complete list at www.glenwoodrec.com/ facilities.

AFTERNOON Keep the fun going in the afternoon with a trip up to the Glenwood Caverns Adventure Park (literally, a gondola ride that takes visitors from the base up to the park). Not only does the attraction have historic caves to tour and marvel at, but it's also the first-ever mountaintop amusement park in the United States.

There are thrill rides for all ages: the Giant Canyon Swing, for example, is not for the faint of heart—especially as the machine takes riders over a cliffside. Other popular options include the Mountain Coaster, Zip Line and Ferris Wheel.

There's also a 4D movie theater experience or indoor laser tag for relief from the sun and heat. There's a restaurant and bar on-site and snacks are also available to purchase throughout the park. Views from the rooftop deck—and nearly everywhere else—are incredible, with sights of the bustling Roaring Fork Valley below.

EVENING After a fast-paced morning of work and play, a little soak will do a lot of good. Head to Iron Mountain Hot Springs for an evening dip with stunning riverside views in a spa-like atmosphere. Comprised of 16 smaller-sized geothermal pools, a jetted spa and one larger chlorinated pool for swimming, Iron Mountain is ideal for adults looking to relax and kiddos wanting to extend the fun.

For dinner, there are several spots about town to check out. Zheng, Frida's, Tequila's and Kanpai are all excellent choices a short drive away from the city center.

DAY TWO

MORNING Glenwood Springs is renowned for its water. In addition to the ancient hot springs sources for which the town is named, two rivers also converge in town: the Colorado River and the Roaring Fork River.

Because of this influence, water plays a significant role in local adventuring. After grabbing a light breakfast—like donuts from Sweet Coloradough or coffee and pastries from Deja Brew, River Blend, Daily

Grind, the Espresso Hut or the Bluebird Café—kick off day two with some wet exploration.

A popular option is a rafting trip, where several outfitters offer trips down varying levels of rapids for half or full-day sessions. This is a fantastic family option for those looking for a dose of excitement and natural thrill.

Glenwood Springs is also home to a whitewater park, where you can enter the river on a kayak or paddleboard and ride the manufactured waves. The signature feature is a standing wave, the G-wave, and there's also a hole and a learning pool in the park.

AFTERNOON For lunch, take a quick break in town. Some counter service options include Slope and Hatch, The Grind, Rocky Mountain Pizza Co. and Everest Nepal Restaurant.

Fully refueled and ready for more fun, keep the water theme flowing with a trip to Glenwood Hot Springs Resort. These hot springs have a little something for everyone, including a warm and relaxing therapy pool, the largest hot springs pool in the world (the



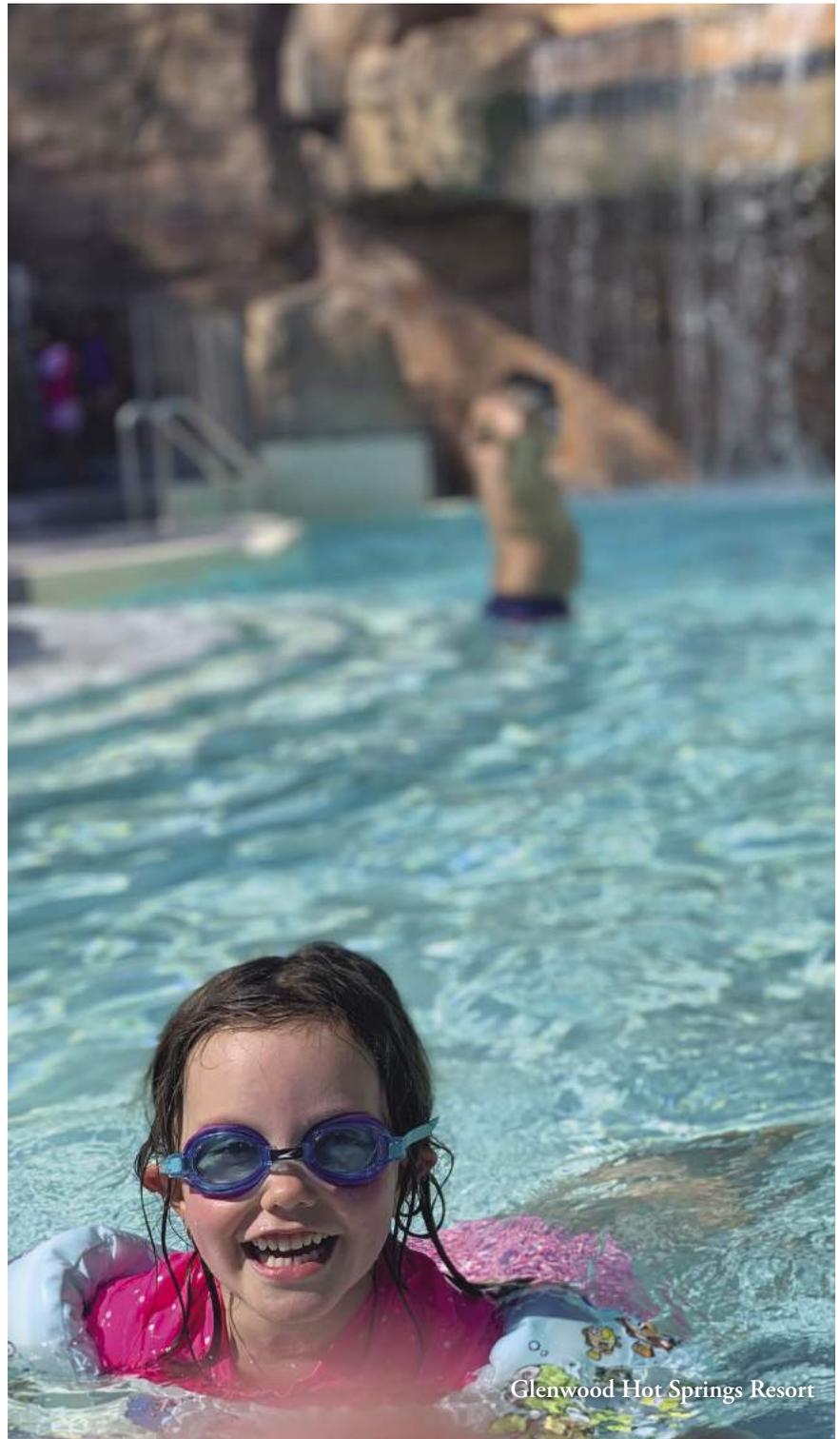
Whitewater Rafting

size of three football fields) and a west end dedicated entirely to kid-friendly fun.

The Sopris Splash Zone includes a splash pad and a colorful fountain (the views at night, especially from the Glenwood Springs pedestrian bridge, are incredible!), plus a kiddie pool. Taller kids and adults can grab a tube and ride the Shoshone Chutes—a water ride that echoes the local rapids of the same name.

EVENING To end the evening on a high note, consider exploring downtown Glenwood Springs. The town square dazzles as the sun goes down, especially the vibrant Bethel Square and the neon signs from favorite eateries like the Riviera Supper Club, Smoke or Juicy Lucy's Steakhouse.

It's easy to find a good meal off of Grand Avenue, plus a drink or a dessert. There's something for everyone, from a casual comfort meal at the Glenwood Canyon Brewpub to an upscale Italian experience at Brava or Colorado Ranch House. Ice cream and froyo are popular choices from vendors like the Chocolate Moose, Kaleidoscoops and Pinwill's.



Glenwood Hot Springs Resort

A weekend is hardly enough time to experience all that Glenwood Springs offers, but 48 hours goes a long way in a town that's filled with fun and adventure. Warning: if you bring the kids even just once, they'll never stop asking to return.