



GLENWOOD HOT SPRINGS RESORT

An Overview of Glenwood Hot Springs Resort

Established in 1888, Glenwood Hot Springs Resort includes the largest mineral hot springs pool in the world, the Spa of the Rockies, a 107-room lodge, the health-based athletic club, a retail store and a poolside grill. Situated next to the Colorado River and surrounded by the Rocky Mountains, Glenwood Hot Springs Resort is considered an iconic property in Glenwood Springs and the state of Colorado.

The mineral spring that feeds the pools is called the Yampah spring, which translated from the Ute Indian language means “Big Medicine.” The Yampah spring was originally used by the nomadic Ute tribe and is still considered a sacred place by them.

Glenwood Hot Springs Resort has two pools. The smaller and warmer Therapy Pool, lined with benches, is ideal for soaking. Bubble chairs provide another relaxation alternative. The big pool, which is 405 feet long (124 meters) and often compared to the length of a football field, is bathwater warm and features a large area for wading, playing and socializing. Lap lanes and a diving area are located at the west end. Visitors have access to modern locker room facilities, lounge chairs, towel service and swimsuit rentals.

The Sopris Splash Zone is a family-friendly area, also located at the west end and features three distinct areas for aquatic fun. Shoshone Chutes is a fast-moving river ride, Hanging Lake features a waterfall and wading pool and the Grand Fountain is a splash pad by day and a show fountain after hours.

The Spa of the Rockies is located in the historic sandstone bathhouse. Treatments at the Spa of the Rockies focus on wellness and natural health practices which have a deep-rooted history at the Glenwood Hot Springs Resort. The award-winning Spa of the Rockies been recognized multiple times as a Readers’ Choice spa by SpaFinder Wellness.

Just a few steps away, the Glenwood Hot Springs Lodge recently completed a multimillion-dollar renovation that included floor-to-ceiling refurbishments to all 107 guest rooms. Every stay at the lodge includes unlimited admission to the Glenwood Hot Springs Pool and a complimentary full breakfast at the poolside Grill restaurant. For a nominal fee, guests also have access the Glenwood Hot Springs Athletic Club, the region’s premier fitness facility. The Club features fitness classes, state-of-the-art equipment, a sauna, steam room and hot tub.

Also of note, The Shop, the resort’s retail store, offers customers one of the largest selections of swimwear on the Western Slope of Colorado.

About Glenwood Hot Springs Resort

Glenwood Hot Springs Resort is a 131-year-old Colorado landmark resort located along Interstate 70 at Glenwood Springs, approximately 165 miles west of Denver and 90 miles east of Grand Junction. Famous for its enormous hot springs pools, other amenities include the Sopris Splash Zone, Spa of the Rockies, the Glenwood Hot Springs Lodge, an athletic club, a restaurant open for breakfast and lunch and a retail store specializing in swimwear. For more information, including press releases, a press kit, photos and a live web camera, please visit <http://www.hotspringspool.com/misc/press-room> or call 800-537-SWIM (7946) or 970-947-2955.

Social Media



@GlenwoodHotSprings



@glenwoodhotsprings



@HotSpringsPool

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Glenwood Hot Springs Resort Stock Copy

~50 words

Glenwood Hot Springs Resort is world-famous for its enormous mineral hot springs pool which has delighted visitors since the 1880s. The Colorado resort is also home to the Sopris Splash Zone, a family-friendly aquatic park, as well as the award-winning Spa of the Rockies. Every stay at the Glenwood Hot Springs Lodge includes admission to the pool and a full breakfast.

~100 words

World famous for its enormous mineral hot springs pools, Glenwood Hot Springs Resort is open year-round, and daily until 10 p.m. The celebrated landmark is home to the Sopris Splash Zone, a family-friendly aquatic park that features an adventure river, children's area and show fountain. Additionally, the award-winning Spa of the Rockies provides an abundance of wellness treatments that incorporate the geothermal water. The Glenwood Hot Springs Lodge continues the spa-like ambiance in all 107 guest rooms. Along with every stay at the Lodge, guests receive unlimited pool admission and a complimentary full breakfast served at the poolside restaurant. Other amenities include an athletic club and a retail boutique.

~300 words

The world-famous Glenwood Hot Springs Resort, located in the heart of the Colorado Rockies at Glenwood Springs, has been helping people feel wonderful for over a century. While much at the landmark resort has changed since 1888, much has stayed the same. Visitors still come to Glenwood Hot Springs Resort primarily to relax and enjoy themselves. The two enormous pools, open daily until 10 p.m. all year, are perennially popular. At bathwater-warm temperature, the large pool is ideal for splashing, playing, lap swimming and diving; the smaller therapy pool, hovering at 104°F (40°C), is perfect for soaking and socializing.

The Sopris Splash Zone is the latest addition to the resort. Located at the west end of the property it features Shoshone Chutes, a fast-moving adventure river ride that mimics a whitewater rafting experience. There are several children's play areas including Hanging Lake with its cascading waterfalls and the Grand Fountain which is a splash pad by day and a show fountain after hours.

For the ultimate in relaxation, head to the Spa of the Rockies, located inside the historic bathhouse building. The focus at the award-winning spa is on health and wellness. Botanicals, minerals and other nourishing organic ingredients are used in virtually every treatment including massage, body treatments, facials, and even nail services.

For overnight accommodations Glenwood Hot Springs Lodge offers 107 beautifully appointed guest rooms, as well as newly refurbished public spaces throughout the lodge. Every stay at the Glenwood Hot Springs Lodge includes unlimited pool admission and a complimentary full breakfast at the poolside restaurant. Other Glenwood Hot Springs Resort amenities include the Athletic Club, a premier fitness center; and The Shop, a retail boutique featuring swimwear and sportswear.

Glenwood Hot Springs Resort Signature Story Ideas

Sopris Splash Zone

The newest addition to Glenwood Hot Springs Resort features a unique adventure river ride that simulates the experience tubing through rapids on a natural river. Just like a real river, the ride intersperses fast-moving whitewater with smoother sections. Riders may get out midway if they've had enough or can continue to the end. The total duration is approximately 2.5 to 3 minutes. Shoshone Chutes was designed as a communal experience, allowing riders—family and friends—to share the fun together. In addition to Shoshone Chutes, the area called Hanging Lake took its inspiration from the famous National Natural Landmark by the same name in Glenwood Canyon. It features waterfalls which children can both wade under and walk behind. There are also three kiddie slides and interactive water features in the area. Another component is the Grand Fountain, a showpiece attraction which by day is a gentle splash pad, and after hours becomes a 17-foot tall illuminated show fountain!

Healing Hot Springs

Balneology is the practice of using natural mineral water for the prevention or treatment of diseases. It's a healing modality that has a long-standing tradition around the world. In Europe, Japan and New Zealand, hot mineral spring water therapy is recommended to revitalize the skin, calm nerves and detoxify the body. It has been known to benefit those suffering from arthritis, fibromyalgia, depression, as well as locomotor and circulatory diseases. Minerals considered efficacious for a variety of maladies can all be found in the water at Glenwood Hot Springs Resort.

Clean, Green Energy

Glenwood Hot Springs Resort has been an environmental trailblazer since long before terms like "carbon footprint," "eco-friendly" and "sustainability" became commonplace. It actively harnesses the geothermal energy of the mineral hot springs for snowmelt and to heat domestic water supplies. The Glenwood Hot Springs Lodge has been recognized with a TripAdvisor "Green Leaders" award for its environmental practices. In addition to harnessing geothermal heat sources on-site, Glenwood Hot Springs Resort has also adopted practices that include the use of state-of-the-art materials and energy-efficient technology that add up to not only dollars saved, but to a cleaner, healthier environment for visitors and the community.

Added Value Treatments Compliments of Spa of the Rockies

Spa of the Rockies is a client favorite; it has repeatedly been named a Readers' Choice Spa by SpaFinder Wellness. The spa goes the extra distance to serve guests, without adding cost—a trait visitors appreciate. Nearly every treatment at the Spa of the Rockies includes a customized Zents™ aromatherapy scent journey. Treatments of 90 minutes or more also include a complimentary soothing foot ritual.

For male guests a complimentary men's grooming bar is available for use post-treatment. Combined with a Spa of the Rockies massage or aesthetic treatment, guests leave feeling healthier, happier and satisfied that their self-care dollars have been well-spent.

A Family Friendly New Year Celebration

Around the globe, people ring in the new year on Dec. 31, but only in Glenwood Springs, Colorado, can they soak in the world's largest mineral hot springs pool until the wee hours of the new year. Open until 1 a.m., Glenwood Hot Springs Resort welcomes celebrants of all ages to join in the alcohol-free merriment that includes a schedule of games and activities for all ages, party hats, noisemakers, giveaways and, of course, a countdown to the new year.

Glenwood Hot Springs Resort History Timeline

1888 - 1919: The pool, financed and built by Walter Devereux, opens to the public on July 4; Glenwood Hot Springs becomes a world-renown resort and a playground for wealthy Victorians. During this time, the facilities include 42 sunken Roman baths, a men's casino and a physician's office.

1920 – 1950: Just as the rest of the country experiences the economic hardship of the Great Depression, tough times fall on the hot springs resort. Frank Kistler buys the property in 1938 and operates it until 1943 when the U.S. Navy sets up a hospital and rehabilitation center for injured WWII serviceman. The Navy decommissions the facility in 1946, but a small hospital continues to operate until the early 1950s.

1950 – 1970: Frank Kistler sells the hot springs to a group of local businessmen in 1954 whose families continue to operate it. The new owners begin massive renovations to the property including enlarging the big pool and creating the smaller and hotter Therapy pool.

1980 – 2000: The Glenwood Hot Springs Athletic Club opens in the 1980s, and in 1986 the Glenwood Hot Springs Lodge welcomes its first guests. The ozone filtration system is installed to reduce the pool's reliance on chlorine sanitization. In 1994, the resort puts into operation a heat exchanger device that harnesses the geothermal energy of the Yampah spring for use in snowmelt systems and to heat domestic water supplies. In 2000, the resort adds the two water slides at the west end of the pool.

2008: The Spa of the Rockies opens in the historic sandstone bathhouse building. Perhaps most significantly, the umbrella name for the entire resort, "Hot Springs Lodge & Pool," is changed to the more all-encompassing "Glenwood Hot Springs."

2011: Extensive aesthetic and technological renovations are completed to all 107 guest rooms at the Glenwood Hot Springs Lodge.

2013: Glenwood Hot Springs celebrates 125th year in the business of helping people feel better.

2017: The property updates its name to Glenwood Hot Springs Resort.

2018: Glenwood Hot Springs Resort celebrates 130 years of welcoming visitors to soak and relax in its healing mineral waters.

2019: Glenwood Hot Springs adds the Sopris Splash Zone, a family-friendly aquatic activity area at the west end of the property.

Glenwood Hot Springs Pool Fact Sheet

Year established: 1888

Claim to fame: world's largest outdoor mineral hot springs pool

Water source: Yampah spring
water flow: 3,500,000 gallons of water per day
temperature: 122°F (51°C)

Size & temperature:

Large pool: 405 feet long x 100 feet wide (123 x 30 meters); 90°-93°F (32°-34°C)

Therapy pool: 100 feet long x 40 feet wide (30 x 12 meters); 104°F (40°C)

Gallons/Liters of water:

Large pool: 1,071,000 gallons (4,054,176 liters)

Therapy pool: 91,000 gallons (344,472 liters)

Pool amenities:

Sopris Splash Zone: Shoshone Chutes, Hanging Lake, the Grand Fountain

Diving Boards: 1

Lap Lanes: 4

Parking: Free parking in a variety of lots.

Hours of operation: open daily, year-round

Memorial Day weekend through Labor Day weekend: 7:30 a.m. to 10 p.m.

New Year's Eve: 9 a.m. to 1 a.m.

Fall, winter, spring: 9 a.m. to 10 p.m.

The Glenwood Hot Springs Pool is closed for maintenance occasionally. For a current list of dates, [click here](#). Please enjoy the Spa of the Rockies and the Glenwood Hot Springs Athletic Club on these days.

Price of Admission: [click here](#)

Contact Information:

Phone: 800-537-SWIM (7946), 970-945-6571

Website: www.hotspringspool.com

Email: info@hotspringspool.com

Physical Properties and Chemical Analysis of Yampah Spring

as determined by the Colorado Geological Survey Department of Natural Resources

Boron (B), (UG/L)	890
Calcium (Ca), (MG/L)	510
Chloride (CL), (MG/L)	11,000
Sodium (Na), (MG/L)	6,900
Sulfate (SO ₄), (MG/L)	1,100
Lithium (Li), (UG/L)	800
Potassium (K), (MG/L)	180
Magnesium (Mg), (MG/L)	91
Manganese (Mn), (UG/L)	80
Iron (Fe), (UG/L)	60
Silica (SiO ₂), (UG/L)	32
Zinc (Zn), (UG/L)	30
Fluoride (F), (MG/L)	2.3
Phosphate (PO ₄)	
Ortho, (MG/L)	0.12
Ortho diss a P, (MG/L).....	0.04
Nitrogen (N), (MG/L)01
Alkalinity	
As Calcium Carbonate, (MG/L)	634
As Bicarbonate, (MG/L)	773
Hardness	
Noncarbonate, (MG/L)	1,000
Total, (MG/L)	1,600
Specific conductance (Micromohs)	36,800
Total dissolved solids, (TDS), (MG/L)	20,000
pH, Field	6.3
Discharge (gpm)	2,263

Sopris Splash Zone Fact Sheet

Overview

- The new Sopris Splash Zone is a family-friendly, water-centric aquatic park located at the west end of Glenwood Hot Springs Pool. It consists of three distinct areas: Shoshone Chutes, Hanging Lake and the Grand Fountain.
- Sopris Splash Zone honors the memory of Captain Richard Sopris, a prospector who explored the area around Glenwood Springs in 1860. He later became the mayor of Denver, Colorado. Mt. Sopris, the majestic peak south of Glenwood Springs, is named for him.
- Construction of Sopris Splash Zone began in October 2018, with the demolition of the old fiberglass water slides and the miniature golf course.
- A 100-plus-year-old oak tree was preserved because it likely dates back to the resort's early days and is known as the "Legacy Tree." The bathhouse and hot springs pool opened to the public in July 1888.
- Hours for the Sopris Splash Zone are 10 a.m. to 7 p.m.
- There is no additional fee to use the new attractions in the Sopris Splash Zone.
- The Sopris Splash Zone is Phase I of a years-long, multi-phase, resort-wide renovation plan.

Shoshone Chutes

- Riders navigate Shoshone Chutes on either one- or two-person tubes. The ride is designed as an activity that can be experienced and shared by friends and family; young children can experience the river with an older sibling or an adult.
- The river ride is approximately 700 feet long with a total run time of about 2.5 to 3 minutes. There are about 100 seconds of shooting through fast-moving whitewater rapids at about 5mph, interspersed with calm areas to gather and regroup.
- From the launching pool, riders immediately begin their descent with a steep drop into the whitewater with quick turns, obstacles and contours designed into the channel to create fast-moving rapids and engineered to maximize thrills while still being safe.
- At the halfway point through the river, riders have the option to exit if they've had enough excitement or they can continue through the second half starting with another swift, steep drop and more rapids.
- The walls and landscaping of Shoshone Chutes are designed to emulate the natural Colorado landscape, some have likened it to the rock formations seen while rafting in Glenwood Canyon.
- To ride Shoshone Chutes riders must be 36 inches tall. Children between 36 and 42 inches must be accompanied by an adult in a double tube. Life jackets are provided and strongly recommended for small children and weak swimmers.

Project Partners

- Aquatic engineering firm Cloward H2O based in Provo, Utah and the landscape design firm DHM Design with offices in Carbondale and Durango, Colorado worked together to design the project.
- Cloward H2O is an award-winning aquatics consulting firm with projects worldwide, including Atlantis Resorts in the Bahamas and Dubai; water parks throughout the U.S., Asia and the Middle East; aquarium and zoo projects; whitewater and surf resorts; and The Broadmoor in Colorado Springs.
- DHM specializes in landscape architecture, ecological and urban planning, and design. One of the company's specialties is designing for the hot springs niche and recently completed an extensive redesign of Ouray Hot Springs in Ouray, Colorado. The firm is involved in five current hot springs facility improvements across the mountain west.

Hanging Lake

- The surfaces in and around Hanging Lake and the Grand Fountain are covered in soft Life Floor pool decking that improves comfort and safety for all ages. It is a slip-resistant surface that also stays cool in the heat.
- Hanging Lake, named after the famed falls and hiking trail in Glenwood Canyon, features waterfalls that children can play under and walk behind. The falls cascade into a zero-depth-entry pool.
- Other features include three kiddie slides and interactive aquatic play features.
- Under a large modern pergola that provides dappled shade for visitors is another zero-depth wading pool for youngsters.

Grand Fountain

- By day, the Grand Fountain is a fun splash pad that shoots water seven feet in the air.
- At night, the Grand Fountain becomes an illuminated show fountain with sprays of water that reach heights of 17 feet and can be seen by pool-goers and people strolling across the pedestrian bridge.
- The show fountain aspect of the Grand Fountain is a year-round feature. The fountain's illuminated displays will add to seasonal celebrations throughout the year.
- The Grand Fountain recalls both the history of Glenwood Springs and Glenwood Hot Springs Resort. The Colorado River was originally called the Grand, which is also the name of Glenwood's main street. When the pool opened in 1888, it featured a large fountain. The new Grand Fountain is a welcome return of a favorite pool element.

Quotes

Kjell Mitchell, Glenwood Hot Springs President & Chief Executive Officer, overviews the vision:

"The Sopris Splash Zone is what Glenwood Hot Springs envisioned: a family-friendly resort experience with modern features that uniquely represent the Rocky Mountain West and complement our 130 years of rich history rooted in an authentic European hot springs spa tradition."

Allen Clawson, Aquatic Engineer & Principal of Cloward H2O, describes Shoshone Chutes:

"What makes Shoshone Chutes so exciting has more to do with volume of water and accelerations than vertical drop. A typical waterslide might have 600 gallons per minute (gpm) of flow down a fiberglass flume—a fun, yet predictable experience, but not really a group activity. Shoshone Chutes is much more like experiencing whitewater on a tube in a natural river with your friends. The ride pumps more than 25,000 gpm for an exciting and far less "controlled" experience than a slide flume—or at least it appears and feels that way to riders, and that's the appeal."

Spa of the Rockies Fact Sheet

Overview: Spa of the Rockies carries on the long tradition of health and wellness associated with the 130-year history of Glenwood Hot Springs Resort. Drawing inspiration from the rich, thermal mineral waters, the Spa of the Rockies features a group of signature mineral-based treatments that promote wellness and vitality. All signature services feature a complimentary foot ritual, a therapeutic soak in the mineral hot springs pool and access to the health and fitness focused Athletic Club for the day.

Examples include:

- Indigenous inspired treatments such as A Walk in the Woods and Native Awakening
- Innovative massage including Hemp Intensive Therapy, Magnesium Wellness and Salt Stone Renewal
- Total body treatments like the Wild Honey Steam Wrap and the Rocky Mountain Mud Wrap
- Facials featuring breakthrough technology: HydraFacial and Intraceuticals Facials

Services: massage, body treatments, facials, hydrotherapy, manicures, pedicures, waxing, make-up application. Please see www.spaoftherockies.com for a complete menu of services.

Treatment rooms: 8 rooms for massage therapy, facial treatments, and couples' suites, 1 specialized hydrotherapy room for Vichy shower treatments, 2 nail stations and 5 hydrotherapy tub rooms – 3 on the women's side and 2 with fireplaces and large flat screen televisions on the men's side.

Spa of the Rockies Products: only professional grade products are used in treatments and are available for sale in the spa boutique. Product highlights include: Zents, Kneipp, Kerstin Florian, Intraceuticals, Eminence, Organic Male and La Bella Donna Cosmetics.

Amenities: men's and women's locker rooms, each with steam room; use of robes and slippers; complimentary beverage; retail spa boutique.

Recent Awards: 2016 winner of two SpaFinder Wellness Travel Awards: Best Hot Springs & Best for Families; "World's top 10 mineral and thermal springs spas", SpaFinder Readers' Choice Award

Spa guest discount: all 90-minute treatments include a complimentary foot ritual. Spa guests can purchase an upgrade to use the Athletic Club which includes access to the pool. Any guest booking a spa service can purchase an upgrade to use the Athletic Club all day including the pool and athletic club lockers facilities.

Opened: October 2008

Affiliations: International Spa Association

Phone: 970-947-3331, 877-947-3331

Website: www.spaoftherockies.com

Email: info@spaoftherockies.com

Glenwood Hot Springs Athletic Club Fact Sheet

Overview: Considered the premier fitness center in the region, the Athletic Club shares the historic stone bathhouse with the Spa of the Rockies. In addition to the club's state-of-the-art fitness equipment, a full roster of daily classes and top-notch facilities, members and guests have unlimited access to the Glenwood Hot Springs Pool.

Amenities:

- movement studio equipped with Pilates chairs and reformers
- Yoga classes and therapy
- Pilates mat classes
- whirlpool
- sauna
- steam room
- full-circuit strength-training equipment
- free weights
- champion racquetball and handball courts
- cardiovascular equipment
- Barre, Zumba, aerobic and spinning fitness classes
- certified personal trainers and instructors
- locker rooms, towel service and amenities
- private sun deck

Daily rates: includes access to Glenwood Hot Springs Pool, must be 18 years of age or older

Walk-ins \$34.50

Lodge guest \$17.00

Punch card \$173.75 for six visits, transferable

Hours: Monday - Friday 6:15 a.m. – 10 p.m.

Saturday & Sunday 8:45 a.m. – 10 p.m. Labor Day – Memorial Day weekend

Saturday & Sunday 7:30 a.m. – 10 p.m. Memorial Day weekend – Labor Day

Phone: 970-947-2953

Glenwood Hot Springs Lodge Fact Sheet

Opened: 1986

Refurbishments: 2019, comprehensive remodel of all public spaces; 2011, comprehensive remodel of all guest rooms; 2008, comprehensive remodel of public spaces

Number of rooms: 107 non-smoking rooms

In-room: amenities include air conditioning, 42-inch flat screen LED televisions, built-in mini refrigerators, microwaves, coffee makers, in-room safes, energy efficient lighting, free internet access (Wi-Fi in lobby), iPod docking stations and other technological upgrades to accommodate a variety of electronic devices.

On-site: guest laundry, outdoor patios, private balconies and off-street parking

AAA Three Diamond rated: Rated by professional evaluators as a multifaceted property, with a distinguished style, including upgrades in the quality of physical attributes, amenities and level of comfort provided.

Awards: 2017, CNN Travel selected Glenwood Hot Springs Lodge as a Most Amazing Pool 2016, Colorado Parent selected the Lodge as a Top 5 Resort/Hotel winner; 2013, 2012 TripAdvisor Certificate of Excellence; 2013 TripAdvisor Green Leaders, Bronze; 2010, Fodor's Travel, Gold Choice "Top 10 US Hotel Pool."

Business center: computers, color printer, fax, copy machine, internet

Meeting facilities: Ute Mountain Room seats 20; Iron Mountain Room accommodates 35

Audio/visual equipment: TV/VCR/DVD, dry erase board, overhead projector, screen, easel or flip chart available at no charge; extra flip-chart pads are \$15 each

Packages: rates include one night's lodging, unlimited swimming at the Glenwood Hot Springs Pool, full breakfast at the Glenwood Hot Springs Grill

Most popular packages: Ski Swim Stay, Tidal Wave, Ultimate Zen, Romance

Price range: \$139 to \$319, rates are based on dates, room type and availability, and are subject to change. Taxes not included.

Discounted Athletic Club pass: \$17.00 (regular drop-in price is \$34.50)

Reservations: 800-537-SWIM (7946) or 970-945-6571; www.hotspringspool.com

Restrictions: No smoking in guest rooms or common areas; no pets.

Glenwood Hot Springs Shop and Grill Fact Sheet

The Shop

Apparel: The Rocky Mountain region's largest selection of swimwear. Resort wear, handbags jewelry, gifts, sundries, hats, sunglasses, water toys and more are also available for sale in the retail store.

Hours: 8 a.m. – 9 p.m. Memorial Day weekend – Labor Day; 9 a.m. – 8 p.m. during value season

Phone: 970-947-2940

Glenwood Hot Springs Grill & Snack Bar

Menu: daily specials, breakfast, sandwiches, soup, salad, snacks, pizza, burgers, hot dogs, ice cream

Full breakfast: every stay at the Glenwood Hot Springs Lodge includes a full breakfast at the poolside Grill with a choice of cooked-to-order omelets, scrambled eggs, pancakes, hash browns, daily specials, fresh fruit, baked goods, yogurt and hot and cold beverages

Beverages: juice, coffee, hot chocolate, smoothies, tea, soda, water (beer and wine are available at the Grill only)

Seating capacity: 80

Hours: 7 a.m. - 4 p.m. Memorial Day weekend – Labor Day; 7 a.m. - 3 p.m. during value season

Snack Bar hours: 11 a.m. - 6:30 p.m. Memorial Day weekend – Labor Day

Phone: 970-947-2959

In the News

2019

- Glenwood Hot Springs Resort named **Business of the Year** by the Glenwood Springs Chamber Resort Association
- Buzzfeed, [18 Family Vacation Ideas That Are Great for Traveling With Kids](#)
- USA Today, [10 of the best road trips you need to take this summer](#)
- Spa of the Rockies featured on Sunset's Magazine's **Spa Resorts Worth the Splurge**
- Martha Stewart Living, [Six Geothermal Pools to Visit in the U.S.](#)
- Spa of the Rockies named one of Spas of America's **100 Favorite Spas of 2019**
- Glenwood Hot Springs Resort part of Global Wellness Institute's Initiative Announces Top Five Global Hot Springs Trends
- DHS Design received the **Colorado American Society of Landscape Architects Merit Award** for their design of Glenwood Hot Springs Resort's Sopris Splash Zone

2018

- [Spa Business](#) magazine, Soaking in the Scenery
- Glenwood Hot Springs Resort received a **Best of Colorado Business Choice** Award by ColoradoBiz magazine (April 2018)
- Glenwood Hot Springs Resort featured on CBS [Let's Make A Deal](#)
- Vogue Magazine, [Why Fly All the Way to Iceland? Colorado Has Some of the Best Hot Springs Around](#)
- Uncover Colorado, [12 Best Hot Springs in Colorado](#)
- Colorado Life Magazine, [Hurry Up & Relax—On the Historic Hot Springs Loop](#)
- USA Today/10Best [Here are 10 Spectacular Ski Area Pools and Hot Tubs](#)

2017

- [Sunset Magazine](#), Your Winter Guide to Glenwood Springs
- [CNN Travel](#), Glenwood Hot Springs Named Most Amazing Hotel Pool

- [9News](#), Denver featured Glenwood Hot Springs Resort as the world's largest hot springs pool
- Glenwood Springs Post Independent, Locals' Choice Awards: Best Local Attraction, Best Place to Watch People, Best Gym/Fitness Center, Best Place for Family Fun
- [Roaring Fork Lifestyle Magazine](#), Kjell Mitchell: Forty Years in Hot Water
- [Washington Post](#), Western Colorado: Where the Hot Springs Flow
- [Nomad Colorado](#), Glenwood Hot Springs Pool Feels Like Heaven
- [Adventure World Magazine](#), Wandering Around the Wonders of Aspen, Colorado
- [Denver Post](#); Soaking in a Road Trip Along the Colorado Historic Hot Springs Loop
- Colorado Springs Gazette, Mineral Hot Springs and Rivers Draw Outdoor Enthusiasts to Mountain Town of Glenwood Springs

2016

- Spa Finder Wellness Travel Awards, top 10 winner in two categories, Best for Families & Best for Hot Springs
- GoWorldTravel.com, Hot Springs and High Adventure: Glenwood Springs
- Denver Post, Soaking in a Road Trip Along the Colorado Historic Hot Springs Loop
- 10best.com, Best Hotel Pool
- Hotel Executive, A look at the American Hot Springs Spa Landscape
- 5280 Denver's Mile High Magazine, Colorado Hot Springs Loop Connects 19 Mineral Pools
- Denver Post, Healing Waters, Spa Treatments, Do a Body Good
- Colorado Parent, Glenwood Hot Springs Lodge named a Top 5 Resort/Hotel winner; Glenwood Hot Springs named a Top 5 Winter Resort for Families winner
- AAA Colorado EnCompass, Colorado First: Healing Waters
- Travel Pulse, Colorado's 5 Best Natural Hot Springs
- Beacon Senior News, Rekindle Romance with a Change of Scenery
- Ecophiles, 7 Blissful Hot Springs to Pamper Yourself in Colorado

- Macaroni Kid Family Travel, USA's 10 Best Family Friendly Hot Springs
- TheBestTravelPlaces.com, Colorado's Glenwood Hot Springs is a Delight to All Who Visit
- United Hub, 10 Winter Wonderlands to Add to Your Travel Bucket List
- TravelingMom.com, Free Pool Admission Adds Big Value to Glenwood Hot Springs in Colorado

2015

- Glenwood Springs Post Independent, Hot Springs Upgrading Geothermal Heat System
- Sunset Magazine, Steam Heat
- Sunset magazine, Sunset Travel Awards, Glenwood Hot Springs Pool named first place in category of Best Hotel Pool
- Sunset magazine, Sunset Travel Awards, Spa of the Rockies, named a top four destination in the category of Best Wellness Destination
- USA Today, Glenwood Hot Springs Pool voted a 10 Best Readers' Choice Award winner

2014

- Glenwood Hot Springs Lodge is a designated AAA Three Diamond property
- Glenwood Hot Springs voted a top finisher for "Best Attraction," in the Glenwood Post Independent's (GSPI) Local's Choice Awards for 8 straight years
- Spa of the Rockies voted "Best Spa," in the GSPI Local's Choice Awards for 4 straight years

2013

- SpaFinder, Readers' Choice, "Best Mineral or Thermal Springs Spa"
- TripAdvisor, Bronze, "Green Leaders" award
- TripAdvisor, Certificate of Excellence
- USA Today, Go Escape, "Cool Temps, Hot Springs"
- CNN Travel, "America's Most Amazing Hotel Pools"

In addition to the above mentioned Local's Choice Awards in the Glenwood Post Independent, Glenwood Hot Springs received the following: Glenwood Hot Springs Athletic Club "Best Gym/Fitness Center;" Glenwood Hot Springs Pool "Best Date Spot;" Glenwood Hot Springs Lodge "Best Hotel/Motel"

2012

- Trekaroo, "Best Hotel Pools in the US for Families"
- SpaFinder, Readers' Choice, "Best Mineral or Thermal Springs Spa"
- TripAdvisor, Certificate of Excellence

2011

- Sunset magazine, "Mountain Weekend: Soak away your stress"
- SpaFinder, Readers' Choice, "Best Mineral or Thermal Springs Spa"
- Spa magazine, Readers' Choice "Best Domestic Mineral Springs Spas"

Charitable & Community Contributions

Glenwood Hot Springs Resort has supported and donated funds to many worthy causes including:

- Valley View Hospital Foundation
- Glenwood Springs Whitewater Park
- Glenwood Hot Springs Scholarship Fund
- Colorado Mountain College Foundation
- Operation Vacation
- YouthZone
- Boy Scouts & Girl Scouts
- Youth for Christ
- Junior Achievement
- True Media Foundation
- LIFT-UP
- Salvation Army
- Frontier Historical Society
- Summer of Music Community Concerts
- Glenwood Springs Community Center Aquatic Center
- Glenwood Springs Center for the Arts
- Mt. Sopris Nordic Council
- Arthritis Foundation
- Hospice of the Valley
- Special Olympics
- Community Service Organizations: Lions Club, Rotary Club, Kiwanis Club
- Glenwood Springs High School Corporate Sponsor
- Glenwood Springs High School Mock Trial Program
- River Bridge Regional Center
- CASA of the Ninth Judicial System
- Access After School
- Roaring Fork Outdoor Volunteers
- Glenwood Springs Downtown Market
- National MS Society