

DUNTON



COLORADO

# Dunton Hot Springs Activities Menu

## COMPLIMENTARY ACTIVITIES

### INTRO TO FLY TYING

Learn to tie a few simple, yet effective fly patterns. Keep your flies and use them on your next fly-fishing excursion. A great activity for beginners and experienced anglers alike.

**SUNDAYS AT 10AM**

### GROUP YOGA

Restore body and mind with a Vinyasa-style flow geared at a slow pace to calm the nervous system and open bodily restrictions. Suitable for all levels, from beginners to experienced practitioners.

**TUESDAYS, THURSDAYS & FRIDAYS AT 8AM**

### HEALING SOUND BATH

Experience the therapeutic effects of sound healing, combining direct and indirect vibrations with various instruments such as Himalayan bowls, crystal singing bowls, and gongs. These sounds are absorbed by the body, promoting physical wellness and inner peace.

**SATURDAYS AT 8AM**

### PONY EXPERIENCE

Spend time brushing, petting, and learning about our ponies. No riding involved, making it perfect for our younger guests or anyone who enjoys interacting with animals.

**MONDAYS AT 9AM**

### BIKING

Complimentary bikes are available for riding around the Hot Springs and River Camp. Self-guided trail maps are provided to help you explore the area at your own pace.

**DAILY - BASED ON AVAILABILITY**

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## ACTIVITIES & WELLNESS

### PRIVATE YOGA

Restore body and mind with a private yoga session led by our experienced instructors. Choose between a dynamic Vinyasa flow or a gentle, slow-paced class to calm the nervous system and release bodily restrictions.

**\$180 (1 GUEST) | \$240 (2 GUESTS)**

**AGE: 16+**

### WELLNESS IN THE SAN JUANS

This two-hour workshop deepens the connection between body and mind. Begin with mindful breathwork, followed by a flowing sequence of healing postures, and conclude with an extended movement meditation to promote mobility and inner relaxation.

**\$300 (1 GUEST) | \$360 (2 GUESTS)**

**AGE: 16+**

### PRIVATE HEALING SOUND BATH

Experience the therapeutic effects of sound healing, combining direct and indirect vibrations with various instruments such as Himalayan bowls, crystal singing bowls, and gongs. These sounds are absorbed by the body, promoting physical wellness and inner peace. Sessions are 45 minutes.

**\$200 (1 GUEST) | \$125 Addtl**

**AGE: 16+**

### OFF ROAD TOURS

**Imogene Pass** - Explore Telluride's high country with historic and scenic views by traveling on old mining roads. This tour takes you to a summit over 13,000 feet, passing through the Tomboy Ghost Town, suitable for all ages.

**Ophir Pass** - This tour explores the Ophir Pass and the Ghost Town of Alta, offering picturesque views and excellent wildflower viewing. Alta is one of the best-preserved ghost towns in Colorado (other than ours...) and features stunning postcard views of Wilson Peak.

**Black Bear Pass** - For thrill-seekers and 4WD travelers, this advanced tour descends Black Bear's famous "stair steps," crosses under Ingram Falls, and provides beautiful views of Telluride's Box Canyon and Bridal Veil Falls.

**\$200 PP IMOGENE/OPHIR (AGE: ALL)**

**\$240 PP BLACK BEAR (AGE: 16+)**

### RAFTING

**Lower River** - Enjoy a 30-minute downstream rafting trip on the San Miguel River from Specie Creek to Beaver Creek. This section features class II-III whitewater, ideal for beginning and intermediate rafters, families, and groups of mixed abilities. Group excursions only.

**Upper River** - Raft the more intense upper section of the San Miguel River from Deep Creek to below Placerville. This stretch has long sections of class III rapids and occasional class III+ whitewater, suitable for strong swimmers in excellent physical condition. Group excursions only.

**\$225 PP Lower (AGE: 6+)**

**\$250 PP Upper (AGE: 12+)**

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### PADDLE BOARDS

Paddle in paradise at Trout Lake, a family-friendly mountain adventure perfect for children and adults. Just a 45-minute drive from Dunton, this is an ideal destination for stand-up paddleboarding.

**\$215 PP (All Ages)**

### ROCK CLIMBING

**Via Ferrata** - Experience a thrilling technical hike along the east end of the Telluride canyon. This route is equipped with fixed cables, ladders, and bridges, offering spectacular views of Bridal Veil Falls and the Telluride Valley.

**Rock Climbing** - Designed for all ages and abilities, this activity lets you try climbing on real rock. With the help of qualified guides, learn how to climb, belay, and use technical climbing equipment. A great adventure for first-time climbers and seasoned mountaineers alike.

**\$595 (1 GUEST) | \$485 Addtl**

**AGE: 16+ (Via Ferrata) | All Ages (Rock Climbing)**

### GUIDED HIKING

Hike into the beautiful San Juan Mountains, experiencing the wilderness with trails leading through high alpine basins, wildflower meadows, and crystal-clear streams. Personalized hikes range from gentle walks to power hikes, perfect for exploring Dunton's backcountry.

**Half Day \$465 (1 GUEST) | \$360 Addtl**

**Full Day \$535 (1 GUEST) | \$415 Addtl**

**All Ages**

### TECHNICAL PEAK ASCENTS

Join expert guides for an alpine adventure incorporating rock climbing and mountaineering skills. Some prior experience is recommended, making this an ideal challenge for more experienced climbers.

**\$800 (1 GUEST) | \$640 Addtl**

**Age:16+**

### FLY FISHING

Enjoy classic western fly fishing on the West Fork of the Dolores River. Both Dunton Hot Springs and Dunton River Camp offer anglers a combination of meadow oxbows and pocket water canyons, populated with native Rainbow, Brown, Cutthroat, and Brook trout. Suitable for all experience levels.

**Half Day \$550 (1 GUEST) | \$365 Addtl**

**Full Day \$775 (1 GUEST) | \$465 Addtl**

**Age: 6+**

### PRIVATE INTRO TO FLY TYING

Learn to tie a few simple, yet effective fly patterns. Keep your flies and use them on your next fly-fishing excursion. A great activity for beginners and experienced anglers alike.

**\$75 (1 GUEST)**

**All Ages**

### MOUNTAIN BIKING

Shuttle to the top of the Winter Trail for a thrilling 60-minute descent directly into Dunton. This ride requires technical skills, offering an exciting adventure for experienced bikers.

**Half Day \$525 (1 GUEST) | \$375 Addtl**

**AGE: 16+**

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**All Ages**

## SUTCLIFFE VINEYARDS

Hike or horseback ride in McElmo Canyon, followed by lunch and wine tasting at Sutcliffe Vineyards. This trip includes exploring the Sand Canyon Trail in the Canyons of the Ancients and returns to Dunton by 4:00 PM.

**Hike \$490 (1 GUEST) | \$260 Addtl**

**Ride \$580 (1 GUEST) | \$400 Addtl**

**Age: 8+**

## ROCK HOUNDING

Search for quartz, citrite, amazonite, and various mineral ores along the banks of the West Dolores River. This activity offers a stunning backdrop of El Diente and Lizard Head peaks, providing a geological wonder to explore.

**\$465 (1 GUEST) | \$360 Addtl**

**All Ages**

## RIVER PANNING

Pan for precious stones and gold in the West Fork of the Dolores River, living the authentic Dunton experience. Learn about the area's mining history and enjoy this activity, especially great for children.

**\$250 (1 GUEST) | \$175 Addtl**

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## EQUESTRIAN PROGRAM

### 1 HR DUNTON LOOP

Enjoy a family-friendly, one-hour ride with beautiful views and some up and downhill terrain. Perfect for beginner riders, kids, or anyone seeking a leisurely riding experience.

**\$390 (1 GUEST) | \$260 Addtl**

**AGE: 8+**

### 1.5 HR LOCAL LOOP

Experience a customized 1.5-hour ride with mountain stream crossings and open meadows. This stunning loop is suitable for riders of all experience levels.

**\$450 (1 GUEST) | \$300 Addtl**

**AGE: 8+**

### 3 HR RIDING EXPERIENCE

Ideal for adventurous riders looking for a half-day trek. Spend more time on horseback and enjoy breathtaking mountain meadow views.

**\$565 (1 GUEST) | \$375 Addtl**

**AGE: 10+**

### ARENA RIDES

Perfect for guests not yet ready for the trail. Spend an hour with our ponies or horses, guided on the ground for instruction. Maximum of 2 guests.

**\$150 Per Guest**

**All Ages**

### PAINT A PONY

**Longer riding experiences, may be available upon request.  
Helmets are provided and required for minors.**

**Required: Closed to shoes and full length pants  
Recommended: Jeans, hat, sunglasses, water bottle, phone and sunscreen**

Safely enjoy horses from the ground and unleash your creative side with non-toxic, kid-friendly paints. Our ponies are ready to look their best.

**\$120 Per Guest**

**All Ages**

### PONY EXPERIENCE

Spend time brushing, petting, and learning about our ponies without any riding involved. Perfect for young guests or anyone who loves feeding treats to ponies.

**Complimentary**

**All Ages**

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### PICNIC & CHAMPAGNE ADD-ON

Enhance any of our on-property horseback rides with a charcuterie picnic and a split bottle of champagne. A romantic addition to any ride we offer.

**\$75 Per Guest**

**Age: 21+**

### PICNIC & FLY FISHING ADD-ON

Enhance any of our rides with a charcuterie picnic lunch and some time fishing on the river. A perfect addition for a leisurely and enjoyable afternoon.

**\$250 Per Guest**

**Age: 8+**

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## FAMILY FRIENDLY

### 1 HR DUNTON LOOP

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