GLENWOOD HOT SPRINGS RESORT

MAP LEGEND

- RESTROOMS
- FOOD
- CHANGING STATION
- CABANAS
- OUTDOOR SHOWERS

YAMPAH MINERAL BATHS

CASCADE WATERS
TEMPERATURE RANGE: 100°F | 38°C to 104°F | 40°C

Soothe your senses and still your mind with the natural sounds of running water. Proven to help moderate blood flow, ease stress and anxiety, and induce a state of relaxation. The natural sounds of Cascade Waters will work their magic.

SACRED WATERS
TEMPERATURE RANGE: 97°F | 36°C to 102°F | 39°C

Discover a sense of calm and tranquility with uninterrupted views of the mountains by day and the stars by night. Our infinity-edge bath has an expansive view that will leave you with a feeling of harmony and well-being.

FALLING WATERS
TEMPERATURE RANGE: 95°F | 35°C to 100°F | 38°C

Explore the rugged refuge of our Falling Waters mountain grotto. Stand beneath the falls for a natural massage on shoulders, neck and back, or simply enjoy the sounds of the falls to help calm the nervous system, relieve stress and leave with an overall sense of peace.

INHALE BATH
TEMPERATURE RANGE: 52°F | 11°C to 60°F | 16°C

Dare to experience the dramatic effects of cold water therapy proven to help speed healing, reduce inflammation, and improve your mood. Cold plunging can help with inflammation, stress, mind clarity, focus, energy levels, muscle recovery, circulation, and nervous system regulation.

EXHALE BATH
TEMPERATURE RANGE: 75°F | 24°C to 80°F | 27°C

Try this less extreme cold contrast bath to help speed recovery after an injury, ease joint and muscle pain, and improve your mood. The Exhale bath can provide a good transition between hot baths or after the Inhale bath.

YAMPAH SOURCE SPRING

TEMPERATURE: 122°F | 51°C

The spring feeds the property with a continuous flow of mineral-laden water which comes out of the ground—naturally heated by geothermal activity—at the rate of 3.5 million gallons of water per day.

The original Native Americans called this spring “Yampah” or “Big Medicine”.

1888 HISTORIC POOLS

GRAND POOL
TEMPERATURE RANGE: 93°F | 34°C to 90°F | 32°C

Stretch out in the magnificent expanse of our Grand Pool, the world’s largest hot springs pool. Originally built in 1888, it holds over 1 million gallons of water, is 405 feet long and 100 feet across at its widest point. The geothermally heated waters of this tremendous pool are perfect for playing, swimming laps, diving, floating and communing with friends

THERAPY POOL
YEAR-ROUND TEMPERATURE: 104°F | 40°C

Relax in the historic Therapy Pool which is naturally hot year-round. This pool is 100 feet long and contains 91,000 gallons of heated mineral water that comes straight from the Yampah Source Spring.

Our unique blend of 15 minerals includes: boron, calcium, chloride, fluoride, iron, lithium, magnesium, manganese, nitrogen, phosphate, potassium, silica, sodium, sulfate, and zinc.

SOPRIS SPLASH ZONE

HANGING LAKE FALLS POOL
TEMPERATURE RANGE: 80°F | 27°C to 95°F | 35°C

Rediscover the wonder of water in our boisterous and joyful play area and pool, modeled after the famous Hanging Lake hike in Glenwood Canyon. With three mini-flumes, interactive water features, shallow play areas to explore and shade structures, this area is perfect for young families.

GRAND FOUNTAIN

Anchoring the west end of the resort is our Grand Fountain. During the day, this is a happy play area for our youngest guests, with a soft splash-pad surface. After dark, the fountain is illuminated and can be seen from the east end of the Yampah Mineral Baths to the pedestrian bridge on the west end.

SHOSHONE CHUTES

Shoot the Chutes on our open-air whitewater tube ride as it plunges through twists and turns descending the slope of our northwest corner. Ride single or double on inflatable tubes that are provided.

No age limit. Height requirement enforced.

*Stair climbing is required.