

ACTIVITY SCHEDULE

FRIDAY, SEPTEMBER 6– THURSDAY, SEPTEMBER 12

YMCA OF THE ROCKIES- ESTES PARK CENTER



Children under the age of 13 must be accompanied by an adult at all times.

Some programs require advanced registration and may fill quickly, click [here](#) or call x1104 to sign up.

PROGRAM FACILITY HOURS

	FRI, SEPT 6	SAT, SEPT 7	SUN, SEPT 8	MON, SEPT 9	TUES, SEPT 10	WED, SEPT 11	THURS, SEPT 12
SWEET MEMORIAL	Stop by to get a full schedule of activities, and plan out your fun! Check out our game room in the basement! Sign out board games, puzzles, and more! Questions? Call us at x1104.						
	9AM-8PM	9AM-8PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
BOONE FAMILY MOUNTAIN CENTER	Sign up for hikes, visit our nature center, or get info about our outdoor activities! Plus, find tons of information about hiking, both at the Y and in the National Park. Questions? Call x8402.						
	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
LULA W. DORSEY MUSEUM	Come by and learn about the history and creation of YMCA of the Rockies. Guided tours available, no registration required. Last admittance 30 minutes before closing. Questions? Call us at x1136.						
	9:30AM-5:30PM	9:30AM-5:30PM	1PM-5PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM	9:30AM-5:30PM
MAUDE JELLISON LIBRARY	Grab a good book, cup of coffee, and get cozy. Questions? Call us at x1133.						
	9AM-5PM	9AM-5PM	1PM-5PM	9AM-5PM	9AM-5PM	9AM-5PM	9AM-5PM
MOOTZ FAMILY CRAFT & DESIGN CENTER	Drop in crafts available everyday, prices and availability vary. Open crafting and craft classes available. Glazed ceramics and Glass fusion must be finished by 3:00pm to be ready for pick up at the next day. No new projects after 4:30PM, clean up at 4:45PM. Some crafts have age restrictions. Questions? Call us at x1132.						
	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM	9:30AM-5PM
DORSEY SWIMMING POOL	Maximum capacity limits may apply. Pool is closed during lightning storms. Pool will be cleared 5 minutes before closing time. Call x1135 for space availability and weather conditions. Towels provided. OPEN SWIM - Swim time for all, come to play or swim laps! Kids 12 and under must have an adult in the building at all times. Kids 7 and under must have an adult in the water. The water slide is open at the lifeguards' discretion.						
	OPEN SWIM 10AM-12PM 1PM-6PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-5PM	OPEN SWIM 10AM-12PM 1PM-6PM	CLOSED	OPEN SWIM 10AM-12PM 4PM-6PM	OPEN SWIM 1PM-6PM
BOB ECKER ROLLER RINK	Roller skates provided. Roller blades are welcome, but not provided. Questions? Call x1104						
	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-9:30PM	5:30PM-7:30PM	7:30PM-9:30PM	8:30PM-9:30PM	5:30PM-9:30PM
LONGHOUSE GYM	Pop over for a game of basketball or volleyball, equipment available in the gym. Questions? Call us at x1104.						
	CLOSED	CLOSED	CLOSED	CLOSED	9AM-9:30PM	9AM-9:30PM	9AM-9:30PM
DUNCAN FAMILY CLUBHOUSE	Swing by to pick up mini golf equipment, pickleball paddles and more!						
	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM	9AM-12PM 1PM-5PM

ON PROPERTY SELF GUIDED WALKING TOUR

These informative strolls explore our history and public art and encourage you to engage with art and nature. Access the tours by clicking on the tour you are interested in! QR Codes are available in Sweet Memorial and the Museum.

[PUBLIC ART TOUR](#) | [WALK ABOUT THE Y HISTORY TOUR](#)

LOST?
CHECK OUT OUR
PROPERTY MAP



WANT TO HIKE?
CHECK OUT OUR
TRAIL MAP



At YMCA of the Rockies we are stewards of the Earth. Please do your part and recycle this Activity Guide. Click [here](#) or visit our website to learn more about our sustainability goals and practices.



GUIDED HIKING

Registration required

Requires sign up: Call the Boone Family Mountain Center at x1311 or click [here](#) to register. Hikes are free for YMCA of the Rockies guests and members. No call, no shows will incur a \$5 per person charge. Call x1311 to cancel your reservation, at least 24 hours in advance. It is imperative that all hikers check in with the hiking desk no later than 5pm the day before the hike. Check in can be done in person or over the phone. Please bring your Y lodge room number or cabin name at that time. A variety of circumstances may change the schedule of any hike. All equipment will be provided for guided hikes requiring specialized snow equipment, such as snowshoes or microspikes. Please dress in layers and be prepared for snow and cold temperatures, especially for hikes higher than 8500' in elevation.

Hike Difficulty: A=Most Difficult B=Very Demanding C=Demanding D=Strenuous E=Moderate Plus F=Moderate G=Easy H=Easiest

Prerequisites: To meet the prerequisite for an A, B, C, and D hike, a hiker must have completed without difficulty a YMCA of the Rockies (Hikemaster-led) hike of no more than two grades lower within two weeks before the hike. A "C" hike is the prerequisite for an "A" hike (A hikes may require additional hiker scrutiny due to the high level of physical demand); a "D" hike is the prerequisite for a "B" hike, etc.

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
FRIDAY, SEPT 6						
7:30 AM – 2:30 PM	Circle of Lakes	7.0	850'	F	F	Tom S.
<i>Includes: Bear, Nymph, Dream, Haiyaha, and Mills Lakes, plus Glacier & Alberta Falls. Emerald Lake and Loch Vale are also possible</i>						
8:00 AM – 11:30 AM	Jurassic Park	2.5	900'	F	D	John S.
<i>Hike above the Lily Lake Ridge trail to a wonderland of rock formations. Parts of the trail are rough and steep. See the often-photographed Edge of Time climbing rock</i>						
8:30 AM – 1:00 PM	Little Horseshoe Park	4.0	400'	G	F	Larry S.
<i>Enjoy this nature and history hike as you learn about the old CCC Camp.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Karen A.
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						
SATURDAY, SEPT 7						
7:00 AM – 3:30 PM	Black Lake	9.8	1390'	E	E	John S.
<i>Take the Glacier Gorge trail to a spectacular lake in the deep cirque between the east face of McHenry's Peak & Arrowhead Arete.</i>						
7:30 AM – 1:30 PM	Macgregor Falls	6.4	745'	F	E	Tom S.
<i>Enjoy this hike from the Lumpy Ridge trailhead, we will hike past Twin Owls and the historic MacGregor Ranch, across a peaceful meadow to Black Canyon Creek.</i>						
8:30 AM – 1:30 PM	Lake Haiyaha	4.0	900'	F	E	Beth S.
<i>Enjoy a relaxed hike to the alpine lake, guarded by huge boulders and an 800 year-old limber pine. "Haiyaha" is an indigenous Indian word meaning 'rock.'</i>						
SUNDAY, SEPT 8						
6:30 AM – 3:30 PM	Mount Ida	9.5	2900'	D	D	Pete P.
<i>Enjoy this extended tundra exploration from Milner Pass along the Continental Divide on the way to the accessible summit Mount Ida</i>						
8:00 AM – 2:00 PM	Cub Lake and the Pool	6.3	700'	F	F	Larry S.
<i>Loop hike past aspen woods & beaver ponds to Cub Lake, The Pool, & Arch Rocks.</i>						
8:30 AM – 1:30 PM	Bear to Bierstadt	4.0	400'	G	F	Karen A.
<i>Follow a mostly downhill trail through subalpine forest to Bierstadt Lake, then down the Bierstadt Moraine.</i>						
MONDAY, SEPT 9						
7:00 AM – 3:00 PM	Spruce Lake	9.0	1515'	E	E	Karen A.
<i>We will follow the trail almost to Fern Lake then cut up to Spruce Lake, below The Gables and Castle Rock.</i>						
7:30 AM – 1:30 PM	Ouzel Falls	5.5	900'	F	F	Beth S.
<i>Follow a forested trail up the North St Vrain River past Copeland Falls, Calypso Cascades and the 1978 fire area to feel the spray from the broad, impressive Ouzel Falls.</i>						
8:30 AM – 2:00 PM	Mills Lake	5.2	850'	F	F	Tom S.
<i>Trail past Alberta Falls to a lake below Thatchtop Mtn & craggy Glacier Gorge.</i>						
TUESDAY, SEPT 10						
8:00 AM – 12:00 PM	Gem Lake	3.6	1400'	F	E	John S.
<i>This is a short, occasionally steep, hike past wonderful rock formations with names like "Twin Owls" and "Paul Bunyon's Boot" to a crystalline lake on Lumpy Ridge.</i>						
8:30 AM – 1:30 PM	Loch	5.0	1150'	F	F	Beth S.
<i>Hike a gentle trail past the roaring Alberta Falls (the perfect photo op) to a large, trout-filled lake nestled in Loch Vale.</i>						
9:00 AM – 12:00 PM	Moraine Park Loop	3.3	400'	G	F	Program Staff
<i>Hike from the Y into Rocky Mountain National Park and through a glacially carved valley with great views of the continental divide.</i>						

ACCESSIBLE ENGER FAMILY NATURE TRAIL

The Enger Family Nature Trail is built with accessibility in mind. The trail starts at the Boone Family Mountain Center and makes a pet-friendly loop through the forest. Learn about the ecosystem, culture and history of the area through interpretive panels.

Click [here](#) to register and find more hike descriptions. Call 970.586.3341x1104 for more information.

GUIDED HIKING CONTINUED

Registration required

	HIKE	MILES RT	ELEVATION GAIN	GRADE	TERRAIN	HIKEMASTER
WEDNESDAY, SEPT 11						
7:00 AM – 1:30 PM	Forest Canyon Tarns	5.0	700'	E	E	Beth S.
<i>Enjoy a hike along the ancient, Native American trail to the head of Forest Canyon, then contour down the tundra slopes to several remote and beautiful tarns</i>						
7:00 AM – 3:00 PM	Sky Pond	8.4	1950'	E	D	Larry S.
<i>Enjoy the hike up to Timberline Falls, then scramble up a falls to two gorgeous, alpine lakes below Taylor Glacier & Sharkstooth.</i>						
7:30 AM – 1:00 PM	Tombstone Ridge	4.0	400'	F	F	John S.
<i>Walk in the steps of the Native Americans who followed the game over the ancient Ute Trail across the Continental Divide.</i>						
THURSDAY, SEPT 12						
7:00 AM – 3:30 PM	Lulu City	7.8	1000'	F	F	Larry S.
<i>Enjoy this drive over Trail Ridge Road, followed by a hike along a woodland trail along the Colorado River and track of old stage line</i>						
8:00 AM – 12:00 PM	Emerald Lake	3.6	750'	F	F	Karen A.
<i>Climb a smooth trail past Nymph and Dream Lakes up to the beautiful green gem-of-a-lake in Tyndall Gorge. This hike is perfect for most families.</i>						
8:30 AM – 11:30 AM	Twin Owls Loop	2.0	500'	G	F	Tammy F.
<i>Hike from the Lumpy Ridge Trailhead along the rock face named "Twin Owls". Great views of Estes Valley and the Continental Divide.</i>						

FREE FAMILY PROGRAMS

No registration required.

Age Ranges Family Programs (all ages) † Little Learners (6 and under) * Young Adult+ (10 & up) ☀
 Locations: Legett Youth Building (Legett YB) Sweet Memorial (Sweet)

FRIDAY, SEPT 6

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Floor Hockey @ RR
- 9:45AM † Animal Detective @ Sweet
- 10:30AM ☀ Knots @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:00PM * Parachute Games @ Sweet
- 1:45PM ☀ Survival @ Sweet
- 2:00PM † Marshmallow Catapult @ Sweet
- 3:15PM † Kickball @ Sweet
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Woolly Worm Hunt @ Sweet
- 5:30PM † BINGO @ Sweet
- 6:30PM † Trivia @ Sweet

SATURDAY, SEPT 7

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Capture the Flag @ Sweet
- 9:45AM † Animal Detective @ Sweet
- 10:30AM † Children's Story Time @Library
- 10:30AM † Origami @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:45PM ☀ Walk in the Woods @ Sweet
- 2:00PM † Make Ice Cream @ Sweet
- 3:15PM † Gaga Ball @ Sweet
- 3:30PM † Creek Stompin @ Dorsey Pond
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Sidewalk Chalk @ Sweet
- 5:30PM † BINGO @ Sweet
- 6:30PM † Trivia @ Sweet

SUNDAY, SEPT 8

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Floor Hockey @ RR
- 9:45AM † Animal Detective @ Sweet
- 10:30AM ☀ Knots @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:00PM * Parachute Games @ Sweet
- 1:45PM ☀ Survival @ Sweet
- 2:00PM † Slime @ Sweet
- 3:15PM † Kickball @ Sweet
- 3:30PM † Creek Stompin @ Dorsey Pond
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Woolly Worm Hunt @ Sweet

MONDAY, SEPT 9

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Floor Hockey @ RR
- 9:45AM † Animal Detective @ Sweet
- 10:30AM ☀ Knots @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:00PM * Parachute Games @ Sweet
- 1:45PM ☀ Survival @ Sweet
- 2:00PM † Tower Power @ Sweet
- 3:15PM † Kickball @ Sweet
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Woolly Worm Hunt @ Sweet

TUESDAY, SEPT 10

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Capture the Flag @ Sweet
- 9:45AM † Animal Detective @ Sweet
- 10:30AM † Origami @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:00PM * Parachute Games @ Sweet
- 1:45PM ☀ Walk in the Woods @ Sweet
- 2:00PM † Oobleck @ Sweet
- 3:15PM † Gaga Ball @ Sweet
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Sidewalk Chalk @ Sweet

WEDNESDAY, SEPT 11

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Floor Hockey @ RR
- 9:45AM † Animal Detective @ Sweet
- 10:30AM ☀ Knots @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:00PM * Parachute Games @ Sweet
- 1:45PM ☀ Survival @ Sweet
- 2:00PM † Mineral Magic @ Sweet
- 3:15PM † Kickball @ Sweet
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Woolly Worm Hunt @ Sweet

THURSDAY, SEPT 12

- 9:00AM * Little Explorers @ Sweet
- 9:15AM † Capture the Flag @ Sweet
- 9:45AM † Animal Detective @ Sweet
- 10:30AM † Origami @ Sweet
- 11:00AM † Bird is the Word @ Sweet
- 1:45PM ☀ Walk in the Woods @ Sweet
- 2:00PM † Tower Power @ Sweet
- 3:15PM † Gaga Ball @ Sweet
- 3:30PM † Fire Quest @ Sweet
- 4:30PM † Sidewalk Chalk @ Sweet

PROGRAM DESCRIPTIONS

FAMILY FUN

ANIMAL DETECTIVE (1hr)

Learn about animals at the Y! We will observe tracks, scat, bones, and antlers, then use your skills to see what animal clues are outside.

BIRD IS THE WORD (1hr)

Come learn about fall birds in our area and make your very own bird feeder.

CREEK STOMPIN (1hr)

Learn what makes a healthy waterway, and the importance of keeping our water clean!

FIRE QUEST (1hr)

Fire can be a life-saving tool. Learn how to spark safe fires.

MINERAL MAGIC (1hr)

Elevate your décor with unique handmade rocks, adding a touch of elegance and intrigue to any space!

PARACHUTE GAMES (30min)

Rise and fall with our big parachute as we play games on, under, and around the billowing parachute.

SURVIVAL (1.5hr)

Learn some important skills to help you stay safe in the wilderness.

TOWER POWER (1hr)

Unleash your inner engineer and build towering structures

WALK IN THE WOODS (1.5hr)

Take a leisurely hike around property to explore the trees, plants, and animals in our area!

LITTLE LEARNERS

FOR KIDS UNDER AGE 6:

LITTLE EXPLORERS (30 min)

Explorers use their senses to observe and investigate the world.

WOOLLY WORM HUNT (30 min)

Join our adventurous hunt for the mysterious woolly worms and learn about how animals use camouflage.

NIGHT WALK FRI, SAT; 7:45PM

Experience the Ys night life, learn about nocturnal animals, and play night games! Short hike without flashlights, recommended ages 6+. Meets at Sweet Memorial, registration is required, call x1104.

ROCKY MOUNTAIN NATIONAL PARK

Do you have questions about timed entry permits, road conditions, or entrance fees? Click [here](#) to visit the Rocky Mountain National Park website, or call 970.586.1206 to speak to the information office.

Click [here](#) to register and find more program descriptions. Call 970.586.3341x1104 for more info.

ADVENTURE ACTIVITIES

Registration Required

Archery, Axe Throwing, Climbing \$12/person. Aerial Challenge Course \$45/person. Click [Here](#) or call x1104 to check availability. Refunds not given within 24 hours of a paid program, unless the cancellation is due to lightning.

NEW! AERIAL CHALLENGE COURSE

Located at the Boone Family Mountain Center. Traverse from tree to tree, well above the forest floor on our new high ropes course. Each session begins with a 30 minute ground school that each participant must pass before entering the course. People with known heart conditions or who are pregnant may not participate. Participants must be between 35 and 250 pounds and meet the minimum height requirement of 4'9. Up to 8 people per session.

OUTDOOR ARCHERY

Located at the Main Archery Range. Archery sessions allow beginners to learn the basics, while experienced archers get a chance to practice their skills. Open to ages 6 and older, up to 12 people per session.

NELSEN FAMILY INDOOR CLIMBING WALL

Located at the Boone Family Mountain Center. The indoor climbing wall is modeled to look and feel like real rock! Climb to the top of the 25-foot wall, or stay low to the ground on the bouldering wall. Open to ages 5 and older, up to 8 people per session.

OUTDOOR AXE THROWING

Located at the Main Axe Throwing Range. Learn the basics of axe-throwing and have fun aiming for a bullseye! Open to ages 6 and older, up to 12 people per session.



DORSEY MUSEUM PROGRAMS

FRIDAY, SEPT 6

9:30AM MOVEMENT AT THE MUSEUM

Join us as a certified Pilates instructor guides you through lengthening and strengthening exercises as you breathe and behold nature on the Museum lawn. All levels are welcome. Modifications will be offered.

1PM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

SATURDAY, SEPT 7

10AM - ARCHAEOLOGY HIKE

This mile long hike will take you to an excavated rock shelter on property. Learn about the early people who lived in the region. Registration required, call x1104.

2:30PM - DOLL MAKING

Create your own doll and learn how young girls in the 1880's made dolls prior to modern technology. Registration required, call x1104.

WEDNESDAY, SEPT 11

10AM - GRANDMAS BYGONE GAMES

Stop by the Museum porch to enjoy some bygone games from the past. Learn how to play jacks, checkers, hop scotch and more! No registration required.

THURSDAY, SEPT 12

10AM - PRESIDENT TEDDY ROOSEVELT

Meet the 26th president of the United States, Theodore Roosevelt, and listen as he shares his passion for the conservation of the West. Includes Q&A time.

CAN YOU FIND THE GOLDEN NUGGETS?

Follow our hiking trails around the YMCA and keep a look out for the golden nuggets. These shiny, golden rocks will be hiding all around the property. Check out the Glacier Creek and Wind River trails. If you collect one, turn in at the Boone Family Mountain Center for a prize!

MAUDE JELLISON LIBRARY PROGRAMS

MONDAY, SEPT 9 7PM

FOLLOW THE DRINKING GOURD

International School of Storytelling graduate Lise Nelson relates the dramatic story of her 4x great-aunt Jennie A. Nelson through her memoirs entitled "The Underground Railroad in Slavery Times". Jennie grew up in the mid-1800s on an Ohio farm which was a station along the underground Railroad.

CHAPEL ACTIVITIES

SUNDAY, SEPT 8

10:00AM - WORSHIP

IN THE ROCKIES

Worship with us in Ponder Chapel. Everyone is invited to join us for this great hour of worship!

ADDITIONAL CHAPEL PROGRAMS

INTERACTIVE PRAYER TRAIL

Located behind the Leggett Christian Center. Walk the trail and encounter 5 interactive stations based on the prayer forms of Adoration, Confession, Thanksgiving, Supplication, and Intercession.

LABYRINTH

Labyrinth is a spiritual tool, a path of prayer, a walking meditation. Our Labyrinth is designed out of stones and located behind the Museum.

BIBLE POINT TRAIL

Along the trail you will encounter selected Psalms that sing to the glory of God revealed in nature. Pick up a map in the Mountain Center.

24/7 PRAYER

DANNEN CHAPEL

Entrance located on the outside northeast corner of Hyde Chapel, open 24/7 for your prayer needs.

BEATITUDE STUDY TRAIL

Enjoy a 1 mile hike while studying the beatitudes from Jesus' famous "Sermon on the Mount." Trailhead is located at Dorsey Lake

STORY WALK

Enjoy a children's book on a short walk equipped with reading stations. Begins on the walking path by the Hyde Chapel fire pit.

LAWN GAMES

Located on the west side of Hyde Chapel is a storage shed full of lawn games for your enjoyment. Feel free to play these games on the Hyde Chapel lawn anytime you wish!



ARTIST IN RESIDENCE

ALISON KAN GREVSTAD

Alison Kan Grevstad is an accomplished ceramic and visual artist from the Pacific Northwest. She is an active member of the Seattle arts community as a practicing ceramic and visual artist and has displayed her work in many prestigious gallery shows.

THURSDAY, SEPTEMBER 12

ANIMAL SCULPTURE CLASS

1PM - MOOTZ CRAFT AND DESIGN CENTER

Create animal sculptures out of wet clay with Alison. Registration required. \$5 per person. Call x1104 to register.

ELASTIC JEWELRY CLASS

EVERYDAY - 10AM

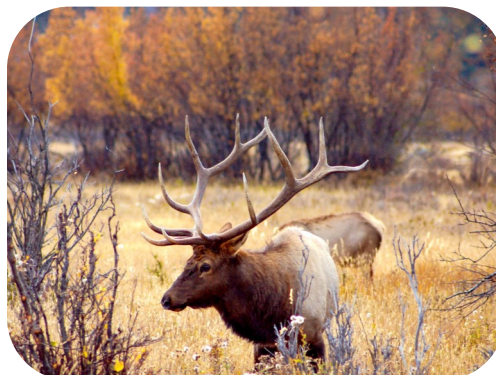
REGISTRATION REQUIRED

Stop by the Mootz Family Craft and Design Center to create an elastic necklace or bracelet. \$10 per person, registration required. Call x1104 to register.

BIRD BANDING

FRIDAY - 3PM-5PM

Watch Scott Rashid, licensed bird bander, "net" different species of birds that come to Colorado in the summer. Drop in anytime. Bird Banding site near the corner of Mineral Rd and Association Drive.



ON CAMPUS THIRD PARTY CONCESSIONAIRES



MASSAGE THERAPY HERE AT THE YMCA IN THE BIRCH CABIN (720) 218-1953 - TEXT!



Homegrown Yoga & Massage offers state-of-the-art massage therapy services in a serene mountain cabin located conveniently on the grounds of the YMCA of the Rockies.

Hours of operation:

Open daily 9-5. Evenings available by request.

To schedule your appointment:

Text: (720) 218-1953 - texting is the most reliable and quickest way!

Email: laura@homegrownyoga.com

When scheduling, please let me know 1) your full name, 2) the number and length of massage(s) you'd like, 3) ideal day/time you'd like 4) the dates you are in Estes. Providing this information will expedite scheduling

Payment:

All forms of payment accepted. Pay at time of service. Cash and room charge preferred, credit cards fine. No insurance reimbursement, venmo or paypal.

Location:

Massage (Birch) Cabin is at the corner of Friendship Lane and Association Drive, right next to the Arts and Design Center and easy to walk to. If driving, please take Program Way from Association Drive and park at the end of Program Way. Birch is on the right. There is no parking on Friendship Ln or Association Dr. even though you can see the cabin from those streets.

***48 HOUR CANCELLATION POLICY OR FULL CHARGE**

WWW.HOMEGROWNYOGA.COM

Services and Prices:

30 Min.	\$70	Perfect for achy feet or a great neck and
60 Min.	\$110	Perfect for full body massage focusing on relaxation and health promotion
90 Min.	\$160	Allows additional time to focus on a certain pain issue
120 Min.	\$220	Allows time for multiple modalities and an in-depth full body massage

No Time Add Ons:

Deep Tissue: Included
Hot Stones: \$20
Foot Sugar Scrub: \$20
Body Brushing: \$20
(You take brush home)

Four Pack/one hour: \$420
Complementary aromatherapy

CONTACT HOMEGROWN YOGA AND MASSAGE DIRECTLY TO BOOK - (720) 218-1953 - TEXT IS BEST



JACKSON STABLES, INC.

(970) 586-3341 x1140 or x1149 7:15AM - 6:00PM

JACKSON STABLES, INC., YMCA of the Rockies Livery, is authorized by the National Park Service, Department of the Interior to serve the public in Rocky Mountain National Park. All the horseback rides are guided trail rides into RMNP, and on YMCA property.

Reservations are recommended - call ext. 1140 or 1149 during office hours ONLY. Below you will find a brief description of the

rides we offer. **We REQUIRE children age 6 and up to ride their own horse and the weight limit for an individual is 230 pounds.**

RATES: (per person)

\$80 1 hour ride
\$115 2 hour ride
\$155 3 hour ride
\$195 4 hour ride
YMCA Charges to Room
may be accepted.

TUESDAY

8:00am 2 hr. Emerald Mountain
8:40am 3 hr. Mill Creek
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Moraine Park
1:40pm 1 hr. Deer Meadows
2:00pm 1 hr. Glacier Basin
3:30pm 1 hr. Deer Meadows

FRIDAY

8:00am 2 hr. Emerald Mountain
8:40am 1 hr. Deer Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Glacier Basin
3:30pm 1 hr. Deer Meadows

SUNDAY

8:00am 2 hr. Emerald Mountain
8:40am 3 hr. East Portal
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Beaver Meadows
2:00pm 1 hr. Deer Meadows
3:30pm 1 hr. Glacier Basin

WEDNESDAY

CLOSED

SATURDAY

8:00am 2 hr. Emerald Mountain
8:40am 3 hr. Mill Creek
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Deer Meadows
3:30pm 1 hr. Glacier Basin

MONDAY

8:00am 2 hr. Emerald Mountain
8:40am 1 hr. Deer Meadows
9:00am 1 hr. Glacier Basin
10:30am 1 hr. Deer Meadows
1:00pm 2 hr. Moraine Park
1:40pm 3 hr. Cub Canyon
2:00pm 1 hr. Deer Meadows
3:30pm 1 hr. Glacier Basin

THURSDAY

8:00am 2 hr. Emerald Mountain
8:40am 3 hr. East Portal
9:00am 1 hr. Deer Meadows
10:30am 1 hr. Glacier Basin
1:00pm 2 hr. Moraine Park
1:40pm 1 hr. Glacier Basin
2:00pm 1 hr. Deer Meadows
3:30pm 1 hr. Glacier Basin

**Family hayrides with
marshmallow roasts are offered
during the week \$30 per person.**

HORSE RIDING TRAIL INFORMATION

PONY RIDES: Reservations are recommended and are for children 5 and younger. There is a 50 lb. weight limit for the ponies. Cost: \$30.00 per child. Available Daily: 8:30am-11:30am/1:00-4:30pm.

DEER MEADOWS: A 1-hour trail ride that follows Glacier Creek to the Wind River area. We consider this a beginner level ride, appropriate for children and first-time riders.

GLACIER BASIN: This 1-hour trail ride heads west along mildly steep terrain, while looking down on Glacier Creek and a small waterfall. This trail is appropriate for riders of all ages.

MORAINES PARK: This 2-hour family ride, our most popular, takes you to a glacial moraine full of wildflowers and views of the Continental Divide. Wildlife is almost always a certainty to be observed!

EMERALD MOUNTAIN: This 2-hour loop begins on the Glacier Basin Trail and leads you around Emerald Mountain. This ride includes many terrains and a variety of views.

3-HOUR RIDE TO BEAVER MEADOWS, CUB CANYON, EAST PORTAL or MILL CREEK: A true horseback riding experience! These rides take you deeper into RMNP. Providing an opportunity to spot the many varieties of wildlife, and a short rest break is provided about half-way through. These longer rides are designed to include some trotting, but it is not guaranteed.

CONTACT JACKSON STABLES DIRECTLY TO BOOK - (970) 586-3341 X1140