



Enjoy...

16 pure mineral pools  
and a large freshwater  
family pool with jetted spa.



LOCATED ON THE SCENIC BANKS  
OF THE COLORADO RIVER.

# IRON MOUNTAIN HOT SPRINGS



## History

Iron Mountain Hot Springs has a rich history... dating back to 1896, when travelers came from near and far to soak in the therapeutic thermal mineral waters at the West Glenwood Health Spa.

Over the next 100 years, it changed hands multiple times and also operated as the Wash Allen Bathhouse, the Gamba Mineral Springs, the Glenwood Health Spa, the Fort Defiance Bathhouse and the Iron Springs Spa.

You can enjoy the same benefits of relaxing in the riverside hot springs pools today, with modern-day amenities you'll appreciate.

## Getting Here

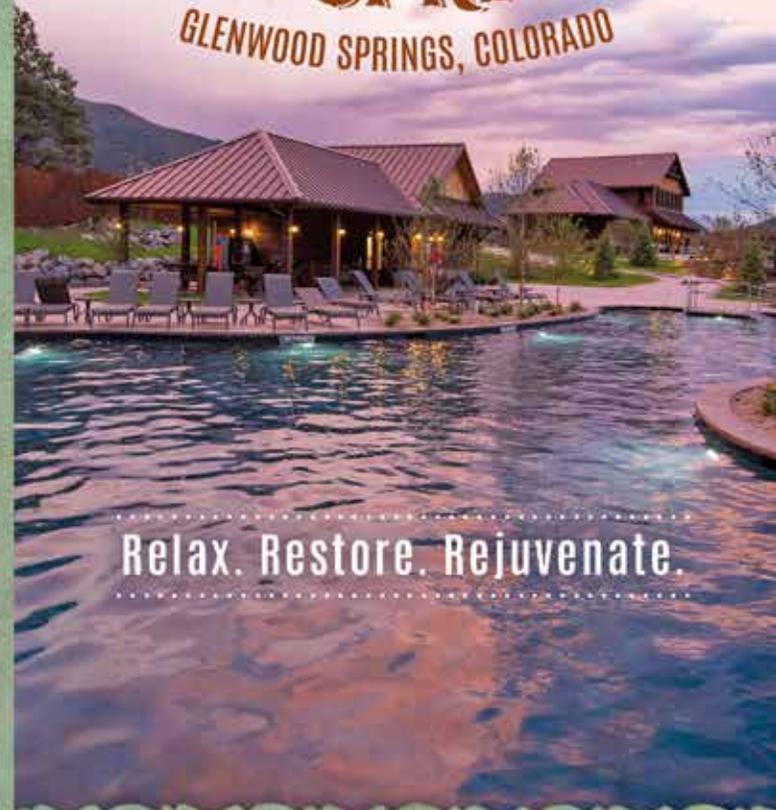
DRIVING DISTANCES  
Denver: 160 miles, 2.75 hrs  
Grand Junction: 86 miles, 1.3 hrs  
Aspen: 45 miles, 1 hour  
Vail: 60 miles, 1 hour  
Go to [visitglenwood.com](http://visitglenwood.com)  
for lodging options



Open Daily 9am - 10pm  
281 Centennial  
Glenwood Springs, CO 81601

# IRON MOUNTAIN HOT SPRINGS

GLENWOOD SPRINGS, COLORADO



Relax. Restore. Rejuvenate.



970.945.IRON (4766)  
[ironmountainhotsprings.com](http://ironmountainhotsprings.com)

# Relax. Restore. Rejuvenate.



## 1 Bathhouse and Gift Shop

Your visit begins in our mountain-style bathhouse. Here, you can purchase tickets; shop for special gift items such as swimsuits, pool accessories, clothing and gifts; and prepare for your soak in our beautifully appointed locker rooms.



## 2 Thermal Mineral Pools

Step outside the bathhouse and into one of sixteen soaking pools filled with pure, untreated thermal mineral water. A quiet zone surrounds these pools, which are open to those 5 years and older, to ensure a peaceful setting. Each pool is a little different, with temperatures ranging from 98 to 108°F, and all are tucked into the riverbank with mountain views that soothe and inspire.



## 3 Family Pool

The family pool is designed to keep everyone happy, with fresh water that's kept at approximately 93°F. A gently curving ramp provides accessibility. Parents can watch their kids play from a jetted spa, kept at about 103°, that rests on the edge of the family pool with the calming sounds of a waterfall in the background.

**OPEN DAILY 9AM TO 10PM**

Morning hours are the best time for a quiet, relaxing soak.

Day Passes, Annual Passes and Seasonal Passes are available. Learn more on our website and follow us on Facebook and Instagram to immerse yourself in the Iron Mountain experience.



## 4 Rejuvenation Station

Enhance your experience and boost the health benefits of soaking in pure, hot mineral water by cooling off at the Rejuvenation Station in between soaks.



## 5 Sopris Cafe

Enjoy outdoor dining on the covered patio, with a cozy fireplace for winter warmth. Menu includes salads, wraps, flatbread pizza and smoothies. Beer, wine and pre-mixed cocktails are also available.