



ADVENTURES & ACTIVITIES

AUGUST 28TH THROUGH OCTOBER 15TH

PLEASE CONTACT THE PRE-ARRIVAL TEAM TO SIGN-UP

All activities (both included and those with an additional charge) will require a prior reservation. Space is limited and sign-ups are based upon availability. Cancellations of paid activities within 24 hours of the scheduled time or no-shows will be subject to 100% of the scheduled activity cost.

Special requests for tours outside of the designated times can often be arranged with advanced notice.

Additional Adventures offered by request on pages 4 & 5.

For detailed information about adventures and activities, please see pages 6 & 7.

Heat Advisory:

A high heat advisory will be in effect with temperatures above 100F. Tours may be canceled or rescheduled due to heat concerns. We strongly advise minimizing outdoor activities between 10:00AM-5:00PM during high heat advisory.

MONDAY

Start Time	End Time	Activity	Location	Price
6:45AM	8:15AM	Overlook Hike	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:00AM	10:00AM	Crater Canyon Exploration	Lodge	\$200/pp
8:30AM	9:25AM	Rise & Shine Flow Yoga	Stone House	-
9:00AM	10:15AM	E-Biking 101: Intro to E-Bike Tour	Lodge	\$100/pp
9:30AM	10:15AM	Landscape Restoration and Development Tour	Lodge	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:15AM	11:00AM	Intro to Tai Chi	Stone House	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	11:45AM	Axe Throwing	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
12:30PM	1:30PM	Sound Bath	Stone House	-
2:00PM	2:45PM	Mindfulness Activity - Rock Mandalas	Stone House	-
2:00PM	3:00PM	Cooling Aroma Restorative Yoga	Stone House	-
3:00PM	4:00PM	Wine Tasting	Murphy Hall	\$75/pp
3:15PM	4:10PM	Yoga	Stone House	-
4:00PM	4:45 PM	Castle Hot Springs Documentary Viewing	Stone House	-
4:00PM	5:00PM	Connecting With Water	Lodge	-
4:30PM	5:00PM	Yoga Nidra	Stone House	-

TUESDAY

Start Time	End Time	Activity	Location	Price
7:00AM	8:15AM	Canyon Walk	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:30AM	9:00AM	Sonoran Aerial Walkway	Lodge	\$100/pp
8:30AM	9:25AM	Yoga	Stone House	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:30AM	11:15AM	Healing Waters Qigong	Watsu Pond	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
2:00PM	2:45PM	History Tour	Lodge	-
2:00PM	2:45PM	Mindfulness Activity - Cholla Suncatchers	Stone House	-
3:00PM	4:00PM	Agave Spirits Tasting	Murphy Hall	\$75/pp
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-

WEDNESDAY				
Start Time	End Time	Activity	Location	Price
6:45AM	8:15AM	Discovery Loop Hike	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:00AM	10:00AM	Crater Canyon Exploration	Lodge	\$200/pp
8:30AM	9:25AM	Rise & Shine Flow Yoga	Stone House	-
9:00AM	10:15AM	E-Biking 101: Intro to E-Bike Tour	Lodge	\$100/pp
9:30AM	10:15AM	Landscape Restoration and Development Tour	Lodge	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:15AM	11:00AM	Intro to Tai Chi	Stone House	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	11:45AM	Axe Throwing	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
12:30PM	1:30PM	Sound Bath	Stone House	-
2:00PM	2:45PM	Mindfulness Activity - Body Scrubs	Stone House	-
2:00PM	3:00PM	Core Yoga	Stone House	-
3:00PM	4:00PM	Farm to Bar: Mixology 101	Murphy Hall	\$75/pp
3:15PM	4:10PM	Yoga	Stone House	-
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-
4:00PM	5:00PM	Connecting With Water	Lodge	-
4:30PM	5:00PM	Intro to Mantra	Stone House	-

THURSDAY				
Start Time	End Time	Activity	Location	Price
7:00AM	8:15AM	Canyon Walk	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:30AM	9:00AM	Sonoran Aerial Walkway	Lodge	\$100/pp
8:30AM	9:25AM	Yoga	Stone House	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:30AM	11:15AM	Healing Waters Qigong	Watsu Pond	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
2:00PM	2:45PM	History Tour	Lodge	-
2:00PM	2:45PM	Mindfulness Activity - Rock Mandalas	Stone House	-
2:00PM	3:00PM	Cooling Aroma Restorative Yoga	Stone House	-
3:00PM	4:00PM	Agave Spirits Tasting	Murphy Hall	\$75/pp
3:15PM	3:45PM	Yoga Nidra	Stone House	-
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-

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FRIDAY				
Start Time	End Time	Activity	Location	Price
6:45AM	8:15AM	Overlook Hike	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:00AM	10:00AM	Crater Canyon Exploration	Lodge	\$200/pp
8:30AM	9:25AM	Rise & Shine Flow Yoga	Stone House	-
9:00AM	10:15AM	E-Biking 101: Intro to E-Bike Tour	Lodge	\$100/pp
9:30AM	10:15AM	Landscape Restoration and Development Tour	Lodge	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:15AM	11:00AM	Intro to Tai Chi	Stone House	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	11:45AM	Axe Throwing	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
12:30PM	1:30PM	Sound Bath	Stone House	-
2:00PM	2:45PM	Mindfulness Activity - Cactus Candles	Stone House	-
2:00PM	3:00PM	Core Yoga	Stone House	-
3:00PM	4:00PM	Farm to Bar: Mixology 101	Murphy Hall	\$75/pp
3:15PM	4:10PM	Yoga	Stone House	-
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-
4:30PM	5:00PM	Intro to Mantra	Stone House	-
SATURDAY				
Start Time	End Time	Activity	Location	Price
6:45AM	8:15AM	Discovery Loop Hike	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:00AM	10:00AM	Crater Canyon Exploration	Lodge	\$200/pp
8:30AM	9:25AM	Yoga	Stone House	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:30AM	11:30AM	Farm Tour	Lodge	-
11:00AM	11:45AM	Axe Throwing	Lodge	-
11:00AM	12:00PM	Paddle Board Yoga	Lower Springs	-
2:00PM	2:45PM	Mindfulness Activity - Body Scrubs	Stone House	-
2:00PM	3:00PM	Cooling Aroma Restorative Yoga	Stone House	-
3:00PM	4:00PM	Wine Tasting	Murphy Hall	\$75/pp
3:15PM	3:45PM	Yoga Nidra	Stone House	-
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-
4:00PM	5:00PM	Connecting With Water	Lodge	-
SUNDAY				
Start Time	End Time	Activity	Location	Price
7:00AM	8:15AM	Canyon Walk	Lodge	-
7:00AM	9:15AM	Scenic Desert E-Bike Ride	Lodge	\$200/pp
7:00AM	10:00AM	Castle Peak Via Ferrata Climb	Lodge	\$300/pp
7:30AM	9:00AM	Sonoran Aerial Walkway	Lodge	\$100/pp
8:30AM	9:25AM	Yoga	Stone House	-
9:40AM	10:00AM	Meditation	Stone House	-
10:00AM	10:45AM	Guided Archery	Lodge	-
10:30AM	11:15AM	Healing Waters Qigong	Watsu Pond	-
2:00PM	2:45PM	History Tour	Lodge	-
2:00PM	2:45PM	Mindfulness Activity - Sunprint Postcards	Stone House	-
3:00PM	4:00PM	Farm to Bar: Mixology 101	Murphy Hall	\$75/pp
4:00PM	4:45PM	Castle Hot Springs Documentary Viewing	Stone House	-

Please see the following pages for additional offerings and more information about activities and adventures.

All activities (both included and those with an additional charge) will require a prior reservation. Space is limited and sign-ups are based upon availability. Cancellations of paid activities within 24 hours of the scheduled time or no-shows will be subject to 100% of the scheduled activity cost.

ADDITIONAL ADVENTURES

Please contact our Pre-Arrival team prior to your stay for more information on the activities listed below.

Castle Creek Canyon Rappel

Embark on an exhilarating adventure using the art of controlled descent. Our Castle Creek Canyon Rappel features two 100-foot drops overlooking the stunning Crater Canyon landscape. This thrilling experience creates long-lasting memories and breathtaking photographs to take home. Enjoy this adventure on its own, or add it to one of our Via Ferratas for an exciting finish. Please bring water and proper hiking shoes.

\$200 per person or add on to Via Ferrata for \$100 per person | \$250 per person private

Cow Creek Loop E-Bike Adventure

Explore deeper into the Bradshaw Mountains on our most advanced E-Bike ride. This 17-mile loop features steep hill climbs, rapid descents, rugged terrain, potential wildlife viewing, and elevated views of historic Lake Pleasant on the horizon. This adventure is recommended for guests with previous gravel biking experience. Please bring water and close-toed shoes.

\$200 per person | \$250 per person private

Horseback Riding

Experience a slice of the old west as our cowboy leads the way on an excursion customized to your experience level through the beauty of the Sonoran Desert. Learn about the legendary history of the area and see the local wildlife as you explore the canyons.

Rides Offered 7-Days a Week (Starting October 8th)
7:00AM to 5:30PM

60-Minute Ride: \$115 per person
90-Minute Ride: \$172.50 per person

Paint and Sip

Grab your favorite beverage and follow along in this guided painting class. We have many paintings to choose from to remind you of your stay here at Castle Hot Springs! Choose between a comfortable indoor experience or enjoy the beautiful weather outdoors. We will be using our sustainable earth pigment acrylic paint. All levels of artistry welcome, as the class will be guided step by step. All supplies will be provided.

\$150 per person | \$200 per person private

West Wall Via Ferrata

Challenge yourself on Castle Hot Springs' second Via Ferrata route. West Wall provides a steeper variation of our original route with a heightened feeling of exposure. This climb is consistently vertical, with some slightly overhanging positions. West Wall is perfect for guests who have already climbed our Castle Peak Via Ferrata and are ready for the next level, or for guests who have previous climbing experience. Proper hiking shoes and fitness levels are required. This tour is 2-3 hours and has a weight limit of 265 pounds.

\$300 per person | \$350 per person private

UTV Razor Tour

Depart directly from the historic barn and into the desert backcountry experiencing vistas, canyons, mining history and occasional wildlife. The Polaris 2024 XP Razor is the ultimate off-road machine to explore some of the best off-roading in Arizona. Guests drive their own Razor and are supported by our professional guides. A driver's license is required and a jacket is recommended.

3-Hour Tour Offered Daily at 8:00AM or 2:00PM
2-Seater Razor \$600 | 4-Seater Razor \$980

Intro to Pickleball

Our 45-minute introductory Pickleball lesson will teach you the basics of America's fastest growing sport! Pickleball blends elements of tennis, badminton, and ping-pong into one dynamic game. Led by our experienced instructors, we will cover basic rules and techniques, strategy, and skills to give you the confidence to get out on the court. All equipment will be provided. Please bring water and wear closed-toed shoes.

Included

PRIVATE HIKES

Please contact our Pre-Arrival team prior to your stay for more information on the activities listed below.

Enjoy a customized experience with our expert guides along a section of our 10 miles of hiking trails. Learn about the history of the area, desert flora, and wildlife as you make your way through this pristine landscape. Work with your guide to create the ultimate private hiking experience geared specifically towards your abilities and interests.

Please choose one of the trails below, or choose a custom hike that is tailored to your preferences by your guide:

Palm Grove

Enjoy our easiest hike through Castle Creek Canyon shaded by towering cliffs. Your guide will provide interpretive information as you make stops at our thousand-year-old petroglyphs, historic Well Fargos cave, and scenic Crater Canyon. Our destination is a rare ancient fan palm grove that is said to have inspired the palm trees seen at the resort.

Challenge level: Beginner | Distance: 2 Miles | Elevation gain: 50 feet

Spring Mountain Summit | Cholla Loop

Spring Mountain provides one of the best views of the resort. Take in the amazing landscape as you head up to the summit of Spring Mountain. At the top, climb through a keyhole in the rock, "El Portal", to experience a panoramic view of Salvation Peak, Lake Pleasant, Sonoran Desert vistas, and the resort. Return to the resort via the Agave-Cholla loop trail.

Challenge level: Intermediate | Distance: 2.5 Miles | Elevation gain: 400 feet

Salvation Peak Summit

Sitting high above the resort property, the American Flag at the top of Salvation Peak represents the deep historical roots of Castle Hot Springs. Your guide will take you up the switchbacks towards the top of this peak, with a small rock scramble to finish out this adventurous hike. At the top, you will be rewarded with amazing views of the resort, Castle Creek Canyon, Lake Pleasant, and the rugged Bradshaw Mountains.

Challenge level: Advanced | Distance: 3 Miles | Elevation gain: 750 feet

\$110 per person for up to 2 hours

LEISURE ACTIVITIES

Please visit the Activities & Adventures desk during your stay for more information on the activities listed below.

Hiking Trails

Explore 1,100 acres of mountains, summits, canyons, and pristine Sonoran desert wilderness with our extensive, private trail system! Quality hiking shoes will enhance your experience on trails and in our activities.

The desert can be a harsh environment, and your safety is our priority. Please stop by the Activities & Adventures Desk to check in and grab a map, extra water, backpack, or trekking poles. Our Adventures team are experts in helping you choose the best routes for your ability. We look forward to supporting your hiking adventures!

Cruiser Bikes & E-Bikes

Grab a bike to explore the resort property at your leisure!

E-Bikes must be checked in & out. Please visit the Activities & Adventures desk.

Pickleball & Bocce Ball

Giant Jenga (Located in Bocce Ball Activity Box)

Cornhole

Giant Lawn Chess

Board Games

Frisbee

Chip n' Putt

S'mores (Ask a server or bartender for your supplies!)

All Activities and Adventures require an advance reservation and are subject to change without notice. Cancellations of paid activities within 24 hours of the scheduled time or no-shows will be subject to 100% of the scheduled activity cost.

ADVENTURES & ACTIVITIES DESCRIPTIONS

AGAVE SPIRITS TASTING

In this tasting, learn about Tequila, Mezcal, and Agave Spirits, where they come from, how they are produced, and taste the differences in each. Taste hand-selected, ultra rare spirits with our in-house agave specialist.

AXE THROWING

Come test your skill at our range under the ol' salt cedar tree while you practice sinking an axe into the target.

CANYON WALK

Take a walk with our guides into scenic Castle Creek Canyon. Learn about the Sonoran Desert, the force of water, and our ancient past featuring petroglyphs that are over 1,000 years old. This 75-minute easy walk is about a mile and a half long with little to no elevation gain.

CASTLE HOT SPRINGS DOCUMENTARY VIEWING

Released in 2019, our Emmy Award-Winning film, Oasis of Time, celebrates Castle Hot Springs' extensive history that dates back over a century. This inspiring 40-minute film covers the history of the property inhabited by indigenous Americans, the life of the resort before the infamous 1976 fire, and the rebirth of the resort to present day. This film is also available to be played online and upon request. Enjoy a refreshment upon your arrival.

CASTLE PEAK VIA FERRATA CLIMB

Via Ferrata, Italian for 'Iron Way', is a style of climbing that uses ladders, rungs and steel cables affixed to the rock, allowing you to ascend into a mountain environment. We use state of the art equipment and have trained guides to assist throughout your experience. Gain a new perspective climbing past soaring Saguaro cactus, learn to move over rock, and cross a 200-foot long aerial walkway as you ascend to Castle Peak's summit 400 feet above the Canyon floor. Proper hiking shoes and fitness levels required. This tour has a weight limit of 265 pounds.

CONNECTING WITH WATER

Enjoy an immersive experience into the healing properties of natural hot springs. By integrating geological history, mineral content, therapeutic benefits, and water infrastructure, Connecting with Water offers a comprehensive exploration of the natural springs. Participants will emerge with a deeper understanding of hot springs and the rejuvenating effects they offer for both body and mind. End with an optional 15-minute guided soak. Please bring bathing attire if planning to participate in this portion of the tour.

COOLING AROMA RESTORATIVE YOGA

This 60-minute Aromatherapy Restorative Yoga class offers a soothing escape from the summer heat, blending gentle supported poses with calming and refreshing essential oils. You'll leave feeling relaxed, balanced, and rejuvenated—perfect for restoring your energy during the warm season.

CORE YOGA

Core Yoga gently strengthens deep core muscles to support your back, improve posture, and restore balance to your body—perfect for relieving tension from travel, long hours sitting, or everyday stress. Leave class feeling more stable, aligned, and energized from the inside out.

CRATER CANYON EXPLORATION

One-thousand foot high canyon walls soar overhead as you venture deep into a sinuous slot canyon. This guided 3.5-mile exploration takes you deep into the Sonoran Desert where you'll traverse a system of wooden planks equipped with the latest safety gear, climb over boulders, and learn about the surrounding ecosystem. Much of the trip is off-trail and proper hiking footwear is required. This tour has a weight limit of 265 pounds.

DISCOVERY LOOP HIKE

Enjoy hiking up the Castle Peak trail amongst towering saguaro cactus. Descend via the Yavapai trail while enjoying incredible views into Crater Canyon. Stop to see indigenous pottery, Petroglyphs, and the Wells Fargo cave as you make your way back through the Castle Creek Canyon trail. This is an intermediate level 90-minute hike, with about 250 feet of elevation gain and 1.5 miles of hiking. Please bring water and wear hiking shoes.

E-BIKING 101: INTRO TO E-BIKE TOUR

Our introductory course is designed to familiarize you with all controls of our fat-tire E-bikes and provide you with techniques and skills to feel comfortable and confident as you ride. This tour will take you around the beautiful grounds of the resort as you warm up to the E-bike experience. Once you have grasped the fundamentals of E-Biking, we will venture out onto the gravel roads around the property to test our prowess in desert terrain. If you enjoy this experience, please consider joining us on our two-hour Scenic Desert E-Bike Tour or venture out on your own self-guided experience.

FARM TOUR

Join our flavor farmers as they guide you through a tour of our diverse farm operations. Explore the process of true farm-to-table cuisine while discovering the flavors of the season you will enjoy in our dining room.

FARM TO BAR: MIXOLOGY 101

Get hands on integrating herbs and produce from the Castle Hot Springs Farm into cocktails. Our mixologists will take you through a modern and classic mixology class to elevate your bar skills!

GUIDED ARCHERY

Take aim in our Castle Creek Canyon archery range! We provide instruction on compound bows.

HEALING WATERS QIGONG

Qi means energy, and Gong means work—together, Qigong is the practice of cultivating balance within our energy. This balance reflects the natural interplay of opposing forces, much like protons and electrons, and is expressed through the five elements that shape all matter. In this guided in-water Qigong experience, we embrace the water element—the vital force that sustains life. Through gentle movements and mindful breathwork, you'll harmonize your energy, enhance your vitality, and attune to nature's rhythms of renewal. Immerse yourself in this serene aquatic practice and emerge feeling refreshed, restored, and deeply connected to the healing waters.

HISTORY TOUR

Take a step into the past to learn the rich stories that make up Castle Hot Springs. Founded in 1896, Arizona's first resort welcomed presidents, tycoons, artists and many other prominent figures over the last century who were drawn to the hot springs and wonderful weather. Meet us at the main lodge and allow 45 minutes for this informative tour.

INTRO TO TAI CHI

An ancient eastern tradition of self-defense has evolved into a graceful moving meditation exercise via a series of slowly performed movements done with relaxed focus and mindful breathing. The fluidity of the linked postures promotes circulation, serenity, and calm, which aids in a better sense of well-being and stress management.

INTRO TO MANTRA

Mantras are one of the main ingredients to overall well being. Thoughts influence epigenetic and may have an equal influence as genetics. Learn the basis of mantra and chant yourself to health.

LANDSCAPE RESTORATION AND DEVELOPMENT TOUR

Enjoy a walk-about at the resort, profiling the landscape development and aesthetic amenities of the property. Discuss and study the outdoor design features: Plant identification, hardscape development and water management.

MEDITATION

During these 20 minutes, you will learn guided concentration methods with a focus on breathing, providing a calming effect and aimed to reduce stress. A great way to start the day.

MINDFULNESS ACTIVITIES

Mindfulness is the art of consciously focusing your mind on the present moment and can help strengthen awareness, resilience, and connection. Join us for this class to learn how to create a take home keepsake! You'll be creating a craft using elements from the local environment.

OVERLOOK HIKE

This 90-minute intermediate-level hike explores our east-side trail network as we make our way to our scenic overlook. Learn about the history of the Sonoran Desert landscape and capture amazing views of the property. Our knowledgeable guides will provide narrative and answer questions along the way. This hike is about 2 miles long and includes 250 feet of elevation gain. Please come prepared with hiking shoes and a water bottle.

PADDLE BOARD YOGA

For yogis of all levels, meditate with a splash during a session of hot springs paddle board yoga. Relax as you listen to the sound of trickling water and test your balance in our largest and coolest spring pool. Ability to swim required; bring water and sunscreen.

RISE & SHINE FLOW YOGA

In this 55-minute invigorating class, energize your morning with a blend of breathwork, strength, and flexibility. Designed for those with active lifestyles, this flow awakens the mind and body, leaving you refreshed and ready for the day ahead.

SCENIC DESERT E-BIKE RIDE

Immerse yourself in our Sonoran Desert landscape as you explore the historic route our earliest guests travelled along in the early 1900's to reach Castle Hot Springs. Our mountainous, off-road terrain makes for exhilarating descents which will require balance and coordination. You will be supported by a biking guide while riding at a casual pace on our fat-tire E-bikes. We will stop to enjoy scenic viewpoints where your guide will share history and take photos along the way! This tour is an intermediate level ride.

SONORAN AERIAL WALKWAY

The Sonoran Aerial Walkway spans Castle Creek Canyon at 200 feet across and 100 feet above the canyon floor. This is one section of our full Via Ferrata Course without the climbing aspect. Total hiking is just over 1 mile and gains 150 vertical feet. This tour is 90 minutes with a 265 pound weight limit. Please come prepared with hiking shoes and a water bottle.

SOUND BATH

A sound bath is a combination of different tuned musical frequencies that can help calm and stimulate your alpha and theta brain waves, guiding the listener into a deep meditative state. Vibrational sound therapy combines powerful vibration and sound to induce the listener into an immediate relaxed state. When there is a deep relaxation through soothing, resonant sound, the body is affected at a cellular level, opening up the flow of energy to move us back to alignment with health and well-being. Sound and vibration can help realign the frequencies of the body, bringing us back to a state of balance and healing. The goal is to relax your body, soothe your soul, and balance your energy.

WINE TASTING

Join our certified Level Two Sommelier as you're guided through an interactive wine tasting featuring the varietals offered at Castle Hot Springs. Learn about the nuances of food and wine pairings, increasing your wine IQ to become expert entertainers at home.

YOGA

This 55-minute class will prepare you for the day with a gentle combination of stretching, breathing, toning and relaxation delivered in both seated and standing movements. All experience levels welcome.

YOGA NIDRA

A deeply relaxing and rejuvenating technique known to be four times more effective than ordinary sleep. Yoga Nidra stems from ancient times and carries forward many benefits for the modern age. An ongoing Yoga Nidra practice is one of the secrets of many great yogis possessing tireless sources of energy and inspiration.