ACTIVITIES & ADVENTURES

CASTLE HOT SPRINGS

EST · 1896

ACTIVITIES & ADVENTURES

Explore in Wide Open Spaces

A MULTITUDE OF ACTIVITIES AND ADVENTURES AWAIT FOR YOU TO ENJOY DURING YOUR STAY.

From climbing to new heights on Arizona's only Via Ferrata and e-biking through desert foothills, to tasting your way through an informative Farm Tour, there are endless ways to plan your days.

Visit our website for more information:
castlehotsprings.com/immerse/activities-and-adventures

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KEY

INCLUDED IN A STAY

ADDITIONAL

DAILY GUIDED HIKING

Hiking and exploring the Bradshaw mountains is a long-standing tradition at Castle Hot Springs. Learn about the history of the surrounding area and facts about the desert flora, fauna and wildlife.

Guests receive daily guided hikes by our Adventure Guides. On this private hiking trail system, discover the stunning landscape surrounding the resort.

For your convenience, the availability of hiking poles, backpacks and sunscreen are offered at the Activities Desk for a great day on the trails. We look forward to exploring the desert with you!

- 75-120-Minute Guided Hike Depending on Trail
- Focus on the Area History and Environmental Information
- All Levels of Experience
- Suitable Hiking Shoes Required

SCENIC DESERT E-BIKING TOURS

Glide up the hills and cruise through the canyons with ease on this desert e-bike tour! Fat tire bikes provide optimal stability on the dirt and knowledgeable guides lead you through the pristine landscape to scenic outlooks, historic stops and the perfect ride.

E-BIKING 101: INTRO TOUR Easy • 75 Minutes

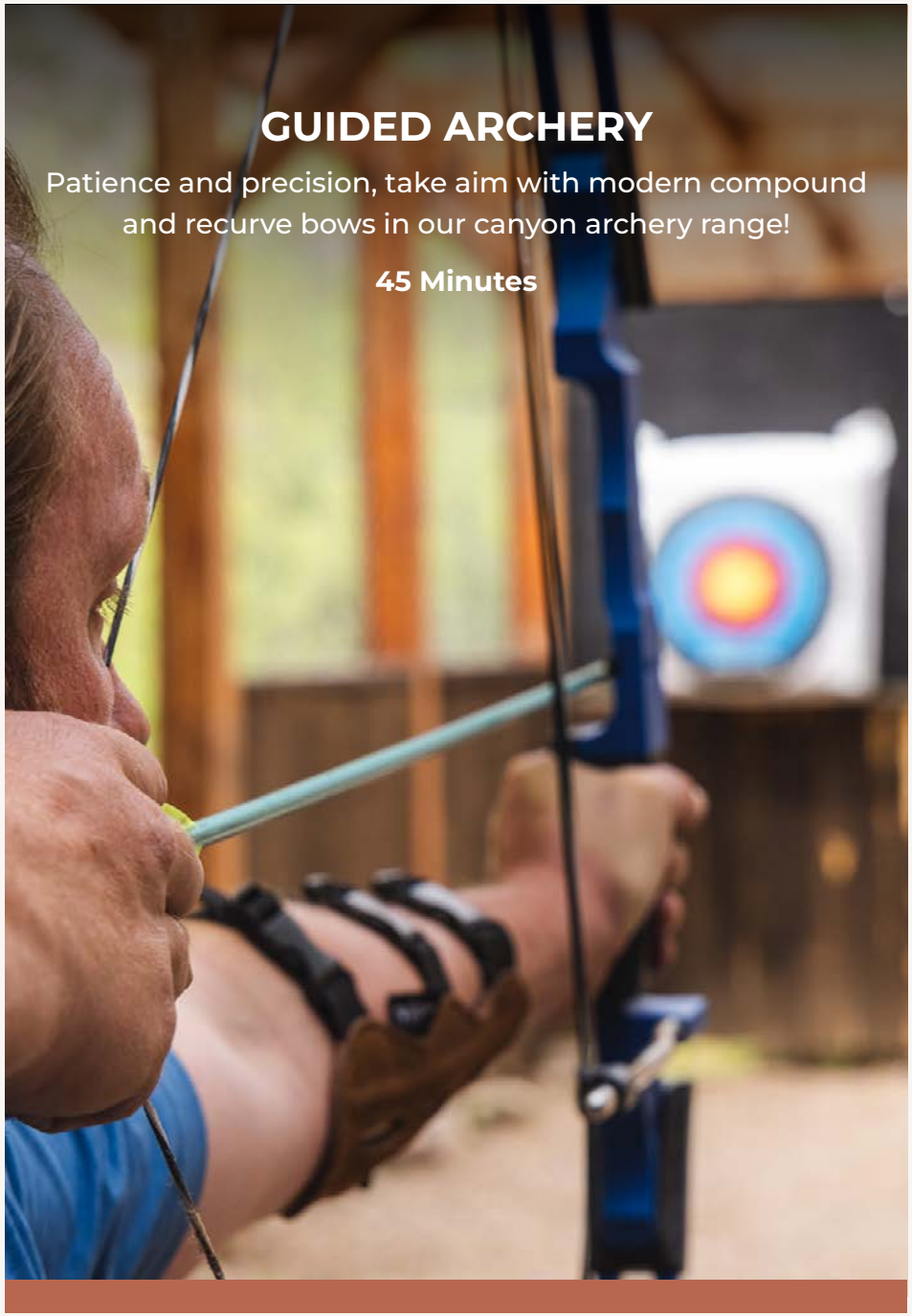
- Our introductory course is designed to familiarize you with all controls of our fat tire E-bikes and provide you with techniques and skills to feel comfortable and confident as you ride.

SCENIC DESERT TOUR Moderate • 2.15 Hours

- Our mountainous, off-road terrain makes for exhilarating descents which will require balance and coordination.

COW CREEK LOOP ADVENTURE Advanced • 2.5 Hours

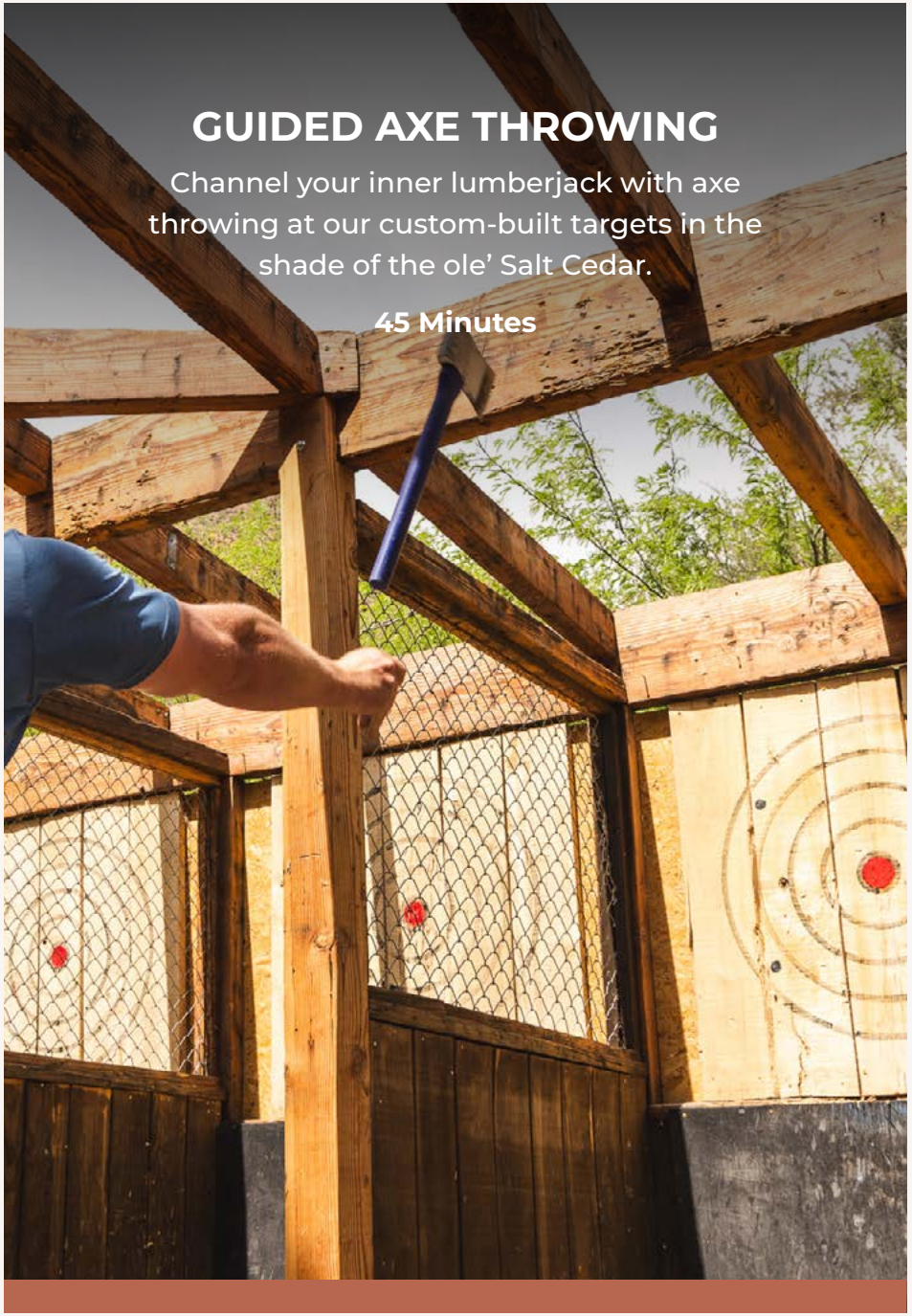
- Explore deeper into the Bradshaw Mountains on our most advanced E-Bike ride. This 17-mile loop features steep hill climbs, rapid descents, rugged terrain, potential wildlife viewing, and elevated views of historic Lake Pleasant on the horizon.



GUIDED ARCHERY

Patience and precision, take aim with modern compound and recurve bows in our canyon archery range!

45 Minutes



GUIDED AXE THROWING

Channel your inner lumberjack with axe throwing at our custom-built targets in the shade of the ole' Salt Cedar.

45 Minutes

PADDLEBOARD YOGA

For yogis of all levels, meditate with a splash during a session of hot springs paddleboard yoga. Relax as you listen to the sound of trickling water, vast surroundings and test your balance.

- Offered Seasonally, Spring through Summer
- 1-Hour Class
- Instructor-led Class
- Basic yoga poses designed to work on balance
- Relax to the sounds of the trickling stream and desert canyon breeze

VIA FERRATA ADVENTURES

Gain a new perspective while scaling canyon walls and walking across a 200-foot long aerial walkway high above a canyon floor.

CASTLE PEAK VIA FERRATA

Moderate-Advanced • 3 Hours

- The Castle Peak Via Ferrata provides a real mountaineering experience plus Sonoran Aerial Walkway. Much less technical skill is required compared to rock climbing. Feel the thrill of scaling our 400-foot tall peak that provides amazing views of the surrounding peaks.

SONORAN AERIAL WALKWAY

Moderate • 90 Minutes

- This may just be the most interesting 'walks' in the west! First, take a gradual hike through the Saguaros as you make your way to the Sonoran Aerial Walkway. This 100ft high walkway provides sweeping views of the Sonoran Desert and canyon floor.

WEST WALL VIA FERRATA

Advanced • 3 Hours

- The most challenging Via Ferrata course on property provides a unique opportunity to test your skills on a spectacular route ascending to the Castle Peak Summit. Includes a walk across the Sonoran Aerial Walkway.

CRATER CANYON EXPLORATION

Hike to a private slot canyon in a remote section of the Sonoran Desert. A slot canyon is a long, narrow channel or drainage way with sheer rock walls that are typically eroded into either sandstone or other sedimentary rock.

Your guide will share information on the surrounding ecosystem. Upon entering the slot canyon, harnesses and gear will be provided in order to assist your traverse on wooden planks, metal rungs and boulders.

- 2.5-3.5 Miles Round Trip
- 3 Hour Excursion
- Intermediate Difficulty
- Hiking Shoes are Required

SEASONAL HORSEBACK RIDING

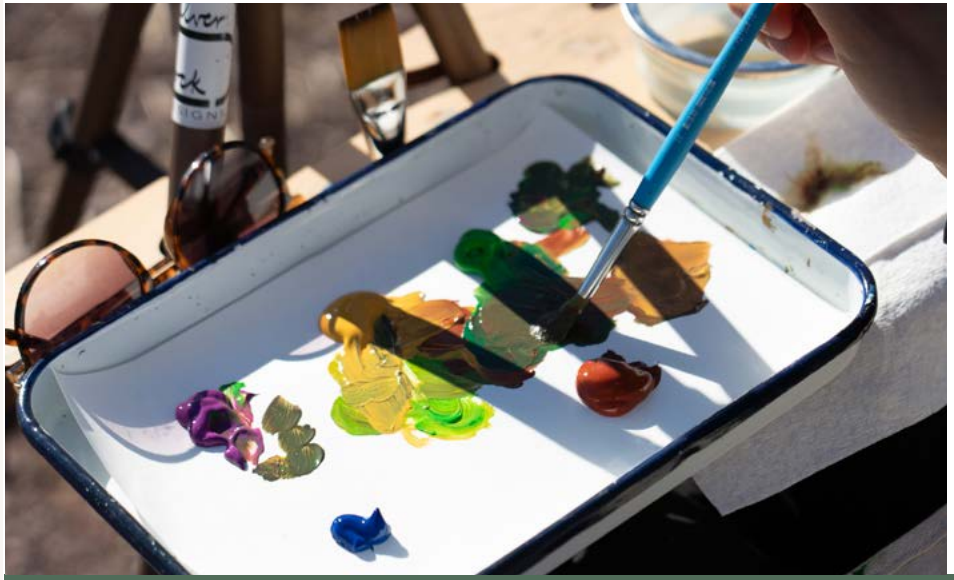
Experience the beauty of the Sonoran Desert on horseback with a guided ride through our private network of walking trails. Explore the vistas and canyon views on the saddle of one of our well-trained horses.

- Offered Seasonally, November through April
- 60 or 90 Minutes Rides are Available
- No Riding Experience Necessary
- Close-Toed Shoes and Long Pants are Required
- Weather Permitting

UTV ADVENTURES

Ride out directly from the resort and head for the hills to experience excellent vistas, canyons, mining history, and occasional wildlife. During the tour, discuss local history and the many interesting aspects of this region in the Sonoran desert.

- Two-Seat and Four Seat Options Available
- 3 Hour Tour
- Explore the Surrounding Desert and Wildlife
- Helmets, Neck Gaiters and Goggles Provided
- Must Have Valid Driver's License



GUIDED HIKE & PAINT CLASS

Capture the essence and spirit of the desert like our past guest and famous painter Maxfield Parrish in this outdoor plein air paint class! We will hike into the desert to our scenic viewpoint.

Be inspired by the bold colors of the Sonoran desert by using acrylic paint. Canvas' are 8x10in which warrants for the perfect keepsake long after your stay.

All levels of artistry welcome, as the class will be guided step-by-step. Please prepare for the hike with hiking shoes and water, hat, sunglasses — all other supplies will be provided.

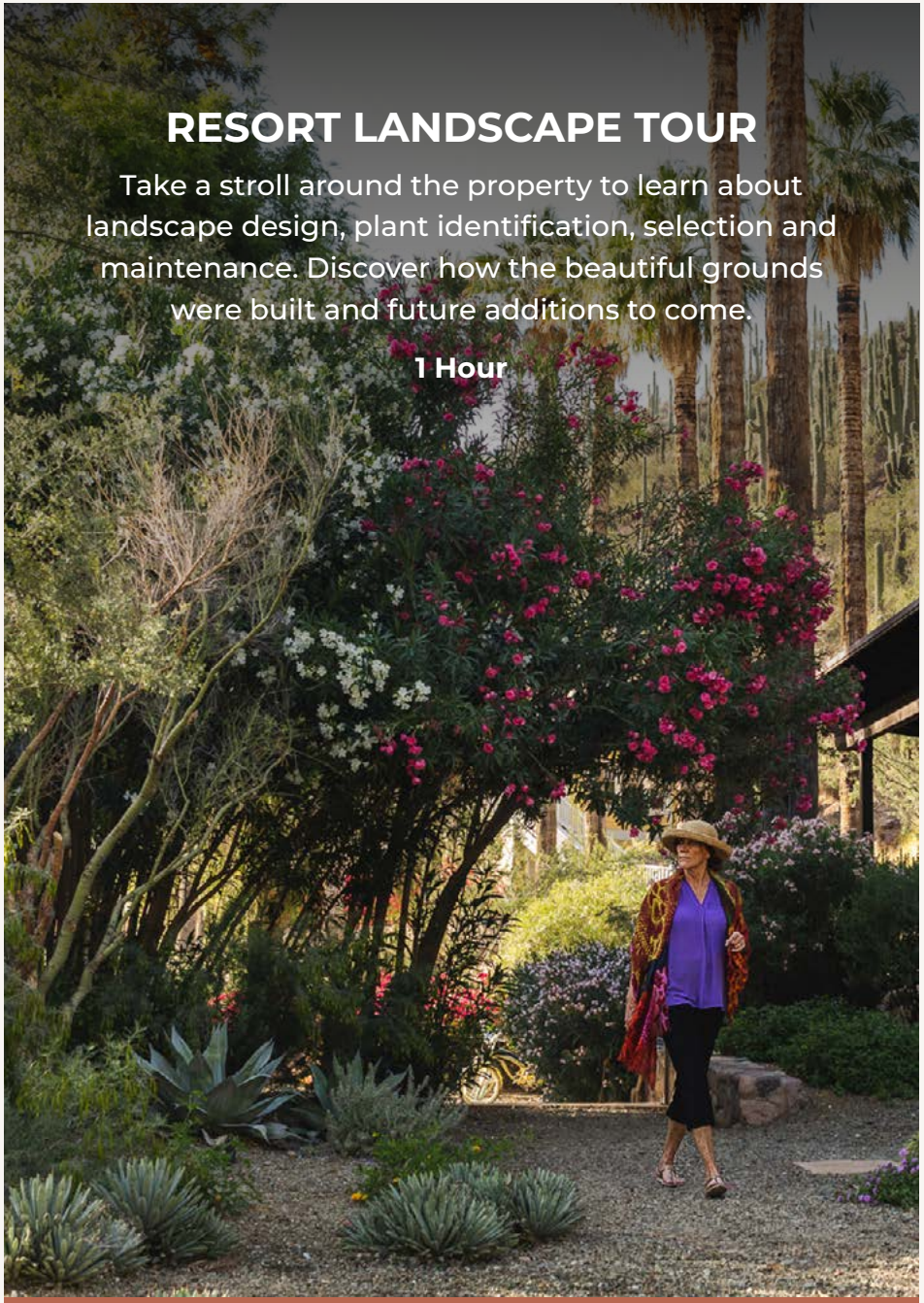
- 2 Hours and 45 Minutes
- Includes All Supplies, Activity Guide, 8x10in Canvas
- All Levels of Experience are Welcome
- Suitable Hiking Shoes Required

PAINTING DESERT BOTANICALS

Capture the essence and spirit of Castle Hot Springs like our past guest and famous painter Maxfield Parrish in this outdoor plein air paint class! Allow the colors of nature and mineral water from the hot springs to fill your canvas.

This class will be held outdoors on property. All levels of artistry welcome, as the class will be guided step by step. All supplies will be provided.

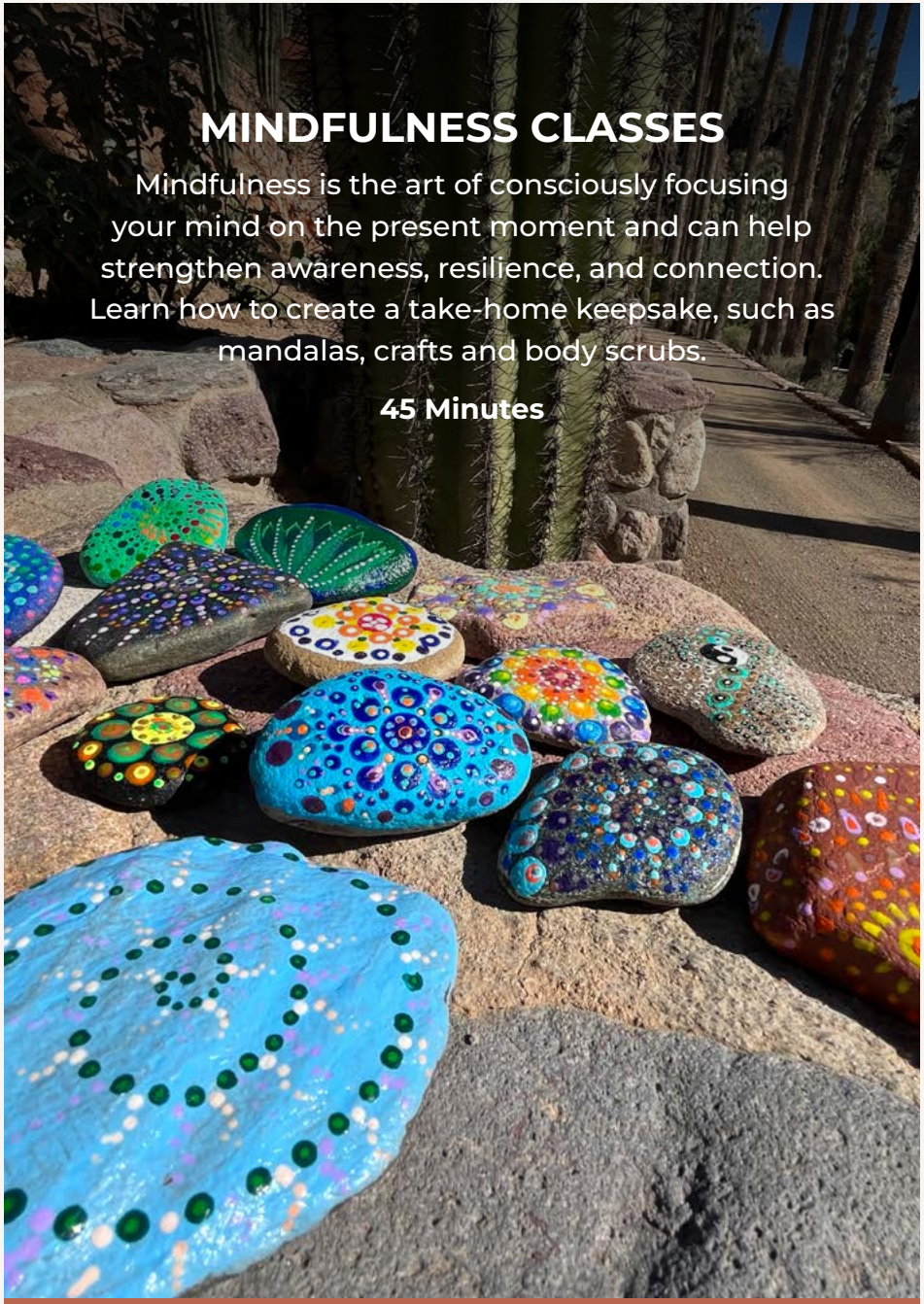
- 2 Hour Class Duration
- Includes All Supplies, Activity Guide, 8x10in Canvas
- All Levels of Experience are Welcome



RESORT LANDSCAPE TOUR

Take a stroll around the property to learn about landscape design, plant identification, selection and maintenance. Discover how the beautiful grounds were built and future additions to come.

1 Hour



MINDFULNESS CLASSES

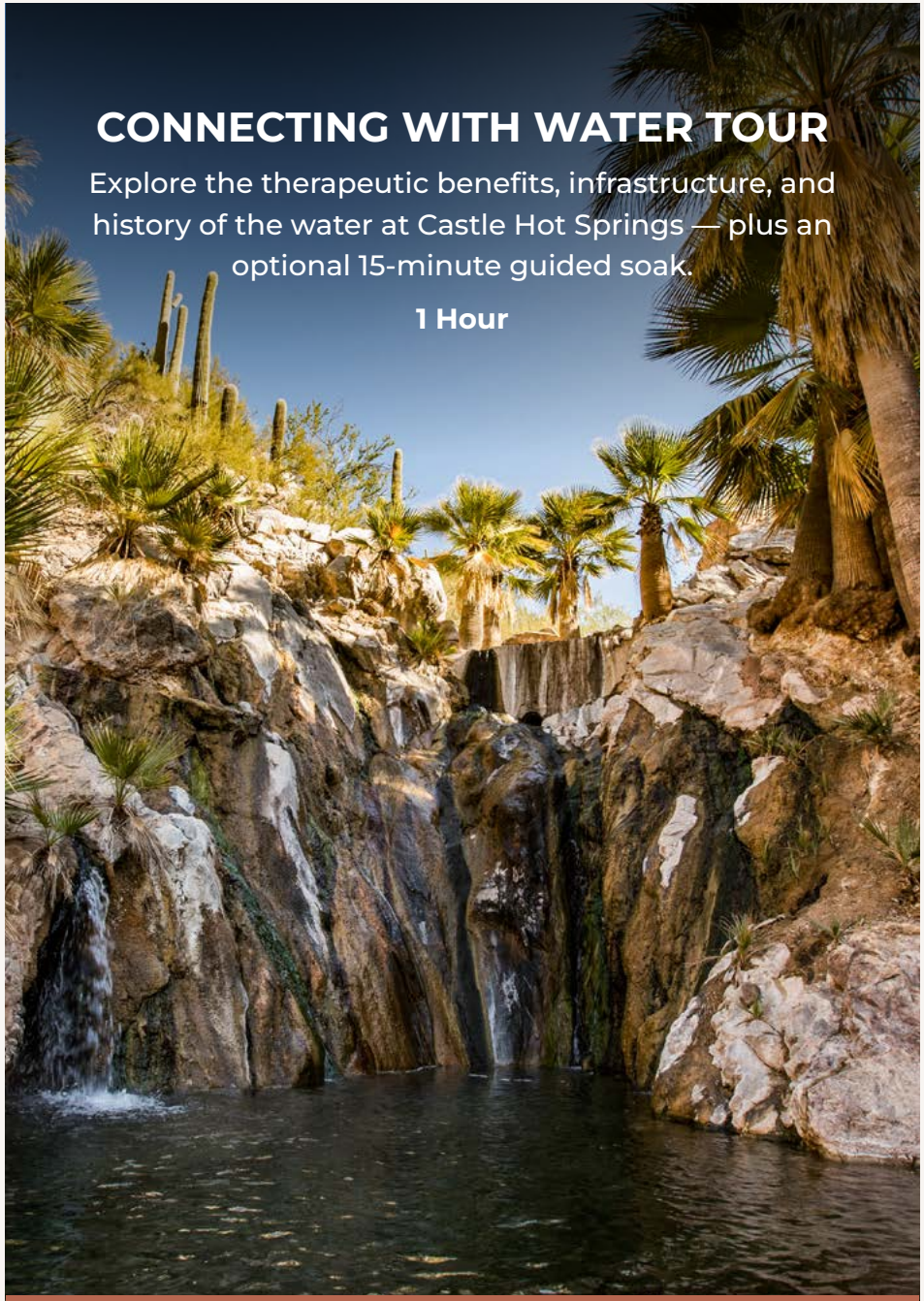
Mindfulness is the art of consciously focusing your mind on the present moment and can help strengthen awareness, resilience, and connection. Learn how to create a take-home keepsake, such as mandalas, crafts and body scrubs.

45 Minutes

PICKLEBALL AND LAWN GAMES

An array of recreational lawn games are available at leisure for guests all day to enjoy. From morning till night, enjoy some of these complimentary games.

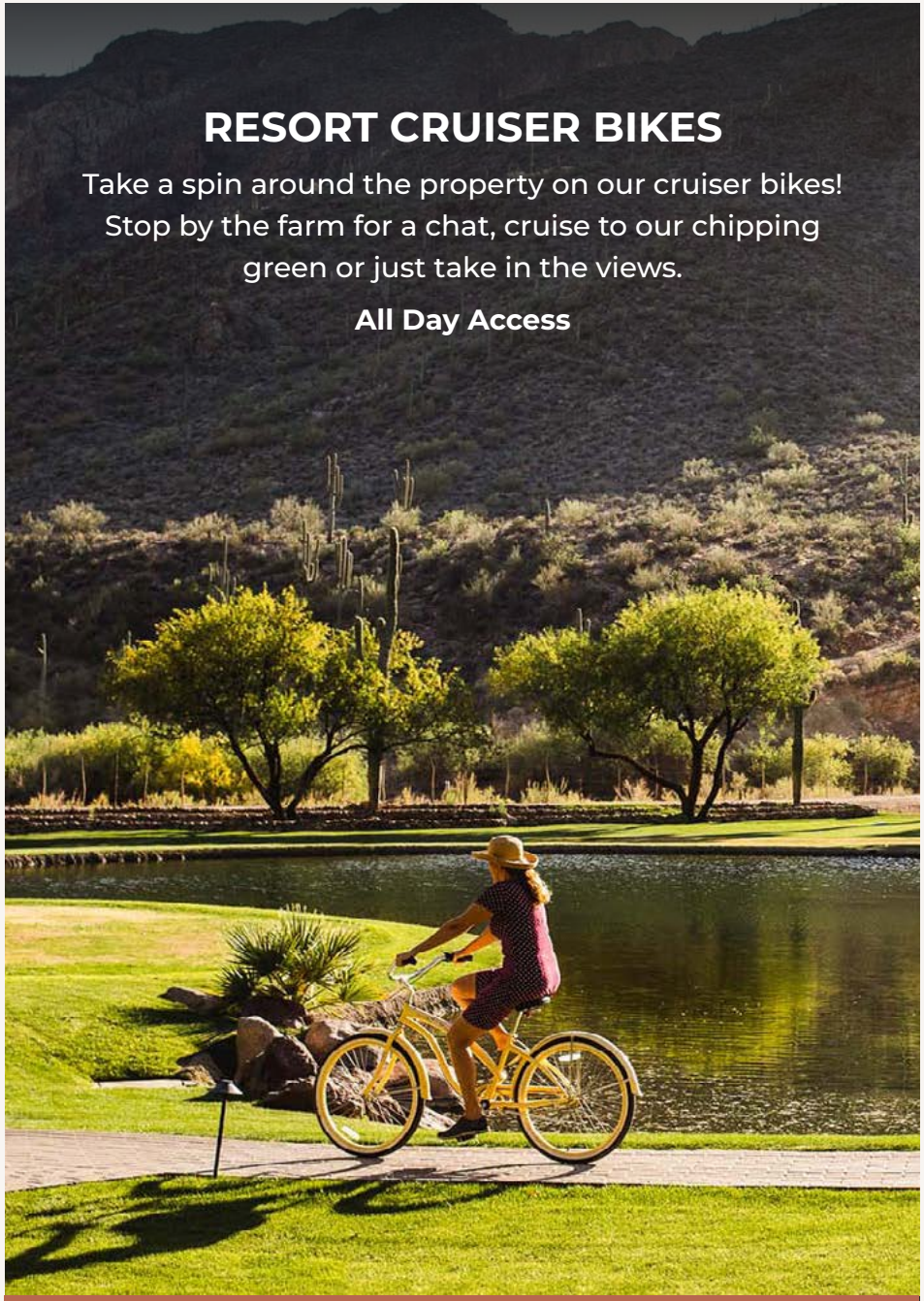
- Two Pickleball Courts, Paddles, Balls
- Pickleball Lessons Available Upon Request
- Giant Chess and Jenga
- Disc Golf
- Golf Chipping Green
- Bocce Ball
- Cornhole



CONNECTING WITH WATER TOUR

Explore the therapeutic benefits, infrastructure, and history of the water at Castle Hot Springs — plus an optional 15-minute guided soak.

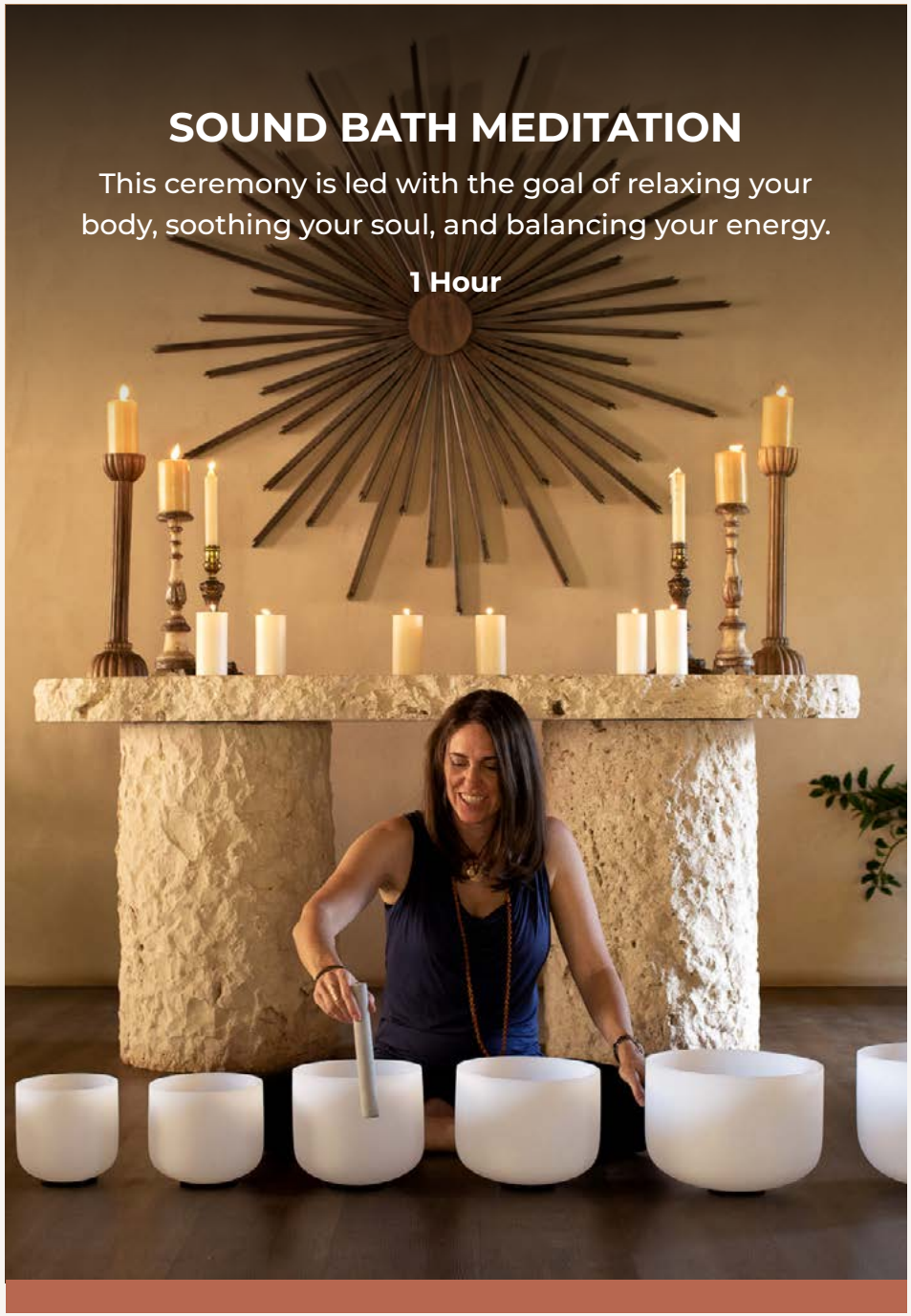
1 Hour



RESORT CRUISER BIKES

Take a spin around the property on our cruiser bikes! Stop by the farm for a chat, cruise to our chipping green or just take in the views.

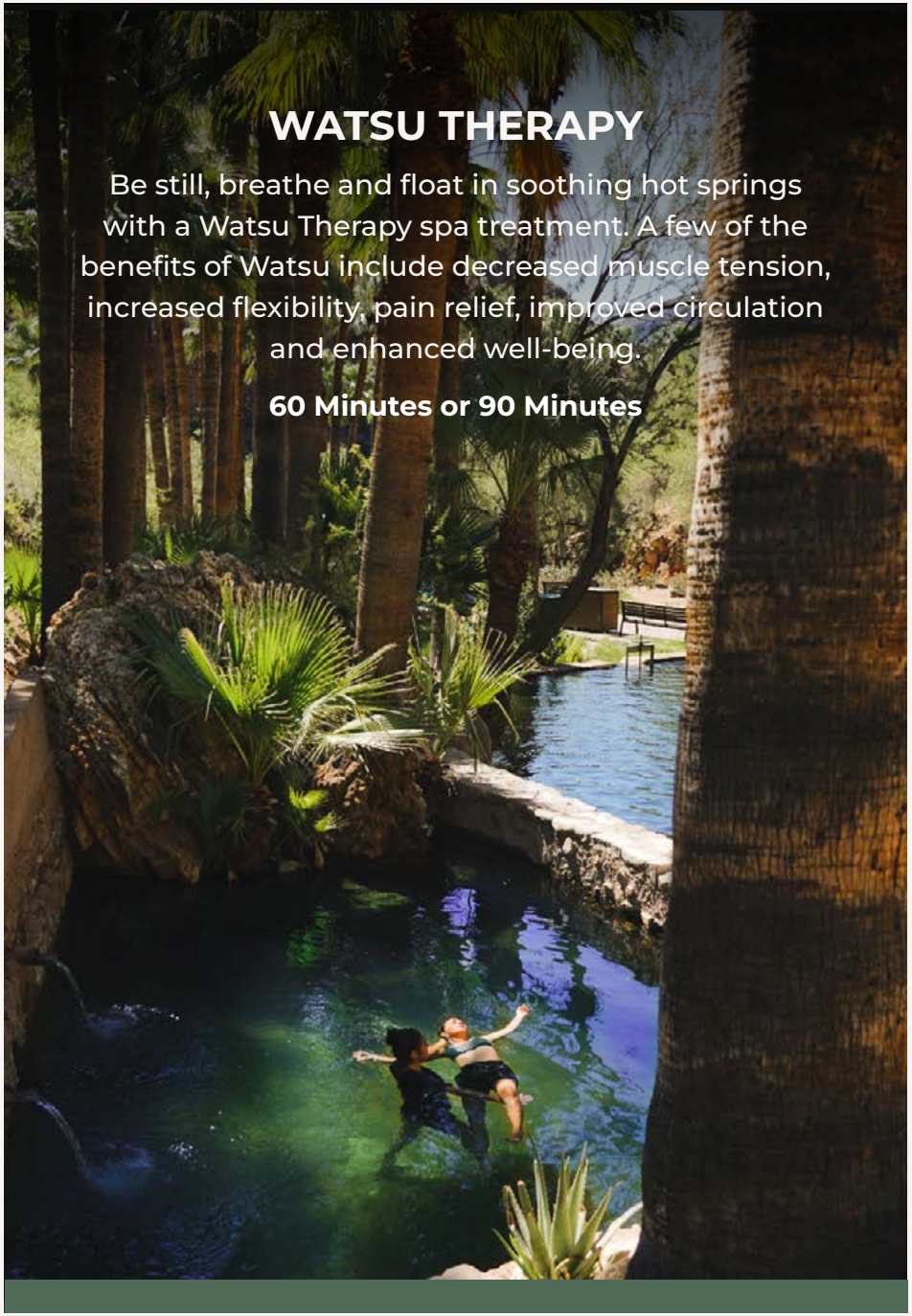
All Day Access



SOUND BATH MEDITATION

This ceremony is led with the goal of relaxing your body, soothing your soul, and balancing your energy.

1 Hour



WATSU THERAPY

Be still, breathe and float in soothing hot springs with a Watsu Therapy spa treatment. A few of the benefits of Watsu include decreased muscle tension, increased flexibility, pain relief, improved circulation and enhanced well-being.

60 Minutes or 90 Minutes

NATURAL HOT SPRINGS SOAKING

Surrender to this desert oasis as you traverse alongside this natural spring creek under towering palm trees, casting serene sounds through the crisp Sonoran air as you make your way up to the top pools, relaxation deck, and locker room. Let the canyon walk calm your mind and prepare your body for an immersion as you have never experienced before.

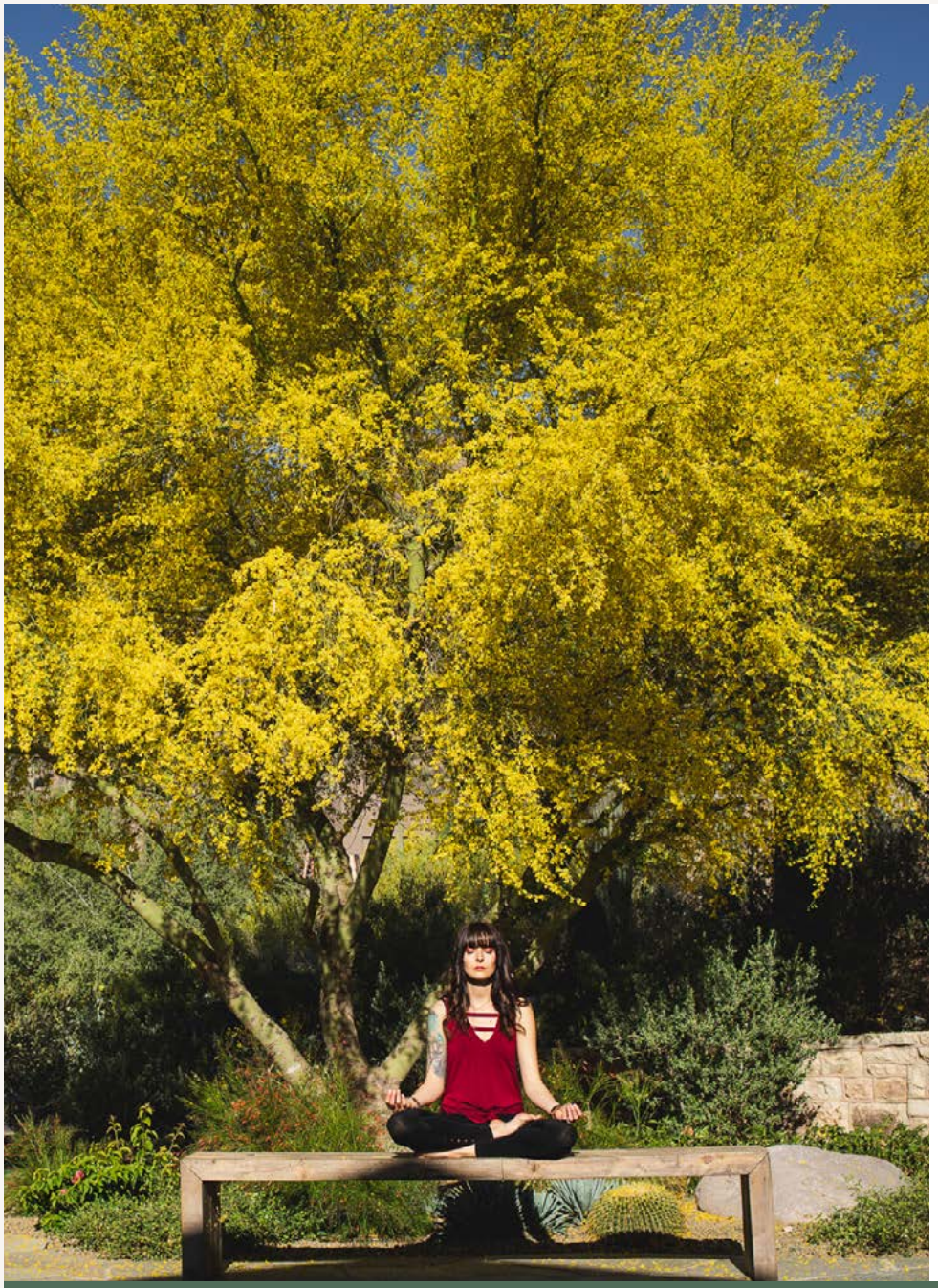
Benefits are enhanced with repetition and contrast soaking circuits that include a warm soak, alternated with a cold water deluge in a cold plunge. It is a great time to calm your mind, stretch your legs and allow the senses to experience the amazing world you are part of.

The unique water is particularly rich in lithium, magnesium, calcium, potassium, iron, sodium, sulfur, boron, silica and bicarbonates, which help lift your mood, calm your mind, and ease aching joints and muscles. These minerals have inspired a focus for your stay on Joy, Serenity and Renewal.

YOGA & MEDITATION CLASSES

Prepare for the day with a gentle combination of stretching, breathing, toning and relaxation with our yoga and meditation classes. Find balance with this instructor-led session in the reclusive Stone House.

- Meditation - 20 Minutes
- Yoga - 55 Minutes



PRIVATE INTENTIONAL WELLNESS ACTIVITIES

Guests can immerse themselves in a variety of rejuvenating activities designed to promote physical, mental, and emotional well-being.

Embark on a tailored wellness journey with our personalized sessions crafted exclusively for you. Our skilled instructors will guide you through a harmonious blend of wellness focused sessions.

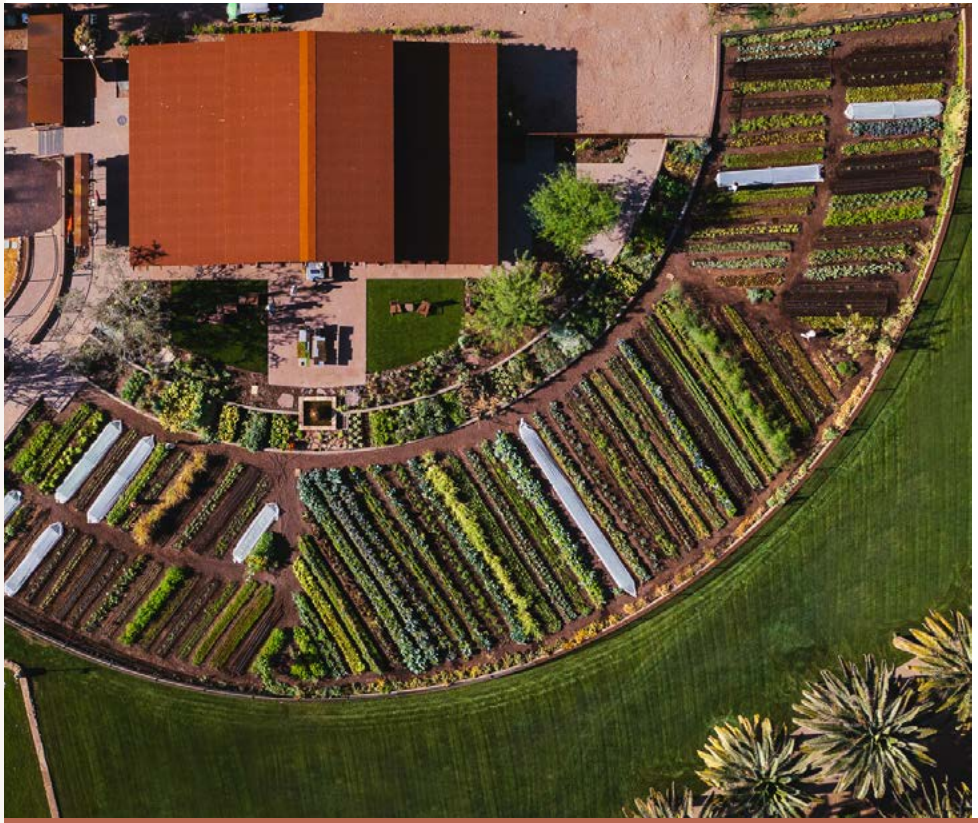
- Custom Yoga
- Vinyasa
- Hatha
- Yin
- QiGong
- Tai Chi
- Mindful Mindscapes
- Energy Alignments
- Sacred Soul Voyages
- Light of Life Series

SIGNATURE SPA TREATMENTS

Derived from the Latin phrase, the acronym “SPA” translates to “health through water”. Castle Hot Springs’ wellness ethos stems from its connection through the natural hot springs cascading throughout the resort. Soak it all in and rejoice in the mineral-rich hot springs which make you pause for soothing moments in nature.

The wellness experience at Castle Hot Springs draws inspiration from the land and the soothing waters of the natural hot springs. Particularly rich in Lithium, Magnesium and Bicarbonates, these minerals, along with herbs and plants from our farm, have inspired a focus on Joy, Serenity, and Renewal.

- Massages
- Water Therapies
- Energy Therapy
- Facials
- Full Body Experiences
- Full Treatment Menu Available on Request or on Website



FARM TOURS

Taste your way through the 3-acre farm as you join our flavor farmers on a tour of our diverse farm operations and current crops growing! Waft in the aromas and scents of the Chef's Garden which you'll find many herbs which garnish and boast unique flavors.

Explore the process of true farm-to-table cuisine while discovering the flavors of the season you will enjoy in our dining room. Seasonal fruits and vegetables are specifically grown for the freshest of flavors to unite.

- 60 Minute Tour
- Tastings of Crops
- Behind the Scenes Look at the Farm to Plate Process

WINE TASTING

Expand your wine horizons as you taste your way through whites, reds and bubbles with our Sommelier!

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.

- Enjoy 4 Tasting Glasses
- 1-Hour Tasting Session
- Limited Spaces are Available
- Sommelier-led Class

AGAVE SPIRITS TASTING CLASS

Sit, sip and savor on a vast display of agave spirits tastings in this mixologist-led class. Discover the origins, unique qualities and flavors of a variety of agave liquors such as tequila, reposado, añejo, mezcal and more. Guests will sample 8 1/2 ounce copitas, plus an exclusive tequila variety solely packaged for Castle Hot Springs.

- 1-Hour Tasting Session
- $75 Per Person, All Guests Must be Ages 21+
- Mixologist-led Class

FARM TO BAR: MIXOLOGY 101 CLASS

This is an introductory experience of integrating herbs and produce from the Castle Hot Springs Farm into cocktails. Our mixologist's will take you through a modern and classic mixology class to elevate your bar skills!

- Introductory 1-Hour Mixologist Lead Class
- Enjoy 2 Different Cocktails
- Learn About Different Mixology Techniques and Flavor Profiles

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