

Outdoor Recreation Center

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“The Mines Outdoor Recreation Center is your one-stop shop to experience the wonders of Colorado! The ORC offers a bike and ski shop, a climbing wall, a rental center, and trips and events.

The ORC is a great place to explore environmental wellness. Environmental wellness is crucial because it directly impacts our overall health and quality of life. A clean and sustainable environment promotes physical well-being by reducing exposure to pollutants and toxins, lowering the risk of illnesses. Additionally, a healthy environment fosters emotional well-being, as it provides opportunities for outdoor recreation, relaxation, and connection with nature, which can reduce stress and improve mental health. Lastly, preserving the environment ensures a sustainable future for generations to come, highlighting the interconnectedness of environmental wellness with the well-being of the planet and its inhabitants.

They offer a wide range of services:

- A bike/ski shop: <https://minesathletics.com/sports/2016/9/30/outdoor-recreation-bike-shop.aspx>
- Climbing Wall: <https://minesathletics.com/sports/2016/7/10/outdoor-recreation-climbing-wall.aspx>
- Rental Center: <https://minesathletics.com/sports/2016/7/30/outdoor-recreation-rental-center.aspx>
- Trips and Events: <https://minesathletics.com/sports/2016/7/10/outdoor-recreation-trips-events.aspx>

Not only does the ORC just provide you with the gear to practice environmental wellness, but they also offer a range of classes and trips that you can take to further that pursuit. Explore the links above to hopefully find something that piques your interest.