

OPTIONAL ACTIVITIES

FRIDAY, SEPTEMBER 9

Horseback Riding

2:00 – 4:00 PM

Take a trail ride through Colorado Springs while enjoying scenic views of the mountain peaks and prairies, Expert guides will escort the group while sharing tales of the old west. This ride is suitable for beginners and experts!

*Please note, there is a 240 lb. weight limit for riders. Height and weight will be required at the time of registration.

Estimated travel time: 20 minutes

Recommended attire: Closed-toe shoes required. Casual clothing, hat, sunglasses and sunscreen are also recommended.



Pikes Peak Cog Railway Ride

2:00 - 5:30 PM



Hop on board the Pikes Peak Cog Railway for the 1-hour 10-minute journey to the summit of Pikes Peak. At the top, take in the beautiful views and a delicious snack from the World Famous High Altitude Donuts before heading back to Manitou Springs.

Estimated travel time: 20 minutes

Recommended attire: Casual clothing and layers recommended. Don't forget your cameras!

Wild West Adventure

2:00 - 5:00 PM

This afternoon, test your skills at archery, shooting and tomahawk throwing! Learn the fundamentals before testing out your skills with some friendly competition. Registrants will have the opportunity to do each of the three activities, the perfect Wild West trifecta!

Estimated travel time: 20 minutes

Recommended attire: Closed-toed shoes required. Casual clothing, hat, sunglasses and sunscreen also recommended.



Garden of the Gods Hiking Experience

2:00 - 5:00 PM



Lace up your hiking boots and hit the trail with experienced guides who will take you through the park where you can enjoy views of the Cheyenne Mountains as well as some of Colorado's most recognizable rock formations. During this leisurely hike, you will experience unforgettable scenery as you make your way through the Garden of the Gods.

*Please note, this will be a leisurely (beginner level) hike.

Estimated travel time: 15 minutes

Recommended attire: Closed-toed shoes required. Casual clothing, hat, sunglasses and sunscreen also recommended.

WELLNESS WORLDWIDE 