

**For Immediate Release:**

Summer 2010

Media Contact:

Molly Killien

(970) 875-7009

molly@steamboatcchamber.com

Summer 2010 Press Kit**Take the time to unwind in STEAM-boat Springs**

This is the place to rediscover relaxation. We're experts, it's in our name



IN THE SUMMERTIME

As a summer and winter destination for the Ute Indians in the 1800s and now for people from all over the world, Steamboat Springs makes it a point to insure that all guests feel welcomed, relaxed and at home. Here are some easy ways to make sure your Rocky Mountain vacation to Steamboat Springs lives up to our name and reputation.

Springs, yet no steamboat

Many of Steamboat's first visitors came to the valley for the healing properties (real or imagined) of the areas many natural springs. One of the main reasons this area was settled was for these springs. In the Steamboat Springs area there are more than 150 natural springs ranging from hot springs, sulfur springs and even a Lithia spring. Steamboat Springs got its name from a natural spring near the present day library that sounded like a steamboat. The "Bathhouse Spring" or "Heart Spring" where the Old Town Hot Springs is now located, was the town's first tourist attraction, drawing everyone from Hahn's Peak miners to ailing Easterners looking to cure whatever troubled them.

Old Town Hot Springs

Spend a lazy summer day at the historic Old Town Hot Springs in downtown Steamboat. Slide the waterslides, climb the climbing wall, and soak in one of eight hot springs pools. The natural mineral waters bubble up from the earth into the Heart Spring at 103° at 220 gallons per minute. The Indians utilized the hot spring for healing purposes. Today, the Old Town Hot Springs offers something for everyone in the family. Swim laps, get a massage, or visit the fitness center. Colorado's premier hot springs facility is open to the public, seven days a week. For more information, please visit www.steamboathotsprings.org or call (970) 879-1828.

Strawberry Park Hot Springs

Located less than seven miles outside of Steamboat Springs, Strawberry Park Hot Springs will make you feel a world away. Situated alongside Hot Springs Creek, is one of the most spectacular mineral springs not just in Colorado, but in the world. Mineral water comes directly from the ground at 147 degrees and is tempered into three different pools with various temperatures. The setting is pristine, natural and peaceful. Strawberry Park Hot Springs is truly an unforgettable experience. For more information please visit www.strawberryhotsprings.com or call (970) 879-0342.

Massage, Spa, Meditation and Yoga/Pilates

Check out the following links to learn more about Steamboat Springs businesses that specialize in relaxation, rejuvenation and making you feel your best.

- [Massage](#)
- [Spas](#)
- [Meditation](#)
- [Yoga](#)
- [Pilates](#)

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