## GUIDED TRAILRUNNING



Ditch the treadmill. Escape the pounding pavement. Take a run on the wild side with a guided trail run in the Rockies. Combine the business of exercise with the beauty of nature on a half-day escape to the great outdoors. Breathe in the scent of fresh pines, enjoy the fresh crisp air, and experience incredible views while discovering the challenges of trail running. Your guide comes prepared with lunch, energy snacks, and an uncommon knowledge of Rocky Mountain territory. Each trip can be customized according to your interests and abilities.

- Meet your guide in town and travel together to a scenic spot
- Make a run for it and explore single track trails in the forest
- Relax and replenish with a light lunch in a beautiful, natural setting
- Walk away with a complimentary tee, energy snack, and the sweet satisfaction that comes with an invigorating run

Your Gift Locations*
Denver, CO
Availability
Year round, 7 days a week

## Duration

4 hours

## Essential Information

Minimum age is 12 years old; all participants must complete two waivers (by parent/guardian if under 18); participants must be physically fit; transportation is included and participants can be picked up and dropped off within 20 mile radius of downtown Denver

Numbers
Private experience for 1

