



DUNTON HOT SPRINGS

NATURAL SPA RETREAT

Dunton Hot Springs

Dunton, near Dolores, Colorado
 T+1 (1)970-882 4800
www.duntonhotsprings.com
 From US\$250 per person per night

Dunton Hot Springs.

week. His beautifully presented meals are pure, fresh spa cuisine.

Fly to San Diego, from where it's a 40-minute drive. Alternatively, it's a 15-minute drive from the Amtrak station in Oceanside and two hours south of Los Angeles airport.

Dunton Hot Springs is a renovated ghost town in Colorado's Rocky Mountains offering solitude, an Old West ambience and spectacular mountain scenery. There are plenty of soaking locations for the mineral-rich hot springs: a pool in the bathhouse, one inside a cabin, and several natural pools scattered throughout the resort. You sleep in one of 15 log cabins,

some of which have fireplaces and private hot springs. If you're feeling adventurous, try the beautifully appointed tipi. There's spectacular hiking, horse riding, whitewater rafting and heli-skiing in the area, and yoga retreats sometimes take place – teachers include UK-based Liz Lark (www.lizlark.com), who also runs retreats to Costa Rica and Kenya (see page 177). Spa treatments include Swedish massage, craniosacral therapy and reflexology.

Food is sourced from Dunton's own farm and vineyard, purchased through local farmers' markets, or gathered from the nearby mountains and forests. Regional airports include Durango, Telluride, Cortez and Montrose. Prices are all inclusive.

