

Mountain Biking

Bear Creek Loop

Bear Canyon in Pike National Park • Manitou Springs • www.trails.com
Described as “scenic and exhilarating”, loose gravel, great views.

Fountain Creek Trail

In Fountain, at southern edge of Fountain Creek Regional Park
This 10.5 mile trail extends to the city limits of Colorado Springs.

Mueller State Park

Hwy. 67 • Divide • 687-2366 • www.parks.state.co.us
Nineteen miles of trails devoted to mountain biking with moderate to steep gravel trails.
Try a spectacular full ride on Geer Pond Loop offering a full day of scenery from rocks to meadows, ponds to aspen trees!

North Cheyenne Canyon

N. Cheyenne Canon Rd. • www.parks.state.co.us
Some standout trails in this area are: Gold Camp Road with 18 miles of outback, Captain Jacks/Buckhorn Loop offering four miles of good hard workout and High Drive an eight mile dirt road loop.

Palmer Park

3650 Maizeland Rd. • Colorado Springs • www.singletracks.com
Palmer Trail in the park offers a two mile vertical climb across six miles through the woods on a smooth, single track.

For maps, details and more listings check out these websites:
<http://adm.elpasoco.com/parks>, www.outdoors.coloradosprings.com,
www.trailcentral.com

Rafting/Kayaking

Arkansas River Tours • 800-321-4352 • www.arkansasrivertours.com
Clear Creek Rafting • 800-353-9901 • www.clearcreekrafting.com
Echo Canyon River Expeditions • 800-755-3246 • www.raftecho.com
Performance Tours Rafting • 800-328-7238 • www.performancetours.com
Whitewater Adventure Outfitters • 275-5344 • www.waorrafting.com

Racquetball

Lynmar Racquet and Health Club

2660 Vickers Dr. • Colorado Springs • 598-4069

YMCA

207 N. Nevada Ave. • Colorado Springs • 473-9622
2380 Montebello Dr. • Colorado Springs • 593-9622
4025 Family Place • Colorado Springs • 282-9622
2190 Jet Wing Dr. • Colorado Springs • 622-9622

Roller Skating

Skate City

4575 Austin Bluffs Pkwy. • Colorado Springs • 591-1016
1920 N. Academy Blvd. • Colorado Springs • 597-6066

Running

Pikes Peak Road Runners

207 N. Nevada • Colorado Springs 80903 • www.pprun.org
Promotes and organizes events, groups and websites; lists of places to run, walk and hike in the Pikes Peak region are all on this website.

Another great website with in-depth information on numerous trails:
www.trailsandopenspaces.org

Sky Diving

High Sky Adventures Parachute Club

4413 Austin Bluffs Pkwy. • Colorado Springs
598-5867 • www.highskyadventures.org
Offers first jump classes.

Skydive the Rockies

4175 Thundercloud Dr. • Colorado Springs 80920
265-9161 • www.skydivetherockies.com



Swimming

PUBLIC:

Aquatics Fitness Center (Open All Year)

280 S. Union Blvd. • Colorado Springs • 385-5984

Cheyenne Mountain Aquatic Center

1200 Cresta Rd. • Colorado Springs • 227-7665

Cottonwood Creek Recreation Center (Open All Year / Indoor Wave Pool)

3920 Dublin Blvd. • Colorado Springs • 385-6508

Manitou Springs Aquatic & Fitness Center (Open All Year)

202 Manitou Ave • Colorado Springs • 685-9735

Prospect Lake (Swimming & Boating in Memorial Park)

Uncle Wilber Fountain (In Acacia Park)

MUNICIPAL POOLS:

Monument Valley Park • Colorado Springs • 578-6636

Portal Pools (Summer Only)

3535 N. Hancock Ave. • Colorado Springs • 578-6679

Valley Hi Pool (Summer Only)

610 S. Chelton Rd. • Colorado Springs • 471-9085

Wilson Ranch Pool

2335 Allegheny Dr. • Colorado Springs • 598-3226

YMCA

The Pikes Peak YMCA operates numerous pools in the region, additional information can also be found online at www.ppyymca.org

Downtown Branch: 207 N. Nevada • Colorado Springs • 471-9790

Briargate Branch: 4025 Family Place • Colorado Springs • 282-9622

Falcon Branches:

10301 Angeles Road • Meridian Ranch • 495-7119

9205 Meridian Ranch Blvd. • Woodman Hills • 495-2009

Fountain Branch: 301 E. Iowa • Lorraine Community Center • 382-1561

Garden Ranch Branch: 2380 Montebello Dr. • Colorado Springs • 593-9622

Southeast Branch: 2190 Jet Wing Dr. • Colorado Springs • 622-9622

* Can purchase day pass. Other locations members only.

Tennis

Memorial Park Tennis Center

1315 E. Pikes Peak Ave. • Colorado Springs 80909 • 385-6023

Additional Tennis Opportunities

In addition to the Memorial Park Center, there are approximately 30 other city tennis courts which can be found in various parks throughout the city. Information regarding locations and other details can be found at www.springs.gov.

El Paso County has two parks with tennis courts as well – Bear Creek Regional Park and Black Forest. Visit www.elpaso.com for more information.

Numerous private courts and clubs may be accessed through a very informative website – www.coloradotennis.com.