BLOOM SPA

Our boutique spa is one of the best kept secrets in Vail Village, delighting with quality over quantity and impressing with genuine attention to detail. We value using the highest quality products available to deliver the best results. We are passionate about using organic, eco-friendly, biogenic, anti-inflammatory, cruelty-free and locally-sourced products, and we are always searching for innovative treatments that are both thoughtful and effective. We honor the elements associated with our mountain lifestyle and have curated a menu of services that cater to your individual need with inventive and inspired methods.

Please refer to the Spa Menu for a complete list of treatments or contact the spa for more details.

In addition, our locker rooms feature a steam room and sauna for you to relax in when you begin your treatment or end your day.

Bloom Spa is open daily, please inquire with the Concierge for seasonal hours.
When booking in-room treatments, please expect your therapist to arrive 15 minutes before the scheduled time. It is recommended that you make reservations well in advance to ensure availability of your preferred date and time.
FITNESS & WELLNESS

Mountain View Pool & Hot Tubs
The cozy mountain-view pool and terrace is fantastic year-round and offers an array of comfortable seating options. Two hot tubs flank the entry to the pool, which also features an underwater bench and waterfall. An additional pair of adult-only hot tubs is set off to the side for more private gatherings. Additionally, poolside dining service is available all day.

Fitness Center
Haven’t had enough on the mountain? Our fitness center is complete with the latest equipment from Technogym®, plus elliptical and cardio trainers, and free weights.

Private Instruction †
From yoga to strength training to cardiovascular conditioning, expert trainers will work with you to help you meet your fitness goals during your stay.

○ Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
WINTER ACTIVITIES

Alpine Skiing & Snowboarding *

Vail Ski Resort is ranked one of the top ski resorts in North America and it’s no wonder why given it’s amazing terrain and scenic location. The Vail Ski Area boasts three distinct regions for unparalleled skiing and snowboarding. Here you can explore four terrain parks, seven bowls and 5,289 acres of freeride terrain. Challenge yourself with 1,500 acres of immaculately groomed corduroy. With a yearly average of 348 inches of snowfall and 300 days of sunshine it’s clear why Vail is a world destination ski resort.

Ski-in and ski-out Vail from The Sebastian Base Camp. Let our expert Adventure Concierge set you up with the latest gear and help you step into warm ski boots each morning. Base Camp is staffed in the winter seven days a week. Onsite rentals, tuning and storage available during your stay.

Ski & Snowboarding Lessons *†

Private and group lessons can be arranged for all ability levels, from adults to children as young as three years of age. Speak to the concierge for details.

* Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
Cross Country Skiing
The Vail Golf Course turns into a cross country ski dream during winter season, with trails groomed every day and the stunning snow-capped Gore Range vista before you. There is a small fee to cover trail use and rentals are available onsite at the Vail Nordic Center where experts will fit you with boots, skis and poles.

Ice Skating
Ice skating is a great leisure activity to do in Vail with friends and family. Lace up your skates and hit the ice at rinks in Vail, including the Solaris Plaza rink just a short walk from The Sebastian, the Dobson Arena indoor rink and the rink at Vail Square in Lionshead Village, both just a quick bus ride away. Skate rentals available at all locations.

Snowshoeing
Need a day off the slopes? From an easy trek on flat groomed trails to a physical challenge making your own tracks, showshoeing is for all levels. There are several places in Vail Village that offer snowshoe rentals, and great trails in the area for all ability levels. Guided tours are also available. Group leaders will take you into the surrounding wilderness as you learn about the area history, wildlife and natural surroundings.

* Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
WINTER ACTIVITIES (CONT.)

Dog-Sledding ∞†
Lead a team of Siberian huskies through enchanting forests. Dog-sledding in Vail is a magical experience that will create lasting memories. This family favorite adventure will give you first-hand experience of zipping through the backcountry on dogsleds, experiencing the surrounding mountains, and the sport, at their finest. Tours are available daily, one in the morning and one in the afternoon. Each tour is 7 miles long and lasts approximately 2 hours. Typically two people share a sled with a musher on back as a guide. Tours include transportation to and from the hotel as well as a snack.

Horse-Drawn Sleigh Ride Dinners ∞†
A horse-drawn sleigh ride will add a special touch to your dining experience, making it a night to remember. Bearcat Stables and 4 Eagle Ranch both offer this unique experience, about a 30-minute drive from Vail. Snuggle under a cozy blanket for an unforgettable sleigh ride beneath wide open, star-lit skies before dinner. Afterwards, warm yourself by a fire pit, roast marshmallows and enjoy hot chocolate.

* Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
Snowcat Tours †
A scenic snowcat tour is a great way to experience all that the trails have to offer in heated comfort. Guests ride in a custom, one-of-a-kind, 13-passenger snowcat and gain nearly 3,000 feet in elevation on a two-hour tour. This is the perfect way to experience the backcountry in luxury. Reach elevations of nearly 12,500 feet and take in breathtaking views while staying warm and comfortable. Transportation to and from the tour is provided by the outfitter.

Ice Climbing ∞†
Ice climbing is an excellent way to enjoy Vail during the winter. Ice curtains and free standing pillars challenge every level of climbers. Enjoy beautiful views while you immerse yourself in this exciting and growing sport with the support of a professional guide. Each trip is customized, whether you are a first-timer, an intermediate hoping to improve your technique, or an advanced ice climber looking for major ascents in the Colorado Rockies. Each trip includes outfitting by a professional and a thorough orientation.

※ Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
SUMMER ACTIVITIES

Biking ♦†
Vail is a cyclist’s haven, from epic singletrack to screaming gondola accessed downhill, miles of scenic road biking to cruising around Vail’s villages. From beginners to experts, leisure-lovers to thrill-seekers, there’s biking adventures for everyone. The experts at The Sebastian Base Camp will fit you for all your adventures and even give you some local tips for finding the sweet spot you’re looking for. Have your own bike? Stay tuned at Base Camp to guarantee you more miles of smiles.

Golf ♡†
With 17 championship golf courses within a 38-mile radius, the Vail Valley offers much more than an unforgettable game of golf; it is truly an extraordinary golf destination. There are few places in the world where the game of golf can be played in such astounding natural beauty. Here, hospitality, impeccably manicured greens, spectacular backdrops, and a love of the game come together to bring you a golfing experience unlike any other.

Hiking ♡
Hiking in Vail during the summer should not be missed. With dozens of trailheads just minutes from town, hiking in Vail has proven to be the most traditional and pleasurable way to enjoy the mountain. To enjoy the full experience of the mountains, spend the day hiking any of the hundreds of miles of trails through the National Forest. The trails are easy to access from Vail and each trail offers its own spectacular views of the surrounding mountains and valleys. We suggest you pack a backpack with snacks, water and a camera and wear sunscreen, a hat, comfortable shoes and light layers for the most enjoyable experience. Stop by the concierge for recommendations and inside local secrets and favorite trails.

Betty Ford Alpine Gardens ♦
Stroll through the highest botanical garden in the world. At 8,200 feet, the garden offers an assortment of perennial beds, rock gardens and waterfalls. Open year round, daily, from dawn until dusk with peak flower season from June through August. Admission is free.

♦ Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
SUMMER ACTIVITIES (CONT.)

Fly Fishing

The Vail Valley is home to gold medal water and is a fly fisherman’s dream. A list of fly fishing streams, rivers, beaver ponds, crystal clear lakes are all within easy striking distance from Vail. Fish the epic waters of the Eagle River, Colorado River, Gore River and an endless list of high alpine lakes. Walk & Wade and Float trips available for all ages and skill levels and both include hands-on instruction.

Whitewater Rafting & Float Trips

Melting snow off the mountains fills our rivers and makes for great water play. Test your skill at whitewater rafting on the Shoshone River through the narrow Glenwood Canyon. This popular summer adventure is fun for the whole family. The continuous Class III rapids ease after a few miles followed by Class II whitewater as 1,500 foot canyon walls tower above you. Swimming opportunities come available downstream as the warm Colorado air makes the cool Colorado River very inviting.

Want the scenery without the big whitewater? Floating along the Upper Colorado River is the trip for you. This float trip is great for young families with ages as young as two-years-old. This gentle trip allows parents to relax without feeling like they need a hand on the little ones the whole time Class I-II rapids give some splashing opportunities and tons of swimming opportunities.

Kayaking

Enjoy a guided half-day trip on the beautiful Upper Colorado River. Paddle your own sit-on-top whitewater kayak through Class I & II whitewater. All transportation, equipment and training provided by your expert guide.

Horseback Riding

From pony rides to cattle round-ups, gallop through stands of aspen trees and breathe in the refreshing Colorado air. Enjoy stunning scenery, nature and the sounds and sights of horseback riding in the Vail Valley. Every ride covers beautiful terrain, offering breathtaking views and incredible photo opportunities to view wildlife.

Hot Air Ballooning

Experience the thrill of floating over the Vail Valley with nothing but the wind and the balloon to guide you. Flights begin shortly after sunrise, just a 25-minute drive from Vail. Balloon flights are surrounded by brilliant blue skies and breath-taking Rocky Mountain views. All standard flights include hot beverage during inflation, a unique post-flight ceremony, certificate and complimentary champagne toast. Choose Taste of Ballooning (30-40 minute flight) or the Full Excursion (75 minute flight).

★ Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
SUMMER ACTIVITIES (CONT.)

Zip Line Adventures  ⚫
For a more unique view of beautiful Colorado, soar through the mountains, above the trees and across streams on a zip line ride that will make your heart race. And there’s only one place in Colorado where you can enjoy the pristine mountains, beautiful trees and raging rivers while zipping 30 miles per hour over a rugged canyon: Zip Adventures at 4 Eagle Ranch. Soar like an eagle 100–200 feet above the floor of Alkali Canyon on one of six zip lines ranging from 150 – 1000 feet in length.

Paragliding  ⚫
No experience necessary – fly tandem with the best. Strap into your paraglider’s harness and take off on an adventure beyond your wildest dreams. Your safety comes first as your tandem guide eases you into the air, doing all the flying for you so you can sit back, take in the views and enjoy the ride. Pilots fly with digital cameras, making lasting memories to share.

Jeep & ATV Tours  ⚫
Off–roading is an exciting way to explore the valley and mountain side. Numerous backcountry Jeep tours are available throughout the Vail Valley. Learn local history, view scenic wildflowers and mountain ranges or enjoy an afternoon team–building activity with a Jeep scavenger hunt.

ATV tours are also available if you want to do all the driving. All ATV guests will receive a full training session prior to setting out on the adventure.

 metavar" Activity located within easy access from The Sebastian.  
 metavar" Activity requires transportation to and from The Sebastian.  
 metavar" Activity requires reservations.
Adventure Ridge

Adventure Ridge atop Vail Mountain features fun activities for all ages making it perfect for Colorado family vacations. Enjoy activities like climbing and tubing, or just take in the views while eating BBQ on Talon’s Deck. Don’t miss the high-altitude family happy hour, Friday Afternoon Club (FAC) and Saturday Sundown with live music, lawn games, and a great sunset view over the valley.

Activities include:

- Forest Flyer Mountain Coaster – Speed is your friend as you fly through the forest on a raised alpine coaster! The Forest Flyer™ winds its way 3,400 feet down the mountain, following the natural contours of the landscape through the forest.

- Ziplining – A four-line, 1,200 foot, high-speed cable ride.

- Aerial Ropes Course – Advanced and beginner level aerial challenge course – complete with safety harness, helmet and “ground school” training introduction. Choose from a 30-minute experience on the North course or a one-hour experience on the South course.

- Rebound Trampoline – Catch some air at 10,000 feet on a modified trampoline with waist harness attached to bungee cords.

- Climbing Wall – Test your skills on the climbing wall equipped with a safety harness.

- Jeep Tours – A 45-minute Top of the Mountain Tour combining adventure with incredible summer views of Vail’s legendary Back Bowls, the Gore Range and Mount of the Holy Cross in an open-air vehicle. The 11-mile loop begins at Eagle’s Nest and continues beyond Patrol Headquarters to Two Elk before returning to Adventure Ridge.

- Mini Golf – Situated at the base of Born Free Express Lift, Gore Creek Mini Golf is perfect for the whole family. The course provides putting fun for all ages on nine, par-three holes where each hole features an interpretive animal theme spotlighting local Vail Valley animal species, providing educational background and information.

- Lawn Sports – Enjoy an afternoon of fun in the sand and sun with Bag Toss, Horseshoes, Dino Dig and a Slack Line Park.

- Hiking – Guided hikes on Vail Mountain are offered Wednesday through Saturday during summer operations. Private hikes are available Sunday to Tuesday and are customizable to your hiking preference.

- Horseback Tours & Pony Rides – Take a scenic horseback tour from Eagle’s Nest through Game Creek Bowl and back, overlooking the Vail Valley. Suitable for adults and children ages 8 and older. Children ages 2–6 can enjoy pony rides around the mountaintop corral.

Gondola Rides

Take the Gondola to the top of Vail Mountain and surround yourself with breathtaking views of Sawatch, New York and Gore Ranges. Open seasonally June through early October.

* Activity located within easy access from The Sebastian.
∞ Activity requires transportation to and from The Sebastian.
† Activity requires reservations.
For more information or reservations, please contact our concierge team. We kindly ask for reservations to be made four (4) days in advance, except where otherwise noted.

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