YOUR EXPLORATION OF THE SPRINGS
can be tailored to your own curiosity level. By starting at Iron Spring you are within easy walking distance (about one mile) of five mineral springs. For the more adventurous—extend your tour with a hike to the Sulphur Cave or take a plunge in the “soothing and health-giving” waters of the Old Town Hot Springs. Journey in the footsteps of the Yampatika Ute and Arapaho tribes and the early pioneers of Steamboat Springs as you discover the city’s mineral springs. No two springs are alike—and each has its own special mineral content and intriguing allure.

Use this map for guidance, as the new trail differs from the one on the blue signs located at each spring. Suitable walking shoes are advised since parts of the trail are rough and steep.

After touring the springs, see if you know which is the:  
- Hottest spring?  
- Lemonade spring?  
- Most odiferous spring?  
- Most palatable?  
- Minxuelle spring?  
- Vent spring?  
- Chugging spring?

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Sulphur Spring and Yampa River

For centuries, visitors have been drawn to the thermal waters in and around Steamboat Springs. Yampatika Ute and Apsaroke tribes, who summoned in the area, considered the mineral or “medicine” springs sacred ground and valued the springs as places of physical and spiritual healing.

In 1874, James Crawford ventured into the Yampa Valley seeking a homestead site. Impressed by the region’s mineral waters, he built a cabin near present-day Iron Spring and a log-berth over the nearby hot spring. This first bathhouse became a “community center” for the area’s few residents as well as miners from as far away as Hahn’s Peak. By the early 1900s, the springs were touted as a great natural wonder. Tourists came from across the nation to bathe in the spring-fed pools and drink from the area’s mineral waters. The arrival of the passenger train in 1909 opened the remote northwestern region to an influx of spa-goers, and established Steamboat Springs as a “spa town” and tourist destination.

Today, the mineral springs and the community hot springs continue to lure locals and visitors—discover why on the Springs Walking Tour.

**Iron Spring**
Steamboat Springs’ founder, James Crawford, frequented the Iron Spring for its mineral waters. His granddaughter, Lulita Crawford Pritchett, described growing up on Iron Spring lemonade which the family made by mixing half a lemon with a tablespoon of sugar and then adding in Iron Spring water to create a carbonated fizz.

**Soda Spring**
High carbonation and the lack of a sulphur taste made Soda Spring the town’s favorite drinking spring. Visitors staying at the nearby Cabin Hotel (1919 - 1933) often enjoyed a glass of “lemonade” made with the Soda Spring water. While the gazebo remains, the water’s natural flow was disrupted by the construction of Highway 40 in the late 1970s.

**Sulphur Spring**
The region’s Native Americans attributed curative powers to the pungent and ochreous sulphur water of the Sulphur Spring. Deer, elk, black bear and horses have shown a particular craving for the Sulphur Spring water. Look for the stones with the rings where early settlers tethered their horses.

**Steep Terrain**
Lure of the Waters: The Power of Place
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**Sweetwater (ga) and Lake Spring (gb)** as well as several other springs feed the nearby pond.

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