



Low-Environmental-Impact Trip in the Vail Valley

7 days

[More Itineraries](#)

Get out and explore the grand alpine landscapes in Vail, Avon and Edwards with Walking Mountain Science Center, with guided activities ranging from nature walks and backcountry hikes to family outings, bedtime-story walks and science camps.

### **Insider's Tip**

**Get that Green Feeling:** Most of the activities mentioned below are Actively Green certified.

Day 1

### **ACTIVITY**

## **Vail Valley Anglers**

Perched on the banks of the Eagle River, one of Colorado's last freestone rivers, our shop offers unrivaled access to the best fly fishing in the Rocky Mountain high country. Stop by the shop to...

### **LUNCH**

## **Bully Ranch Restaurant**

Eatery doling out Southwestern & American food in a casual dining room with Western decor.

### **ACTIVITY**

## **Nature Walk Atop Vail Mountain hosted by Walking Mountains Science Center**

Join a trained Certified Interpretive Guide and Wilderness First Responder to discover some of the most beautiful hiking destinations in the Vail area that are only accessible via your two feet!

**Recommended Duration:** 1 hours

## **DINNER**

### **The Dusty Boot Steakhouse & Saloon-Beaver Creek**

The best little steakhouse & saloon in the great state of Colorado!

## **ACTIVITY**

### **Vilar Performing Arts Center Beaver Creek**

Year-round theater with many seats presenting musicals, concerts, comedy shows & other events.

## **LODGING**

### **Poste Montane Lodge**

Recently remodeled hotel features king-sized beds, flat screen TVs, DVD players, free WiFi, mini-refrigerators, daily breakfast, hot tub, steamroom, sauna and Allegría Spa access.

Day 2

## **BREAKFAST**

### **Harvest Vail**

Rustic-chic spot for farm-to-table New American dining, with a patio & pantry for snacks to go.

## **ACTIVITY**

### **Morning Birdwalk at Walking Mountains Science Center**

Discover and learn about a breathtaking variety of local birds on a morning walk through the meadows and woods along Gore Creek.

## **LUNCH**

### **Loaded Joe's**

Cozy, casual venue with coffee & sandwiches during the day & beer, wine & music at night.

## **ACTIVITY**

### **Vail Public Library Central Library**

The Vail Public Library not only offers over 52,000 volumes of fiction & non-fiction, it also offers a fireplace lounge for sitting and relaxing.

## **DINNER**

## **Game Creek Restaurant**

Game Creek Restaurant offers a delectable, five-star, distinctive American cuisine

### **ACTIVITY**

## **Evening Nature Hike Hosted by Walking Mountains Science Center on Vail Mountain**

Enjoy an evening hike on Vail Mountain as the sun starts to set and wildlife become more active. Learn about the habits of the crepuscular and nocturnal animals who make the mountains their home. Take in beautiful mountain views of the Gore and Sawatch Ranges at dusk.

### **LODGING**

## **Antlers at Vail**

The Antlers at Vail condominium hotel enjoys a fantastic location on Gore Creek, only 150 yards from Vail's ski lifts, gondola, shopping and dining. A spectacular pool and two hot tubs next to...

Day 3

### **BREAKFAST**

## **Flame Restaurant**

Framed by dramatic vaulted beamed ceilings inspired by nearby Vail Mountain, Flame restaurant at Four Seasons Resort Vail celebrates the iconic American steakhouse with sauces and seared steaks,...

### **ACTIVITY**

## **Vail Nature Center**

The Vail Nature Center is a free admission learning center and boasts an idyllic system of trails nestled between a mountain meadow and the forested bank of Gore Creek .

### **LUNCH**

## **Vail Farmers' Market & Art Show**

The event started with a few tents and now has grown to over 135 tents for 16 Sundays of the summer. We have entertainment for everyone and bring people from all over to enjoy the Rocky...

### **ACTIVITY**

## **Colorado Snowsports Museum**

From the men who carried provisions to snow-locked mining camps, to the hottest names in today's ski racing scene, the Vail-based Colorado Snowsports celebrates the evolution of skiing and...

### **DINNER**

## **Terra Bistro**

Among the best restaurants in Vail and a favorite among Vail's fitness-conscious community for 18 years, Terra Bistro serves delectable dishes featuring free-range meat and poultry and, whenever...

### **ACTIVITY**

## **Beaver Pond Tour Hosted by Walking Mountains Science Center**

Beavers are one of the animals that define the Rocky Mountains and Vail is lucky to have a healthy beaver population right in town. The evening begins at the Vail Nature Center with educational activities, followed by a drive to a beaver pond where there is an active lodge. Bring warm clothes and a flashlight.

### **LODGING**

## **Sonnenalp Resort of Vail**

Authentic European feel with hand-made Bavarian furniture, antiques & art work. Rooms are primarily suites with a fireplace, huge bathrooms & heated marble floors. Beautiful woodwork & cozy public...

Day 4

### **BREAKFAST**

## **Ludwig's Restaurant**

Elegant, upscale restaurant at the Sonnenalp Hotel offering gluten-free European fare & breakfast.

### **ACTIVITY**

## **Earthkeepers Pre-K Program at Walking Mountains Science Center**

Children will explore the natural world and have fun with others while developing their sense of place. Topics vary weekly and help children express their inherent wonder and curiosity as little scientists. Come prepared for indoor and outdoor winter activities such as songs, stories, games and outdoor play. Please bring water and a small snack for your child.

### **LUNCH**

## **Sweet Basil**

Sweet Basil is a creative, modern American restaurant located in the heart of the Vail Village, voted Colorado's Most Popular Restaurant by the Zagat survey. The menu features imaginative...

#### **ACTIVITY**

## **Shopping in Vail Village**

Vail hosts hundreds of shops, selling everything from high-end jewelry and fine art to ski boots and cowboy hats. Located in the shadow of the Gore Range, Vail has a distinctly alpine feel. A free bus traverses the pedestrian area for those who are weighted down by shopping bags.

#### **DINNER**

## **The Fitz Bar & Restaurant**

Our Vail Village restaurant is known for its approachable menu of 'comfort food, elevated', creative cocktails and local Colorado drafts. The Fitz Bar & Restaurant in Manor Vail Lodge is a great...

#### **ACTIVITY**

## **Root & Flower**

A wine bar in Vail, Colorado with over 50 by the glass pours of wine, an extensive bottle selection, craft classic cocktails and an ever changing food list.

#### **LODGING**

## **Manor Vail Lodge**

Manor Vail Lodge offers a premier lodging location in Vail Village. Our Vail, Colorado hotel rooms and fully furnished condos are set between Ford Park and Golden Peak. Enjoy fabulous meals at...

Day 5

#### **BREAKFAST**

## **Grab a Crepe in the Cafe at the Bookworm**

Do some book-browsing while you savor the morning (and the crepe!).

#### **ACTIVITY**

## **Backcountry Family Hike Hosted by Walking Mountains Science Center**

Join a trained Certified Interpretive Guide and Wilderness First Responder to discover some of the most beautiful hiking destinations in the Vail area that are only accessible via your two feet! Walking Mountains Science Center and the Vail Recreation District operate under special permits from the US Forest Service and Bureau of Land Management that allow us to experience and learn from public lands like few other Vail

hiking guide services can offer!

## **LUNCH**

### **The Little Diner**

Breakfast classics from morning-to-afternoon, plus hearty lunches in snug digs with counter dining.

## **ACTIVITY**

### **Bloom Spa**

Bloom Spa is a luxury spa located at The Sebastian ? Vail where guests nurture mind, body and soul with luxurious custom treatments.

## **DINNER**

### **Up the Creek Bar & Grill**

Welcome to our delightful creekside restaurant overlooking the beautiful Vail scenery. We offer a selection of reasonably priced appetizers, salads, pastas, fresh fish and daily specials.

## **ACTIVITY**

### **Art in Vail**

Let us take you on a virtual journey through Vail's wide variety of inspirational public art...

## **LODGING**

### **The Sebastian - Vail**

[The Sebastian ? Vail](#), A Timbers Resort, is a Travel + Leisure and Conde Nast Traveler top-ranked hotel, located in the heart of...

Day 6

## **BREAKFAST**

### **Leonara Restaurant**

Inspired Dining at Leonora. Set in the heart of Vail Village, just off the pedestrian corridor, Leonora offers an inviting dining experience inspired by the French Alps, Spanish Pyrenees and our...

## **ACTIVITY**

### **Think Like a Trout Program With Walking Mountains Science Center**

This unique fly fishing program is comprised of education about stream ecology and entomology (study of insects), as well as the basic skills of fly fishing. Most importantly, it's about having fun on the water!

## **LUNCH**

### **Smiling Moose Rocky Mountain Deli**

Deli chain offering specialty & build-your-own sandwiches, plus salads, wraps & breakfast burritos.

## **ACTIVITY**

### **Pulling Together Program at the Vail Nature Center**

Each week we will introduce an outdoor volunteer project and why it is important to our ecological community. Then we will pull together as a group to remove invasive plant species, plant native vegetation, clean up litter, and build or improve local hiking trails.

## **DINNER**

### **Ale House Kitchen & Tap**

Vail Ale House features local handcrafted beer and over 20 craft beers on tap. Enjoy the warm, comfortable ambience, friendly staff, and an eclectic menu.

## **ACTIVITY**

### **Stories in the Sky Evening Nature Program at Vail Nature Center**

From endless constellations, cascading shooting stars and full moons almost as bright as the sun, these are the realities in the mountains of Vail that should be experienced by all. Learn the constellation myths from different cultures and how to locate them in the sky.

## **LODGING**

### **Eagle Point Resort**

Enjoy your escape to the heart of the Rocky Mountains at Eagle Point Resort. The 54-unit resort features 1- and 2-bedroom condominium units with fully equipped kitchens.

Day 7

## **BREAKFAST**

### **Vintage in Vail**

Vintage is a romantic Brasserie-style wine lounge located in Vail Village. Also, now serving the best breakfast in Vail and dinner 7 days a week.

## **Insider's Tip**

**Pick Up Lunch for the Hike:**

Pick up lunch at the [Green Elephant Juicery](#) before heading on the all-day hike.

#### ACTIVITY

## Full-Day Backcountry Hike with Walking Mountains Science Center

Join a trained Certified Interpretive Guide and Wilderness First Responder to discover some of the most beautiful hiking destinations in the Vail area that are only accessible via your two feet! Walking Mountains Science Center and the Vail Recreation District operate under special permits from the US Forest Service and Bureau of Land Management that allow us to experience and learn from public lands like few other Vail hiking guide services can offer!

#### DINNER

## Revolution

Revolution restaurant in Beaver Creek CO offers a unique experience that combines the best rotisserie techniques from around the world, locally sourced products, and the exciting element of table...

#### ACTIVITY

## Crazy Mountain Brewery

Crazy Mountain Brewery is the Vail Valley's first production brewery, but really it's a declaration of freedom. We say crazy is, as crazy does, so drink up and live the life you want!

### Insider's Tip

#### Check Out Other Breweries in the Area:

A handful of other breweries await your visit. [Learn More >>](#)

#### LODGING

## The Bunkhouse

Welcome to The Bunkhouse. Rates starting at \$71.99 per night including a beer and wine bar. Affordable, community lodging accommodations for backpackers, skiers and other travelers/adventurers.

Hello World.

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