

# MILE HIGH DIY

## FITNESS *with* VISIT DENVER

Denver is all about that outdoor lifestyle, which means staying active while enjoying the city's 300 days of annual sunshine. Here is a mile-high workout, inspired by the fitness enthusiasts who take to Red Rocks Park & Amphitheatre for more than just concerts under the stars.



## CRAVING CARDIO?

GO ON A 2.7 MILE RUN AND YOU'VE GONE BACK AND FORTH ACROSS ALL 69 ROWS AT RED ROCKS - ALL THE WAY TO THE TOP! CLIMB 145 SETS OF STAIRS TO RECREATE THE HIKE FROM THE STAGE TO THE TOP OF THE AMPHITHEATER, OR 194 SETS TO MAKE THE JOURNEY FROM THE TRADING POST VISITOR CENTER UP TO THE STAGE.



FOR MORE MILE-HIGH WELLNESS TIPS, HEAD TO [RETREATFROMTHECONVENTIONAL.COM](http://RETREATFROMTHECONVENTIONAL.COM)

**Yoga on the Rocks** is a summertime staple at the amphitheater. Check for online classes from your favorite local yoga studio, or head to YouTube to stream some free sessions. Then roll out your mat and pretend you're saluting the sun from the infamous red sandstone monoliths.

