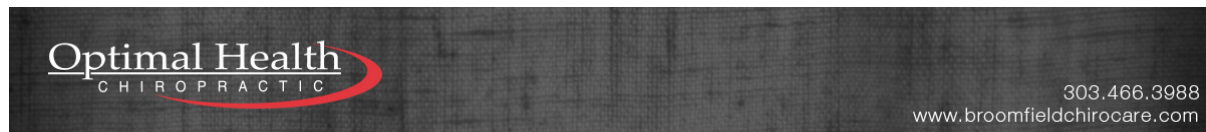


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Building the Ultimate Colorado Summer Bucket List



Remember when you were growing up, the school year was wrapping up and you had all of these plans made for the best summer ever? But then you grew up, became an adult and summers were just the same as any other time of year, just warmer. This month, we want to inspire you to set those goals, plan adventures, make the best summer ever list and check them off, one by one.

We fully recognize that a lot of the examples we put together are bigger experiences, but we also love a checklist that is all things from your own neighborhood. Go fishing at the Tom Frost Reservoir, hike around McKay Lake, enjoy the patio of one of Broomfield's many breweries, or even camp out in your own backyard. The moral is, these lists don't have to be big over-the-top adventures, the idea is to get out of your everyday rut and do the things that make you and your family excited.

Inspiration for your Colorado Summer Bucket List: *(in no particular order)*

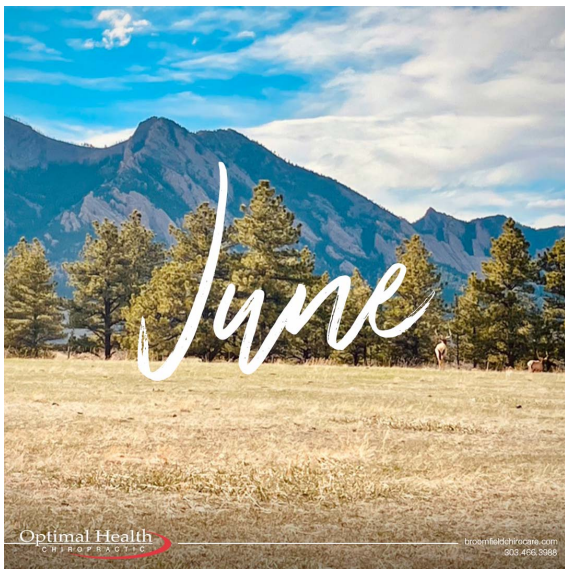
- Find a Ghost Town
 - St Elmo is one of the best preserved and most easily accessible ghost towns in Colorado and almost feels like you're at a movie set. Near Nathrop, it's not totally deserted and has a [general store](#) that you can stock up on all the snacks and souvenirs you could need.
- Visit Pikes Peak
 - Ride the [Pikes Peak Cog Railway](#) and take in panoramic views from the top. Make a weekend of it and check out Manitou Springs and Garden of the Gods.
- Go for Slides and Rides
 - Get your thrill on at [Elitch Gardens](#) or [Waterworld](#).
- Catch a Rockies Game
 - [Baseball](#) is the ultimate summer pastime, right in our backyard!
 - Check out the 100 year old [Union Station](#) while in the area and shop at the station's Great Hall with retail stores, eat award-winning food prepared by local chefs, or make a weekend

of it and stay at the historic Crawford hotel.

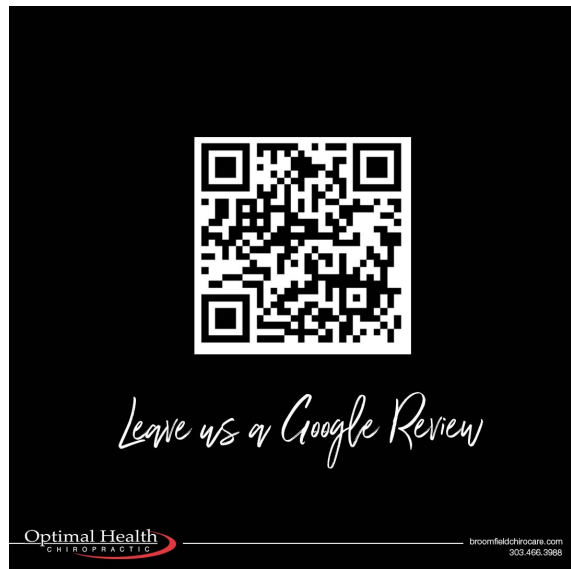
- Attend a Festival
 - There are [amazing festivals](#) all over the state!
 - Wildflower Festival in Crested Butte
 - Colorado Brewers' Festival in Fort Collins
 - Blues and Brews in Telluride
 - Taste of Colorado in Denver
- Have a Waterfall Adventure
 - Too many [waterfalls](#) to list, but here are some popular ones:
 - Fish Creek Falls in Steamboat Springs
 - Alberta Falls in Rocky Mountain National Park
 - Bridal Veil Falls near Telluride
 - many more!
- Camp Out
 - From state parks, to designated campsites to backcountry adventures, our state has any level of [camping adventure](#) you can imagine.
- Go Fishing
 - Whether you're using fly or reel rod, [try to catch](#) one of Colorado's famous rainbow, cutthroat or brown trouts!
- Hot Spring Soaking
 - There are [hot springs](#) all over the state, some are rustic experiences while others combine soaking with a full resort experience.
- Ride the Rails
 - Leadville to Georgetown, Durango, Cripple Creek and more, you can feel like you go back in time with [train rides](#) in some of the most beautiful Colorado locations.
- Take in a Patio
 - Hang out at one of Colorado's many [breweries](#) or [distilleries](#). We love to bring a deck of cards and soak in some sunshine on a patio while trying out a new location
- Live Music
 - [Summer concerts](#) are just a little bit more magical under the stars in Colorado. From country to rock and small venues to Red Rocks, there's something for everyone to enjoy.
- Bridge it
 - Did you know the number one bucket list item for visiting Colorado is the [Royal Gorge Suspension Bridge](#)? Located outside Canon City, it's both terrifying and amazing and something really everyone should experience.

We probably should have added getting regular adjustments to that bucket list! Take the time to help yourself feel your best on all of your upcoming adventures. We'll be here for you when you need us.

- Dr Chris



Dates to Note



Share Your Experience

June Dates and All Things Summer

Summer is officially in full swing around here which means shifts in schedule to keep up with everything going on.

The office will be closed:

- Thursday, June 8th
- the AFTERNOON of Thursday, June 22nd
- Tuesday, July 4th (we know it's not June, but seems worth putting out there now!)

We said this in our last newsletter, but it's an important that we will probably keep repeating. We want to remind our patients that [scheduling appointments](#) is important. There will be days that Dr. Chris leaves early or stays late to accommodate everything going on, so it's important to come at your scheduled appointment time. We also encourage patients to call or text (303-466-3988) if they are scheduling online and can't find what they are looking for. Dr. Chris has been known to come in early or stay late if needed :) But we can't help if we don't know what it is you're looking for!

Google Reviews

Have you had a great experience with Dr. Chris? We're on a mission to spread the word of what it's like to get adjusted in our office. This [link](#) will take you directly there, easy as can be. (Or use the QR code above!)

Just know it means the world to us every time a new review comes through. Just picture us doing a little happy dance to celebrate each and every one!



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