



*January*  
Resort Guide.

# Welcome.



Welcome to Omni Interlocken.

My team and I are looking forward to taking great care of you. Whether your trip is to connect with business partners, enjoy our award winning amenities or a restorative break to take in all the beauty Colorado has to offer, We are your basecamp for exploration and adventure. Additional resort information can be viewed by scanning the QR code.

We hope you have a memorable stay at Omni Interlocken.

Warmest Welcome,  
Richard Maxfield  
General Manager



**PLAN YOUR  
INTERLOCKEN  
EXPERIENCE**  
Scan to view our resort  
guide dining menus  
activities and more

## Dining

### MORSELS CAFE

**DAILY - 6:00 A.M. - 4:00 P.M.**

Located on the lobby level.

Fresh coffee Handcrafted beverages and grab and go breakfast items to start your day.

### MERITAGE

**MONDAY-FRIDAY 6:30 A.M. - 11:00 A.M.**

**SATURDAY & SUNDAY 7:00 A.M. - 11:00 A.M.**

Located on the lobby level.

Featuring an eclectic breakfast menu and ambiance for a relaxing and refreshing morning to get the day started off right.

### FAIRWAYS

**DAILY 8:00 A.M. - 6:00 P.M.**

**FOOD MENU HOURS 9:00 A.M. - 5:00 P.M.**

Located at the Golf Clubhouse.

Featuring casual dining complemented by spectacular views of the golf course.

Complimentary transportation is provided.  
Weather dependent.

### THE TAP ROOM

**SUNDAY-THURSDAY 11:00 A.M. - 11:00 P.M.**

**FOOD MENU HOURS 11:00 A.M. - 10:00 P.M.**

**FRIDAY & SATURDAY 11:00 A.M. - 12:00 A.M.**

**FOOD MENU HOURS 11:00 A.M. - 10:00 P.M.**

Located on the lobby level.

Treat yourself to elevated pub fare and sample one of Colorado's famous handcrafted beers.

(Reservations encouraged for parties of 8 or more)

### RESTAURANT IN ROOM

**BREAKFAST - MONDAY-FRIDAY**

**6:30 A.M. - 11:00 A.M.**

**SATURDAY & SUNDAY 7:00 A.M. - 11:00 A.M.**

**DINNER - DAILY - 5:00 P.M. - 10:00 P.M.**

Unwind in the comfort of your room by dialing '0' on your guest room phone for various breakfast and dinner in-room dining options.

# FAMILY MOVIE NIGHT



Get your popcorn and candy ready as we present feature films for the entire family to enjoy.

Doors open 6:30, feature begins at 7pm.

1/5 – Wall-E

1/6 – Up

1/12 – Hop

1/13 – The Little Mermaid

1/19 – Spirited Away

1/20 – Howl's Moving Castle

1/26 – Monsters Inc.

1/27 – Monsters University

## Hotel Amenities

### GOLF COURSE & PRACTICE FACILITY

Get ready for exciting golf in a breathtaking setting at our 27-hole championship golf course with striking scenery and more than 400 feet of elevation changes. Sharpen your game at our practice facility which includes unlimited range balls and complimentary club rentals for resort guests.

Weather-dependent.

**Golf Shop – 8:00am – 6:00pm**

**Practice Facility – 8:30am – 4:45pm**

**For tee times, call 303-464-9000 or scan the QR code below.**



### MOKARA SPA

Pamper your body and your senses with the ultimate spa experience.

**Open Wednesday & Thursday**

**9:00 A.M. – 5:00 P.M.**

**Friday & Saturday**

**9:00 A.M. – 6:00 P.M.**

**Sunday 9:00 A.M. – 4:00 P.M.**

**To schedule a service, call extension 3266 or scan the QR code above.**



### COLORADO WILDERNESS RIDES AND GUIDES

Create your own curated Colorado adventure with our partners at Colorado Wilderness.

Rocky Mountain National Park tours, Ski tours, Rock Climbing guided hikes and Mountain Biking are just a few of the activities available reserve your Colorado adventure today by calling 720-242-9828 or visit [coloradowildernessridesandguides.com](http://coloradowildernessridesandguides.com)

## Basecamp Insider

Live like a local with our staff picks for the month

### ROCKY MOUNTAIN NATIONAL PARK

#### BACKCOUNTRY SNOWSHOEING

There is no better way to see the spectacular Rocky Mountain National Park backcountry than by snowshoeing with Colorado Wilderness Rides and Guides. This tour takes you to the valleys and peaks of a majestic wintery landscape, as you explore frozen lakes and waterfalls, snow-covered basins, towering mountains. Rocky Mountain becomes an entirely different park in the winter as the snow creates a different atmosphere, and animals such as moose and elk forage through the forests and plains.

### FREE NATIONAL PARK

#### ADMISSION DAY JANUARY 16th

Every year the US Forest Service offers free entrance days to the state's National Parks. On Martin Luther King Day, enjoy free entrance into any one of Colorado's four national parks: Rocky Mountain, Great Sand Dunes, Black Canyon of the Gunnison, and Mesa Verde

### NATIONAL WESTERN STOCK SHOW

#### JANUARY 6th - 21st

A true Colorado experience. The Stock Show has been around since 1906. This two week show features a multitude of Live stock shows, Rodeos, Exhibits, Kids activities and much more.

### OLD TOWN SKATE / DOWNTOWN LOUISVILLE

Head down to Front Street and take to the ice at the Steinbaugh Pavilion for an outdoor winter skate. Afterward warm up at one of the numerous dining options this historic area has to offer.

### HOOPS AND HOCKEY

Regardless if you like College or Pro, Denver and Boulder offers 28 basketball and hockey home games in the month of January Our basecamp location makes it fast and easy access

## FITNESS CENTER

Located on the Garden Level, past Mokara Spa, and featuring a wide variety of workout equipment including a Peloton bike – Open 24 hours with no reservations required.

## POOLS & HOT TUB

Located on the Garden Level, past Mokara Spa, and featuring two heated outdoor pools as well as a large hot tub – Open daily from 6:00AM – 11:00PM. Towels available at the towel hut.



# WELLNESS POWERED BY ROCKY MOUNTAIN SPORTS CLUB

In partnership with Rocky Mountain Sports Club, we are able to offer our guests an elevated experience of wellness offerings and group fitness classes. A team of highly certified instructors bring a wealth of expertise and passion to our programs allowing guests to connect with their health goals while traveling. In addition to our wellness offerings below guests can attend classes at the Rocky Mountain Sports Club Studio just 3 miles away and complimentary shuttle service available. Visit [www.rockymountainsportsclub.com/schedule](http://www.rockymountainsportsclub.com/schedule) for a current list of their in studio offerings

### **RISE AND ALIGN YOGA**      **Tuesdays 6:30 AM - January 9th, 16th, 23rd, 20th**

A hybrid yoga inspired fitness class with an emphasis on breathwork and intentional alignment. Whether you're a morning person or striving to become one, our Sunrise Yoga Club is designed to boost energy levels, increase focus, and cultivate a positive mindset to carry you through your day.

### **YOGA SCULPT**      **Wednesdays 6:30 AM January 10th, 17th, 24th, 31st**

Join us for Yoga Sculpt, an exhilarating fusion of yoga and dynamic strength training designed to energize and empower. Perfect for anyone looking to add a spark to their fitness routine, this class combines the mindfulness of yoga with the thrill of sculpting workouts. Whether you're looking to tone your body, boost your mood, or simply enjoy a fun, unique workout, Yoga Sculpt is your gateway to a more radiant and resilient self.

### **HIIT**      **Wednesdays @ 6:00 PM January 10th, 17th, 24th, 31st**

Our HIIT (High-Intensity Interval Training) class is a powerhouse of energy, yet welcomes all abilities. This class is crafted for those seeking a challenging yet rewarding workout experience. With a blend of fast-paced cardio, strength exercises, and bursts of intense activity followed by brief recovery periods, our HIIT class is designed to maximize your workout efficiency. Invest in yourself. Our HIIT class offers the ultimate path to transform, energize, and unleash your potential.

### **POWER YOGA**      **Saturdays 9:00 AM January 6th, 20th**

Wake your body on a Saturday morning with a double shot of strength and mobility. This vinyasa class will guide you through powerful, energetic, and quick flowing sequences. You'll leave feeling energized and invigorated!

### **SUNDAY MORNING YOGA**      **Sundays 8:30 AM January 7th, 14th, 21st, 28th**

Join us for an hour of strength, endurance, mobility, and mindfulness as we string together movements with breath. Whether you're looking for a great workout or needing to de-stress from a hectic week, we've got you covered.

### **RUN WALK CLUB**      **Saturdays 9:00 AM January 6th, 13th, 20th, 27th**

Join local running club leaders to get your Saturday morning started off right. All skill levels will enjoy this unique, guided run / walk session featuring rolling paths and stunning Colorado views.

### **WINE DOWN WEDNESDAY**      **Wednesday 6:00 PM January 24th**

Yoga for all levels followed by a glass of wine in the Tap Room. Complimentary for hotel guests and members. RSVP at 303.464.3266

