

# NAMASTE'S RECOMMENDATIONS

## Lodging, Food, Coffee & Activities in Durango

### LODGING

There are many charming hotels and B&B's to stay in Durango, however, we have narrowed down the list to include places with a kitchen or kitchenette so that you have a place to store and prepare healthy meals and snacks while you are healing!

A car is not an absolute must if the hotel has a shuttle that can drop you off at Namaste Health Center. However, we strongly recommend having a car while you are in town... not only to have access to healthy food and snacks, but also so that you can easily drive to the lab for bloodwork if needed, and to see other local healers that we may recommend to enhance your treatment protocol at Namaste.

[www.airbnb.com](http://www.airbnb.com) and [www.vrbo.com](http://www.vrbo.com) are both great resources for finding local houses for rent on a weekly or monthly basis.

#### **\*Discounted Airbnb**

Charming Historic Midtown Abbey 1 BR Bungalow

Mention Namaste to Lily & Katie for a 25% discount

#### **The Rochester Hotel**

1.2 miles from Namaste, in Downtown Durango

726 E. 2nd Ave

Durango, CO 81301

970-385-1920

#### **Leland House Suites**

1.2 miles from Namaste, in Downtown Durango

721 E 2nd Ave

Durango, CO 81301

(970) 385-1920

#### **Homewood Suites by Hilton**

3.4 miles from Namaste

15 Girard St.

Durango, CO 81303

970-259-2996

#### **Residence Inn**

1.6 miles from Namaste

21691 US Hwy 160

Durango, CO 81301

970-259-6200

### **Lou's Bed and Breakfast**

1.4 miles from Namaste, pet-friendly  
3115 E 2nd Ave  
Durango, CO 81301  
970-769-3332

### **Wapiti Lodge**

1.6 miles from Namaste, family owned and built in 1965, so it is a bit outdated, but has competitive weekly rates.  
21265 US Hwy 160  
Durango, CO 81301  
970-247-3961

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## **RESTAURANTS**

### **Sage Fresh Eats**

3101 Main Ave #5  
Durango, CO 81301  
Locally sourced sandwiches, soups, bowls, and salads.

### **Zia's Taqueria**

3101 Main Ave & 400 S. Camino Del Rio  
Durango, CO 81301  
Durango's version of Chipotle - Burritos, tacos, salads, and more. Many ingredients are sourced locally.

### **The Lively Daikon**

680 B Main Ave  
Durango, CO 81301  
Salad bar featuring fresh, organic vegetables, local, grass-fed beef, and free-range chicken. There are many gluten-free options, as well as kombucha on tap. Located in Downtown Durango.

### **Switchback**

741 Main Ave  
Durango, CO 81301  
Mexican inspired street food with vegan, vegetarian, and gluten free options.

### **Himalayan Kitchen**

992 Main Ave  
Durango, CO 81301  
Authentic flavors from India/Tibet/Nepal with vegetables from Karma's own garden and many gluten-free options. Located in Downtown Durango.

**Lola's Place**

725 E. 2nd Ave

Durango, CO 81301

Community gathering spot with organic coffee, smoothie truck, and an authentic Mexican food truck.

**Grass Burger**

726 Main Ave

Durango, CO 81301

Local, grass-fed burgers with organic greens & sweet potato fries. Pretty simple menu, but if you want a healthy burger and you are not restricted on red meat, this is THE place! Eat in or take out, and options for a gluten-free bun or a lettuce wrap are available.

**Sizzlin' Siam**

519 ½ Main Ave

Durango, CO 81301

Authentic Thai food with several gluten-free options. Tom Kha Gai and Green Curry soups are Namaste favorites for a quick lunch or dinner take-out. Hours may vary, so make sure to look at their website.

**Rice Monkey**

1050 Main Ave

Durango, CO 81301

Sushi, teriyaki rice bowls, Vietnamese spring rolls, and ceviche.

**East by Southwest**

160 E. College Dr

Durango, CO 81301

Sushi and steak with traditional Japanese flavors combined with cutting edge contemporary techniques.

**Chimayo Stone Fired Kitchen**

862 Main Ave

Durango, CO 81301

Contemporary southwestern bistro.

**Carver's Restaurant and Brewery**

1022 Main Ave

Durango, CO 81301

Casual family dining for breakfast, lunch, and dinner. Organic ingredients are grown at the Carver's farm here in Durango. Brewery powered by solar and wind. A main stay in Durango with something for everyone at reasonable prices

### **El Moro Spirits and Tavern**

945 Main Ave

Durango, CO 81301

A “modern rustic” menu with a take on Durango’s “Old West” and Victorian heritage, including a Steampunk vibe in the atmosphere. They utilize local ingredients including the meats and cheeses in their charcuterie plate.

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## **COFFEE & BAKED GOODS**

### **Still Life Coffee & Botanicals**

1301 Florida Rd

Durango, CO 81301

This beautiful coffee shop recently opened in March 2022 and offers specialty coffee and teas, baked goods with gluten free options, house plants and flowers.

### **Taste Coffee**

725 E 2nd Avenue & 1101 Main Avenue

Taste features fair trade, certified organic coffee, and baked goods (gluten free options) that are made from scratch and made by hand from start to finish.

### **Mountain Monk**

558 Main Ave

Durango, CO 81301

Coffee, elixirs, and munchies (gluten free options) that focus on reducing the environmental impact and feed the soul. They strive to create a mindful healing space for the community to come together in peace.

### **Bread**

42 Co Rd 250

Durango, CO 81301

Handcrafted breads, pastries (gluten free options), sandwiches, simple meals, and coffee.

### **Hermosa Cafe**

738 Main Avenue

Durango, CO 81301

Coffee, tea, and breakfast with gluten free options.

### **The Smiley Cafe**

Inside The Historic Smiley Building

1309 East 3rd Avenue

Durango, CO 81301

Coffee, non-coffee drink options, gluten free quiche and baked goods.

### **81301 Coffee House and Roasters**

3101 Main Ave #1

Durango, CO 81301

Small coffee house and roasting company with a few gluten free baked goods.

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## **HEALTH FOOD STORES**

### **Nature's Oasis Market**

300 S. Camino del Rio

Durango, CO 81301

Natural grocery store with deli, juice bar, home-made soups, Serious Delights Bakery, and Sunnyside Meat market all rolled into one! It's Durango's local version of Whole Foods with both name brands and locally grown products. A great option to pick up some of their salads or other items from the deli for lunch.

### **Natural Grocers by Vitamin Cottage**

1123 Camino del Rio

Durango, CO 81301

Natural grocery store chain mainly located west of the Mississippi and most economical place to get supplements that we don't carry at Namaste. In addition to organic veggies, grass-fed meats, and pastured dairy products, this is a good place to stock up on your snacks like organic nuts, beef jerky, turkey sticks, and Kombucha or Kevita drinks.

### **Durango Natural Foods Co-Op**

575 E. 8th Ave

Durango, CO 81301

Community-oriented natural foods grocery store specializing in organic and local meats and produce. Smaller scale deli and supplements than Nature's Oasis and Vitamin Cottage.

### **City Market** \*Grocery Store

6 Town Plaza Shop Center & 3130 Main Ave

Two locations on the north end of town on 32nd street and downtown just off Camino del Rio. They have a decent selection for organic produce most of the year and carry Boars Head deli meats, which are gluten-free and nitrate-free. Just stay on the perimeter of the store to avoid the processed food temptations in the middle aisles!

## **ACTIVITIES**

### **Durango River Trippers**

360 S Camino Del Rio Suite #200  
Durango, CO 81301  
(970) 259-0289  
Durango white water rafting tours

### **Durango Hot Springs**

info@dhsresort.com  
(970) 465-2367  
Natural hot springs & spa

### **Amaya Natural Therapeutics**

230 E College Dr  
Durango, CO 81301  
Hot tub and cold plunge

### **Durango & Silverton Narrow Gauge Railroad**

info@durangotrain.com  
(970) 247-2733  
Train ride through the scenic wilderness and high mountain landscape of the San Juan National Forest.

### **Pedal The Peaks LLC**

598 Main Ave B, Durango, CO 81301  
(970) 259-6880  
Bike rentals

### **The Woodhouse Day Spa**

1521 Main Ave  
Durango, CO 81301  
(970) 247-7769  
Spa services including facials and skincare

### **Hillcrest Golf Club**

2300 Rim Dr  
Durango, CO 81301  
(970) 247-1499  
Hillcrest Golf Club, established in 1969, sits atop a scenic mesa overlooking the historic and quaint western town of Durango, Colorado.

### **Hiking, Trails & Things To Do**

Outdoor adventures, parks, hiking, trails, and activities