



7500 FEET ABOVE THE ORDINARY

Don't let anything you hear about the altitude scare you. The air is just thinner and dryer. In fact, our Founder F.O. Stanley arrived in Estes Park in 1903 for the benefits of the dry air. Here are a few quick tips.

DRINK WATER

Drinking plenty of water is the number one way to help your body adjust easily to our higher altitude. The low humidity in Colorado keeps the air dry, like the desert, so you need about twice as much water here as you would drink at home.

MONITOR YOUR ALCOHOL INTAKE

In Colorado's rarified air, golf balls go ten percent farther... and so do cocktails. Alcoholic drinks pack more of a wallop than at sea level. It is recommended that you go easy on the alcohol in the mountains as its effects will feel stronger here.

EAT FOODS HIGH IN POTASSIUM

Foods such as broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes will help you replenish electrolytes by balancing salt intake.

WATCH YOUR PHYSICAL ACTIVITY

The effects of exercise are more intense here. If you normally run 10 miles a day at home, you might try 6 miles in Colorado.

PACK FOR SUN

With less water vapor in the air at this altitude, the sky really is bluer in Colorado. But there's 25 percent less protection from the sun, so sunscreen is a must. Colorado receives over 300 days of sunshine each year (more than San Diego or Miami).

DRESS IN LAYERS

Because the sun is especially powerful here, it can feel much warmer than the actual temperature during the daytime, but then become very chilly after sundown, particularly in the Spring and Fall. It is best to layer your clothing.