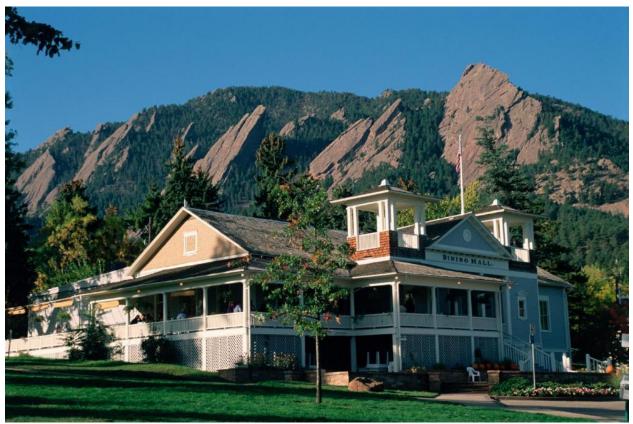


The Antarctican Society 2024 Boulder Gathering Planning Guide

August 16, 2023



Colorado Chautauqua Dining Hall in Boulder

Antarctican Society Gatherings, in one form or another, date back to the 1970s when there was an annual Society picnic in the Blue Ridge Mountains near Washington, D.C. The more recent meetings were held at Dr. Paul Dalrymple's house in Port Clyde, Maine. The last Gathering was held in Burlington, Vermont. Each meeting focused on our members -- highlighting the experiences, the camaraderie and the enjoyment of our mutually shared interest in Antarctica.

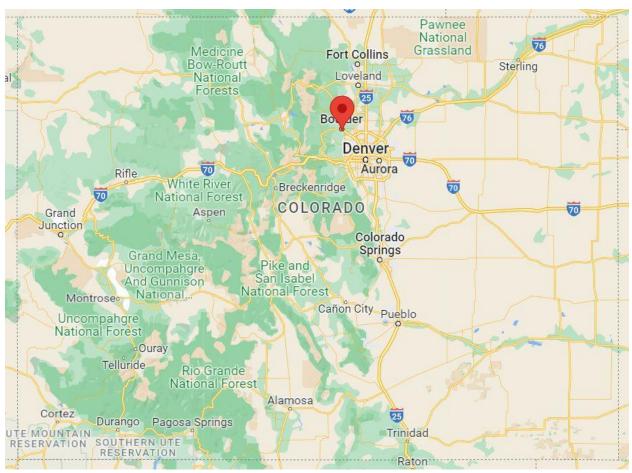
This guide will help attendees plan for The Antarctican Society 2024 Gathering in Boulder, Colorado to be held on August 12-14, 2024. It is intended to assure that your time here is a memorable one.

See you in Boulder!

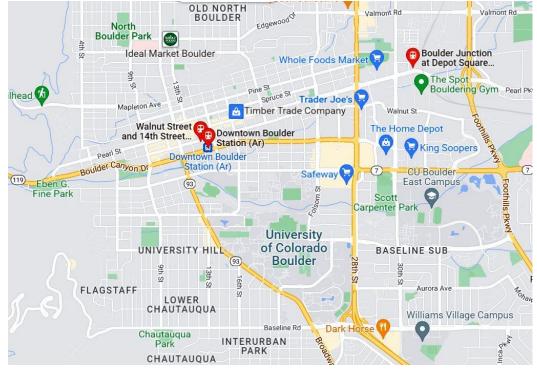
Table of Contents

Colorado Maps	4
Colorado Chautauqua	5
Transportation	8
Getting to Boulder	8
Air Travel	8
Rail Travel	9
Bus Travel	9
Getting to Boulder from the Denver International Airport	9
Car Rentals	9
Airport Shuttles	10
Private Shuttles and Ride Services	10
Getting Around Boulder	10
Local Buses	10
Uber and Lyft	11
Lodging	11
Lodging at Chautauqua	11
Parking at Chautauqua	11
Lodging in Boulder	13
Tent Camping and RV Parking	14
Boulder Weather	14
Average Temperatures and Rainfall	14

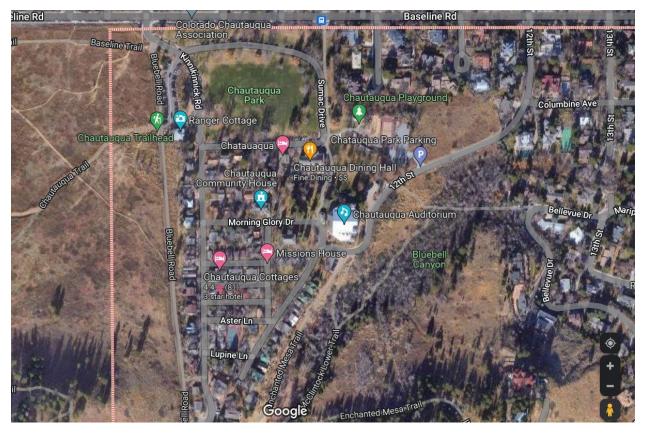
What to Bring	14
Dining	14
Dining at Chautauqua	14
Restaurants in Boulder	15
Reception	15
Tour	16
Picnic	16
Area Attractions	17
Area Tours	17
Chautauqua Hiking Trails	17
Pearl Street Mall	17
Museum of Boulder	18
Fiske Planetarium	19
University of Colorado Natural History Museum	20
Celestial Seasonings Factory Tour	20
National Ice Core Facility	21
Denver Museum of Nature and Science	22
Denver Zoo	22
Denver Art Museum	23
Colorado Rockies Baseball	23
Rocky Mountain National Park	24
Safety	25



Colorado State Map



Boulder Area Map



Colorado Chautauqua

Colorado Chautauqua

Our 2024 Gathering venue will be Colorado Chautauqua, a unique, historic site at the southern end of Boulder. Chautauqua dates back to 1898 when this "daughter Chautauqua" was established as a remote offshoot to the original Chautauqua near Jamestown, New York. The Chautauqua Movement originated to promote education and culture to the working class. It reached its height in the 1920's and subsequently declined with the advent of movies, radio and television. The venue that is now Colorado Chautauqua was taken over by the City of Boulder in the 1970's and eventually became a National Historic Landmark. It has since been operated as a public retreat center with lodging, dining and educational programs. The Chautauqua Auditorium, which dates back to the 1920's has been restored and now serves as one of the venues for the Colorado Music Festival held every year from May through September. Chautauqua is a throwback to the early 1900's but with modern amenities. To see more information about Colorado Chautauqua, go to https://www.chautauqua.com/.



Colorado Chautauqua

(Note that North is toward the bottom of the map)



Grand Assembly Room upstairs in the Community House

Our meeting venue will be the Grand Assembly Room in the Community House. We have also reserved the remaining rooms in the Community House: the Rocky Mountain Climbing Club and the Meadows Room. We will use these for registration, socializing and breaks.



Rocky Mountain Climbing Club downstairs in the Community House



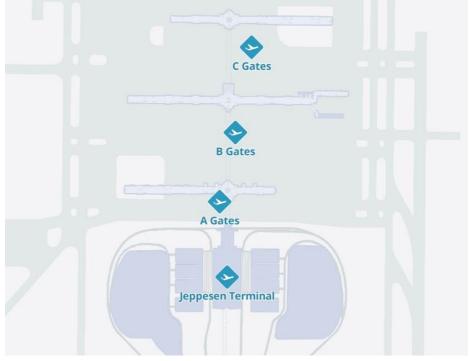
Meadows Room downstairs in the Community House

Transportation

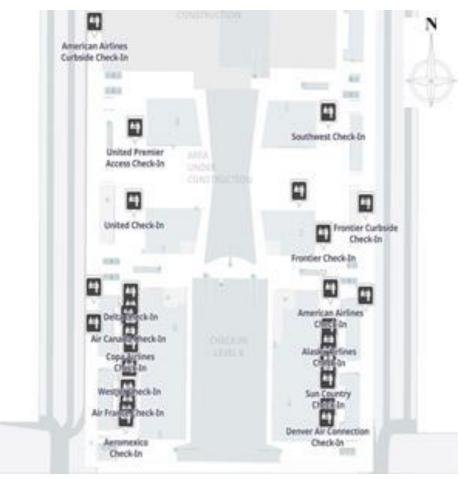
Getting to Boulder

1. **Air travel** – Denver International Airport (DEN) (<u>https://www.flydenver.com</u>) is a major airlines hub servicing most major air carriers including:

Airlines Serving Denver		
Air Canada	https://www.aircanada.com/ca/en/aco/home.html	(800) 247-2262
Air France	https://wwws.airfrance.us	(800) 237-2747
Alaska Airlines	https://www.alaskaair.com	(800) 252-7522
Allegiant Air	https://www.allegiantair.com	(702) 505-8888
British Airways	https://www.britishairways.com	(800) 247-9297
Delta Airlines	https://www.delta.com	(800) 221-1212
Frontier Airlines	https://www.flyfrontier.com	(801) 401-9000
JetBlue Airways	https://www.jetblue.com	(800) 538-2583
Lufthansa	https://www.lufthansa.com/us/en/homepage	(800) 645-3880
Southern Airways Express	https://iflysouthern.com	(800) 329 0485
Southwest Airlines	https://www.southwest.com	(800) 435-9792
Spirit Airlines	https://www.spirit.com	(855) 728-3555
Sun Country Airlines	https://www.suncountry.com	(651) 905-2737
United Airlines	https://www.united.com/en/us	(800) 864-8331
Volaris	https://www.volaris.com	(855) 865-2747



Denver International Airport Gates and Jeppesen Terminal



Denver International Airport Jeppesen Terminal

2. Rail Travel – Amtrak (<u>www.amtrak.com</u>)

Amtrak services Denver through its California Zephyr route (https://www.amtrak.com/routes/california-zephyr-train.html) . Rail connections may be made with other Amtrak routes. The Amtrak Station is at Denver Union Station at 1701 Wynkoop St. in downtown Denver. From there, Regional Transportation District buses make frequent trips to and from Boulder.

3. **Bus** -As part of the Greyhound system , <u>www.greyhound.com</u> , many routes connect to Denver. However, there is no Greyhound Depot in Boulder.

Getting to Boulder from the Denver International Airport

1. Rental Cars

Car rental companies available at Denver International Airport include:

Rental Car Companies a		
Alamo Rent A Car	https://www.alamo.com	(877) 222-9075
Avis Rent A Car	https://www.avis.com	(303) 342-5500
Budget Rent A Car	https://www.budget.com	(303) 342-9001
Dollar Rent A Car	https://www.dollar.com	(303) 317-0598
Enterprise Rent A Car	https://www.enterprise.com	(800) 261-7331
Fox Rent A Car	https://www.foxrentacar.com	(800) 225-4369
Hertz Rent A Car	https://www.hertz.com	(800) 654-3131
National Rent A Car	https://www.nationalcar.com	(877) 222-9058
Payless Rent A Car	https://www.paylesscar.com	(303) 342-9444
Sixt Rent A Car	https://www.sixt.com	(888) 749-8227
Thrifty Car Rental	https://www.thrifty.com	(800) 367-2277

2. **RTD Shuttles** - Denver International Airport to and from Boulder

The Regional Transportation District (RTD) operates a shuttle directly from the Denver International Airport to and from the Boulder Bus Station. As of early 2024, passes will be \$10.00 per person (\$1.35 for seniors over age 65) one way. Buses leave from Gate 8 at the Denver International Airport Transit Center. The Transit Center can be accessed at the south end of Jeppesen Terminal by exiting through the glass doors and taking the escalator or elevator down to ground level. There is service at least hourly from the airport to downtown Boulder between 5am and 11pm, and from Boulder to the airport between 3am and 9pm as of January 2023.

3. Private Shuttles and Other Ride Services

There are a number of other private transportation services available from the Denver International Airport to Boulder. They tend to be expensive. To get specific information, start at <u>https://www.flydenver.com/parking_transit</u>.

Getting Around Boulder

 Local Buses – City of Boulder Transit System To see local Boulder bus routes and schedules, go to: https://bouldercolorado.gov/services/bus

Note: There are no bus routes that stop at Colorado Chautauqua except for the Boulder Park-to-Park Shuttle which only operates on weekends. For more information: <u>https://www.bouldercoloradousa.com/outdoors/hiking/hiker-shuttles/park-to-park-shuttle/</u>.</u>

2. Uber and Lyft

Both Uber (<u>https://www.uber.com</u>) and Lyft (<u>https://www.lyft.com</u>) operate in Boulder.

3. The Society is working on a plan to have those attendees who have cars voluntarily transport those without cars from and to the Boulder Bus Station. This will be coordinated through Tom Henderson. More information will be provided to attendees prior to the Gathering.

Lodging

1. Lodging at Chautauqua

We have reserved and paid for 45 lodging units in Colorado Chautauqua, including studio, 1-bedroom and 2-bedroom units. We have reserved both standalone cottages and rooms in the Columbine Lodge. The exteriors of these units preserve the original character of the buildings but the interiors have been modernized. All of the units – except three studios in Columbine Lodge - have either kitchens or kitchenettes, private bathrooms, are air conditioned and have wifi. Most of the units have sofas which convert to foldaway beds for extra guests. The daily rates on the lodging units under our contract (including all taxes and fees) are:

- \$172.00 Columbine Lodge Studio (10)
- \$202.00 Columbine Lodge 1-Bedroom (4)
- \$245.00 Efficiency Cottage (9)
- \$281.00 1-Bedroom Cottage (17)
- \$351.00 2-Bedroom Cottage (5)

Please note that these units are reserved by paying a deposit of one night cost of the lodging unit selected in the lodging unit type. Reservations must be made for a minimum of three nights (Aug. 11-13). Additional "shoulder" nights may be available but must be confirmed in advance. Deposits will be refunded prior to the event only if another registrant assumes the cost of the unit. Lodging units may be reserved online on the 2024 Gathering page

(<u>www.antarctican.org/2024-gathering</u>) or by selecting the desired type of unit on the Registration Form and mailing to: The Antarctican Society, 35 Cherry Street Unit 701, Burlington, VT 05401.

2. Parking at Chautauqua

Parking at Colorado Chautauqua for visitors is very limited! All lodgers at Chautauqua have a permitted space for each rented unit. What remains is public parking. Hikers often park within Chautauqua to use the numerous hiking trails around Chautauqua. There is additional public parking outside Chautauqua on Baseline Road which borders Chautauqua on the north, as well as on neighborhood streets just north of Chautauqua. There is no guarantee of a parking space if you are not lodging on the Chautauqua campus.



Public Parking near Chautauqua (shaded in yellow)

	a (a partial list) Distance from			
Hotel or B&B	Venue (miles)	Address	Phone	
	venue (inites)	1632 Broadway	- Thome	
Boulder University Inn	1.2	Boulder, CO, 80302	(303) 417-1700	
	1.2	2115 13th St	(303) 417 1700	
Hotel Boulderado	1.7	Boulder, CO, 80302	(303) 442-4344	
	1.7	2040 16th Street	(303) 112 1311	
Bradley Boulder Inn	1.7	Boulder, CO, 80302	(303) 545-5200	
		2020 Arapahoe Ave.	(
Basecamp Boulder	1.8	Boulder, CO, 80302	(303) 449-7550	
		200 W. Arapahoe Ave.	(
Foot of the Mountain Motel	2	Boulder, CO, 80302	(855) 774-0828	
		2550 Canyon Blvd.		
Residence Inn Boulder Canyon Blvd.	2.3	Boulder, CO, 80302	(303) 577-7300	
·		1345 28th St.		
Millennium Harvest House Boulder	2.3	Boulder, CO, 80302	(303) 443-3850	
		2660 Canyon Blvd.		
Boulder Marriott	2.4	, Boulder, CO, 80302	(303) 440-8877	
		2701 Canyon Blvd.		
Hilton Garden Inn Boulder	2.4	Boulder, CO, 80302	(303) 443-2200	
		2601 Canyon Blvd.		
Embassy Suites by Hilton Boulder	2.5	Boulder, CO, 80302	(303) 443-2600	
		4950 Baseline Rd.	(
Homewood Suites Boulder	2.8	Boulder, CO, 80303	(303) 499-9922	
		2280 Junction Pl.	(000) 100 0000	
Hyatt Place Boulder/Pearl Street	3.1	Boulder, CO, 80301	(303) 442-0160	
,		4710 Pearl East Cir.	(
Courtyard by Marriott Boulder	3.6	Boulder, CO, 80301	(303) 440-4700	
		91 Four Mile Canyon Dr.	()	
Boulder Adventure Lodge	3.8	Boulder, CO, 80302	(303) 444-0882	
		3030 Center Green Dr.		
Residence Inn North Boulder	4.3	Boulder, CO, 80301	(303) 449-5545	
		4777 North Broadway		
Comfort Inn and Suites Boulder	4.5	Boulder, CO, 80304	(720) 896-4102	
		1196 W. Dillon Rd.		
Quality Inn Louisville	7.4	Louisville, CO, 80027	(303) 604-0181	
		6485 Twin Lakes Rd.		
Boulder Twin Lakes Inn	8.6	Boulder, CO, 80301	(303) 530-2939	
		6333 Lookout Rd.		
Hampton Inn and Suites Boulder-North	8.7	Boulder, CO, 80301	(303) 530-3300	
		11401 Via Varra		
Holiday Inn Express Broomfield	10.2	Broomfield, CO, 80020	(303) 926-8777	
		13351 W Midway Blvd.		
Hyatt House Boulder/Broomfield	10.3	Broomfield, CO, 80020	(720) 890-4811	
		570 Flatiron Blvd.		
Homewood Suites by Hilton Broomfield	10.5	Broomfield, CO, 80021	(303) 466-9722	
		455 Zang Street		
Fairfield Inn and Suites Broomfield-Interlocken	10.5	Broomfield, CO, 80021	(303) 466-7020	
		500 Interlocken Blvd.		
Omni Interlocken Boulder	10.6	Broomfield, CO, 80021	(303) 438-6600	
		8679 Destination Way		
Comfort Suites Broomfield-Boulder	12.4	Broomfield, CO, 80021	(720) 674-2700	

Tent Camping and RV Parking

There are no public camping grounds in the City of Boulder. Campgrounds are available in the surrounding area.

Boulder Weather

- Average temperatures and rainfall (from the National Weather Service) Average high temperature in August: 87°F (30.5°C) Average low temperature in August: 58°F (14.4°C) Average rainfall in August: 1.3 inches
- 2. What to bring
 - a. Umbrella
 - b. Light jacket
 - c. Hat and hiking shoes (if you wish to hike the trails near Chautauqua)
 - d. Sunscreen

Dining

1. Dining at Chautauqua

The Chautauqua Dining Hall is a farm-to-market facilty serving quality food from 8:00 a.m. until 9:00 p.m. daily. The original Dining Hall was built in 1898.



Dining Hall Exterior



Dining Hall Interior

Coffee, other drinks and snacks are available at the Chautauqua General Store from 9:00 a.m. to 5:00 p.m.

The Dining Hall will be catering our lunches and breaks.

2. Restaurants in the Boulder Area

Restaurants in Bould		list)		
	Dist. from			
Restaurant	Venue (mi.)	Address	Website	Phone
		3601 Arapahoe Ave		
Basta		Boulder, CO 80303	www.bastaboulder.com	(303) 997-8775
		1606 Conestoga St #3		
Blackbelly Market		Boulder, CO 80301	www.blackbelly.com	(303) 247-1000
		1964 13th St		
Black Cat		Boulder, CO 80302	www.blackcatboulder.com	(303) 444-5500
		2655 28th St		
Chez Thuy		Boulder, CO 80301	www.chezthuy.com	(303) 442-1700
		1023 Walnut St #400		
Corrida		Boulder, CO 80302	www.corridaboulder.com	(303) 444-1333
		1770 13th St		
Dushanbe Teahouse		Boulder, CO 80302	www.boulderteahouse.com	(303) 442-4993
		1138 Flagstaff Rd		
Flagstaff House		Boulder, CO 80302	www.flagstaffhouse.com	(303) 442-4640
		1738 Pearl St		
Frasca Food & Wine	-	Boulder, CO 80302	www.frascafoodandwine.com	(303) 442-6966
		2500 30th St STE 101		
Fresh Thymes Eatery		Boulder, CO 80301	www.freshthymes.com	(303) 955-7988
		1221 Spruce St		
Izakaya Amu		Boulder, CO 80302	www.izakayaamu.com	(303) 440-0807
		1400 Pearl St		
Oak at Fourteenth		Boulder, CO 80302	www.oakatfourteenth.com	(303) 444-3622
		2328 Pearl St		
River and Woods		Boulder, CO 80302	www.riverandwoodsboulder.com	(303)993-6301
		1047 Pearl St		
Salt		Boulder, CO 80302	www.saltboulder.com	(303) 444-7258
		1265 Alpine Ave		
Santo		Boulder, CO 80304	www.santoboulder.com	(303) 442-6100
The Kitchen American		1039 Pearl St		
Bistro Boulder		Boulder, CO 80302	www.thekitchenbistros.com	(303) 544-5973
		2010 10th St		
Zoe Ma Ma		Boulder, CO 80302	www.zoemama.com	(303) 545-6262
		4910 Nautilus Ct N.		
Avery Brewing		Boulder, CO 80301	www.averybrewing.com	(303) 440-4324

Reception (Monday evening)

The Reception will be held in our presentation venue, the Grand Assembly Room in the Community House. The event will be catered by the Dining Hall and will

feature appetizers and a cash bar. The caterer, the Chautauqua Dining Hall, uses healthy, farm-to-table produce and meat. Dress is informal.

Guided Tour of the National Center for Atmospheric Research (Wednesday)

The National Center for Atmospheric Research (NCAR) Mesa Lab, designed by famed architect I.M. Pei, sits nestled against the foothills of the Rocky Mountains in Boulder, Colorado. NCAR's Visitor Center connects scientific research about Earth system science, including weather and climate change, to the public through state-of-the-art exhibits, a variety of public tour options, and custom school field trips. We will have guided tours of the exhibits and facility specifically for our group on Wednesday afternoon.

NCAR is only a 10-minute drive from Colorado Chautauqua. While some attendees may prefer to drive because of flexibility, we expect to arrange transportation to and from NCAR.



NCAR on Table Mesa



Tree Plaza at NCAR

Picnic (Wednesday afternoon)

Our picnic on Wednesday will be held at the NCAR Tree Plaza, on the east side of the NCAR building where the tour will take place. The picnic will be catered. The Plaza sits atop Table Mesa and offers spectacular views of the Flatiron Mountains and the Denver area. The picnic will be held from 12:00 noon until 6:00 p.m. on Wednesday.

Area Attractions

1. Boulder Tours

There are a number of tours, both guided and unguided, available for the Boulder area. To see more specific information, go to:

https://www.bouldercoloradousa.com/things-to-do/experiences-and-tours/



Beginning of a Chautauqua Hiking Trail

- 2. **Hiking Trails near Chautauqua** Numerous hiking trails originate at or include Colorado Chautauqua and allow visitors to explore Table Mesa and the Flatiron Mountains areas. There are a variety of trails that support a wide range of hiker capabilities. For more information on Chautauqua hikes, go to: https://www.bouldercoloradousa.com/outdoors/hiking/chautauqua-hikes/.
- 3. **Pearl Street Mall** Anyone with even a slight shopping addiction needs to pay a visit to Pearl Street Mall while they are in Boulder. This shopper's paradise sprawls from 8th to 20th streets in the downtown area of the city and you will find all kinds of retail options here including local quirky boutique stores as well as more mainstream brands. There are also a variety of restaurants here and a strong cafe culture so that you can stop for a drink and take in the atmosphere of Boulder. Visitors here will also find entertainment options like live music as well as a range of galleries and even street art.

The Pearl Street Mall is located in Downtown Boulder. For more information, see: <u>https://boulderdowntown.com/</u>.



Pearl Street Mall



Museum of Boulder

4. **Museum of Boulder** – The Museum of Boulder is something of a legend in these parts and is the proud home of over 45,000 antique artifacts from the region. The museum is a period attraction in itself as it sits in the Harbeck-Berghei House which is also a National Historic Landmark in the town. The mission of the museum, which sits on University Hill, is to educate visitors about the historical significance of Boulder and to that end you will find rotating exhibits that tell the story of the town and the surrounding area. Items of interest here include historical documents, period photographs, and local antique items.

2205 Broadway, Boulder, CO 80302 (303) 449-3464 https://museumofboulder.org/





Fiske Planetarium

5. **Fiske Planetarium** – Located on the University of Colorado campus, the Fiske Planetarium is the place to come if you want to see some stars in Boulder. As you would expect, the planetarium is dedicated to all things related to the night sky and there are static and rotating exhibits, presentations, and shows that will tell you all you need to know about the galaxy. Daily shows take place in the Sky-Skan theatre dome where you will get the chance to be surrounded by a 65 foot screen that has the capacity to display over 20 million stars for your enjoyment. All shows are narrated with interesting information about the universe and if this ignites your enthusiasm even more then there are stargazing evenings held on Friday nights at the adjacent Sommers-Bausch Observatory.

2414 Regent Drive, Boulder, CO 80309 (303) 492-5002 https://www.colorado.edu/fiske/





CU Natural History Museum

6. **University of Colorado Natural History Museum** – For those interested in the flora and fauna of the Rocky Mountains and the Southwest, the University of Colorado Museum of Natural History is the best place to come to learn all about it. The museum aims to educate visitors about the stunning natural environment of this region of the United States, and there are an impressive four million geological artifacts from around the area. Renowned for being one of the most extensive natural history museums in all of the United States, the University of Colorado Museum of Natural History was founded in 1902 and has collections that include diverse areas of botany, zoology, paleontology, and anthropology.

15th and Broadway, Boulder, CO 80309 303-492-6892 https://www.colorado.edu/cumuseum/

7. **Celestial Seasonings Factory Tour -** This sensually wonderful tea factory offers tours to the public for \$5.00. They have recently resumed after the COVID pandemic: <u>https://twitter.com/GovofCO/status/1690453152380706816?s=20</u>

4600 Sleepytime Dr, Boulder, CO 80301 (303) 530-5300 https://celestialseasonings.com/pages/visit-celestial/



Celestial Seasonings Factory Cafe

8. NSF National Ice Core Facility - The National Science Foundation National Ice Core Facility (NSF-ICF), known as the National Ice Core Laboratory (NICL) before 2018, is the primary repository for ice cores collected by the United States. The facility is located at the Denver Federal Center in Lakewood, Colorado, and is managed by the United States Geological Survey (USGS). NSF-ICF is a facility for storing, curating, and studying meteoric ice cores recovered from the glaciated regions of the world. NSF-ICF provides scientists with the capability to conduct examinations and measurements on ice cores, and it preserves the integrity of these ice cores in a long-term repository for future investigations.

Tours may be arranged by contacting Curtis Labombard, Facility Curator and Antarctican Society member, at <u>clabombard@usgs.gov</u>.



Ice Core Cold Storage Room



Scientist Examining Ice Core

9. **Denver Museum of Nature and Science** - The Denver Museum of Nature & Science is a municipal natural history and science museum in Denver,



Denver Museum of Nature and Science

Colorado. It is a resource for informal science education in the Rocky Mountain region. A variety of exhibitions, programs, and activities help museum visitors learn about the natural history of Colorado, Earth, and the universe. The 716,000-square-foot (66,519 m²) building houses more than one million objects in its collections including natural history and anthropological materials, as well as archival and library resources.

2001 N Colorado Blvd, Denver, CO 80205 (303) 370-6000 https://www.dmns.org





Denver Zoo

10.**Denver Zoo** – The Denver Zoo is an 80-acre nonprofit zoological garden located in City Park of Denver, Colorado, United States. Founded in 1896, it is operated by the Denver Zoological Foundation and funded in part by the Scientific and Cultural Facilities District (SCFD) in addition to ticket sales and private donations. It is the most visited paid attraction in Colorado.

2300 N Steele St, Denver, CO 80205 (720) 337-1400 https://www.denverzoo.org



Denver Art Museum

11.Denver Art Museum - The Denver Art Museum is an art gallery founded in 1893 in Denver, Colorado, near Civic Center Park in the center of the city. Denver's most important museum includes the North Building, completed in 1971 by Gio Ponti and resembling a castle, and the Hamilton Building, built from 2003 to 2006 under the direction of architect Daniel Libeskind. Among the most important exhibitions are the collections of Indian craftsmanship.

100 W 14th Avenue Pkwy, Denver, CO 80204 (720) 865-5000 https://www.denverartmuseum.org

12.Colorado Rockies Baseball – The Rockies will play the Atlanta Braves at Coors Field August 9-11, 2024. The San Diego Padres come to Denver on August 16-18. If you are a baseball fan, these are opportunities to take in a major league game if your schedule permits. 2001 Blake St, Denver, CO 80205 (303) 292-0200 https://www.mlb.com/rockies



Colorado Rockies Coors Field



Rocky Mountain National Park

13. **Rocky Mountain National Park** - Rocky Mountain National Park is located approximately 55 mi northwest of Denver in north-central Colorado, within the Front Range of the Rocky Mountains. The park is situated between the towns of Estes Park to the east and Grand Lake to the west. The eastern and western slopes of the Continental Divide run directly through the center of the park with the headwaters of the Colorado River located in the park's northwestern region. The main features of the park include mountains, alpine lakes and a wide variety of wildlife within various climates and environments, from wooded forests to mountain tundra. The park has a total of five visitor centers, with park headquarters located at the Beaver Meadows Visitor Center—a National Historic Landmark designed by the Frank Lloyd Wright School of Architecture at Taliesin West. National Forest lands surround the park on all sides, including Roosevelt National Forest to the north and east, Routt National Forest to the north and west, and Arapaho National Forest to the west and south, with the Indian Peaks Wilderness area located directly south of the park

1000 US Hwy 36, Estes Park, CO 80517 9706-1206 https://www.nps.gov/romo/index.htm

More Information

Questions and requests for information should be directed to Tom Henderson at <u>webmaster@antarctican.org</u>

Safety

<u>Covid 19</u>

If we are still dealing with the Covid-19 pandemic at the time of the Gathering, we will follow the regulations of our various venues. The safety of our attendees is of the utmost concern to the organizers of the Gathering and we hope the registrants will understand this position.

We encourage all Antarctican Society members to get vaccinated and boosted and to follow national and local guidelines for dealing with the pandemic.

High Altitude Adjustment

The elevation of Boulder is 5,430 feet. People coming from lower elevations will experience slightly lower oxygen levels and slightly higher UV radiation. Most adjust to the change without any significant problems. However, some may experience symptoms of altitude sickness (headaches, shortness of breath). If these symptoms persist or worsen, a doctor should be consulted.

Here are some basic tips to deal with high altitude:

- Drink plenty of water.
- Avoid excessive physical activity, and pace yourself as your body adjusts to the new altitude.
- Wear sunblock, sunglasses, and a hat.
- Certain clothing is identified as offering extra UV protection, and this can provide a benefit for extended outdoor recreation.

More information is available at:

https://wwwnc.cdc.gov/travel/page/travel-to-high-altitudes, or at https://boulder.co.networkofcare.org/aging/library/article.aspx?hwid=ug3357