



# ALTITUDE ADJUSTMENT

## MAKE BOULDER YOUR BASE CAMP

**W**HEN PLANNING A SKI TRIP, we often consider ease of travel, average annual snowfall, skiable acres and vertical feet of skiing. Altitude is typically not on the list. Especially in Colorado, where high altitude mountains prevail, it's important to consider how flying from sea level and transitioning directly to 10,000 feet can impact your wellbeing and how much fun you'll have.

### The Importance of a Base Camp

High altitude mountaineers know the importance of a base camp. It's a staging area where expeditions stop, acclimate and prepare to ascend. Having a base camp for at least a night or two is a good strategy for skiers and snowboarders.

When flying into Denver, think of spending a couple days in Boulder adjusting to the altitude. In addition to creative dining, a vibrant arts and shopping community, opportunities for scientific discovery, and an enjoyable outdoorsy population, you can also ski for a day or two before transitioning to your ultimate destination.

### Hello, Eldora

If you haven't previously heard of Eldora ski area, you're not alone. Long the training ground for the esteemed University of Colorado NCAA ski team, Eldora has mostly been a local secret, the closest ski area to Boulder and the Northern Front Range. With 680 skiable acres and 1,400 vertical feet (our favorite statistics!), Eldora is a medium-sized ski area that significantly improved its infrastructure in 2017 with a high-speed six-passenger chairlift.

Things got even better, if a bit more busy, for Eldora when it joined the IKON Pass this season as a full partner.

Highlights of skiing Eldora include fast groomers off the Alpenglow Express lift, quieter, (yet no less fun) runs above the

Indian Peaks chairlift, and the Western Ridge, the mountain's most challenging terrain featuring chutes and trees.

Eldora has a Woodward Terrain Park and their excellent ski and ride school features *Built By Woodward* lessons and progression for kids, along with a full menu of options for adults.

There are even 40 km of groomed Nordic trail adjacent to the ski area, with rentals and lessons available.

### When You Go...

Boulder's elevation is just 5,328 feet; this is important because altitude sickness becomes more of a factor above 7,000 feet. In addition to skiing at Eldora, other wintertime Boulder activities include hiking in the Flatiron formations that border the city, or

exploring the city along the paved Boulder Creek path. If the weather isn't cooperating during your stay, visit the Fiske Planetarium at the University of Colorado or the glorious IM Pei-designed campus at the National Center for Atmospheric Research and learn about weather and atmospheric science.

Lodging options include The St. Julian Hotel and Spa, Boulder's premier hotel, convenient to vibrant Pearl

Street which is chock full of interesting shops and restaurants. The new, thoughtfully designed Embassy Suites or its sister property, the Hilton Garden Inn, both on Canyon Boulevard, are excellent options as well, featuring modern, sleek rooms and local art in public spaces.

Enjoy!

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