



# Outdoor Leadership Training Seminars

www.OLTS-BT.com

April 21, 2010

Welcome!

We are so glad that you chose to join us on the Wilderness Leadership Course in the Sangre de Cristo Mountains in Colorado. The course runs from **July 19-30, 2010** and is designed for a small group of 6 to 10 participants. This packet includes everything you need to know about getting here and what you will need to bring for this training. Please read through this packet carefully and fill out and mail the attached paperwork no later than June 1 to OLTS (see address below). Please note that 50% of the total payment is due May 15th, and the balance is due no later than June 15th. Please contact us with any questions.

Our course will **begin at 9am on July 19th**. We will meet in the parking lot of the Boulder Public Library on Arapahoe Avenue and begin the course with 2 days of pre-trip planning, trip logistics, and group activities. Please see the itinerary (attached) for more information. Out-of-town participants should **arrive in Boulder July 18th** in order to acclimate to the altitude and to be ready to begin promptly the following morning.

We will depart for the mountains early July 21<sup>st</sup> and be in the wilderness until the afternoon of the 29<sup>th</sup>. We will hike out of the mountains July 29<sup>th</sup> and return to Boulder that evening (stopping for dinner along the way). We will meet again at **9am on the 30th** to do post-trip clean-up and equipment repair, debrief, and bring closure to the trip. We anticipate being done by 1 pm. If you need to plan a flight out of the Denver airport, we request that you **schedule your return flight after 5pm on the 30th or for the next morning** to allow for flexibility in completing post-trip activities.

Cost includes trip meals (except dinner on the 29<sup>th</sup>). If you need any help gathering the appropriate gear please let us know.

Again, please contact us with any questions you may have:

Caitlin Slutzky (course content): 831-420-7475

Mary Sweeney or Lorene Wapotich (course content): 303-642-0562

Rick Medrick (registration): 303-320-0372

OLTS

P.O. Box 200281

Denver, CO 80220

We look forward to being with you!

Warmly,  
Mary, Caitlin, and Lorene





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## Wilderness Leadership Course Preliminary Itinerary

(Subject to change due to environmental or logistical factors)

### ***July 19<sup>th</sup>: 9am-5pm***

- 9am: Meet at Boulder Public Library on Arapahoe Avenue. Please be on time.
- Open trip and introductions
- Begin learning the ins-and-outs of trip planning and organizing
- Group activities

### ***July 20<sup>th</sup>: 9am-5pm***

- 9am: Meet at Boulder Public Library on Arapahoe Avenue. Please be on time.
- Continue trip planning and organizing
- Meal planning
- Food shopping
- Gear preparation
- Pack backpacks and pack re-supply

### ***July 21<sup>st</sup>: 6:30am departure***

- 6:30am: Meet at Boulder Public Library on Arapahoe Avenue to depart to trailhead in the Sangre de Cristo Mountains, approximately 3½ hours drive

### ***July 21<sup>st</sup>-29<sup>th</sup>***

- Wilderness travel and community living
- Course curriculum
- Attempt ascent of 14'000 ft peak

### ***July 29<sup>th</sup>***

- Hike out of wilderness, return to cars
- Drive to Boulder (dinner enroute)

### ***July 30<sup>th</sup>: 9am-approximately 1 pm***

- 9am: Meet for gear cleanup and repair, location to be determined.
- Debrief and trip closing
- 2 pm: Schedule rides to Denver airport





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## About OLTS:

Since 1973, Outdoor Leadership Training Seminars has been offering unique outdoor adventure experiences in rockclimbing, mountaineering, backcountry skiing, whitewater rafting, wilderness backpacking in the mountains, canyons, and deserts of Colorado, Utah, Arizona and New Mexico. Founded by Rick Medrick, Ed.D, OLTS supports the discovery of personal leadership through transformational outdoor growth experiences. OLTS is committed to a deep ecological perspective towards human's place on the planet, an ecological approach that seeks to heal the earth and humans through connection in nature, and a commitment to spiritual development and integration.

## ABOUT THE 12-DAY WILDERNESS LEADERSHIP COURSE:

This course is designed for those individuals who are seeking exposure to a wide-variety of wilderness leadership skills and training and how to apply them. The remote wilderness of the Sangre de Cristo Mountains of southern Colorado will serve as the container for our learning experience. It is a wonderful place to connect with nature, practice awareness and contemplative skills, be challenged, and discover your own unique leadership style. We will camp in high alpine cirques, hike along deep, clear lakes, through grassy slopes and alpine flowers, cross cascading creeks, traverse over mountain passes, and climb (weather permitting) to spectacular views of the summits of Broken Hand, Crestone, or Humboldt Peaks. Through experience, lecture, and discussion, we will address trip preparation, safety, camp craft, guiding, Earth-living skills, basic mountaineering, and outdoor teaching. We will cover how to read a topographical map and compass, how to navigate safely through remote mountain terrain, how to facilitate a group, and work with group dynamics. The undercurrent of the course will be the exploration of the spiritual, therapeutic, relational, and metaphorical elements of the wilderness.

Our course will begin at 9am on July 19<sup>th</sup> (Boulder Public Library on Arapahoe Avenue), with two days of pre-trip planning, trip logistics, and group activities. We will provide lunch during these two days, throughout our time in the wilderness, and on the last day of the course. Please see the itinerary (attached) for more information. We recommend that out-of-town participants arrive in Boulder on July 18<sup>th</sup> to acclimate to the altitude and to be ready to begin promptly the following morning. We reserve the right to alter the trip, change the site and itinerary as weather, environmental conditions, or the needs of the group may require. We will return to Boulder on the evening of July 29<sup>th</sup> stopping for dinner along the way and meet again at 9 am on July 30<sup>th</sup> to do post-trip clean-up and equipment repair, debrief, and trip closing. Special travel needs may be able to be accommodated. Cost includes trip meals (except dinner on the 29<sup>th</sup>).

## PREREQUISITE:

Due to the rugged and remote nature of the mountains, we encourage pre-trip physical training and it is required that participants are fit enough to run/jog at least 2 miles without stopping. You will be hiking 3-8 miles/day with a pack weight up to 50 lbs, and traveling at an average altitude of 11,000'. We recommend a pre-trip training program of 1 hour of cardio 3 times/week, including hill or stair climbing. And, if at all possible, spend time at higher altitudes. Please contact us for further information.





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## THE INSTRUCTORS:

**Lorene Wapotich, M.Ed.** - Lorene is the director and lead instructor for Her Feet on the Earth, a Colorado-based non-profit. She has nearly 20 years experience as a wilderness guide, educator, and herbalist in the Wise Woman Tradition, and is a certified Wilderness First Responder. She completed her outdoor leadership training through OLTS in 1995 and has worked for numerous adventure programs throughout the country. Lorene holds a Bachelor's Degree in Wilderness Leadership and Natural History Education and a Masters in Education. Through her graduate work, Lorene developed a model for using long-term, nature-based mentoring and community-supported wilderness rites of passage to enhance positive identity formation, connection to authentic self, and the development of resilience in pre-adolescent and adolescent girls. This model is currently in use and taught through Her Feet on the Earth. Lorene is a dynamic teacher who is passionate about connecting people, particularly females, with nature and their inner power and wisdom.

**Mary Sweeney, Ph.D.** - Mary's 25 year career in education, psychology, wilderness skills, and alternative healing arts led her to the study of nature as a healing medium and to a Ph.D. in Adult Learning. This past decade she has passionately pursued ancient ways of living, including healing and spiritual traditions. Her primary interests are ancient dream journeying and using ancient living skills as a contemplative practice. Mary is currently Core Faculty for the Adventure-Based and Eco-Therapy concentrations within the Counseling Psychology Department of Prescott College's Master of Arts program.

**Caitlin Slutzky, M.A.** - Caitlin weaves together her love of the natural world with her love of the human spirit as she supports others in deepening their relationships with self, other, and nature. This passion has underscored her 10 years of professional experience working in a variety of educational and therapeutic roles, including an elementary and high school educator, wilderness guide for teens and young adults, and psychotherapist. She combines her passions for authentic expression, contemplative and mindfulness practices, expressive arts, and body-mind integration to help empower individuals to unlock their creative essence and personal truths. She received her BA in Environmental Studies from UC Santa Cruz and her MA in Counseling Psychology with an emphasis in Wilderness Therapy from Naropa University. She is a certified Wilderness First Responder.

## HOW TO REGISTER:

**For registration information and to pay by credit card, call or email:**

**Rick Medrick:** 303-320-0372, rmedrick@olts-bt.com

**Please send check payment and all completed paperwork to:**

OLTS

P.O. Box 200281

Denver, CO 80220

- \$300 deposit is required to reserve a place on this course.
- 50% of balance is due May 15th, and full payment is due June 15th.

**For information on course content, call or email:**

**Caitlin Slutzky:** 831-420-7475, caitlin.slutzky@gmail.com

**Mary Sweeney:** 303-642-0562, mmsweeney@earthlink.net





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## APPLICATION FORM

Name \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ Age \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Height \_\_\_\_\_

Occupation \_\_\_\_\_ Weight \_\_\_\_\_

Business \_\_\_\_\_

Telephone \_\_\_\_\_ (home) \_\_\_\_\_ (work)

Dietary Restrictions/Preferences \_\_\_\_\_

\*\*\*\*\*

Course Applied For \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*\*\*

Please indicate those outdoor activities in which you have some previous experience and skill by using the following scale:

1 = No experience, but interested

3 = Considerable experience

2 = Some previous experience

4 = Have instructed others

\_\_\_\_\_ Backpacking

\_\_\_\_\_ Rockclimbing

\_\_\_\_\_ Mountaineering

\_\_\_\_\_ First Aid (indicate level)

\_\_\_\_\_ Orienteering/Navigation

\_\_\_\_\_ Survival Skills

Please describe any extended wilderness experience (more than three days), or previous outdoor skills training courses that you have had:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Finally, on another page, please tell us about yourself and your intentions for participating on this course. We want to know who you are and why you are seeking this kind of training.





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## PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

Name \_\_\_\_\_ Course \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date \_\_\_\_\_

\*\*\*\*\*

In consideration of the services of **MCD CORPORATION (dba OUTDOOR LEADERSHIP TRAINING SEMINARS)**, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "**MCD**"), I hereby agree to release and discharge **MCD**, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that outdoor adventure based activities such as river trips, backpacking and hiking, cross country skiing, rock climbing, and ropes course activities entail known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

**The risks include, among other things:** slipping and falling; falling objects; water hazards; exhaustion; exposure to temperature and weather extremes which could cause: hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; equipment failure; and improper lifting or carrying.

Furthermore, **MCD** guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless **MCD** from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of **MCD's** equipment or facilities, **including any such claims which allege negligent acts or omissions of MCD**





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4. Should **MCD** or anyone acting on its behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against **MCD**, I agree to do so solely in the state of Colorado, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

***By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against MCD on the basis of any claim from which I have released them herein.***

I hereby consent to the use of any program photograph, video/film, voice/quote as a result of my participation in this program and its use for publicizing, advertising and/or exhibiting this program in perpetuity by all media.

***I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.***

Signature of Participant: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **If under 18 year of age, parental or guardian signature is required:**

Parent/guardian Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

Date: \_\_\_\_\_





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## WHOM TO NOTIFY IN CASE OF EMERGENCY

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_

Policy Number: \_\_\_\_\_





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## Video/Audio/Photo Recording Consent Form

### PERMISSION TO BE RECORDED AND PHOTOGRAPHED BY OUTDOOR LEADERSHIP TRAINING SEMINARS

I/We consent for \_\_\_\_\_ to be videotaped, audiotaped, and/or photographed prior to, during, and following participation in a course or service by Outdoor Leadership Training Seminars. I/We have been fully advised and understand that none of the recordings will be made public or used for public purposes unless I/We give permission. I/We may revoke this authorization, **in writing**, at any time during the course of services, except to the extent that Outdoor Leadership Training Seminars. has taken action in the course of executing this authorization prior to client revocation.

\_\_\_\_\_  
Client/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness,  
Outdoor Leadership Training Seminars

\_\_\_\_\_  
Date

### PERMISSION FOR RECORDING AND PHOTOS TO BE USED BY OUTDOOR LEADERSHIP TRAINING SEMINARS

I/We consent for any recordings made by Outdoor Leadership Training Seminars to be used in a professional manner for marketing, advertising or promotion without exception. I/We further understand that at anytime I/We may revoke this authorization, **in writing**, at any time during the course of services, except to the extent that Outdoor Leadership Training Seminars. has taken action in the course of executing this authorization prior to client revocation.

\_\_\_\_\_  
Client/Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness,  
Outdoor Leadership Training Seminars

\_\_\_\_\_  
Date





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## PERSONAL DATA (*confidential*)

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Company Name (if applicable) \_\_\_\_\_

Company Address (if applicable) \_\_\_\_\_

Insurance Carrier \_\_\_\_\_ Policy Number \_\_\_\_\_

Emergency Contact (in case of illness or injury) \_\_\_\_\_ Relationship \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

Date of last complete physical examination: Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_

General results of the exam \_\_\_\_\_

List any abnormalities detected (also refer to other form) \_\_\_\_\_

What is your current state of health and nutrition? \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Special needs \_\_\_\_\_

What is your current level of physical activity?

\_\_\_\_\_ Minimal (perform less than one hour of aerobic exercise per week)

\_\_\_\_\_ Moderate (perform some aerobic exercise, 1-3 hours per week)

\_\_\_\_\_ Active (perform aerobic exercise 4 or more hours per week)

What type of exercise do you perform? Please describe \_\_\_\_\_

Personal Physician \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If you have been under the care of a physician, psychiatrist, or psychologist in the past year, please indicate below the name, address, and phone number of the caregiver, as well as a brief explanation of the nature of the





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problem

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In case of emergency, I understand that effort will be made to secure proper treatment. I hereby give permission for such treatment. My personal health and accident insurance covers any accident or illness that I may incur during this experience and I will personally guarantee any cost or other liability incurred during evacuation or treatment. I have read the description of the program and information provided for preparation and understand the nature of the program and risks involved.

Signature

Date





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## OUTDOOR LEADERSHIP TRAINING SEMINARS

PO Box 200281 Denver, Colorado 80220

### MEDICAL HISTORY

Please comment on specific details of your medical history. In the column marked "Comments", list the dates of the condition, specific medication names, effect of not taking medication, and current status of condition. Attach additional pages as necessary.

#### YES/NO

#### COMMENTS

- Severe illness requiring hospitalization or incapacitation for a lengthy time period? \_\_\_\_\_
- History of diabetes, thyroid trouble, bleeding problems, epilepsy? \_\_\_\_\_
- Any surgical procedure? If so, date and nature of procedure. \_\_\_\_\_
- If allergic to any of the following, describe the nature of the reaction. \_\_\_\_\_
  - Medication (penicillin, aspirin, sulfa, etc.) \_\_\_\_\_
  - Foods (shellfish, nuts, dairy, wheat, etc.) \_\_\_\_\_
  - Insect bites (bee stings, etc.) \_\_\_\_\_
  - Other (plants, wool, animals, etc.) \_\_\_\_\_
- Are you currently on medication? If so, what? \_\_\_\_\_
- Are you a continual user of drugs, alcohol or medicines? \_\_\_\_\_
- Do you smoke? Indicate daily usage and number of years you have smoked. \_\_\_\_\_
- Episodes of dizziness, fainting, persistent headaches, convulsions, or seizures? \_\_\_\_\_
- Frequent infection of throat, tonsils, sinuses, ears? \_\_\_\_\_
- Any problems with vision or hearing? Do you require glasses, soft or hard contacts, hearing aid? \_\_\_\_\_
  
- Chronic cough? Bronchitis? \_\_\_\_\_
- Chest or heart region pain on exertion or deep breathing? \_\_\_\_\_
- Skipping or palpitations of the heart, irregular heartbeat, heart murmurs, or poor circulation? \_\_\_\_\_
  
- High or low blood pressure? \_\_\_\_\_
- Frequent nausea? Food intolerances? \_\_\_\_\_
- Eating disorders - anorexia, bulimia, hypoglycemia? \_\_\_\_\_
- Special dietary restrictions? (Please note that OLTS may not be able to meet all special requirements.) \_\_\_\_\_
  
- Kidney infection or kidney stones? \_\_\_\_\_
- Chronic pain - neck, back, shoulders, arms, legs? \_\_\_\_\_
- Broken bones, joint dislocations, serious sprains or weakness in muscles? \_\_\_\_\_
- Previous frostbite, impaired circulation or other reactions to cold temperatures? \_\_\_\_\_
- Cramps, heat exhaustion or other reactions to hot temperatures? \_\_\_\_\_
- Motion sickness? \_\_\_\_\_
- Fear of heights? \_\_\_\_\_

*Please inform us if you should not be doing any of the activities once you arrive on the program.*





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Is there any other symptom or medical condition that may have any bearing on your participation in an active program, or that we should be aware of? Please describe here and attach additional pages if necessary.

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## OLTS 12-day Wilderness Leadership Equipment List

Please bring the following gear. If you have any questions please contact us.

- Backpack for carrying 40 to 60 lbs. (4500 to 6000 cubic inch capacity) with padded shoulder straps and waist belt. Internal frame recommended
- Backpack cover or heavy-duty plastic bags (i.e. trash compactor bags, as typical garbage bags are too light), for rain proofing
- Sleeping bag (down or synthetic rated between 0 and 20 degrees F.)
  - Plus stuff sack
- Sleeping pad (closed-cell foam, ensolite, or therm-a-rest style)
- Bivy sac (breathable, waterproof sleeping bag cover). Optional, but highly recommended for down bags and for those who tend to be cold at night.
- Ground cloth (plastic or waterproof nylon sheet at least 3' x 7')
- Headlamp or flashlight (small, lightweight). Headlamp is recommended.
  - Plus extra batteries and bulbs
- Water bottles (minimum, 2 one-quart bottles with non-leaking lids)
- Unbreakable cup, bowl, spoon (other utensils optional)
- Sunglasses with keeper strap (100% UV block *absolutely necessary*)
- Sunscreen (rated SPF 15 or higher)
- Lip balm (rated SPF 15 or higher)
- Toiletry kit including:
  - Comb/brush, toothbrush and paste (Note: all toothpaste must be biodegradable)
  - Prescription medications you take on a regular basis
    - Please bring a back-up set of meds in case yours get lost or wet
    - If you know you have serious or life-threatening reactions to anything we might encounter, for example bee stings or food allergies, you need to bring appropriate medicine, such as an epinephrine kit
  - Other medication you take on a regular basis (i.e. aspirin)  
(We will provide a first aid kit for any unexpected events)
  - Feminine hygiene needs
- Water purification (water filter or bottle of halogenation or iodine tablets for individual emergency purification)
- Lighter or waterproof matches (also for emergency use)
- Whistle
- Journal or notebook and pens/pencils
- Knife (fixed blade or locking for carving). We have high quality fixed blade knives available for \$15. Please call Mary or Lorene
- Money for dinner on the drive back to Boulder on the 29th





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## OLTS Wilderness Leadership Clothing List

Please bring the following clothing. If you have any questions please contact us.

- Medium or heavy weight hiking boots: broken in, waterproof, over-the-ankle, with hard lug soles for traction
- Gaiters (to keep debris from getting in boots while hiking). Essential
- Camp shoes: lightweight tennis shoes that are okay to get wet or chaco/teva-type sandals
- 1 pair insulating long pants for cooler weather at night or at higher altitudes. NO Cotton
- 2 or 3 insulating upper body layers (e.g. fleece, Polartec, wool, down, etc.). NO Cotton
- Regular underwear (quick drying).
- Long underwear: 2 tops and 1 bottom (polypro, wool, or capillene is best). NO cotton blend
- 1 or 2 tee-shirts
- 1 pair shorts (quick drying material such as nylon)
- 2 pairs of liner socks (synthetic, silk, or wool)
- 2-3 pairs of heavyweight socks (wool or synthetic)
- 1 pair lightweight polypro or wool gloves (for cool nights and mornings)
- 1 wool or fleece hat (for cool nights and mornings)
- Sun hat or visor (full hat recommended)
- 2 Bandannas (for sun protection, sweat band, or as small towel)
- Waterproof rain gear, jacket (with hood) and pants. (Gore-Tex is good). No ponchos

### Optional gear:

- Extra prescription glasses or contacts. Highly recommended.
- Camp chair (e.g. Crazy Creek)
- Trekking poles
- Small towel
- Lightweight camera and film
- Field guides (e.g. flowers, birds)
- Binoculars
- Compass
- A change of clothes for the drive home (to be left in the cars)

### We will provide:

- Kitchen equipment (e.g. pots, pans, stoves, fuel, water jugs and treatment, hand washing, etc.)
- Group tarps and nylon cord
- Helmets for the peak climb
- First aid kit
- And other group equipment as needed





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## TRANSPORTATION TO BOULDER

### GETTING TO AND FROM BOULDER FROM DENVER INTERNATIONAL AIRPORT

**Denver International Airport SkyRide** one-way service is \$10 for adults (\$16 round trip); \$5 for seniors and disabled; free for CU students with valid Buff OneCard, ECO Pass holders and children 15 and younger if accompanied by paying adult (three children per adult).

**AB SkyRide** leaves Boulder Transit Center daily at 3:20 a.m., with almost-hourly service till 9:30 p.m.; check schedule for exact times. AB SkyRide leaves DIA's East Terminal at 6:20 a.m., with hourly service till 11:20 p.m. SkyRide tickets available at the Boulder Transit Center, Safeway and King Soopers (round trip only). You can also pay, with exact change on the bus. You can locate a current schedule on-line at [www.rtd-denver.com](http://www.rtd-denver.com).

### TAXI AND SHUTTLE SERVICES

**FREEDOM CAB** 303-292-8900

**METRO TAXI** 303-333-3333

**SUPERSHUTTLE** 303-444-0808

**YELLOW CAB** 303-777-7777

### BUS SERVICES FOR GETTING AROUND IN BOULDER

**RTD, HOP, SKIP, LEAP, BOUND, DASH, JUMP, BOLT AND STAMPEDE** These are the names of the available busses for getting around in Boulder and to the surrounding areas. Additionally, the **N** bus goes to Nederland and the **Y** bus goes to Lyons.

Boulder Transit Center at the corner of 14th and Walnut streets. Information: 303-299-6000, 1-800-366-7433 or [www.rtd-denver.com](http://www.rtd-denver.com).

Printed schedules available at Boulder Transit Center and Boulder Public Library. Local schedules available at Crossroads Mall, Boulder Chamber of Commerce and the University of Colorado. Fares: \$1.25; 60 cents for seniors and disabled; free for ECO Pass holders and CU students with valid Buff OneCard. Monthly Boulder pass is \$45, \$23 for seniors and students; 10-ride Ticketbook is \$11.25. Exact fare required. Bike racks available on all buses and shuttles.

### ADDITIONAL TRANSPORTATION NEEDS

More detailed information can be located at the following website.

[www.getboulder.com/visitors/transportation.html](http://www.getboulder.com/visitors/transportation.html)





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## BOULDER LODGING

There are no campsites in the immediate Boulder area. There is forest service land about 20 miles out of Boulder (towards Nederland). To find out more information about camping requirements go to the following website: [www.fs.fed.us/r2/arnf/recreation/](http://www.fs.fed.us/r2/arnf/recreation/)

NAME	ADDRESS	TELEPHONE #	SINGLE ROOM PRICE*
<a href="#">Boulder Int'l Hostel</a>	1107 12 <sup>th</sup> Street	(303) 442-0522	\$40 Dormitory - \$19
<a href="#">Best Western Boulder Inn</a>	770 28th Street	(303) 449-3800 1-800-233-8469	\$59-99
<a href="#">Best Western Golden Buff Lodge</a>	1725 28 <sup>th</sup> Street	(303) 442-7450 1-800-999-2833	\$63-80
<a href="#">Super 8</a>	970 28th Street	(303) 443-7800	\$65
Days Inn	5397 S.Boulder Rd	(303) 499-4422	
<a href="#">Boulder Outlook</a>	800 28th Street	(303)-443-3322	\$69-89
<a href="#">Quality Inn &amp; Suites</a>	2020 Arapahoe	(303) 449-7550 1-888-449-7550	\$70-100
Boulder Mountain Lodge	91 Four Mile Canyon Dr.	(303) 444-0882 1-800-458-0882	\$98 - \$189
<a href="#">Broker Inn</a>	30th & Baseline	(303) 444-3330 1-800-338-5407	\$99-139
<a href="#">The Bradley Inn</a>	2040 16th St	(303) 545-5200	\$145-175
<a href="#">Briar Rose B&amp;B</a>	2151 Arapahoe	(303) 442-3007	\$149-169
<a href="#">Boulder Marriott</a>	2660 Canyon	(303) 440-8877	\$179-199
Hotel Boulderado	2115 13 <sup>th</sup> Street	(303) 442-4344	\$189

\* All prices are approximations and vary by season.

