

Welcome to Denver, the Mile High City!!

Important Information - Please read!



The REEA Team is so excited to welcome you to the REEA Conference in Denver!

I, Monica Neubauer, have traveled here many times, and I would like to give you some information that will help you plan your trip and make your trip more enjoyable, potentially.

Denver is called the mile high city because it's at 5200 feet above sea level. If you are not used to going there or even if you've been the team wants to remind you of a few things.

Drink more water:

First of all, it's very dry and you need to drink a whole lot of water when you're there. The good news is, you are a little bit more thirsty. Literally, my aunt tells me to drink water after she hugs me when I first arrive at her house. If you feel a headache coming on, the first action is to drink water. If you feel off, the first thing to try is a glass of water.

Another **MAJOR FACTOR** when you are at that level is your ability to consume ALCOHOL. Our body metabolizes the alcohol much quicker at that higher elevation and we are affected by the alcohol much sooner than we would be when we are at home in the lowlands. It is suggested by some that, as a visitor, you consume half the amount of alcohol you normally would for the same effect. Also be careful of those special gummies if you enjoy those.

Side Trip Suggestions:

I want to give you a few suggestions for short trips you can take if you are only visiting for a short time and would like to get a little bit into the mountains. You will need a car to go on any of these trips.

Lookout Mountain and the **Evergreen** loop is just outside of Denver. Central City is a bit farther out and is a combination of mining town and new casinos. You can access that off I-70 or you can take one of the roads through the canyons outside of Golden. These are tremendous drives but the roads are very curvy. The two routes are CO 119 or Golden Gate Canyon Road.

If you have a little bit more time and want to go more into the mountains you can visit **Idaho Falls or Georgetown**. Georgetown has a great railway experience and some really cute shops and restaurants. We have been visiting Georgetown on day trips for decades in my family.

You might've heard of **Red Rocks Park**. It has an amazing amphitheater and they have concerts there. It is also a really beautiful park. You can hike there and see the fantastic rock structures. It is in the foothills just southwest of Denver.

There are several downtown areas that have shops and restaurants and are very cute.

Downtown Arvada. Downtown Golden. Downtown Boulder.

If you want to stay closer to Downtown Denver, there are many great museums, both for history and art, and shops.

Thank you for the great tips, Monica!