

# Telluride Information

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## **Traveling to Altitude**

At 8,750 feet in Telluride, Colorado, and 9,400 feet at Pa Gomo, visitors from lower altitudes sometimes experience altitude sickness. Acute Mountain Sickness (AMS) can strike anyone sleeping over 6,000 feet, regardless of age or physical fitness. AMS feels like a bad hangover, and symptoms include dizziness, headaches, nausea, loss of appetite, fatigue and/or difficulty sleeping. Symptoms can begin within two to 24 hours after arriving at altitude and usually disappear within six to 48 hours. The following tips help optimize acclimatization and reduce the risk of AMS:

- Ascend slowly: Schedule an overnight stay at an intermediate altitude on the way to Telluride, such as Denver, Durango, Ouray, Ridgway or Placerville.
- Stay hydrated: Drink an extra liter of water daily.
- Avoid alcohol and anxiety/sleeping medications in the benzodiazepine family (Xanax, Valium, Ativan, Restoril, Serax and others): Alcohol and benzodiazepine medications suppress breathing and result in lower blood oxygen.
- Avoid over exertion during the first day or two at altitude.
- If you know from previous trips to altitude that your body does not adapt rapidly, there is prescription medication (Diamox) that can accelerate your body's adjustment to altitude. Taking Diamox typically eliminates most of the symptoms of altitude sickness. Your family doctor can prescribe this medication for you.

- Most people who have altitude headache will get better with ibuprofen, acetaminophen (Tylenol) or aspirin
- Seek medical attention if your symptoms continue beyond 48 hours, or your shortness of breath happens while you are at rest
- Remember, AMS can affect anyone. Fitness does not protect against altitude sickness. Everyone's body responds differently to altitude hypoxia. Most importantly – If you're not feeling well, let someone know! For more information visit <http://www.altituderesearch.org/>

## **Getting Around**

1. **Free Gondola** - Linking the historic Town of Telluride and the modern Mountain Village, the gondola is the only transportation system of its kind in North America. Running daily from 7:00 am to midnight, the 13-minute gondola ride eliminates the 20-minute, 8-mile drive between both towns. (The gondola operates year-round, with temporary off-season closures.)
2. **Galloping Goose** - The Town of Telluride offers the free Galloping Goose Shuttle Service. The Goose loops around Town at 15-minute intervals seven days a week between 7:00 a.m. and midnight. Look for the Galloping Goose signs across town for pick-up locations and schedules
3. **Parking**
  - a. **Telluride** - Free all-day parking is available to commuters and visitors at the Carhenge parking lot on West Pacific Street. The lot is serviced by the regular transit loop. Metered zones and free two-hour parking is available throughout the business district for visitors and business users
  - b. **Mountain Village** - Free parking is available at the intercept parking deck located off of Mountain Village Blvd. Once parked, access to the Mountain Village Core is via a free 5-minute gondola ride
4. **Taxis**
  - a. **Alpine Luxury Limo** – <http://alpineluxurylimo.com>; (970) 728-8750
  - b. **Mountain Limo** - [www.mountain-limo.com](http://www.mountain-limo.com); (970) 728-9606
  - c. **Telluride Express** - <http://www.tellurideexpress.com>; (970) 728-6000

## **Groceries** **Telluride**

1. **Clarks Market** - 700 W Colorado Ave (on the right, before you enter the town of Telluride). (970) 728-3124 Hours: 9:00 a.m. – 7:00 p.m.
2. **Market at Mountain Village** - 455 Mountain Village Blvd (on the left as you enter Mountain Village). (970) 728-6500 Hours: 9:00 a.m. - 7:00 p.m. (This store has better produce.)

**Montrose** – has more choices than Telluride and prices are more competitive

1. **City Market** – 2 locations. I prefer the one located at City Market at 16400 S Townsend Ave, Montrose CO (970) 240-3236 Hours: 5:00 a.m – 11:00 p.m.
2. **Natural Grocers (Vitamin Cottage)** - 3451 S Rio Grande Ave, Montrose, CO (970) 249-2724 Hours: Monday – Friday 9:00 a.m. - 8:00 p.m., Saturday 9:00 a.m. – 8:00 p.m., Sunday 10:00 – 6:00 p.m.

## **Dining**

1. **Telluride Dining Guide** - <http://www.telluridediningguide.com>
2. **Trip Advisor Telluride Dining Recommendations** - [www.tripadvisor.com/Restaurants-g33667-Telluride\\_Colorado.html](http://www.tripadvisor.com/Restaurants-g33667-Telluride_Colorado.html)
3. **Urban Spoon Recommendations** - <http://www.urbanspoon.com/n/101/42296/Colorado/Telluride-CO-restaurants>
4. **Some of my favorites are:**
  - a. The Butcher and The Baker – Breakfast/Brunch
  - b. Siam – Thai
  - c. Brown Dog Pizza – Pizza
  - d. Cosmopolitan Restaurant – Modern/American (really good sushi rolls)
  - e. Sheridan Chop House – American

## **Winter Activities**

1. **Skiing/Snowboarding** – Lift tickets <http://tellurideskiresort.com/TellSki/info/lift-tickets.aspx>; Telluride Mountain School and Ski Academy at Telluride (970) 728-1969; <http://www.telluridemtnschool.org>
2. **Helicopter & Cat Skiing** - Telluride Helitrax (970) 728-8377; San Juan Scenic Jeep Tours + Snow Cat Skiing (970) 325-0089; Silverton Powdercats (970) 385-7288
3. **Nordic Skiing** - Six Nordic skiing areas in the immediate vicinity: Telluride Town Park, the Valley Floor, the golf course in Mountain Village, the top of Chair Ten (TopAten) on the ski area, Trout Lake and Priest Lake. Each offers different terrain, varied lengths of groomed trail and excellent views. Pets are permitted in Mountain Village, Priest Lake and Trout Lake. The Nordic Center in Telluride Town Park offers cross-country rental equipment, trail maps for the area, and lessons. Telluride Nordic Center (970) 728-1144
4. **Sledding** - Sledding is available on Firecracker Hill, located on the southern side of Telluride Town Park. Please follow the orange cones that mark the walking path to the sledding hill. Bring

your own sleds or rent one from the Nordic Center (970) 728-1144. Sleds are also available for purchase at Ace Hardware

5. **Snowmobiling** - Extensive networks of groomed trails just outside of Telluride and Mountain Village. Snowmobiling provides easy access to area trails and the stunning mountain landscape. Telluride Snowmobile Adventures (970) 728-4475
6. **Snowshoeing** - Designated snowshoe trails start from both Telluride and Mountain Village. TopATen (at the top of chair lift 10 on Telluride Ski Resort) offers guided nature snowshoe hikes for those interested in the flora and fauna of the area. TopATen Nordic & Snowshoe Center/TSG (970) 728-7517
7. **Ice Climbing** - [http://www.tellurideadventures.com/winter\\_iceclimbing.html](http://www.tellurideadventures.com/winter_iceclimbing.html)
8. **Horseback & Sleigh Rides** - Roudy's Telluride Horseback Adventures (970) 728-9611
9. **Ice Skating** - Professional-grade hockey ice rink in Telluride Town Park (Hanley Rink); Natural, non-refrigerated outdoor rink in Town Park has a warming hut and bathrooms; an open-air rink at Hotel Madeline in Mountain Village
10. **Dog Sledding** - Wintermoon Sled Dog Adventures [www.telluridedogsledding.com](http://www.telluridedogsledding.com); [wintermoondogs@gmail.com](mailto:wintermoondogs@gmail.com); (970) 729-0058
11. **Backcountry Huts** - The San Juan Hut System ski route consists of five backcountry ski huts connecting Telluride, Ridgway, and Ouray. The route follows the Dallas and Alder Creek Trails in the Mount Sneffels Range of the San Juan Mountains. Each hut can be individually accessed or advanced skiers can travel hut to hut in the European tradition. Above each hut there is more terrain for the more adventurous intermediate, advanced, and extreme (powder hound) skiers. San Juan Huts [www.sanjuanhuts.com](http://www.sanjuanhuts.com); (970) 626-3033
12. **Photography Tours** - Tours are offered from downtown Telluride to the highest mountain passes in America, the most famous historic mining camps in Colorado and through forests of aspen and fields of wildflowers. Tours also photograph Black Canyon National Park, the San Miguel, Dolores and Uncompahgre Rivers, herds of elk, soaring birds of prey and the trout that swim in our streams. Telluride Outside/Telluride Angler Telluride (800) 831-6230; RIGS Adventure CO - Fly Shop and Guide Service (970) 626-4460
13. **Winter Fly Fishing** - Telluride Outside/Telluride Angler (800) 831-6230. Ask for Werner Catsman to be your guide

## **Summer Activities**

1. **Summer Festivals** – Long-standing offerings—such as the [Mountainfilm Festival](#), [Telluride Film Festival](#), [Bluegrass Festival](#) and [Jazz Celebration](#) are known among film and music aficionados for attracting the best filmmakers and musicians in the world. Some locals claim that [Blues & Brews](#), scheduled the third weekend of September, is the favorite because it signifies the start of fall colors and the coming of ski season. Mushroom Festival and the Imogene Pass Run

further exemplify the eclectic offerings of Telluride. <http://www.visittelluride.com/festivals-events/signature-events>

2. **4X4 Off-Roading** - <http://www.visittelluride.com/things-to-do/4x4-riding>
3. **ATV/Motorcycle** - Telluride ATV Tours (970) 728-4475
4. **Bridal Veil Falls** – Bridal Veil Falls is a 365 foot (111 m) waterfall at the end of the box canyon overlooking Telluride, Colorado. Hiking and off-road trails pass by the falls and the power plant at its top
5. **Biking** - <http://www.visittelluride.com/things-to-do/biking>
6. **Camping** - <http://www.visittelluride.com/places-to-stay/rv-camping>
7. **Court Sports** – Basketball at Telluride Town Park (970) 728-2173; Platform Tennis (970) 369-8236 (reservations required)
8. **Tennis** - Telluride Town Park (970) 728-2173 or Mountain Village (970) 728-8000; Sand Volleyball at Telluride Town Park (970) 728-2173; one tennis court at Gray Head (reservation required)
9. **Disc Golf** - If you haven't tried disc golf, grab a Frisbee and head out onto the free course in Mountain Village. The course starts across from Town Hall Plaza (the Mountain Village Market and parking garage). The disc golf targets are metal baskets, and the goal is to aim the disc and land it in the wire basket. The winner is determined by the fewest number of throws of the disc as the group traverses the set course. A perfect mix of hiking, hand-eye coordination and friendly competition, disc golf is fun for all ages. The course is open daily from 7 a.m. to sunset in the summer. For more information on the disc golf course, call (970) 728-8000
10. **Glider Rides** - <http://www.glidetelluride.com/> For reservations and information call (970) 708-0862
11. **Golfing** - Telluride Golf Club Pro Shop (970) 728-2606
12. **Hiking** - <http://www.visittelluride.com/things-to-do/hiking>
13. **Horseback Riding** - <http://www.ridewithroudy.com/>
14. **Picnicking** - Herb Walker Tours (970) 728-0639
15. **River Sports** - <http://www.visittelluride.com/things-to-do/river-sports>
16. **Rock Climbing** - Manmade climbing boulder is located in Conference Center Plaza (in Mountain Village) and is open daily during (weather permitting) from 9 a.m. to 8 p.m. in the summer. Various problems offer challenges for novices to expert climbers. Rock climbing trips offered by Paragon Outdoors (970) 728-4525; Jagged Edge (970) 728-9307; San Juan Outdoor School & Telluride Alpinism (970) 728-4101

17. **Fly Fishing** - Telluride Outside/Telluride Angler (800) 831-6230. Ask for Werner Catsman to be your guide
18. **Hot Air Balloon Rides** - San Juan Balloon Adventures (970) 626-5495
19. **Skate Parks** - Telluride Town Park Skate Park features a Half-Pipe-style vert ramp and double mini-ramp with roller transition and vert Telluride Town Park (970) 728-2173
20. **Swimming** - Public pool at Telluride Town Park open late May to early September, Monday-Friday from 1:00 to 4:00 p.m. for open swim and noon to 1:00 p.m. for lap swim; weekends holidays from noon to 4:00 p.m. for open swim and 11:00 a.m. to noon for lap swim. Admission is free to kids three and under accompanied by an adult, \$2 for children ages 4 to 17, \$4 for adults and \$2 for seniors. (970) 728-2173
14. **Photography Tours** - Tours are offered from downtown Telluride to the highest mountain passes in America, the most famous historic mining camps in Colorado and through forests of aspen and fields of wildflowers. Tours also photograph Black Canyon National Park, the San Miguel, Dolores and Uncompahgre Rivers, herds of elk, soaring birds of prey and the trout that swim in our streams. Telluride Outside/Telluride Angler Telluride (800) 831-6230; RIGS Adventure CO - Fly Shop and Guide Service (970) 626-4460. Tours are offered during all four seasons: winter, spring, summer and fall
15. **Kids** – For fun things to do with children <http://www.visittelluride.com/plan-your-trip/children>

## **Heritage and Culture**

1. **Telluride Museum** - 201 W. Gregory at the top of Fir Street. (970) 728-3344 <http://www.telluridemuseum.org/> Winter Hours: Tuesday – Saturday 11:00 a.m. – 5:00 p.m., extended hours Thursday until 7:00 p.m. Admission \$5
2. **Walking Tours** – Self guided of Downtown Telluride map <http://www.visittelluride.com/sites/default/files/Telluride%20Historic%20Walking%20Tours.pdf> or for guided tour call Ashley Boling (970) 728-6639
3. **Native American Sites**
  - α The **Anasazi Heritage Center** - Museum for the study and interpretation of prehistoric cultures in the Four Corners region. The museum features permanent displays on the Ancestral Pueblo people and on the techniques that allow modern archaeologists to reveal the past. The Center houses almost two million artifacts, samples and documents. Located 69 miles (1.5 hour drive) from Telluride on Hwy. 145 near Dolores and Cortez. For more information, call (970) 882-5600 <http://www.blm.gov/co/st/en/fo/ahc.html>
  - α **Hovenweep** - Anasazi settlement, abandoned around 1300 A.D., is located just across the Utah border near Cortez, with a campground and picnic area. Hovenweep National Monument protects six prehistoric, Puebloan-era villages spread over a twenty-mile expanse of mesa tops and canyons along the Utah-Colorado border. Multi-storied towers perched on canyon rims and balanced on boulders lead visitors to marvel at the skill and motivation of

their builders. Three hour drive from Telluride. (970) 562-4282  
<http://www.nps.gov/hove/index.htm>

- α **Canyons of the Ancients National Monument** – Located in southwestern Colorado contains a huge number of archaeological sites (more than 6000 recorded, up to 100 per square mile in some places) representing the Ancestral Puebloan and other Native American cultures, as well as important historic and environmental resources. From about 200 to 1300 AD, this 164,000 acres of federal land was home to the Anasazi. There are limited facilities in the monument. Stop at the Anasazi Heritage Center for maps and guides before venturing in to this area. Two hour drive from Telluride (970) 882-5600  
<http://www.blm.gov/co/st/en/nm/canm.html>
- α **Mesa Verde** - Named the world's "#1 Historic Monument Destination," was inhabited by the Anasazi Indians, a.k.a. "The Ancient Ones," for 1,200 years. Major Anasazi dwellings and cliff houses are found in the park, along with hiking trails, finger canyons and abundant wildlife. A museum, guided tours, campgrounds and lodging are available. Located 84 miles, approximately 2.25 hours, from Telluride. (970) 529-4465  
<http://www.nps.gov/meve/index.htm>
- α **Ute Indian Museum** - One of the few museums in the country devoted solely to one tribe; the Ute People were the indigenous inhabitants of western Colorado. The museum commemorates their life and culture and is located on the farm once belonging to the famous Ute leader, Ouray, and his wife, Chipeta. The grounds include the Ouray Memorial and the grave of Chipeta. Two miles south of Montrose on Hwy. 550 and Chipeta Drive - now also home to the Visitor's Welcome Center. About 1.5 hour drive from Telluride, on the former farmland of Chief Ouray and his wife Chipeta. You'll find a variety of beaded items, Ute objects and artifacts. (970) 249-3098
- α **Ute Tribal Park** - Take a guided tour with Native American guides through the Ute Mountain Reservation to ancient sites, cliff dwellings, abandoned pueblos and rock art sites. Two hour drive from Telluride. Reservations required.  
<http://www.utemountainute.com/tribalpark.htm> (800) 847-5485

## **Day Trips**

1. **Arches National Park** preserves over two thousand natural sandstone arches, including the world-famous Delicate Arch, in addition to a variety of unique geological resources and formations.
2. **The Black Canyon** of the Gunnison's unique and spectacular landscape was formed slowly by the action of water and rock scouring down through hard Proterozoic crystalline rock.
3. **Canyonlands National Park** preserves a colorful landscape of sedimentary sandstones eroded into countless canyons, mesas and buttes by the Colorado River and its tributaries.
4. **Dunton Hot Springs** - By reservation only and upon availability, this rustic yet elegant vacation retreat allows the general public to soak in their hot springs and enjoy lunch or dinner on-site

5. **Durango** - Southwest Colorado's largest town, with a population of approximately 15,000, (45,000 in La Plata County). Those who live here choose to live here, and understand the meaning and importance of quality of life. Thus, the community reflects the energy, contrast, and diversity of the surrounding geography. Durango is near the Four Corners junction with New Mexico, Arizona and Utah, and is perched at 6,512 feet, nestled between red sandstone bluffs in the vast Animas River Valley. To the north lie the peaks of the San Juan and Needles Mountains, which rise to an average elevation above 10,500 feet. To the west are arid desert lands, and to the south lies the southern border of the two million acre San Juan National Forest, and stark canyon country. Its name comes from the Basque "urango" meaning "water town." (800) 525-8855
6. **The Durango & Silverton Narrow Gauge Railroad** is a true southwest Colorado experience. These trains once carried \$300 million in gold and silver ore between Silverton and Durango. The train track winds through some of the West's most dramatic country with trestles spanning the Animas Canyon and a climb over Molas Pass. Daily tours leave from Durango and Silverton. (877) 872-4607