

High Altitude Tips

Welcome to the mile high city! Denver sits at a high altitude of 5,280 feet.

Everyone is affected by the high altitudes in some way. As you ascend to higher altitudes, atmospheric pressure decreases, the air is thinner and less oxygen is available. It is also colder, drier and ultraviolet rays from the sun are stronger. During the day it will be hot, while evenings may cool down to as low as 40 degrees. Each of these changes may have unpleasant effects on your body. Here are some helpful tips that will ease your adjustment.

HELP YOURSELF ADJUST TO THE INCREASE IN ALTITUDE:

- Drink two or three times more water than usual
- Eat frequent light meals and snacks
- Reduce caffeine intake
- Get plenty of sleep
- Moderate your physical activity
- Decrease salt intake

COMMON SYMPTOMS FROM CHANGE IN ALTITUDE:

- Faster and deeper breathing
- Shortness of breath, especially when exercising
- Faster heart beat
- Nausea
- Unusual tiredness
- Headaches
- Difficulty sleeping
- Increased urination
- Frequent awakening during the night
- A wet cough, increasing shortness of breath or the feeling of fluid collecting in your lungs requires more serious attention.

IF ANY OF THESE SYMPTOMS PERSIST AND ARE CAUSING MAJOR DISCOMFORT, PLEASE NOTIFY YOUR CHAPERONE ABOUT GETTING FURTHER HELP.

Service Opportunities

Christ in the City

Christ in the City is a holistic service program that integrates charitable works with Catholic spirituality in helping young people serve the homeless of Denver. You can share a meal with homeless youth or help serve lunch to those in need. Their mission statement is: "Loving until it hurts in order to serve those most in need." For volunteer opportunities, call 303-952-9743. For more information go to:

<http://www.christinthecitymissionaries.com>

Sandwich Line

As part of the St. Elizabeth of Hungary mission statement, the community serves the poor with a daily soup and sandwich line for the homeless. By the grace of God and the generosity of the parishioners, they feed, clothe and nurture the less fortunate. Each day around 9:30am, a team of volunteers assembles in the kitchen to begin the cooking process. For info on volunteering at the Sandwich Line for the homeless go to: <http://www.stelizofhungary.org>

Food Bank of the Rockies

Volunteers must be at least 14 years old, and need to come dressed in clothes appropriate for warehouse work, including close toed shoes. Please call to schedule a time to volunteer. For information go to: www.foodbankrockies.org

Catholic Charities

As the charitable arm of the Archdiocese of Denver, Catholic Charities serves thousands of people each year in three interlocking areas: Women's Services, Family and Child Care Services, and Housing and Shelter Services. They are also a first responder in disaster relief services, such as the 2013 floods in northern Colorado. Hundreds of volunteers donate their time and talent to Catholic Charities. For information on how your group might volunteer go to: <http://serve.ccdenver.org/events/index>

Amusement Park Attractions

Elitch Gardens Theme Park

Elitch Gardens is full of world-class thrills and adventure -all at a MILE HIGH! For regular admission information, group sales as well as details of rides and attractions, check out: <http://www.elitchgardens.com/> For the 2017 conference we have a special group rate (50% off regular ticket price). To get the group rate see the latest countdown email for the link or contact our office at 303-715-3252.

Water World

Water World is one of America's largest family water parks, spread out over 64 acres.

They offer the largest variety of attractions among water parks. Picnics are welcome and parking is free. For admission information go to: <http://www.waterworldcolorado.com/>

Catholic Pilgrimage Sites

Mother Cabrini Shrine

Mother Cabrini Shrine, located beyond the foothills of Golden, Colorado, was established by Saint Frances Xavier Cabrini, the first American citizen to be canonized a saint. The shrine site began as a summer camp for orphan children and for the purpose of spreading the gospel. With her beatification in 1938, the property became a place of prayer, pilgrimage and devotion to Mother Cabrini and the Sacred Heart of Jesus. There is a 22-foot statue of Jesus that awaits you after a gradual climb of 373 steps.

Mother Cabrini Shrine has been designated as a Denver Archdiocesan Pilgrimage Site for the Year of Mercy. On Sunday, December 13, the Holy Doors of the chapel were decorated, blessed and opened. Everyone is welcome to make a pilgrimage to the Shrine and receive the special indulgences that come with this Year of Mercy. Pilgrimage site cards are available to be stamped upon request.

For information go to: <http://www.mothercabrinishrine.org/>

Chapel on the Rock (St. Catherine of Siena Chapel)

Each year, thousands of people make their way to Allenspark, Colorado (near Estes Park) to visit the Chapel. Pope John Paul II prayed at the chapel during his visit to Denver for World Youth Day in 1993; he blessed the chapel afterwards. Even after a fire destroyed the majority of the St. Malo Retreat Center in 2011 the Chapel on the Rock remained open. In 2013, a massive flood and landslide took out thousands of trees and rendered much of the site unusable. Still the Chapel stands as an eloquent symbol of God's enduring love and mercy.

The Archdiocese of Denver is pleased to announce plans to preserve the beauty and rich history of Chapel on the Rock (St. Catherine of Siena Chapel), the Pope Saint John Paul II trail and a new visitor and heritage center. More information: <http://www.campstmalo.org/>

Outdoor Adventures

Red Rocks Park and Amphitheater

Nestled in the Rocky Mountain Foothills fifteen miles west of Denver, Red Rocks is a geologically formed, open-air amphitheater that is not duplicated anywhere in the world. The majestic setting of the world-famous concert venue, along with the panoramic view of Denver, makes for a breathtaking scene. At an elevation of 6,200 feet above sea level, this diverse environment allows the visitor to see plants, birds and animals of the Great Plains and Rocky Mountains. The Visitor Center provides guests with an amazing performer's hall of fame display, an interactive educational display featuring the geologic and music history of Red Rocks. The park is open 5 a.m. to 11 p.m. daily, free of charge. On event days, tourists are permitted until 5 p.m. for more information go to:

<http://redrocksonline.com/>

Mount Evans

Mount Evans is the road into the sky. Drive from 8,700 feet at Idaho Springs just off Interstate 70 up to 14,240 feet to the summit. You will pass through 3 life zones, passing ancient trees, lakes and forest to the land above timberline. It can be 90 degrees in Denver and 40 degrees at the top of Mount Evans. Mountain goats and bighorn sheep may greet you as you climb to the top of the world. All 14 miles of the road from the entrance station to the Mount Evans summit parking area (14,130) are paved. From there, you can hike the last 130 feet (about 1/4 mile walk) to the top at 14,264 feet. After you have made this climb, you can tell all your friends: "I climbed a 14,000 foot mountain in Colorado!" There is a park fee per vehicle. For details go to:

<http://www.mountevans.com/>

Rocky Mountain National Park & Estes Park

Estes Park is located on Highway 36 about 20 miles west of Boulder. The town of Estes Park has quaint shops and restaurants and is very pedestrian friendly. Estes Park is the east entrance of Rocky Mountain National Park, the third most visited National Park in the U.S. and home of some of the highest peaks in the Rockies. Inside the park follow Trail Ridge Rd. which climbs over 12,000 feet with mountain views all around. The park also boasts over 300 miles of walking trails. Day passes can be purchased per automobile or per person. For more information go to: <http://www.nps.gov/romo>

Garden of the Gods Nature Center

The Garden of the Gods is located near Colorado Springs, south of Denver on Interstate 25. This park has towering sandstone rock formations against the backdrop of Pikes Peak. Admission is free! It is easy to drive through this park, stop in the various parking areas and walk around to catch the sites. For more information go to: <http://www.gardenofgods.com/>

Parks and Trails

There are many trails, parks, and open space less than an hour's drive from the Crowne Plaza. See <http://www.bouldercounty.org> or <http://jeffco.us/community/things-to-do-in-jeffco/>

Exhibits and Museums

Denver Museum of Nature and Science

The Denver Museum of Nature & Science is one of the top family attractions in Denver. Explore fantastic fossils, stimulating space science activities, view amazing gems and minerals, Egyptian mummies, and much more.

Watch exciting IMAX films and one of the best planetariums in the country. For information go to:

<http://www.dmns.org/>

Denver Zoo

The Denver Zoo, located in City Park, spans over 75 acres and is home to over 4,000 different animals, representing over 650 species. That means a rare look at exotic animals like leopards, king cobras, black rhinos, coral reef fish, elephants, zebras, vampire bats, gorillas and more. For information go to:

<http://www.denverzoo.org/>

Dinosaur Ridge

The Dinosaur Ridge area is one of the world's most famous dinosaur fossil localities. Here in 1877, some of the best known dinosaurs were first discovered. Today, Dinosaur Ridge is a destination for over 70,000 dinosaur enthusiasts, students of all ages, and nature aficionados each year. There are several options that you have when planning a visit to dinosaur Ridge, including FREE self-guided tours. (Note: located near Mother Cabrini Shrine) For more information go to: <http://www.dinoridge.org/>

Downtown Aquarium

The Downtown Aquarium is home to over 500 species of animals and birds including lionfish, otters, sharks, snakes, sting rays and eels. The complex is at 700 Water St. just off Interstate 25 near downtown. For more information go to: <http://www.aquariumrestaurants.com/downtownaquariumdenver/>

Colorado History Museum

Located near downtown, History Colorado is designed to ignite imaginations of all ages about Colorado history. This new museum and hub for civic engagement creates a rich experience for visitors through exhibits and programs that blend technology, media, environments and artifacts. For more information go to:

<http://www.historycolorado.org/>

Wings Over the Rockies Air and Space Museum

From a B-52 to the Star Wars X-wing signed by Harrison Ford and other cast members, this museum features dozens of historic airplanes, space vehicles and interactive exhibits. Guests can explore the past, present and future of flight as they walk through the 1930s Air Force hangar. The museum preserves the history of Lowry Air Force Base's operations from 1938 to 1994 in its collections, archives and research library. More information:

<http://wingsmuseum.org/visit/>

Professional Sports /Exhibits and Tours

Colorado Rockies/Coors Field

Tours of Coors Field are available Monday through Saturday during the season and provide a behind-the-scenes look at one of the premier ballparks in Major League Baseball. All tours begin at Gate D (20th & Blake Street). Tours last 75-80 minutes and cover a distance of approximately one mile. All tours are accessible for guests with disabilities. For information and game schedules go to: <http://colorado.rockies.mlb.com>

Colorado Rockies Game

Bring your group to a Rockies game the day before the Steubenville Conference!

Rockies vs. D-backs on Thursday, June 22nd at 1:10 pm

To purchase tickets, contact Daniel Madera at 303-312-2413. Prices for the game will be as follows:

Upper Reserved Infield \$14

Outfield Box \$20

Club Outfield \$32

Colorado Rapids

The Colorado Rapids is the professional soccer team of Denver and they play in Commerce City near 601h and Quebec at Dick's Sporting Goods Park. For more information and tickets go to: www.coloradorapids.com

Colorado Outlaws

Lacrosse is the game of the Outlaws. They are Denver's major league professional lacrosse team and play at Sports Authority Field all spring and summer. See the Outlaws take on the New York Lizards Friday, June 24th at 12:30 p.m. For a full schedule go to: <http://www.denveroutlaws.com/>

Colorado Sports Hall of Fame

A free museum honoring Colorado sports legends. It is located on the west side of Sports Authority Field. Open Thurs-Sat. from 10am - 3pm. For information go to: <http://www.coloradosports.org/>

Tours of Sports Authority Field at Mile High, home to the Superbowl 50 Champions Denver Broncos, are available in June, Monday thru Saturday. This is a 75 minute tour and includes the Colorado Sports Hall of Fame. There is a fee with this tour. For more information go to: <http://www.sportsauthorityfieldatmilehigh.com/stadium-information/tour-the-stadium>

Unique Dining Experiences

Casa Bonita

Called "the Greatest Show in Denver" Casa Bonita combines mouthwatering Mexican food, a 30-foot waterfall and daring cliff divers. It is located west of Interstate 25 near W. Colfax and Sheridan Blvd. For information go to: <http://www.casabonitadenver.com/>

The Old Spaghetti Factory

Bread, salad, pasta, spumoni ice cream and Italian sodas, what more could you ask for? It has unique decor and a trolley car inside. Find all that and more at Denver's Old Spaghetti Factory right in downtown. For more information, go to: <http://www.osf.com/location/denver-co/>

Restaurants around Crowne Plaza DIA

Casual & Fine Dining within walking distance

- Outback Steakhouse -16301 E 40th Ave
- Ted's Montana Grill -16495 E 40th Circle
- Uno's Chicago Grill-16375 E 40th Ave
- Urban Sombrero Mexican Grille -16221 E 40th Ave
- Applebee's -16485 E 40th Circle
- Chu's Asian Cafe -15470 Andrews Dr.
- Thai Chili Sushi Bar -16221 E 40th Ave

Fast Food within walking distance

- Wendy's -4020 N Chambers Road
- KFC | A&W -15495 Andrews Drive
- Taco Bell | Long John Silver's -4105 Chambers Road
- Sonic -4400 Chambers Road
- Subway - 15470 Andrews Drive
- Qdoba -15470 Andrews Drive
- Pizza Hut -15470 Andrews Drive
- Kung Fu Asian Grill -15470 Andrews Drive
- Zume Asian Grill -15470 Andrews Drive
- Einstein's Bagels -16495 # 40th Circle
- Jimmy John's Sandwiches -3995 Lewiston Street
- Anthony's Pizza & Pasta - 16221 E 40th Ave
- Popeye's Louisiana Chicken - 4570 Chambers Rd