

## Weather & Destination Specific Information

# Discover Black Hills & Mount Rushmore

For any questions or concerns about your upcoming tour not addressed here, please call 1-800-826-2266

**Time Zone:** This tour is in the U.S. Mountain Time Zone. South Dakota has two time zones – the eastern half is on Central Time, while the western half is on Mountain Time.

**Weather:** Average High/Low

City	Sept.
Rapid City, SD	74°F/51°F
Custer, SD	72°F/43°F
Deadwood, SD	71°F/42°F
Spearfish, SD	75°F/48°F
Lead, SD	70°F/46°F

**Elevation:** Rapid City – approx. 3,300 ft.; Custer – approx. 5,300 ft.; Deadwood – approx. 4,700 ft.; Spearfish – approx. 3,900 ft.; Lead – approx. 5,200 ft.

**Altitude Sickness:** Symptoms include a headache, touch of nausea, feeling unusually tired, or experiencing shortness of breath. Please alert your Tour Director immediately if you are experiencing any signs. Altitude sickness can be significantly minimized or even prevented by following these simple guidelines while traveling:

- Two weeks before the trip, start drinking more water than usual and continue while on tour.
- Ascend gradually (our tour will follow this guideline).
- Avoid strenuous exercise the first day.
- Reduce alcohol intake, which has a greater effect at this altitude.
- Avoid salty foods.
- Eat foods high in potassium.
- Broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes, and tomatoes will help you replenish electrolytes by balancing salt intake.