

Weather & Destination Specific Information

Flying Colors:

Albuquerque International Balloon Fiesta

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

Time Zone: New Mexico is in the U.S. Mountain Time Zone.

Weather: Average High/Low

City	Oct.
Albuquerque, NM	72°F/46°F
Santa Fe, NM	66°F/36°F

Elevation: Albuquerque – approx. 5,000 ft.; Santa Fe – approx. 7,000 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.

Packing Tips: During the festival, prepare for cool desert nights around 40°F, warming up to 70°F by noon. Layer up with a jacket or warm coat, scarf, hat, and mittens. Pack sunscreen and sunglasses for Albuquerque's high-altitude sun and wear comfortable walking shoes (don't forget to bring warm socks, too!).