

## Weather & Destination Specific Information

# Colorado & the Rocky Mountains

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

**Time Zone:** Colorado is in the U.S. Mountain Time Zone.

**Weather:** Average High/Low

City	June	Sept.
Denver, CO	82°F/52°F	79°F/48°F
Vail, CO	70°F/36°F	66°F/34°F
Grand Junction, CO	88°F/56°F	80°F/52°F
Durango, CO	86°F/44°F	79°F/42°F
Colorado Springs, CO	79°F/51°F	74°F/47°F

**Elevation:** Denver – approx. 5,300 ft.; Vail – approx. 8,100 ft.; Grand Junction – approx. 4,600 ft.; Durango – approx. 6,500 ft.; Colorado Springs – approx. 6,000 ft.; Pikes Peak – 14,115 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. The low humidity in Colorado keeps the air dry, like the desert. You need about TWICE as much water here as you would drink at home!
- 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.