

– THINGS TO DO IN STEAMBOAT –

Labor Day Weekend 2017

IMPORTANT! PREPARING FOR HIGH ALTITUDE

- Extra hydration starting a few days before travel is the single most effective precaution against altitude mountain sickness (AMS), where symptoms include headache, gastrointestinal upset, feelings of fatigue, dizziness, and sleep disruption. Reducing caffeine and alcohol consumption before your trip is also highly recommended. Generally, you don't need altitude medications for sleeping elevations below 11,000' (Steamboat is ~7,000'; Four Points Lodge is 9,700') but talk to your doctor if you're concerned. Alternatively, some believe that ibuprofen and ginkgo biloba can help prevent altitude sickness, but scientific evidence is mixed. (See [Mayo Clinic report](#).)
- Once in Steamboat, please, please, wear sunscreen and drink lots of water!

DEBBIE'S RECOMMENDATIONS

FOR NATURE-LOVERS

- [Yampa Valley Crane Festival, 8/31 to 9/3](#) – Who knew Steamboat is a favorite stopover on the sandhill crane migration path! Talks, crane viewing, guided bird walks, etc. (see [schedule](#)).
- [Yampa River Botanic Park](#) – From Lincoln Ave./Rte. 40, turn onto Trafalger Drive (the light closer to town from McDonald's) then left onto Pamela Lane to access the parking lot.
- [Yampa Core Creek Trail](#) – A paved 7.5 mile riverside path for walking, running and biking; the Rotary Park Boardwalk over the marsh is a hidden gem ... park in the lot on Mt. Werner Road at the Rte. 40 eastbound ramp (on the far side of Rte. 40, away from the ski mountain).

FOR FAMILIES and/or GROUPS

- [Wild West Air Fest, Sat 9/2, 9am-3pm](#) – at the Steamboat Airport (3 miles from downtown; *not* the Yampa Valley/Hayden Airport); 11am opening ceremonies, 11:30-2:30 aerobatics; fun to watch!
- [Coca-Cola Adventure Zone](#) and [Maverick mini-golf](#) at the ski resort base area.
- Tube down the Yampa River – There are several outfitters on Yampa Street who rent tubes and bus you back after the 45-minute float; no reservation required.
- Hot springs -- [Old Town Hot Springs](#) (right in town, has water slide) or [Strawberry Park Hot Springs](#) (more natural setting, 7 miles from town, limited parking, [tours](#) from town)
- [Road biking](#) – Many places to rent, including kids' bikes, or try the electric-assisted bikes at [Pedego](#) (smallest is 24"; trailers available for young kids; tours available, but book asap!)
- [Crooked Key](#) escape room (recommended for ages 8+)
- [Steamboat Zip Line Adventures](#)
- ["The Howler" Alpine Slide](#) on Howelsen Hill by the rodeo (ages 2+)

FOR OUTDOORSY & SPORTY TYPES (and options for wannabes)

- Golf & mini-golf
 - [Haymaker Golf](#) – beautiful public course
 - [Maverick miniature golf](#) at the resort base area – brand new
- [Road biking](#) – Many places to rent, including kids' bikes, or try the electric-assisted bikes at [Pedego](#) (tours available, but book asap!)
- Mountain biking – On the [resort mountain](#) or on [Emerald Mountain](#) by the rodeo
- [Hiking](#) – For starters, try the easy 0.5 mile r.t. hike to lower [Fish Creek Falls](#). More ambitious? Continue on for a tougher 7 mile r.t. hike from there to the upper falls. Also, see map of [ski resort mountain trails](#) (3.8 mile/2,180' vertical [Thunderhead trail](#) from the base to the top of the gondola is easily accessible, with a free ride back down via gondola), an [interactive map](#) of all hiking trails in Steamboat Springs, and a list of [top family/moderate hikes](#). *Take plenty of water!*
- Horseback riding – Short trail rides at [Sombrero Ranches](#) by the rodeo grounds and [lots more](#) in the area.
- [Flyfishing](#) – For supplies, rentals, or guides, Mike highly recommends [Steamboat Flyfisher](#).
- Tennis & pickleball at [The Tennis Center](#) – Indoor and outdoor courts for both.

FOR A WESTERN EXPERIENCE

- [Farmer's market](#) – Sat 9am-2pm, 7th and Yampa Streets between 6th and 8th; plus, Downtown Sidewalk Sale during the same hours....
- [F.M. Light & Sons](#) – Western apparel store if you just have to get an authentic cowboy hat!
- Brewery tour – There are *four* craft breweries in Steamboat! [Butcherknife](#), [Storm Peak](#), [Mountain Tap](#), and [Mahogany Ridge](#)

GOOD RESOURCES FOR OTHER THINGS TO DO

- <https://www.steamboat.com/things-to-do/activities>
- <http://www.steamboatcchamber.com/calendar>

Cultural heritage – <http://www.steamboatcchamber.com/discover-steamboat/western/cultural-heritage/steamboat-springs>

Free activities – <http://www.steamboatcchamber.com/plan-your-trip/visitor-center/top-free-things-to-do-in-steamboat-springs>

... OR JUST FIND A NICE VIEW AND ENJOY THE CRISP ROCKY MOUNTAIN AIR!