

General Information

Altitude Sickness

Denver is 5280 feet above sea level (Boulder is a little bit higher).

Here are a few tips for traveling to a high altitude:

1. Don't overdo exercise the first day or two. Let your body adjust.
2. Use sunscreen with an SPF rating of at least 15.
3. Drink more water than you would at sea level. Denver is very dry and it's easy to become dehydrated.
4. Drink less alcohol and consume less rich foods.
5. Be prepared for the most beautiful sunsets. The high altitude and spectacular natural location give Denver some of the most gorgeous sunsets on earth.