

GENERAL INFORMATION ON ASPEN

Aspen Meadows Hotel and Conference Center
845 Meadows Road, Aspen, Colorado 81611
970- 925-4240 • www.aspenmeadows.com

Airport Connection

The ride to town is about 10 minutes. Consult with the staff at your hotel about transportation to the airport for departure. Participants can check their luggage at the Meadows Reception Center and take the Meadows van to the airport at the end of the Forum.

Aspen Town Shuttle

The Meadows offers transportation to and from downtown Aspen departing from the Reception Building on the hour and half hour. Service returning to the Meadows departs Rubey Park at :05 and :35 past each hour, departs Gondola Plaza at :08 and :38 past each hour, and departs Hotel Jerome at :10 and :40 past each hour. For a pickup in town, you **MUST CALL** the Meadows Reception Desk at 970-925-4240.

Clothing, Climate, and Altitude

Aspen has a very informal atmosphere. Dress for the Forum, and all associated events, is casual. Days can be warm and very sunny; bring a brimmed hat, sunglasses and sunscreen. Evenings can be quite cool, so you will probably need a sweater or jacket.

The 8,000-foot altitude can be a problem for some; drink lots of water and avoid alcohol and strenuous activity the first day. Headaches are a common symptom of altitude sickness. As a preventive measure, an aspirin can be taken one hour before arrival, and additional tablets every four hours can help you adjust.

Leisure

A schedule and reservation information for **Aspen Music Festival** performances is available at 970-925-9042 or www.aspenmusicfestival.com. Some concerts are free, but reservations are required. Concerts in the Music Tent can be heard free, but not seen, from the lawn.

The Aspen Meadows **Health Center** is available free to Forum participants whether staying on- or off-campus. It offers a weight room, gym, small outdoor lap pool, steam room, whirlpool, and rental bikes. Ask for the schedule with various complimentary classes. There is a charge for use of the tennis courts.

Aspen offers other **recreational opportunities** such as rafting, bicycle tours, guided hiking tours, fishing, riding, and balloon rides. Contact the Aspen Visitor Center at 800-262-7736 or 970-925-1940. For a start visit www.aspenalive.com. The Aspen Skiing Company 800-525-6200 or 970-925-1220 www.aspensnowmass.com and "Blazing Adventures" 800-282-7238 or 970-923-4544 www.blazingadventures.com might also be of interest.

Information on **hiking trails** is available at the Forest Service office on Seventh St. at West Francis St., near the Aspen Meadows, or Google U.S. Forest Service Aspen. Guide books are on sale at many stores.