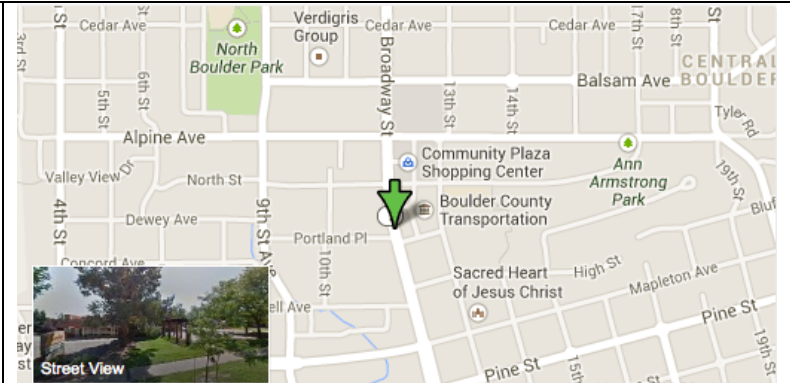


90 Monkeys Logistics Information



VENUE:

90 Monkeys
2516 Broadway Street
Suite 300
Boulder, CO 80304
<http://www.90monkeys.com>

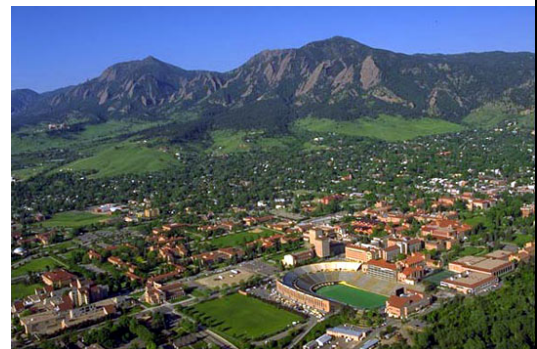


ABOUT BOULDER:

Boulder is located in the foothills of the Rocky Mountains, 35 miles northwest of Denver. Boulder sits 5,430 feet above sea level and is surrounded by a wonderful greenbelt with 120 miles of trails, open space and parks. The entire region is an outdoor enthusiast's paradise, as it offers an abundance of hiking, cycling, rock climbing, skiing and almost any other outdoor activity you can think of. Boulder is definitely known for its natural beauty, outdoor recreation, natural product retailers, restaurants, outstanding transportation options, diverse businesses, and technological and academic resources.

One of the most popular sections of Boulder is the famous Pearl Street Mall, home to numerous shops and restaurants. This four-block pedestrian mall is a social hotspot in Boulder, with dozens of restaurants of all kinds and specialty stores that include artisan shops and unique gadget shops. In the summer and on weekends, many street shows and acts can be found throughout the mall, along with street vendors and henna tattoo artists.

No matter the time of year or the day of the week, the Boulder events calendar has something fun going on. Boulder venues come in all shapes and sizes, indoors and outdoors.



While visiting Boulder be sure to drink plenty of water, especially if you've come from sea level. With Boulder's high elevation (5400 feet) and low humidity, it's easy to get dehydrated. We recommend adding liquid chlorophyll to your water to help with the altitude.

TRANSPORTATION:

By Plane – Denver International Airport (DIA), 1 hour from Boulder

There are both buses and taxis within Boulder. You may also take the Boulder Super Shuttle for door-to-door service from DIA to Boulder accommodations (303) 227-0000. Another great option is taking an [Uber car](#), which usually costs between \$75-\$100 from DIA to Boulder.

Public Transportation – All major bus routes are accessible.

Once in Boulder – Boulder Bicycle Bike Share Program for getting around town:

<http://boulder.bcycle.com/> or bike rentals through Boulder Cycle Sport: <http://bouldercyclesport.com/>

HOMESTAY ACCOMODATIONS:

We strongly recommend using the service, Airbnb.com to find a month-long homestay in Boulder at a bulk rate. One such listing is with our friend and fellow yoga teacher, Dakota Hills: <https://www.airbnb.com/rooms/2350919>. It will go fast so reserve now!

We can also connect local students who can host yogis with out of town students. Please email amy@90monkeys.com if you need assistance.

HOTEL ACCOMMODATIONS:

St. Julien Hotel	0.52 miles away	http://www.stjulien.com/ 720-406-9696	\$\$\$ \$ \$ \$300 - \$400 / Night
Hotel Boulderado	0.54 miles away	www.boulderado.com 303-442-4344	\$\$\$ \$ \$ \$165 - \$200 / Night
Quality Inn and Suites	1.1 miles away	www.qualityinnboulder.com 303-449-7550	\$\$\$ \$ \$125 - \$150 / Night
Marriott Boulder	1.3 miles away	www.marriott.com 303-440-8877	\$\$\$ \$ \$ \$170 - \$190 / Night
Millenium Harvest House	1.7 miles away	<a href="http://www.milleniumhotels.com/milleniu
mboulder">www.milleniumhotels.com/milleniu mboulder (303) 443-3850	\$\$\$ \$ \$ \$120 - \$200 / Night

Residence Inn	1.9 miles away	www.marriott.com (303) 449-5545	\$ \$ \$120 - \$130 / Night
America's Best Value Inn	2.0 miles away	www.americasbestvalueinn.com (303) 443-7800	\$ \$55 - \$75 / Night
Boulder Outlook Hotel	2.1 miles away	www.boulderoutlook.com (303) 443-3322	\$ \$ \$84 - \$104 / Night
Courtyard by Marriott	2.1 miles away	www.marriott.com (303) 440-4700	\$ \$ \$ \$100 - \$130 / Night
Best Western Plus Boulder Inn	2.2 miles away	www.boulderinn.com (303) 449-3800	\$ \$ \$95 - \$120 / Night
Holiday Inn	2.4 miles away	www.holidayinnexpressboulder.com (303) 442-6600	\$ \$ \$ \$100 - \$120 / Night

FOOD	
Supermarkets and Food Markets	
WholeFoods Market www.wholefoodsmarket.com 2905 Pearl St Boulder, CO 303-545-6611	Alfalfa's Market http://www.alfalfas.com/ 1651 Arapahoe Ave. Boulder, CO 80302 720-420-8400
Ideal Market http://www.wholefoodsmarket.com/stores/idealmarket 1275 Alpine Ave. (Steps from the school) Boulder, CO 303.443.1354	Lucky's Market http://luckysmarket.com/ 3960 Broadway St. #104 (303) 444-0215
Cured http://www.curedboulder.com/ 1825 B. Pearl Street Boulder, CO 720.389.8096	
General, Farm to Table and Health Oriented Restaurants	
Zeal Food Organic healthy eating and juices for a high-energy lifestyle http://zealfood.com/ 1710 Pearl Street Boulder, CO 720-708-6309	Fresh Thymes Eatery Locally-sourced café serving organic cuisine http://freshthymeseatery.com 2500 30th Street Boulder, CO 303-955-7988

The Kitchen www.thekitchencafe.com 1039 Pearl Street Boulder, CO (303) 544-5973	The Kitchen Next Door http://thekitchen.com/nextdoor-boulder/ 1035 Pearl St. Boulder, CO 720.542.8159
The Kitchen Upstairs http://thekitchen.com/upstairs-boulder/ 1039 Pearl St. Boulder, CO 303.544.5973	The Leaf Vegetarian Restaurant http://www.leafvegetarianrestaurant.com/ 2010 16 th Street Boulder, CO 80302 303-442-1485
Jax's Fish House www.jaxfishhouseboulder.com 928 Pearl St Boulder, CO 303-444-1811	The Black Cat http://www. 13 th Street Boulder, CO
Shine Restaurant & Gathering Place http://www.shineboulder.com/ 2027 13th Street Boulder, CO (303) 449-0120	The Bitter Bar http://www.thebitterbar.com/ 835 Walnut Street Boulder, CO 303.442.3050
OAK at fourteenth http://oakatfourteenth.com/ 1400 Pearl Street Boulder, CO 303.444.3622	
Oxygen and Raw Elixir Bars, Teahouses, Coffee houses, etc...	
Tonic Oxygen Bar 2011 10th St Boulder, CO 303-544-0202	Dushanbe Tea House www.boulderteahouse.com 1770 13th Street Boulder, CO 303-442-4993
Pekoe Sip House http://www.pekoesiphouse.com/ 1225 Alpine Ave (steps from the school) Boulder, CO 80304 303-444-5953	Vics Espresso http://www.vicsespresso.com/ 2680 Broadway St (steps from the school) Boulder, CO 80304 303-440-8209
Trident Booksellers and Cafe www.tridentcafe.com 940 Pearl Street Boulder, CO 303-443-3133	Boxcar Coffee Roasters boxcarcoffee.roasters.com 1825 B Pearl St (303) 527-1300
Italian	
Frasca Food and Wine Boulder's award winning restaurant! http://www.frascafoodandwine.com/ 1738 Pearl Street Boulder, CO 303-442-6966	Mateo www.mateorestaurant.com 2019 19th Street Boulder, CO 303-443-7766

Pizzeria Locale http://localeboulder.com/ 1730 Pearl Street, Boulder, CO 720-708-2244	Radda www.raddatrattoria.com 1265 Alpine Avenue (steps from the school) Boulder, CO 303-442-6100
Mexican/Southwestern/Indian/Ethiopian/Sushi	
Tahona www.tahonaboulder.com 1035 Pearl Street Boulder, CO 303-938-9600	Zolo Grill www.zologrill.com 2525 Arapahoe Avenue Boulder, CO 303-449-0444
Curry and Kabob http://currynkebob.com 3050 28th Street Boulder, CO 720- 328-4696	Tiffins South India Café http://www.tiffinsrestaurant.com/ 2416 Arapahoe Avenue Boulder, CO (303) 442-2500
Ras Kassa's Ethiopian Restaurant raskassas.com 2111 30th St, Ste E Boulder, CO 303-447-2919	Sherpas http://www.sherpasrestaurant.com/ 825 Walnut Street Boulder CO. 303-440-7151
Kasa Japanese Bar and Grill (best in Boulder!) http://www.kasasushiboulder.com 1468 Pearl Street Boulder, CO 303-938-8888	Hapa Sushi Grill http://hapasushi.com/ 1117 Pearl St. Boulder, CO 303-473-4730

WEATHER:

Colorado in general has unpredictable weather. Be prepared for shorts and t-shirt weather and also be prepared for unpredictable mountain weather. In general, we have mild weather, but we strongly suggest as we lead up to the event, checking such websites like www.wunderground.com or www.weather.com for a more accurate forecast as you plan for your trip.

COOL THINGS TO DO NEARBY OUR SCHOOL:

Boulder and Nearby

- Boulder Farmer's Market – Open on Wednesday evenings and Saturday mornings through October; located at 13th Street between Canyon & Arapahoe
- Boulder Creek Path - The Boulder Creek path is approximately 5.5 miles long and runs to Boulder Canyon.
- Hike in Chautauqua Park or along the river trail behind the Boulder Public Library (Arapahoe and 9th).
- Historic Downtown Boulder & Pearl Street Mall - Walk along Pearl Street outdoor mall from 9th Street to 14th.

- Boulder Dinner Theater (Broadway style musical shows with dinner included)
- Celestial Seasonings Tea Tour—Free, don't miss it!
- National Center for Atmospheric Research
- Boulder Dushanbe Tea House (Beautiful—it's like being in a Central Asian Museum.)
- Visit Boulder Bookstore, our great independent bookstore; enjoy free meet-the- author events.
- Drive through Eldora to the Fourth of July Campground, hike to Diamond Lake —Spectacular.
- Drive to Brainard Lake (1/2 hr. drive from Nederland); numerous hiking trails.
- Drive through Rocky Mountain National Park, visit Bear Lake and other outstanding sights.
- Eldora Ski Area-- skiing, snow-boarding in winter
- For a more comprehensive list of fun activities, events and concerts going on while your stay in Boulder, CO, please visit - www.bouldercoloradousa.com/calendar