



90 Monkeys Travel & Logistics Information



Inside...

- Page 1 Welcome!
- Page 2 About Boulder
- Page 3 Preparing for Your Travels
- Page 4 Getting to Boulder
- Page 5 Accommodations
- Page 6 Restaurants & Markets
- Page 8 Weather, Altitude, etc!



Welcome to Boulder!

90 Monkeys is fortunate to call Boulder, Colorado, our hometown. The charm of Boulder is that it is at once deeply familiar and peculiar, a combination of warm, connected community and cutting edge scholarship and progressive living. You'll find everything from Buddhist centers and delightful, nutritious restaurants (Paleo, Vegan, Gluten-free - it's all here!), to cozy coffee shops and funky consignment stores.

We want to make sure you have all the information you need to make your stay in Boulder fun, safe, and supportive of your education. Whether you're visiting us for a weekend workshop or staying for a month-long training, you'll find the resources you need here to navigate lodging, food, health, wellness, recreation, and more.

Congratulations on making the decision to invest in yourself and your career and welcome to the 90 Monkeys Family! We'll see you in the studio soon!

Amy Ippoliti & the 90 Monkeys Team

90 Monkeys Studio

2516 N Broadway Street, Suite 300
Boulder, CO 80304



About Boulder...

Originally founded in the mid-nineteenth century, Boulder has grown into a town famous for its' outdoor and alternative culture.

Originally founded in the mid-nineteenth century, Boulder has grown into a town famous for its outdoor and alternative culture. With a population of more than 105,000, Boulder is home to a high number of athletes and scholars due to the presence of two universities, University of Colorado Boulder and Naropa University.

Seated at the base of the Flatirons Mountain Range, outdoor recreation permeates almost every aspect of the Boulder lifestyle. Boulder also gets 300 sunny days a year, so it's almost always a great time to get outside! Because many residents are so active, there is a huge variety of yoga, bodywork, and alternative medicine in town.

This combination has lead to Boulder being named *the healthiest town in the United States!*

If you practice or teach yoga and love the lifestyle that comes with it, it's practically guaranteed you will meet many like-minded people here in Boulder.





Preparing for Your Travels

With smartphones, you can now tend to a lot of things remotely, but we recommend getting any pressing matters at home taken care of in the weeks leading up to your departure so your educational experience is focused and calm. This will prevent emails and phone calls from distracting you as we delve into the practices and the beauty of Boulder.

Here are a few helpful ideas to help you prepare for your time away:

- *Water plants before leaving home or arrange for a neighbor to care for them while you're away.*
- *Dial your thermostat up or down to match the temperature of the season.*
- *Arrange for pet care.*
- *Lock all windows and doors securely.*
- *Tell neighbors that you will be away and let them know how they can reach you in case of an emergency.*
- *Close or open blinds and curtains, as needed.*
- *Remove perishable items from your refrigerator.*
- *Empty all wastebaskets & run the garbage disposal.*
- *Be sure that your passport is current (if relevant).*



Essentials for the Traveling Yogi!

- Yoga Mat (& yoga towel)
- Yoga Clothes (several outfits!)
- Notebook, pens or pencils, (colored pencils & highlighters optional)
- Camera or smartphone
- Pre-workshop assignments or readings
- An open mind



Getting To Boulder

Boulder is located one hour from Denver International Airport (DIA).

DIA is a large, clean airport and serves hundreds of national and international flights daily. Once you have landed, there are a number of ways to get to Boulder.

Public Transportation

The Regional Transportation District (RTD) airport bus line, AB/ABA runs from the airport to Boulder every hour or so. It costs \$US 13 and they only take cash. The bus arrives in Boulder's downtown transit center, and you can ask an RTD representative to assist you taking local buses (\$US 2.25 single ride) and purchasing bus passes.

Car Rentals

Renting a car at DIA might be a good option for you if you have a longer stay and want to explore the greater area, such as Denver, Rocky Mountain National Park, and more.

Shuttles

Green Ride, a local company (phone: 303-997-0238 | site: www.greenrideco.com) and Boulder Super Shuttle (phone: 303-227-0000 | site: www.supershuttle.com) offer fairly inexpensive rides to & from DIA.

Taxis, Uber & Lyft

You can hire a taxi, Uber or Lyft driver to bring you to Boulder. Be aware that taxis are costly, and it is often better if you can split the fare between yourself and another student. Once in Boulder, these services are available and more reasonably priced.

Once in Boulder

Boulder is extremely walk able and bike friendly. You can rent temporary bikes from the city Boulder Bcycle program (<https://boulder.bcycle.com>) or for more long term rentals from Boulder Cycle Sport (www.bouldercyclesport.com). If you are staying for a longer period of time, check out options on Craigslist for used bicycle sales. You can usually resell them at the end of your stay! Sometimes, rental properties even come with bikes as well. The local bus system and driving are also options for you.



Accommodations

We strongly recommend advance preparation when looking for your lodging as Boulder experiences a high flow of tourists year-round.

For longer-term stays:

Boulder has a variety of housing options available to you, many within walking or biking distance of the studio. **AirBnb** (www.airbnb.com) and **VRBO** (www.vrbo.com) are particularly good and are sometimes offered at a bulk rate.

For shorter-term stays:

For short stays, Boulder has many hotels and inns. You might consider using travel services such as **Expedia** (www.expedia.com) or **Kayak** (www.kayak.com), as they often provide better deals.

St. Julien Hotel (\$\$\$\$ | \$290-400 / Night)
<http://www.stjulien.com> | 720-406-9696

Hotel Boulderado (\$\$\$\$ | \$165-200 / Night)
www.boulderado.com | 303-442-4344

The Bradley Boulder Inn (\$\$\$\$ | \$165-200 / Night)
www.thebradleyboulder.com | 303-545-5200

Boulder Marriott (\$\$\$ | \$120-200 / Night)
www.marriott.com | 303-440-8877

Quality Inn & Suites (\$\$\$ | \$80-150 / Night)
www.qualityinnboulder.com | 303-449-7550

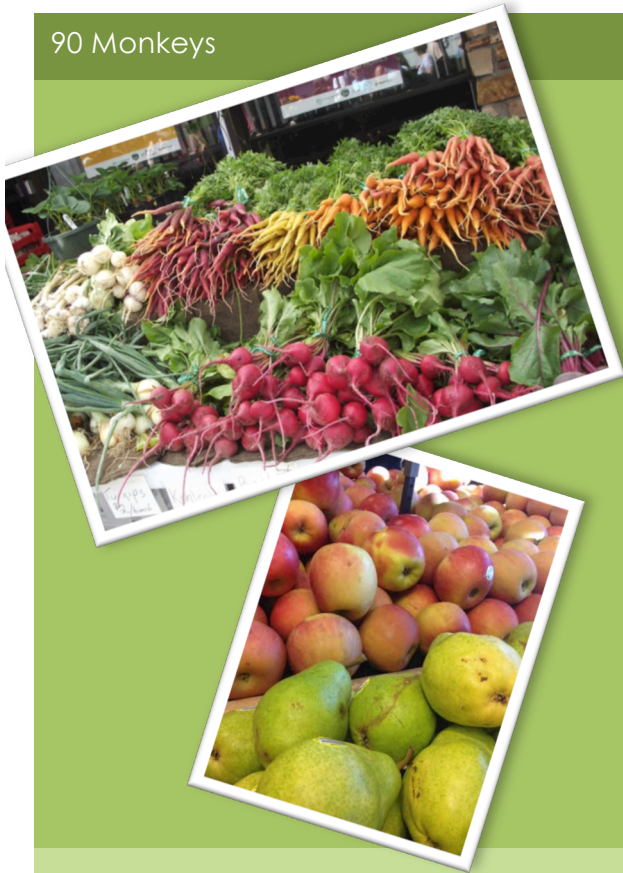
Courtyard by Marriott (\$\$\$ | \$100-130 / Night)
www.marriott.com | 303-440-4700

Holiday Inn Express (\$\$\$ | \$100-120 / Night)
www.ihg.com | 303-442-6600

Best Western Plus Boulder (\$\$ | \$95-120 / Night)
boulderinn.com | 303-449-3800

Millennium Harvest House Boulder (\$\$ | \$75-160 / Night)
www.millenniumhotels.com | 303-443-3850

We are sometimes able to connect visiting students with local students who have offered to host. Please email joey@90monkeys.com for assistance.



Healthy Eating & Restaurants

Boulder has an abundance of restaurants, cafes, and supermarkets.

In terms of healthy, sustainably sourced, eating, there really is no place better! From American to ethnic cuisine, there is really something for everyone!

Below are some general, farm to table, and health-oriented restaurants.

Zeal Foods - Organic, healthy eating and juices for a high-energy lifestyle. | 1710 Pearl Street | <http://zealfood.com/> | 720-708-6309

Lyfe Kitchen - A healthy eatery with many options. | 1600 Pearl Street | www.lyfekitchen.com/locations/boulder/ | 303-245-0950

The Hungry Toad - A local pub with healthy food in generous portions, just steps from the studio! | 2543 Broadway Street | thehungrytoad.com | 303-442-5012

Fresh Thymes Eatery - A locally-sourced café serving creative organic and paleo oriented cuisine. | 2500 30th Street | <http://freshthymeseatery.com> | 303-955-7988

Breadworks Café and Bakery - Steps from the studio; great soups, salads, and pastries! | 2644 N. Broadway Street | www.breadworks.net | 303-444-5667

Julia's Kitchen - A gluten-free, raw & vegan restaurant of superb quality! | 3980 Broadway Street | juliaskitchen.co | 720-389-5578 A gluten-free, raw & vegan restaurant of superb quality!

Shine Restaurant & Gathering Place - A yogi hotspot! Paleo, Vegan, and gluten-free options, plus their signature health potions. | 2027 13th Street | www.shineboulder.com | 303-449-0120

The Kitchen Café / The Kitchen Upstairs - A more upscale eatery with fantastic cuisine. | 1039 Pearl Street | www.thekitchen.com | 303-544-5973

The Kitchen Next Door - The Kitchen's pub-style restaurant with great food and drinks. | 1035 Pearl Street | www.thekitchen.com | 720-542-8159

Blooming Beets - Grain Free. Grass Fed. Farm Fresh & Organic. Gluten-Free. | 3303 30th Street | www.bloomingbeets.com | 303-443-3479

Cafes, Juicerries & Coffee Shops

Pekoe Sip House – A huge selection of teas and creative drinks. | 1225 Alpine Avenue (steps from the studio!) | 303-444-5953
www.pekoesiphouse.com

The Cup – A low-key, local spot with drinks, and café food. | 1521 Pearl Street | 303-449-5173
www.thecupboulder.com

The Laughing Goat – Great coffee, pastries, and live music! | 1709 Pearl Street | 303-440-4628
www.thelaughinggoat.com

Dushanbe Tea House – A fabulous teahouse with a full, flavorful menu. 1770 13th Street 303-442-4993
www.boulderteahouse.com

Boxcar Coffee Roasters – Some of the best coffee in Boulder, with Cured Pearl Marketplace (gourmet!) adjacent! 1825 Pearl Street 303-527-1300
www.boxcarcoffeeroasters.com

Trident Booksellers and Café – A yummy café and a great selection of used books. | 940 Pearl Street | 303-443-3133 www.tridentcafe.com

Ozo Coffee – A local's favorite! 1015 Pearl Street | 303-645-4885
www.ozocoffee.com

Cured West – European style mom & pop shop. Fresh cheeses, cured meats, salads, sandwiches | 2019 10th Street | 720-389-8096 | www.curedboulder.com

Wonder – 100% organic, cold-pressed juice and nut milk. | 946 Pearl Street | 720-484-4927
www.wonderpress.co

Alpine Modern Cafe – A simple, quaint New York style café. | 904 College Avenue | 303-954-0129
www.alpinemodern.com/cafe

SUPERMARKETS

Ideal Market – Steps from the studio – a miniature Whole Foods! Great for snacks, lunches, and it's quick! www.wholefoodsmarket.com/stores/idealmarket 303-443-1354

Lucky's Market – This local market in North Boulder has a delicious, wonderful selection, and also has a bakery and creamery. www.luckysmarket.com | 303-444-0215

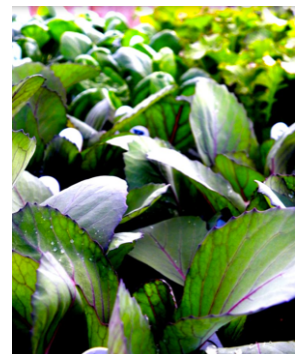
Alfalfa's Market – A local, gourmet market close to Pearl Street, it features many local products and has a wonderful health and wellness section. www.alfalfas.com | 720-420-8400

Whole Foods Market – Right by the 29th Street Mall, this large market has plenty of healthy options and is a great place to pick up fresh lunches and snacks. www.wholefoodsmarket.com | 303-545-6611

Vitamin Cottage Natural Grocers – Next to Whole Foods, this small market is packed with healthy options at terrific prices! www.naturalgrocers.com 303-402-1400

Sprouts Farmer's Market – With locations in South and Downtown Boulder, Sprouts has a wide selection of natural and organic products for good prices. www.sprouts.com Baseline Store (South): 720-279-6758
Arapahoe Store (Downtown): 303-449-0777

King Soopers – A conventional supermarket, this local chain boasts a great natural foods section and great prices. Two locations in South and East Boulder. www.kingsoopers.com Table Mesa Store (South): 303-449-4004 / 30th Street Store (East): 303-443-9622



COOL THINGS TO DO IN BOULDER!

Boulder Farmers Market – Every Wednesday afternoon and Saturday morning, Spring through October. Amazing!

Boulder Creek Path – Runs 5.5 miles through downtown and up to Boulder Canyon, always along the lovely creek.

Chautauqua – A large complex of hiking trails with spectacular views and access to the Flatirons themselves!

Downtown Boulder and Pearl Street – From elegant boutiques to funky bookstores, there's something for everyone! Walk the outdoor mall from 9th to 14th Street.

Boulder Dinner Theater – A super fun evening of musical theater and great food.

Red Rocks – A famous outdoor music venue for summertime concerts. 1 hour from Boulder.

Diamond Lake and Eldora – Hike to Diamond Lake from the Fourth of July Campground in Eldora. Beautiful!

Brainard Lake – A spectacular alpine lake located ½ hour from North Boulder.

Estes Park – A beautiful mountain village 1 hour from Boulder. The gateway to the Rockies!

Rocky Mountain National Park – A large and stunning National Park with trails, lakes, and rivers. A state treasure!

Get more ideas for great activities at:
www.bouldercoloradousa.com/calendar

WEATHER

Due to our mountainous location, Boulder (Colorado really) has some unpredictable weather. Be prepared for sunny shorts and t-shirt weather in the morning and a downpour in the afternoon. Make that a blizzard if it's winter. In general, we have mild weather, but we strongly suggest you check the forecast prior to an event so you can pack appropriately. Use websites like www.wunderground.com or www.weather.com for detailed, accurate information.

A NOTE ABOUT OXYGEN

Boulder sits more than a mile above sea level, which in metric measurement is more than 1600 meters. Therefore, our atmosphere is thinner, and sometimes it takes people a while to adjust to the altitude. While rare, altitude sickness can happen, and the best remedy is pure oxygen! **Tonic Oxygen Bar** in downtown Boulder (2011 10th Street | 303-544-0202) serves oxygen and a variety of raw food. Even for those who acclimate with no trouble, it's a great experience! Also, you can prevent altitude sickness in the first place by drinking a TON of water before traveling, especially water with electrolytes... like coconut water! We also highly recommend adding liquid chlorophyll to your drinking water in the days leading up to your trip as well while you're in Boulder.

