



Colorado Springs, CO Visitor Information

Area Attractions

Garden of the Gods – <https://gardenofgods.com/>

Flying W Ranch – <https://www.flyingw.com/>

United States Air Force Academy - <https://www.usafa.edu/facilities/visitor-center/>

Cheyenne Mountain State Park - <https://cpwconnect.state.co.us/D/CMSP>

Manitou Springs - <https://manitousprings.org/>

Cave of the Winds Mountain Park - <https://caveofthewinds.com/>

US Olympic & Paralympic Museum - <https://usopm.org/>

Pikes Peak Cog Railway - <https://www.cograilway.com/>

Area Events

Pikes Peak International Hill Climb Fan Fest - <https://ppihc.org/fan-fest/>

Event Date: Friday June 21, 2024

Time: 5:00pm – 9:00pm

Location: Downtown Colorado Springs

Gather in the heart of Downtown Colorado Springs to experience this 10-block street party. Come out and meet the drivers, visit with top sponsors, and witness high flying stunts during the FMX Show!

Fan Fest will take place rain or shine, there are no alternate event dates due to inclement weather.

Gear Up for the 102nd Running of the Pikes Peak International Hill Climb

June 23, 2024

12.42 miles

156 Turns

14,115ft Finish Line

The Broadmoor Pikes Peak International Hill Climb (PPIHC), brought to you by Gran Turismo, also known as The Race to the Clouds, is an invitational automobile hill climb to the summit of Pikes Peak – America’s Mountain in Colorado, USA

Dining In Colorado Springs

Antlers Grille (The Antlers Hotel) 4 S Cascade Ave| Colorado Springs, CO | 80903

<https://antlers.com/dine/index.shtml>

The Famous Steak House 31 N Tejon St| Colorado Springs, CO | 80903

<https://www.thefamoussteakhouse.net/>

Jose Muldoon's Food & Drink Downtown 222 N Tejon St| Colorado Springs, CO | 80903

<https://josemuldoons.com/>

The Warehouse Restaurant and Gallery 25 W Cimarron St| Colorado Springs, CO | 80903

<https://www.thewarehouserestaurant.com/>

The Rabbit Hole 101 N. Tejon| Colorado Springs, CO | 80903

<https://www.rabbitholedinner.com/>

1350 Distilling 520 E Pikes Peak Ave| Colorado Springs, CO | 80903

<https://www.1350distilling.com/>

Jack Quinn's Irish Pub & Restaurant 21 S Tejon St| Colorado Springs, CO | 80903

<https://jackquinnspub.com/>

Lumen8 Rooftop Social 402 S Tejon St| Colorado Springs, CO | 80903

<https://www.lumen8cos.com/>

High Altitude Effects & Tips

Colorado Springs climbs to an altitude of 6,035 feet. Manitou Springs, just five miles to the west of Colorado Springs, is 6,320 feet. Further west, the towns of Victor and Cripple Creek are over 9,500 feet. The summit of Pikes Peak towers above them all at 14,115 feet.

!!! DRINK MORE WATER !!!

Stay hydrated! The air is drier, and your body will dehydrate much more quickly. A good rule of thumb to follow: The higher up you go, the more water you should drink. In fact, drinking twice your normal water intake is suggested at higher altitudes.

LIMIT ALCOHOL AND CAFFEINATED BEVERAGE INTAKE

Alcohol binds oxygen and water and robs your body of these two important nutrients. It's also recommended to avoid coffee, tea, and other caffeinated beverages at least one day prior to traveling to higher altitudes.

AVOID STRENUOUS EXERCISE ON THE FIRST DAY

To give your body time to adjust to the higher elevation, we recommend spending your first day — or as long as you need — exploring at lower altitudes.

ALWAYS TRAVEL WITH A COMPANION

Everyone experiences altitude changes differently, so we recommend always bringing a family member, friend or companion with you, especially as you begin to embark on more intense adventures. If someone begins to experience severe coughing, wheezing, shortness of breath or chest pain, get them to a lower altitude as quickly as possible.

MOST COMMON HIGH ALTITUDE ILLNESS SYMPTOMS

- headache (Most common)
- loss of appetite
- feeling or being sick
- feeling tired or exhausted
- dizziness
- difficulty sleeping

CHECK WITH YOUR DOCTOR

Be sure to consult with your doctor first before exerting yourself at higher altitudes. The effects of some drugs such as tranquilizers can be greatly increased at higher altitudes.