

Dear Conference Participants,

We are excited that you are attending the 40th Annual Conference on Pediatric Infectious Diseases. In Vail, there is something for everyone! See the list below of just a few of our “Hot Tips” provided by previous conference participants to help you navigate the Vail area. This list includes everything from food to bike rentals and activities, and more!

For additional recommendations or more information on any of these suggestions, please contact the Concierge Desk at the Lodge at Vail (lavconciierge@vailresorts.com 970-754-7809).



RESTAURANTS

Casual Dining in Vail Village (great for kids)

Bully Ranch (inside the Sonnenalp Hotel)
sonnenalp.com/dining/bully-ranch
970-479-5460

Red Lion Restaurant (at the top of Bridge Street)
theredlion.com/
970-476-7676

Vendettas Italian Restaurant
vendettasvail.com/
970-476-5070

Pazzo's Pizzeria (on E Meadow Dr)
pazzospizza.com
970-476-9026

Los Amigos (on Bridge St, near pirate ship playground and base of Gondola One)
losamigosvail.com
970-476-5847

Blue Moose Pizza (on the plaza – great for Thursday night Jazz)
bluemoosepizza.com
970-476-8666

Moe's Original BBQ (off main plaza)
moesoriginalbbq.com/lo/vail
970-479-7888

Casual Dining in Lionshead Village

Tavern on the Square, LOCATED IN The Arrabelle at Vail Square
970-754-7704

The Little Diner (Lionhead Circle, Vail)

<http://thelittlediner.com/>

970-476-4279

Good Local Restaurants in Vail Village

Alpenrose

<https://www.alpenrose-vail.com/>

970-476-8899

Mountain Standard

mtnstandard.com

970-476-0123

el Segundo

<https://elsegundovail.com/>

970-763-5470

Russel's

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

970-476-6700

Elway's (at the Lodge at Vail)

<http://www.elways.com/vail>

970-754-7818

Sweet Basil

sweetbasilvail.com

970-476-0125

La Nonna Ristorante

<https://lanonnavail.com/>

(970) 393-5959

The Slope Room

<https://sloperoom.com/>

970-476-6836

La Tour Restaurant

<https://latour-vail.com/#reservations>

970-476-4403

Up the Creek Restaurant

vailupthecreek.com

970-476-8141

Matsuhisa

matsuhisarestaurants.com/vail

970-476-6628

Yama

yamasushivail.com

970-476-7332

Good Local Restaurants in Lionshead Village

Vail Chophouse (Base of Gondola)

vailchophouse.com

970-477-0555

Montauk Seafood Grill

montaukvail.com

970-476-2601

Good Local Restaurants Outside of Vail

Avon

Agave – Old World Mexican

agaveavon.com/restaurant

970-748-8666

Fiesta Jalisco's – Mexican

fiestajalisco.net

970-845-8088

Vin 48 – great restaurant and wine bar!

vin48.com

970-748-Wine (9463)

Edwards

Craftsman's Brew Co.

<https://craftsmanbrewco.com/>

970-855-2718

Fiesta's New Mexican Cafe & Cantina ? website doesn't work

fiestascafe.com

970-926-2121

Juniper Restaurant

juniperrestaurant.com

970-926-7001

The Gas House

gashouse-restaurant.com

970-926-3613



HIKING (for trailhead maps, please visit: www.vail.com/explore-the-resort/activities-and-events/summer-activities.aspx)

Please note to check vail.com or the lift ticket office before hiking on Vail Mountain.

Trail Favorites

Gore Creek Path – A perfect trail for non-hikers and light hikers. The path is terrific for walking, biking, and running along Gore Creek. It traverses the entire Vail Valley, winding east-west between Vail Village and East Vail. There are many access points to this trail. It is easily accessed in Vail Village just before the covered bridge on the left-hand side.

Berry Picker Trail – This 6.1-mile trail (out and back) is easily accessed at the Vista Bahn chairlift in Vail Village. The gondola is free to ride down if you hike up.

Shrine Mountain, Vail Pass – If you're looking for a hike with incredible wildflowers, go to Shrine Mountain on Vail Pass. There are fields and fields of beautiful wildflowers. The hike starts on Shrine Pass, about 2.3 miles from Interstate 70 and the Vail Pass rest area. The hike to Shrine Ridge is about 3.6 miles roundtrip with about 700 feet of elevation gain. The hike to Shrine Mountain is about 4.2 miles roundtrip with 850 feet of elevation gain.

Access from I-70: From I-70, take exit 190 for Vail Pass. Exit and turn west toward the Vail Pass rest area. Instead of heading for the rest area, take the Shrine Pass dirt road. Follow the road about 2.3 miles to the parking area on the left.

Booth Creek Trail – A favorite hike for visitors!! You can get here by taking the East Vail Bus from the transportation center and getting off at Booth Creek (ten-minute bus ride and free!). This is one of the most popular hiking trails in the area. The falls are a popular destination for short hikes. Booth Lake offers good fishing and even has an island. The trail climbs steeply from the trailhead through aspen groves for the first mile. Then, the trail climbs more gradually, following along Booth Creek. At mile 2, the trail passes 60-foot Booth Creek Falls. Beyond the falls, early season hikers may encounter snow patches. The trail winds through conifer forests and meadows filled with wildflowers. Above 10,000 feet, the trees thin and the terrain changes, offering views of the Gore Range. The last 1/4 mile to Booth Lake is steep and rocky.

Access from Vail: Travel east from Vail on I-70 to Exit 180 for East Vail. Exit here and turn left, pass under the interstate, and turn left onto the north frontage road. Proceed about 1 mile to Booth Creek Road, turn right. Continue up this road to the end. There is a large parking area at the end of the road.

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- **Trail Beginning:** 8,400 ft at the end of Booth Creek Road.
 - **Trail Ending:** 11,480 ft at Booth Lake.
 - **Length:** 6 miles (9.7 km) one way.
 - **Highest Elevation:** 11,480 ft (3500 m) at Booth Lake
 - **Difficulty:** More difficult to most difficult. Elevation gain: 3,080 ft in 6 miles.
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Vail Recreation



Golf: With stunning mountain backdrops, a wide variety of courses and an unbeatable summer climate, golf is a Vail summer activity, not to be missed.

Vail Golf Club: A public 18 hole course highlighted by views of the Gore Mountain Range.

1778 Vail Valley Drive, Vail, CO 81658

vailrec.com/vail-recreation/vail-golf-club



Pickleball: Golden Peak Pickleball Center in Vail is one of the finest pickleball facilities on Colorado's western slope with six dedicated pickleball courts. The Golden Peak Pickleball Center is conveniently located next to Vail Mountain, between Vail Village and the Gerald R Ford Amphitheater and Ford Park.

<https://www.vailrec.com/vail-recreation/golden-peak-pickleball-center>



Tennis: There are tennis courts (composite courts) located just down the road at Ford Park operated by the town of Vail. They can be reached in 5 minutes by car. Please see link below for more information:

vailrec.com/vail-recreation/vail-tennis-center



Swimming: The community of Eagle Vail

swimmingpool@eaglevail.org

Adult \$14

Youth (ages 4-17) \$14

Senior (65+) \$14

Vail Recreation



Bowling

Bōl - one of the most unique, amazing and luxurious bowling & dining experiences in the Vail Valley... if not the world.

<https://decabolvail.com/>

970-476-5300

Recreation outside of Vail

Avon Recreation Center

90 Lake Street
Avon, CO 81620
970-748-4060

<https://www.avon.org/2046/Recreation>

(This is a great recreation center which includes swimming, work-out facilities, etc.)

Nottingham Lake and Beach

The Town of Avon has partnered with [Stand Up Paddle Colorado](#) to offer recreation activities on the lake during the summer months from Memorial Weekend to Labor Day weekend from 10:00 a.m. until 6:00 p.m. They offer pedal boat rentals, stand up paddle board rentals, and kayak rentals.

Please call Stand Up Paddle Colorado at (970) 453-7873 for more information.

<https://www.avon.org/431/Nottingham-Lake-and-Beach>

Copper Triangle Bike Ride



August 5, 2023 – The Copper Triangle Alpine 17th

Annual Cycling Classic: The famous Copper Triangle has long been considered one of Colorado's classic alpine road rides. Graced with breathtaking scenery, gorgeous roads and three challenging climbs, the Copper Triangle exemplifies cycling in the Colorado Rockies. Upon returning from your ride, participants will be greeted by the "Alpine Celebration," a post-ride party with music, first class lunch,

prize drawings and cycling expo that will continue throughout the afternoon.

<https://www.theridecollective.com/coppertriangle>

Dance, Music, Arts, and Entertainment



Vail International Dance Festival (July 27 – August 7, 2023) July 27-August 7 2023

Established in 1989, the annual Vail Dance Festival features both performance and educational elements, firmly establishing the Vail Valley as one of the top summer dance destinations in the world. Please visit vaildance.org for information and tickets. Tickets for the 2023 Festival are on Sale Now!



Vail Jazz @ Solaris on Sunday Evening 500 – 7:00 pm at Solaris Plaza in Vail Village (free event). Featuring the Lionel Young Quartet from 3:30-8:00 pm on Sunday, July 31.

Vail Jazz at Vail Square in Lionshead on Thursday Evenings 6-8 PM (ticketed event). Featuring Samara Joy and Pasquale Grasso Quartet on August 4th. With a cold beverage and unbeatable views, this series has quickly become the Thursday night event of Vail's summer music scene. For performance and ticket information, visit <https://vailjazz.org/live-performances/>

Parks and Gardens



Ford Park is a great place for a picnic! A short walk from Vail Village, the park stands adjacent to the Betty Ford Alpine Gardens. Most families prefer to picnic below the softball fields. Picnickers can bring their own horseshoes to the horseshoe pit. The park has a pavilion with covered picnic tables.

Betty Ford Alpine Gardens (great kid-friendly park) is the world's highest botanical garden, located at:

183 Gore Creek Drive, Vail.
970-476-0103
bettyfordalpinegardens.org



Vail Farmers' Market and Art Show

Sundays, 9:30 am - 3:30 p.m. in Vail Village

The Vail Farmers Market is entering 23 years in Vail on Meadow Drive. The event started with a few tents and now has grown to over 148 tents for 17 Sundays of the summer. Vendors have been handpicked with guests in mind. They work to have the majority of their vendors having made in Colorado artisan items and food ringing people from all over to enjoy the mountain lifestyle on a Sunday. Enjoy strolling down East Meadow Drive in Vail while tasting treats from Colorado. Parking for the Market is at the Vail Village Parking or Lionshead Parking. The Market begins June 18th and goes through October 8th, 2022.

vailfarmersmarket.com

For more events and additional information on things to do in Vail, please visit the following websites:

vail.com/explore-the-resort/activities-and-events/vail-events.aspx

vailchamber.org

visitvailvalley.com/vail/

HEALTH & SAFETY

Altitude Sickness – High mountain air is dry and has less oxygen than air at sea level. Visitors from lower elevations may experience various forms of Acute Mountain Sickness (AMS). Symptoms may include the following: fatigue, shortness of breath, headaches, nausea, decreased appetite, and sleep disturbances. These symptoms are often worse the second day at altitude. Minimize the effect of altitude by drinking lots of water, eating foods that are high in carbohydrates, and reducing alcohol, caffeine and salty food intake. Most importantly, rest. If you experience severe illness, contact the front desk and they can assist you in finding a health care professional. AMS symptoms may be relieved quickly and safely with supplementary oxygen or by simulating elevation descent using a hyperbaric chamber.

Dehydration – Normal body fluid loss is doubled at high elevations, so drink 3-4 times more water than you would at sea level. Avoid alcohol and caffeine, as these will dehydrate you further.

Frostbite – No matter what time of year, cold and windy conditions may lead to the destruction of body tissue. Skin should be kept warm and covered, especially fingers, toes, ears, and noses. Avoid wet or tight apparel. If you lose sensation in your face, fingers, or toes, look for frostbite (numb, cold, white areas). Seek medical attention immediately if blistering occurs.

Sunburn – Ultraviolet light is more intense at higher altitudes. You may burn much more easily than expected, so use sunscreen rated SPF 30 or higher and wear sunglasses to protect your eyes.

Water Danger - *Please use extreme caution around creeks and rivers!* Gore Creek and other local creeks and rivers may run very high and fast. Authorities around the state are warning people to exercise extreme caution near any moving water this time of year. Please don't drink from the giardia-containing streams!

