

9th Annual CAPA Diagnostic Course @ Keystone

Meeting Information

- Date and time: **09/23/2023**, full day, 8:00AM – 5:00PM
09/24/2023, half day, 8:00AM – 12:00PM
- Meeting location: **Keystone Lodge and Spa**
22101 US-6, Keystone, CO 80435
(<https://youtu.be/424KeR0Y93I>)

Commute To Keystone

- From Denver Airport: 95 miles, 100 minutes
- Scenic driving along I-70, altitude up to 11,158 feet
- Shuttles through CAPA: \$180-200 per 5- or 7-seat vehicle
- Book by yourself: summitexpress.com; epicmountainexpress.com
- Car rental by yourself

Hotel Reservation (Please see page 2 for hotel locations, available rooms, and rates)

Keystone Lodge & Spa and Nearby Condos

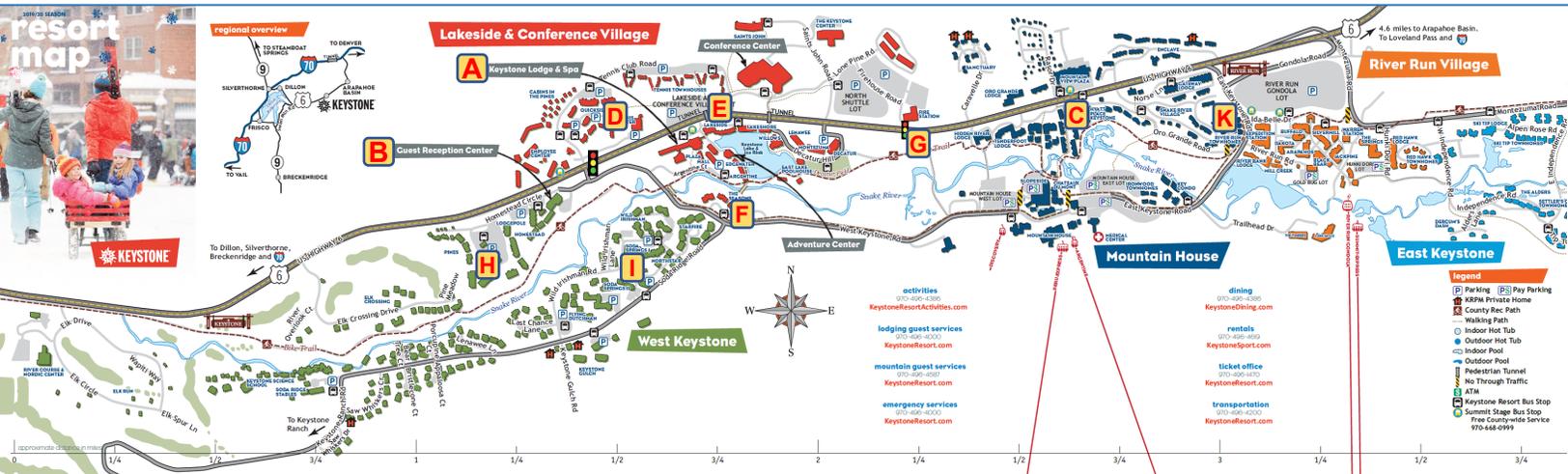
- Hotel Information
 - Keystone Lodge & Spa is our meeting site
 - Most condos within walking distance (see page 2 for locations)
 - River Run Condos are the farthest, 1.7 miles from the meeting site, but close to more activities (shopping center and Gondola); shuttles available every 30 minutes
 - Please Note: Keystone Lodge & Spa check in at its location; all other condos check in at the Keystone Condominiums Check-In (21996 US-6, Keystone, CO 80435)
- Booking Link: [BKRCAP23_Keystone Lodge & Spa and Nearby Condos](#)
 - Please Note: this link is only used to book the two nights of 09/22 and 09/23. If you plan to arrive earlier or stay longer, please call the reservation line below. If rooms are not listed online, you may call to inquire.
- Reservation Line: 855-332-1601; Monday-Sunday, 8am-5pm MT; use group code **BKRCAP23**

Hyatt Place Keystone (Fully Booked)

- Hotel Information
 - Address: 23044 US HWY 6, Keystone, Colorado, 80435
 - 1.0 mile from the meeting site; shuttles available every 30 minutes
 - Check in at hotel location
- Booking Link (Fully booked)
- Reservation Line (Fully booked)

Make travel plan and book the rooms at your earliest convenience! The end of September is the best time for Fall foliage in the Rocky Mountains, and the hotels will be in great demand with much higher rates.

Hotel Locations, Available Rooms, and Rates



Label on Map	Hotel/Condo	Rate/night	Available Rooms 9/22, Friday	Available Rooms 9/23, Saturday
A	Keystone Lodge/Spa King	\$199.00	20	20
A	Keystone Lodge/Spa Queen	\$199.00	8	8
A	Keystone Lodge/Spa Loft	\$220.00	2	2
B	Keystone Condominiums Check-In: all rooms EXCEPT Keystone Lodge/Spa and Keystone Hyatt Place Address: 21996 US-6, Keystone, CO 80435			
C	Hyatt Place Keystone Queens	\$199.00	8	8
C	Hyatt Place Keystone Suite	\$220.00	5	5
D	Conference Village Studio	\$220.00	10	10
E	Lakeside 1 Bedroom	\$249.00	3	3
E	Lakeside Studio	\$220.00	1	1
F	Seasons 2 Bedroom	\$349.00	2	2
F	Seasons 3 Bedroom	\$499.00	1	1
G	Clearwater 2 Bedroom	\$349.00	3	3
H	Evergreen 1 Bedroom	\$249.00	6	6
H	Evergreen 2 Bedroom	\$349.00	15	15
I	Northstar/Starfire/Soda Spring 1 Bedroom	\$249.00	1	1
K	River Run 1 Bedroom	\$199.00	15	15

Travel Guide In Keystone and Colorado

General Information

- Chinese guided tours upon request: \$450-500 per 7-seat vehicle per day; larger vehicles available
- Bring swimming suits, if you plan to enjoy the largest mineral hot spring in Glenwood Springs
- Winter jackets needed, if you plan to travel in the high mountains; it can be freezing, windy, and snowy
- Travel in the Rocky Mountains by yourself: check local weather and road conditions (<https://www.cotrip.org/>); when going down long steep hills, shift to a lower gear to avoid over-heating of the breaks
- Tips to prevent altitude illness: avoid alcohol or heavy exercise for the first 1-2 days; good sleep; sufficient hydration; consider coming earlier to stay in Denver or Resort with mild activities

Activities in Keystone Resort (<https://www.keystoneresort.com>)



Keystone Resort



Keystone Lodge and Spa

- **Hiking and Mountain Biking:** 130 trails, hundreds of miles ([Summer trail map](#))
- **Scenic Gondola Rides:** Up to 11,640 feet, incredible panoramic views of the Lake Dillon, the Continental Divide, and the Ten Mile Range
- **Golf:** One of the nation's most respected golf destinations with several championship golf courses
- **River Activities:** Rafting, paddleboarding, kayaking, and fly-fishing
- **Village Activities:** Shopping, live music concerts, food, wine tasting, annual Oktoberfest celebration, and horseback riding



Fall Foliage



Golf Course



Golf Course



Snake River



Biking



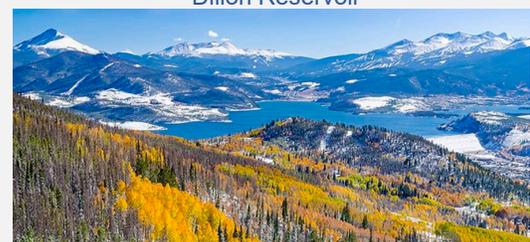
Gondola

Activities in the Vicinity (<5 miles)

- **Dillon Reservoir:** Highest deep-water marina in North America with stunning view and plenty of popular recreation activities
- **Outlets at Silverthorne**
- **Silverthorne Performing Arts Center**
- **Dillon Amphitheater**
- **Frisco's weekly Concerts in the Park**
- **Breckenridge Resort**

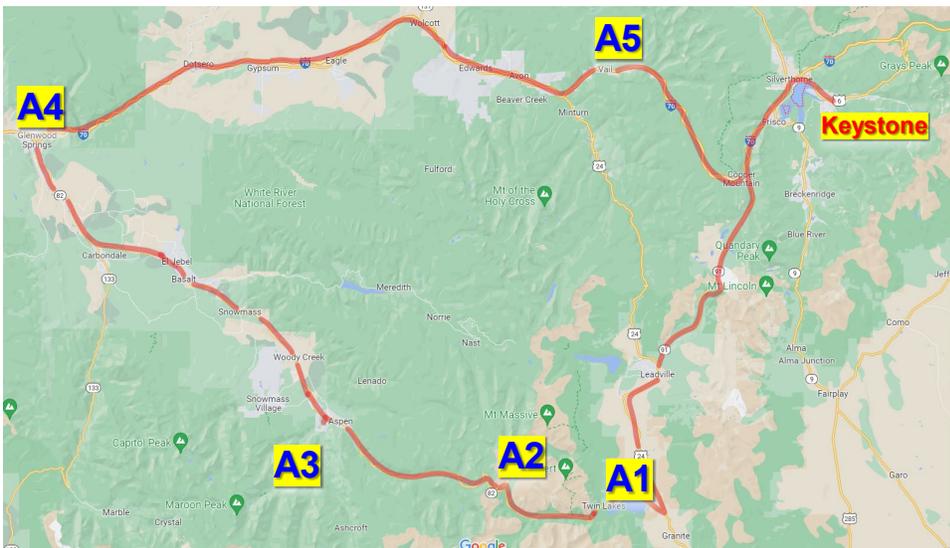


Dillon Reservoir



Dillon Reservoir

(A) Snowmass Travel Plan, 1-Day



- Depart at ~6:30AM
- Drive along Hwy 82, the top of scenic and historic byways in CO
- Brief stops at (A1) Twin Lakes and (A2) Independence Pass
- Arrive (A3) Aspen around 11:00AM. Parking: Four Mountain Sports-Aspen Highlands Ski Area 76 Boomerang Rd, Aspen, CO 81611
- Reserve round-trip shuttle tickets to Maroon Bells (<https://aspenchamber.org/plan-trip/trip-highlights/maroon-bells/reservations>); very demanding and difficult to reserve!
- Sliver Queen Gondola after Maroon Bells (<https://aspenchamber.org/plan-trip/trip-highlights/aspen-mountain-gondola>)
- Hot springs at (A4) Glenwood Springs

A1. Twin Lakes

- The state's two largest glacial lakes
- Surrounded by mountains >13,000 feet high
- Overlook of Colorado's highest peak, Mt. Elbert



A2. Independence Pass

- Summit at the Continental Divide
- Elevation 12,095 feet
- Highest paved mountain pass in Colorado
- Spectacular views: <https://youtu.be/9qAa4E6wnts>



A3. Maroon Bells

- Most photographed mountains in N. America
- Wine-colored, bell-shaped peaks
- Elevation 14,163 feet
- <https://youtu.be/IJ0hDJSjK6I>
- <https://youtu.be/Pq16tUo2ryo>



A4. Glenwood Hot Springs Lodge

- World's largest mineral hot spring pool
- One of the hottest in Colorado
- Produces >3.5 million gallons of hot water per day at a temperature of 122°F
- https://vimeo.com/374033550?embedded=true&source=vimeo_logo&owner=8508479

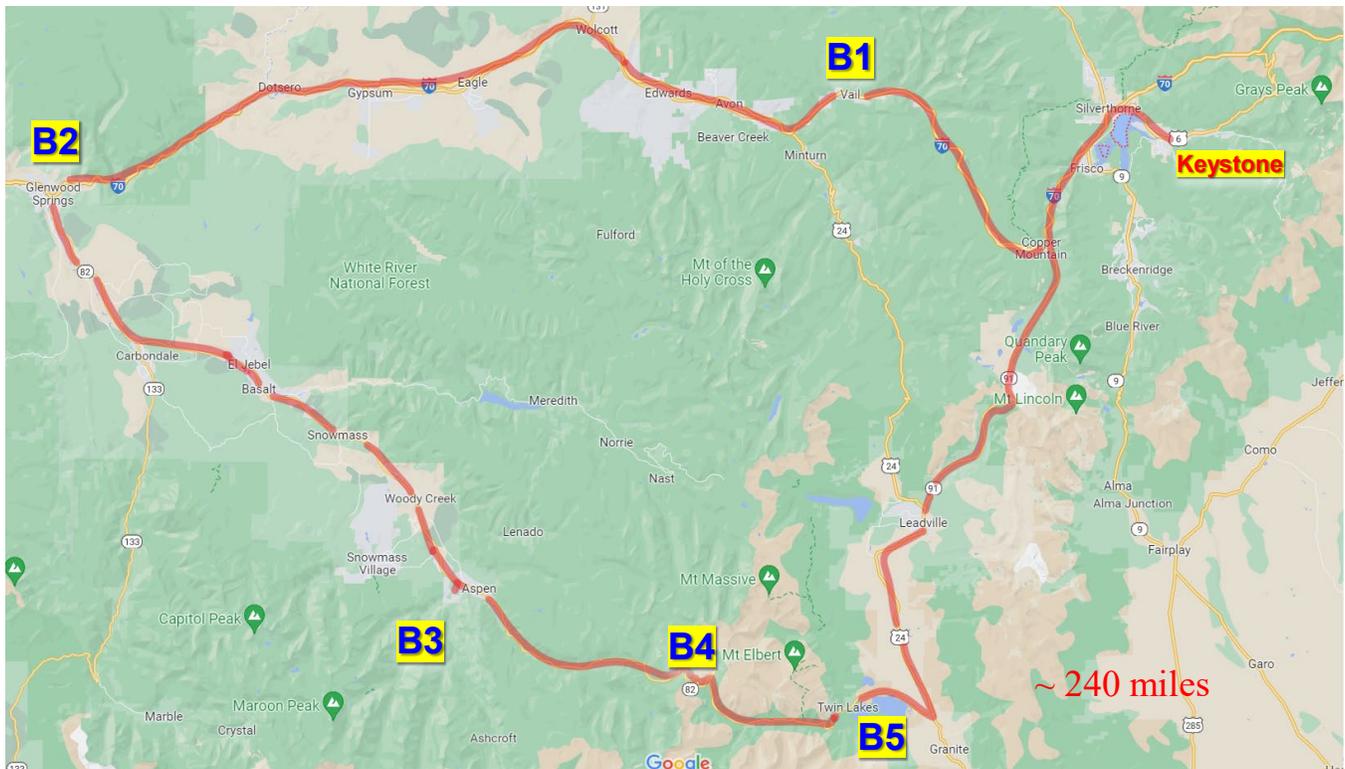


A5. Vail Resort

- Known for its upscale amenities and massive ski resort; largest in the state
- Golfing, hiking, and cultural festivals



(B) Snowmass Travel Plan, 1.5-Day



Day 1, Half Day

- Leave at 12:00PM after CAPA meeting
- Short stop at (B1) Vail, a beautiful town
- Hot springs at (B2) Glenwood Springs
- Lodge at B2 or somewhere between B2 and B3; hotels at (B3) Snow Mass/Aspen crazily expensive!

Day 2, Full-Day

- View sunrise at Maroon Bells; the best view you can get!
- To Aspen/Maroon Bells (B3):
 - Leave early! Driver can drop passengers at maroon lake trailhead before 7:00AM without reservation
 - Driver returns and parks at the Four Mountain Sports (76 Boomerang Rd, Aspen, CO 81611)
 - Driver needs to book a one-way uphill ticket to maroon lake trailhead to meet the team through a private company (Blazing Adventures, 970-923-4544; \$40; leaves at 7:00AM)
 - Everyone needs to book downhill shuttle tickets (<https://asp chamber.org/plan-trip/trip-highlights/maroon-bells/reservations>). Downhill tickets are easy to reverse
- Sliver Queen Gondola after Maroon Bells (<https://asp chamber.org/plan-trip/trip-highlights/aspen-mountain-gondola>). Gondola travels 2.5 miles/14 minutes and rises 3,267 feet to the top of mountain at 11,212 feet, with spectacular views and delicious food
- Stops at (B4) Independence Pass and (B5) Twin Lakes
- Back to Keystone Resort or Airport

Zenggang Pan is organizing a travel group following this Plan B.
Please contact Zenggang or Yanxia Li if you want to join.

(C) Fall Foliage at Guanella Pass and Kenosha Pass



C1. Guanella Pass

- A spectacular scenic byway
- Summit 11,669 feet
- Great views of Mount Evans (14,272 feet) and Mount Bierstadt (14,060 feet)
- Video: <https://youtu.be/kJQBMtPUDhQ>



C2. Kenosha Pass

- The best place for fall foliage near Denver
- Start point, exactly 10,000 feet



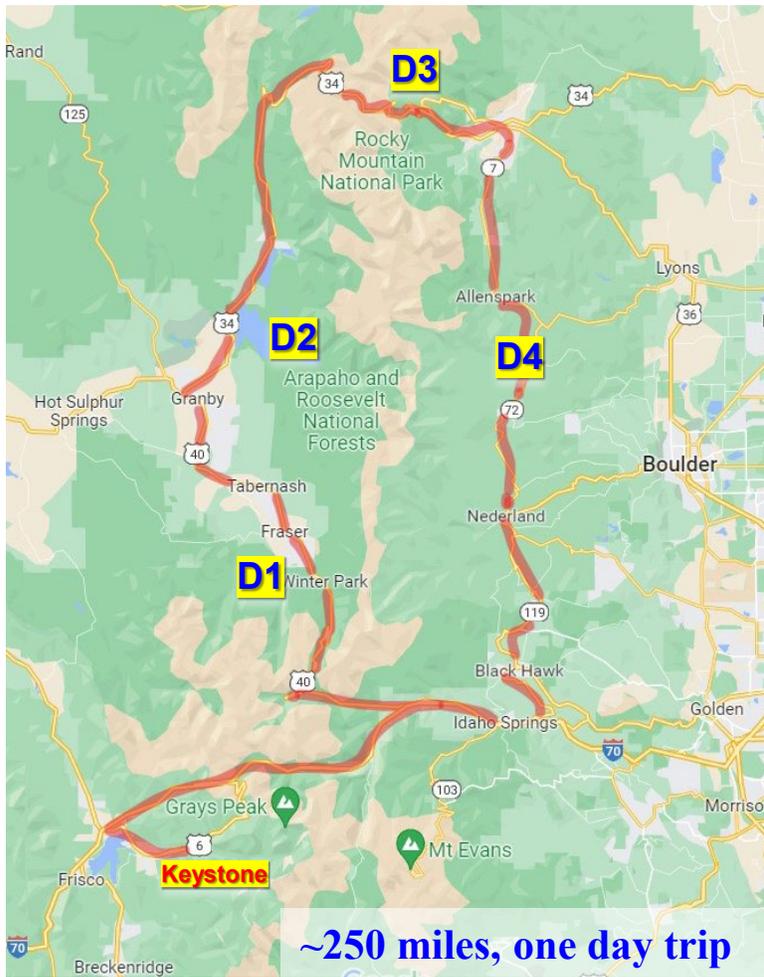
C3. Breckenridge Resort

- Another big ski resort

C4. Dillion Reservoir

- Short stop

(D) Rocky Mountain National Park



D1. Winter Park

- A large ski resort with lots of outdoor activities in the Summer and Fall



D2. Lake Granby

- The third largest body of water in Colorado



D3. Rocky Mountain National Park and Estes Park

- One of our nation's most spectacular national parks with 415 square miles of dramatic beauty, high rugged mountains, sparkling lakes, and abundant wildlife
- 350 miles of hiking trails
- Ideal park to enjoy quiet walks, exhilarating hikes, gorgeous sunrises and sunsets, wildlife watching, scenic drives, horseback rides, rock climbing, photography, backpacking, camping, etc.

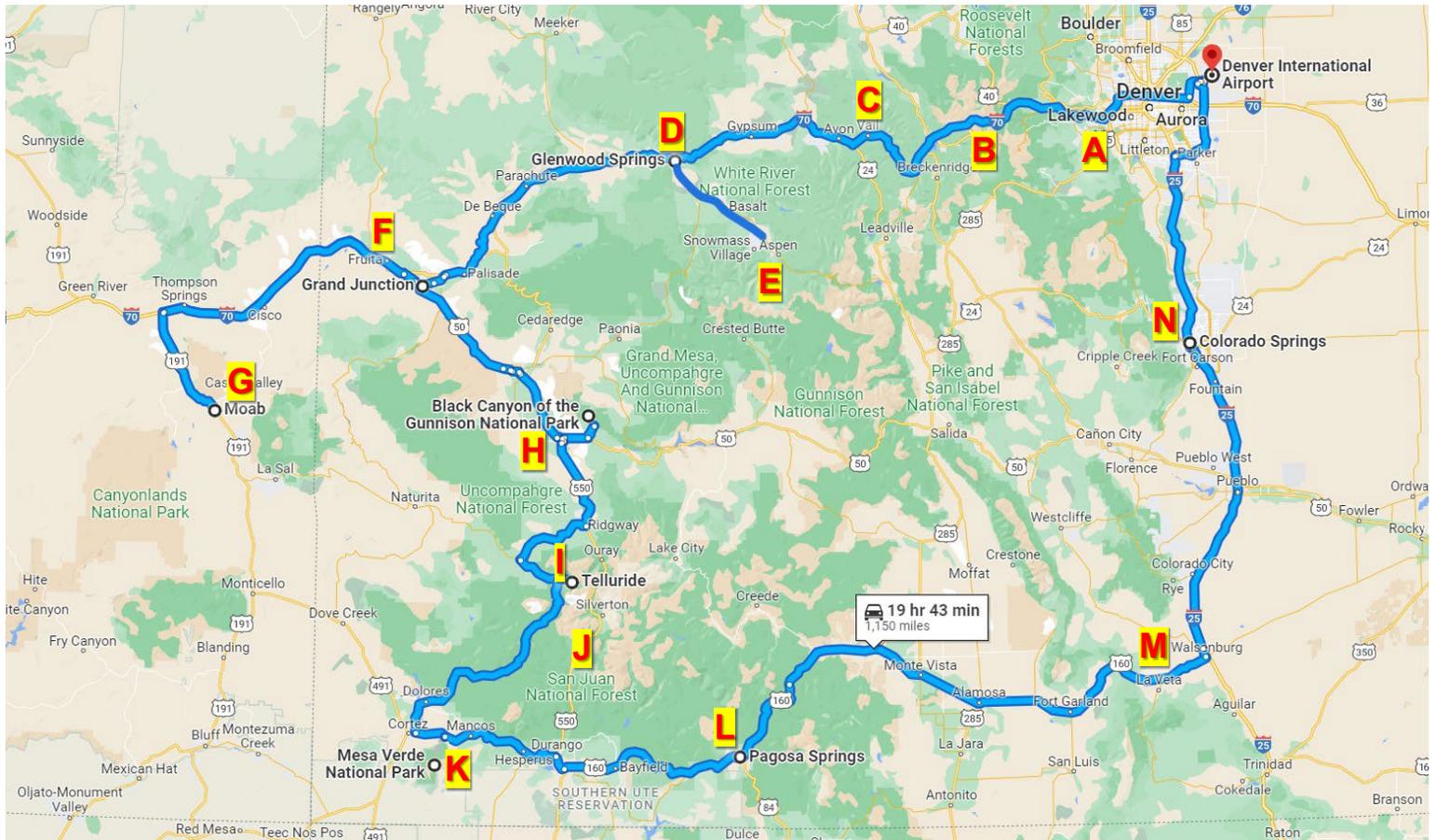


D4. Peak to Peak Scenic Byway

- A 55-mile state highway 7 starts from the Estes Park and ends at Interstate 70
- Scenic driving for fall color



Multiday Rocky Mountain Travel Plan



A. Red Rocks Park and Amphitheatre (<https://www.redrocksonline.com/>)

Address: 18300 W. Alameda Pkwy, Morrison, CO 80465

B. Keystone/Dillon/Silverthorne

C. Vail

D. Glenwood Springs

E. Snowmass/Aspen/Maroon Bells

F. Colorado National Monument (<https://www.nps.gov/colm/index.htm>)

Address: 1750 Rim Rock Drive, Fruita, CO 81521

G. Arches National Park (<https://www.nps.gov/arch/index.htm>)

H. Black Canyon of the Gunnison National Park (<https://www.nps.gov/blca/index.htm>)

Address: South Rim Visitor Center: 9800 Highway 347, Montrose, CO 81401

I. Telluride (<https://www.telluride.com/>)

J. Million Dollar Highway (<https://www.durango.org/blog/post/guide-million-dollar-highway/>)

K. Mesa Verde National Park (<https://www.nps.gov/meve/index.htm>)

L. Pagosa Springs (<https://www.pagosahotspings.com/>)

M. Great Sand Dunes National Park and Preserve (<https://www.nps.gov/grsa/index.htm>)

Address: 11999 State Highway 150, Mosca, CO 81146

N. Colorado Springs

Pikes Pike (<http://www.springsgov.com/SectionIndex.aspx?SectionID=18>)

Garden of the Gods (<http://www.gardenofgods.com/home/index.cfm>)