REACTING SUMMER CONFERENCE

GUIDE TO BOULDER, COLORADO

JUNE 13 - 16, 2022

UNIVERSITY OF COLORADO
BOULDER

TABLE OF CONTENTS

3 WELCOME

4 ALTITUDE ADVISORY

6 TRAVELING TO BOULDER

9 LODGIMG

10 EXPERIENCE BOULDER

13 CAFFEINE, BEER, AND RESTAURANT GUIDE

WELCOME

Thank you for joining us for our inaugural Reacting to the Past Conference, hosted by the University of Colorado's Center for Teaching and Learning, the Arts & Sciences Support of Education Through Technology's Innovation Incubator, and the Reacting Consortium. This guide was produced to help you navigate to and around the iconic city of Boulder, Colorado. For the most up to date conference information, please see the Reacting Consortium's website. Happy travels and enjoy your stay!

ALTITUDE ADVISORY

Anyone can get altitude sickness — even folks who've lived in Colorado their whole lives! No matter your "home" elevation, a dramatic leap in altitude puts you at greater risk of getting sick. So, if you are traveling to Boulder from an elevation significantly lower than 5,318 feet, it's a good idea to take some simple preventative measures to avoid experiencing altitude sickness:

Hydration: A few days before you travel to Colorado — start hydrating! Drink a few extra glasses of water each day. Once you arrive in Boulder, continue with increased hydration. Add electrolytes like Emergen-C or Noom to your water to boost hydration.

Limit Alcohol Consumption: If you are tempted to tour Boulder's many craft breweries, hold off for the first day or two of your visit while your body acclimates to the higher elevation. If and when you do drink alcohol, know that it will have an amplified effect in general (i.e. you may feel tipsy more quickly than you do at your home elevation) and could make you more susceptible to altitude sickness.

ALTITUDE ADVISORY

Pack Snacks: Keep extra snacks with you — especially those packed with carbohydrates, whole grains, and salts. Your body burns energy quicker at a higher elevation. So, replenishing calories with nutrient dense snacks can help you to avoid altitude sickness.

Light Exercise & Rest as Needed: If you're determined to maintain your daily running routine while visiting Boulder, consider slowing your regime to a walk or even taking a nap if needed. Rigorous exercise at higher elevations can put you at risk for experiencing altitude sickness.

Common symptoms of altitude sickness: headache, nausea, insomnia, fatigue and, sometimes, vomiting. More extreme cases can lead to serious threats to your health. If you can't shake an awful feeling and just keep getting worse — reach out for help and move to a lower elevation as quickly as possible.

Resources:

https://www.healthline.com/health/altitude-sickess-prevention
https://www.uchealth.org/today/altitude-sickness/

TRAVEL FROM THE AIRPORT TO BOULDER

TRAVEL FROM THE AIRPORT TO BOULDER

Boulder is served by the Denver International Airport (DEN), with daily flights to pretty much every major city in North America. The airport is about 45 minutes away by car.

Bus Service

The RTD (Regional Transportation Denver) provides regular express bus service called SkyRide between Boulder and DIA hourly from the wee hours of the morning until just after midnight. The route to Boulder is the AB/AB1, and takes approximately 1 hour and 10 minutes to get to Boulder.

To take the bus to the Millennium Harvest House, you will need to take two buses, plus you will have an additional 5-10 minute walk to your hotel from the final bus stop. Use the RTD trip planner to find the best combination of buses, depending on your destination and departure time. And be sure to ask your driver for a transfer ticket for your next bus. (Total travel time will likely be between 1 hour 40 minutes and 2 hours).

To take the bus to the conference: take the AB/AB1 into Boulder to the stop at Broadway and Euclid. This lets you out right in front of the University Memorial Center (UMC). The Center for Academic Success and Engagement is a 10 minute walk from the UMC.

TRAVEL FROM THE AIRPORT TO BOULDER

Bus fares to and from the airport are currently $10.30 one way. There are a few ways to pay - purchase a ticket in advance online through RTD's website. If you arrive at DIA during normal business hours, you can purchase tickets at the DEN Transit Center. Or, if you carry cash, you can pay on the bus – but you will need to have exact fare.

Van Service

GreenRide Boulder provides service to Boulder hotels for $30 each way. The shuttle picks up at DIA on the East Terminal, Level 5. Go out door 507, then walk to Island 5 . Guests staying at the Millennium can save $3 each way by traveling to a nearby hub, and walking for 5-10 minutes to the hotel after drop off. Total travel time = 1.5 hours.

SuperShuttle provides service to Boulder hotels for $27 to $33 each way, with the cost depending on location. Total travel time = 1.25 -2 hours.

Taxis

Taxis are the most efficient but also the most expensive way to get to and from the airport. Taxis currently charge a flat rate of $84.00 one way between Boulder and DIA, plus an additional $4.15 gate fee for trips originating at the airport. Taxis pick-up and drop-off from DIA Main Terminal Level 5, Island 1, outside Doors 505, 507 and 511 (Terminal East), and Doors 506, 510 and 512 (Terminal West). If you need to call a taxi, we recommend Boulder Yellow Cab .

LODGING

A block of rooms has been reserved for June 12 - 15, 2022 at the Millenium Harvest House Boulder at a courtesy rate of $145/night (before taxes) for a Superior King suite. Note that when booking your room you should click on “Book Now” and not “Continue Booking”.

Other hotels around the area include: The Fairfield Inn & Suites Boulder, Boulder Twin Holiday Inn Express Boulder, or Homewood Suites by Hilton. Finally, if these options don’t fit into your budget, check out airbnb.

EXPERIENCE BOULDER

Boulder is known for its amazing views of the Flatirons and outdoor activities. While there's a lot to do and see, here are just a few noteworthy ideas if you want to venture out and explore the city! Note: If you plan to drive around the City of Boulder, there is street and garage parking available. You can also use the Park Mobile app to find and pay for parking.

EXPERIENCE BOULDER

The Hill – This is the undergrad student neighborhood just to the west of campus across Broadway. The place to go if you want some cheap food, college bars, a tattoo and more. Most of the shops and restaurants are clustered in just a few blocks. They are building some conference centers on the north end, so beware of construction.

Pearl Street – Boulder's downtown more or less runs parallel to Boulder Creek, just to its north. The center of the action is Pearl Street, which is a pedestrian mall for four blocks stretching from 11th through 15th Streets. The area west of 11th street is also referred to as "West Pearl", and the area east of 15th street is called "East Pearl".

Downtown Boulder showcases smaller and locally owned retail, but you will still find some name brand chains mixed in with the rest.

29th Street Mall – A sprawling open air shopping center with lots of chain restaurants and name brands and a movie theater. If you're hoping for more familiar names in the Boulder area, you'll probably find them here.

EXPERIENCE BOULDER

Farmer's Market – Boulder is known for its farm-to-table food, and the Boulder County Farmer's Market is one of the best ways to check out the local goods. The main market is on Saturdays from 8am-2pm and has plenty of lunch options, but there is a smaller market on Wednesdays from 4pm-8pm as well. Right next to the must-see Boulder Dushanbe Teahouse, and the Boulder Museum of Contemporary Art, and an easy walk to Pearl Street.

Colorado Shakespeare Festival – A professional theatre company associated with the university. One of the oldest Shakespeare festivals in the United States brings professional talent from all over the Denver area and the country together to produce shows in the outdoor Mary Rippon Theatre (backdropped by a stunning view of the sun setting behind the Flatirons) and the indoor University Theatre from June to August.

Chautauqua – A park that holds one of the most common photo-ops in Boulder and access to the most popular trailheads into the Flatirons. If you like to hike, you can park inside the park or the surrounding neighborhoods and make your way up to the top. If hikes aren't your thing but the views are, you can take a car up to Flagstaff and walk around the accessible and beginner-friendly trails.

CAFFEINE, BEER, AND RESTAURANT GUIDE

CAFFEINE

We will be offering coffee and tea throughout the conference. But if you want to get something special, or to get away from the conference to get caffeinated, here's how to do it like a local!

On-Campus

Starbucks, first floor of the UMC. Full service Starbucks. Serves hot/iced beverages, coffees, pastries, snacks, and whole beans.

Pekoe Sip House, first floor of ATLAS building. Serves a variety of loose-leaf teas and coffee/espresso drinks. A local Boulder tea and coffee chain.

Gravity Cafe, three locations: 1st floor of the Engineering Center (one near the main lobby, one near ECCS). 2nd floor of the Koelbel building (near the Rustandy connection to the Engineering Center). Offers everything from coffee and espresso to smoothies and sandwiches!

Laughing Goat Coffeehouse, Norlin library. This location is a more barebones version of the local chain in Downtown Boulder.

The Hill

The Point Café, 1101 13th St. Another independent coffee shop trying to do nicer things with tea and coffee, like a cold nitro brew.

Lollicup, 1142 13th Street. If what you crave is bubble tea/boba, this is THE place to go. Too bad they aren't open until later in the day.

CAFFEINE

Downtown

Boxcar Coffee Roasters, 1825B Pearl Street (East Pearl)**.** *This is THE coffee shop to go to if you want the premier espresso drink experience in Boulder. Renowned nationally among espresso aficionados for their use of vintage equipment and techniques.*

Ozo Coffee, 1015 Pearl Street (West or East Pearl). *High end baristas with attitude, hipster clientele, pour overs, excellent espresso drinks, okay tea, and tons of latte options. Local Boulder chain.*

Laughing Goat Coffeehouse, three locations: 1709 Pearl Street (Downtown), Campus (Norlin Library), 2907 55th Street (East Pearl). *One of the most popular cafes in all of Boulder, world-class espresso locally roasted and beautifully crafted. Along with coffee, they serve wine and beer in the evenings to go with their nightly festivities, including live music.*

Boulder Dushanbe Teahouse, 1770 13th St (south of Pearl Street). A truly unique Boulder landmark shipped piece by piece from Tajikistan. Described in more depth below.

BEER

Boulder County is home to over 40 craft breweries, with over 20 located within the city of Boulder. While some of the area's brews may be available on tap or in bottles or cans back home, many more are not. Nowhere is the state's recent beer renaissance more evident than around Boulder, with its range of breweries from the quite large (e.g. Avery, Boulder Brewing) to very small (e.g. J. Wells) capacity.

Mountain Sun, 1535 Pearl (East Pearl). A popular and often-crowded spot, with a vegetarian-friendly pub menu and about a dozen in-house brews along with a few guest taps.

Wild Provisions 2209 Central Ave (North Boulder, near Valmont) Speciality is sours and lagers, developed by the same team as 4 Noses.

Twisted Pine Brewing, 3201 Walnut St (near Hyatt Place). One of Boulder's older brewpubs, with about ten taps, outdoor and spacious indoor seating, and a simple pub menu.

Sanitas Brewing Company, 3550 Frontier Place (near Hyatt Place). A relatively high capacity brewery in an industrial park off of east Pearl. McDevitt Taco Supply is a semi-permanent taco truck "attached" to the brewery, so you can count on being able to get food.

OTHER SPIRITS

The Bitter Bar, 835 Walnut St (West Pearl) A relaxed hipster cocktail bar with unique concoctions, small bites, and a daily happy hour.

Rosetta Hall, 1109 Walnut Street (west side of Pearl Street) A conglomeration of different local and international cuisine, with eats ranging from Trinidadian to patisserie. Occasional live music, dancing after 10PM Th/F/S.

Avanti Food & Beverage, 1401 Pearl Street (east side of Pearl Street). Eclectic food and occasional live music. Known for its cocktails and lively atmosphere. If it's nice outside, you'll definitely want to check out the rooftop deck.

FOOD

A note about **Vegetarian/Vegan/Gluten Free dining**: This is Boulder. You can find options catering to your dietary preferences almost anywhere you go.

$ - Cheap Eats → $$$$ - Luxury Dining Experience
**** - Staff favorites**

The Hill
$ - The Sink, (Pizza, Burgers). 1165 13th Street. A world renowned landmark college bar/restaurant with character and a long history painted on its walls and ceilings. Known for having the "best burger in Boulder," this restaurant has been around since 1923 and is a must-see.

$ - The Corner, (Salads, Rice Bowls, Sandwiches, Soup). 1100 13th Street. Healthy food, order-at-the-counter style.

$ - Half Fast Subs, (Sandwiches). 1215 13th Street. Half Fast Subs has about every type of sub sandwich you can think of, boasting the largest sandwich selection in America.

** $$ - **Cafe Aion** (Spanish & Moroccan inspired restaurant) 1235 Pennsylvania Ave. This local favorite serves traditional dishes from Spain and Morocco. You won't be disappointed as there is something for everyone to enjoy!

FOOD

Downtown

**** $$ - Boulder Dushanbe Teahouse**, (Eclectic eats/Afternoon Tea). 1770 13th Street. International. Don't be fooled by the name, the Teahouse (exquisitely handcrafted by artisans in Dushanbe, Boulder's sister city) serves a full menu of ethnic dishes from around the world. This is an extraordinary and unique setting, and not to be missed!

$$$$ - Black Cat Bistro, (New American/Farm to Table). 1964 13th Street. Farm to Table. Literally. The restaurant owners own the farm, and raise everything from the vegetables and herbs to the cows and the pigs. They try to use every part of the animals they raise, which means that you may find some delicious organ meat dishes on the menu of their sister restaurant, Bramble & Hare. Intimate, multi-course dining.

$$$ - **SALT** Boulder Bistro, (New American/Farm to Table). 1047 Pearl Street. Farm to Table. They specialize in Colorado native produce, meats, drinks, and cheeses. Try not to get seated in the basement. Nice outdoor seating for people-watching - if you can get it.

$$ - **Japango**, (Japanese Sushi / Sashimi). 1136 Pearl Street. A modern atmosphere restaurant that features a range of Japanese cuisine, known for their sushi and sashimi.

FOOD

$$ - Hapa, (Sushi / Hawaiian). 1117 Pearl Street. A modern sushi bar with a very lively atmosphere, Hapa serves a fusion between sushi and Hawaiian-influenced eats.

$$ - West End Tavern, (Burgers, BBQ). 926 Pearl Street. A popular gastropub with a solid tap list of about 15 rotating brews, often featuring Colorado as well as west coast beers. Features great barbecue food as well. Look for patio seating on the roof with Flatiron views.

$$ - The Rio, (Latin / Mexican). 1101 Walnut Street. The Rio Grande Mexican Restaurant, nicknamed “The Rio”, is a Boulder institution that has been around for quite some time now. Standard Tex/Mex fare, but they also boast the strongest margaritas in town and have a rooftop patio with a view of the foothills.

$$ - Pasta Jays, (Italian). 1001 Pearl Street. A popular Italian Restaurant that has been around since the late 1980s. This restaurant features great home-style Italian cuisine, including pizza and a wide variety of pasta dishes.

**** $$ - bartaco**, (Street Tacos / Bowls). 1048 Pearl Street. Known for its upscale feel, bartaco serves a variety of street cuisine and cocktails. You can’t go wrong with the glazed pork belly here.

FOOD

$$ - Jaipur Indian Restaurant, (Indian). 1214 Walnut Street. Serves traditional Indian dishes in an upscale atmosphere.

Other Options Around Boulder

$$$$ - Flagstaff House, (Steakhouse). 1138 Flagstaff Road. If you're looking for something a little more formal and fancy, Flagstaff house is a great option. This restaurant is known for its world-renowned views and cuisine as it sits atop Flagstaff mountain in boulder.

$ - Rincon Argentino, (Empanadas / Argentinian). 2525 Arapahoe Avenue. Serves traditional Empanadas and Argentinean cuisine. The restaurant features a bright, colorful, and truly unique atmosphere.

**** $$ - The Buff**, (Breakfast / Brunch). 2600 Canyon Blvd. If you are around for breakfast or brunch, you can't go wrong with The Buff. This restaurant features incredible coffee and a range of breakfast options, from Eggs Benedict to French Toast. They have an incredibly quick turn around time as well and great service.