



# Welcome to the University of Colorado Mountain Research Station

**PLEASE READ THE ENTIRE DOCUMENT**

**The information below will assist you in your preparation, arrival, and daily plans at the MRS**

## **LOCATION & GETTING HERE:**

The MRS is located approximately 8 miles north of Nederland, CO, and sits at 9,500' (2900 m) at the base of Niwot Ridge. RTD bus service is available throughout Denver and Boulder and shuttles are available from Denver International Airport to most metropolitan areas. RTD services the town of Nederland, but not MRS. Parking is limited, carpooling is strongly encouraged.

Contact Information:	Map and Lat/Long:	Drive Times: <small>Please make an effort to carpool</small>
Mountain Research Station 818 County Road 116 Nederland, CO 80466 Telephone number: 303-492-8842 <a href="mailto:mrs@colorado.edu">mrs@colorado.edu</a> <a href="http://www.colorado.edu/mrs/">http://www.colorado.edu/mrs/</a>	<a href="http://www.colorado.edu/mrs/general-info/location-map">http://www.colorado.edu/mrs/general-info/location-map</a>  Latitude: 40°1'53.93"N Longitude: 105°31'59.91"W	Denver International Airport – 90 min Boulder - 45 minutes Nederland – 15 minutes

## **WEATHER & ALTITUDE:**

Summer weather at the MRS can be very variable and change rapidly. Be prepared for hot and cold, sun, rain, wind, and snow particularly at higher elevations. Temperatures can range from mornings in the low to mid 30°'s F (-1°C) to afternoon highs in the low 80°'s F (26°C). Please be prepared for any conditions in the field.

The MRS is located at 9,500' elevation. Understand and be aware of altitude sickness which can occur above 8,000'. Altitude sickness can progress to high altitude pulmonary edema (HAPE) or high altitude cerebral edema (HACE), both of which are potentially fatal, and can only be cured by immediate descent to lower altitude or oxygen administration.

## **SAFETY AND POLICIES:**

**Emergencies:** dial 911 for all emergencies

**Fires:** NO open fires are allowed on the MRS campus (candles, fire pits, fire pans, charcoal grills, etc). No use of personal propane grills or camp stoves are allowed on-site.

**Smoking:** Smoking products of any sort, including but not limited to, tobacco, cloves, or marijuana or vaporizers of any kind are prohibited at the Mountain Research Station campus grounds both indoors and outdoors.

**Alcohol & Drug Policy:** All state and federal laws regarding the possession and consumption of alcohol or controlled substances apply to the Mountain Research Station. Alcohol is not to be present or consumed in public areas or events (labs, classrooms) without proper approval from the University of Colorado. The University of Colorado is a “drug free workplace.” Possession, sale and/or use of illegal drugs is prohibited. University policy prohibits the use of marijuana on the CU-Mountain Research Station campus.

**Firearms:** Unauthorized possession of the firearms, explosives, or other dangerous or illegal weapons anywhere within the Mountain Research Station campus is prohibited.

## **SAFETY AND POLICIES (continued):**

**Guests:** Guests are welcome at the station, but should check in at the Marr Lab administrative office and plan to leave before 10 pm. Guests are welcome at the dining hall but must pay cash for all meals. Meals may be purchased in advance with cash at the Marr Lab administrative office, or can be purchased with cash at the dining hall with exact change. Overnights guests are charged at \$10/night and should check in with the Station Manager.

**Pets:** Although we love them, pets are not permitted at the Mountain Research Station. Year round residents/employees may have pets by special permission.

**Camping:** No camping is allowed at the MRS for users or guests.

**Wildlife:** The Mountain Research Station is a wild place. Black bear, moose, mountain lions, and coyotes move through the station throughout the year. All wildlife should be viewed at a distance and treated with respect. Never feed wildlife, including squirrels and chipmunks.

**Food Storage:** To prevent wildlife encounters no food is allowed in cabins with exception of “cooking cabins” that have kitchen facilities. Metal food lockers for food storage are provided near all cabins. Lockers are large and can accommodate coolers.

**Quiet Hours:** You are welcome to come and go from the station. Quiet time is expected from 10 pm to 6 am.

## **LOGISTICS:**

**Check In / Check Out:** Unless special arrangements are made, check-in time is 4:00pm and check out time is 10:00am. Upon arrival check in with the Station Manager at the Marr Alpine Lab between 8am and 4pm.

**Vehicles and Parking:** Carpooling is strongly encouraged. Please drive around the station only when necessary to minimize dust and reduce wear and tear on roads. The speed limit is 15 miles per hour within the station property. Walking or bicycling is strongly encouraged. The main parking area is located at the entrance to the station near the Marr Alpine Laboratory, and past the propane tanks. Long-term parking in the upper portion of the station beyond the dining hall is discouraged. No parking permits are required.

**Cabins:** Cabins are small and rustic, have electricity, an electric heater, and twin sized beds. No sheets, blankets, or pillows are provided.

**Leaving the Station/Heading into the mountains:** Always have a buddy. Please check in with your group coordinator, course instructor, cabin-mate, or station staff before leaving the station.

**Phones:** The Marr Alpine Lab has a phone for guests. Cell phone coverage is available, but patchy. AT&T and Verizon are the best carriers.

**WiFi and Computers:** WiFi is available near some areas of the station (Marr Alpine Lab, Moores-Collins Lodge, Kiowa Lab, & Dining Hall). Logon with *UCBGuest* by opening a web browser. Desktop computers for students are available in the Marr Alpine Lab library. Visiting guests and researchers...please ask staff about login options.

**Bathhouse/Showers:** Day user bathrooms are located in the Marr Alpine Lab. Those staying overnight at the MRS have access to the bathhouse with separate mens/womens bathroom and showers. There is no fee for showers. Please remember to bring your own soap/shampoo/towels.

**Laundry:** There is a pay laundry on-site @ \$1.25/load. The laundry room is located at the north end of the bathhouse. No change machine / change is available, please bring your own quarters. No laundry soap is available, please bring your own.

**Mail & Packages:** Long-term residents are encouraged to get a PO Box from the US Post Office in Nederland; however, short-term residents may have mail delivered to the station. The USPS will not deliver large boxes. Residents must make their own arrangements for pick-up in Nederland. Both United Parcel Service and FedEx



deliver directly to the Mountain Research Station. It is strongly encouraged to use one of these carriers for incoming packages larger than a letter. Residents are responsible for postage and payment of all outgoing shipments. The MRS will not pick up packages at the USPS office in Nederland, please use UPS or FedEx.

**Recreation & Activities:** Numerous hiking trails and other recreational opportunities surround the Mountain Research Station. The Mountain Research Station is located near the [Brainard Lake Recreation Area](#), [Arapaho & Roosevelt National Forests](#), and [Indian Peaks Wilderness Area](#) and is approximately 20 miles south of [Rocky Mountain National Park](#). Trail guides, maps and other resources are available on the internet to help navigate through the area.

**Bookstore:** A small bookstore is located in the Marr Alpine Lab. Books, T-shirts, hats, are available for purchase. The bookstore is open upon request during administrative hours between 8-4. **Cash or check only.**

**Supplies/Snacks:** No supplies (toiletries, personal care, clothing, etc.) or food items (besides dining hall meals) are available for purchase at the MRS. The nearest supplies are available in Nederland, a 15 minute drive from the MRS.

### **DINING HALL:**

The dining hall serves healthy, filling meals usually with meat and vegetarian options. Dining hall service is available early June through mid-August or when field courses are in residence. Meals are covered as part of the tuition of summer field courses, can be pre-paid when making reservations, or are available for cash purchase. Sorry, credit cards are not accepted – please bring cash.

#### Dining hall hours

- The dining hall is open all days that summer courses are in session (typically open Mon-Thur, closed Fri/Sat/Sun). See the MRS website for summer course schedules. Otherwise, the dining hall is open only on a pre-arranged basis for groups.
- Weekday Breakfast: 6:45-7:45 a.m.
- Weekday Lunch: Sack lunch @ 7:30 a.m. (Self-made lunch items are provided during the breakfast hour for a sack lunch. Please take only what you need for that day's lunch. If you would like to reduce the use of throwaway products, you may bring your own plastic lunchbox/bag and reusable containers.)
- Dinner: 6:00-7:00 p.m.

#### ❖ Special Diets

The dining hall can meet most dietary requirements, such as allergies, vegetarian, vegan, gluten free, etc. Visitors with special dietary requirements must inform the MRS at the time of class registration or lodging reservations. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.

#### ❖ Payment for meals

Meals are covered as part of the tuition of summer field courses, can be pre-invoiced when making reservations, or are available for cash purchase. **Sorry, credit cards are not accepted – cash only.**

- Single meals, at the time of meal can be purchased at the dining hall, ***however exact change (or more) is required – no change will be provided.***

#### **DINING HALL MEAL RATES (2023)**

		Cash/Check/Invoiced
	Breakfast	\$14
	Lunch	\$14
	Dinner	\$18
	<b>All Meals per Day</b>	<b>\$46</b>

## **WHAT TO BRING:**

For those staying at the MRS for courses or research, please (at a minimum) bring the items noted below. The nearest location to purchase any supplies is 15 min away in Nederland.

<p><b><u>Bedding</u></b></p> <ul style="list-style-type: none"> <li>• Sleeping bag, or sheets and blankets for twin sized beds.</li> <li>• Pillow, pillow case.</li> </ul>
<p><b><u>Toiletries &amp; Personal Care</u></b></p> <ul style="list-style-type: none"> <li>• Soap/Shampoo</li> <li>• Towel/washcloths</li> <li>• Toothbrush/paste</li> <li>• Personal medications</li> <li>• Shower sandals</li> </ul>
<p><b><u>Clothing &amp; Field Gear</u></b></p> <ul style="list-style-type: none"> <li>• Layers of clothing; i.e. lightweight base+fleece and/or wool, plus shell</li> <li>• Shorts</li> <li>• Warm hat, gloves, and socks. Raincoat and pants (shell).</li> <li>• Footwear appropriate for field work – light to medium weight water proof/resistant hiking boots or shoes</li> <li>• Daypack</li> <li>• Water bottles/bladder</li> <li>• Brimmed hat or cap</li> <li>• Sunscreen</li> <li>• Flashlight/headlamp</li> </ul>
<p><b><u>Optional, but recommended</u></b></p> <ul style="list-style-type: none"> <li>• Cell phone</li> <li>• Cash for dining hall (if you have not pre-paid) or bookstore</li> <li>• Shower Shoes</li> <li>• Laundry Detergent</li> <li>• Quarters for laundry machines</li> </ul>

## **FOR SUMMER COURSE STUDENTS ONLY**

A morning site orientation and safety briefing will be held to familiarize you with the station facilities.

Course tuition includes room & board. Cabins are small and rustic, have electricity, an electric heater, and twin sized beds (bunk beds). Most everyone will have a roommate and cabin assignments will be provided the first morning. Cabins must be vacated by 10am the last day of class.