

YOUR AUTHENTIC COLORADO EXPERIENCE STARTS HERE



CHEYENNE MOUNTAIN RESORT
colorado springs



— QUINTESSENTIAL —
COLORADO



Welcome to Cheyenne Mountain Resort, where endless adventure and rejuvenating indigenous experiences await just steps away. From a relaxing spa treatment, challenging round of golf and refreshing watersports to the temptation of infinite exploration and diverse Colorado-inspired dining options, we are here to ensure your stay in Colorado Springs becomes a most memorable journey set amidst our naturally breathtaking landscape.

We hope you find everything you want to know about the resort in the pages that follow, however if you should have any questions dial Ext. 0 and we will be happy to assist you.

www.cheyennemountain.com

RESORT EXTENSIONS:

Airport & Shuttle Information:.....	4446
Alluvia Spa and Wellness Retreat:.....	4071
Aquatics Center:.....	4087
Bell Desk:.....	4446
Business Service Center:.....	4004
Catering Information:.....	4007
Dining Reservations:.....	4060
Elevations Lounge:.....	4525
Emergencies:.....	0
Fitness Center:.....	4085
Front Desk:.....	0
General Store – Coffee Shop & Creamery:.....	4526
Golf Shop:.....	4095
Guest Reception:.....	0
Guest Services:.....	4446
Housekeeping:.....	4591
Information:.....	0
In-Room Dining:.....	4530
Laundry and Dry Cleaning:.....	4446
Mail:.....	0
Messages:.....	5900
Mountain View Restaurant:.....	4520
Operator:.....	0
Pineview Grille Restaurant:.....	4088
Room Reservations:.....	4445
Room Service:.....	4530
Security:.....	4490
Taxi:.....	4446
Tennis:.....	4085
Wake-Up Service:.....	0



ESCAPE. UNWIND. RENEW.

After a day of Quintessential Colorado adventures, escape to the world of Alluvia, a retreat inspired by the essence of nature and her mineral-rich environment. Pamper the spirit with a renewing facial or indulgent massage crafted to refresh mind, body and soul. Here, inner peace is realized through personalized spa rituals and holistic therapies immersed in indigenous healing properties. Welcome to rejuvenation.

Find yourself, only at Alluvia Spa.

Indulge your senses today. Dial **719-538-4071** or **extension 4071** from your guest room. You can view our entire spa menu online at AlluviaSpa.com


alluvia
spa and wellness retreat



Cheyenne Mountain Resort elevates

dining to an enticing new level. From

savory gourmet bites, hand-crafted cocktails

and locally-sourced cuisine to lavish buffets

and the convenience of in-room dining, our

award-winning Colorado-inspired dining

options are deliciously curated to delight

any palate.

A TASTE OF COLORADO SPRINGS

MOUNTAIN VIEW RESTAURANT

The resort's signature dining establishment, *Mountain View Restaurant* is locally renowned for its sumptuous breakfast, lunch, dinner and brunch buffets offering a mouthwatering array of decadent dishes. Reservations are highly recommended.

Breakfast Buffet & A La Carte
Monday-Saturday: 6:30am - 11:00am
**Breakfast Buffet served until 10:00am*
Sunday: 6:30am - 9:00am

Champagne Brunch
Sunday: 10:00am - 2:00pm
Treat the family to Sunday Brunch, a tradition at Cheyenne Mountain Resort since 1985. With the breathtaking Rocky Mountains as a backdrop, our chefs prepare an award-winning selection of brunch favorites.

Lunch
Monday-Saturday: 11:00am - 2:00pm

Dinner
Daily: 6:00pm - close
In the evenings, our chefs embrace an "Epicurious" philosophy in creating savory dining adventures. Discover the evolution of the ordinary buffet where décor, attire, ambiance, food and drink are infused authentically to present irresistible international themes.

Call **719-538-4060** or dial **4520** from any on-property phone.

PINEVIEW GRILLE

Located on site at The Country Club of Colorado, *Pineview Grille* provides a welcome setting for refreshing drinks, lunch and dinner with spectacular views of the golf course and majestic Cheyenne Mountain. Reservations are recommended.

Open seasonally.
Please call for hours.

Call **719-538-4088** or dial **4088** from any on-property phone.

ELEVATIONS LOUNGE

A waystation for adventurers throughout their journey, *Elevations* offers a gathering place for conversation, inspiration and entertainment. Casual and inviting, travelers can sample a diverse array of Colorado comfort food options and locally-sourced beverage pairings inspired by a genuine sense of place

Summer
Daily: 11:00am - close

Winter
Monday-Thursday: 2:00pm - close
Friday-Sunday: 11:00am - close

**Guests under the age of 21 are not allowed in Elevations after 9pm without a parent or guardian.*

Dial **4525** from any on-property phone.

**THE GENERAL STORE:
PREMIUM COFFEE & CREAMERY**

Featuring Starbucks coffee, healthy smoothies, delicious ice cream and a variety of grab-and-go foods, *The General Store* pairs the finest premium java with the best locally-sourced ingredients. Stop by to pick up forgotten sundry items or a souvenir as well!

Summer
Daily: 6:00am - 9:00pm

Winter
Monday-Saturday: 6:00am - 9:00pm
Sunday: 6:00am - 7:00pm

Dial **4526** from any on-property phone.

IN-ROOM DINING

Offering a wide selection of breakfast, lunch and dinner items, the room service menu features a range of Cheyenne Mountain Resort's most popular dishes, all delivered right to your door.

Daily: 6:30am - 11:00pm

Dial **4530** from any on-property phone.

**Please note, hours of operation vary by season. For the most up-to-date hours, please call guest reception or the venue directly.*

ELEVATE YOUR GAME

Surrounded by the stunning peaks of the majestic Rocky Mountains, our Pete Dye-designed course, set alongside our 35-acre lake, is one of the top golf experiences in Colorado with tour-quality greens and broad emerald fairways.

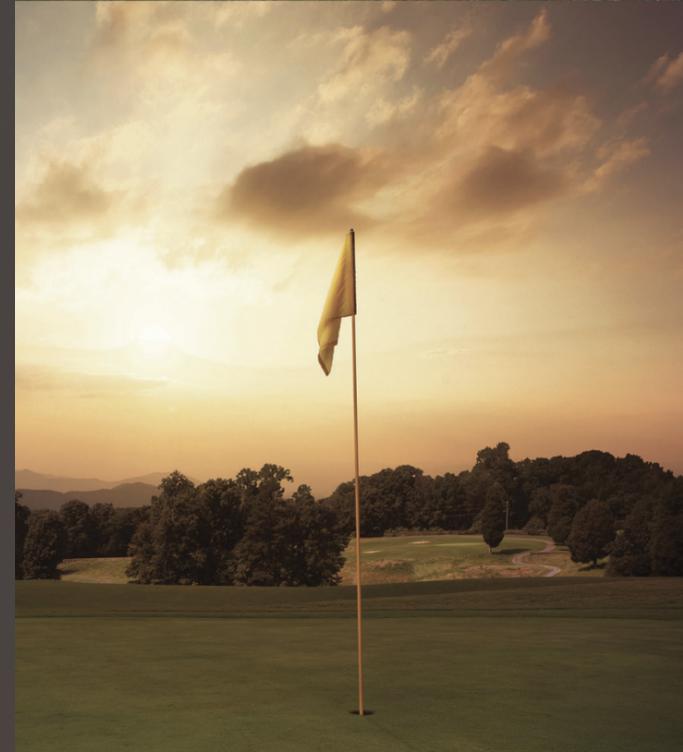
Tee times may be arranged through the Golf Shop by dialing [4095](tel:4095).

Practice facilities include a putting green, chipping green and driving range.

Special Twilight Golf rates every afternoon. Proper golf attire required.

The Golf Shop is located at the Clubhouse and offers golf apparel and equipment. Clubs and shoes available for rent. PGA Professionals are at hand for lessons and to arrange tournaments.

Call the Golf Shop for more information at **719-538-4095**.





MAKE A SPLASH

A sunrise paddleboard excursion. Sandcastles at sunset. S'mores under the stars over a roaring beach bonfire. From relaxing days spent lounging beside our exclusive adults-only pool to the laughter of children exploring the endless opportunities for play at our fun-filled splash pad, aquatic adventures abound. With a private 35-acre lake complete with sandy beach and a selection of water activities and boat rentals, four outdoor pools, kids splash pad, an indoor pool for year-round swimming and a relaxing hot tub, don't wait to dive into everything Cheyenne Mountain Resort has to offer.

Aquatics Center Hours:

Monday-Friday: 5:30am - 7:00pm

Saturday-Sunday: 7:00am - 7:00pm

Outdoor pools, boating and lake activities open seasonally. Hours may vary on holidays.

Call the Aquatics Center by dialing 4087.



WELCOME TO OUR PLAYGROUND

FITNESS CENTER

Featuring the region's most expansive fitness center, Cheyenne Mountain Resort's 9,000 sq. ft. facility has undergone an extensive renovation to provide the pinnacle in expert training, state-of-the-art equipment, classes and motivating atmosphere our guests depend on to maintain their fitness goals. Tone up in our multi-tier main workout room with LifeFitness cardio equipment and free weights. Shoot some hoops or work on your free throws on one of two basketball courts. Fuel up with healthy smoothies and energizing shakes at the all-new Juice Bar. And, don't forget our Kid's Korner childcare, where you can drop your kids off while you get in a quick workout!

Fitness Center Hours:

Monday-Thursday: 5:30am - 9:30pm

Friday: 5:30am - 8:00pm

Saturday-Sunday: 7:00am - 8:00pm

Hours may vary on holidays.

Call the Fitness Center by dialing 4085.

TENNIS

Practice your serve, perfect your backhand or play a game of doubles on one of 17 tennis courts, including five indoor courts and two outdoor clay courts. Our tennis club also offers a year-round roster of social, competitive and USTA-sponsored senior and junior level programs and clinics for tennis enthusiasts to enjoy during their stay.

To reserve a tennis court or schedule a lesson with one of our pros please dial 4085.

ATTRACTIONS

Air Force Academy Experience the history and a taste of cadet life with a tour of the official Air Force Academy. Located on the north end of Colorado Springs. Approximately 30 minutes. **Information: 719-333-2025**

Cheyenne Mountain Zoo America's only mountain zoo with breathtaking views of the region. Access to the *Will Rogers Shrine of the Sun* is part of the admission and is visible from the Resort. Approximately 5 minutes. **Information: 719-633-9925**

Garden of the Gods A spectacular display of red rock formations in the heart of Colorado Springs. Approximately 20 minutes. **Visitors Center: 719-634-6666**

Manitou Springs Stroll through local art galleries and award-winning restaurants in this historic shopping district while you try and find all of Manitou's natural mineral springs. Approximately 15 minutes. **Visitors Center: 719-685-5089**

Pikes Peak America's Mountain is approximately a 30 minute drive from the Resort. For information on the *Pikes Peak Cog Railway*, dial **719-685-5401**. For *Pikes Peak Highway* information: **719-385-7325**

Olympic Training Center Show your support for Team USA and tour the training facilities of US Olympic and Paralympic athletes. Approximately 15 minutes. **Information: 719-866-4618**

Old Colorado City Three city blocks filled with more than 100 boutique-style shops, galleries and restaurants located in the National Historic District. Approximately 15 minutes.

Cave of the Winds Be amazed by the beautiful crystals and stone columns in this unique underground cave that is accessible for the whole family. Approximately 15 minutes. **Information: 719-685-5444**

Cripple Creek This historic mining town offers scenic train rides, gold mine tours, museums, casinos and saloons in an Old West setting. Approximately 50 minutes. **Visitors Center: 719-689-3289**

Royal Gorge The Royal Gorge is a canyon on the Arkansas River near Cañon City, Colorado and is often called the "Grand Canyon of the Arkansas." With a width of 40-50 feet at its base, a few hundred feet

at its top, and a depth of 1,200 feet in places, the 10-mile-long canyon is a narrow, steep gorge. In 1929, Cañon City authorized the building of the Royal Gorge Bridge, which at 1,053 feet above the river, is one of the highest suspension bridges over water in the world. The Royal Gorge Route Railroad is another spectacular way to travel through the Gorge. Approximately 60 minutes south.

Information: 888-333-5597

Seven Falls A series of seven magnificent cascading waterfalls, reaching a total height of 181 feet. The falls are nestled in the back of a 1,250-foot-tall box canyon and feature a series of hiking trails at the top. Visitors can experience the waterfall up close and personal via 224 steps on the staircase from the base of the falls to the peak. Seven Falls is the only waterfall in Colorado to make National Geographic's list of international waterfalls. Approximately 5 minutes.

Information: 719-476-6700

ProRodeo Hall of Fame The ProRodeo Hall of Fame and Museum of the American Cowboy educates the public about rodeo, its history, and its impact on Western American culture. The Hall of Fame provides recognition to rodeo notables of the past and present, and serves as an inspiration for the future. Approximately 15 minutes.

Information: 719-528-4764

Manitou Cliff Dwellings Explore the fascinating architecture of the ancient Anasazi and browse through two museums featuring cultural displays, all overlooking the historic town of Manitou Springs. Approximately 15 minutes. **Information: 719-685-5242**

The Manitou Incline Gaining almost 2,000 feet of elevation over less than 1 mile, the Manitou Incline is a challenging hike. Not for the faint of heart, it is definitely one of the most unique trails in the country. Approximately 20 minutes.

Pioneers Museum Located downtown in the beautifully restored 1903 El Paso County Courthouse, this museum preserves the history and the culture of the Pikes Peak Region and features permanent exhibits on the history of the area. Approximately 10 minutes.

Information: 719-385-5990



For more information, visit our "Things to Do" page at cheyennemountain.com



ACTIVITIES

Whitewater Rafting About an hour's drive South of Colorado Springs lies the white water rafting capital of Colorado - Cañon City. Experience the Arkansas River, the most popular river for rafting in the United States, offering family-friendly experiences such as Bighorn Sheep Canyon and Browns Canyon, and the famous Royal Gorge for those seeking the ultimate in world class whitewater.

Horseback Riding There is no better way to experience the natural landscape of Colorado Springs and the Pikes Peak Region than on horseback. Our outfitters offer scenic rides through Garden of the Gods Park, Cheyenne Cañon, and the Pikes Peak National Forest. If you prefer wide open spaces, one of the many dude ranches in the area can provide you with an authentic cowboy or cowgirl experience.

Jeep Touring Discover some of the most scenic roads in Colorado from the comfort of a custom designed 4x4 jeep. View wildlife and snap photos as you listen to a knowledgeable guide explain the history and geology of the area. Explore Pikes Peak, learn more about the region's mining history on Gold Camp Road, ride the rim of the famous Royal Gorge or take a trip to 11-Mile Lake and State Park, the options are nearly endless.

Hiking With hundreds of miles of hiking trails, Colorado Springs is one of the most accessible cities for hikers in the state. From heart-pounding to relaxing, our wide variety of terrain offers a little something for everyone, with enough trails to keep even the biggest outdoor enthusiast engaged.

Biking (road & mountain) Colorado Springs' and the Pikes Peak Region's extensive trail network and grueling road climbs offer some of the best mountain and road biking opportunities in the state of Colorado.

Fishing The Pikes Peak Region offers some of the most phenomenal fishing around. From gold medal rivers to shimmering lakes, a fishing excursion here is an adventure like no other.

Ziplining See the world from a new perspective when you take to the skies at one of the Pikes Peak Region's many zipline outfitters. Experience the area's unique terrain as you soar through the treetops or dangle high above our cliffs, reaching speeds of up to 55 mph!

Hot Air Ballooning What better way to see Colorado Springs and the magnificent Rocky Mountain Front Range than from the basket of a hot air balloon? Experience the highest altitude hot air ballooning in the country, far above the hustle and bustle of the city below.

Rock Climbing Offering some of the most beautiful and challenging rock formations in the world, Colorado Springs is home to many respected and experienced rock climbing guides and outfitters. Whether it's your first time or your 100th ascent, Colorado Springs has a rock climbing route that's right for your skill level.

Kayaking & SUPing Rent a kayak, canoe, aqua bike or even test your balance on our SUP Boards (Stand Up Paddleboards) and enjoy our very own 35-acre recreation lake and white sandy beach.

For more information and a list of outfitters, visit our "Things to Do" page at cheyennemountain.com

SAFETY AND SECURITY

In the case of any **EMERGENCY**, please **DIAL "0"** or call 719-538-4000.

In the Event of a Fire – Please exit the area and move to the furthest part of the parking lot where our Resort Team will give you further instructions.

If you are able and feel safe doing so, **please dial "0"** on your guestroom phone or any house phone to report the emergency. Cheyenne Mountain Resort is equipped with a complete alarm system which is continually monitored by both in-house staff, as well as a professional off-site monitoring company. Should you notice a fire emergency and the monitoring system has not yet detected the fire and set off the alarm, you can activate it by pulling the closest pull station as you exit the area. Again, this is only if you are able to and feel safe doing so. All lodges equipped with exterior stairs have exits at the far ends of each building. Please familiarize yourself with these exiting options.

Alarm/Fire Procedures – The sounding of an alarm indicates a dangerous condition may exist within the building. When the alarm is activated, our First Response Team will promptly respond to the area and assess the emergency. We ask that you please allow the First Responder Team to enter your guestroom if they deem necessary in order to secure the area. Please proceed to the safest nearby area and await further instructions. If evacuation is necessary, take your room key with you. Test your doorknob for heat; if it is hot do not open the door. If it feels normal, check the conditions in the hallway/walkway. If there is no fire or hazard in the hallway/walkway, exit by using the nearest stairwell. Do not use the elevators.

Medical – In case of an emergency, medical or other, **please dial "0"** on any house phone or guest room phone or 719-538-4000 from your cell phone. You may also **dial "911"** from your guestroom, however; we do ask that you also **dial "0"** to notify our team with the nature of your emergency and location, so that our employees can give accurate directions to the Colorado Springs Emergency Response Team when they arrive.

High Altitude Sickness – Altitude sickness is an illness that can affect travelers when visiting Colorado and they are not acclimated to the higher altitude. Symptoms associated with mild to moderate altitude illness include: difficulty sleeping, fatigue, dizziness or lightheadedness, headache, loss of appetite, nausea or vomiting, rapid pulse, heart rate and shortness of breath. We recommend you stay well hydrated by drinking more water than you are used to consuming, and do not over exert yourself. Should you need, oxygen is available. **Dial "0"** for assistance.

Wildlife Awareness – Colorado is known to be "wildlife country" where you may encounter various types of wildlife such as bear, coyote, raccoon, fox, mountain lion, rattlesnake and deer. **If you should encounter any sort of wildlife, dial "0" immediately or call our main number at 719-538-4000.** Do not feed the wildlife. Do not leave food outside your room for any period of time. Please contact our Room Service Department (**Dial 4530**), who will be delighted to remove your tray promptly. Under no circumstances should you try to approach any wildlife. Keep your distance and avoid any direct eye contact. If you are confronted by any wildlife, they can be unpredictable. Remember to appear large, stay calm, pick up any small children, walk backwards slowly, make loud noises and avoid direct eye contact. Do not turn and run away.

Safety & Security Tips

- Please do not leave money or valuables in your guestroom. Guestrooms are equipped with in-room safes. The resort is not responsible for the loss or damage of personal property.
- Should you misplace your guestroom key or wish to have a new key made, simply go to the front desk, show proper identification and they will be happy to assist you. Please Note: Do not store your guestroom key near your cell phone, electronics or credit cards - it may deactivate the key card.
- Personal alcohol may not be consumed in any public areas - it may only be consumed in your guestroom.
- We are a non-smoking facility - smoking is not allowed in guestrooms or on balconies. A \$200 clean-up fee will be charged to your room if evidence of smoking is found. Please smoke in designated areas on property only.
- Usage of marijuana is NOT allowed anywhere on resort or country club grounds.
- Unprotected, open flame burning is not allowed anywhere property; use of lit candles or space heaters is not permitted in guestrooms. Cooking and/or grilling in your guestroom or on your balcony is prohibited.
- Being that we are in an arid desert climate, we are always at risk of wild fires - please extinguish smoking materials properly.
- Our Guest Service or Security Departments are always delighted to escort you to your guestroom. If you have any safety or security concerns we recommend that you utilize this service.

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