



## **Salida and Run through Time Trip Notes** **March 11-17, 2015**

I was in Salida August 2014 and vowed to return. In fact, I'd barely seen the town until I fell in love and even found myself checking out the real estate listings – until I thought of how far it is from a major airport. Such a delightful little town and a very special historic hotel overlooking the river, the park, the historic main street, and surrounded by mountain ranges.

### ***Salida***

- Largest historic downtown in Colorado and that's saying a lot
- More 14,000 foot peaks than anywhere else.
- #1 Whitewater rafting river with a famous festival
- Flourishing arts community billed as "The Biggest Little Art Town in Colorado" with 19 artist-owned galleries within short walk of downtown
- Charming shops, zillions of special little restaurants, and happy people

### ***The Palace Hotel in Salida***

- Uncompromised elegance and Old West charm in the heart of a mountain range
- High ceilings and sweeping staircases
- Each room has its own distinct personality and each are filled with antique furnishings
- Homemade breakfast of muffins and a parfait of muesli are delivered to your room each morning
- Newly renovated and each room with own kitchen and dining area

### ***Colorado observations***

- It is a big state. There are big huge open spaces. It is no wonder it is called God's Country.
- They drive fast.
- The mountains look so very different with the snow caps versus when I visited in August.
- It must be possible to Homestead. There are lot of encampments that don't look legal. I wonder if there are Colorado gypsies. Or maybe there are squatters.
- So many exercisers. So much active sports. I presume living in Colorado makes you live longer. They look healthy.
- Yet I miss having so many different things so close by in Jersey. We are condensed and yet we can get away to the woods, the shore, the horse country, farms, etc.
- There are so many 14ers. Yet they didn't seem so high until I remembered the fact that they start at 7, 8, or 9,000 feet.
- It is hard for us sea-level people to breathe in Colorado. Thus I suspect that they are much healthier. They certainly can breathe easier.
- I could live here. Yet I have found that I could live most anywhere as the more I travel the more I realize everywhere has the basics and it is just what you look for. This area is a beauty!
- There are a lot of country music stations. There are even more of these silly Rush Limbaugh type programs. But not as many as there are Bible stations.
- Churches and big dogs! Maybe they are necessary in these big wide open cold spaces.

- Are there more parks in Colorado than anywhere else?
- Are those water pipes crossing over the roadway?

***Only trip notes home - Tues and Wed, Mar 10 and 11***

I am at the Cliff House hotel in Manitou springs directly underneath the famous Pikes Peak. I know that some people have no interest in where they sleep and even a YMCA is fine. However I enjoy very much lovely accommodations and especially when they are related to a historical significant event or have a long history. The Cliff House has all of the above including the prestigious AAA for diamond award, and has been an unexpectedly pleasant stay. Even better, it is kind to the pocketbook.

I arrived in Denver mid-afternoon and drove a couple hours to Colorado Springs where Manitou springs is nearby to the Garden of the gods. I have been in the area on my own and also with Tom and visited the windy caves and some of the historical homes of the quaint little city. The town runs along a rushing river and has at various times suffered as a consequence. My last visit was for hiking and some of the roads were closed as a result of the floods and mudslides.

My friends Dave and Dana from New Jersey and more recently in Colorado Springs hosted me for a dinner barbecue at their new home. They excelled themselves with homemade bread, homemade applesauce, some lush hors d'oeuvres, salad and huge steaks for the grill followed by a selection of fresh berries on ice cream. I came home knowing that this would not be the trip to get rid of my excess 5 pounds.

But back to the hotel and my enjoyment of special places. I had been on their porch for drinks on two previous occasions so when the owner of the palace hotel, where I go to next, suggested a break in driving and staying at her favorite hotel, it sounded great. It is.

There are original artworks from the 1800s showing the history of the location plus the mountains. There are museum type exhibits and a number of restaurants, lounges, and a library. The full luxurious breakfast was included and that was a surprise. My room is a Junior suite



and complete with a working fireplace, a loft ceiling, a bathroom with a huge Jacuzzi tub, heated toilet seats, (don't laugh – those are so nice I would consider buying one), lace curtains, luxurious swag draperies, rich bed covers with a plethora of pillows to include down pillows, all antique looking furniture, and yet supplied with the newest technology such as plug-ins, docking station, flat screen TV, coffee pot, refrigerator, supplied with milk and bottled water.

When I return in August I am considering staying here again instead of my super bargain employee discount hotel.

Next up: a walk around Town to re-new acquaintance, and then a 2 to 3-hour drive to a favorite little town where my friends and hiking leaders reside. I was in Salida last August and vowed to return. This time I will take a different driving route and see something new.

One impetus for the trip right now was the favorite trail marathon called "run through time". This is its 10th year in existence and all other years have been free of snow and easy running in the trails but this year appears to be an exception. No surprise there, is it? They do live in what is considered the

banana belt and usually have very mild weather and I suppose they're weather has been very mild as compared to what we experienced in New Jersey.

Until we meet again, or until you get incentivized to read more of my chatter. Whether you read it or not, I enjoy keeping my diary.

### ***Hiking the half-marathon course the day after***

We hiked it because I didn't want to do the course on Saturday for the race. Snow, mud and mess. Thank heavens because even hiking it meant some difficult footwork for me. It's so much more enjoyable to take one's time . . . .



### ***Why do I keep signing up and not doing these events?***

I suppose it suggests I'm having trouble realizing its time to quit. The good thing is that I'm still supporting races and if I ever run out of t-shirts, I'm all set.

### ***Follows are notes from August 2014 in Salida***

Surely I'll go yet again, legs willing.



## Salida Colorado Hiking Trip Notes August 8 – 18, 2014

This area has been home to my favorite hiking leaders, Steve and Nola, for some years. Thus the hikes were especially irresistible as I knew they were well thought-out and chosen. Is it no wonder that the trip sold out quickly? In fact, I liked the area so much that I have signed up for a return visit in March 2015 for the “Run thru Time” marathon and half marathon in the hills of Salida.

### **Headlines**

- Lots of elevation meaning lots of deep breathing. Five steps up, stop to breathe. Repeat.
- Hotels were a treat in both cases: Mt Princeton Spa and Springs Resort then the historic Palace Hotel.
- Salida is high on list for many folks and their retirement.
- Many high passes and 14ers.
- Crossed the Continental Divide and was on the Colorado Trail.
- Met up with NJ friends Dave and Dana who moved to Colorado Springs



### **Dead!**

My computer gave out about this time and wasn't repaired until two trips later, and thus, Colorado that deserves a big report will be brief instead. Something like how well I was able to breathe while high up in these mountains!

### **A little color in Salida**



Big buildings and little buildings and nice old historical touches in between.



Bronze ponies, big flags, bikes as wind socks and a bike carved out of wood but with a real chain.



Store after store in the old style, and oddly a large number of re-sale stores. Recycling is alive and well. This momma and her two daughters were talking to and naming the butterflies and the butterflies were landing on their hands; whereas the two little Bambi didn't seem to have a mother anywhere in sight.



Creative decoration: a fence of old bicycles along a residential street; a park bench of tractor seats and carved stones; a wall full of real canoes.



The old Manhattan Hotel was next to our Palace Hotel, and the water view was out my hotel window, as was the mountain with an “S” on it was at the end of our street, just over the river.



The river was full of kayakers, canoes, pedal boats and fronted with restaurants. The license plate is to remind me that one might have been able to find all 50-states represented in the town and surrounding mountains. I talked to some kids who had come for the huge water festival and stayed.



Bicycle racks were creative and here is one made of an old radiator. But do we need wind chimes out of beer cans? Up high on the “S” mountain at the end of our street is still a 1902 gravestone for the town’s puppy. His owner died, the town took over caring for him, then cemented his life as a mascot.

### ***The End of Salida for now***

With this picture, I should apologize but instead I'll point out that they come in all shapes and sizes and no matter your shape, if you want to wear a bikini, be careful: you might be someone's entertainment.

### ***From notes home:***

#### ***At Mt Princeton Spa***

It is such a treat to be in the land that is well-known by Steven Nola, my favorite hiking leaders. We are at the Mount Princeton resort and spa which features the mineral waters and a very rushing creek along with a lot of pools and a 14,000 footer by the side.

I am somewhat suffering coming from sea level up to 9000 feet but I think the highest we are going to hike is about 12,000 feet. Thank heavens as I can hardly walk over to the spa without breathing hard.



I had a full day in Denver and took a bus tour through the general tourist sites. There is nothing that I remembered from our Downtown Denver trip in the early 90s or on later trips I did to visit the financial side of Denver.

Denver is sprawling and Denver is growing. Colorado has the most 14ers of anywhere. Denver has Boulder, and Denver has Colorado Springs, so what more could you want.

Here is a short video showing down by the pools and at the creek bed there is a lot more.



IMG\_2471.MOV



### ***From Mt Princeton to Salida***

It might be beautiful here in Colorado but it sure does have thin air when you're trying to hike at 10 and 12,000 feet. Five steps then stop to breathe before another five steps and loss of breath again. I would say that it is mostly worth it and I look forward to the rest of the week which will even include an add-on couple of days with Dave and Dana, hiking friends from New Jersey now living in Colorado

Springs. They kindly offered to drive to Salida at the end of my hiking trip. I will be doubly challenge to keep up with them but they have always been kind by pressing me onward.

Coming into the little historical town of Salida turns out to be even better than I had expected. There are mountains surrounding it and it has a big River running by the side. All of which can be seen from my room in the middle of town. My room is in the old historical Palace Hotel which has since been modernized enough to make it very comfortable but not so much to take away the lovely old feel. Can you imagine, but they even serve us breakfast in the room!

It was an easy decision today to take off from hiking so that I could enjoy the walking tour of the historical sites in Salida. If I were looking for a place to live in retirement this could be high on the list.

I also admit that the group dynamics of a hiking trip leave me in need of a day to myself. We have a very congenial group made all the more pleasant by my favorite hiking leaders but there's always the dynamic of someone being late which irks me to no end. You might say that, well, as I've gotten older I've gotten more cranky whereas I would say as I have gotten older I have been more clear as to what I do and don't like. And will and will not tolerate. But make no mistake, this is an excellent hiking group as usual.

Salida is the hometown of my hiking leaders and I have heard of it for so long it was particularly good to see it and also to be invited into their home. Here is a short video of yesterday's hiking destination.



IMG\_2472.MOV

I have been a little bit out of touch in part due to limited service while in Mount Princeton so if I owe you a response please know that I will catch up eventually. I also had to leave my computer at the computer hospital so responses are limited to my iPhone.

**After the hike:** This is up at Monarch Pass which would be the closest ski area to Salida.



IMG\_2488.MOV

We hiked here on Thursday and it was so lovely that Dave and Dana along with Nola and I decided to do it today. Saturday.

The weather was considerably better at the first of the hike today and like on Thursday only at the last of the clouds roll in. Today not only did the clouds roll in but the big surprise, despite the heat, was all the pea size hail that came down. On my poncho it sounded like rain on the tin roof. There was enough hail that we found little bits of it left under the trees where the sun wasn't shining.

This is a wonderful hike and as Nola says, I will go there anytime I can. And speaking of coming anytime we can, I will return in March for the marathon and half marathon run on some of the trails I hiked and some new ones.

Since the marathon starts and ends at the hotel I have so enjoyed, I've booked my reservations already. If you are interested look up the marathon called run through time scheduled for March 14. The hotel is the old historic hotel called the palace hotel that has been renovated recently.

I really like this little town.



***Now this really is The End*** because I'm off for a day around Lake Tahoe before a Lassen Volcanic National Park week long hike, then back to Reno for the start of another week's hike to the High Sierras and Yosemite East, followed by Milan with Tom for a few days, then a hike through the Lakes of Italy. All that before the October, which will take me to London for ten days for the Royal Parks marathon, Chicago for five days for ice skating trials, New York City to spectate the NYC marathon and a few days touring, then another biggy to Buenos Aires, Mendoza and Patagonia for November, Atlanta for a marathon and a mini reunion with an adopted family, and wow, another biggy when Marie arrives for our Christmas and New Year's trip to Barcelona. 2015 is filling up too. May the body and legs just keep going and I'll be supremely happy.

## ***Itinerary 2015***

### **Wed Mar 11**

11:49am Depart Newark EWR via UA#243  
2:23pm Arrive Denver DIA/DEN

Rental car Thrifty then drive about 1 ½ to 2 hours to Manitou Springs

Notes for drive to Salida:

1) Highway 24 west --> US 285 --> CO 291 as one option (if snowy/windy, don't go this way as there are two mountain passes to negotiate).

2) Highway 115 past Ft. Carson (SW CO Spgs) --> US 50 west through Cañon City to Salida (no mountain passes). It is about two hours in normal dry conditions either direction. You stay in lower elevations with no passes but there is a scenic canyon to drive through.

Dinner Meet up with Dave and Dana

Hotel The Cliff House in Manitou Springs  
306 Canon Avenue, Manitou Springs, CO 80829 Tel: 719.785.1000 or 877 235-8720  
[info@thecliffhouse.com](mailto:info@thecliffhouse.com) <http://www.thecliffhouse.com>

### **Thu Mar 12**

AM Drive the 2 to 2 ½ hours more to Salida

Hotel Palace Hotel – 4 nights in room 301 (Dave and Dana in room 202)  
204 North F Street, Salida CO 81201 Tele 719 207 4175  
[salidapalacehotel@gmail.com](mailto:salidapalacehotel@gmail.com) [www.salidapalacehotel.com](http://www.salidapalacehotel.com)

### **Fri Mar 13**

Dinner Pasta dinner

### **Sat Mar 14**

Dave and Dana arrive early

8:00am Marathon starts and 9:00am Half-marathon starts

3:00pm Course closes; half timed to 5:37 hours with 142 participants in 2013

Dinner Grocery store and eat in Dave and Dana's room

### **Mon Mar 16**

Drive to Denver airport - turn in rental car pre 6pm; hotel has free shuttle

Hotel Denver Airport Marriott at Gateway Park – 1 night  
16455 East 40<sup>th</sup> Circle, Aurora, CO 80011 Tele: 303 371 4333

### **Tue Mar 17**

Use hotel shuttle

10:15am Depart Denver DEN via UA#1677

4:04pm Arrive Newark EWR

Link to last year's RTT.

<http://www.salidarec.com/ccrc/Run-Through-Time-Marathon-2014.htm#race>