

ALTITUDE NOTICE

Lone Rock is approximately 8,600 feet above sea level. Altitude sickness can impact people differently and some not at all. Guests will receive a communication text from Lone Rock in advance speaking to preparing for a high-altitude trip. For those who do not have experience with high altitude, it is important that you notice if your body is reacting to the altitude and take appropriate steps to mitigate the effects so that you can have an enjoyable experience. If they persist or worsen, it is really important that you share them so we can make sure you get the support and care you need.

Some people experience some or all of the following at high altitudes:

- Headache
- Dizziness
- Nausea
- Shortness of breath
- Fatigue or loss of energy
- Difficulty with sleeping
- Loss of appetite

Most people are able to adjust to the altitude within a day or so.

Lone Rock has oxygen enrichment in the guestrooms. Pure oxygen will be piped into your room to counteract the effects of the high altitude. If you need extra enrichment, there is a sleep oxygen mask in the drawer by the bed, to increase your O₂ during the night.

Prior to arrival, your doctor can prescribe medication that prevents altitude sickness when taken before ascent if you think this will be necessary.

Drinking alcohol at a higher elevation has a stronger impact on your body. Lone Rock recommends a two drink limit. Please drink responsibly and hydrate between beverages.

Guests with serious medical conditions should consult their doctor prior to committing to the trip.