



Travel Information

Course Number:

CCGL-982 // 9.15.19 – 12.4.19

*******YOUR COURSE BEGINS AND ENDS IN TWO DIFFERENT LOCATIONS. PLEASE PLAN ACCORDINGLY. *******

MEETING PLACE:

7:30 AM Mountain Time
DoubleTree Stapleton North
4040 Quebec St.
Denver, CO 80216
(303) 321-6666

TRAVEL ARRANGEMENTS:

Due to the international component of this course, we recommend purchasing all flights through:

Ruby Frederick
Southland Travel
ruby@southlandstravel.com
303.680.5241

You **must** purchase your Colorado to Ecuador leg through Ruby at Southlands Travel. If you choose to purchase your course start and course end flights through Ruby, it will save you time and she is committed to finding the best price based on your course itinerary.

COURSE START:

Courses will depart at 8:00 AM the morning of your course start date in the lobby of the DoubleTree Stapleton North Hotel. Please be in the lobby at 7:30 AM. Please eat breakfast before getting on the bus. Check out must be taken care of prior to 8:00 AM. The bus will leave promptly at 8:00 AM. Participants not fully confirmed by their Course Advisor will not be allowed on the bus. Several different courses may be departing at any given time and heading for different course areas so please check with the driver prior to boarding any vehicle.

ACCOMMODATIONS:

You will need travel to Denver the day before course start and spend the night at the hotel in order to meet for course start at 7:45am in the hotel lobby. There are multiple DoubleTree hotels in Denver. Please make sure that you book the DoubleTree-Stapleton North at 4040 Quebec St. The DoubleTree-Stapleton North offers a discounted rate (\$94 non-peak / \$124 peak) for a single room to Colorado Outward Bound School participants. When booking, please call the hotel directly (not their national reservation line) and indicate that you are a Colorado Outward Bound School student in order to receive the discount.



GETTING TO THE DOUBLETREE STAPLETON NORTH HOTEL:

From Denver International Airport (DIA):

Train and Shuttle Service

- You will need \$9 cash or credit/debit card for the train each way.
- Use the A-Line Train Service from Denver International Airport. The Train leaves every 15-30 minutes with the last train leaving DIA just after 1:00 a.m. You can board the train at the Denver Airport Station which is located at DIA, beneath the Westin Hotel (follow the signs directing you to the Transit Center).
- Take the train to Central Park Station.
- Once you have departed DIA on the train call the hotel directly (303-321-6666) to request a shuttle pick-up. The Doubletree Denver- Stapleton North shuttle picks up guests at Central Park Station shuttle pick up area A1.

For more information on the train service from DIA visit: <http://www3.rtd-denver.com/a-line.shtml>

Taxi/Uber/Lyft

- All standard taxi/ride services are also available from DIA to the hotel and cost between \$20 and \$50 one way.

Driving Directions

- From I-70 Eastbound, take the Quebec Exit 278, turn right (south) onto Quebec. The DoubleTree Stapleton North Hotel is a block down on the left-hand side of the road. If you want more specific directions from your location, please call the hotel.

WHAT TO WEAR ON YOUR FIRST DAY:

Wear layers of clothing that you can easily add and subtract to account for temperature changes. You'll want to be cool and comfortable on the long van ride from the airport to your course start site. However, you'll want warm layers readily accessible because you will be outside at your drop off location. Courses are packed with physical activity right from the start so it is important to arrive prepared. To aid in acclimatization to high altitudes, be sure to drink plenty of water while traveling, and on the day before your course. We recommend 3-6 liters per day.

MID-COURSE TRAVEL TO QUITO, ECUADOR:

We will travel together to Quito, Ecuador from Colorado. Students must pay for their flight to Quito, but we have made arrangements for us to all be on the same flight. Please call Ruby Frederick at Southlands Travel at 303.680.5241 to purchase your ticket or email her for more information at ruby@southlandstravel.com. You must make these arrangements before the beginning of the course.

COURSE END:

Your course ends in Quito, Ecuador and you should arrange to fly out of Mariscal Sucre – Quito International Airport. We cannot guarantee that you will be able to make a flight out of Ecuador before 9am the morning of the last day of course so plan your itinerary accordingly. After course end in Quito, you are welcome to travel as you wish, and some students choose to stay in Ecuador or travel beyond before returning home.

PASSPORT:

You will need a passport and it **MUST BE VALID FOR SIX MONTHS AFTER YOUR INTENDED EXIT FROM ECUADOR**. If you don't have a passport you need to begin this process immediately as it can take 90 days or longer.

POST-COURSE ACCOMMODATIONS AND TRANSPORT IN ECUADOR:

If you are staying in Quito after the course ends, you should make accommodation reservations for yourself. There are many hotels and hostels in Quito that are affordable. A couple recommendations are listed below. Both of these hotels have rooms that cost about \$10 for a dorm and \$20 for a single private room with a shared bath. Each are located about 15 minutes from the airport and the taxi ride should cost around \$10 (or less if you bargain hard!).



COLORADO OUTWARD BOUND SCHOOL

Posada Del Maple - <http://www.posadadelmaple.com/index.html>. This is a favorite spot for COBS instructors.

Hostal Backpacker's Inn - http://www.backpackersinn.net/engl/home_engl.html. Simple and clean.

LUGGAGE:

As a precaution against the airlines losing hard to replace items, we **STRONGLY RECOMMEND** that you carry or wear things on the plane like your boots, socks, long underwear, prescription medications and contacts/glasses. When you arrive on the course, your instructors will help you sort through your luggage to ensure you've brought the right stuff. Outward Bound can loan you most things you may have forgotten. When in the field, extra items (airline tickets, money, watches, clean clothing, etc.) can be left in your suitcase, which will be placed in locked storage during your course. These items will be available to you between sections, when traveling, and on town days.

COMMUNICATION:

During backcountry sections, you will be in remote areas without land line access or reliable cell phone coverage. Throughout course, you will have periodic access to cell phones. Further information about personal use of cell phones, and other electronics will be provided to you in a letter about a month before your course start.

Please do not have mail sent to the Denver office. You will be able to have mail sent to two different addresses at different times during course. Depending on the timing of your mail's arrival, send mail to one of these addresses:

Student Name Course Number c/o COBS
1930 Hwy 300
Leadville, CO 80461 USA

-OR-

Student Name Course Number c/o COBS
16 Ranch Rd
Moab, UT 84532 USA

YOU WILL GET MORE SPECIFIC INFO ON WHEN AND WHERE TO SEND MAIL IN LETTER ABOUT A MONTH BEFORE COURSE START.

TRAVEL PROBLEMS AND EMERGENCY CONTACT:

If you encounter problems with your travel plans that will delay your arrival to Denver we can help troubleshoot solutions so that you can get to your course start. During office hours, call your course advisor for assistance. After hours, call our 24-hour voice mailbox at 720.381.6589 and follow the prompts for a travel delay on a Colorado program. The mail boxes are checked regularly and you will receive a call back as indicated by the outgoing message, please be sure to include the students name, course number and a return phone number. In the event of an emergency (such as a death in the family) where you need to reach a student who is on course call 720.381.6589 and follow the prompts for critical emergency for a student currently on a course.

This will route to an on-call cell phone and you will get a prompt return call as indicated by the message.

ECUADOR TRAVEL NOTE:

Ecuador is generally a safe country to travel in as a foreigner. The biggest safety concerns as a traveler are petty theft, aggressive dogs, and bacteria in the tap water that can make one ill. Ecuador is also an easy place to travel for Americans. The Ecuadorian national currency is the American dollar and there are many people who speak English in the tourist areas and in Quito. For more info: <http://travel.state.gov/content/passports/en/country/ecuador.html>