



Winter Activity Guide



One Willow Bridge Road
VAIL VILLAGE



During your stay in Eagle County please visit the Eagle County website for the most recent guidance for Covid -19.

<https://sites.google.com/eaglecounty.us/covid/landing>

Thank you for understanding.

-One Willow Bridge Road Staff



Residence Information and Services

A/C & Heating

The climate control in the residences has been set to reflect what most guests find comfortable. The climate has three different zones, the master bedroom, secondary rooms and living room, but work best when in conjunction with one another. The air conditioning is only controlled through the living room thermostat. Please contact the staff should the temperature climate not reach your needs.

Check out Time

Check out time is 11am. For a later departure request, please check with the concierge for availability. Should we not be able to accommodate your request, we are happy to store your luggage items while you continue to enjoy your stay in Vail. The Sonnenalp spa wet lounges will be still available for your use. Please keep in mind for early departures that we are not staffed between 10:45PM and 6:45AM.

Dry Cleaning & Laundry

Laundry service & dry cleaning are available through the Sonnenalp. Laundry slips and bags are found in the first drawer of the master bedroom in the residence. For same day service, the paperwork & articles of clothing must be at the concierge desk no later than 8am. No Sunday service.

Fireplace

The fireplace in the living room can be operated through the light switches mounted on the wall in the living room area as well as through the Crestron remote panel by selecting living room, then lights. If it has not been used in some time, it may require that you prime it ON, then OFF, then ON again, then after a few moments it will ignite.

Fitness Center

Open from 6am until 10pm, located in the Spa at the Sonnenalp, the fitness center is accessible either through garage level G, or down East Meadow Drive heading West (take a left when exiting One Willow Bridge Road). There is no charge to use the Sonnenalp fitness facilities for names currently in house for One Willow Bridge Road residents.

Housekeeping

Housekeeping services are available daily beginning at 9am until 4pm. Should you have a preference for service timing, please notify the concierge and we will do our best to accommodate you. You can also use the door tag to signify whether you're ready for service or would like to not be disturbed.

Ice

Ice can be found in the freezer drawer of the refrigerator. The drawer must be properly positioned with freezer temperatures set -5°F. Should you find the drawer empty upon your arrival, it is likely that housekeeping has just cleaned it out during the turnover of the residence, contact the concierge to deliver.

Internet

Complimentary wi-fi can be accessed through the owbr network. The password is **OneWillow**. A guest computer and printer are also available in the sunroom past the concierge desk.

Parking

One Willow Bridge Road bellmen will valet your vehicle to and from the garage. Each residence is allotted one parking space. Fractional residence rental parking charges are \$30 per night, per vehicle. Additional parking spaces are allotted when available. Vail Transportation Center offers free summer parking.

Patio doors

The patio doors accessing the balcony from residences will close only when the handle is pulled upward. To lock the doors, pull handles upward before engaging the lock.

Pool

Our property has an outdoor heated infinity edge pool and two hot tubs. Pool towels can be found outside. You may also make use of the Sonnenalp Spa pool areas, open from 6am until 10pm.

Popcorn

To pop popcorn, the microwaves require that the bag be must be popped in the microwaves on an elevated surface, such as a ceramic plate turned over. Never use the popcorn button to pop popcorn, follow the directions on the bag.

Public Spaces

Residents & guests can request to reserve One Willow Bridge Road's public spaces for family or event gatherings. Availability & approval based on management discretion. The concierge team can assist in details such as grill use, or s'mores in the fire pit on poolside patio as well as coordination of catering for your occasion.

Road Conditions

Updated information is available through www.cotrip.org or by dialing 970.479.2226. The Vail Eagle airport is located about 45 minutes west; recommended departure for a flight would be 2 hours prior. The Denver airport is 2 hrs 15 minutes east; recommended departure for a flight would be at least four hours.

Room Service

Room service is provided by the Sonnenalp Resort of Vail. Their menu can be found in the kitchen in the black folder next to the phone. You can order by dialing extension 5442.

Safe

Safes can be found in each residence and are operated by code selection. They are most often in the master bedroom, albeit 25 and 35, where they are located under the television cabinet in the living room.

Shipping

Shipping is available through our concierge desk via FedEx and UPS only. (Letters, but not packages, can be sent via USPS). Please see concierge for paperwork & details.

Ski Storage

Ski storage is available through Gorsuch at the base of Gondola One. Sonnenalp Ski Concierge will store and retrieve your belongings daily, without the hassle of a locker system. Our residences do not allow for snow sports equipment in the residences, and do not allow ski boots to be worn in any public areas.

Spa

The Sonnenalp Spa is a Leading Spa, offering an extensive service menu with a large variety of massage, body, facial (including Hydrafacial), waxing and nail treatments. Treatments are available from 8am until 8pm daily in the luxurious 9 private treatment rooms. The spa also has a nail suite, oxygen bar, spa café, women's and men's wet lounges with saunas and steam rooms, as well as a relaxation cove, and indoor and outdoor pool relaxation area. Please see the menu of services next to the kitchen telephone.

Telephone

0 to reach the Concierge

9 for an outside line

FOR DOMESTIC CALLS DIAL [9+ 1+AREA CODE+NUMBER]

FOR INTERNATIONAL CALLS DIAL [9+011+NUMBER]

5404 for the Sonnenalp Spa

5442 for Sonnenalp Room Service

Television

Televisions are in every bedroom as well as the living room. The living room and master bedroom televisions in the fractional residences are operated by interchangeable iPad remote controls found in either room; both also have X-Box and DVD players. Secondary bedrooms of the fractional residences will have individual TVs operated by regular remote controls.

We do not offer Pay per View.

Washer/Dryer

Each residence has a washer and dryer in the hall closet. To open the washer door, you must hold down the rightmost button with the key icon on the lower half, until the door pops open. Once the cycle has begun, it may to run through completely. Holding the start/stop button may stop it, if it is done so in a timely manner.




LEADING
SPAS



Sonnenalp Spa

The Sonnenalp Spa is a member of the Leading Spas of the World, a carefully curated portfolio of 100 of the world's most outstanding and luxurious spas.

Selected for its authentic sense of place, superlative service and sumptuous surroundings, the spa gained certification by passing & maintaining a rigorous inspection process of over 200 exacting criteria.

Leading Spas will ensure that every guest will enjoy an exquisite and rewarding spa experience.



BREATHE

Having headaches?
Feel fatigued?
Stop by the
OXYGEN BAR
It will help you feel
better - faster.



- Private treatment rooms

- nail suite

- Turkish steam rooms

- Finish saunas

- spa café

- oxygen bar

- relaxation cove with fireplace

- indoor and outdoor pool & spas,

- fully equipped wellness center including Pilates & yoga classes as well as weight & cardiovascular equipment

Daily hours

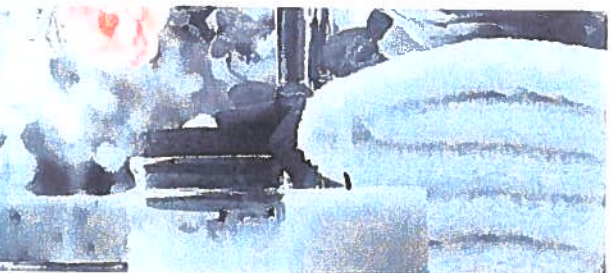
6a-10p spa access, including fitness room

8a-8p spa services

Spa Specials*

One Willow Bridge Road Owners *

Exclusive to resident owners year round ~15% off regular prices



Ludwig's

EUROPEAN BREAKFAST BUFFET



HEALTHY & ORGANIC
LOCAL INGREDIENTS
DAILY 7 - 11 am, Sundays until Noon
970-479-5461

FRUITS

Oranges, Bananas, Apples, Blueberries, Strawberries, Blackberries, Raspberries, Figs, Pears, Kiwis



DRIED FRUITS & NUTS

Dried Bananas, Dried Apples, Dried Prunes, Dried Cranberries,
Almonds, Walnuts, Raisins, Sunflower Seeds, Flax Seeds, Coconut Flakes



CEREALS

Corn Flakes, Frosted Flakes, Raisin Bran, Fruit Loops, Green-Ola, Muesli, Gluten free Cereals



BREADS & PASTRIES

Sourdough Bread, Multi Grain Bread, Quick Bread, Bagel, Croissant, Muffin,
Danish, Hard Roll, White + Whole Grain Toast, Gluten free Bread and Toast



YOGURT & MILK

Plain Yogurt, Mixed Berry Yogurt, Fruit Parfait, Whole Milk, Skim Milk, Soy Milk



MEATS

Black Forest Ham, Turkey, Salami, Buendner Fleisch, Landjaeger Sausage, Mortadella, Pepper Salami



CHEESES

Garlic Crème Cheese, Provolone, American, Pepper Jack, Cheddar, Swiss, Cottage Cheese, Baby Bell



DRINKS

Lavazza Coffee, Decaf Coffee, Tea Selection from Ronnefeldt, Orange Juice, Grapefruit Juice,
Cranberry Juice, Apple Juice, Pineapple Juice, Tomato Juice, V8, Prune Juice, Grape Juice, Ice Tea, Soda

Also for purchase: Espresso, Cappuccino, Café Latte, Café Mocca, Smoothie,
Fresh Squeezed Juice, Mimosa, Kir Royal, Bloody Mary, House Sparkling, Champagne



WARM FOOD

Oatmeal, Bacon, Hash Brown, Pork Sausage, Scrambled Eggs, Hard Boiled Egg,
Waffle, French Toast, Quiche, Cheese Blintze, Pancake, Eggs Benedict,
Eggs Florentine, Bavarian Benedict, Huevos Rancheros, Eggs any Style and Omelet



JAMS

Strawberry, Raspberry, Blueberry, Apricot, Orange

A la carte menu also available.



Vail Restaurants *Subject to Change*

The 10th

Redefining on-mountain dining with spectacular views & food. The 10th, a 'nod' to the soldiers of The 10th Mountain Division, many of whom were the founders of the American skiing industry. With views of the majestic Gore Range, the 10th is open for regular lunch service during the winter ski season, open summertime Fridays, Saturdays & Sundays. Private event hosting is also available. The cuisine is world-class, with a focus on modern Alpine classics. 11am-3pm. \$\$\$ L

Almresi

A concierge favorite! Bringing a touch of romantic charm and European culture to pristine and rustic Vail, Almresi's "Vail Come" is extended to all. Feel spoiled, loved & completely at home here. Austrian German cuisine menu items are perfected for your enjoyment. ALmResi is open for breakfast, lunch & dinner and will not under impress! \$\$ BLD

Alpenrose

This quaint German restaurant has offered a cozy indoor atmosphere along with a sunny patio perfect for people watching since 1974. This little gem has been taken under the wing of the Almresi restaurant & is a new hit! Serving lunch and dinner daily. \$\$ LD

Bistro Fourteen

Named after the view of fourteen thousand foot Mt. of the Holy Cross, Bistro Fourteen offers a more casual, kid friendly sit down environment for on mountain dining at the top of the Eagle Bahn Gondola in Lionshead. Perfect for lunch, après, or a post-Adventure Ridge appetite. Lunch available. \$\$ LD

Bol

Bol is a full service restaurant in Solaris offering guests creative twists on classic American cuisine. Dine lane side while enjoying a game of bowling, or in their chic modern dining room adjacent to the sixty foot bar. Bol offers upscale pizzas, fabulous burgers, a kids menu, playful desserts & an extensive wines by the glass list! \$\$ LD

Bully Ranch

A rustic western favorite located in the Sonnenalp hotel. Enjoy this casual, uncomplicated dining experience with a hearty, home style menu known for their ribs, burgers, home brew and mudslides! Bully is kid friendly but still evokes mountain elegance with a fabulous porch (that is pooch friendly). Don't leave Vail without sampling a mudslide! Serving lunch & dinner daily from 11am-11pm. \$\$ LD

Elway's

The perfect place to celebrate a special milestone or simply savor the USDA hand cut prime steaks on an award-winning menu featuring, Colorado lamb, fresh fish and creative side dishes. This restaurant settled in the Lodge at Vail hotel offers hearty selections for carnivores, you will not leave hungry! Dinner service only. \$\$\$ D

El Segundo

El Segundo is a new fun, high-energy semi-traditional taqueria and tequila bar from the Montauk team, Overlooking scenic Gore Creek come enjoy this delicious option with 100+ tequilas to try! They offer a private dining room with full buyouts for up to 130 people. Open 12-10PM full menu and a late night happy hour from 10pm on. \$\$LD

Fall Line Kitchen & Cocktails

From the team behind White Bison comes this glam Vail Village venture, with an eclectic kitchen showcasing New American fare with Latin and Mediterranean influences and a bar pouring creative cocktails and house-brand wines against a modern mountain lodge-inspired backdrop. Open for lunch & dinner daily. \$\$ LD

Flame

Four Seasons Flame offers both hearty mountain fare and light, healthy options, both indoors and on the heated outdoor terrace. Enjoy dishes like Bison Potstickers and Pork Belly Carbonara or savor an aged prime steak, cooked to perfection under our 1,800 degree custom broiler. Visit Flame daily for breakfast, lunch and dinner, while the Fireside Lounge will be open daily for lunch, après-ski mountain sushi and drinks. BLD \$\$\$

- Game Creek** Game Creek Restaurant is located at 10,300ft in a European-style mountain chalet in Game Creek Bowl on Vail Mountain. Accessed by a snow cat ride from the top of the gondola in the winter, and by hiking or 4 wheel drive shuttle in the summer. Enjoy distinctive American cuisine in courses as well as an extensive wine list and superior service. Subject to changes. \$\$\$\$ B*D
- La Bottega** La Bottega has been a mainstay for both locals and tourists alike since 1997. The Wine Bar is a great place for après ski or to just have a glass of wine with friends. This fun, casual Italian bistro boasts stone-oven pizzas, decadent sandwiches, and creative Northern Italian entrees. Family friendly. \$\$\$ L D
- La Nonna** The Best Italian in town is new and improved! Campo de Fiori is now La Nonna~ inspired by your grandma's cooking, you will adore these authentic Italian dishes. Order pasta if you're smart! All pasta is homemade by an Italian chef and delivered in an energetic & lively atmosphere. These dishes will entice your senses & delight your palate. Open for dinner nightly. \$\$\$ D
- La Tour** La Tour is an outstanding local favorite featuring modern French-American cuisine. Utilizing the best organic, natural and sustainable products available in a romantic intimate setting. An impressive wine list with 350 selections and recipient of Wine Spectator's "Award of Excellence". Open for dinner nightly and for Sunday brunch in the summer. \$\$\$\$ B D
- Lancelot** Vail's original Prime Rib House since 1969 and now recently renovated with a modern appeal. This family friendly, creek side casual restaurant is known for the best slow roasted prime rib in the Vail Valley. Also serving a variety of USDA Choice steaks, fresh fish and seafood entrees. Open nightly for dinner and for lunch in the summertime. \$\$\$ L* D
- Larkspur** Larkspur focuses on customized gatherings, private celebration, and culinary events. Located in Golden Peak, Larkspur overlooks Vail Mountain, and has an open kitchen with a massive hearth and glassed-in wine room. Open for lunch and après daily to the public & private dinners for ten or more guests in the wintertime only. \$\$\$\$ L D*
- Left Bank** Left Bank, owned & operated since 1970, serving old – world French cuisine in a newly renovated space, the Left Bank takes pride in preparing everything from scratch using only the finest ingredients. Everything is fresh never frozen. The spectacular wine list is a must for anyone who is interested in French wines. Do not leave without trying the chocolate soufflé! Serving dinner Monday through Saturday. \$\$\$ D
- Leonora** Nestled in the hip Sebastian hotel, this restaurant offers a warm ambiance and cuisine inspired by the Alps, Pyrenees and our own Rocky Mountains. Utilizing only the finest fresh, local and organic ingredients to create tantalizing Tapas, Crudo and Alpine Bistro fare. Leonora's recipes call for simply prepared, flavorful dishes. Serving dinner. \$\$ BLD
- Matsuhisa** A concierge favorite! With international recognition & worldwide restaurant locations, celebrity chef Nobu Matsuhisa inspired exquisite fusion cuisine from Japanese and Peruvian influences. His intent for the consumer to experience discoveries about their own latent tastes will undoubtedly offer a revelation to your senses. Matsuhisa's ambiance is no less impressive, set smack in the middle of Solaris with impressive views & an elegant interior. Reservations are recommended (the sushi bar is first come first served). Dinner nightly and après in the winter season. \$\$\$\$ D



- Ludwig's** **Elegant!** An occasion in itself. Ludwig's is a real European experience with over 400 wine selections and a knowledgeable sommelier make this fine - dining experience one not to miss. Ludwig's Restaurant, located in the Sonnenalp hotel is the proud recipient of AAA/4 diamond designation awards from Wine Spectator, the Zagat Survey and DiRona. Your standards for service will need new measurement after this exquisite experience. Serving breakfast year round from 7am until 11am (12pm on Sundays) and dinner service in the winters from Tuesdays through Saturdays. \$\$\$ B D*
- Montauk** **Newly renovated menu & setting.** Coastal specialties with a contemporary flair, Montauk offers the freshest seafood in a casual setting. Located in Lionshead behind Arrabelle, Montauk brings high quality seafood and meats to the mountains. Friendly, knowledgeable servers make for a wonderful experience. The herb crusted Halibut and lobster mac n'cheese will amaze. Serving dinner nightly \$\$ D
- Mountain Standard** **From the creators of the legendary Sweet Basil, the aptly named Mountain Standard is a rustic and relaxed tavern that uses an ancient form of cooking: over an open and live wood fire. No smoke and mirrors here, just simple, honest, from the heart service and cooking. This exciting new restaurant will have rustic, bold and honest flavors, focusing on the purest ingredients in the Rocky Mountain region and beyond. \$\$\$ LD**
- Osaki's** **If you like sushi, don't miss the best in Vail!** This small space boasts big flavor. Due to its popularity and the precious seating available, Osaki's will only hold your table for 5 minutes! Osaki's will use only the finest, freshest, & hand picked selections to achieve the finest quality Japanese cuisine. Reservations not accepted. Take out available. Serving dinner Tuesdays through Sundays. \$\$\$ D
- Pazzo's** **Pizzeria serving the valley since 1990, Pazzo's is a Vail valley tradition for over 20 years!** Serving lunch and dinner daily and breakfast most days, Pazzo's is sure to have you covered! Breakfast starts at 8am, lunch at 11am and in the high season, you'll be taken care of even entering the restaurant as late as 10:30pm. BLD \$
- Pepi's** **Pepi's Restaurant's location in the heart of the village is appropriate as the owners have a hand in founding Vail. This Austrian continental cuisine is authentic and is guaranteed to satiate!** Enjoy outdoor patio dining on their extensive deck, as well as year round live acoustic entertainment. The Antler's room opens up in the wintertime for gourmet wild game served at 6 or 8:45pm. Serving lunch & dinner daily. \$\$\$ L D
- Russell's** **If you're in the mood for certified Angus beef or Alaskan king crab, Russell's is the place to go. A short walk through the covered bridge takes you to this creek side restaurant. The friendly service and casual, unique atmosphere will keep you coming back again and again. Serving dinner nightly. \$\$\$ D**

Sweet Basil



A concierge favorite! Sweet Basil is the legendary restaurant in Vail & considered Colorado's Most Popular Restaurant by the Zagat Survey. Reservations are highly recommended, even in the off season! The relationship with local farmers provides the kitchen with the freshest ingredients, treated with a blend of sound classical technique & modern innovation to maximize the potential of the ingredients. Sweet Basil is creative contemporary American with French foundations in cooking & has received both the Wine Spectator's "Award of Excellence" and the "DiRona Award" with over 500 carefully chosen selections. \$\$\$ LD

- Swiss Chalet** Enjoy fondue, raclette and authentic alpine cuisine reflecting the various regions of the Alps. Very warm atmosphere, excellent food, and don't forget the chocolate fondue! Featuring traditional European cuisine in a classic Swiss-style setting In the Sonnenalp Resort, the Swiss Chalet offers the ultimate alpine dining experience. Delicious fondues and European entrees make the Swiss Chalet a delectable dining experience. Not to be missed. Reservations highly recommended in the wintertime. Serving dinner Wednesday through Sunday and après during the ski season. \$\$\$ D
- Tavern on the Square** Nestled within The Arrabelle at Vail Square and only steps away from the Eagle Bahn gondola, The Tavern on the Square is Vail's most happening spot for delicious food and drink, before and after you hit the mountain. The Tavern boasts an eclectic wine list, a wide assortment of microbrews and fresh cocktails meant to complement any dish on the menu. \$\$ LD
- Terra Bistro** Borrowing the Latin word for Earth in its name, Terra Bistro has been transforming whole foods into gourmet innovations for close to 20 years. They're nationally recognized as a leader in the gourmet green movement through seeking ingredients through sustainable sources & humane conditions. Their menus are 100% all natural, utilizing 85-100% certified organic ingredients, Seafood Watch approved. Also, Terra Bistro has received both the Wine Spectator's "Award of Excellence" and the "DiRona Award." Located in the Vail Mountain Lodge, nightly vegetarian and vegan specials feature gluten free ingredients, and for the carnivores: do NOT miss the peppered Amish beef tenderloin. Serving dinner. Subject to changes. \$\$\$\$ BLD
- Up the Creek** Up the Creek Restaurant is a small family owned establishment offering casual American cuisine located on Gore Creek. The specialties are fresh never frozen seafood, prime steaks and consistence in deliciousness. Up the Creek is unpretentious & lovely, open for lunch through dinner daily starting at 11am. \$\$\$ LD
- Vail Chophouse** This family friendly restaurant (tableside magician in the winter) in Lionshead serves lunch, featuring an assortment of soups, salads, sandwiches, and hot entrees, in addition to a dinner selection filled with steaks and fresh seafood. Their location is at the base of the Eagle Bahn Gondola. Serving lunch & dinner daily. \$\$\$ LD
- Vendettas** Vendetta's Italian Restaurant and pizza is located in the heart of Vail Village. Whether it's a slice of pizza for lunch, dining by candlelight in the underground main dining room, or burning the candle at both ends at our legendary storied bar during après ski, they'll make your time at Vendetta's a memorable one. Open daily for lunch & dinner. \$\$ LD
- Vintage** Impressive food without the pretentious setting. A concierge favorite. Inspired by the classic brasseries of Paris, Vintage pays homage to tradition, but still pursues culinary innovation. The menu will impress you through fresh ingredients and traditional techniques and you must try both dinner and their Champagne brunch. Located in the Gateway Plaza building next door to The Sebastian Hotel. Dinner and Brunch service Thursday—Monday. \$\$ B D
- Yama** Japanese-born chef Ted Minami's traditional approach to the artistry of Japanese cuisine expertly compliments wild child, chef Chris Aycoc's innovative techniques. This unique blend satisfies the most discriminating palate and is sure to delight, and is further expressed by the smart ambiance and crimson lit dining room. This surprisingly chic restaurant fulfills the needs of the health conscious and fun-seeking individuals. Serving dinner nightly. \$\$\$ D





*Winter is not only for riding the mountain! Something for everyone!
Take a scenic gondola ride to see the highest point of some of Colorado's majestic mountains!*

Dogsledding

Private & scenic, this six mile two hour tour led by happy, excited dogs is available for ages 4 and up. Two people per sled or 1 adult 2 small kids or 3 kids. 400lb max per sled. NO fur and no pregnant women. Morning and afternoon tours available, door to door 8am to 12pm or 12.30-4.30pm



Snow Coach Tours for every age. Panoramic views at 12,500ft.

Enjoy a 2 hour tour of beauty of the Rockies in an enclosed heated coach. Educational and jaw dropping!

Morning Tour w/ Lunch 8:30am -1pm

Midday Tour w/ Lunch 11am-3:30pm

Afternoon Tour 1:30-5:30pm



Snowmobiling Some tours available for Ages 14 and up to drive (recommended passenger age is 9 years of age). More advanced tours are ages 16 and up. Guided 2 and 3 hour tours; unguided and private tours available. Youth lap track for ages 5 and up (≥80lbs). Transportation inclusive. See concierge for more info



Fly Fishing Peaceful and serene, experience this meditative activity. Half day, 3/4 day and full day trips available. Transportation provided and trip will be tailored to your desired experience. Private water locations available.

Horse Back Riding- Winter Horse Back Riding at 4 Eagle Ranch. Just a 30 minute drive from Vail is the beautiful 4 Eagle Ranch. Self drive to this location.



Snowshoeing and Nordic Skiing Snowshoeing tours with a Sonnenalp guide or on top of Vail are a great intro or guided private tours are available. The Vail Nordic Center is not too far with the Gore Range as a scenic backdrop. Or take snowshoes out on your own trail! Ask concierge for more information.





Winter Driving Tips

★ **Decrease your speed** and leave yourself plenty of room to stop. You should **allow at least three times more space than usual between you and the car in front of you.**

★ **Brake gently** to avoid skidding. If your wheels start to lock up, ease off the brake.

★ **Use low gears** to keep traction, especially on hills.

★ **Be especially careful on and under bridges, overpasses** and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.

★ **Don't pass snow plows and sanding trucks.** The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.



★ **Don't assume your vehicle can handle all conditions.** Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads. Even if you have an SUV

Denver Airport: about 2 hours east. give at least 4 hours from your flight departure time (total drive time is around 2hrs) ****Sunday trips to Denver from Vail, add on another hour or leave before 11AM CDOT also is implementing Rolling Speed Harmonization to reduce the number of times it meters eastbound traffic at the Eisenhower Tunnel. Metering occurs at the tunnel when vehicle volumes exceed the capacity of I-70. When back-ups occur, CDOT stops vehicles from entering the tunnel, allowing traffic to clear, before releasing more traffic into the tunnel.

Eagle Airport is about 45 minutes West from here. Suggested departure with rental return is about 2 hrs 15 min



For current road conditions, trip travel times & closures, visit:

COtrip.org for Colorado Department of Transportation
or call 970.479.2226

Free CDOT mobile information available. Text "CDOT" to 25827
or search in your app store.....

High Altitude

Vail elev. 8150ft. Summit: 11,570 ft (3,530 m) Vertical Rise: 3,450 ft (1,050 m)
39.6391°N 106.3738°W

At 8,150ft above sea level, even Vail's base is considered to be high altitude! Decreased atmospheric pressure makes breathing feel laborious. It is also colder, drier and the ultraviolet rays from the sun are stronger. Most people will physiologically adjust or "acclimate" without trouble. However, some feel symptoms of a flu or hangover including headache, fatigue, stomach illness, dizziness, and sleep disturbance. *Exertion will aggravate these symptoms.* Altitude sickness is an equal opportunity sickness, effecting young & old, couch potatoes & athletes.

Avoid alcohol on the first day in high altitude. Generally after two days symptoms will subside.

Quick Tips To Avoid Altitude Illness

Before acclimation consider spending two nights at a modest altitude, such as Denver

Increase Fluid Intake (Pedialite & Gatorade electrolyte packed),

Reduce Alcohol and Caffeine Intake

Decrease Salt Intake & Eat High Carbohydrate, Low Fat Meals

during acclimation: Moderate Your Physical Activity



Oxygen may be used for mild symptoms.

Oxygen is available at the Sonnenalp Spa's oxygen bar open daily 8 to 8.

There is not less oxygen in the air at high altitude, but each breath contains less volume of O2 due to atmospheric pressure....oxygen is a commonly prescribed remedy to aid in the symptoms of altitude sickness....



Skin Care

At high altitude the ultraviolet rays from the sun are more intense and therefore more damaging. Even when it is cloudy. Apply a sunscreen SPF 50. Wear sunglasses or goggles with (UV) protection.

Sonnenalp is the only spa in the valley to offer the HydraFacial, a cutting edge facial technology treatment that is counteractive to sun damage and drastically improves skin hydration.

*Feeling Worse?
Seek Medical Attention*

Phone 970.376.8376 or 888.MOBL-PHYS



stay healthy and listen to your body



One Willow Bridge Road
signature catalog



Cutter & Buck DryTech Luxe Faceted Men's Polo
Embroidered on left chest and tree on right sleeve
Available in White and Navy
Price: \$ 86 Sizes: M, L, XL, XXL



Cutter & Buck DryTech Luxe Ladies Polo
Embroidered on left chest and tree on right sleeve
Available in White
Price: \$ 62 Sizes: XS, S, M, L



Cutter & Buck Ladies Wind jacket
Long sleeve, Embroidered on left chest & tree on right sleeve.
Available in Tan/Cream
Price: \$ 95 Sizes: XS, S, M, L



Fleece Vest
Embroidered on left chest and tree in the back
Available in Black
Price: \$ 50 Sizes: M, L, XL, XXL



Youth T-Shirt
Embroidered on left chest and tree on right sleeve
Available in Navy
Price: \$ 16 Sizes: YS, YM, YL, YXL



Visor
Embroidered with tree
Available in Navy/White
Price: \$ 22



One Willow Bridge Road
VILL VILLAGE



Hats

Embroidered with tree

Available in Navy and White

Price: \$ 23



Tervis Tumbler with Travel Lid

Embroidered patch

Available in Clear

Price: \$ 24

16oz



Vacuum Sealed Thermal Bottle

With One Willow Bridge Road Logo

Available in Stainless Steel

Price: \$ 32

34oz



Square Golf Umbrella

With One Willow Bridge Road logo

Available in Navy

Price: \$ 63



Big Bear

Embroidered T-Shirt

Price: \$ 49



Little Giraffe Luxe Throw

Embroidered Tree in the corner

Available in Cream

Price: \$ 209



Explorer Picnic Blanket

Embroidered with carrying handle

Available in Navy Blue

Price: \$ 45