

OFFICIAL VISITOR GUIDE

# LOS ALAMOS

where discoveries are made



Los Alamos is  
**NEW MEXICO** *True*

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# LOS ALAMOS

where discoveries are made

Discover Los Alamos • [VisitLosAlamos.org](http://VisitLosAlamos.org) • 800.444.0707



**Los Alamos Visitor Center**  
505.662.8105  
109 Central Park Square  
Los Alamos, NM 87544

#### HOURS

Mon–Fri: 9am–5pm  
Sat: 9am–4pm  
Sun: 10am–3pm

**White Rock Visitor Center**  
505.672.3183  
115 State Road 4  
White Rock, NM 87547

#### HOURS 7 days a week

mid-May to mid-Oct  
8am–6pm  
mid-Oct to mid-May  
10am–2pm

## Come See the “Secret City”

Los Alamos, New Mexico is a scenic mountain town located just 33 miles northwest of Santa Fe. Built on mesa tops, you’ll find 360-degree views of canyons, mountains, forests and the New Mexico sky.

Site of the top-secret Manhattan Project, the historic guard tower and replica of the guard gate at the town’s entrance provide a glimpse of the area’s once-classified World War II beginnings and the rich historical attractions beyond. In addition, outdoor enthusiasts marvel at the abundance of

recreation opportunities available year-round, including hiking, mountain biking, skiing, snowshoeing, ice skating, golfing and swimming.

Home to Los Alamos National Laboratory, this small town of 18,000 people attracts top talent from around the globe. Scientists develop groundbreaking innovations to solve national security challenges, as well as advancements in the areas of medicine, energy and food security around the world. Read on to learn more about how Los Alamos evolved from a Secret City to a destination for curious minds and big adventurers.



# "50 Best Cities in the U.S. #1"

## *Tiny Travelogue*



## How to Drive on Lab Property

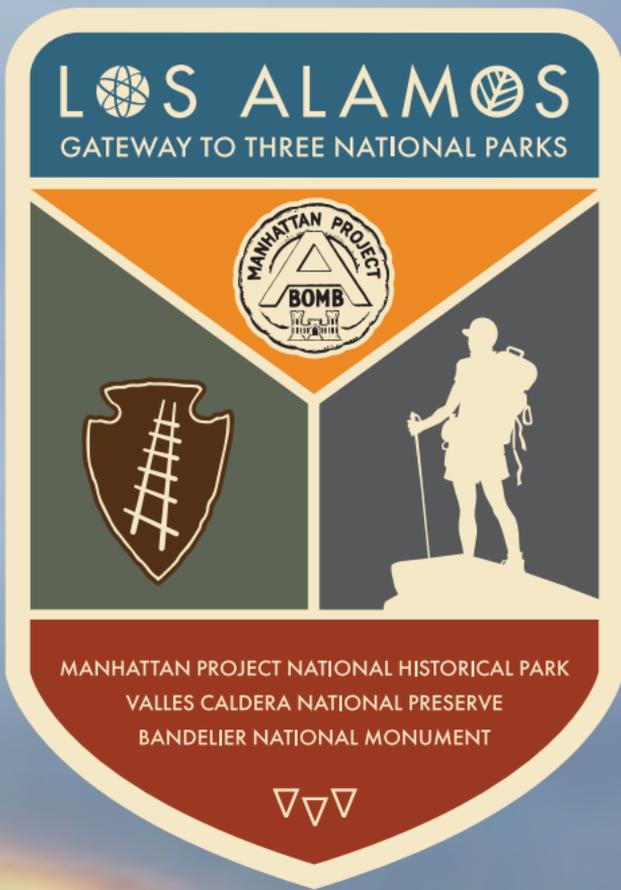


When you're traveling between the Los Alamos townsite and one of the area attractions, the Los Alamos National Laboratory's Vehicle Access Portals (VAP) offer public access via a wide, well-maintained road for drivers of cars, large trucks, RVs and trailers. When using NM501 (East & West Jemez Road) to travel between Los Alamos and the mountains, you will need to enter the VAP. Don't worry, simply slow down and stop when you arrive at the portal. Please have photo ID ready (valid driver's license, passport or federal/DOE badge) to provide to the representative at the gate. Think of it as a little part of the Secret City's past you can still experience today!

This security perimeter is intended to protect the National Laboratory against the possibility of terrorist attacks, so no photography, firearms, alcohol or illegal drugs are allowed. Random car inspections do occur.

**Alternative Routes:** If you do not want to go through, or are unable to go through the VAP, please see the map on page 16 for alternative routes.





## GATEWAY TO THREE NATIONAL PARKS



The National Park Service always tells a great story, and now rangers are creating experiences and itineraries for three parks that are a 5-minute walk or a 30-minute drive from downtown Los Alamos—Bandelier National Monument to the south, the Valles Caldera National Preserve to the west, and the new Manhattan Project National Historical Park in the town itself. Each site provides the opportunity for visitors to experience what life was like in different eras, and discover one of the most unique geologic regions in the world.



**"#1 Ancient Hot Spots: Bandelier"**  
*Sunset Magazine*

## **BANDELIER NATIONAL MONUMENT**

[nps.gov/band](https://nps.gov/band) • Access by shuttle only (mid-May to mid-Oct) • See website for information on seasonal hours, exceptions, fees and transportation • 505.672.3861 ext. 517

Just a 30-minute drive from downtown Los Alamos, Bandelier National Monument offers visitors an excellent opportunity to explore Ancestral Pueblo dwellings, broad mesas and steep-walled canyons, where ladders provide access to small, carved dwellings built in natural recesses. Bandelier has 33,000 acres of designated wilderness, 70+ miles of hiking trails and a variety of outdoor activities, including hiking, cross-country skiing, bird-watching and camping.

Bandelier protects Ancestral Pueblo archaeological sites, a beautiful landscape and the country's largest Civilian Conservation Corps National Landmark District. From mid-May to mid-October, Los Alamos County provides Atomic City Transit shuttle buses to Bandelier from the White Rock Visitor Center beginning at 9am daily (handicap accessible). Handicap vehicles are also allowed to drive into the Monument.



## "Most Stunningly Beautiful Hikes Around the World" AFAR Magazine



# VALLES CALDERA NATIONAL PRESERVE

[nps.gov/vall](https://nps.gov/vall) • 39201 NM State Road 4, Jemez Springs •  
Visitor Center Hours 8am–6pm, Winter Hours 9am–5pm  
(Dec to Mar) • 575.829.4100

Among the newest additions to the National Park Service, this 89,000-acre Preserve encompasses a dormant supervolcano that possesses exceptional value in illustrating and interpreting massive, explosive, volcanic eruptions, caldera formation and the functioning of active geothermal systems. Its distinct topographic mosaic of expansive valley meadows, lush forested volcanic domes, meandering valley streams and old growth Ponderosa Pine groves are in striking contrast to the arid New Mexico landscape at lower elevations.

Patient observers can spot numerous wildlife species, such as elk, coyotes, prairie dogs, black bears, bald and golden eagles, and wild turkeys. History buffs can travel back in time and experience the pre-agricultural, hunter-gatherer heritage, and learn how the legacy of early Spanish and Mexican settlements in the region transformed the present-day American Southwest.

Recreational activities include hiking, biking, horseback riding, fishing, cross-country skiing and snowshoeing.





## MANHATTAN PROJECT NATIONAL HISTORICAL PARK

*nps.gov/mapr • 475 20th Street, Los Alamos • Visitor Center  
Summer Hours 9am–4pm (May 1 to Oct 15), Winter Hours  
10am–4pm (Oct 16 to Apr 30) Closed Thanksgiving Day and  
Christmas Day • FREE admission • 505.661.6277*

One of the most unusual assets of the National Park Service, the Manhattan Project National Historical Park tells the story of America's race to create an atomic weapon to end World War II. With sites located in New Mexico, Tennessee and Washington, this non-contiguous Park also tells of the people, science, technology and industry advances achieved during this brief period in history. The Los Alamos site offers a glimpse into the social and cultural life of the people who came to work and live in the Secret City. Stop at the Park's Visitor Center (next to Ashley Pond Park) for a free ranger talk and film, a Park Service Passport stamp and tour maps to park assets that are open to the public in downtown Los Alamos.

Take a virtual tour by downloading the free app "Los Alamos: the Secret City of the Manhattan Project." The app has an augmented reality feature to use at some historic locations, as well as an interactive game experience that places the user in the shoes of Los Alamos' first scientists, providing a virtual tour of the assets of the Manhattan Project, including those "behind the fence" at the Lab. Free Wi-Fi is available at all Los Alamos County facilities and Ashley Pond Park.





## LOS ALAMOS HISTORY MUSEUM CAMPUS

*losalamoshistory.org* • 1050 Bathtub Row, Los Alamos • Mon–Fri 9am–5pm, Weekends 10am–4pm, Tours Mon to Sat at 11am • \$5 admission • Gift Shop • 505.662.6272

Nestled in the heart of downtown, these historic buildings and the multi-media exhibits inside present the stories of the area and its occupants through time. Begin at the restored Los Alamos Ranch School Guest Cottage where exhibits take visitors from the Pajarito Plateau’s Ancestral Pueblo people to its Homestead history, and on through the Ranch School era to the Manhattan Project years.

Just a few doors away on Bathtub Row is the Hans Bethe House, a tribute to post-World War II Los Alamos, which includes the Harold Agnew Cold War Gallery, a replica of a 1950s-era living room, scientist profiles and a Nobel Prize display. Then step back a century into the Romero Cabin, one of three remaining Homestead cabins on the Pajarito Plateau and the only one open to the public on some tours—ask Museum staff for times. Learn why homesteading in Los Alamos differed from anywhere else in the country.

The History Museum’s historical collections, photo and document archives, outreach activities and educational programming are maintained by the Los Alamos Historical Society, an educational partner of the Manhattan Project National Historical Park.





## HISTORIC FULLER LODGE

*losalamosnm.us*, search "Fuller Lodge" • 2132 Central Avenue, Los Alamos • FREE admission • Gift Shop • 505.662.6272

This treasured historic building has served the community of Los Alamos for more than 80 years. Built in 1928, the Lodge housed the Ranch School dining hall, kitchen, and rooms for guests and staff. In 1943, the Ranch School was purchased by the U.S. Government for the Manhattan Project. The Lodge then served as a dining and meeting hall for Project staff. Today, the property is used for special events. To learn more about the fascinating history of Fuller Lodge, go next door to the Los Alamos History Museum. Visit the Fuller Lodge Art Center Gallery and Shop for a wide variety of pieces created by local artists. [fullerlodgeartcenter.com](http://fullerlodgeartcenter.com)



WiFi Network: LA Discoveries

## ASHLEY POND PARK

Named in 1917 for former Rough Rider and Ranch School founder Ashley Pond, this natural depression was the site of hockey games, canoeing and swimming until 1943, when it was converted into an active military base during the Manhattan Project. Since 1949, Ashley Pond Park has been a gathering place for residents and visitors alike. The park is home to Los Alamos ScienceFest, a four-day, summertime festival. If it involves science, technology, engineering and math, or hands-on creativity or innovation of any kind, it's celebrated at this annual July event. Concerts on Tuesday and Friday evenings throughout the summer bring hundreds of people to the bustling downtown. Ranger talks that offer tourists a first-hand glimpse into the history and science of Los Alamos are offered daily at 10:00am at the Manhattan Project Park Visitor Center at the east end of Ashley Pond Park.



**"Must See Top Pick"**  
*Lonely Planet, Trip Advisor, USA Today*

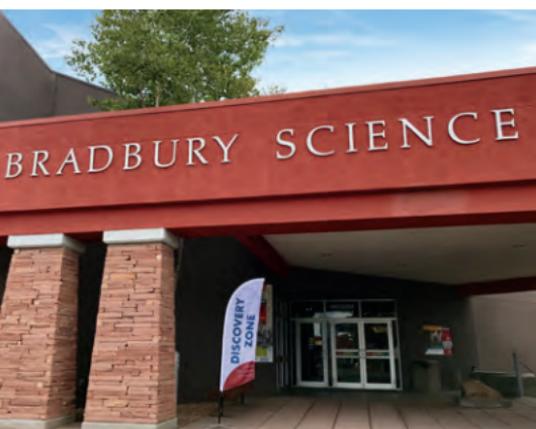
## BRADBURY SCIENCE MUSEUM

[lanl.gov/museum](http://lanl.gov/museum) • 1350 Central Avenue, Los Alamos  
• Tue to Sat 10am–5pm, Sun to Mon 1–5pm, Closed  
Thanksgiving Day, Christmas Day and New Year's Day •  
FREE admission • 505.667.4444

Explore the days of World War II, when many of the world's best and brightest worked in Los Alamos to discover the science and engineering that led to the first atomic bomb. Visit the artifacts, timeline and profiles of those who contributed to the breakthroughs necessary to help end the war.

The current work of Los Alamos National Laboratory is no less groundbreaking, using a staff of almost 10,000, with one of the highest concentrations of PhDs in the world. The Museum provides a window into the Lab's use of science and technology to protect our nation and support world stability. More than 60 hands-on exhibits allow you to explore everything from the fundamentals of radiation, to biofuel research, to the contribution the Lab makes in monitoring nuclear activities around the world. Activities are designed to engage all ages. Allow at least a couple of hours to explore everything.

The Museum is part of Los Alamos National Laboratory, owned by the U.S. Department of Energy's National Nuclear Security Administration.





Minesh Bacrania

## LOS ALAMOS NATURE CENTER

*LosAlamosNature.org • Home of and managed by the Pajarito Environmental Education Center • 2600 Canyon Road, Los Alamos • See website for hours, planetarium showtimes and ticket information • FREE admission • Gift Shop • 505.662.0460*

Explore the award-winning Los Alamos Nature Center and discover the Pajarito Plateau's canyons, mesas, mountains and skies. Perched on the canyon edge near downtown, this is your portal to outdoor adventure, the Los Alamos County Trails Network, Bandelier National Monument and the Valles Caldera National Preserve.

- Explore engaging exhibits about local nature, geology and wildlife.
- Meet live exhibit animals including lizards, snakes, spiders and frogs.
- Relax in the wildlife observation room as you listen to the birds and watch the chipmunks.
- Find your location on a large-scale, 3D topographical map of Los Alamos.
- Watch a planetarium show or full-dome film.
- Download the free Los Alamos Trails app (including Bandelier and the Valles Caldera), then take a hike!
- Admire beautiful gardens, including the most diverse Penstemon garden in the state.
- Run wild in outdoor nature play areas.
- Peruse the gift shop with exclusive local nature-inspired gifts, accessories, toys and books.



Minesh Bacrania



Minesh Bacrania



**"10 Best Secret Ski Towns in North America"**  
*National Geographic Adventure Magazine*

## PAJARITO MOUNTAIN

[skipajarito.com](http://skipajarito.com) • 397 Camp May Road, Los Alamos •  
See website for hours, operations and event information •  
505.662.5725

Pajarito Mountain's challenging runs and minimal lift lines make it an exceptional recreation playground for all seasons. The family-friendly mountain offers a network of cross-country trails, 40+ downhill trails, and 300 cleared acres for skiers, boarders, mountain bikers and hikers of all levels. Located just seven miles from Los Alamos, Pajarito Mountain offers a variety of terrain, from wide-open groomers to legendary bump runs—all surrounded by sweeping views of the Rio Grande Valley. Backcountry ski enthusiasts can access trails from the base of the mountain or the back side, in the Valles Caldera National Preserve.

Each year in late May, the mountain converts to a biker's paradise with lift service and trails primed for gravity, Enduro and cross-country cyclists. The resort's mountainside cafe offers a New Mexican-inspired menu, and mountain activities and events are offered all year.

Pajarito Mountain is expanding their operations and assets for all seasons. Check out the website for exciting news about new programs and amenities as the mountain grows.





## RV & CAMPING SERVICES

Experience Los Alamos' natural setting at one of the RV or tent campgrounds managed by Los Alamos County, the Santa Fe National Forest and Bandelier National Monument.

### Los Alamos County Camping

[losalamosnm.us](http://losalamosnm.us), search "Camping" • 505.662.8170

**Los Alamos Main Gate Park** Off NM502 at the entrance to Los Alamos townsite; RV/trailer campground; sewer dump station; no electricity hook-ups; restrooms. Open year-round.

**White Rock Visitor Center & RV Park** North side of NM4; 16 RV spaces with electricity hookups (30/50 amp); potable water; sewer dump station; dog park; restrooms available when Visitor Center is open; first come, first served; self-pay kiosk. Open year-round.

**Camp May Pavilion/Campsites** Located on Camp May Road, west of Pajarito Mountain Lodge; tent and trailer camping; pit toilets; picnic areas; group pavilion and amphitheater; no hookups; no water. Open seasonally May through October.

### Bandelier National Monument Camping

[recreation.gov](http://recreation.gov) (reservations and information)

[nps.gov/band/planyourvisit](http://nps.gov/band/planyourvisit) • 505.672.3861 x517 (area trails and services)

**Juniper Family Campground** Near Bandelier entrance; 57 camp sites; 3 bathrooms with running water; one dump station; limit 2 tents, 2 vehicles and 10 people per site; RVs permitted; no electricity hook-ups or showers; first come, first served.

**Ponderosa Group Campground** Off NM4 near NM501; 2 camping only sites; 10–50 people each; pit toilets; no hookups/running water; reservations required.



## TRAILS, OPEN SPACE & SCENIC OVERLOOKS

*losalamosnm.us, click on "Parks & Trails" (at the bottom of the home page) • 505.662.8170*

The County's trails provide some of the most exceptional views of the surrounding canyons, mesas, valleys and mountains. Whether by bike, horse, wheelchair or on foot, there is an easy, medium or expert trail to match the desired experience, including paved and unpaved trails.

The Los Alamos townsite's urban trails have been developed along the Los Alamos mesa edges, with immediate access from downtown retail, commercial and recreation assets. Los Alamos Mesa Trail overlooks Pueblo Canyon, with an easy-access trailhead at East Park. Los Alamos Canyon Rim Trail begins at the Smith's Marketplace and follows the canyon edge to the historic guard tower near the east entrance to the townsite.

Down the hill in the White Rock community, many flatter paved and unpaved trails provide excellent walking, running and biking through the neighborhoods, parks and sports fields. Accessible by car, Overlook Point showcases views of the Rio Grande, Española Valley, Black Mesa and the Sangre de Cristo Mountains in the distance.



^ Anniversary Trail

12 800.444.0707



## ^ Anderson Overlook



Vint Miller

## ^ River Trail between Blue Dot & Red Dot Trails



## ^ Pajarito Mountain



## ^ Los Alamos Canyon Rim Trail

For those who crave a more rugged experience, canyon trails deliver a variety of terrain and elevation. Pajarito Mountain, the Valles Caldera National Preserve and Bandelier National Monument provide a wilderness experience. The Red Dot and Blue Dot trails in White Rock guide hearty hikers down to the banks of the Rio Grande and back.

Explore the 100+ miles of the Los Alamos County Trails Network. Download the Los Alamos Trails app, visit [losalamosnm.us](http://losalamosnm.us) or go to the visitor centers for a map and descriptions of area trails, as well as a list of trail-based competitions and festival events!

# TAKE A TOUR

## Historic Downtown Walking Tour



Explore history on this walking tour, which takes you from Ancestral Pueblo dwellings, to a Homestead cabin, to the very spot where the first atomic bomb components were assembled. The tour can be taken at your own pace. Maps are available at the visitor centers and online.

[losalamoshistory.org](http://losalamoshistory.org)

## Homestead Tour

Imagine yourself in the midst of log buildings, fields planted with pinto beans, and wagons laden with produce for the autumn trip to the valley before winter sets in. This was everyday life for the Homesteaders who lived here before the dawn of the nuclear age that brought Los Alamos to an international stage. This driving tour will introduce you to seven sites that show where 17 of the Homestead families established their farms. Pick up a brochure, with a map and driving directions, at the visitor centers or online. [losalamoshistory.org](http://losalamoshistory.org)

## Atomic City Tours

This popular 1.5-hour tour was developed by a Los Alamos native. Hear the story of the volcanic Jemez Mountains and the Pajarito Plateau, from the time of the ancestral inhabitants to the world-renowned Los Alamos National Laboratory. *Tours \$25/person, \$10/child (cash preferred). Departs at 1:30pm from the Bradbury Science Museum parking lot. [atomiccitytours.com](http://atomiccitytours.com), 505.662.2547*

## Atomic City Spy Tour

Where there are secrets, there are spies. Visit historic sites around Los Alamos where the atomic spies lived, worked and played. This self-guided tour can be taken at your own pace. Pick up a map at the visitor centers and online. [visitlosalamos.org](http://visitlosalamos.org)



## New Mexico Wine Tours

This wine and scenic tour company endeavors to show the history, culture and beautiful landscapes of the oldest wine-producing state in the country. Operates

seven days a week, year-round, with complimentary door-to-door service for all tours! *Special/scheduled tours available. [newmexicowinetour.com](http://newmexicowinetour.com), 877.264.9463, 505.250.8943*

**"#10 Most Livable Places in the Nation at 50+"**  
AARP



## Local Recreation Assets & Amenities

Visit [losalamosnm.us](http://losalamosnm.us), click on "Recreation" for more information on these local recreation centers.

### **Golf Course & Community Building**

4250 Diamond Drive • 505.662.8139

Schedule your tee time online! Enjoy this challenging 6,500-yard, par 72, 18-hole course with a new golf shop and restaurant, Cottonwood on the Greens—all with spectacular views of the Jemez Mountains.

### **Ice Rink** (Open November–February)

4475 West Road • 505.662.4500

Just a quick drive from downtown Los Alamos, this NHL regulation-size rink is nestled in a canyon setting and is the southern-most outdoor, refrigerated rink in North America. Rentals available.



### **Aquatic Center**

2760 Canyon Road • 505.662.8170

Come swim in the world's highest-elevation Olympic-size swimming pool, often used as a place for high-altitude training, and host to regular swimming and diving competitions, and special events.



### **Skate Parks**

Mesa Skate Park, 2400 Central Avenue, Los Alamos  
Piñon Park, 99 Sherwood Boulevard, White Rock  
Designed by skateboarding professionals, these urban skate parks accommodate most human-powered, wheeled vehicles, with shaded picnic benches and playlots close by.

### **9-Hole Disc Golf Courses** (Open year-round)

North Mesa Picnic Grounds, 280 North Mesa Road, Los Alamos  
Piñon Park, 99 Sherwood Boulevard, White Rock  
Discs are available to rent at the Aquatic Center front desk during regular business hours.



## Signature Events

When Manhattan Project scientists and their families were recruited from around the world to come to Los Alamos during World War II, they brought with them their love of world-class culture and recreation. Clubs and attractions were established that continue to serve Los Alamos residents and visitors today—from the ski hill and hiking trails to opera, theater, music, dance and art. Even Dr. Oppenheimer starred as the corpse in the Los Alamos Little Theater's production of "Arsenic and Old Lace."

Attend one of Los Alamos' special events to experience how residents and competitors celebrate life at high elevation! Check event websites for dates and locations, or visit [FYILosAlamos.com](http://FYILosAlamos.com) for more information.

**On Tap Series** (year-round) • 5:30–7pm at UnQuarked–The Wine Room, 145 Central Park Square, Los Alamos • Science On Tap every third Thursday; Art/History/Nature On Tap every first Thursday • [creativelosalamos.com](http://creativelosalamos.com)

**Jemez Mountain Trail Runs** (May) • 50-mile, 50K and 15-mile trail running races through the Jemez Mountains, beginning and ending in Los Alamos • [highaltitudeathletics.org](http://highaltitudeathletics.org)

**Summer Concert Series** (May–September) • Fridays at 7pm, Ashley Pond Park • FREE family/dog-friendly music and food vendors • [FYILosAlamos.com](http://FYILosAlamos.com)

**Bike & Hike at Pajarito Mountain** (May–September) • Lift service from the base to the top of Pajarito Mountain • [skipajarito.com](http://skipajarito.com)

**SummerFest at Pajarito Mountain** (June) • Live bands, NM craft brewers, lift-served biking and hiking, and a downhill bike race • [skipajarito.com](http://skipajarito.com)

**Atomic Man Duathlon** (June) • Run/Bike/Run the "Fat Man" Olympic 5K/40K/10K or the "Little Boy" Sprint 4K/12K/4K • Details at [newmexicosportsonline.com/events](http://newmexicosportsonline.com/events)





**Tuesdays at the Pond** (June-August) • Tuesdays at 7pm • Evening entertainment and performances at Ashley Pond Park • [creativelosamos.com](http://creativelosamos.com)

**Los Alamos ScienceFest** (July) • Interactive demos, exhibits, tours and family-friendly entertainment, featuring world-changing science, spy stories, craft beer, and live music • [losalamossiencefest.com](http://losalamossiencefest.com)

**Los Alamos Triathlons** (July) • Adult, Junior and Kids Races at the Olympic-size indoor pool and across Los Alamos townsite • [losalamosnm.us](http://losalamosnm.us), click on "Recreation"

**Tour de Los Alamos** (July) • Cycling race around Los Alamos County • [tllabikerace.org](http://tllabikerace.org)

**County Fair & Rodeo** (August) • Parade, arts & crafts fair, festival and food, kids activities, rodeo, and cowboy dinner and dance • [losalamosnm.us](http://losalamosnm.us), search "Events"

**Valles Caldera Runs** (September) • Marathon, half Marathon and 10K trail races through the National Preserve • [highaltitudeathletics.org](http://highaltitudeathletics.org)

**Pajarito Mountain Ullr Fest** (October) • Live bands, NM craft brewers, lift-served biking and hiking, and a downhill bike race • [skipajarito.com](http://skipajarito.com)

**Halloweekend** (October) • Trick-or-Treat-on-MainStreet, haunted houses, a pumpkin glow, and a community dance at Historic Fuller Lodge • [losalamosmainstreet.com](http://losalamosmainstreet.com)

**WinterFest** (December) • Electric light parade, Ashley Pond Park tree lighting, Santa's workshop and visits, holiday bazaars and performances • [losalamosmainstreet.com](http://losalamosmainstreet.com)



# We call them aha moments



They happen every day here. Sudden discoveries, insights and inspiration. Some are small and make us smile. Some forever change the world.

We're sure you'll have an aha moment or two when you take time to discover what makes Los Alamos one of the best places to live, work and play, and why we cherish family, friends, community and education.

"Like" us on Facebook and get updates on events and news. Post your "aha" moments using the following hashtags to be featured: #DiscoverLosAlamos #PlayLosAlamos #StayLosAlamos #100ahamoments"



Los Alamos is  
**NEW MEXICO** *True*

Contact us today to learn more about life in Los Alamos.

discover@lacnm.us  
505.662.8105

wherediscoveriesaremade.com  
#livelosalamos



photos courtesy of LANL

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where discoveries are made

**Atomic City T-Shirt Headquarters**

**CB FOX**  
*Department Store*  
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## **LOS ALAMOS POPULATION:**

18,194 (2014 Census)

## **LOCATION:**

33 miles NW of Santa Fe (45 min.)

64 SW of Taos (84 min.)

97 miles N of Albuquerque (95 min.)

## **High-Altitude Health**

Los Alamos has a dry, mild climate, with an average high of 81° in July, an average low of 19° in January, and 300+ days of sunshine per year. To be prepared for unexpected weather, wear layers, and anticipate afternoon showers or thunderstorms throughout the summer.

With elevations ranging from 6,365 feet to 10,440 feet, and a townsite at 7,355 feet, the oxygen in Los Alamos is "thinner," making breathing more difficult. All visitors coming from lower elevations are encouraged to drink plenty of water to combat high-altitude sickness. Visitors with pre-existing medical conditions, including COPD, heart or lung conditions, or diabetes, should consult a doctor prior to travel. Symptoms of sickness include: headache, dizziness, fatigue, loss of appetite, nausea and irritability (especially in young children). Mild symptoms may be treated with over-the-counter medication (consult a pharmacist). For more serious symptoms, err on the side of caution and go to an urgent care or emergency room.

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2610 Trinity, #4, Box 567, Los Alamos, NM 87544  
[www.marydealrealty.com](http://www.marydealrealty.com)

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If you have the following symptoms,  
**you may be experiencing  
Altitude Sickness.**

- Headaches
- Nausea
- Sleeplessness
- Dizziness
- Weakness
- Breathing Issues

**We're here to help. Emergency Services offered 24/7.**



3917 West Road  
Los Alamos, NM 87544

The facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
Atención: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-505-662-4201.  
Dif bae aká mihán: Dif saad bee yériti'go Dine' Bizaad, saad bee aká'inda'áwo'déé', t'ái jik'eh, é' ná h'ék, ke'j' hód'kh 1-505-662-4201.



**Los Alamos REALTORS**<sup>INC.</sup>

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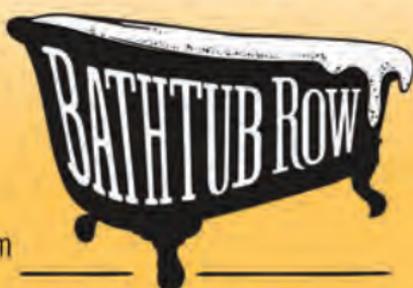
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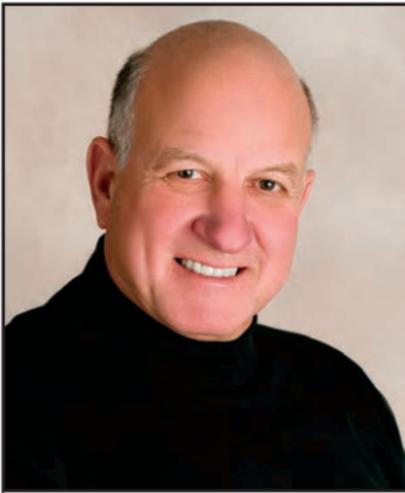
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