

Welcome to The Mile High City

Denver really is exactly one mile high! But don't let anything you hear about the altitude scare you. The air is just thinner. Many people with respiratory problems move to Denver for the dry air. The mayor of Denver moved here with his family when he was 7 to help alleviate his asthma.

Here are some "high-altitude" tips to help elevate your stay in Denver

Drink plenty of water before your trip to Denver and while you are here. You'll need to consume about twice the amount of water here as you would drink at home.

Go easy on the alcohol: In Denver's rarified air, golf balls go ten percent farther. So do cocktails. Alcoholic drinks pack more of a wallop than at sea level.

Eat foods high in potassium: Try foods like broccoli, bananas, avocado, bran, celery, chocolate, granola, dried fruit, potatoes, tomatoes...

Wear sunscreen: Denver boasts over 300 days of sunshine each year; more than San Diego or Miami! And with less water vapor in the air at this altitude, the sky really is bluer in Colorado. But there's also 25 percent less protection from the sun, so sunscreen is a must. Also bring sunglasses, a hat, lip balm...even in winter.

What to pack: As the saying goes, "If you don't like the weather in Denver, wait 5 minutes." Because Denver is closer to the sun it can feel much warmer during the day but can cool down in the evening, particularly in the spring and fall. It is best to layer clothing.