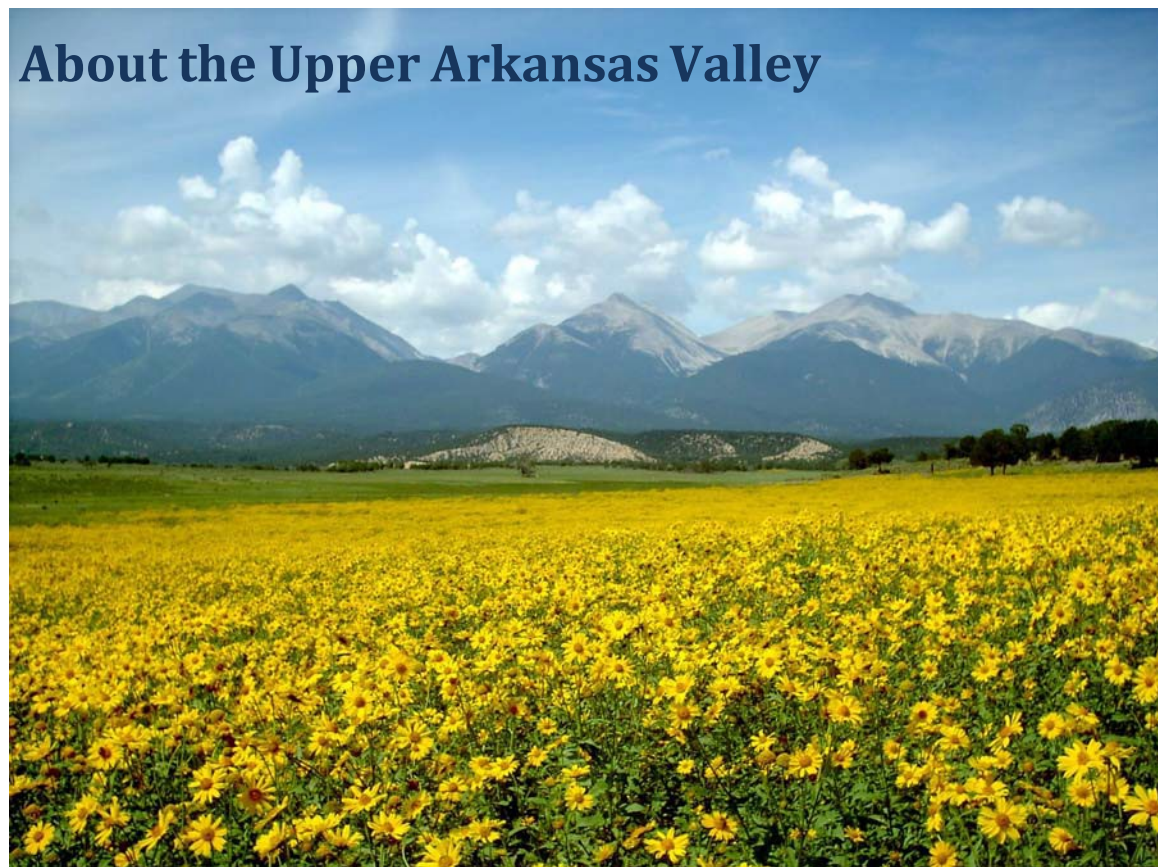


# Get to know us...



Heart of the Rockies Regional Medical Center is located in the beautiful Upper Arkansas Valley in central Colorado. The local towns of Salida and Buena Vista are known for their pleasant weather, vast recreation opportunities and vibrant arts scene. Both towns are located along the Arkansas River at elevations above 7,000 feet near the Continental Divide.

Although you can reach the metropolitan areas of Denver or Colorado Springs in two to three hours, the diversity and abundance of resources available right here will likely keep those trips to a minimum.





## Weather

Salida and Buena Vista are bordered on all sides by mountains which directly affects the climate. Living in the “banana belt” translates to mild temperatures year-round. The average annual snowfall is 50 inches while the surrounding mountain peaks accumulate upward of 400 inches.

You can expect very little rainfall and 330 days of sunshine. Thanks to the snowpack which irrigates our valley, both towns are still green in the summer months.

The average high temperature for January is 43 degrees. Temperatures do drop at night and can fall below zero several times a year. July is the hottest month with an average temperature of 85 degrees. It rarely reaches 90 degrees or higher in the summer.

## Recreation

The Arkansas Valley is an outdoor recreational dream. Since six of every seven acres is designated public lands, it is the perfect location for hikers, mountain bikers, horseback riders, trail runners, rock climbers, boaters, campers, fishermen and hunters. Monarch Ski Area is just 18 miles west of Salida. The Arkansas River is best known for its world-class, brown trout fishery, kayaking and whitewater rafting.



## Arts

Art communities have taken root in both the Buena Vista and Salida downtown historic districts. Visitors can watch as painters, potters, jewelers and sculptors work in their studio galleries. Concert series, arts and craft shows, and different family-oriented festivals make Chaffee County a statewide tourist destination.



## Entertainment

You are NOT going to get bored around here! We rarely have a weekend where there isn't some type of event, competition, or concert going on.

To learn more about what's happening in Chaffee County, visit any of the below links.

- \*[www.salidachamber.org](http://www.salidachamber.org)
- \*[www.buenavistacolorado.org](http://www.buenavistacolorado.org)
- \*[www.salidasteamplant.com](http://www.salidasteamplant.com)
- \*[www.themountainmail.com](http://www.themountainmail.com)
- \*[www.chaffeecountytimes.com](http://www.chaffeecountytimes.com)
- \*[www.cityofsalida.com](http://www.cityofsalida.com)
- \*[www.buenavistaco.gov](http://www.buenavistaco.gov)
- \*[www.colorfulcolorado.com](http://www.colorfulcolorado.com)

## Just a few fun things that we like to do around here:

(Visit [www.colorfulcolorado.com](http://www.colorfulcolorado.com) for a full listing of all businesses who offer the following services.)

\*Raft! There are a LOT of companies in our area that specialize in trips and they vary from calm, family floats to heart-pumping whitewater experiences for advanced rafters.

\*Bike! With an abundance of mountain trails and quiet, county roads to explore, you are sure to find the perfect outlet for your energy. Bike tune-ups and rentals are offered by local shops.

\*Fish! You don't have to be a thrill seeker to enjoy the Arkansas River. Grab a rod and reel and land yourself a rainbow!

\*Hike! With fifteen 14,000 foot peaks stretched along Chaffee County's western border, find your slice of paradise in the sky.

\*Ski! Monarch Mountain is just up the road from Salida and gets over 350" of snow each year. If you aren't a downhill enthusiast there are plenty of options for cross country exploring or throw on some snowshoes!



## Gyms

You'll learn relatively quickly that it's more fun to get a workout in outside as opposed to inside, but for those days when you just want to hit the gym, we've still got a lot to offer! Click [here](#) for listings!

## Volunteer and education opportunities

Need to bulk up your resume? Just want to lend a helping hand to your community? Either way, your help is always invited! Here are several great contacts to get you on the right path:

\*[Chaffee County Public Health](#)

\*[Chaffee County Boys & Girls Club](#)

\*[Alliance Against Domestic Abuse](#)

\*[Upper Arkansas Area on Aging](#)

\*[Salida Mountain Trails](#)

\*[Salida Recreation](#)

\*[Salida Schools](#)

\*[Buena Vista Schools](#)

\*[HRRMC Auxiliary](#)

\*For more opportunities, contact the Salida or Buena Vista Chambers of Commerce.



## Dining

You may think that dining options will be slim since we live in small communities, but you are mistaken! There are fast food, casual and fine dining restaurants aplenty and you will surely find a favorite in no time!

### Salida:

- 216 Ferraro's
- Amicas
- Benson's Tavern
- Boathouse Cantina
- Brown Dog Coffee Company
- Café Dawn
- Currents
- Fiesta Mexicana
- First Street Café
- Las Camelinas
- Little Cambodia
- Little Red Hen Bakery
- Los Girasoles Family Mexican
- Mama D's
- Mo Burrito
- Moonlight Pizza
- Patio Pancake Place
- Pizza Hut
- Poco
- Quincy's Steaks and Spirits
- Sacred Ground Coffee
- Season's Cafe
- Shallots
- Subway
- Sweeties
- Thai Mini Café
- The Country Bounty
- The Firefly Cafe
- The Fritz
- The River's Edge
- Twisted Cork Café
- Wallbangers Sport Bar & Grill

### Buena Vista:

- Asian Palate
- Biggie's
- Brown Dog Coffee
- Browns Canyon Riverside Grill
- Buena Vista Roastery
- Evergreen Café
- House Rock Kitchen
- Jan's Family Restaurant
- K's
- Los Girasoles
- Pizza Works
- Punky's Restaurant
- Quincy's Steaks and Spirits
- Rooster's Crow Cafe
- Simple Eatery and Spoon it up!
- Subway
- The Branding Iron
- The Eddyline
- The Lariat
- The Midland Stop



## Shopping

Whether you need a new jacket, the latest best-seller, patio furniture or some quinoa, we've got you covered. Here are just a few retail-therapy options available in your neighborhood. For a complete listing, check out the Salida or Buena Vista Chambers of Commerce.

- Back at the Ranch Furniture
- City Market
- Five and Dime
- Free the Monkey Consignment
- Fringe
- Opal Boutique
- Ruby Blue's Consignment
- Safeway
- Salida Mountain Sports
- Serendipity
- Shopko
- Simple Foods
- Su Casa!
- The Book Haven
- The Mixing Bowl
- The Trailhead
- Valley Home Furnishings
- Walmart
- Wanderlust
- YOLO



**There are many places for worship in Chaffee County—here is a partial list prepared by The Mountain Mail.**

**Temple Baptist Church**  
509 F St., Salida • 539-2412  
Sunday Worship 10:30 a.m.

**First Christian Church**  
(Disciples of Christ)  
302 E. 4th St., Salida • 539-2388  
Sunday Worship 11 a.m.  
Pastor Verla Miller

**First Lutheran Church**  
13th & F Streets, Salida • 539-4311  
Sunday Worship Services 9 a.m.  
Pastor Clare Skov

**Episcopal Church of the Ascension**  
Fourth & E Streets, Salida • 539-4562  
Sunday Eucharist 7:30am & 9:30am  
Rev. Dr. Yesupatham Duraikannu

**Mountain Valley Church**  
8754 U.S. 50, Howard • 942-3839  
Sunday Worship 10 a.m.  
Robert Finif, Pastor

**Church of Christ**  
Dodge & Teller, Salida • 539-6703  
Sunday Worship 11 a.m. & 6pm

**Acts II Anglican Fellowship**  
Rev. Al Sulzenfuss • 539-3106

**Heart of the Rockies  
Community Church (EFCA)**  
Kyle Earhart, Pastor • 239-1112

**Living Waters Church-  
Assembly of God**  
5300 E. U.S. 50, Salida • 539-6826  
Sunday Worship 10:30 a.m.  
Pastor Jason Neely

**First United Methodist Church**  
228 E. Fourth St., Salida  
539-2755  
Sunday services at 10:30 a.m.  
Rev. Margaret Gillikin, Pastor

**Salida Vineyard Church**  
1201 E. U.S. 50, Salida • 539-3359  
Sunday Worship 9:30 a.m.  
Ben Folman, Lead Pastor

**River Valley Community Fellowship**  
Salida SteamPlant Theater, 539-6998  
Sunday non-denom. service 10 a.m.  
Pastor Bill Swegart  
PO Box 1142, Salida, CO 81201

**Upper Room Church of God**  
12th and I Streets, Salida • 539-3388  
Sunday Worship 10:45 a.m.  
Chuck Surface, Pastor

**Church of Jesus Christ of  
Latter-Day Saints**  
1140 Poncha Blvd., Salida  
539-4987  
Sacrament 9:30 a.m.  
Branch President Timothy Swartz

**First Baptist Church**  
419 D Street, Salida • 539-2693  
Sunday Worship 9am & 10:45am  
Don Thayer, Pastor  
George Hill, Associate Pastor

**Seventh Day Adventist Church**  
Park Ave. & B Street, Salida  
539-7530 For info, call 530-9020  
Saturday Worship 11 a.m.  
Stephen Schwarz, Pastor  
719-275-0917

**Old Paths Independent Baptist Church**  
329 W. U.S. 50; 239-8010  
Sunday Services 9:30 a.m.  
Pastor Mike Thornsley  
[www.OldPathsIBCSalida.com](http://www.OldPathsIBCSalida.com)

**Peace of Mind Prayer Ministry**  
For prayer call: (719) 530-2106  
Ministers Jimmy & Tina Mundy  
The Refuge at 346 G St.; 539-4849  
Services at 6 p.m. Sunday  
The Lighthouse, directors Bonetta Meador and Jim Bonner

**Cross Roads Church**  
NE Corner of U.S. 50 & 285,  
Poncha Springs; 539-3393  
Sunday Morning Worship 10:15am  
Dub Chambers, Pastor

**First Church of Christ, Scientist**  
429 Crossman Ave., Buena Vista  
395-6010  
Sunday Service 10 a.m.

**First Presbyterian Church**  
7 Poncha Blvd., Salida  
539-6422 • Sunday Worship  
8 a.m., 9:30 a.m. and 11 a.m.  
Mike Orrill, Pastor  
Hilary Downs, Associate Pastor

**Help for God's Hurting People P.O.**  
Box 512, Salida, CO 81201  
helpforgodshurtingpeople1@yahoo.com  
www.helpforgodshurtingpeople.com  
Pastor Cat Miller

**Cotopaxi Community Church**  
20324 Hwy 50, Cotopaxi  
Sunday Worship 11 a.m.  
Bill Korf, Pastor • 942-4339

**Salida Community Christian Church •  
Disciples of Christ**  
Meets at the Grange Hall, CR 120  
Sunday Worship 11 a.m.  
Sharon Adcock, Pastor  
539-4685

**Rocky Mountain  
Pentecostal Tabernacle**  
602 Dodge St.  
Sunday Services at 10 a.m. Chuck Wilson,  
Pastor 221-2100  
www.rockymountainpentecostaltabernacle.  
weebly.com

**Congregational United Church  
of Christ**  
217 Crossman Ave, Buena Vista  
Winter Sunday Worship 11 a.m.  
395-2544; www.bvucc.org  
Pastor Rebecca Kemper Poos

**The Potter's Gate**  
"Mending the Broken Hearted and  
Making Disciples"  
Worship Service 9:45 a.m.  
535 S. Railroad Ave.  
Pastor Rex Douglass • 395-5735

**Poncha Springs Church of Christ**  
207 Ouray Ave., Poncha Springs  
539-6242  
Sunday Worship 10 a.m.  
Parker Bullard, Minister

**St. Joseph Catholic Church**  
Fifth & D Streets, Salida  
539-6419  
Weekend Masses: Saturday 5 p.m.  
Sunday 7 a.m., 8:30 a.m. & 11 a.m.  
Rev. Bogdan Siewiera



## Colorado Life

People consider Colorado a destination state because of our mild temperatures, scenic living, and endless opportunities for all walks of life.

If you are an outdoorsy person you have hit the jackpot. Colorado is one of the few places that you can go skiing in the morning and then play golf the same afternoon. Biking, running, kayaking, fishing, climbing, camping, hunting, snowshoeing, and hiking are just a few activities that many Coloradans can enjoy year-round.

If the outdoors doesn't appeal to you, you are still in good company. With the Denver metro area located centrally for shopping, dining, music, theater, and sports, you can still experience the "city life." The [Denver Performing Arts Complex](#) is the second largest theater and event center in the nation delivering top notch plays and musicals. The [Denver Art Museum](#) has both temporary art exhibits and permanent collections to enjoy. If you are looking for natural and cultural exhibits, visit the [Denver Museum of Nature and Science](#) where you can also experience an IMAX film or the planetarium. [Red Rocks Amphitheatre](#) schedules shows featuring a range of mainstream artists to jam bands to classics in one of the most spectacular settings that you could imagine. The natural acoustics provided by the red rock formations make a visit to this venue a must on your bucket list. Movies are also screened at Red Rocks during the summer months.

Colorado is also home to five Major League sports teams. The Avalanche (hockey), Nuggets (basketball), Rockies (baseball), Broncos (football), and Rapids (soccer) all take residence in Denver. Catch a game and get on the Colorado bandwagon!

