



## LOGISTICS

Altoona Ridge Lodge sits at 8000 feet above sea level and does require some preparation before arrival. Please be assured that all has been done for your safety and pure enjoyment during your stay with us.

PLEASE, YOU MUST BE SURE THAT YOU ARE FIT ENOUGH TO BE HERE. WE ARE A LONG DISTANCE FROM ANY SERVICES. ONCE WE ARE ON LOCATION LEAVING IS NOT A SIMPLE TASK.

PLEASE ADVISE US OF ANY MEDICAL NEEDS YOU HAVE **BEFORE** WE ARRIVE ON LOCATION (The better we are prepared the better your stay).

PLEASE ADVISE US OF ALL ALLERGIES (The better we are prepared the better your stay).

**PERSONAL FITNESS:** The Lodge sits at 8000' and the majority of the activities that we will be doing here will occur above this altitude. It is best to be prepared for this and take the time before getting here to hydrate well and stretch daily. Establishing a daily fitness routine can be very beneficial to making your stay even better. During the winter months the road to the Lodge is closed due to snow. Reaching the lodge will require a five-mile ski or snowshoe hike. This can be done in about two hours and with relative ease. A snowmobile and guide is available to assist you with your personal gear.

**ALTITUDE SICKENESS:** Being located at 8000' it is much drier and it will require that you consume more liquids. Be sure to be well hydrated before your trip to Montana, and then be sure to consume plenty of water while here. Note that the consumption of alcohol will affect you considerably more at this elevation.

**WEATHER:** The weather at 8000' is unpredictable and can change at a moments notice. It will be warm during the days and cool at night. The temperature ranges from 90°F during the day to 40°F or below at night. It has been known to snow during the summer. Montana is far to the North and our days begin early in the morning and finish late in the night (4am to 11pm during the Summer Solstice. 8am to 5pm during the Winter Solstice).

**BUGS:** The bugs are here and they are hungry, they don't get to see many humans and they just seem to love us. Be prepared by bringing long sleeved shirts and pants and/or bug spray.

**WALKING:** The Lodge is in a natural setting and every opportunity has been taken to guarantee your safety. Yet nature prevails. The ground is not flat, and the trails are rudimentary. Please bring the appropriate footwear and always ask for assistance when you need help. Hiking poles can also be of great help when crossing rough terrain.

**PERSONAL HYGIENE:** Personal hygiene is very important. The Lodge is set up so that you can fully take care of yourself. Please be advised that this is not the Hilton or your

home. Water is a scarce resource and needs to be conserved as much as is possible. Showers and bathroom facilities are available.

THE LAKE: Altoona Lake is a marvelous place to swim in during the summer months. Be advised that the lake is fed from mountain run off and springs, it is 35 feet deep, and can at times be very cold. The lake is a sensitive ecosystem and is NOT under ANY circumstances to be used for personal bathing. No soaps or other products may be used in the lake at any times.

Thank you for choosing Altoona Ridge Lodge. Please let us know how we can make you visit the best.

The Altoona Ridge Lodge Team  
406.493.6810  
[Denison@AltoonaRidgeLodge.com](mailto:Denison@AltoonaRidgeLodge.com)