

- Reduce alcohol, caffeine & salty foods.
- Drink 3-4 times more water than usual.
- · Get plenty of rest before & during your stay.
- Take it easy! Your heart is working harder at this altitude, so quit while you're ahead if you're tired.
- Wear sunscreen—you receive 30% more ultraviolet radiation up here than at sea level!
- Wear sunglasses with ultraviolet protection, even on cloudy or snowy days. Your eyes can actually get "snow burned."
- Eat high carbohydrate meals, limiting fat & protein, for the first few days at altitude.
- In winter, keep warm & dry, & be sure clothes are not too tight or cutting off your circulation. Layering is best.

SYMPTOMS of High Altitude Sickness:

Headache Nausea Unusual tiredness Trouble sleeping

High altitude sickness symptoms usually go away in a day or two, but if you develop a worsening cough or feel like you have fluid in your lungs—see a doctor immediately!

WHEN IN DOUBT, SEEK MEDICAL HELP!

Cimarron Healthcare Clinic: 575-376-2402



Elevation: 6,430 ft

Population: 978 (2012 census)

Climate: *Summer*: 85°F/55°F | *Winter*: 47°F/15°F

Mileage from Cimarron:

Taos: 57 Eagle Nest: 23 Angel Fire: 36 Red River: 42 Ute Park: 12 Raton: 40 Trinidad, CO: 62 Springer: 27 Las Vegas: 93 Santa Fe: 126 Albuquerque: 215 Denver: 260 Amarillo: 241 Oklahoma City: 500



Health & Beauty

10 YVONNE'S CROSSROADS OF STYLE

456 E. 9th Street | 376-4533

Hair-nails-mani/pedi; Appts/walk-ins: Tue-Fri 9:30a--6p

4 NEW BEGINNINGS BEAUTY SALON

245 E. Ninth St | 376-2424

Hair-nails-etc. Call for appt Thu-Sat -walk-ins as available

E & S ENVIRONMENTAL PRODUCTS

Ed and Sandy Sitzberger | 376-2822 Weight loss & nutritional health products

FRANCIE'S LOTUS MASSAGE THERAPY

Francie Casper, RN, LMT, CEIM | 970-765-1858

TRI-POINTS ACUPUNTURE

Call for appointment (Cimarron—ABQ—Taos) | 505-730-4472 Dr. Susanne Tripodi, BA, MSOM, DOM, Dipl OM, LAc

Services

12 NORTHERN NM GAS CO

Call for service | 800-916-2510 Complete portable LP gas service

16 CIMARRON LAUNDROMAT

Highway 64, Adjacent to the Cree Mee Rest. Mon.-Sat. 7:30am-9pm; Sun 9am-9pm

24 SANCHEZ AUTO REPAIR

12th St. across from the Outfitter | 707-0114 | Phillip Sanchez Full service auto: engines, tires, oil change, & more.

CABINETS BY CONNIE

Professional Cabinet-maker | 505-816-8848

1232 Hwy 58, Springer, NM 87747 | Located btwn Cimarron-Springer

ROBERT'S EVERGREENS

Firewood | 376-2875

ZIA NATUARL GAS

Serving residential and businesses | 800-520-4277

Outdoors 13 CIMARRON GUNS & GEAR

31010 Hwy 64 | 376-2099

New/used firearms; supplies/accessories; Tu-Sa 8-12p/1-5p

13 WILD COUNTRY TAXIDERMY & Guide Service

Highway 64 & 8th Street | 376-2575

Mon-Fri 9am-5pm

HIGH COUNTRY ANGLERS

Guided Fly Fishing by Doc Thompson | 376-9220

Catering

A TASTE of CIMARRON BBQ | Catering | 376-2706

Area Ranches

CS Ranch | 376-2827

CS Hunting & Outfitters | 376-2595

Express Ranches Atmore, Ute Park | 376-2391

Express Ranches UU Bar | 376-2035 Philmont Scout Ranch | 376-2281 WS/Vermejo Park Ranch | 376-2276

Tocal & Federal Buildings 7 CIMARRON VILLAGE COMPLEX Village Hall | 376-2232 Village Library 1376-2474 | Hours: M.F. 9-5 (close

Village Hall | 376-2232 Village Library | 376-2474 | Hours: M-F 9-5 (closed 12-1) Cimarron Police | 376-2351 Healthcare Clinic | 376-2402

8 CIMARRON HOUSING AUTHORITY

124 N. Washington Ave | 376-2674

5 U.S. POST OFFICE

210 E. 9th St., Cimarron, NM 87714 | 376-2548 M-F 8-3, Sat. 8-11am (closed lunch 11:30-12:30)

5 INTERNATIONAL BANK

31062 Hwy 64 | 376-2274 Mon-Fri 8am-5pm | 24 Hour ATM

9 SENIOR CITIZENS' CENTER | 376-2979

Open Weekdays serving Colfax County

7 CHAMBER OF COMMERCE | 376-2417

Hwy 64/Lincoln, Visitor Center at the park Area information, maps, brochures

EMERGENCY | 911

Cimarron Ambulance | 376-2232 Cimarron Fire Dept | 376-2271

CIMARRON PUBLIC SCHOOLS | 376-2007

Churches

13 FIRST BAPTIST CHURCH

5 Lambert Hills Blvd, corner of Hwy 64 | 376-2469 Sun: School- 9:45am, Worship-11am, Wed-6pm

11 CHURCH OF CHRIST

759 E. 8th, corner of Lafayette | 376-2527 Sunday Worship- 11am

2 UNITED METHODIST CHURCH

31082 Hwy 64, corner of N. Collison | 376-2977 Sunday Worship-11am

26 IMMACULATE CONCEPTION

440 W. 18th Street | 376-2553 Sunday Worship: 8:30am

Area Contractors

AVIS CONSTRUCTION | Hwy 64, Ute Park | 376-2369 BALDY MOUNTAIN WELDING 1539 Hwy 58 | 483-2484 | Welding & construction

G. CARLISLE EXCAVATION | 376-2663 MINOR CONSTRUCTION | 376-2473 WHITTEN CONSTRUCTION | 376-2700

AREA CODE 575 (UNLESS OTHERWISE INDICATED)



GIMAIRRON Mewino

BUSINESS LOCATOR

& VILLAGE MAP

WHOA, Pardner!!

OLD WEST HOSPITALITY
WHOLESOME FUN
FRESH AIR & SUNSHINE

Cimarron Chamber of Commerce

P.O. Box 604 / 104 N. Lincoln Cimarron, NM 87714

Call: 575-376-2417 or toll free: 1-888-376-2417 Email: cimarronnm@gmail.com

Hours:

Summer: Wed-Sat 10-5, Sun 1-5 Winter: Tue-Sat 10-4

www.cimarronnm.com

1 GYPSY JEWELS BAKERY & BOUTIQUE

31094 W. Hwy 64 | 409-267-7965 | Tue-Sat 7am-3pm Unique Gifts, Boutique Items, Clothing, & BAKERY

5 CIMARRON SWEET SPOT | 312-0016

The PINK TRAILER behind the bank—closed in winter Candy, soda, chips, gifts, sundries, daily specials

6 CIMARRON ART GALLERY

337 E. Ninth St | 376-2614

Old-time soda fountain, jewelry, artwork Winter: Tu-Sa 9a-5p | Summer Daily: 9-6pm

6 CIMARRON BLUE MOON

341 E. Ninth St | 376-9040

Regional art & New Mexico-made products

Hours: Saturdays 10am-5pm

10 TERRA JAVA

100 N. Washington Ave | 426-4410

Antique/classic books, eclectic items, motorcycle collection

10 ROCKS ORE MINERALS

444 E. 9th St | 376-2017

Mineral specimens, crystals, fossils, jewelry, rough rock, handknapped knives: No set hours--call if not open.

14 JONES EMBROIDERY

Hwy 64 east- in Ponil Campground | 376-2343 Embroidery & gift shop; open normal bus hours: 10-6

15 CIMARRON CANDLE COMPANY

31097 Highway 64 | 376-9002 | Finely scented candles handpoured along the Santa Fe Trail Sum: Mon-Sat 9-5, Sun by appt.

16 RUSSELL'S SUNDRIES- "the Variety Store"

31083 Hwy 64 | 376-2502 | Wint: M-Sa 9-6, closed on Sun Sum: M-Sa 10-7 Sun 10-5; | Craft supplies, household goods, fishing supplies; everything you forgot to pack!

17 CIMARRON WEST

256 E. 10th St., corner of Lincoln | 376-2423 Western wear, tack & saddlery, ranch supplies, feed Winter: Mon-Sat 9-5 (Jan-Apr M-F 9-5, Sat 9-noon; Always closed Sundays.

20 CIMARRON TRADING CO | 376-1110

300 E 10th St ~Sporting goods, hardware, gift shop. Mixture of items to intrigue shoppers—summer: 8a-8p

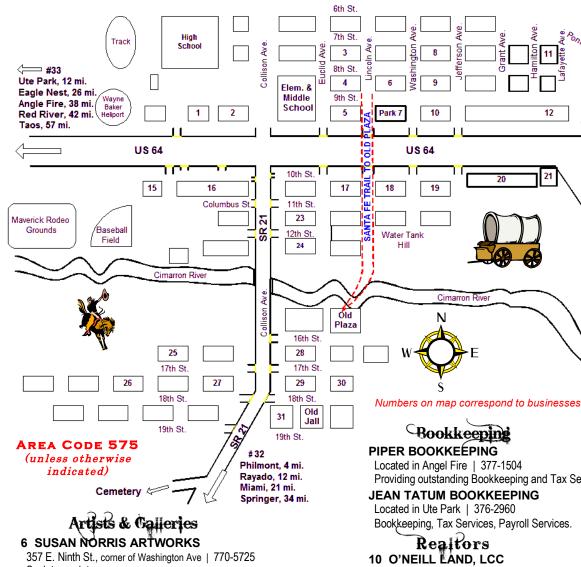
23 THE OUTFITTER

12th St off Hwv 21 | 376-9128

Old West mercantile- Leather goods | Open Mon-Sat. 9am-5pm

27 SCHWENK'S ANTIQUES (Cim Canvon Wdwks)

716 Collison Ave; across from the St. James | 376-2044 Vintage items/Antiques/Furniture/Art/Crafts/Decor/etc Open May 15—Sept 30 Mo-Sa 10-5:30 & some Sun's Horse boarding—\$15/night/head—call 376-2772 Storage Units / Kitchen Cabinets—call 376-2015



Sculptor, painter

10 L. MARTIN PAVLETICH STUDIO

428 E Ninth St | 376-2871

Original artwork

Summer hours: Mem Day-Labor Day, Mo-Sa 9am-4pm

18 STEVE RICK

312 E. 10th St. (next to Cimarron Trading Co) | 376-2449 Custom knives/ironwork & sterling silver jewelry

30 OLD TOWN GALLERY-KNIGHT/WOLF STUDIOS

114 E. 17th St | 643-6075

Mem Day-Labor Day: Wed-Sun 10-5

33 MATZEN POTTERY

Ute Park | 376-2497

YVONNE O'BRIEN Photography | 376-4564

Bookkeeping

Located in Angel Fire | 377-1504 Providing outstanding Bookkeeping and Tax Service

JEAN TATUM BOOKKEEPING

Located in Ute Park | 376-2960 Bookkeeping, Tax Services, Payroll Services.

Realtors

456 E. 9th St. (behind Yvonne's Crossroads) | 376-2341

Real estate specializing in land and ranches

33 AMERICAN WEST RANCHES, LLC

PO Box 73. Eagle Nest. NM 87718 | 377-3382 Stacie Ewing: Ranches, Homes, Land

Groceries & Gas 16 RUSSELL'S ONE STOP

31091 Hwy 64 (inside the gas station) | 376-2224 Groceries, meat/produce, gasoline & carwash Winter: Mon-Sat 7:30a-7p, Sun 9-6

21 CIMARRON MINI MART

Highways 58 and 64 | 376-2577 | Diesel, gas, convenience Store, beverages | Mon-Sat 6am-10pm; Sun. 7am-9pm

Raton, 41 mi.

#14 12 mi.

US 64

Springer,

26 mi.

22

SRSS

12

14 PONIL CAMPGROUND & RV PARK

Highway 64, towards Raton | 376-2343 RV parking, camping, showers, laundry, WiFi

17 CIMARRON INN & RV PARK

212 E. 10th St.- off Hwy 64 | 376-2268

Themed rooms, cabins w/ kitchens, RV & tent sites; grey water dumping—\$10. Water to refill RV—\$5 | Pets welcome~Free WiFi No smoking | Hrs: Winter: daily 8a-9p | Summer: 7a-10p

28 ST. JAMES HOTEL | 1-888-376-2664

617 S. Collison St. (Hwy 21) | 376-2664 Café, formal dining room, lounge Historic Tours: haunted hotel on the Santa Fe Trail

32 CASA DEL GAVILAN BED & BREAKFAST

6 mi. south on Hwy 21 | 376-2246 or 1-800-GAVILAN Historic Bed and Breakfast in the foothills of the Sangre de Cristo

33 PINE RIDGE MOTEL & RV PARK

15 mi. west on Highway 64 in Ute Park | 376-2960 Convenience store, gifts, gas, garage, fishing licenses Gift Shop: 9am-6pm; closed Tue (limited hours, call ahead)

Gas station: 9am-5pm; Sun 12-5p | closed Tue

Restaurants

1 GYPSY JEWELS BAKERY | 409-267-7965

Full-service bakery | Tu-Sa 7-3

4 CIMARRON'S HOUSE OF PIZZA

Corner of Ninth & Lincoln | 376-2130 Summer M-F 11am-8pm

6 THE HOT SPOT DINER

301C E. 9th St. | 376-2046

Mexican & American cuisine | Breakfast-Lunch-Dinner Full-Service restaurant | Open Daily: 6am-2pm & 5pm-8pm

12 THE PORCH CATERING

636 Ninth Street | 376-2228 | Call for Catering

14 COLFAX TAVERN-COLD BEER

8 mi. north on Hwv 64 | 376-2229

Pizza and billiards | Daily 11am -?, Sun 1pm-?

16 CREE MEE RESTAURANT

31083 Hwy 64 (next to the Shell station) | 376-2480 Winter: Mon-Sat 9a-7p; Sun 9a-6p | Summer: Open Daily 9a-9p

20 THE KIT

31033 Hwy 64 E. next to the gas station | 376-2000 Full-service restaurant serving breakfast, lunch & dinner Open Daily 7am-8pm—closed Wednesdays

28 THE ST. JAMES HOTEL

617 S. Collison (Hwy 21) | 376-2664 | Formal dining room Winter daily 7am-8pm | Summer daily 7a-9p | Bar: Daily