

High Altitude Health Tips

- 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

Statistics

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

4 NEW BEGINNINGS BEAUTY SALON
245 E. Ninth St | 376-2424 | Hrs: M, W, F 10-5, Sat by appt
Men's & Women's Hair cuts | Walk-ins welcome, or call ahead
New BARBER! Aaron Arellano Cell: 505-440-5746

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
Mon.-Sat. 7:30am-9pm; Sun 9am-9pm

22 GEORGE'S AUTO & DEISEL REPAIR
Corner of Hwys 64/58 | 575-376-2047 | George Lara
Full service auto & diesel repair; welding | Mon-Fri 8am-5pm

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 Contractors

BALDY MOUNTAIN WELDING
1539 Hwy 58 | 483-2484 | Welding & construction

G. CARLISLE EXCAVATION | 376-2663

MINOR CONSTRUCTION | 376-2473

WHITTEN CONSTRUCTION | 376-2700

Local & Federal Buildings

7 CIMARRON VILLAGE COMPLEX
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

14 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

31 IMMACULATE CONCEPTION
440 W. 18th Street | 376-2553
Sunday Worship: 10am

Area Ranches

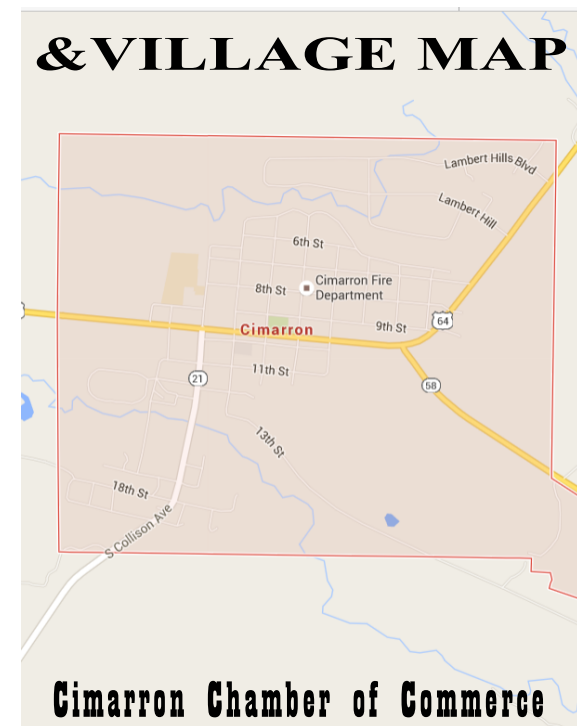
CS Ranch | 376-2827
CS Hunting & Outfitters | 376-2595
Express Ranches Atmore, Ute Park | 376-2391
Express Ranches UU Bar | 376-2035
Philmont Scout Ranch | 376-2281
WS/Vermejo Park Ranch | 376-2276

**AREA CODE 575
(UNLESS OTHERWISE INDICATED)**



BUSINESS LOCATOR

& VILLAGE MAP



**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: Mon-Sat 10-5
Winter: Wed-Sat 10-1

www.cimarronnm.com

Shopping

1 GYPSY JEWELS BAKERY & BOUTIQUE

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

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: daily, 9-5

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 | Mo-Sa 9-4:30
Mineral specimens, crystals, fossils, jewelry, rough rock, handknapped knives; No set hours—call if not open.

14 JONES EMBROIDERY

31130 Hwy 64 – 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 hand-poured along the Santa Fe Trail **Sept:** Wed-Sat 10a-4p.

16 RUSSELL'S SUNDRIES—“the Variety Store”

31083 Hwy 64 | 376-2502 | **Winter:** M-Sa 9-6, Sun 10-3
Sum: daily 9-7; | 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
Sep-Dec: Mon-Sat 9-5

18 CIMARRON TRADING CO | 376-1110

300 E 10th St ~Knives, Cowboy/Native American collectibles, & art. Mixture of items to intrigue shoppers. – summer: 8a-8p daily
Sept-Oct, closed Mon-Tue; Nov-Dec, closed for the season

20 FAMILY DOLLAR

23 THE OUTFITTER

12th St off Hwy 21 | 376-9128
Old West mercantile—Leather goods | Open Mon-Sat. 9am-4pm

27 SCHWENK'S ANTIQUES (Cim Canyon Wdws)

716 Collison Ave; across from the St. James | 376-2044
Vintage items/Antiques/Furniture/Art/Crafts/Decor/etc
Open May 15—Sept 30 daily 10a-5:30p

Year-round:

Horse boarding—\$15/night/head—call 376-2772

Storage Units / Kitchen Cabinets—call 376-2772

**AREA
CODE
575**



← **#34**
Ute Park, 12 mi.
Eagle Nest, 26 mi.
Angel Fire, 38 mi.
Taos, 57 mi.

**AREA
CODE
575**

#33
Philmont, 4 mi.
Rayado, 12 mi.
Miami, 21 mi.
Springer, 34 mi.

Artists & Galleries

6 SUSAN NORRIS ARTWORKS

357 E. Ninth St., corner of Washington Ave | 770-5725
Sculptor, painter

10 L. MARTIN PAVLETICH STUDIO

428 E Ninth St | 376-2871
Original artwork
Winter hours: by appointment only: 575-635-2829

18 STEVE RICK

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

29 OLD TOWN GALLERY-KNIGHT/WOLF STUDIOS

114 E. 17th St | 643-6075
Open by appointment or by chance

YVONNE O'BRIEN Photography | 376-4564

Bookkeeping

PIPER BOOKKEEPING

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

JEANNE TATUM BOOKKEEPING

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

Realtors

10 O'NEILL LAND, LLC

456 E. 9th St. (behind Yvonne's Crossroads) | 376-2341
Real estate specializing in land and ranches

34 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: Mo-Sa 7:30a-8p, Sun 7:30a-7p; after Nov 6, close at 7p

21 CIMARRON MINI MART

Highways 58 and 64 | 376-2577 | Diesel, gas, convenience
Store, beverages | Hrs: Mo-Th 6-9; Fr-Sa 6-10; Sun 7-9

Lodging

14 PONIL CAMPGROUND & RV PARK

31130 Hwy 64 east, 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

26 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

33 CASA DEL GAVILAN BED & BREAKFAST

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

34 PINE RIDGE MOTEL & RV PARK

12 mi. west on Highway 64 in Ute Park | 376-2960
Convenience store, gifts, gas, garage, fishing licenses
Hrs: 7am-5pm; closed Tuesdays & noon Sundays
(limited hours, please call ahead)

Restaurants

1 GYPSY JEWELS BAKERY | 409-267-7965

31094 W. Hwy 64 | 409-267-7965
Full-service bakery | Tu-Sa 7-3

4 CIMARRON'S HOUSE OF PIZZA

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

12 THE PORCH RESTAURANT

636 Ninth Street | 376-2228 | Call for Catering
Th-Sa 5p-9p; Sun 10a-2p; reservations recommended

14 COLFAX TAVERN & DINER

8 mi. north on Hwy 64 | 376-2229
Pizza and billiards | Daily 11am-10pm, closed Tuesdays
Monday Night Football=Tailgate Parties—Buckets o' Beer!

16 CREE MEE RESTAURANT

31083 Hwy 64 (next to the Shell station) | 376-2480
Winter: Mon-Sat 8a-8p; Sun 8a-7p | Summer: Daily 8a-9p

19 B-E & US

400 E. 10th St. (formerly Burrito Banquet)
Burritos, Frito Pies, Nachos. *Closed for the winter*

20 THE KIT

31033 Hwy 64 E. next to the gas station | 376-2000
Full-service restaurant serving breakfast, lunch & dinner
Open Daily 7am-9pm

26 THE ST. JAMES HOTEL

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

AREA CODE 575