



Active at Altitude Mountain Guesthouse

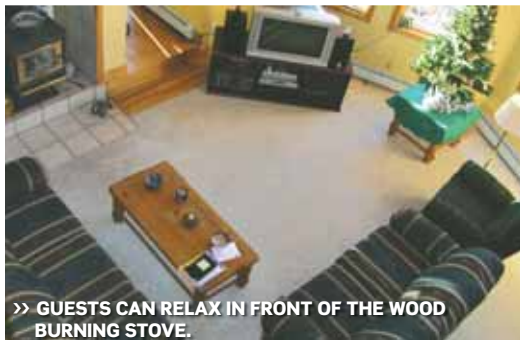
No Ordinary Getaway

“Isn’t it wonderful how in the outdoors your senses just come alive?” Terry exclaims in his charming English accent. He takes a deep breath of crisp alpine air and exhales through a wide, weathered smile. His contagious enthusiasm adds a hop to my step as we begin running through Rocky Mountain National Park. Well, it’s really more of a jog, thanks to the 9,000 feet of altitude and my lack of conditioning. But Terry is just as happy to snail-pace it with me as he is to put on speed with the marathoners he hosts. He’s thrilled to be in Colorado after years of planning and can’t wait to share his passion for fitness, nature, and living life to the fullest.

Terry Chiplin and his wife Jacqui risked everything last year when they moved here from the UK to open Active at Altitude, a mountain guesthouse focused on physical activity, relaxation, and personal growth.



»» ACTIVE AT ALTITUDE GUESTHOUSE



»» GUESTS CAN RELAX IN FRONT OF THE WOOD BURNING STOVE.



»» EACH OF THE SIX GUEST ROOMS HAS A MOUNTAIN VIEW.

They’ve been avid runners for about 20 years (that’s how they met) and believe that our bodies “are designed to be active—we function better, have fewer health problems, live longer, and tend to think more clearly.” This explains why Terry left his well-established corporate career in 1992 to return to school for a sports science degree. Ever since, he’s worked as a health and fitness consultant, personal trainer, and more recently, a life coach. His dream of folding these skills into a retreat center blossomed in October when he and Jacqui opened Active at Altitude.

Here the couple encourages their guests to be physically active, whether that means taking leisurely strolls in the woods or preparing for ultra-marathons. They offer as much (or as little) coaching and structure as guests request, but anyone who avoids them completely will miss out.

The guesthouse, located just east of Estes Park and 40 minutes from Boulder by car, offers access to outdoor activities like hiking, mountain and road biking, climbing,

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and snowshoeing, depending on the season. Peaceful trails invite you into Roosevelt National Forest half a mile up Pole Hill Road from the house, and the wonders of Rocky Mountain National Park are a mere ten-minute drive away. If exercise alone doesn’t motivate you, the stunning views of rugged peaks and mountain meadows offer additional incentive, not to mention the chance of spotting elk, rabbits, woodpeckers, and other

wildlife. Actually, the truth is, you can see most of this just by walking onto the expansive deck.

For athletes who need altitude training, Active at Altitude, located 8,000 feet above sea level, is the perfect base. Experts suggest it’s best to sleep high and train low and with Boulder almost 3,000 feet lower, even Boulderites can bene-

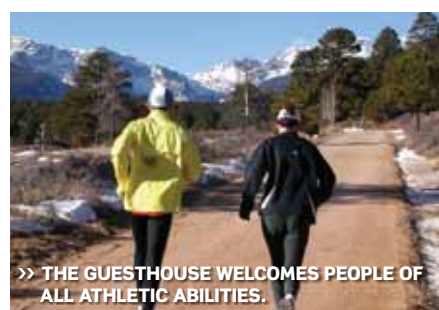
in-house gym) are convenient from Boulder as daytrips. For longer stays, the house’s self-contained apartment on the lower level is ideal. Its full kitchen, dining/living room, three bedrooms (sleeping up to eight), two bathrooms, spacious closets, and washer and dryer really make it feel like home. There’s also a massage room. Do yourself a favor—book it.

The Fleet Feet staff also found Active at Altitude well-suited for retreats. “The working atmosphere was relaxing and productive,” says Hill. “The place feels really welcoming.”

Store co-owner Kathy Boyd adds, “It was a good place to reassess.”

They strategized inside, then cleared their

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»» THE GUESTHOUSE WELCOMES PEOPLE OF ALL ATHLETIC ABILITIES.



»» JACQUI AND TERRY CHIPLIN

fit. Matt Hill, manager of Boulder’s Fleet Feet Sports running store, is excited about Terry’s altitude training house concept.

“It’s a great idea. Everybody in Boulder talks about it, but he came all the way here to actually do it,” he says.

Workouts in Estes Park (including the

READY TO BE ACTIVE AT ALTITUDE?

Directions: From Boulder, follow Route 36 northwest through Lyons and towards Estes Park. 16.5 miles past Lyons, turn right onto CR 122/ Pole Hill Rd. Turn right onto Timber Lane and look for #114—the first house on the right.

Rates: \$75-\$100/night with discounts available for large groups/long stays. Some coaching included with fee. Additional coaching costs more.

Contact: 970 586-4432
www.activeataltitude.com

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