



70th Annual VAVS National Advisory Committee Meeting & Conference

High Altitude Got You Feeling Down?

Albuquerque's high elevation of over 5,000 feet will affect visitors in different ways. When staying in Albuquerque it may take your body a couple of days to adjust to the high altitude. At this elevation the air is thinner and you may become tired faster during physical activity.

Albuquerque's high desert climate also causes people to dehydrate faster. It is important to drink a lot of water to keep your body hydrated; this is the easiest way to avoid altitude sickness. If you plan on visiting any of our excellent restaurants or bars while in town, you should be aware that alcohol may affect your body faster at higher elevations.

Also, sunscreen is vital while visiting Albuquerque. Whether it is sunny or cloudy, summer or winter, the UV rays are stronger at higher altitudes. Visitors should wear a high SPF sunscreen at all times to avoid sunburn and wear sunglasses to protect their eyes.



** Information provided by the Albuquerque Convention & Visitor's Bureau*

