

Two-Day LOS ALAMOS Active Seniors ITINERARY

YOUR ADVENTURE STARTS HERE

Los Alamos, NM is well known as a hub for nature lovers, curious minds, history buffs and outdoor athletes. It's no wonder Los Alamos is chosen time and again as a vacation destination for active seniors, and as an ideal location for retirement. With outdoor activities for every skill level and a wide variety of offerings in science, history and culture, Los Alamos is the place where discoveries are made throughout all stages of life. To get the most out of your visit, Visit Los Alamos recommends the following itineraries:

DAY ONE

MORNING



- Start at the **White Rock Visitor Center**.



- Travel to **Bandelier National Monument**. Be sure to check out the visitor center, park movie and gift shop. There are numerous archeological sites along the Main Loop Trail —1.2 miles round-trip—and on the additional mile round-trip trail, including 4 wooden ladders and many stone stairs to reach the spectacular Alcove House. The **Bandelier** staff can help you optimize your visit in accordance with your schedule and preferences.
- When you're done, take Highway 4 west, then turn on Highway 501 toward Los Alamos.



NOON



- Head back to Los Alamos and experience one of our many restaurants. The **Los Alamos Visitor Center** has a list and menus to help you make your decision.

AFTERNOON



- Explore the history of Los Alamos and the groundbreaking science that influenced the course of world history. Pick up a **Historic Walking Tour Map** at one of the museums or the **Los Alamos Visitor Center**.



- Take a guided tour to get a local perspective on Los Alamos' unique history, or take the tour on your own with a map.



- Start the tour at the **History Museum** (behind Fuller Lodge) and follow the tour around Fuller Lodge, Ashley Pond, Romero Cabin and other historic sites. The **Bradbury Science Museum** is a must see for curious minds of all ages. While there, try out the many interactive exhibits, and be sure to catch a showing of the new film "Racing Toward Dawn."



- Pop in to one of our many charming stores and boutiques, and pick up something to help you remember your Los Alamos experience. Try planning your visit around one of our seasonal arts and crafts fairs to explore and purchase one-of-a-kind pieces from local artists.







LATE AFTERNOON/EVENING



-  Late afternoon, near sunset, is a spectacular time to stop by one of our mesa-top **overlooks**. The sights are breathtaking and provide backdrops for stunning photos to remember your vacation for years to come. 
-  You'll be hungry again, so enjoy another **Los Alamos dining experience!**
-  Next, check into your **Los Alamos hotel**. You'll sleep well and wake up ready to explore the place where discoveries are made.

DAY TWO


MORNING

-  Enjoy the morning golfing at one of New Mexico's highest and most scenic courses. The **Los Alamos County Golf Course** currently offers a challenging 6,500-yard par 72, 18-hole layout. A new clubhouse, as well as course-wide improvements, are set to make the experience even more competitive. *Open March–November.* 


-  If hiking or biking is more your speed, unplug and get back to nature. Los Alamos is home to 100-plus miles of spectacular trails. Check out **peecnature.org** ahead of time for a schedule of programs and events created by the Pajarito Environmental Education Center (PEEC), including guided "gentle walks" that emphasize discovery over mileage gained. 

-  The **Los Alamos Nature Center**, operated by PEEC, is the ideal place to learn about the area's terrain. Orient yourself with their exhibits, and talk to their friendly staff and volunteers to choose the perfect route for your time, skill level and interests, or download the free Los Alamos Trails app to guide you. Be sure to pick up some free trail maps while you're there, or buy a topographic map of the whole area in the gift shop.  Stick around and explore the galaxy by taking in a planetarium show, or take part in one of the many fun and educational events and workshops at the Nature Center.

NOON

-  Enjoy lunch at one of our great restaurants. Need help deciding? Check out your options online at **VisitLosAlamos.org**.

AFTERNOON

-  Explore the history of Los Alamos' legacy and the groundbreaking science that helped end WWII at **Manhattan Project National Historical Park**. Taking the Atomic City Bus Tour, the Historic Walking Tour, the Homestead Tour, the SpyTour, or a tour guided by the "Los Alamos Secret City of the Manhattan Project" app, immerse yourself into the history of Los Alamos. 
-  Enjoy the town like a local, and make yourself at home on Main Street. The **Los Alamos Main Street District** is not only home to incredible shops and restaurants, but it's also the main stomping ground for iconic annual events, including ScienceFest, Halloween, WinterFest and more. Plan your visit around one of these exciting events to experience incredible Los Alamos memories. 



LOS ALAMOS
where discoveries are made

After a couple of days visiting, you'll learn why many choose to retire and live out the best years of their life in the Atomic City. Interested in relocating? Extend your stay and stop by the **Los Alamos Visitor Center** for more information.