

Please let me be the first to welcome you to my home – Bozeman, Montana. Located in the heart of the Rocky Mountains, we’ve been dubbed a “dream town” and received high praise for our high quality of life. I know you’re going to love it like I do!

Here are a few other details that you might find helpful as you plan:

Class Location:

The Dance Center, located in The Emerson Cultural Center:
111 S. Grand Ave. Suite 210 A

Airport: Bozeman Yellowstone (BZN)

Accommodations within walking distance to practice:

The Element

25 East Mendenhall Street
www.starwoodhotels.com

The Lark

122 W Main St
www.larkbozeman.com

Treasure State Hostel

27 E. Main Street Unit A
www.treasurestatehostel.com

The Voss Inn

319 South Wilson
www.bozeman-vossinn.com

Lehrkind Mansion Bed & Breakfast

719 N Wallace Ave
www.bozemanbedandbreakfast.com

We also have quite the wonderful selection on Airbnb.com

DINING OUT

- **Nova Cafe:** Open 7 am - 2 pm and located on Main St. Awesome breakfasts and brunches, but can get pretty busy on the weekends.
- **Cateye Cafe:** Open 7 am - 2 pm and located near the downtown area. Great local joint with amazing breakfasts. Get the Cowgirl! (sans the bacon) and OMG, it’s the best!
- **Feed Cafe:** Open 7 am - 2 pm and located on Main St - but opposite end of town. Same owners of Nova but different menu. Plus Feed also carries fresh juices!
- **Blackbird:** My favorite dinner restaurant but note, it’s small and the menu, even smaller. Best bread I’ve ever had is baked fresh daily there. Make reservations.
- **Saffron:** Awesome Indian food. Busy on weekends so definitely make a reservation. They also do carryout.
- **Mirch Masala:** Traditional Indian buffet – best chipattis EVER!
- **Red Tractor Pizza:** All local and organic ingredients go into these pizzas and they even have a gluten free pie. It’s a little pricey but damn, it’s good!
- **Wild Crumb:** Have a sweet tooth? You know I do! Great cafe with best pastries.
- **Jam:** Breakfast, brunch and lunch – located on Main St.
- **CPJs:** Cold pressed juice www.drinkcpjs.com

- **Little Star Diner:** Farm-to-Table breakfast/lunch restaurant opening July, 2017. Owner and chef are personal friends – and BEST chefs around!

DINING IN:

- **The Co-op:** Our local community's version of Whole Foods - but better, of course because most of our stuff is local. They'll even tell you the farm it came from.
- **Rosauers:** Also has a big organic and local section. Plus, has fresh Kombucha you can fill up your jars from the tap.

ACTIVITIES:

- **Norris Hot Springs:** Water of the gods and live music on the weekends, plus fabulous meal options, mostly grown from their garden, right there on the property.
- **Museum of the Rockies:** Home to one of the largest collection of dinosaur fossils in the world.
- **Horseback Riding:** Broken Hart Ranch offers guided trail rides through the Gallatin National forest: brokenhartranch.net
- **Zipline and Canopy:** Montana Whitewater - montanawhitewater.com
- **Fly fishing:** It's world renowned here. If flyfishig is your fancy, best to just email my hubby and tell him his wife sent you: rallenpmra@gmail.com
- **Big Sky:** Take the **Lone Peak Tram** up the mountain - the view is ridiculous.
- **White Water Rafting:** Best in late spring/early summer: Montana Whitewater

HIKING - *A list of my favorite trails!*

- **Lava Lake:** 6 miles that climbs 1600 ft. to a beautiful lake.
- **Drinking Horse:** Right in town but you'll never know it.
- **Pete's Hill:** See the town of Bozeman, from above.
- **Hyalite Creek Train to Hyalite Lake:** 11 miles, climbing 2000 ft.

Yellowstone National Park

Yellowstone is one hour driving time from Bozeman and in the spring is you'll likely have the park mostly to yourself except for the crowds of the elk and the buffalo. You really can drive through in a day and still see so much. My favorite stops are these:

- **The Boiling River:** Located near Mammoth Hot Springs - where a hydrothermal terrace flows into the Gardiner river, creating an awesome place to swim in colder months.
- **Hayden Valley** (lots of wildlife viewing)
- **Artist's Point:** Spectacular view of the Grand Canyon of the Yellowstone
- **Yellowstone Lake** (largest high-elevation lake in the lower 48 states)
- **Norris Geyser Basin:** Trust me when I tell you, Old Faithful is overrated and THIS much better time spent is here.
- **Lamar Valley:** Especially at sunrise and sunset for wolf sightings. Also look around Slough Creek campsite, on your way – wolves are often there in the morning.

Don't forget these items: Hiking shoes and socks; rain jacket; fleece and a warm jacket; quick dry clothing (avoid cotton if hiking!); polarized sunglasses (you can't see into rivers with non-polarized); hat; sunscreen; your camera; and of course – your yoga mat!