

# The Monthly Qi

## What's Happening at Southwest Acupuncture College

*The Monthly Qi* is a one-page Shout out devoted to the seasonal energy of the year.

Contact Sophia Bungay, Director of Admissions and Alumni and share your Qi with us.

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### Spring Break in New Mexico & Colorado

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As our students at Southwest Acupuncture College make their Spring break plans this year, April 24<sup>th</sup> – May 9<sup>th</sup>, we hope they have an enjoyable time, but adhere to the protocols the states and the campuses have made. With the vaccinations being rolled out we understand you want to be able to travel. But there are so many wonderful places in New Mexico and Colorado we hope you stay closer to home this time.



White Sands, NM



Abiquiu Ghost Ranch, NM



Gran Quivira, NM

New Mexico encompasses a wide variety of places and activities, from hot springs, to hiking, to historical monuments and incredible landscapes. For example: head down to the Lincoln County Scenic loop, which is a beautiful drive, enriched by historic monuments, incredible scenery and hiking spots. Lincoln Historic Site you can walk in the shoes of the outlaw Billy the Kid. Most of the buildings are open to visitors now. Heading East on 380 you can head through Roswell, and turn South to the Carlsbad Caverns, open with reservations. If you head into Ruidoso Grindstone Lake is open for fishing, and there are a few breweries open like the Lost Hiker Brewer, and some shops to explore. Heading Southeast of Ruidoso you can see the beyond beautiful White Sands National Monument, with gypsum sand dunes you can hike or sled!

There are some great day trips to take picnic lunches and enjoy from Santa Fe and Albuquerque. You can go North of Santa Fe to Abiquiu, NM home of the Abiquiu Ghost Ranch where Georgia O'Keeffe lived, the beautiful Abiquiu Dam & Lake, the amazing Echo Amphitheater, which is known for its unique echoing auditory properties, along with some hiking trails in the area. Go south of Albuquerque to the Salinas Missions for some great history. There are three: Abo, Gran Quivira, with the visitor/information center located centrally in Mountainair, NM. West of Albuquerque there is El Morro National Monument and close to that is the Ice Cave and Bandera Volcano. These are all great trips where you can enjoy the great outdoors and history New Mexico has to offer.

For more information of the above places, or for more travel ideas in New Mexico please visit <https://www.newmexico.org/plan/trip-planner/>.



Black Canyon of the Gunnison, CO.



Great Sand Dunes, CO.



Ouray Colorado Hot Springs

Colorado truly has some spectacular places to see and wonderful activities to participate in. A Colorado must see is Black Canyon of the Gunnison National Park in Montrose County which is Colorado's youngest National Park. A site to see with your own eyes! If you are coming from Denver, taking US 285 to Hwy 50 is a beautiful and scenic drive with dancing streams in the spring from the mountain snow runoff. Black Canyon of the Gunnison offers many activities for all age and skill levels from scenic drives, hiking, camping, rock climbing, fishing, and much more. While you are in that area, we recommend to head over to Ouray on US 550 and check out their Hot Springs and Box Canyon Falls. The drop at the Falls is not for the faint of heart! Ouray, CO is a beautiful and quaint little town and is known for being "The Switzerland of America." One cannot go to Ouray, without continuing on US 550 to Silverton. This stretch of the highway is only 25 miles, but it takes about 45 minutes to drive it. It's also called "The Million Dollar Highway" because the views are just that, worth a million bucks. You may find yourself leaning toward the middle of the car and holding on to car handles as there are no guard rails and the drops are straight down and deep. From here there are many other towns to see such as Telluride and Durango. There is even a popular train ride to really help you see the sites.

Our second pick for a top destination is The Great Sand Dunes National Park. The park is open year-round with many activities such as hiking and backpacking, sand sledding, horseback riding, and 4 wheeling just to name a few. From Denver you take 1-25 South and then US-160 West and you are there in just under four hours. However, if you want a breath-taking road trip, take Hwy 285 to Hwy 17. This will take you along many sweet little towns and several mountain-passes which is what a Colorado road trip is all about. It is quite popular to camp at the Great Sand Dunes. The Great Sand Dunes Oasis has a campground, lodge, restaurant, and a small grocery store that has food and firewood. You can also have running water, bathrooms and laundry. There are several other great campgrounds, and you can find more information about them here. <https://www.nps.gov/grsa/planyourvisit/camping.htm> Of course you can always look for free camping off the beaten path as well.

If you want to know more about some of the destinations mentioned here as well as many other top travel spots, take a look here, <https://travel.usnews.com/rankings/best-places-to-visit-in-colorado/>